

northern sentry

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WHATS
INSIDE
THIS WEEK:



STRIKEWERX
TACKLES
B-52
MAINTAINER'S
ISSUE

A2



YWCA MINOT
NAMES WOMEN
OF DISTINCTION
FOR 2020

A7

5 BW AIRCREW DEPLOY TO MIDDLE EAST



Aircrew prepare to board a B-52H Stratofortress on the flightline on Nov. 20, 2020, at Minot Air Force Base, North Dakota. U.S. Central Command is committed to preserving and protecting the freedom of navigation and the free flow of commerce throughout the region. While the United continues to have robust defensive capabilities throughout the U.S. Central Command area of responsibility, any potential adversary should understand that no nation on earth is more ready and capable of rapidly deploying additional combat power in the face of any aggression. See page 3 for more coverage.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSE JENNY

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STRIKEWERX tackles B-52 maintainer's issue

SEAN GREEN, STRIKEWERX

BOSSIER CITY, La. -- Air Force Global Strike Command's innovation hub, STRIKEWERX, hosted a "Design Sprint" event Nov. 16-19 in Bossier City, Louisiana, to aid B-52 maintainers throughout the command.

The Design Sprint brought together industry and academia partners to improve the process for maintenance of brakes pads on the B-52 aircraft.

The 2nd Maintenance Squadron, which produces an average of 20 to 25 brakes per month for B-52s at Barksdale Air Force Base, La. and Minot Air Force Base, North Dakota, is tasked with

accurately drilling 96 individual pucks out of five stators/pressure plates. According to the Airmen of the 2nd Maintenance Squadron, the drilling of these pucks is done in specific spots, to a specific depth and all by eye, which can lead to costly damage to the plates.

Tech. Sgt. Nicholas Geiger, section chief for bomber hydraulics at the 2nd Maintenance Squadron at Barksdale AFB,

estimates a loss of \$106,000 each year due to damaged plates from miss-drilling, plus countless lost manhours from a labor-intensive process.

"This was a problem long before me, so our leadership was able to bring it to STRIKEWERX's attention, and I think it was an amazing event. We could have used something like this 10 years ago," Geiger said. "I am excited to see the prototype in action.

This is a great tool to teach the Airmen correctly and speed up the process, while also making it safer for the Airmen to do their job."

The Design Sprint team produced two prototypes designed by Electroimpact, of Mukilteo, Washington, and Louisiana Tech University, and 3D printed at LSU Shreveport's Cyber Collaboratory. They were then tested at Barksdale AFB's maintenance shop.

"The problem seems small at first, a single backshop within the 2MXS spending 80 hours per month drilling, but when you look at how this one shop touches B-52 brakes across the command

and it's clear that this is a major issue that we can solve with our innovative approaches," said Maj. Ryan Chapman, Air Force Global Strike Command executive chief scientist. "This team of manufacturing experts across industry and academia moved quickly to develop a solution and invest in making our Airmen's ideas a reality."

The event exemplified how STRIKEWERX helps solve challenges faced by AFGSC in a quick, efficient way.

"Our second design sprint was a huge success in solving a complicated issue for the command's aircraft maintainers," said STRIKEWERX Director Russ Mathers. "Airmen who know the process and are performing the work were able to come in, work with academia and industrial experts, and see their idea not only supported, but realized, by AFGSC headquarters."

STRIKEWERX will continue to host Design Sprints to tackle various issues from around the command.

"If you are an Airman out there with an innovative idea, we want to know about it," Chapman said. "Your idea could be the next design sprint, you can have a team of industry and academia making your vision a reality, to solve AFGSC's issues and improve our lethality and readiness."



2nd Maintenance Squadron maintainer Michael Gill discusses the design of B-52 brakes during a Design Sprint held at STRIKEWERX in Bossier City, La., Nov. 16-19, 2020. A team of Airmen, industry and academia collaborated to solve the issue faced by maintainers during an intensive, four-day effort at Air Force Global Strike Command's innovation hub.



Airmen and academia partners from Louisiana Tech University and LSU Shreveport work on refining the prototype design to solve drilling of B-52 brakes during a Design Sprint held at STRIKEWERX in Bossier City, La., Nov. 16-19, 2020.

28

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Welcome Dr. Jennings Psychiatry



Marisa Jennings, MD

Marisa Jennings, MD, is a board-certified psychiatrist, experienced in helping patients manage the full range of mental health conditions. She provides outpatient care to adults using evidence-based treatments that help people achieve positive outcomes.

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A Texas native, Dr. Jennings earned her medical doctorate from McGovern Medical School at UT Health, and completed her residency in adult psychiatry at Saint Louis University School of Medicine in Missouri. Prior to joining Trinity Health, she practiced in association with Methodist Healthcare System in the San Antonio area. Her contributions to the mental health field include serving in leadership positions and writing journal articles and book chapters on topics related to psychiatry. Dr. Jennings is a member of the American Psychiatric Association.

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Bomber Task Force mission demonstrates regional commitment in CENTCOM AOR

CAPTAIN BILL URBAN, USN, U.S. CENTRAL COMMAND SPOKESMAN

U.S. Air Force B-52H "Stratofortress" aircrews assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., conducted a short-notice, long-range mission into the Middle East on Nov. 21 to deter aggression and reassure U.S. partners and allies.

The non-stop mission demonstrates the U.S. military's ability to deploy combat airpower anywhere in the world on short notice and integrate into CENTCOM operations to help preserve regional stability and security.

"Bomber Task Force missions highlight the robust and varied USAF capabilities that can be made rapidly available in the CENTCOM AOR," said Lt. Gen. Greg Guillot, 9th Air Force (Air Forces Central) commander. "The ability to quickly move forces into, out of and around the theater to seize, retain and exploit the initiative is key to deterring potential aggression. These

missions help bomber aircrews gain familiarity with the region's airspace and command and control functions and allow them to integrate with the theater's U.S. and partner air assets, increasing the combined force's overall readiness."

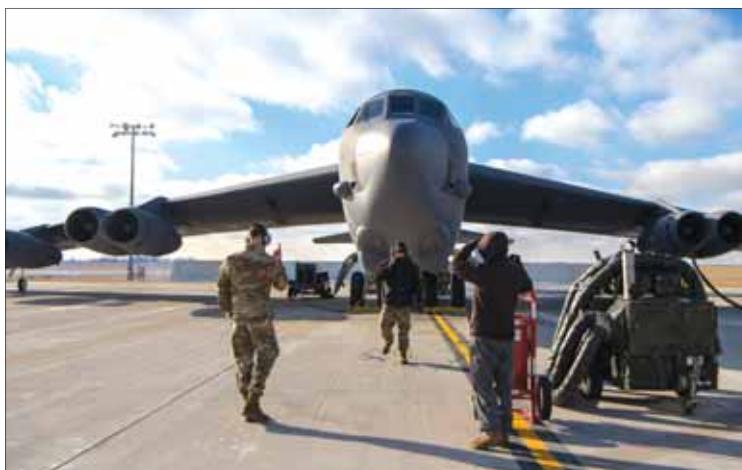
During the mission, the bomber aircrews integrated with air operations centers and other AFCENT assets such as F-15E "Strike Eagles," F-16 "Fighting Falcons," KC-10 "Extenders" and KC-135 "Stratotankers."

CENTCOM is committed to preserving and protecting the freedom of navigation and the free flow of commerce throughout the region. The United States does not seek conflict, but continues to be postured and committed to respond to any contingency around the world.

The last U.S. long-range bomber presence in the Middle East was in early 2020.



A B-52H Stratofortress takes off from the flightline on Nov. 20, 2020, at Minot Air Force Base, North Dakota. U.S. Central Command is committed to preserving and protecting the freedom of navigation and the free flow of commerce throughout the region. While the United continues to have robust defensive capabilities throughout the U.S. Central Command area of responsibility, any potential adversary should understand that no nation on earth is more ready and capable of rapidly deploying additional combat power in the face of any aggression.



A B-52H Stratofortress sits on the flightline on Nov. 20, 2020, at Minot Air Force Base, North Dakota. U.S. Central Command is committed to preserving and protecting the freedom of navigation and the free flow of commerce throughout the region. While the United continues to have robust defensive capabilities throughout the U.S. Central Command area of responsibility, any potential adversary should understand that no nation on earth is more ready and capable of rapidly deploying additional combat power in the face of any aggression.



A B-52H Stratofortress on the flightline on Nov. 20, 2020, at Minot Air Force Base, North Dakota.

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



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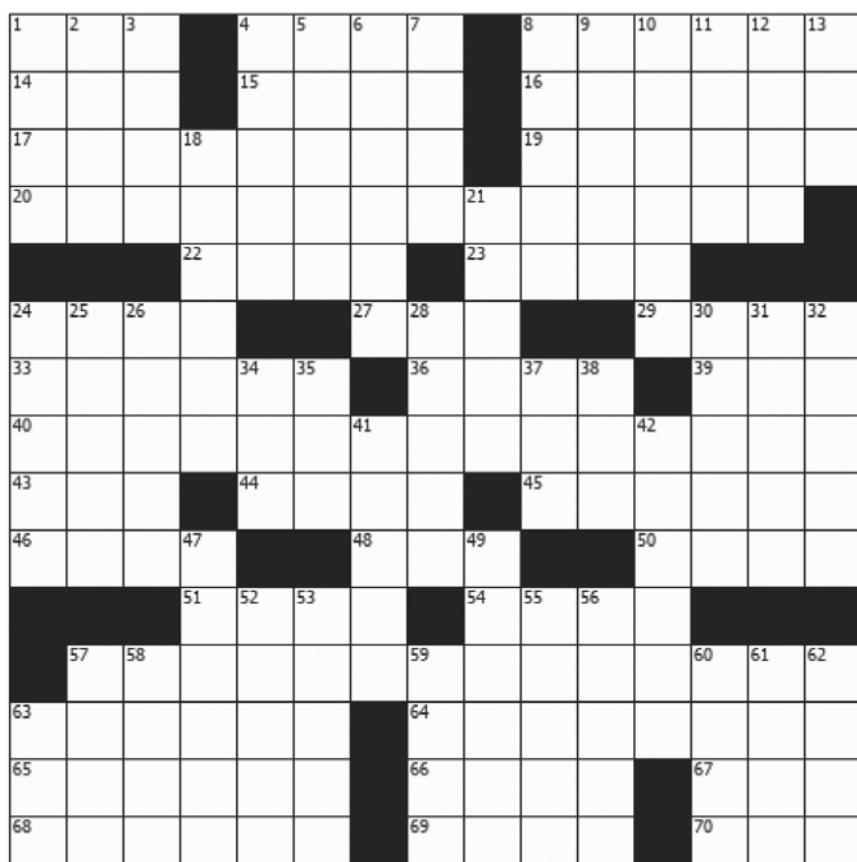
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

1. Duped
4. "Pygmalion" playwright
8. Highlands girls
14. Mine find
15. Novelist Morrison
16. 1998 Masters winner Mark
17. Math functions are performed on these
19. Kind of acid
20. Question in the grocery check-out line
22. Response upon hearing one's name?
23. Last word in a threat
24. Bujold/Douglas film
27. He's a hoot
29. Inviting letters
33. West Texas city
36. Feeling no pain
39. Pigskin's perch
40. Did 20-Across refer to --- ?
43. LAX posting
44. Loafer's lack
45. Shell food?
46. Auctioneer's word
48. Stat for Roger Clemens
50. Snoopy
51. Speck
54. It's rigged
57. ... or did 20-Across refer to --- ?
63. Purchased
64. The one run in
65. Bizarre
66. Manner of walking
67. It's acquired on the Riviera
68. "Heavens!"



69. Building wings
70. Uneaten morsel

Down

1. Wizards' target
2. Florentine angel's instrument
3. Very profound
4. Impolite look
5. Kind of society or roll
6. Mr. Carnegie
7. Will-o'-the-__
8. Type of news
9. Out of whack
10. Hunting dog
11. Hindu garment
12. Author Ambler
13. Certain bunt, on a scorecard
18. Go over, as old arguments
21. Abate into a drizzle
24. "Here --- trouble!"
25. Keats' "--- a Nightingale"
26. Vanadium, for one
28. Deduce
30. Shorthand specialist
31. Earth's neighbor
32. Seven-time Daytona 500 winner Richard
34. Fa-la link
35. Novel by Nabokov
37. Atlas item

SUDOKU

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

Solution to puzzle on page B10

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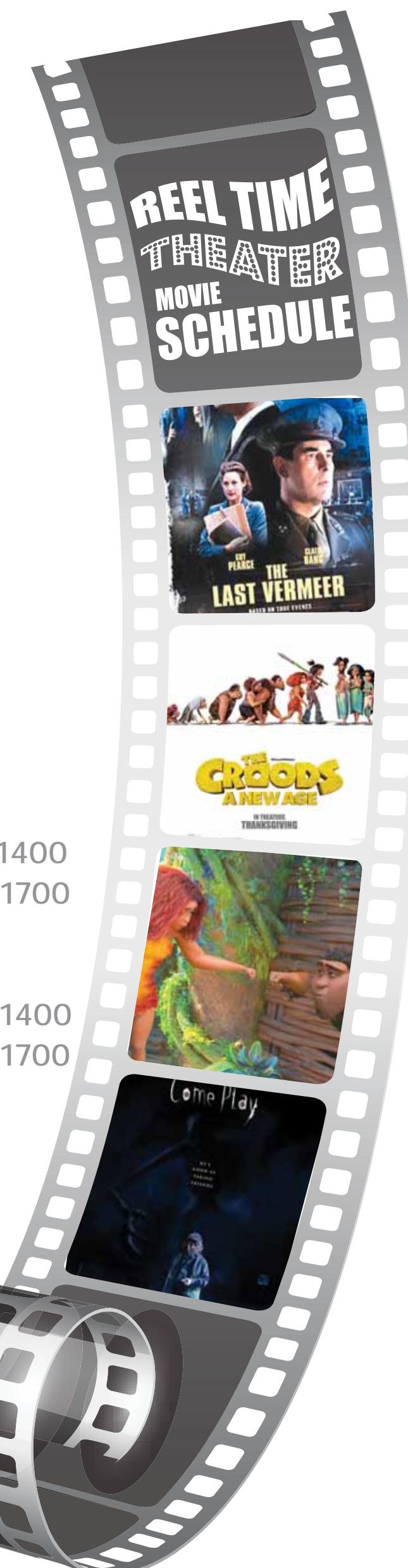
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SUNDAY, NOV 29
THE CROODS (PG) 1400
COME PLAY (PG-13) 1700



38. "See ya!"
41. Indian, for one
42. Seemingly pious bug
47. Former Notre Dame coach Phelps
49. Indifferent to ethical standards
52. Old Irish alphabet
53. Best-seller list entry
55. Showery month
56. Editor's marks
57. Radius, but not diameter
58. Heavenly glow
59. Variety of plum
60. Director Preminger
61. Within shouting distance
62. Dispatched
63. Blossom-to-be

MILITARY STAR Card Brings Joy with Seventh Annual Your Holiday Bill Is On Us Sweepstakes

MINOT AIR FORCE BASE EXCHANGE

MINOT AFB—The Exchange Credit Program is making the holidays brighter for military shoppers by picking up the tab on their MILITARY STAR® cards with the seventh annual Your Holiday Bill Is On Us sweepstakes.

Through Dec. 31, shoppers will be automatically entered into the sweepstakes every time they use their MILITARY STAR card. Five grand-prize winners will have their entire MILITARY STAR card balance paid in full up to \$8,200. Ten additional shoppers will win \$1,000 statement credits, and 25 more will receive \$500 statement credits.

Winners whose balances do not meet the minimum prize of \$2,500 will receive a statement credit for the difference.

"The Exchange Credit Program wants to show our appreciation for our heroes during the holidays and every day," said Air Force Chief Master Sgt. Kevin Osby, the Army & Air Force Exchange Service's senior enlisted advisor. "One purchase with a MILITARY STAR card could go a long way toward paying your holiday gifts this year."

Authorized shoppers will be entered into the sweepstakes every time they use their MILITARY STAR card at any military exchange, commissary, ShopMyExchange.com, myNavyExchange.com, ShopCGX.com, Armed Forces Recreation Centers or Exchange mall vendor.

Honorably discharged Veterans who have verified their eligibility to shop the Exchange online are eligible to win, too. Veterans can find out more on the Exchange's community Hub page at <https://bit.ly/Vets4Life>. Veterans with service-connected disabilities can participate, too, as they mark their first holiday shopping season with in-store privileges.

MILITARY STAR has paid nearly \$250,000 in holiday bills since 2014. The Army & Air Force Exchange Service administers the MILITARY STAR card.

Winners will be announced through a drawing on or about Jan. 30. No purchase is necessary to win. For rules and an alternate method of entry, visit MyECP.com/CustomerAds/Page/Exchange.



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Upcoming Events

26 NOV MAGIC CITY TURKEY TROT
9:00 AM - 12:00 PM
Brick Studio Building
400 E Central Ave, Minot

Magic City Synchro is hosting its annual Magic City Turkey Trot, a 1 mile fun/run and 5k run/walk. Join us on Thanksgiving Day morning, Thursday, November 26th at 9am at the Brick Studio Building with a course going through Downtown and Roosevelt Park. There will be free T-shirts for the all pre-registered entrants (have to be registered by November 15th to guarantee). Strollers and dogs welcome. Children 5 & under are free. Water will be provided at the 5k half way point as well as water & hot beverages at the finish line. Costumed runners encouraged. Let's see those Turkey hats! We will have a variety of prizes for our best dressed and most spirited runners.

27-28 NOV BLACK FRIDAY SALE AND SWAG BAGS
7:00 PM - 7:00 PM
Vendor Village (Dakota Square Mall)
1407 South Broadway Suite C, Minot

Black Friday we will have 10 swag bags full of products from all our vendors here for the first customer purchasers of the day! We are excited to share the day with you and give a little back to the Minot community here to support all of our local small businesses!

For more information:
Facebook Event / Dakota Square

27 NOV BLACK FRIDAY AT LOOK AESTHETIC ATELIER
9:00 PM - 12:00 PM
LOOK Aesthetic Atelier
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We offer all kinds of medical aesthetic services such as dermaplaning, chemical peels, etc. Join us for a morning of giveaways, mimosas and the biggest savings all year!

For more information:
Facebook Event / LOOK Aesthetic Atelier



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For more information:
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27 NOV BURN THE BIRD @ THE YMCA
9:00 AM - 12:00 PM
Minot Family YMCA
3515 16th St SW, Minot

Work off that Thanksgiving Day Turkey with a variety of classes, from Yoga and Spin to AquaFit and Crossfit plus everything in between! Participate in 4 classes to be eligible for prizes!
Members: \$20
Non-Members \$30

For more information:
Facebook Event / Minot Family YMCA / Burn the Bird 2020

28 NOV SMALL BUSINESS SATURDAY @ THE MARKET ON 4TH
10:00 AM
The Market on 4th
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A MESSAGE FROM AFMS - MINOT - 5TH MEDICAL GROUP

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. Follow these tips to make your Thanksgiving holiday safer.

The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.

Celebrating Thanksgiving

Accessible version: <http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

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The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.

Everyone Can Make Thanksgiving Safer

- Wear a mask**
 - Wear a mask with two or more layers to stop the spread of COVID-19.
 - Wear the mask over your nose and mouth and secure it under your chin.
 - Make sure the mask fits snugly against the sides of your face.
- Stay at least 6 feet away from others who do not live with you**
 - Remember that some people without symptoms may be able to spread COVID-19 or flu.
 - Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.
- Wash your hands**
 - Wash hands often with soap and water for at least 20 seconds.
 - Keep hand sanitizer with you and use it when you are unable to wash your hands.
 - Use hand sanitizer with at least 60% alcohol.

CDC cdc.gov/coronavirus

Attending a Gathering

Make your celebration safer. In addition to following the steps that everyone can take to make Thanksgiving safer, take these additional steps while attending a Thanksgiving gathering.

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

Hosting a Thanksgiving Gathering

If having guests to your home, be sure that people follow the steps that everyone can take to make Thanksgiving safer. Other steps you can take include:

- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.

Thanksgiving Travel

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.

If you do travel

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.

cdc.gov/coronavirus

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Back Talk

Gratitude is Gods Language

Imagine you have an 11-year-old son or daughter, and when you cook their breakfast in the morning they say "thank you sooo much. I really appreciate this. It is delicious and nutritious and I can tell you care about me. Thank you for making me breakfast today." Then you pick them up from school and they say "thank you so much for picking me up. I can't drive so I really appreciate the effort you are making in my education. I know you have lots going on and so it means a lot to me that you can take time to give me a ride." Then you go to their basketball game, and afterwards they come up to you and say "thank you so much for coming to my game. I can tell you are proud of me and are supporting me in this, so thank you."

Now I know what I said above is a FANTASY, but imagine if it was the case how easy would it be to bend over backwards for that kid. Wouldn't you want to give that child the best and do your very best for them? I know that as a parent you would want to do your best and give them your best anyway, but how much easier would it be if they were grateful for everything you do for them?

Now I want you to think about how you communicate with God (or whatever higher power you believe in). Imagine how much easier it is for God to give us what we want and what we ask for if we are grateful for everything in our lives.

I coined a phrase years ago "you can either live your life with excessive gratitude or excessive excuses." If you choose to be grateful for everything in your life, no matter the circumstances, you will see your life and your perspective on life change. You will see every step in your life as a step up, and you can turn all of life's tests into your testimony. As we enter into the season of Thanksgiving try to see everything in your world as happening for you vs happening to you. Let your loved ones know how much they mean to you and be grateful for everything in your life.

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YWCA Minot Names Women of Distinction for 2020

ABIGAIL KINDER, NORTHERN SENTRY

On Nov. 12, 2020, the Young Women's Christian Association of Minot (YWCA) announced the recipients of this year's Women of Distinction Awards. The annual event honors Minot women and businesses who strive to empower others and eliminate racism in the local community. The awards consist of several categories, including education, business, and social activism. The military winners are selected from officer, enlisted, and spouse categories.

The winners of this year's Women of Distinction awards in the military category have all made significant contributions to the community and among their fellow personnel.

Major Christina Love, Pediatrician for the 5th Medical Group, was named the Woman

of Distinction from the officer category. Love's nomination was a result of her volunteer work with her daughter's Girl Scout troop, as well as her keen instincts in helping a young patient. This patient had continually been misdiagnosed. Thanks to her persistence, the patient went on to receive the critical procedure needed and is now thriving.

In the enlisted military category, MSgt. Jerilyn Watson, Operations Superintendent for the 891st Missile Security Forces Squadron, was recognized. Watson, a single mother of four boys, spent much of her life in Baton Rouge, La., and Riverside, Ca. She has been at Minot Air Force Base since March 2018.

As Operations Superintendent, Watson is responsible for the training and performance of

Airmen in her unit. She is also involved in Let's Connect, a mentoring group that connects young female Airmen with female non-commissioned officers and senior non-commissioned officers.

"I believe it's of importance to take care of others who may not have their family here and let individuals know that they are important, needed, and deserving," she said.

This year's Woman of Distinction from the military spouse category is Tawny Cale, an Air National Guard spouse and longtime North Dakota resident. She is an enrolled member of the Standing Rock Sioux Tribe and identifies proudly with her heritage. Cale makes a difference in her community through social activism and volunteer work.

She was a co-organizer of

the efforts that led to Minot's official recognition of Indigenous Peoples Day, and has also actively been involved with Magic City Equality, as well as the North Dakota Human Rights Coalition.

Cale believes that women who want to get more involved in the community should identify their passion and figure out how to turn it into something that helps others. While donating money and resources is one way to make a difference, she says that there are plenty of other opportunities to help out, such as becoming a PTA member at school or volunteering for a non-profit organization.

"I'm not always able to give money, but I can donate my time," she said.

The YWCA Board of Directors also recently announced the

Women of Distinction from other categories. Here are the winners of each non-military category:

Business Woman:

Kristi Roselli-Sullivan

Education:

Jennifer Burdick

Social Activism:

Bre Nickelson

Young Woman:

Ellory Schmidt, six years old

Nonprofit:

Domestic Violence Crisis Center

Business:

Prairie Sky Breads

The Woman of Distinction:

Jill McDonald

Each winner and nominee has gone above and beyond the call of duty to better the community and uplift others. Congratulations to all of the hard-working members of this year's Women of Distinction Awards!



Major Christina Love (Left), winner of the Woman of Distinction Award in the Military Officer Category, is shown with her family.

YWCA MINOT PHOTO



MSgt. Jerilyn Watson, winner of the Woman of Distinction Award in the Military Enlisted Category.

Left: Tawny Cale, winner of the Woman of Distinction Award in the Military Spouse Category.

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1ST LT VICTORIA PALANDECH
received an Air Force Achievement Medal, and an Air Force Commendation Medal at a recent ceremony. Presenting the medals was Maj Natassia Cherne, Chief of Public Affairs. 1st Lt Palandech has completed her service at Minot Air Force Base, and will be transferred to Randolph Air Force Base, Texas, where she will be working in Recruiting Command.

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WHAT'S GOING ON MAFB

TODAY 27

- For full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com

TUESDAY 01

- Registration Opens for the Rudolph's Relay Tournament at the Fitness Center
- Cycle, 0545, Fitness Center
- TAP (VA), 0800-1600, A&FRC – Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center
- Cycle, 1930, Fitness Center

UPCOMING

FRIDAY 04

- Registration Closes for the Basketball Skills Challenge at the Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Torch Club, 1730, Youth Center – Online Zoom Meeting
- Zumba, 1730, Fitness Center
- 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 28

- For full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Swerk, 1015, Fitness Center

SUNDAY 29

- Sunday Escapes Book Club, 1330, Minot AFB Library Facebook Page
- Zumba, 1400, Fitness Center

WEDNESDAY 02

- 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
- Brown Bag Book Talks, 1200, Minot AFB Storytime Club Facebook Group
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center
- Swerk, 1930, Fitness Center

SATURDAY 05

- Family Bowling, 1000-1400, Rough Rider Lanes
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1015, Fitness Center
- COVID Christmas, 1130-1800, The Turf
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

MONDAY 30

- HIIT Strength & Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC – Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Zumba, 1730, Fitness Center

THURSDAY 03

- Cycle, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC – Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Functional Strength Training, 1700, Fitness Center
- Cycle, 1930, Fitness Center

DINING

Delivery Options (Hours subject to change)
Bomber Bistro Monday-Friday 1630-2030

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Winter Reading Program: 1 December 2020 – 1 March 2021, Minot AFB Library –
Sign up: 1 December 2020 – 15 February 2021
Log your reading: 1 December 2020 – 1 March 2021
- Moving Out of the Dorms: One-on-One Appointments: 1-31 December, A&FRC – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: 1-31 December, Family Child Care – Call to schedule an appointment.

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
A 1/3 pound burger layered with Rockers house special bourbon bacon jam, lettuce, and tomato. Served with fries and a drink for only \$9.75!

DEC. SPECIALS

Bomber Bistro • Skillet Cookie
Dig in to our fresh out of the oven chocolate chip cookie in an iron skillet topped with vanilla ice cream and a drizzle of chocolate and caramel! Available daily for \$5.95!

The B-Fifty Brew • Toasted White Mocha, Peppermint Mocha, & Caramel Brulee
Experience the festive taste of winter with either a Toasted White Mocha, Peppermint Mocha, or Caramel Brulee latte! Available now in Tall through Venti sizes while supplies last!

Rockers Bar & Grill • Thursday Special • BBQ Riblet Sandwich
A pork riblet smothered in BBQ sauce and topped with grilled onions. Served with fries and a drink for only \$9.75!

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Basketball Skills Challenge

At the McAdoo Fitness Center

December: 8th- 9th Skills Challenge, fastest time wins
December: 10th- 11th 3 point shoot out, highest score wins
Times: 1200-1600

Register: Nov 23rd- Dec 7th at the Fitness Center Front Desk, Call, or email.
Arrive 15 min prior to your allotted time slot

COVID Mitigation rules in place



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

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 23: 1,838.89 feet above mean sea level (MSL); 13,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.53 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.48 MSL.

- N.D. Game & Fish Dept. game wardens: Devils Lake back bays icing over but no activity recommended yet. A few anglers testing ice conditions on Antelope Lake but no reports. No Missouri River System reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Some areas of Devils Lake icing over but the main lake is still open. A few anglers on upper basin lakes but watch for some open water areas.

- Devils Lake, Woodland Resort, Devils Lake: Some walk-on activity on smaller area upper basin lakes but Devils Lake is still open with no activity.

- Lake Darling, Karma C-Store, Ruthville: Anglers generally waiting for good ice conditions before venturing onto area lakes.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Check ice conditions along the way if venturing onto Lake Darling. Refuge now open to late season upland bird hunting, as well as archery deer and muzzleloader license holders. Prairie-Marsh Scenic Drive closed until spring.

- Lake Metigoshe, Four Seasons, Bottineau: A few anglers starting to test the ice but no reports.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, a few anglers are going on the east end of Lake Sakakawea in boats with occasional walleye



• Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.

- 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.
- Dec. 6: High and Low Plains ducks, merganser, coot, and white-fronted goose seasons close.
- Dec. 12: High and Low Plains ducks, merganser, and coot seasons re-open.

success.

- Lake Sakakawea, Scenic 23, New Town: Van Hook Arm boat ramp remains open, although that could change with colder weather. Try jigs and minnows for some walleye success but be patient.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace generally quiet with limited activity. Those going out are finding some pike. Look for a few walleye, as well.

- North-central/central N.D. lakes, Towner Hdw. Hank, Towner: No activity with anglers waiting for better ice on area lakes and the Souris River.

Hunting:

- Upland: Pheasant hunters continue finding fair to good

success working heavy cover.

- Waterfowl: Most waterfowl moved out of the state although good numbers of Canada geese and mallards remain along the east end of Lake Sakakawea. A few Canada geese remain in the Devils Lake area but a vast majority of birds moved out and the remaining ones will leave soon. Some birds lingering on remaining large open water lakes.

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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Last Wednesday, Governor Burgum made a change to an earlier stated suspension of all after-school activities. Following the 18 November adjustment, winter sports practices and extracurricular activities may be resumed beginning 30 November with extra precautions. This includes high school winter sports and association, community, and club sports for youth and young adults. Competitions, however, will remain suspended until 14 December. For Memorial students who ride the afternoon activities bus, this means the bus service will be suspended until 30 November, when it will resume normal transportation times. Families and athletes with questions can consult their coach or principal or visit gomaji.com.

2020-2021 MPS CALENDAR



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

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						

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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MINOT AIR FORCE BASE EXCHANGE

Army & Air Force Exchange Service Spreads Good Cheer to Installation Name Shoppers with Fee-Free Layaway for the Holidays

MINOT AFB – Soldiers OR Airmen at Installation Name can get a head start on holiday shopping with help from the Army & Air Force Exchange Service's fee-free layaway.

From Sept. 1 through Dec. 24, the Exchange will waive its \$3 service fee for items priced at \$25

or more. Toys, bikes, clothing and more are eligible. This year, select computers, laptops and tablets are eligible for layaway if they are purchased from Sept. 1 to Dec. 13.

Veterans with service-connected disabilities can use fee-free layaway, too, as they mark their first holiday shopping season with the expanded shopping privilege.

"The holiday season is a time of great joy, and the Exchange's

fee-free layaway is a terrific budgeting tool for Soldiers OR Airmen and military families," said Installation Name Local Manager Title Local Manager First Name Last Name. "Layaway also is a great way to keep those gifts hidden from prying eyes."

Layaways require a \$15 deposit toward the purchase price and items must be picked up by Dec. 24 or Dec. 13 for computers or tablets.



SERVICE AWARD

Congratulations Sgt Gilles on receiving your Service Award! Dark Horses are proud of you and will miss you when you go!

791ST MISSILE SECURITY FORCES SQUADRON

Department of the Air Force selects six candidate locations for US Space Command Headquarters

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force, on behalf of the Office of Secretary of Defense, has selected six candidate locations for the U.S. Space Command Headquarters.

The six locations include Kirtland AFB, New Mexico, Offutt AFB, Nebraska, Patrick AFB, Florida, Peterson Air Force Base, Colorado, Port San Antonio, Texas, and Redstone Army Airfield, Alabama.

Self-nominated communities from across 24 states were evaluated as potential locations for hosting the headquarters.

The Department of the Air Force evaluated each location and will now conduct both virtual and on-site visits at each candidate location to assess which location is best suited to host the U.S. Space Command Headquarters. This assessment will be based on factors related to mission, infrastructure capacity, community support, and costs to the Department of Defense.

The Department of the Air Force anticipates selecting the preferred location for U.S. Space Command Headquarters in early 2021.

In the interim, Peterson AFB, will remain the provisional

location for U.S. Space Command Headquarters until a permanent

location is selected and facilities are ready to support the mission.

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Common Military Acronyms

MILITARY ONESOURCE

Sometimes it feels like the military has a language all its own made entirely of acronyms and abbreviations. And while your service member is probably fluent in this strange tongue, you may need a little help to keep up.

MILITARY ACRONYMS: THE BASICS FOR NEW RECRUITS

AAFES: Army and Air Force Exchange Service. The retailer that operates post exchanges on Army and Air Force installations.

AIT OR "A SCHOOL": Advanced individual training. The hands-on career training and field instruction each service member receives before being qualified to do a specific military job. This specialized schooling varies by military branch.

ASVAB: Armed Services Vocational Aptitude Battery. A multiple-choice test a prospective recruit takes before enlisting to see if they are qualified to join and which military jobs they qualify for.

DOD: Department of Defense. The department of the U.S. government responsible for military operations.

MEPS: Military Entrance Processing Station. Where service members take the ASVAB, get a physical, choose their military job and swear in.

MOS: Military occupational specialty. This is a service member's specific job in the military, from artillery and aviation to engineering and intelligence.

OPSEC: Operational Security. The process of identifying and protecting information about military operations.

PT: Physical training. Key to military readiness, service members will be expected to meet fitness standards throughout their enlistment.

PX: Post Exchange. A store at a military installation that sells merchandise and services to military personnel and authorized civilians.

MILITARY ACRONYMS: CHAIN OF COMMAND

CO: Commanding officer. The officer in charge of a military unit, such as captain for a company (Army) and squadron commander for a squadron of aircraft (Air Force).

JSC: Joint Chiefs of Staff. A group of senior military leaders who advise the president, the Secretary of Defense, the Homeland Security Council and the National Security Council on military matters.

NCO: Noncommissioned officer. A military officer who has not received a commission, such as sergeant (Army) and warrant officer (Navy).

XO: Executive officer. The second-in-command to a commanding officer.

MILITARY ACRONYMS: MILLIFE PAPERWORK

BRS: Blended Retirement System. The military's new retirement system, which extends benefits to about 85% of service members, even if they don't serve a full 20 years. This system uses the Thrift Savings Plan described below.

DEERS: Defense Enrollment Eligibility Reporting System. A database of military families and others entitled to receive TRICARE and other benefits.

LES: Leave and Earning Statement. This bimonthly statement reports what you've earned, how much has been withheld for taxes, your leave balance and what allotments you have. Service members in the Air Force or Army may choose to receive their pay monthly, in which case the LES would be reported only once a



month instead of twice.

POC: Point of contact. The person you contact about a specific program or assignment.

TRICARE: Military health care program. TRICARE provides health benefits to service members, retirees and their families.

TSP: Thrift Savings Plan. Similar to a 401(k), the TSP is a government-sponsored retirement savings and investment plan. The TSP is a fundamental part of the military's new Blended Retirement System, described above.

MILITARY ACRONYMS: FINANCE AND HOUSING

BAH: Basic Allowance for Housing. Compensation service members receive to cover the cost of housing when government quarters are not provided.

COLA: Cost of Living Allowance. Compensation service members receive to offset the cost of living in more expensive areas of the U.S.

OHA: Overseas Housing Allowance. Compensation service members receive for housing outside the U.S. when government quarters aren't available.

POC: Privately Owned Conveyance. A service member's personal vehicle that is not owned by the government.

MILITARY ACRONYMS: LOCATIONS

CONUS/OCONUS: The continental U.S., or CONUS, is the 48 connected states and District of Columbia. OCONUS is outside the continental U.S.

DITY: Do-It-Yourself, or a personally procured move, which can save a service member a lot of money moving. This is often associated with moving during a permanent change of station.

FOB: Forward operating base. A temporary, secured operational position that supports strategic goals and tactical objectives.

PCS: Permanent change of station. The relocation of an active-duty service member to a different duty location. Service members may PCS every few years.

PPM: Personally Procured Move. A move a service member plans and conducts on their own, instead of having the military do it. PPM expenses may be reimbursed by the military.

TDY: Temporary duty station. A temporary assignment at a location other than a service member's permanent duty station.

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A family business - 20 AF directors share their mil-to-mil journey

CAPT. IEVA BYTAUTAITE, 20TH AIR FORCE PUBLIC AFFAIRS

F. E. WARREN AIR FORCE BASE, Wyo. --

Something on the chart didn't look right. Two directors coming to Twentieth Air Force Headquarters with the same last name? Was this a typo? No, they each have a different first initial. They are the same rank and are married to each other? This is different. But it is becoming more common to see couples working together at the same base as the Air Force prioritizes join spouse assignments and its commitment to Airmen and their families.

Every day, roughly 100 Sentinel Warriors, Airmen and civilian, work at Headquarters, Twentieth Air Force, located at F. E. Warren Air Force Base, Wyoming. Their goal is to ensure our ICBM force remains ready to conduct global strike across three missile wings, one air base wing and two geographically separated units (GSUs). Joining the team this summer is the Barringtons, a couple who have spent a combined 48 years in the Air Force serving the ICBM mission and its Airmen.

Col. Catherine Barrington, 20 AF Operations and Communications director, and her husband Col. William Barrington, 20 AF Logistics and Plans director, arrived at 20 AF a couple of months ago, after serving as group commanders together at the 91st Missile Wing at Minot AFB, North Dakota.

While this is a first was a first ever for 20 AF, for the Barringtons, this isn't their first rodeo. After meeting at the Air Force Academy in 1993 and marrying 4 years later, they have been very fortunate to get stationed together many times throughout their careers.

"We knew early on that it was important to look for

compatibility with our AFSCs," said Cathy. "Being missile operations and maintenance has made it a little easier to match assignments and pursue our career goals."

Like many military-to-military families, the Barringtons spent some time apart, so they know first-hand the stress many military-to-military couples feel when trying to match up assignments or make long distance work. Their time apart occurred early in their careers before communication was as simple as picking up a cell phone and calling or video chatting.

"Before cell phones, we had to limit how often we called each other because the telephone bills were expensive," said Bill.

Besides being stationed apart, being a military-to-military couple can pose many challenges like matching up assignments, training and TDYs, and balancing work and family life.

"Shortly after I arrived at my first assignment, someone told me that we would never be able to make our careers work, unless we wanted to spend a lot of time apart," said Bill. "But thanks to many amazing leaders who have looked out for us, I've been able to watch Cathy progress in her career without having to sacrifice my own career, our family life or spending too much time apart."

Cathy, Bill and their two sons, Will (15) and Adam (13), enjoy all the opportunities and experiences that come with being a military family and have learned to face the challenges head on. When asked what's the secret to making it work, they both looked at each other, smiled and said "a team approach and communication".

"We have been fortunate that the ICBM community has focused on join spouse assignments for a long time," said Bill. "We

have benefited from engaged leaders who kept us together and allowed us to pursue our careers. We also enjoy working together. Now we get to work together again at Twentieth Air Force, and make a difference for Airmen and the mission."

As directors, not only will they be working for the Airmen and the mission, but they will serve as examples for what is possible for join spouse assignments in the Air Force. As the Barringtons have demonstrated during their 23-year marriage, the Air Force can be a great place for couples and families.

"It's been an amazing experience and we wouldn't change a thing," Cathy adds.



Col. William Barrington (left), 20th Air Force Logistics and Plans director and Col. Catherine Barrington (right), 20 AF Operations and Communications director, pose in front of the 20th Air Force headquarters, F. E. Warren Air Force Base, Wyoming. The Barringtons have spent a combined 48 years in the Air Force serving the ICBM mission and its Airmen. They joined 20 AF earlier this summer.

U.S. AIR FORCE PHOTO | CAPT. IEVA BYTAUTAITE



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MAKING MORE POSSIBLE

Staying Connected With Your Child's Teachers During a Deployment

MILITARY ONESOURCE

No matter where you are around the country or the world, you can still support your child's education. With communication technology and strong interest, you can keep up with their grades and stay in touch with teachers. Let your child know that school and education are important — whether you're home or deployed. Set the stage for success:

- Meet with teachers prior to deployment. Set up a meeting before you prepare for deployment so you can work out a plan to stay connected.
- Use the school's online resources. Department of Defense schools use GradeSpeed to keep families up to date on grades and attendance. Civilian schools may have similar services.
- Ask your partner for help. Your partner can be your "boots on the ground" for all things

educational. Reinforce your partner's role to your children — set your partner up for success.

- Kids tend to perform better in school when their parents are involved in their education.

Plan ahead to stay involved

Make a plan to stay active and involved in your child's education at every stage.

- Discover technologies. Find out what communication technologies you can access once you deploy.

• Talk about how to stay in touch. Ask your child's teachers before you go about the best way to stay in touch. It might be through email, a school website or even texting.

- Share when you want to be informed. Tell teachers what specific issues you want to know about, such as a low grade or an unexcused absence. It's a good

idea to let your child know, too. Keep in touch

There are lots of creative ways to stay in touch with your child and support his or her education. Try these ideas:

- Stay in regular contact with your child's teachers. Check in as frequently as your mission allows via email or telephone.

• Send a class gift. Pick up something special from the area of the world where you're deployed. You'll be the kids' favorite parent. If it relates to what the class is studying, you'll be the teacher's favorite parent, too.

- Ask your partner or child's guardian for assistance. Your child's designated guardian can oversee homework, talk with teachers and help your child get to school on time. Discuss successes and challenges with your care partner regularly. If your partner



or child's guardian has difficulty speaking English, ask the school to provide a translator.

Find time during your deployment to work on strengthening your connection with your child's school. Your commitment to staying involved

can set them up for success in the classroom and beyond. Contact Military OneSource to speak with an education consultant. Call 800-342-9647. OCONUS/International? Visit: <https://www.militaryonesource.mil/international-calling-options/>

TURKEY TROT

Congratulations to all the runners who participated in the indoor Turkey Trot held at the Minot AFB McAdoo Fitness and Sports Center on November 19.

Physical therapy technician, SSgt Peterson, led a dynamic warmup and provided post run stretches. Health Promotions coordinator, Leisa Peterson, was on hand with turkey soup and info on Great American Smoke Out (tobacco cessation).

AFMS - MINOT
5TH MEDICAL GROUP PHOTOS





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Department of the Air Force restores previous military tuition assistance cap and AF COOL funding

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force restored military tuition assistance to \$4,500 per fiscal year and Air Force Credentialing Opportunities Online preparatory course funding for fiscal year 2021, effective immediately.

The Air Force noted increased usage of tuition assistance since the start of COVID-19 and continuing into the new fiscal year.

"We are excited our members are taking advantage of their time under COVID-19 to improve themselves and pursue education. The Department of the Air Force was able to re-prioritize funding to encourage our service members to maximize their development through these educational benefits," said Lt. Gen. Brian T. Kelly, deputy chief of staff for manpower, personnel and services. "The Department of the Air Force is committed to education and to the continued professional and personal growth of our Airmen and Space Professionals in support of our nation's defense."

As a result of the reinstatement, both programs will resume the same benefits as before.

For military tuition assistance,

Airmen and Space Professionals are eligible for up to \$4,500 per fiscal year and a maximum of \$250 per semester hour or quarter hour equivalent to cover tuition and allowable fees. For AF COOL, funding for preparatory courses, also known as boot camps, is restored. AF

WE ARE EXCITED OUR MEMBERS ARE TAKING ADVANTAGE OF THEIR TIME UNDER COVID-19 TO IMPROVE THEMSELVES AND PURSUE EDUCATION.

LT. GEN. BRIAN T. KELLY

COOL funding limits remain at \$4,500 per life-time.

"Voluntary education and military tuition assistance programs continue to be important to the development of our force," said Chief Master

Sgt. of the Air Force JoAnne S. Bass. "I'm glad we were able to take a look at the budget again and allow our Airmen to focus on self-improvement, especially during a time where our world has become increasingly virtual during COVID-19."

Additionally, Department of the Air Force officials noted comparing school costs, utilizing other resources such as Defense Activity for Non-Traditional Education Support's (DANTES) subject standardized tests (DSST), college-level examination programs (CLEP), pursuing Community College of the Air Force degrees and other funding sources, such as scholarships and grants, all help maximize education benefits.

"I am thankful for great leaders who put service members first," said Chief Master Sgt. Roger Towberman, senior enlisted advisor of the United States Space Force. "I couldn't be happier to see us enable the best growth, education, and development possible."

For more information, consult Air Force Instruction 36-2670, "Total Force Development."

AFSA CHAPTER 959 3Q 2020 AWARD WINNERS

Congratulations to the AFSA Chapter 959 3Q20 award winners:
NCO - TSgt David R. Meadows, 91 MSOS/TRF (now assigned to 5 SFS)

SNCO - MSgt Mario J. Anderson, 91 MSOS/S3O

Your hard work and dedication to the mission, Airmen and families has been noticed.

Outstanding work and great representation for the 91 SFG!
Thank you for all that you bring to Team Minot.
Bully!



5TH FORCE SUPPORT SERVICES INTERESTS SURVEY

A huge thank you to everyone who took the 5th Force Support Services Interests Survey! We've gained such incredible insight and we have already begun working to implement some of the most requested events/programs. We deeply appreciate your input and ideas. NOW, for the moment you've all been waiting for ...

Please join us in congratulating Derrick Smith!! After putting all of the respondents' emails into a random drawing, his email was pulled to win the \$100 FSS gift card.

5TH FORCE SUPPORT SERVICES PHOTO

ULTIMATE TRAEGER THANKSGIVING SANDWICH

INGREDIENTS

- 1 LOAF FRENCH COUNTRY BREAD
- AS NEEDED MAYONNAISE
- AS NEEDED DIJON MUSTARD
- AS NEEDED SMOKED TURKEY
- AS NEEDED TURKEY GRAVY
- AS NEEDED WHITE CHEDDAR CHEESE
- AS NEEDED STUFFING
- CRANBERRY SAUCE, JELLIED

Slice french bread loaf in half and toast on the grill if desired.

Spread mayonnaise and Dijon mustard on both halves of the bread.

Mix to combine leftover smoked turkey and gravy. Layer on top of one bread half.

Layer remaining ingredients in this order: shredded white cheddar cheese, stuffing and cranberry sauce.

Top sandwich with other bread half. Slice in half to serve. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION SUN RUN BREAKS TRANSCONTINENTAL SPEED RECORDS

NOVEMBER 27, 1957

On November 27, 1957, USAF pilots of the 363rd Tactical Reconnaissance Wing completed "Operation Sun Run" and broke three transcontinental speed records. Sun Run included six pilots, six McDonnell RF-101C aircraft, and the new KC-135 Stratotankers that would perform the mission's in-flight refueling. Each flight took place between Los Angeles and New York, with two of the aircraft making a full round trip. Lt. Gustav Klatt set one record, flying from L.A. to New York in 3 hours, 7 minutes and 43 seconds. Capt. Robert Sweet established the new round-trip record of 6 hours, 46 minutes and 36 seconds, as well as the New York to L.A. record of 3 hours, 37 minutes and 32 seconds. "At that time the Air Force was only 10 years old, and this operation was an early endeavor to showcase the capabilities, speed and range of the first supersonic photo reconnaissance aircraft refueling from the first jet tanker," said Christopher Koonce, the 20th Fighter Wing historian at Shaw AFB, SC. "It was an early display of the three effects of airpower: global vigilance, global reach and global power."



McDonnell RF-101C Voodoo, named "Cin-Min" (USAF)

Information courtesy of: [nationalmuseum.af.mil / shaw.af.mil](http://nationalmuseum.af.mil/shaw.af.mil)

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Airmen of Minot



**STAFF SERGEANT THEODORE DEBAUGE
AIR TRANSPORTATION SPECIALIST
5TH LOGISTICS READINESS SQUADRON**

Staff Sergeant Theodore Debauge is an air transportation specialist with the 5th Logistics Readiness Squadron Air Transportation Function. In his position, he oversees the transfer of cargo and passengers from start to finish. Debauge is an essential part of the planning phase right down to the execution phase. Through the use of an application on his computer, he can determine optimal loading procedures ranging from cargo to people. By plugging in weights and calculations, he can figure out exactly how to place cargo onto any aircraft in the United States Air Force. Once the proper procedure is determined, Debauge and his team then load the cargo onto large pallets and secure it. Afterwards, the pallets are stored on a long loading truck where they will eventually be moved onto an aircraft using a forklift. "My favorite thing about the job is load planning," said Debauge. "There are only two people on this base who can decide how to load any incoming aircraft, that's me and one other Airman." As an air transportation Airman, Debauge also needs to know what cargo to load and how to load it in the event of a "contingency operation". This may include the loading of medical or communications equipment or any variety of gear needed from the base. For that reason, he must always be ready at a moment's notice to load the necessary equipment in the event of an emergency. In addition to preparing cargo for Team Minot operations, Debauge also coordinates deployment operations. Similar to a TSA screening area, he will check-in passengers and check their luggage before leaving for a deployment. "It's a bit tougher here, but it's very rewarding," said Debauge. "I spend a lot of time looking at the big picture and why my job matters. I meet the Bomb Wing's intent and make sure Team Minot's mission goes smoothly."

Indian Health Service
The Federal Health Program for American Indians and Alaska Natives

The Billings Area Indian Health Service provides Public Health, Environmental Health, Health Care services and community-based disease prevention services to more than 70,000 American Indian and Alaska Native people in Montana and Wyoming. These services are delivered through six IHS-operated service units, three tribally-operated health departments, and five urban Indian health programs, administratively supported by a regional office located in downtown Billings, Montana. Our mission is to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level.

The Billings Area IHS continually strives for quality health care services through federally and tribally-administered service units and programs, which are accredited by the Joint Commission for our hospitals, Accreditation Association for Ambulatory Health Care for our free-standing ambulatory facilities, or, as an alternative through certification by the Centers for Medicare and Medicaid Services for meeting Medicare Hospital Quality Standards, often referred to as Conditions of Participation. We focus on quality of care standards through the Governing Boards responsible for the operations of each of our health care facilities.

Current Job Openings
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 - OBSTETRICS/GYNECOLOGY
 - INTERNAL MEDICINE
 - PEDIATRIC
 - GENERAL PRACTITIONER
- REGISTERED NURSES**
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 - INFANT
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 - OBSTETRICS
 - PEDIATRIC
 - ADVANCED PRACTICE NURSES
- We are also recruiting for the following:
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 - DENTISTS**
 - OPTOMETRISTS**
 - PHARMACISTS**
 - PHYSICAL THERAPISTS**
 - RADIOLOGY TECHNICIANS**

How To Apply
For career opportunities or for more information regarding current job openings, please contact:

Susan Swartz
Billings Area Indian Health Service
Health Professions Recruiter
Email: Susan.Swartz@ihs.gov
Phone: 406-247-7126

www.ihs.gov/billings/



Late season upland opportunities

Patricia Stockdill

North Dakota hunters have some late season upland bird hunting opportunities that weren't available until after the state's deer gun season ends.

It's almost a tradition onto itself when Audubon, Des Lacs, J. Clark Salyer, Lake Alice, Lake Zahn, Lostwood, and Upper Souris U.S. Fish and Wildlife Service National Wildlife Refuges (NWR) open for upland bird hunting – with the focus typically on pheasants - each year on the Monday after the deer gun season closes.

Three other national wildlife refuges in eastern and southern North Dakota are also open.

Not all of the refuges have an abundance of sharp-tailed grouse, partridge, or pheasants – or many at all – but it's still a unique opportunity.

National Wildlife Refuges have specific wildlife and habitat missions and they can vary greatly depending on their location. Their focus in North Dakota is generally migratory bird habitat and resting areas for spring and fall migration. They're open to hunting because it's compatible with their primary mission, just like fishing is allowed on Upper Souris National Wildlife Refuge's Lake Darling. And ice-fishing access is available at various locations on Audubon NWR.

While North Dakota has the largest number of National Wildlife Refuges in the United States, only those ten major refuges are open for upland bird hunting. They offer a mosaic of grassland, native prairie, and woody areas for sharptails to call home. Their wetlands also provide cattails for pheasants to hunker and hide, especially after icing over and waterfowl have migrated south.

Each refuge has specific regulations in addition to North Dakota's statewide hunting regulations. That's because National Wildlife Refuges are managed by the Fish and Wildlife Service, not the Game and Fish Department, and hunting is an additional opportunity, not their main focus.

As an example, one special regulation is the required use of nontoxic shot when upland bird hunting, not just on the recently opened refuges but on all Fish and Wildlife Service land, including Waterfowl Production Areas.

Each refuge also has designated zones where no hunting is allowed because of proximity to buildings, etc.

The best thing a hunter can do to learn more about late season upland bird hunting opportunities is to contact each refuge:

*Audubon, Coleharbor: (701) 442-5474.

*Des Lacs, Kenmare: (701) 385-4046.

*J. Clark Salyer, Upham: (701) 768-2548.

*Lake Alice, Devils Lake: (701) 662-8611.

*Lake Zahn, Crosby: (701) 965-6488.

*Lostwood, Kenmare: (701) 848-2722.

*Upper Souris, Foxholm: (701) 468-5467.

Refuge websites can also provide helpful information, often including maps. An easy way to find a refuge is to google, www.fws.gov/refuge and then type the name of the refuge. Those with two words in their name, such as Upper Souris or Des Lacs, use an underscore between the words. Upper Souris NWR's website is, www.fws.gov/refuge/upper_souris, for example.

Many of the refuges also provide other hunting opportunities when possible, including upland bird hunting earlier in the year but, remember, it's specific to each refuge so it's worth taking the time to check out each one's hunting regulations for other species.

Hunting dogs are welcome to accompany hunters on all of the refuges; however hunters definitely need to keep them under direct control. But no hunter wants to worry about a lost dog regardless of where they're at.

Hunters also need to adhere to the state's upland game bird regulations and even though the late season opportunity didn't start until after deer gun season closed, it still closes on the refuges when the season closes statewide, which is Jan. 3, 2021.

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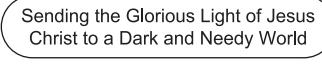
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CHURCH DIRECTORY

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

Little Flower Catholic Church 800 University Avenue West 838-1520 Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am Fr. Ken Phillips, Pastor www.littleflowerminot.com	St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Saturday, November 28 5 PM, No Vespers Sunday, November 29 10 AM, Congregational Prayer Service	 Break Forth BIBLE CHURCH Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com	 An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org	 Worship Service at 10:45am Sundays Sunday School at 9:45am 1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org
 Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540 Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.	Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m. Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller	Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups 7:15pm All are Welcome! www.ecominot.org	To Advertise your Church on this page, Call 839-0946 Only \$7.00 a space / per week	 St. Mark's Lutheran Church Missouri Synod Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf
 Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694 Sundays: Mask Only Service 8:30 am 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 www.ibcmtnot.org	Apostolic Faith Church, UPCI  2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor	 St. John the Apostle Catholic Church 2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com	 First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Saturday Worship 5:00 pm Sunday Worship 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education 5:45 pm www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman	 Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday
Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise	First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director	 Cross Roads Baptist Southern Baptist Convention Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) 6:30 p.m. www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873	 West Minot Church of God Family Worship Center 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot	Sunday School 9:45 a.m. Adult/Children Worship 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed) 7 p.m. Prayer (Friday) 7 P.M.
 Vincent United Methodist Church 1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center open hearts...open minds...open doors! Traditional Service 9:00 am Contemporary Service 10:30 am Kid's Church 10:30 am Pastor Matt Scherbenske www.vincentumc.com	 OUR REDEEMER'S CHURCH A Church of the Lutheran Brethren Thursdays: Worship 6:30 p.m. Sundays: Worship 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org	Chapel Services at MAFB Protestant (North Plains Chapel in Base Housing) Contemporary Service Sunday Worship 1000 Gospel Service Sunday Worship 1130 Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 Daily Monday-Thursday at 1200	To Advertise your Church on this page, Call 839-0946 Only \$7.00 a space / per week	 Our Redeemer's Christian School's Preschool Program will be starting its 33rd year the fall of 2020 and we would love to have your child be a part of it! NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR HIGHLIGHTS OF OUR PROGRAM <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 Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org
First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night 6:30 p.m. www.orcsknights.org	  Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772			

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W-Nov27

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W-Nov27

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W-Nov27

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W-Nov27

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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W-Nov27

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (3 Dec-10 Feb). 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/> 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

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SUDOKU SOLUTION

Puzzle on page 4

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

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

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Saturday 7am-6pm
- Morning start times rotate & vary

PLEASE SPEAK TO CHARLIE AT THE
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

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