

northern sentry

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WHATS INSIDE THIS WEEK:



MINOT AFB STRIKERWERX SPARK SPRINT FINALISTS

A3



69TH BOMB SQUADRON INTEGRATION DAY

A5



LT. COL ZABKA FINI FLIGHT

B6

91ST MW AFGSC AWARD AND MCADOO TROPHY PRESENTATION



Col. Christopher Menuey, 91st Missile Wing commander, and Chief Master Sergeant Garrett Langston, 91st Missile Wing command chief, present awards to Airmen and civilians on Nov. 6, 2020 on Minot Air Force Base, North Dakota. Air Force Global Strike Command awards are given quarterly and annually to Airmen and civilians while the McAdoo trophy for sustained ICBM excellence is presented annually to a wing. See page B7 for more photos.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JOSH W. STRICKLAND

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DETAILS ON PAGE B3

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STRIKEWERX SPARK SPRINT



Air Force Global Strike Command innovators take a group photo during a STRIKEWERX Spark Sprint (S3) event at the Innovation Center, Bossier City, La., Oct. 30, 2020. The event brought together six teams of Airmen from around AFGSC to present innovative ideas to help Airmen, the command or improve Air Force processes.



Capt. Eric Schoenhals, innovator from Minot Air Force Base, N.D., receives a certificate from Air Force Global Strike Command leadership during a STRIKEWERX Spark Sprint (S3) event at the Innovation Center, Bossier City, La., Oct. 30, 2020. The two finalists from the S3 event progressed on to represent AFGSC and pitch their ideas at the 2021 Air Force Spark Tank competition.



Joyce San Nicolas, innovator from Minot Air Force Base, N.D., receives a certificate from Air Force Global Strike Command leadership during a STRIKEWERX Spark Sprint (S3) event at the Innovation Center, Bossier City, La., Oct. 30, 2020. The two finalists from the S3 event progressed on to represent AFGSC and pitch their ideas at the 2021 Air Force Spark Tank competition.

Left: Joyce San Nicolas and Capt. Eric Schoenhals, innovators from Minot Air Force Base, N.D., present their idea to Air Force Global Strike Command leadership and community leaders during a STRIKEWERX Spark Sprint (S3) event at the Innovation Center, Bossier City, La., Oct. 30, 2020. The event brought together six teams of Airmen from around AFGSC to present innovative ideas to help Airmen, the command or improve Air Force processes.

U.S. AIR FORCE PHOTOS | STAFF SGT. PHILIP BRYANT

A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF C-141 IS THE FIRST JET TO LAND IN ANTARCTICA
NOVEMBER 14, 1966



The first C-141 to land at McMurdo Sound, Antarctica on Nov. 14, 1966 (USAF)

On November 14, 1966, a USAF Lockheed C-141 became the first jet to land in Antarctica as a part of "Operation Deep Freeze." Operation Deep Freeze began in 1955 when major nations collaborated to conduct earth science research in one of the least explored areas on Earth. The Air Force began its involvement in 1956 and continues running airlifts to this day. Previously, the USAF had only deployed propeller planes to Antarctica, but on November 14, the 60th Air Mobility Wing landed the first jet carrying 12.9 tons of cargo. Over hundreds of missions, the C-141s would carry essential supplies to installations in Antarctica, as well as hosting passengers that included penguins, gulls, and seal pups. Lockheed C-141s would continue participating in Operation Deep Freeze until they were decommissioned from the Air Force in 2004. Due to the Antarctic Treaty of 1959, US military involvement in Antarctica, including Operation Deep Freeze, continues to be for peaceful and scientific purposes only.

Information courtesy of: www.amc.af.mil/ / "Operation Deep Freeze," Office of History Air Mobility Command

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STRIKEWERX Spark Sprint selects winners

SEAN GREEN, STRIKEWERX

BOSSIER CITY, La. --

Two Airmen were selected as finalists by Air Force Global Strike Command leadership and community leaders as part of the STRIKEWERX Spark Sprint (S3) event held Friday, Oct. 30, at the STRIKEWERX Innovation Hub in Bossier City, Louisiana.

The STRIKEWERX Spark Sprint (S3) event brought together six wing finalists from across AFGSC to receive coaching on how to best "pitch" their projects to obtain further support. Each finalist had three minutes to explain their idea, pitch their solution and present their prerecorded video; this pitch was then followed by two minutes to answer any questions the panel of judges had regarding their idea.

Airman 1st Class Paul Olexa, 509th Bomb Wing at Whiteman Air Force Base, Missouri, and Senior Airman Kalei Sloan, 7th Bomb Wing at Dyess AFB, Texas, were selected as the finalists from the group six presentations. Olexa and Sloan will now move on to represent the command and pitch their ideas at the 2021 Air Force Spark Tank competition.

Spark Tank is an annual competition, hosted by the Air Force Association's Air Warfare Symposium, which allows Airmen to pitch innovative ideas for solving unit challenges to Air Force leadership and a panel of industry experts who have the ability to further develop or implement the Airmen's solution.

Among the judges for the S3 event was the commander of Air Force Global Strike Command, Gen. Tim Ray, who took a moment to recognize all the innovators for bringing their ideas to the table.

"To listen to you all solve problems with extreme ownership has been the highlight of my entire week," Ray said. "I appreciate your service and pitching in to make the mission better."

Olexa's pitch was the "MagRug," a durable polymer rug made up of light-weight sections with built-in magnets and a circuit for small lights aimed at locating dropped objects. Using pressure

and magnetic sensors that light up to illustrate fallen objects, this device locates magnetic parts such as nuts and bolts, and reduces time wasted in the aircraft maintenance workplace.

Olexa noted that foreign object damage costs billions of dollars in damage to aircraft and other vehicles worldwide; a problem the "MagRug" could help solve. Olexa also mentioned that his "MagRug" solution could serve a purpose in more than just the world of aircraft maintenance, having applications in the private sector for first responders and emergencies.

Sloan's pitch was for the "StrikerAF App" which would improve a unit's sponsor program by: matching sponsors with new Airmen, providing up-to-date contact information and prompting sponsors to complete tasks. The StrikerAF App also simplifies initial contact between sponsors and Airmen, by providing new Airmen with an in-processing schedule and contact info.

"Our Airmen need to be more resilient. The building blocks of resiliency are sponsorship, DUI, suicide prevention and sexual assault prevention," Sloan said. "Through this app, we want to give Airmen a community where they feel connected and be able to talk to their peers."

The app has more capabilities aimed at providing Airmen that community: connecting them with peers before arrival to a new duty location, the ability to request ride with touch of a button, and a feature that allows Airmen to alert someone in when they are in an uncomfortable situation or going through a difficult time.

Other pitches heard during the event included the EOD Rapid Robot Deployment by Tech. Sgt. Kenneth Dunn and Tech. Sgt. Thomas Gilbert, 509 BW at Whiteman AFB.

It currently takes two people 10-15 minutes to deploy using the standard ramp; Dunn and Gilbert's solution would cut time and manpower in half using an off-the-shelf motorized wheelchair ramp. Their

innovative idea allows for a single person to quickly deploy an EOD robot and maintains the safety of personnel and equipment by reducing overall physical toll.

A new vaccine storage bin was pitched by Tech. Sgt. Mircho Plaza, 377 Air Base Wing at Kirtland AFB, New Mexico. The new bin would provide an optimal way to identify vaccines and prevent administration errors while improving inventory management and creating more storage space to accommodate more vaccines.

During his pitch, Plaza noted that 23 percent of all vaccination errors are due to personnel giving the wrong vaccine, which would be mitigated through the implantation of this bin. Additionally, the implementation of this bin, would also save facilities 25 percent of storage space.

Joyce San Nicolas and Capt. Eric Schoenhals, 5 BW and 91 MW at Minot AFB, North Dakota, pitched "ATLAS". ATLAS is meant to streamline the Personnel Reliability Assurance Program data by keeping a personnel repository that allows necessary agencies/personnel to quickly and accurately administer precise oversight of their nuclear and postured missions. The pair noted that it currently takes 3,000 man hours to administer

PRAP and ATLAS can reduce that time by 75 percent, while also enhancing availability to inspect programs and reducing travel to bases for inspection.

"Commanders are really hard to get in touch with but they always have their personal cell phone," San Nicolas said. "Through ATLAS, a PRAP message can go to commanders directly."

The final pitch was the Launcher Closure Door Hydraulic Actuator Power Unit Replacement by Staff Sgt. Justin Latham and Staff Sgt. Matthew Thorn, 341 Missile Wing at Malmstrom AFB, Montana. The team's idea to replace the units will not only improve mission effectiveness but also improve Airmen's quality of life by making the task of opening the launcher closure door much easier for missile maintenance teams in the field.

The current units providing power for the opening the missile silos is dangerous to load, unload and maneuver due to the age (increased chance of fire and shock).

The pair outlined their pitch's benefits noting that a fleet refurbishment costs \$204,000, and fleet replacement with the solution would be \$47,320. The time for a fleet refurbishment is three-years versus the solution's two-week replacement time.



Air Force Global Strike Command innovator coins wait to be presented to those Airmen presenting their innovative ideas during a STRIKEWERX Spark Sprint (S3) event at the Innovation Center, Bossier City, La., Oct. 30, 2020. The event brought together six teams of Airmen from around AFGSC to present innovative ideas to help Airmen, the command or improve Air Force processes.

U.S. AIR FORCE PHOTO | STAFF SGT. PHILIP BRYANT

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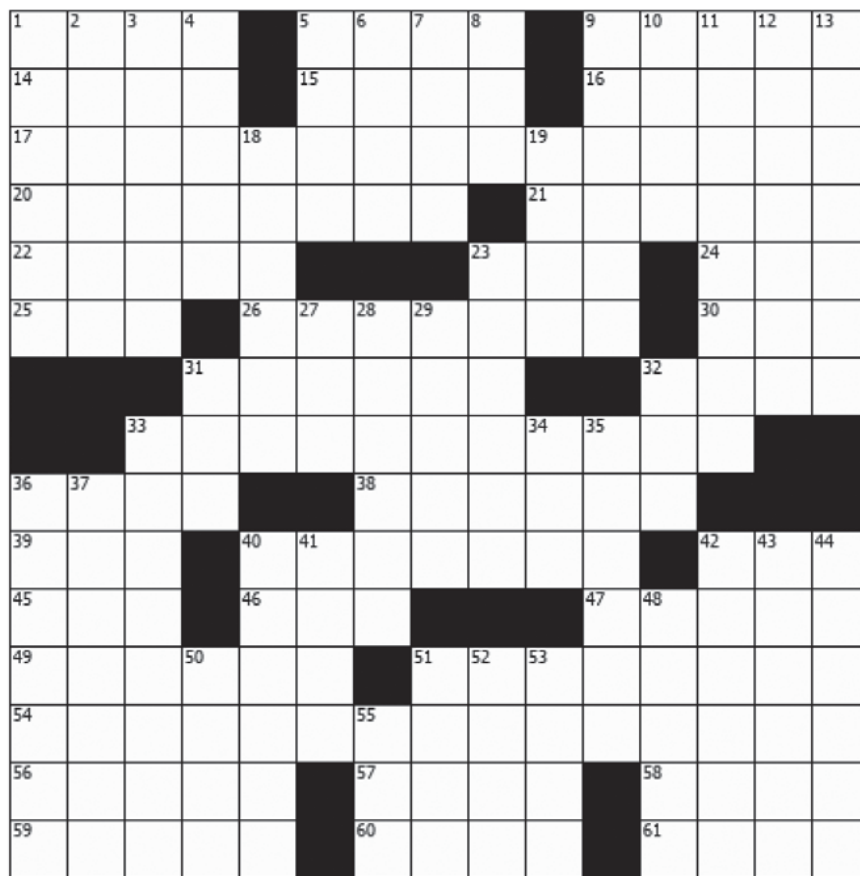
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Sundance's girl
- 5. Singer Lane
- 9. Taking out the trash, say
- 14. Narrow inlets
- 15. Brest beast
- 16. Eleazar's father
- 17. Start of a quip
- 20. Guts
- 21. South attachment
- 22. Street show
- 23. Talk
- 24. UK award
- 25. Help with the dishes
- 26. Dodger manager for 20 years
- 30. Bemoan
- 31. Euro predecessor
- 32. Movies, slangily
- 33. Middle of the quip
- 36. Tabula _
- 38. Actress Barbara Bel _
- 39. SE U.S. capital
- 40. Beset
- 42. Parental limits?
- 45. Lea bleat
- 46. Sci-fi drama set at an island factory
- 47. Likeness
- 49. When both hands are up?
- 51. Smoker, e.g.
- 54. End of the quip
- 56. Coeur d' _
- 57. Work with feet
- 58. Greenspan of the Fed
- 59. Longtime Senate first name
- 60. Church section



61. 1991 Pulitzer poet Van Duyn

Down

- 1. Adenauer's successor
- 2. Clip at a business meeting
- 3. Base
- 4. "For want of _ ..."
- 5. Accomplished
- 6. Place to be conked
- 7. A/C units
- 8. MD's skull session?
- 9. Winter melon

- 10. "The Laughing Cavalier" painter
- 11. Haydn's "The Seasons," for one
- 12. Future flower
- 13. Menu heading
- 18. It may be Spanish
- 19. Belfry, so to speak
- 23. Three-legged instruments

- 32. Beta alternative
- 33. Nassau Coliseum player
- 34. Stamp finish?
- 35. Low-heeled shoe
- 36. Beach shelters
- 37. Leaning
- 40. For now
- 41. Hierarchy level
- 42. Composer Paganini
- 43. Certain Japanese
- 44. Two-time Australian
- 48. Fix, as a copier
- 50. _ account
- 51. Sports car feature
- 52. Lines of passage: Abbr.
- 53. Wistful phrase
- 55. UV index monitor

SUDOKU

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

Solution to puzzle on page B10

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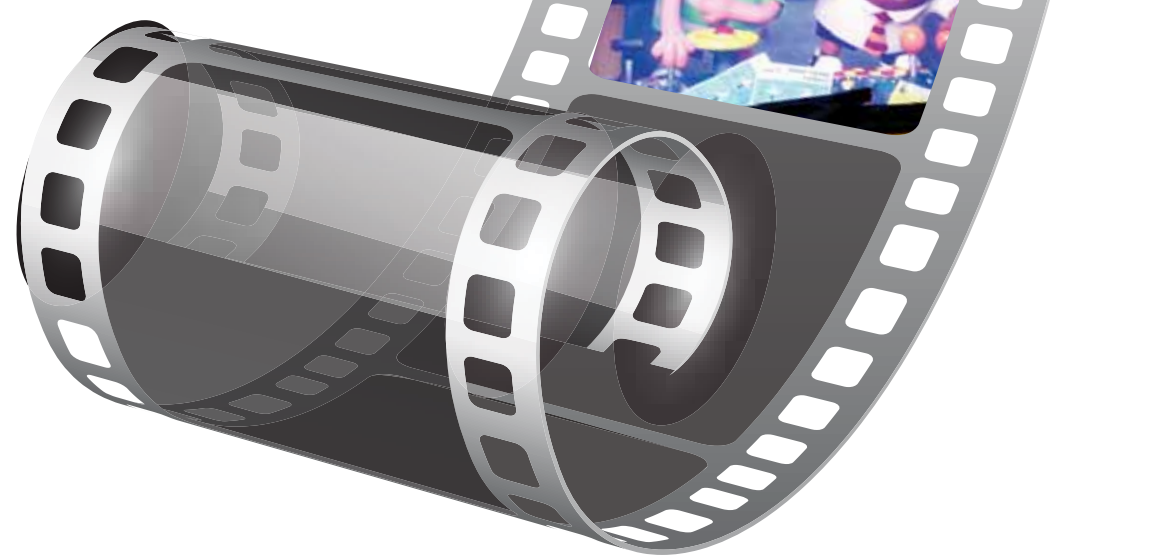
“ Wanting to lead an honest life, a notorious bank robber turns himself in, only to be double-crossed by two ruthless FBI agents.

SATURDAY, NOV 14 1400
SUNDAY, NOV 15 1400

CAPTAIN UNDERPANTS: THE FIRST EPIC MOVIE (PG)

“ Two overly imaginative pranksters named George and Harold hypnotize their principal into thinking he's a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants.

REEL TIME THEATER MOVIE SCHEDULE





69TH BOMB SQUADRON INTEGRATION DAY
 Airmen from the 69th Bomb Squadron held their first Integration Day, November 6, by inviting Airmen from the 5th Civil Engineering Squadron to come in and learn about the capabilities of the B-52. The tour, led by Captain David Casanova, a B-52 weapons systems officer, included discussions about the complexities of the aircraft ranging from navigation, weapons systems and piloting the aircraft as well. After discussing details about the B-52, the tour led to an opportunity to go inside a B-52 training simulator, where aircrew practice real-life scenarios in a state of the art virtual training environment. The touring Airmen had the chance to experience what it's like to try to steer and navigate the aircraft in the lifelike environment that the simulator provides.

U.S. AIR FORCE PHOTO | MINOT AFB PA

BADLANDS RESTAURANT BAR

Upcoming Events

13 NOV **SVAS SPAY-GHETTI AND NO BALLS DINNER**
 5:00 PM - 7:00 PM
 Olive Garden
 1030 24th Ave SW, Minot
 The Souris Valley Animal Shelter (SVAS) is hosting the 2nd Annual Spay-ghetti and No Balls fundraiser on Friday, November 13. ALL ORDERS WILL BE TO-GO! Pick up from 5-7 PM at Olive Garden. Free contactless delivery option for MAFB.
 For tickets: <https://app.mobilecause.com/e/ikP56A?vid=df9uj>
 Meal: Spaghetti, Meatballs, Breadstick and Salad. (Vegetarian option available) Silent Auction will be VIRTUAL! Bidding begins November 6 and ends November 13 at 11pm. The dinner will directly support low-cost and free spay and neuter services in the Minot community.



For more information:
 Facebook Event / Spay-ghetti and No Balls Dinner

17 NOV **COCKTAIL 101: THE DAIQUIRI**
 7:00 PM - 9:15 PM
 The Tap Room
 23 Main Street S, Minot
 A 7-part series on the wide world of cocktails. Each class sold separately. When purchasing tickets, please select the date and class you wish to attend, priced per person. This class is participation and will involve creating and tasting drinks along side one of our bartenders. Due to the interest in these classes, we can not offer refunds; however you are free to send someone in your place with 24 hour notice. 21+ only, ID required, please plan for a ride home as we will be consuming several cocktails in a 2 hour window. For tickets and more information, see our Facebook page.



For more information:
 Facebook Event / The Tap Room / Cocktail 101: The Daiquiri

20-21 NOV **DAKOTA HOLIDAY MARKET, SWEET SHOPPE, & FESTIVAL OF TREES**
 12:00 PM - 8:00 PM
 North Dakota State Fair Center
 2005 Burdick Expy E, Minot
 Kick-off your holiday shopping at the Dakota Holiday Market & Sweet Shoppe. This one-stop-shop for holiday decor, gifts, and treats will run for two days and be in conjunction with the Annual Festival of Trees. On Friday, there will be a place for shoppers to take a break, and stroll through the beautifully decorated Christmas trees, view the decorated wreaths, and listen to musical entertainment. On Saturday, the Festival of Trees public viewing is designed for families, where you can enjoy a live nativity set up, vote for your favorite decorated tree, and run in the "Dashing through the snow" 5k.



For more information:
 Facebook Event / Dakota Holiday Market & Sweet Shoppe

21 NOV **SANTA & HIS REINDEER**
 10:00 AM - 4:00 PM
 The Spot
 6 2nd St NE, Minot
 Included with \$50 ticket (7 people per ticket): Meet the Reindeer, Family Picture with Santa, Hot Cocoa and S'mores, Silly Photo Opportunities, Coloring Pages, Christmas Games
 Additional Goodies & Activities: The Starving Rooster will have caramel dipped apples starting at 11:00 AM to 4:00 PM. Nature's Nook Toys will have Make & Take Christmas Art Canvases to paint.
 Additional Activities At: Margie's Art Studio - Make your own Glass Christmas Ornament, Gourmet Chef - Have some sweet fun designing your own Christmas Cookie, Main Street Books - A Christmas Surprise



For more information:
 Facebook Event / The Spot / Santa & His Reindeer

On Base

INTERNATIONAL GAMES DAY
 Minot AFB Library Facebook Page
 14 November 2020 • 1:00 PM • Open to All Ages
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DR. ANDERSON TEAM MINOT VISIT

Acting Under Secretary of Defense for Policy Dr. James Anderson and Under Secretary of Defense for Acquisition and Sustainment Ellen Lord visit Team Minot on October 20.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON AUDIT

LAW TALK

An Empty Trust is a Worthless Trust

Creating a trust can often be somewhat confusing. The process is usually new to the client and it requires a shift in one's thinking regarding ownership of assets. As a result, many people think once they sign on their trust document that everything is settled. However, this is really just the start. In order for your trust to be of any use, it must be funded.

Funding a trust is the process by which you transfer your assets to the trustee's ownership. Following are a few different types of assets and the typical process by which you can fund them into your trust.

Bank Accounts

Funding a trust with a bank account is a relatively simple process. It typically involves going into the bank with your Certificate of Trust (a separate, short document including important information regarding the trust) and changing the name on the account to the name of the trust or opening a brand new account.

Real Property

Real property (including surface and minerals) can be funded into a trust by conveying the property via quit claim deed. The deed lists you as an individual and current owner of the property as the Grantor and you as the trustee of the trust as the Grantee.

Life Insurance and other Funds with Beneficiaries

Life insurance, IRAs, and other types of assets that allow you to list a beneficiary can be transferred by listing the trust as the beneficiary. This way, when you pass away, the available funds will be given to the trust.

New Assets

New assets acquired after the creation of the trust can simply be acquired in the trust's name, preventing you from having to take further steps to transfer it after acquisition. For example, if you purchase a new home, the trust would be the purchaser and would be listed as the Grantee on the deed.

Overall, the typical goal of a trust is to ensure a smooth transfer of assets following one's passing. Setting up a trust without funding makes the trust essentially useless. By ensuring your trust is fully and correctly funded, after your death, your trustee will be able to have immediate access to all of your assets in order to manage it according to the trust's terms. It is always wise to consult an attorney to assist you in funding your trust, to make sure it is done correctly and no assets are missed. If you have a trust and want to make sure it is funded properly, please give us a call at 701-852-5224.



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Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

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A thank you to our veterans

MAJ. GEN. MICHAEL LUTTON, COMMANDER, 20TH AIR FORCE

Every year, our nation honors service members who not only have died, but also those who have lived in service to our country. In every generation, since the birth of our nation, brave men and women took up arms to defend our way of life. Our citizens continue this selfless service today—in hospitals, trauma centers, on nuclear alert at sea or in our northern tier bases, as well as the countless frontlines combating terrorism so it does not reach our shores.

Citizens across the great states where 20th Air Force defends America--Montana, Wyoming, North Dakota, Nebraska, Colorado, California, and New Mexico--have fought in every American conflict since World War I.

Veterans Day began as Armistice Day - on the 11th hour, 11th day of the 11th month in 1918 - a day marking the end of World War I. Working with our Alliance partners, our military forces were decisive in victory. One such veteran was Martin Treptow who paid the ultimate price for our freedom and future. President Reagan noted:

"Beyond those monuments to heroism is the Potomac River, and on the far shore the sloping hills of Arlington National Cemetery, with its row upon row of simple white markers bearing crosses or Stars of David. They add up to only a tiny fraction of the price that has been paid for our freedom."

"Each one of those markers is a monument to the kind of hero I spoke of earlier. Their lives ended in places called Belleau Wood, the Argonne, Omaha Beach, Salerno, and halfway around the world on Guadalcanal, Tarawa, Pork Chop Hill, the Chosin Reservoir, and in a hundred rice paddies and jungles of a place called Vietnam."

"Under one such a marker lies a young man, Martin Treptow, who left his job in a small town barber shop in 1917 to go to France with

the famed Rainbow Division. There, on the Western front, he was killed trying to carry a message between battalions under heavy fire. We're told that on his body was found a diary."

"On the flyleaf under the heading, 'My Pledge,' he had written these words:

"America must win this war. Therefore, I will work; I will save; I will sacrifice; I will endure; I will fight cheerfully and do my utmost, as if the issue of the whole struggle depended on me alone."

Martin Treptow set an inspirational example of service before self and excellence in service to our nation. What is tremendously humbling is to see these same values over one hundred years later in our veterans today. Each veteran making the selfless decision to sacrifice their today for our nation's tomorrow. Each veteran leaving their home and community to serve. We are truly blessed to have men and women willing to sacrifice day in and day out to defend our great nation and democracy.

To all our veterans - thank you. Thank you for your service to our nation, for your dedication



Maj. Gen. Michael Lutton, Commander, 20th Air Force

and commitment. And thank you for welcoming new generations of Airmen into your community and making them feel at home. In service to our nation and citizens who are truly exceptional and unlike any other - again thank you.

Maj. Gen. Michael Lutton is Commander, Twentieth Air Force, Air Force Global Strike Command, Francis E. Warren Air Force Base, Wyoming. Maj. Gen. Lutton is responsible for more than 12,000 Airmen providing nuclear global strike and nuclear weapons sustainment for the U.S. Air Force.

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Jason Aldean by Travis Powell (FRI, NOV. 27 - 3PM)
"Elvis" by Travis Powell (Sat., nov 28 - 3PM)
Williams & Ree Music & Comedy (FRI, dec. 4 - 3 & 7pm)
Creedence Revived (FRI, dec. 5 - 7PM)
The Highwaymen Tribute Performance (FRI, dec. 11 - 3 & 7pm)
On the Brink w/ Daniel Starks (Sat., Dec. 12 - 3PM)

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2- ACTIVE DUTY ENLISTED, RESERVISTS AND FAMILY MEMBERS ARE ELIGIBLE
3- CANNOT BE AN EMPLOYEE OF MINOT PUBLIC SCHOOLS

DEADLINE TO APPLY IS 13 NOVEMBER

*Pursuant to DoDI 13.44.10 Para 4.2.4.2 officers are not eligible to serve on the Minot AFB School board as it is an independent district.

BABY ANNOUNCEMENTS

Born Wednesday, November 4, 2020 to Amber and Mason JENKINS Mohall, ND

Born Monday, November 9, 2020 to Kambrea & Wilciguss WIMBISH MAFB, ND

Born Monday, November 9, 2020 to Caitlyn & Joseph-Luis KILGO MAFB, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

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WHAT'S GOING ON MAFB

TODAY 13

- Registration Closes for the Best 4 Game Tournament at Rough Rider Lanes
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (Accessing Higher Education), 0800-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Cycle, 1600, Fitness Center
- Zumba, 1700, Fitness Center
- Torch Club, 1730, Youth Center – Online Zoom Meeting
- Keystone Meeting, 1800-1900, Youth Center – Online Zoom Meeting
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 14

- Cycle, 0900, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- International Games Day, 1300, Minot AFB Library Facebook Page
- Best 4 Game Tournament, 1400-1800, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 15

- Zumba, 1400, Fitness Center

MONDAY 16

- CPI Green Belt (Lean Six Sigma) Training Class Begins
- HIIT Strength & Conditioning, 0545, Fitness Center
- TAP, 0800-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center

TUESDAY 17

- Cycle, 0545, Fitness Center
- TAP (VA), 0800-1600, A&FRC – Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Modern Civilian Resume Workshop, 1100-1230, A&FRC – Online Zoom Meeting
- Yoga, 1130, Fitness Center
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY 18

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC – Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Boot Camp, 1130, Fitness Center
- Cycle, 1700, Fitness Center
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 19

- Cycle, 0545, Fitness Center
- TAP (DoL Track), 0800-1600, A&FRC – Online Zoom Meeting
- Pre-Separation Counseling, 0830-1130, A&FRC – Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- 5K Cold Turkey Trot (Great American Smoke Out), 1145-1330, Fitness Center
- Functional Strength Training, 1700, Fitness Center
- Zumba, 1830, Fitness Center
- Cycle, 1930, Fitness Center

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- The Mad Scientist's Laboratory Escape Room Game: 16-21 November, Minot AFB Library – Call to schedule an appointment.
- Moving Out of the Dorms: One-on-One Appointments: 1-30 November, A&FRC – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: 1-30 November, Family Child Care – Call to schedule an appointment.

UPCOMING

FRIDAY 20

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL Track), 0800-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Zumba, 1700, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 21

- Turkey Burn Cardio Event, 0900-1100, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

NOV. SPECIALS

Bomber Bistro • Monday Lunch Special • Beef Bulgogi Bowl
Tender beef marinated in a sweet house bulgogi sauce served over white rice. Grab it for lunch on Mondays while supplies last! Only \$9.95 - Includes a drink!

The B-Fifty Brew • Toffee Nut Latte and Pumpkin Spice Latte
Enjoy the taste of fall with either a Toffee Nut Latte or Pumpkin Spice Latte! Available now in Tall through Venti sizes while supplies last!

Rockers Bar & Grill • Bourbon Bacon Jam Burger
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1		2		3		4
6						
7						
9						

ACROSS
 1. Novice
 5. Showing an interest in
 6. Not me
 7. Natural fabric
 8. Form of "be"
 9. Fuel or force

DOWN
 1. Two-wheel device
 2. Real
 3. Getting closer
 4. People who ride

Answers: Across 1. Beginner 5. Avid 6. You 7. Linen 8. Is 9. Energy Down 1. Bicycle 2. Genuine 3. Nearing 4. Riders

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AIR FORCE LIBRARIES

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 9: 1,839.34 feet above mean sea level (MSL); 13,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.73 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.6 MSL.

- N.D. Game & Fish Dept. game wardens: No activity.

- Devils Lake, Ed's Bait Shop, Devils Lake: Little activity.

- Devils Lake, Woodland Resort, Devils Lake: Some activity along the bridges, weather permitting, but overall activity is light.

- Lake Darling, Karma C-Store, Ruthville: Some walleye success from shore around Grano.

- Lake Metigoshe, Four Seasons, Bottineau: Little activity but the few anglers out are finding an occasional scattered walleye.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No activity with windy, cooler weather.

- Lake Sakakawea, Scenic 23, New Town: No activity.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains difficult to access in the tailrace itself and off the boat ramp. Better success remains from shore at night. No reports from the east end of Lake Sakakawea.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River improving for walleye west of Williston. Try jigs and minnows. Weather permitting, anglers continues



- Nov. 15: Sandhill crane season closes.
- Nov. 22: Deer gun season closes.
- Nov. 27: Muzzleloader deer season opens.
- Nov. 29: Dove season closes.
- Nov. 30 & Dec. 1: N.D. Game & Fish Dept. virtual livestream advisory board public meetings. Email advance questions to ndgflive@nd.gov. Go to the department website, (gf.nd.gov) for more information.

finding fair walleye success around Lund's Landing and Lewis & Clark State Park.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes or the Mouse River.

Hunting:

- Deer: Generally improving numbers across many areas with overall fair opening weekend success despite windy weather. Look for increasing movement with cooler weather.

- Waterfowl: Good diving duck numbers remain on Devils Lake but geese are more scattered in the

northeast. Snow geese starting to filter out in areas around the east end of Lake Sakakawea but improving Canada goose numbers in the area. Some geese still around the midsection of the lake and across north-central parts of the state. Snow geese largely moved out of northwest N.D. with some Canadas lingering along the upper end of Lake Sakakawea.

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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Youth In Action



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



“Military moves in the middle of an academic year can present a unique set of challenges. The School Liaison office can offer numerous resources to support families during their PCS. One such resource is the Military Interstate Children’s Compact Commission or MIC3. The compact was created to support successful school transitions for mobile military students across the nation. All fifty states and the District of Columbia are members of the compact, which applies to public schools and DoDEA schools kindergarten through 12th grade. MIC3 covers children of Active Duty members, including National Guard and Reserves under Active Duty Title 10 orders, members or veterans

who are medically discharged or retired for one year, members who die on active duty for a period of one year after death and for uniformed members of NOAA and USPHS. The compact eases the educational challenges that military children encounter and supports uniform treatment as they transfer between school districts. MIC3 covers topics in the following areas for K-12 students attending public schools: placement, attendance, enrollment, eligibility, and graduation. For more information on MIC3, visit <https://mic3.net>. If you are soon to PCS or just arriving to Minot AFB contact the School Liaison office with any transition related questions: 701-240-2380 or mafb.school.liaison@us.af.mil.”

2020-2021 MPS CALENDAR



November 2020							18 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

IMPORTANT UPCOMING DATES

November 10

Early Release Day

November 11

Veteran's Day - No School

November 26

Thanksgiving - No School

November 27

Vacation - No School

December 9

Early Release Day

December 21

Parent/Teacher Comp Day - No School

December 22 - January 3

Vacation - No School

December 2020							14 days
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

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Rated Preparatory Program now accepting applications for FY21 spring class

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Active duty Department of the Air Force officers and enlisted Airmen and Space Professionals interested in becoming a rated officer have until Dec. 31, 2020 to apply for the Spring 2021 Rated Preparatory Program.

This will be the third year that the Air Force has partnered with the Civil Air Patrol for this training. The 2021 class will take place at the Denton Enterprise Airport in Denton, Texas.

"The Rated Preparatory Program provides Department of the Air Force officers and for the first time enlisted applicants,

who are interested in cross-training to a rated career field the opportunity to gain and strengthen their basic aviation skills," said Col. Scott Linck, Aircrew Task Force deputy director. "This program will allow them to enhance their knowledge through developmental modules and acquire valuable flight time in order to increase their competitiveness as candidates for future undergraduate flying training boards."

Applicants selected for the RPP will first complete an online self-paced ground course followed by a one-week in-

resident course to introduce them to aviation fundamentals. Program participants will garner approximately seven to nine flight hours, ground instruction and additional training time in a flight simulator.

Officers who complete the program are required to apply to the next available Undergraduate Flying Training selection board. Enlisted participants who complete the program are required to apply to at least one of three Air Force commissioning sources: U.S. Air Force Academy, Reserve Officer Training Corps or Officer Training School.

Airmen who can meet the requirements below are encouraged to apply:

1. Any active duty officer who meets UFT board requirements.
2. Any active duty enlisted Airman or Space Professional who meets UFT board requirements and qualifies for a commission through one of the three commissioning sources (Reference PSDM 20-96 for further information).
3. Be a U.S. Citizen.
4. Be of high moral character and personal qualifications (members currently having open law violations or criminal investigations, previously convicted by court-martial or having received an Article 15 are ineligible to apply).
5. Have the unit commander's approval and endorsement.
6. Have a current passing Physical Fitness Test score.
7. Have a Pilot Candidate Selection Method score prior to the RPP class start date.
8. Have less than 5 hours of total civilian flight time (applicants with greater than 5 hours of civilian flight time may apply, but will only be considered on a space available basis).
9. Officers: Obtain a U.S. Air Force Initial Flying Class I, 1A, Ground Based Controller or III

flight physical prior to entry into the RPP.

10. Enlisted: Obtain an FAA Class III physical prior to entry into the RPP (Reference PSDM 20-96; consult a local Aviation Medical Examiner).

11. Complete an on-line self-paced ground course that will be provided prior to the class start date.

12. Be prepared to retake the Air Force Officer Qualifying Test and Test of Basic Aviation Skills at the first available opportunity upon completion of RPP, preferably within two to four weeks.

"When comparing applicant scores pre- and post-RPP, results show, on average, a 20% improvement in student AFOQT scores and a 35-point increase in PCSM scores," said Maj. Sean Stumpf, Aircrew Task Force talent management branch chief. "Approximately 90% of officers who went through the program in 2019 and applied for UFT were selected. We are hoping for the same results from the most recent class that went through the program this summer."

Interested applicants can find additional information on how to apply through the MyPers website.

Vice Chief's Challenge creates new document templates, saves Airmen time

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- As teleworking and social distancing became a part of daily life, the Department of the Air Force was hard at work. Not only were Airmen delivering on daily mission requirements, they were also working hard to improve the department from within.

The 2020 Vice Chief's Challenge launched in February with a focus on working faster and smarter, and finding innovative ways to give Airmen back their time.

"Competing in an environment dominated by near-peer threats requires that we unleash our Airmen to think differently and to put their tremendous talents to use," said Air Force Vice Chief of Staff Gen. Stephen W. Wilson at the launch of the challenge. "Doing so will transform our Air Force to meet the rigorous demands of the next generation of warfare."

Airmen were encouraged to participate in the challenge by submitting ideas via the Airmen Powered by Innovation platform to solve problems related to automation or elimination of menial tasks.

One idea stood out as simple and straight-forward, and required only a head nod from Wilson to get started. The idea was to create official templates for common Air Force documents such as memorandums, Air Force biographies, talking papers and more.

"We asked for our Airmen's help in identifying and eliminating drains on their time that do not directly contribute to warfighting readiness — and our Airmen delivered," Wilson said. "The support for this idea was overwhelming. And for such a simple idea, it was clear that we could start work immediately."

The Department of the Air Force uses Air Force Handbook 33-337, The Tongue & Quill, to describe how official documents should be formatted and written. The handbook, which is a static file, was last updated in 2015, and includes images of what a properly formatted document should look like.

The average Airman typically makes a new document by opening the Tongue & Quill, reading the formatting instructions, opening their word

processing software, and begins formatting a document before beginning the first sentence.

An Airman having to format a blank document is exactly the kind of "menial task" Wilson was referring to when he launched the Vice Chief's Challenge.

Now, thanks to this idea submission, nine official templates are available for download on the service's e-publishing website. This website is available online and doesn't require a Common Access Card or other special login to gain access.

"Giving Airmen back the time they need to drive innovation and build our future is a warfighting imperative," Wilson said. "No one knows better what processes or tasks weigh on our Airmen, than Airmen themselves. We're excited to see what other innovative ideas come next."

The next step is to push the templates to the Air Force standard desktop, which would make the templates available to Airmen when they open a new Word document on an Air Force computer. This system update is expected to be accomplished before the end of November.

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App for military resources available to service members, families

DAVID VERGUN, DEPARTMENT OF DEFENSE NEWS

WASHINGTON (AFNS) -- The "My Military OneSource" mobile app is now available for service members and their families for free by downloading it on Google Play or Apple's App Store.

The purpose of Military OneSource is to put as many resources as possible in one place, so people have an easier time finding what they need, said Erika Slaton, Military Community Support Programs associate director. The app makes it more convenient when users are away from their computers and are only carrying a smartphone.

Each year, Military OneSource connects hundreds of thousands of service members and their families to resources to help improve their quality of life,

Slaton said.

Resources offered include:

- Child care options
- Relationship counseling
- Domestic violence awareness
- Parenting tips
- A Morale, Welfare and Recreation Program digital library
- Tips for communicating in a long-distance relationship
- Moving and housing
- Tax services
- Confidential help
- Financial and legal assistance
- Education and employment
- Confidential non-medical counseling
- Health and wellness
- Benefits finder
- Recreation, travel and shopping
- Installation program directory

The user-friendly design of the new "My Military OneSource" app is based on comprehensive data analysis and user input, including in-depth interviews with more than 300 service members, spouses and service providers; analysis of user satisfaction data input from military leadership and program managers; and a thorough review of best practices, Slaton said.

"To ensure the My Military OneSource mobile app continues to meet the needs of the military community, we will evaluate user feedback to help inform ongoing updates and enhancements, as well as new features," Slaton said, while also adding that feedback is particularly important to improving the site.

Besides the app, users can visit

the Military OneSource website on their computer. There's also a toll-free call center manned 24/7/365.

Users can trust the "My Military OneSource" app, website and call center because it guarantees their confidentiality with a few mandatory exceptions, Slaton said. Military OneSource must disclose illegal activities and situations to prevent harm to self or others.

Those eligible for Military OneSource are Defense Department service members, including National Guard and Reserve irrespective of activation status, DoD expeditionary civilians, Coast Guard members when activated for the Navy, survivors, veterans up to 365 days post-separation or retirement,

and family members of all the categories listed.

Military OneSource is a DoD-funded program that is both a call center and website that provides free comprehensive information, support and resources on every aspect of military life.

Military Community and Family Policy is directly responsible for establishing quality-of-life policies and programs that help our guardians of country, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These DoD services can be accessed 24/7/365 around the world.

Call for Innovation Rodeo ideas nears Dec. 1 deadline

SHANNON CARABAJAL

JOINT BASE SAN ANTONIO-LACKLAND, Texas – With less than a month to go in their annual call-for-topics campaign, the Air Force Installation and Mission Support Center is still looking for innovative ideas with potential to change the Air Force.

"If you have an idea that will help the Air Force deliver installation and mission support capabilities, improve our installations, or support our families in a better, faster or smarter way, we want to hear from you," said Col. Lance Clark, director of the AFIMSC Expeditionary Support and Innovation Directorate.

The campaign, open through Dec. 1, gives military and civilian members of mission support groups around the world a chance to compete for part of at least \$1 million in funding and resources to pursue their ideas. Airmen with the top ideas will learn from leading innovators and pitch their ideas to a panel

of Air Force leaders during the AFIMSC Innovation Rodeo competition on Feb. 5.

The theme of this year's Innovation Rodeo is Base of the Future, a broad topic with endless mission support-centric possibilities. Through the competition, Airmen can help shape how installations can look and function in the future.

AFIMSC can be a powerful ally for anyone with an idea that can improve installation and mission support operations, said Dustin Dickens, an innovation program analyst with the center.

"Since standing up an innovation office two years ago, we've landed more than \$65 million in Air Force and

venture capital funding for I&MS initiatives," he said. "We've been very successful at connecting brilliant Airmen with Air Force and industry partners to bring their ideas to life."

The competition calls for Airmen to submit their ideas through the online Ideascale platform at <https://usaf.ideascale.gov.com/campaign-home/181>.

Past Innovation Rodeo winners include:

- Mobile apps to make life easier for Airmen and their families, including one to centralize and streamline the subletting of short-term slots at military child development centers; one for base announcements and community events; and one to share feedback

about customer experiences.

- An idea to replace the current manual mapping of underground cabling and wiring with the use of augmented reality;

- A project to leverage Geospatial Information Systems and aerial imagery for facility roof inspections;

- A proposal to use autonomous robotic lawn mowers to cut the grass in and around airfields at night to reduce aircraft bird-strike hazards.

AFIMSC's innovation team

has also partnered with rapid acquisition leaders to convert Airmen's innovative ideas into reality at record pace. As such, winning projects are now in various stages of development, including an idea from the inaugural event in 2019 – an app now called the Wing Feedback App – that is currently in beta testing at Joint Base San Antonio-Lackland, Texas.

For more information about the AFIMSC Innovation Rodeo, email AFIMSC.Innovation@us.af.mil.

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91ST MISSILE SECURITY FORCES SQUADRON PHOTOS




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BAKED CANDIED BACON CINNAMON ROLLS

INGREDIENTS
 12 SLICES BACON, SLICED
 1/3 CUP BROWN SUGAR
 PRE-MADE CINNAMON ROLLS
 2 OUNCE CREAM CHEESE


When ready to cook, set the Traeger to 350° F and preheat, lid closed for 15 minutes. Dredge 8 of the slices of bacon in brown sugar, making sure to cover both sides of the bacon. Place the brown sugared bacon slices along with the other slices of bacon on a cooling rack placed on top of a large baking sheet. Cook the bacon on the Traeger for 15-20 minutes or until the fat renders but bacon is still pliable.

Turn the Traeger down to 325° F. Open and unroll the cinnamon rolls. While bacon is still warm, place 1 slice of the brown sugared bacon on top of 1 of the unrolled rolls and roll back up. Repeat for all the rolls.

Place cinnamon rolls in an 8" x 8" baking dish or cake pan that has been sprayed with nonstick cooking spray. Cook the cinnamon rolls at 325° F for 10 to 15 minutes or until golden. Rotate the pan a half turn halfway through cooking time.

Meanwhile, take the provided cream cheese frosting and mix in the softened cream cheese. Crumble the cooked bacon and add into the cream cheese frosting.

Spread frosting over warm cinnamon rolls. Serve warm, enjoy!



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TRAEGER TALK



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RYAN DAVY,
GENERAL MANAGER
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Barbecuing with wood pellets is a concept of cooking that goes back to early days of cooking over open fires the way our ancestors and there ancestors before them did. The real advantage we have is that we can use pellets. They are easier to get, come in many different flavors, and are much easier to store than wood. Good pellets are always a form of natural wood. When wood is turned into pellets they suck the air out which creates a very dense form of the wood, actually denser than its original state. Pellets tend to produce a more intense smoke more rapidly. This intense smoke will encapsulate your food locking in the natural flavors and juices that you normally lose when cooking. People often ask if using pellets is safe. When pellets are made from natural woods sawdust they use extreme amounts of pressure and intense heat, which eliminates toxic or contaminated material that may have existed in the wood. This creates a sterile smoking wood product of consistent quality. At Home Of Economy we are always excited to talk to people about the benefits of using pellet grills. We carry all natural Traeger pellets as well as all natural Lumberjack. We have 14 different flavors of Traeger pellets and 9 different flavors of Lumberjack. Each flavor is unique and can turn an ordinary cookout into a great cooking experience that everyone in the family will enjoy. We even have a seasonal Turkey pellet/ Brine kit that will make your thanksgiving spectacular. Stop in to Home Of Economy for all of your pellet grill needs, we would love to help.



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91ST MW AFGSC AWARDS & MCADOO TROPHY PRESENTATION

Col. Christopher Menuey, 91st Missile Wing commander, and Chief Master Sergeant Garrett Langston, 91st Missile Wing command chief, present awards to Airmen and civilians on Nov. 6, 2020 on Minot Air Force Base, North Dakota. Air Force Global Strike Command awards are given quarterly and annually to Airmen and civilians while the McAdoo trophy for sustained ICBM excellence is presented annually to a wing.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JOSH W. STRICKLAND



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**A1C JULIANA MARTIN
ADMINISTRATIVE TECHNICIAN**

A1C Juliana Martin is an Administrative Technician for the 91st Missile Maintenance Squadron Command Support Staff. Martin is originally from Oscoda, Michigan, and was previously stationed at Yokota Air Force Base in Japan for two years. After her time in Japan she joined Team Minot in November 2019. Martin's responsibilities include in-processing and out-processing Airmen arriving and leaving Minot, as well as organizing re-enlistments and extension and separation paperwork. Additionally, she assists Airmen with special duty pay, handles leave requests and is involved in the process of awards and decorations for the 791st Maintenance Squadron and the 91st Maintenance Group. "I like Minot, my unit is great, my leadership is great, and I get along with my team," said Martin. She says her favorite part of the mission is to see missiles go from Minot to Vandenberg Air Force Base in California for test launches and knowing that she is a part of that mission. When asked what motivates her, Martin said, "My supervisor motivates me. She keeps me on track of things and she always makes sure that I know what I'm doing." In her spare time, she volunteers for "Meals on Wheels" where she serves as the main point of contact to provide hot meals to senior citizens and homebound patients.



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Cold weather hunting and dogs

Patricia Stockdill

It's nearly mid-November and while deer gun season is fully underway, upland hunters and their dogs don't have to settle into the couch yet.

More than a month remains of upland bird season and even though temperatures dip – sometimes rather severely – and it can be snowy and windy (no surprise there, perhaps), it's still possible to enjoy late season pheasant hunting.

The key to a successful hunt for that four-legged Hunting Maniac is the dog must be healthy and in good condition to handle cold weather winter conditions.

A hunting dog is going to want to hunt and most likely, it wants to hunt regardless of the conditions. It is what they live for, after all. Because that desire is so strong, it's vital for human hunters to step up and be smart about late season hunting.

Winter requires special attention, especially cold temperatures. Watch the dog's body posture – they let you know when to be concerned. If they're slowing their search, less body animation, have a 'hunkering' backline appearance, or shivering, it's time to quit.

Wind and wind chills also enter into how much a dog can handle being out – or whether they should be out at all. A dead air layer exists between a dog's skin and hair. Wind and moisture take that air layer away and dogs can easily become more chilled. Short-haired breeds such as vizsla, Weimaraner, English pointers, or German short-haired pointers are less able to handle cold and wind.

Cold air below 32 degrees tends to be drier than air around 30 to 32 degrees, which tends to have more moisture – and moisture can suck heat out of a dog. That's one reason it might be more comfortable for dogs to hunt in 20 degrees on a sunny, calm day than a cloudy day at 32 degrees.

Winter conditions also bring ice and sharp, frozen stubble, cattails, or sunflower and corn stalks that could cut a dog more so than during early season hunting. Even grass and frozen corn leaves can slice a dog open when it's cold and freezing.

Ice is also horribly difficult on footpads, causing cuts. Because pads are warmer, ice and

snow tends to accumulate between a dog's toes, causing irritations. Hunters definitely need to take note if their dog stops and tries to clean and chew ice and mud away from their feet and toes. It's an irritant that could create deeper wounds and cuts.

While dog boots may seem like a solution to protect footpads, they can also cause snow to get inside the boot from the top and freeze as it touches the warmer footpad. All too often, good intentions of protecting a dog's feet can cause irritations and cuts.

In addition, clean, fresh water is important year-around. Dogs can require more water in the winter than in the summer because they need more food in winter to maintain calories. More food means dogs need more water to properly digest food.

A dog's caloric needs can nearly double working harder in winter's harsher conditions compared to when they're at rest in summer's heat. Some companies make special dog food for hunting dogs to help meet those increased needs.

Dogs can become dehydrated when hunting in dry, cold air. Carry water for the dog in the winter when afield, just as a hunter would when it's warm. Like people, dogs sweat when they're exerting themselves in cold weather, although they pant rather than sweat. Dogs need water when active in the winter just as much as people.

They can also suffer frostbite and hypothermia. Don't transport dogs in an open pickup in the winter but if it's an absolute necessity, have a well-insulated, enclosed dog box with dry bedding. It should be the size of the dog. Cold air enters if the box is too large, which is even more detrimental when they're wet and cold after hunting.

Late season bird hunting brings special concerns but if done smartly, it doesn't have to deter hunting. Pay attention and use common sense when out. Watch the dog's body language, because while they might not rub their paws together or try to breathe warm air on themselves, they will tell you when enough is enough. Any hunkering, shivering, or alternately lifting paws are sure signals to quit.

Pay attention, watch the weather and dog, be smart, and never let it get to that level.

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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

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www.trinitychurchminot.org


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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.

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 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
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 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
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 Sundays:
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 Fellowship..... 9:00 am
 Sunday School 9:15 am
 Worship 10:30 am
 Wednesdays:
 Soup Kitchen 11:30 am
 Family Supper 5:30 pm
 Preschool/Kids' Club/ABY ... 6:30 pm
 Adult Bible Study 6:45 pm
Brian T. Skar, Pastor
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 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
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 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
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Home: 701-838-5759
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Children Worship (Wed).... 7 p.m.
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 Wednesday Worship 6:45 pm
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 Email: bethanylutheran@srt.com
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Pastor Janet Hernes Mathistad
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www.fbcminot.org
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 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.
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Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director


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 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
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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (18 Nov-26 Jan). 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 and 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.

COLUMBIA COLLEGE ONLINE COURSE SCHEDULE - ASYNCHRONOUS

Learn on your own, weekly assignments requirements by instructor Please verify technology requirements
• Late Fall Session (term 20FALL2) 8 week session. Session dates: Monday, October 26 - Saturday, December 19, 2020. Registration dates: Monday, July 6 - Sunday, October 25, 2020. Late registration dates: Monday, October 26 - Wednesday, October 28, 2020
VIRTUAL EDUCATION COURSES - SYNCHRONOUS
Student and instructor are online anywhere at the same time/set schedule. Please verify technology requirements.
• Late Fall Session (term 20FALL2) 8 week session
Session dates: Monday, October 26 - Saturday, December 19, 2020
Registration dates: Monday, July 6 - Sunday, October 25, 2020
Late registration dates: Monday, October 26, 2020 - Wednesday, October 28, 2020
Please call to schedule an appointment. 701-727-8386. Linde L. Paige, M.S.A., Program Coordinator

PARK UNIVERSITY MINOT -

Your degree, Your way. Now enrolling for Fall classes starting August 17. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222] 844-884-8612|darlene.thomas@park.edu PARK. YOU

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
- 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.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

Let's Plan Your Party!

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
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FOR RESERVATIONS PLEASE CALL **852-4108**



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• 1 PM-4 PM
• 6 PM-10 PM

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To thank our U.S. Military personnel and First Responders this Veterans Day, HMA and HMF are pleased to bring you the **Hyundai Veterans Day 2020 Military Incentive Program!**



Additional \$1000 rebate on all new Hyundai models *see dealer for details

2020 Hyundai Tucson SE AWD
 M11248
 MSRP \$26870
 Don Besette Hyundai Discount - \$920
 *Financing offer - \$3250
***PRICE \$22,700** ★★★★★★★★★★



2020 Hyundai Tucson SE AWD
 M11247
 MSRP \$26570
 Don Besette Hyundai Discount - \$902
 *Financing offer - \$3250
***PRICE \$22,418** ★★★★★★★★★★



2020 Hyundai Elantra ECO
 M11245
 MSRP \$23010
 Don Besette Hyundai Discount - \$707
 Retail Bonus Cash - \$2500
 **HMF Bonus Cash - \$1000
***PRICE \$18,803** ★★★★★★★★★★



2020 Hyundai Elantra Value Edition
 M11280
 MSRP \$22435
 Don Besette Hyundai Discount - \$685
 Retail Bonus Cash - \$2000
 **HMF Bonus Cash - \$1000
***PRICE \$18,750** ★★★★★★★★★★



USED VEHICLES

- 2012 CHEVY TAHOE LT M24971A **\$15,750**
- 2019 HYUNDAI TUCSON SE *CERTIFIED PRE-OWNED M24841 **\$17,950**
- 2019 NISSAN ROGUE SPORT S M24975 **\$18,990**
- 2015 TOYOTA RAV4 XLE M11278A **\$18,980**
- 2018 TOYOTA C-HR M10671A **\$19,990**

*plus tax, title, license and fees **with approved credit

DON BESSETTE HYUNDAI
 1715 N BROADWAY MINOT, ND 701.852.3300
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5k "Cold Turkey" Trot
Race Day Nov 19th at 12:00pm

Register at McAdoo 16 Nov - Until day of event

The Fitness Center & SMDG Health Promotion is partnering in the Great American Smokeout to support those who are trying to kick the tobacco habit!

The fastest male and female runners will receive gift cards! HAWC info table & giveaways available!

Enjoy warm soup after the race!



Alternate location due to weather will be indoor track. Due to COVID 19 you can also do your run at home, track on your fitbit, take a screenshot & place on our FB page by 1100 on the day of the 5k.



723-2145