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MAJ. GEN WEATHERINGTON VISITS TEAM MINOT



Maj. Gen. Mark E. Weatherington, 8th Air Force and Joint-Global Strike Operations Center commander, visited Minot AFB this week to tour the base and connect with Warbird Airmen. See more photos on page B5.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ZACHARY WRIGHT



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Chief Wieser Commentary: Does Your Video Match Your Audio?

CHIEF MASTER SGT. TIMOTHY WIESER, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.--. Serving this great Air Force the past 22 years, it never ceases to amaze me how cool and awesome are the new things one learns from the individuals we serve with.

About three months ago, I attended a week-long leadership seminar at the University of North Carolina where a fellow classmate said something that stuck with me; "We need to make sure our video matches our audio." Wow, what a statement. It proves extremely true if you inspire to be an authentic leader. Many individuals in leadership positions need to take this to heart. The spiritual leader who led India to independence, Mahatma Gandhi, said, "An ounce of practice is worth more than tons of preaching." Leadership erodes very quickly when a person with a certain position doesn't "walk the walk" from the talk they present. However, over the past seven months, I have come across some true authentic great leaders. These are their stories.

The first week of May, our wonderful Force Support

Squadron held a 5K on a Friday morning at 0600. As I walked into the fitness center, I noticed about 25 Airmen ready to run. This was a larger number than I expected, since it was 27 degrees and first outdoor run of the year. As I talked with the OIC of the Flight and asked what she thought of this, her enthusiasm and leadership qualities were above reproach and she understood the meaning of staying physically fit, because it is part of our lifestyle and profession. Her video matches her audio.

Later, as I was doing my monthly dorm walkthrough, I stopped by the Chaplain's office adjoining one of our dorms. We talked for 20 minutes about how our Airmen are doing and their thoughts and concerns. The Chaplain informed me he talks with a few hundred Airmen weekly. Wow. Having a spiritual person embedded in our dorms is a huge win for America's sons and daughters. His awesomeness and caring is why we have the best Chaplain team in the Air Force. His video matches his audio.

Working with our outstanding Minot Enlisted Airman's Council is the best part of my job. They accelerate change at the highest level and the team's innovation is at an apex. The council works closely with and advocates for the Airmen of this base. They developed a sponsorship/onboarding checklist for Airmen, by Airmen, making sure the wing's 2,160 Airmen and Guardians are treated like high-ranking individuals when they arrive. The executive team inspires from the heart and are years ahead of their rank when it comes to transformational leadership. Their video matches their audio.

Our wing just completed a grueling two-week nuclear surety inspection. With two years of grit, grind, and tough perseverance through a punishing environment, the "Warbirds" rocked it. The very substance of your sacrifice for this base's mission -- the blood, sweat, tears and total tenacity you exemplify every day -- is unmatched. You are the sole reason I continue to serve and I am humbled and



Chief Master Sgt. Timothy Wieser

U.S. AIR FORCE PHOTO

gracious to work with you every single day. THANK YOU 5th Bomb Wing Military, Civilians, Contractors and family members; your video matches your audio. "ONLY THE BEST COME NORTH"

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Minuteman III program office leads innovation with new campaign

CAPT. AUSTIN TROYA, MINUTEMAN III SYSTEMS DIRECTORATE, AIR FORCE NUCLEAR WEAPONS CENTER

HILL AIR FORCE BASE, Utah

In an Air Force that often laments “the only constant is change,” unprecedented encouragement from senior leaders to innovate is dissolving this phrase’s negative connotation and driving Airmen at all levels to enact positive change within their organizations.

Innovators from across the Minuteman III enterprise have embraced Chief of Staff of the Air Force Gen. Charles Q. Brown, Jr.’s strategic imperative to “accelerate change or lose,” adopting a rapid, collaborative approach to implementing innovation.

The Innovation Team aspires to serve as a model for system program offices and warfighter partnerships across the Air Force. In March, the team launched a joint Airmen Powered by Innovation (API) campaign to solicit innovative ideas from weapon system operators, maintainers and defenders, to name a few. The campaign is open to submissions from DoD employees and contractors through Dec. 31, 2021.

Minuteman III, America’s most responsive leg of its nuclear triad, celebrated its 50th anniversary last year, and engineers and maintainers alike are no strangers to finding creative ways to keep 400 aging missiles on-alert 24/7.

A team of members from AFNWC and Air Force Global Strike Command, including from missile wings at Malmstrom Air Force Base, Montana; Minot AFB, North Dakota; and F.E. Warren AFB, Wyoming, has taken the lead on an innovation process to deploy projects faster while eliminating delays caused by lengthy or belated engineering reviews. Subject-matter-expert engineers within the Minuteman III Systems Directorate are charged with ensuring any changes to Minuteman III do not sacrifice weapon system integrity, safety or security—these individuals comprise over 1,100 years of experience across all subsystems and critical functional areas ranging from nuclear surety to safety and environmental.

“From my own observation of senior leaders in the acquisition community encouraging innovation and the renewed drive from our Air Force Chief of Staff General Brown, I saw a huge opportunity for Minuteman III,” said Col. Erik Quigley, director, Minuteman III Systems Directorate. “I challenged the team with targeting areas of the weapon system or processes where we could take calculated risks and innovate without jeopardizing nuclear surety, safety,



The Air Force Nuclear Weapons Center and Air Force Global Strike Command launched a joint “Airmen Powered by Innovation” campaign in March 2021 to solicit innovative ideas from Minuteman III operators, maintainers and defenders to accelerate the design and deployment of warfighter solutions. The campaign is open through Dec. 31, 2021 to DoD employees and contractors, who can submit their ideas and view other submissions at <https://usaf.ideascalegov.com/a/campaign-home/222>.

ARTWORK BY CAPT. AUSTIN TROYA

or certification.”

Spark Cells, which are becoming more common across Air Force bases, are innovation programs created to brainstorm, prototype and rapidly implement ideas locally. However, the Minuteman III Spark Accelerator differs from other Spark Cells and innovation organizations in that its focus is not on generating or implementing ideas. Rather, it provides innovators within the missile wing Spark Cells and AFGSC’s STRIKEWERX program prompt access to the SPO’s subject matter experts.

Typically, weapon system modifications can be very mature prior to being reviewed by the supporting SPO. This approach risks significant re-work if the design does not meet safety, suitability or effectiveness criteria and standards.

The Minuteman Spark Accelerator transforms this linear approval process by removing bureaucratic layers and replacing sequential steps with parallel collaboration. By supporting the earliest stages of development, the SPO can provide feedback throughout the duration of a project, thereby accelerating design, prototyping, and fielding of critical capabilities in support of the warfighter. It formalizes the melding of over a dozen organizations and stakeholders to create a collaborative Minuteman III innovation process.

The API campaign launched this March leverages crowdsourcing ideas and allows innovators to submit their ideas and track progress through implementation.

The site allows friends, colleagues and strangers alike to vote and comment on idea submissions. While many commanders welcome the sharing of innovative ideas, the API platform is a more public and open platform wherein Airmen can collaborate and unleash their creativity.

The team is open to a wide scope of ideas, ranging from “quick wins” to long-term solutions that will keep Minuteman III safe, secure and effective for the next 16 years, until Ground Based Strategic Deterrent is fully deployed.

The Minuteman III Spark Accelerator team’s goal is to continue working with Spark Cells and other partners beyond this year to ensure the innovative spirit of Minuteman III will continue and eventually outlive the weapon system as it reaches end of life. The team has already realized the benefits of its new collaboration with user innovation cells and is confident this Minuteman III partnership will serve as a model for other weapon system users and program offices to come together to support the warfighter and answer the call to accelerate change.

Submit your idea and view other submissions at <https://usaf.ideascalegov.com/a/campaign-home/222> (DoD employees and contractors only). The Spark Accelerator team can be reached at AFNWC.MMIII.SparkAccelerator@us.af.mil.

More on AFNWC Visit www.afnwc.af.mil and www.facebook.com/AFNWC for more on AFNWC.

A LOOK BACK THIS WEEK IN USAF HISTORY

CITIZENS OF MINOT & MINOT AFB WORK TOGETHER TO FACE SOURIS RIVER FLOOD

MAY 31, 2011



The Souris River rose to 1,561.72 feet above sea level, the highest recorded in Minot’s history. (USAF Photo/ATC Aaron Forrest-Wainwright)

In early 2011, concerns of flooding began as local rivers and creeks ran abnormally high due to high soil content, above average snow pack, and persistent precipitation. The city of Minot began emergency operations on May 23, and by the 31st, a mandatory evacuation began. Over 10,000 residents of Minot, including over 500 off-base Airmen and families, evacuated to higher ground. The city partnered with Minot Air Force Base

personnel and the North Dakota National Guard to set up flood walls and provide aid to displaced families in the area. According to FEMA, about 11,456 acres of Ward County land were covered in anywhere between two to 15 feet of water, causing nearly \$700 million in damages. Minot AFB provided temporary emergency shelter for military members, DoD civilians and families who were unable to secure other arrangements. The 2011 flood was a tragedy of its own, but it proved the strong partnership and sense of community that Team Minot shares with the city.

Information courtesy of: minotnd.org / minot.af.mil



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Fleming Award Comes North

SENIOR AIRMAN MICHAEL RICHMOND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

For anyone who knows of Minot Air Force Base, you probably heard the phrase that has grown to be synonymous with the base and its people: "Only the Best Come North." The 54th Helicopter Squadron added emphasis to that phrase when they were recently awarded the prestigious Fleming Award for the year 2020.

Named after retired U.S. Air Force Colonel James P. Fleming, the Fleming Award was created to highlight the best helicopter squadron of the year in U.S. Air Force Global Strike Command. The award honors retired Colonel Fleming's courageous act of heroism when he saved several Green Berets from enemy fire while risking his own life in the process on November 26, 1968, near Pleiku, Vietnam.

One notable achievement of the 54 HS in 2020 was their role in coordinating training operations with Canadian forces, a first for both sides.

"We did the first international aerial gunnery TDY [Temporary Duty Travel] for Global Strike Command," said Maj. David Operchal, Assistant Chief of Standards and Evaluations for the 54 HS. "In March of last year, before COVID hit, we took two aircraft an hour-and-a-half north of us to Canadian Forces Base Shilo and we integrated with Canadian Joint Terminal Attack

Controllers in our helicopters and we conducted aerial gunnery training in Canada. That was a big deal because we had to work with US NORTHCOM, with the attaches office of the State Department, in addition to the Canadian Forces and then also working with 5th Bomb Wing. Security Forces customs came and met us when we did that so there's a lot of integration work with them."

The 54 HS also showcased their ability to adapt and overcome new hurdles presented by the COVID-19 pandemic by providing steadfast mission support for the 5th Bomb Wing and 91st Missile Wing, creating split shifts that mitigated the potential transmission of COVID-19 while also keeping the unit up and running.

"The nuclear mission and nuclear security is always occurring so, even with a global pandemic, we still needed to maintain ICBMs [Intercontinental Ballistic Missiles] on alert," said Operchal. "That required all the maintenance and security things that we normally did so we instituted split operations. We'd have two separate crews, we call them Beaver One and Beaver Two crews. We had to split ops to ensure that we always met the 91st Missile Wing taskings in order for both convoy movements and security movements, in addition to keeping all of our aircrew as trained as they could be without

being able to go TDY and also keeping up our proficiency as best we could."

Additionally, the 54 HS performance in Global Thunder [an annual command and control exercise designed to train U.S. STRATCOM forces and assess joint operation readiness] went above expectations, proving to be a ready force to be reckoned with. Coming up with an aircraft dispersal plan, the 54 HS were able to mitigate some of the exercise injects that came with Global Thunder.

Through continuous dedication and readiness, the 54 HS demonstrated what it means to be part of Team Minot, raising the bar for future Airmen to overcome and adding context to "Only the Best Come North".



The 54th Helicopter Squadron assigned to Minot Air Force Base performs a training flight in North Dakota on May 11, 2021. The 54 HS provides helicopter security response for the 91st Missile Wing and supports emergency war order taskings, by transporting tactical response force teams in support of launch facility denial and recapture and convoy operations.

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN

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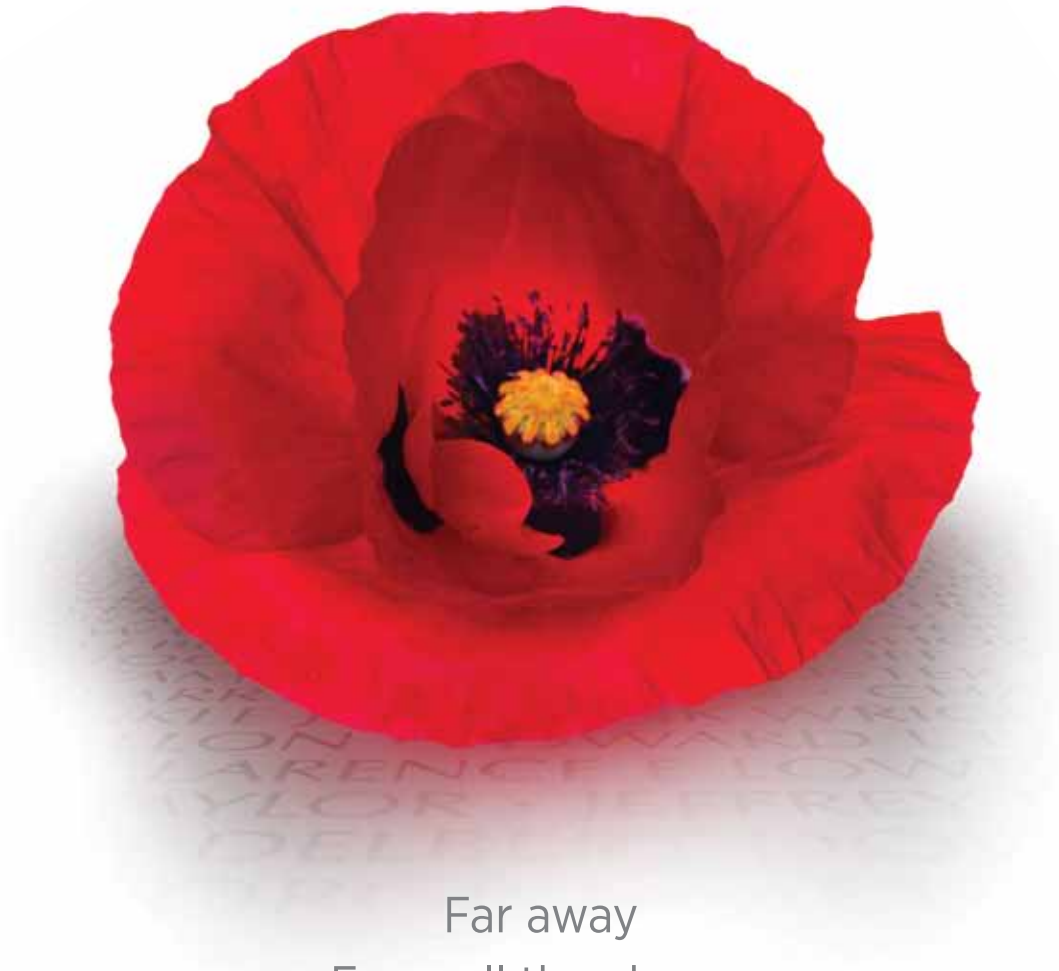
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2020 NUCLEAR & MISSILE OPERATIONS (13N) OPERATOR OF THE YEAR: Captain David M. Barnhart – 742 MS, Minot Air Force Base

2020 NUCLEAR & MISSILE OPERATIONS (13N) FGO: Major Alex S. Rich – 20 AF, 20th Air Force

NDO SNCO: Senior Master Sergeant Andrew J. Rapsavage – 341 MUNS, Malmstrom Air Force Base (Official)

NDO CGO: Captain Samuel T. Darnell – 341 MW/WOC, Malmstrom Air Force Base (Official)

NDO CIVILIAN CATEGORY II: Mr. Jerald L. Rogers – 576th Flight Test Squadron
 Congratulations to all the winners! Well done!

91ST SECURITY FORCES GROUP SHOUT-OUTS

Congratulations to the following Defenders who graduated May 13, from the Community College of the Air Force with a Criminal Justice degree:

- TSgt Sarah L. Duckett, 91 MSFS
- SSgt Merrick E. Kruml, 891 MSFS
- SSgt Serafin Lopez, 791 MSFS
- TSgt Patrick D. Olalogwal, Jr., 791 MSFS
- SSgt Avinay Rubio, 791 MSFS
- TSgt Joseph E. Saunders, 791 MSFS
- SrA Alexandria L. Smith, 891 MSFS
- SSgt Brian Weber, 791 MSFS

Congratulations to the following Defenders who received notification on their promotion to "MSgt":

- TSgt Patrick R. Bell, 791 MSFS
- TSgt Justin W. Hovis, 791 MSFS
- TSgt Donald G. Porter III, 791 MSFS
- TSgt Peter A. Patera, 91 MSOS
- TSgt Jason R. Brown, 91 MSOS
- TSgt Daida N. Garcia-Ortiz, 91 MSOS
- TSgt Paul D. Sanders, 91 MSOS
- TSgt Seth C. Harrier, 91 MSFS
- TSgt Rojen A. Richards, 91 MSFS
- TSgt Joshua L. Ross, 91 MSFS
- TSgt Meldion Shehu, 91 MSFS
- TSgt Brian J. Mitchell, 891 MSFS
- TSgt Lauren M. Collins, 891 MSFS

Welcome to the SNCO ranks!



Good Gardening Advise

by Marvin Baker

Growing Onions

If you are new to North Dakota and want to plant onions, make sure that you choose the "long-day" varieties. Onions are day sensitive, so after the summer solstice on June 21, energy goes into the bulbs and not the leaves. Thus, the earlier you plant, the larger and stronger bulbs you'll get. If you choose "intermediate" or "short-day" varieties, you may get onions, but you'll be disappointed by their lack of size.

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- Your cabin does not heat up in winter, or is only a little warmer compared to outdoors

- The defroster takes longer compared to regular to function, blows in filthy air, or does not operate
- Your heating system or air conditioning just functions when driving, not when idling, or quits blowing when the car is still
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- At the highest setting, your vents don't put out much air

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GUNS & HOSES NIGHT PRE-GAME

5:15PM at Corbett Field
 Softball Game between Minot Fire Department and the Souris Valley Fraternal Order of Police.

Sponsored by Don Bessette Motors

Sabre Dogs players will be wearing Guns and Hoses jerseys and fans can participate in a silent auction for the jerseys!

Sabre Dogs VS. Spearfish Sasquatch starts at 7:05PM

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- Their booming call, that sounds like a honk, is made by inflating their red, gula sac.
- Their spectacular dances are for mating and an expression of joy.

Fact File	
Life Span	25 years
Weight	6 - 8 pounds
Height	3 1/2 feet
Wing Span	6 1/2 feet
Wild Diet	(Carnivore) Carnivore Herbivore Insects, Reptiles, Small Mammals, Grasses, Grains



WORD SCRAMBLE

HINT: WEST AFRICAN CROWNED CRANES ARE FOUND IN THIS TYPE OF ECOSYSTEM

ANASANY

ANSWER: SAVANNA

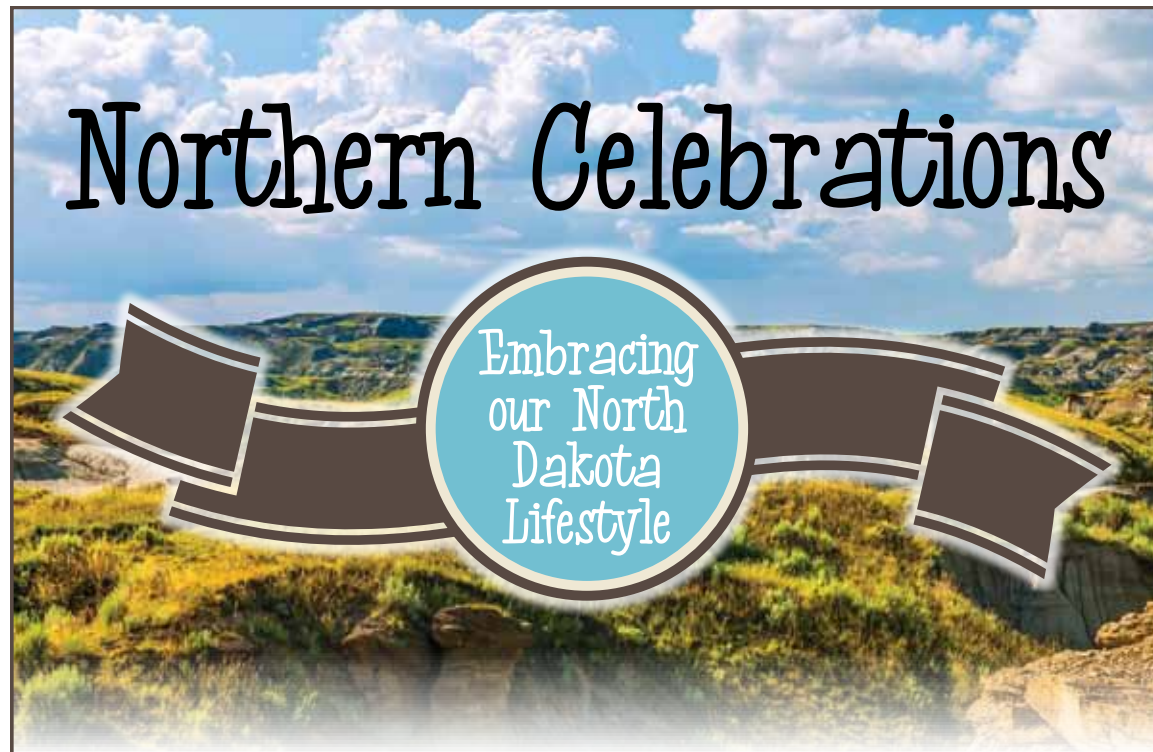
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It's a busy month of June

Patricia Stockdill

After a year of anything but normal, North Dakota is gently returning to what is more typical—small town, medium-sized towns, and the state's "large" town festivals, activities, and events.

People are eager to get out and enjoy family, friendship, the outdoors, and activities.

While this is anything but complete, here are a few things taking place in June throughout the region:

*June 4 – 6: Devils Run Car Show, Devils Lake. A local car show launched in 1993, Devils Run Car Show is now a regional destination for car enthusiasts. Look for food, entertainment, contests, and lots of amazing cars.

*June 5: National Trails Day will be celebrated at the International Peace Garden, Duneith, as well as several North Dakota State Parks, including Fort Stevenson south of Garrison. The hikes provide opportunities for exercise and many are guided so participants can learn about unique features at the various venues.

*June 6: Early risers might enjoy the annual Spring Birdwalk at Theodore Roosevelt National Park, Medora. Meet at 6:30 a.m. MDT at the park's Cottonwood Campground registration area. Don't be surprised to see or hear at least 40 different bird species along the hike. It's one more reason to head west to the Badlands, Theodore Roosevelt National Park, and historic Medora.

*June 11 – 13: Lewis & Clark Riverboat Days, Washburn. As the oldest city in McLean County, Washburn was an important community back in the heyday when riverboats were the most efficient and popular transportation mode to ship goods. Nowadays, Riverboat Days is an opportunity to gather for parades, volunteer fireman's breakfast, games, dances, and a host of other activities for family and fun.

*June 12 and 13: A true gardener's delight, the International Peace Gardens invites volunteers to assist in planting some of the garden's 80,000-plus annuals adorning the various gardens each year.

Planting hours are 9 a.m. to 3 p.m.

*June 12: It doesn't get any better for a variety of interests when Minot's Dakota Territory Air Museum hosts "Authors, Artists, and Airplanes" at the museum. The daily entrance fee includes the day's activities.

*June 17 – 19: County fairs are a staple in rural America and the McKenzie County Fair draws people from the county and beyond. Activities include a draft horse competition, demolition derby, and rodeo.

*June 18 – 20: Underwood hosts the annual McLean County Fair.

*June 25 and 26: Walleye fishing tournaments are popular on Devils Lake and one of the biggest is the annual Devils Lake Chamber of Commerce tournament. Saturday's final weigh-in at Grahams Island State Park is capped off with a fishing seminar geared towards young anglers.

*June 25 – 27: Santee Lucky Mound Powwow, Parshall. Powwows and celebrations play an important role in North Dakota's heritage for everyone. It's an opportunity to learn about Indian culture and marvel at the colors, pageantry, and amazing talents of drummers and dancers of all ages.

*June 26 and 27: Midsummer Classic Car and Bike Show: Underwood brings back its annual classic car and motorcycle show in 2021.

Look for weekend interpretive activities or events at some of North Dakota state parks, as well.

One reason Fort Stevenson State Park typically ranks as the state's leading park in visitor numbers – besides Lake Sakakawea fishing – is the park hosts an array of events throughout the year.

In addition to its National Trails Day Hike, other June park activities include National Marina Day June 12 with kiddie boat rides and Frontier Military Days June 26, and 27 with free park admission Visitor Appreciation Day June 27.

Whew, June is definitely a busy month to get out and explore North Dakota. Check out community websites and Facebook pages for more information.

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MAY IS ASIAN AMERICAN PACIFIC ISLANDER MONTH

Cuisine Brings People Together

ROD WILSON, NORTHERN SENTRY

Both SrA Jayme Gore and TSgt Peter Ferrer agree that common ground is established when food discussing food. "One thing that brings everyone together is food" says Gore, and Ferrer agrees. "We don't really have special holidays like Cinco de Mayo that feature special foods, we just enjoy the recipes" continues Ferrer.

According to both Gore and Ferrer, there are usually small groups of AAPI airmen at most bases, and they enjoy the cuisine that is common to them.

A little research into the geographic area tells us that Asian American Pacific Islander is a broad term which encompasses those who have a heritage from the Asian continent and Pacific islands of Polynesia, Micronesia and Melanesia. With that large of an area with multiple heritage backgrounds, the cuisine that brings them together is varied. Both Gore and Ferrer are married, and for Ferrer, his wife Christina "loves everything about it (the AAPI cuisine). Gore's husband Eryk may be on board for some of the various food choices but "I love raw fish, and he refuses to eat raw fish" according to Gore. And what about finding the

ingredients to prepare the ethnic recipes? Both Ferrer and Gore agree that the MAFB Commissary does a pretty good job at stocking the more common staples. "The Asian section pretty much has what I need" shares Gore, "and there is the large Asian (grocery) store in Bismarck" ads Ferrer.

Gore is from Waianae, Hawaii, leaving there in 2010, returning in 2018 and hopefully making it back every couple of years. Ferrer is from Barcolod City on the island of Negros Occidental, Philippines.

When asked about how often they prepare Asian meals, "I make it once a week and I make a large amount so I can eat it throughout the week" Ferrer responds. For Gore it is not as often, "A couple of times a month we cook Asian."

A quick discussion found the two Airmen discussing options for AAPI cuisine in Minot, "one restaurant had salted duck eggs" said Gore "I was really surprised".

Both agreed that any gathering of Asian American Pacific Islanders was certainly open to anyone who wanted to be included "we are welcoming to everyone" added Gore.

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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

MAY IS ASIAN AMERICAN PACIFIC ISLANDER MONTH

AAPI Recipes

BUTTER MOCHI

Ingredients

- 2 cups whole milk
- 2 cups granulated sugar
- 1 box mochiko flour
- 1 can coconut milk
- 4 large eggs
- ¾ cup butter, softened
- 1 tsp baking powder
- 1 tsp vanilla extract



Directions

1. Preheat oven to 350 degrees. Butter a 9x13 inch baking pan
2. Beat the whole milk, sugar, rice flour, coconut milk, eggs, butter, baking powder, and vanilla extract with an electric mixer or by hand until thoroughly combined. Pour into your prepared pan.
3. Bake for about 1 hour and let cool completely.
4. Cut and enjoy! (Store in an airtight container at room temperature for up to 2 days)

PANI POPO (SAMOAN COCONUT ROLLS)

Ingredients

- 20 frozen dinner rolls
- 10 oz. coconut milk (1 can)
- 1 cup granulated sugar



Directions

1. Coat a 9x13 baking dish with cooking spray and arrange rolls evenly to thaw.
2. Cover with plastic wrap sprayed with cooking spray to keep dough from sticking to the plastic wrap.
3. Allow the dough to rise until doubled in size (may take 4-5 hours).
4. Pre-heat oven to 350 degrees.
5. In a bowl combine coconut milk and sugar and whisk together until sugar is dissolved.
6. Pour about 2/3 of the coconut mixture over the rolls and bake 20-30 min. or according to the dough instructions.
7. Remove from the oven and pour remaining mixture evenly over the top of the rolls.
8. The rolls should be sticky and gooey on the bottom and can be served upside down or right-side up.

GALBI (KOREAN BBQ SHORT RIBS)

Ingredients

- 3 lbs. beef short ribs sliced across the bone
- ¾ cup low sodium soy sauce
- ½ cup sugar white or brown
- 2 tbsp vegetable oil
- 1 tbsp sesame oil
- 2 tsp minced garlic
- 1 bundle green onions minced
- 1 tbsp fresh grated ginger
- ¼ tsp crushed red pepper flakes



Directions

1. Put everything in a gallon Ziploc bag except the meat and shake to mix all ingredients.
2. Add the meat and refrigerate for a minimum of 6-24 hours.
3. About two hours before you plan to cook, set the bag of marinated meat on the counter and allow to come to room temperature.
4. You can cook it on the bbq, on the stove, griddle, or table top grill. Cook the meat until medium rare or to your liking, 3-5 on each side. Serve with rice and side dishes such as kimchi.

FINADENE

Ingredients

- ½ cup soy sauce
- ½ cup vinegar or lemon if you prefer
- 1 jalapeno pepper
- 2 serano peppers
- 4 stalks green onions
- ¼ cup diced onions (optional)
- ½ cup cherry tomatoes (optional)



Directions

1. In a small bowl, mix soy sauce and vinegar. Slice the peppers and add them in. Enjoy over rice or as a side dish.



FILIPINO LUMPIA

Ingredients

- 1-2 lbs ground pork or beef
- 1 tablespoon vegetable oil
- 2 cloves garlic
- 1 medium carrot, minced
- 1 tablespoon salt & pepper
- 2 tablespoon soysauce
- 1 cup thinly sliced green cabbage
- 1 cup chopped green onion
- Lumpia wrappers



Directions

1. In a bowl mix ingredients and cook until complete then let it cool down.
2. Scoop a spoon full of the cook meat and place on the Lumpia wrapper.
3. Fold the Lumpia wrapper around the meet and roll.
4. Using vegetable oil cook until Lumpia is golden brown.

HAWAIIAN LOCO MOCO

Ingredients

- For the Beef Patties
- 1.5lb ground beef/chuck
 - 2 cloves garlic, crushed
 - 2 tbsp soy sauce
 - 1 tsp salt
 - ¼ tsp black pepper
 - 1 egg
 - ½ cup breadcrumbs
 - ½ small onion



For the Pan Gravy

- 3 tbsp fat (from burgers)
- 3 tbsp all-purpose flour
- 3 cups beef stock
- 1 tbsp soy sauce
- ½ tsp salt or to taste
- ¼ tsp black pepper or to taste
- 4 cups steamed white rice
- 4 large fried eggs (or as many as you desire)

Directions

- Prepare and Cook the Beef Patties*
1. In a large mixing bowl whisk together the grated onion, crushed garlic, an egg, salt/pepper, and soy sauce. Add the ground beef and breadcrumbs to the seasoning paste and mix with your hands, just until combined.
 2. Divide and form the meat into 4 meatballs. Allow meat to rest, covered in the refrigerator for 20 minutes to an hour.
 3. After the patties have marinated, preheat your skillet over medium heat. Meanwhile flatten the meatballs into an ½ inch thick oval shape.
 4. Press the patties into the hot skillet and sear the meat 3-4 minutes on the first side. Flip the patties and sear for an additional 3-4 minutes. Remove the meat from the pan and set it onto a sheet pan. Transfer to a warm oven while you prepare the gravy.
- Prepare the Brown Gravy*
1. Pour the fat from the frying pan into a heat safe bowl. Wipe out any charred bits from the pan. Pour 3 tbsp of fat back into the pan and sprinkle the flour over it. Whisk until a paste forms. Cook the roux for 2-3 minutes on low heat until it begins bubbling and growing dark and begins to smell nutty.
 2. Whisk the beef stock into the roux gradually to avoid lumps. Heat the gravy, whisking frequently for 3-4 minutes or until the gravy thickens. Add the soy sauce, salt, and pepper, then give the gravy a taste and adjust the seasonings as necessary. If the gravy isn't thick enough, mix a quick slurry of 2 tbsp of cornstarch and 1 tbsp of cold water and whisk into the gravy. Bring to a simmer until thickened. Ensure your stirring occasionally.
 3. Fry eggs to your liking.
- To Serve*
1. Spoon a bed of steamed rice on a plate. Place a beef patty on top of the rice and pour a generous amount of gravy over it. Top the patty with a sunny side up egg. Enjoy!

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SMOKED CHICKPEA COCONUT CURRY

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INGREDIENTS

- 4 SMALL TOMATOES, QUARTERED
- 1 LARGE RED ONION, QUARTERED
- OLIVE OIL
- 1 TABLESPOON COCONUT OIL
- 3 CLOVE GARLIC, MINCED
- 1 TABLESPOON CURRY POWDER
- ¼ TEASPOON GROUND TURMERIC
- ¼ TEASPOON GROUND GINGER
- ¼ TEASPOON CHILE PEPPER, OR TO TASTE
- 1 1/2 CUP FULL-FAT COCONUT MILK
- 1 3/4 CUP CANNED CHICKPEAS, DRAINED AND RINSED
- 1 WHOLE LIME, JUICED
- SALT
- FRESH CHOPPED CILANTRO, FOR SERVING

When ready to cook, set Traeger to 350 ° F and preheat, lid closed for 15 minutes.

Spread tomatoes and red onion on a lightly oiled sheet tray, place directly on the grill grate and cook for 30 minutes. Remove from grill and rest at room temperature until cool enough to handle. Cut each into a small dice and set aside in separate bowls.

Put a large pan on the Traeger and add the coconut oil. When the oil is melted and hot, add the diced red onion and garlic. Stir and cook for 60 seconds, or until fragrant. Stir in the spices and cook for 30 seconds more to toast the spices. Add the diced tomatoes to the pan and stir well.

Continue to cook, stirring occasionally for about 5 to 10 minutes, or until the tomatoes start to break down and dry up a little bit. Stir in the coconut milk and chickpeas. Cover the pan with a tight-fitting lid or foil and simmer the coconut chickpea curry for about 20 minutes, or until reduced slightly.

Before serving, stir in the fresh lime juice. Season to taste with salt, and garnish with fresh chopped cilantro. Enjoy!

Ryan Davy - GM Minot

www.HofE.com/BBQH



Upcoming Events

29 MAY **STAINED GLASS FEATHERS**
11:00 AM
 Margie's Art Studio
 109 Main St South, Minot

This is a fun stained glass project to sharpen your skills! Make beautiful suncatchers and gifts. Class cost is \$25 and will cover solder and foil. Glass is extra. Please bring your glass cutter or purchase one at the shop before class. Each additional feather is \$10 for foil/solder and consumables.



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

31 MAY **PEDALS AND PIE**
6:30 PM - 7:30 PM
 Spicy Pie Pizza
 1100 N Broadway, Minot

On Monday nights throughout Summer 2021, Scheels Experts will lead a free family friendly bike ride through NW Minot. We are also excited to offer a more challenging route option for experienced riders! Rides will start at 6:30 PM and end at Spicy Pie around 45 minutes later. Spicy Pie will be generously offering a free slice of cheese or pepperoni pizza to all riders! The health and safety for our customers and associates will remain our #1 priority during this SCHEELS event.
 *All riders must sign a waiver on site at event



For more information:
 Facebook Event / Pedals and Pie / Spicy Pie Pizza ND

3 JUN **DESIGN & UNWIND FOR SPOUSES**
6:30 PM - 8:00 PM
 Jimmy Doolittle Event Center
 Minot AFB

This time, you'll make your own macrame plant hanger and learn to balance your thinking! Seats are limited, so what are you waiting for??... Sign up now! Childcare will be provided.
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For more information:
 Website / www.signnupgenius.com

3-6 JUN **FOOD & FUN FESTIVAL**
SEE FACEBOOK FOR ALL TIMES
 The Spot
 6 2nd St NE, Minot

Food Trucks!!! Family Outdoor Movie Friday and Saturday (weather permitting), Killing Smaltz playing Friday night 7pm to 11pm, Cornhole Tournament Saturday (Rain or Shine), Ax Throwing in The Venue
 Yard Games, For Belle's Sake on site with adoptable puppies!! \$5 covers all 4 days!! 15 and under free!



For more information:
 Facebook Event / Food & Fun Festival / The Spot

4 JUN **HOMES & HOPS BAR CRAWL**
6:00 PM
 The Spot (Downtown Minot)
 6 2nd St NE, Minot

We can't wait to see you at Homes & Hops on Friday, June 4th at 6 PM! We've made some small changes to the event this year that we think you'll love! Don't forget to dress like a construction worker or wear your brightest safety yellow shirt!



For more information and tickets:
 Website / www.minotab.com/hops

On Base

4-6 JUN **2021 ND HORSE FESTIVAL**
9:00 AM - 6:00 PM
 North Dakota State Fair Grounds
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"Per Come and join us to see "Everything Equus" in ND! We will host clinicians, "Gladius The Show" and other equine entertainment, vendors, and more!



For more information:
 Facebook Event / North Dakota Horse Expo

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MAJ. GEN WEATHERINGTON VISITS TEAM MINOT

Maj. Gen. Mark E. Weatherington, 8th Air Force and Joint-Global Strike Operations Center commander, visited Minot AFB this week to tour the base and connect with Warbird Airmen.

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Back Talk

You Are Either Growing Or You Are Dying

As a lot of us plant our gardens or try to get our grass to turn green this spring I am reminded of what one of my mentors once told me. You are either growing or you are dying. You can't do both at once. You plant your tomato in the spring and it grows all summer then you harvest it and it begins to die. That is how it works. You can't walk out in January in North Dakota and pick a ripe tomato. That plant has died. It lived its whole life cycle in your garden. It is a pretty beautiful thing and at the end you are rewarded with some delicious food. We as humans are the same way. If we are lucky our life cycle lasts more than a season or two, but let's think about the life cycle of that tomato plant. You see to get it from planting to harvest even though it is growing the whole time it could be dying too if you are not there to tend it. You pull the weeds that steal its nutrients, you add extra fertilizer to its soil, you give it water when it is dry. If you did not do that it would not produce its fruit at the end. We need to do the same for ourselves. On any given day we can be growing or dying. We will complete our live cycle in line with our genetics but that lifecycle can be full of life and joy or it can be full of sickness and pain. For the most part the choice in that is up to us. Just like our tomato needs sunlight, water, and good soil, we need to move right, think right, eat right, and sleep right. Those are the ingredients to a health person. If we can focus on that we can produce the fruit of a great life and have energy left to give to make the lives of our families, our community, our country and our world a better place. Today concentrate on some things you can do to move your needle more to growing. It does not matter how old you are you can always grow!

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THURSDAY, FRIDAY & SATURDAYS
09:00 PM – 02:00 AM

HOLIDAY WEEKENDS
 08:00 PM – 03:00 AM

Airmen represent Team Minot in local kickball tournament

ABIGAIL KINDER, NORTHERN SENTRY

As a “last hurrah” for the end of the school year, the Glenburn Lions Club held a Community Kickball Tournament on May 15, 2021, to raise money for the local city of Glenburn, N.D. The nonprofit organization, which often holds fundraising events for community aid and support, held the tournament at Glenburn High School, and it was open to all ages. The day turned out to be a success with three youth teams of 9 years old and under as well as several teams of ages ten and up. One team from the 5th Communications Squadron at Minot Air Force Base—the Kickball Warriors—even made waves in the community.

The day included lunch and a variety of activities for youth such as a 40 yard dash, face painting, and more. While the Kickball Warriors placed third in the tournament itself, they still won an award for the most unique uniforms and helped bring joy to the people of Glenburn.

Hahns Bodenbender, a member of the GLC, emphasized the positive impact of having the base involved in local communities. “They were fantastic Airmen! They were professional, they gave back to the community, they had a blast, they were great mentors... everybody in the crowd was saying how great it was for them to be there,” he said. “It’s unfortunate that these small towns sometimes get a bad taste in their mouths for the military, but Glenburn absolutely lit up to see them there.”

Bodenbender was a co-event coordinator alongside Capt. Preston Alder of the 69th Bomb Squadron. Together, they hope to get more base personnel involved with their surrounding areas to strengthen the bond between Airmen and locals.

“In the U.S. Military, we operate in cohesion with multiple federal agencies. But we live in communities, and we tend to focus on our professionalism and what we do and not being involved with the community. By gaining the respect of the community you’re in, it actually increases your reliability as an overall person. You can put an aim on who you’re protecting and it’s not just a job, it becomes a drive and effort to support the people who are around you on a regular basis,” said Bodenbender.

The Glenburn Lions Club is planning other events for the summer such as the Fishing Derby and Burgers in the Park. While the base also holds a variety of exciting events, it is still important for Airmen and families to venture off the base and explore other activities. “Minot, North Dakota is an absolutely fantastic place to live if you get out and experience it. If you stay on base and do not delve into the local environment, you’re losing out on a good opportunity. There are a lot of events going on in a lot of towns. We put on these events so that parents can get their kids off the base and they can see the culture of the area,” said Bodenbender.

For more information about the Glenburn Lions Club and upcoming events, check out their Facebook page.



Photos below: The Glenburn Lions Club hosted a fundraising Community Kickball Tournament on May 15, 2021 in Glenburn, N.D. Participants ranged from age 9 and under on youth teams and age 10 and up for “adult” teams, which also included Airmen from Minot Air Force Base.

GLENBURN LIONS CLUB PHOTOS

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BABY BOY BORN ON WEDNESDAY, MAY 19, 2021 TO: DESTINY AND WILLIAM PHILLIPS JR MAFB, ND

BABY GIRL BORN ON THURSDAY, MAY 20, 2021 TO: BREANNA AND NATHAN BROWN MINOT, ND

BABY BOY BORN ON SATURDAY, MAY 22, 2021 TO: JEFFYVONNE AND JARROD BROWN MINOT, ND

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

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 DakotaHopeMinot

Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar 2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Steakhouse & Grill 1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar 1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps 1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico 301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p>Pink's Bar & Grill 102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant 3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads 3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Dakota Burger Company 315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 www.dakotaburgercompany.com</p>	<p>The Starving Rooster 30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant 1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing 32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>

Airmen of Minot

**STAFF SERGEANT
STEPHEN VIL**
ELECTRICAL MAINTENANCE
TEAM QUALITY ASSURANCE
EVALUATOR

Staff Sergeant Stephen Vil is an Electrical Maintenance Team Quality Assurance Evaluator for the 91st Maintenance Group. Originally from Brooklyn, New York, Vil became a member of Team Minot in November 2013.

[What I like about Minot is] “Definitely the people. They’re very friendly and there’s a good sense of community,” said Vil. “[What I like about my unit is the] Camaraderie, there isn’t a coworker who I can’t picture myself not having a good time with and getting along with.”

His duties include assessing the quality and proficiency of the maintenance of the technicians, who are trained here at Minot before getting sent out to perform at the missile fields.

“[What keeps me motivated are] My wingmen, just being able to look out for them and help them achieve their goals,” said Vil.

With a deep belief in helping and serving others, Vil spends his free time volunteering and serving the community and would like to become a first shirt in the future.



Staff Sergeant Stephen Vil is an Electrical Maintenance Team Quality Assurance Evaluator for the 91st Maintenance Group. Originally from Brooklyn, New York, Vil became a member of Team Minot in November 2013.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MICHAEL RICHMOND

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KILLING SMALLZ - FRI. JUNE 4 @ 7 PM
CORNHOLE TOURNAMENT - SAT. JUNE 5 @ 11 AM

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WHAT'S GOING ON MAFB

FRIDAY 28

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- AFGSC Family Day
- Pre-Season Softball Tournament at the 4Plex Softball Fields
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

TUESDAY 01

- Kids Drive Free begins at Rough Rider Golf Course
- Registration opens for Youth Outdoor Soccer at the Youth Center
- Rowing Challenge begins at the Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Swerk, 1930, Fitness Center

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Meet Up Walking Club: Every weekday in May at 1130 at the Fitness Center Outdoor Track
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

SATURDAY 29

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- Pre-Season Softball Tournament at the 4Plex Softball Fields
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

WEDNESDAY 02

- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Yoga, 1830, Fitness Center

MAY SPECIALS

Bomber Bistro • Veggie Wrap

Roasted peppers, olives, banana peppers, lettuce, tomato, onion, cucumber, cheddar cheese, and chipotle mayo on your choice of spinach, flour, tomato, or garlic tortilla!

The B-Fifty Brew • Tasty Refreshers

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Rockers Bar & Grill • Dragon's Fire Burger

Seasoned juicy 1/3lbs. burger with ghost pepper cheese, jalapenos, and Rocker's Fire and Fury sauce, on a bed of lettuce and tomato. Served with fries for only \$9.50!

SUNDAY 30

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- Pre-Season Softball Tournament at the 4Plex Softball Fields

THURSDAY 03

- Career & Certification Exploration Track, 0800-1600, A&FRC
- Pre-Separation Counseling, 0830-1130, A&FRC, Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Moving Out of the Dorm Budget Class, 1300-1430, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Zumba, 1830, Fitness Center

MONDAY 31

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- Memorial Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

FRIDAY 04

- Registration closes for Acrylic Paint Pouring at the Arts & Crafts Center
- Registration closes for Skydiving & Camping Trip at Outdoor Recreation
- 1st Friday 5K, 0630, Fitness Center
- Career & Certification Exploration Track, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- First Friday, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Swerk, 1930, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 05

- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

JUNE SPECIALS

Bomber Bistro • Ice Cream

Cool off with a dish of ice cream! Available flavors: Chocolate, Vanilla, Strawberry, Salted Carmel, Mint Chocolate, and Coffee. Only \$1.75 per scoop!

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Rockers Bar & Grill • L.A. Burger

Seasoned 1/3lbs west coast-inspired burger topped with cheddar cheese, smoked bacon, jalapeños, and avocado on a bed of lettuce and tomato. Served with fries for only \$9.75!

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Honor the Brave
Special Lunch
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Kansas City BBQ Chicken	Savory Baked Beans
BBQ Pork Ribs	Corn on the Cob
BBO Flank Steak	Roasted Zucchini
Hot Dog	French Fries
Hamburgers	Farmhouse Potato Salad
Cheeseburgers	Macaroni & Cheddar Salad
	Watermelon
	Cookies
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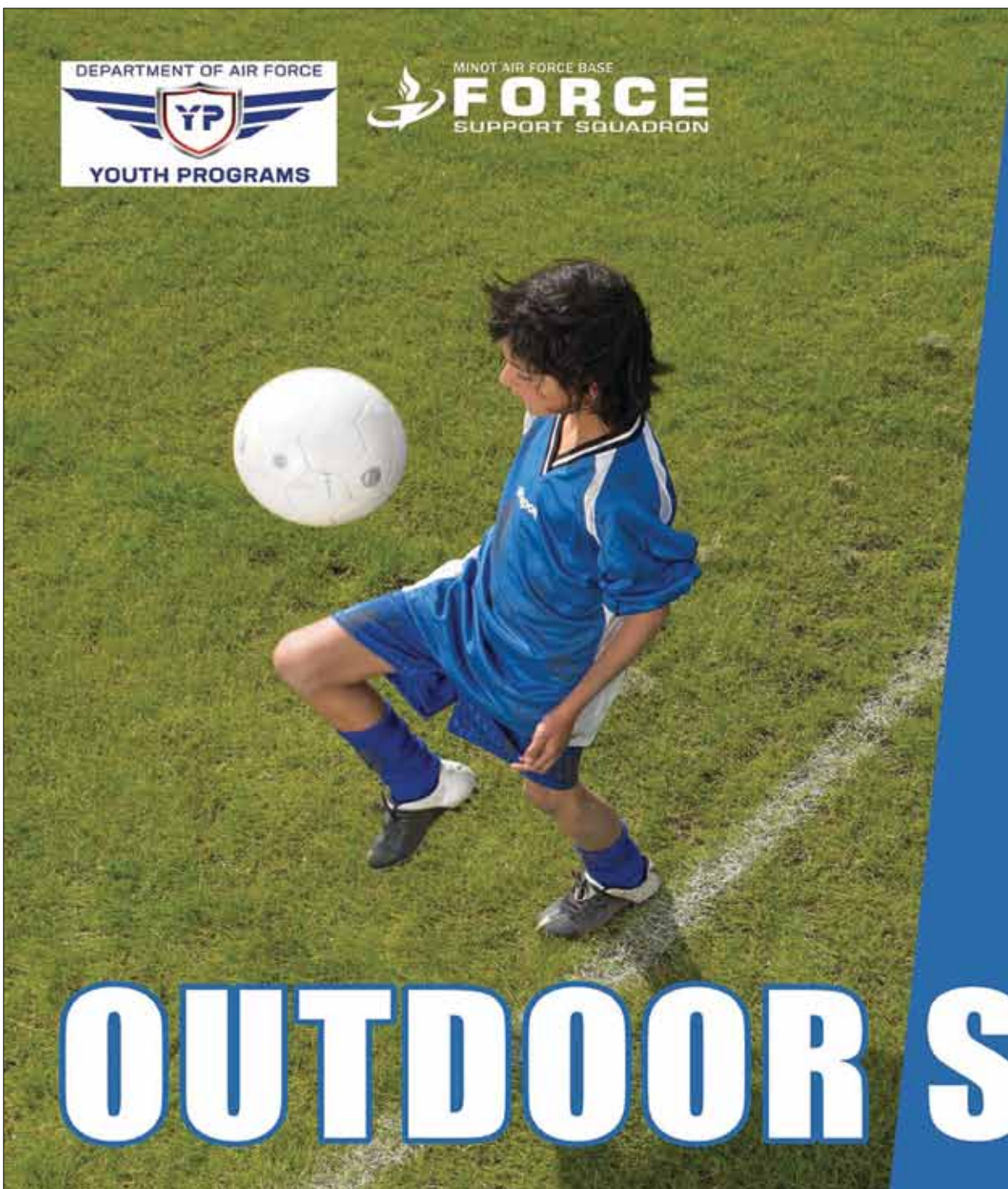
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All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon
(Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries
(Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi
- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats
(Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.

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

Teammates in deterrence: Small business support to the nuclear mission

2D LT EMILY SEATON, 20TH AIR FORCE

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

While the mission of 20th Air Force is to “defend the United States with combat ready nuclear forces; on order, conduct global strike,” 20 AF bases partner with small businesses to support our nuclear missions.

20 AF commands three intercontinental ballistic missile (ICBM) wings and one nuclear operations support wing: 90th Missile Wing at F.E. Warren Air Force Base, Wyo., 91st Missile Wing at Minot AFB, N.D., 341st Missile Wing at Malmstrom AFB, Mont., and 377th Air Base Wing at Kirtland AFB, N.M.

Together, the four installations contributed \$122.7M to small businesses during fiscal year (FY) 2020, Oct.1, 2019 through Sept. 30, 2020.

“Whether through nuclear deterrence or economic impact, 20th Air Force is dedicated to protect and support this great nation and the communities we call home,” said Maj. Gen. Michael J. Lutton, 20 AF commander.

F. E. Warren AFB has obligated \$28.7M to small businesses, which is 94 percent of F.E. Warren’s contract dollars. To break it down even further, \$18.8M is obligated to small disadvantaged businesses (a business owned by one or more individuals who are socially and economically disadvantaged), just under \$8.6M to service disabled veteran-owned businesses, and \$9.8M to women-owned small

businesses.

Minot AFB spent a total of \$47M; \$43M of that went to small businesses. Of the \$43M, \$19.4M went specifically to North Dakota small businesses.

Malmstrom AFB has obligated \$19.5M to small businesses, which is 97% of Malmstrom’s contract dollars. Of the \$19.5M, \$4.5M is to small disadvantaged businesses, just under \$1M to service disabled veteran-owned businesses, and \$1.1M to women-owned small businesses.

Of Kirtland’s \$40.3M dollars obligated to contracts, \$31.5M is to small businesses. More specifically, \$14M to small disadvantaged businesses, \$405K to service disabled veteran-owned small businesses, and \$3M to women-owned small businesses.

Between Air Force initiatives and wing level efforts, the support and utilization of small businesses continues to grow.

Each of the four 20 AF bases house a small business specialist charged with helping companies identify and respond to every type of procurement opportunity the Air Force offers. For example, Mr. Chuck Weibel is a small business specialist at Malmstrom AFB. He conducts training for vendors, identifies potential opportunities for them to compete on, sets up product demonstration meetings between vendors and potential buyers, and seeks new and unique products that will not only benefit Malmstrom, but the Air Force as a whole.

Kirtland’s small business office partnered with New Mexico’s Procurement Technical Assistance Center to distribute the FY21 acquisition forecast to N.M. based small businesses. It has also engaged with the General Services Administration to discuss the FY21 acquisition plan and attended the Albuquerque Hispano Chamber of Commerce Procurement Summit.

F. E. Warren AFB has hosted, and Malmstrom AFB will be hosting, a pitch-day event bringing together small businesses from across the nation to help find solutions to challenges and problems identified by Airmen. Businesses are then selected for their solution and join the Small Business Innovation Research (SIBR) program. The SIBR program allows small businesses to explore new opportunities for research and development.

Communities are also invested in strengthening the connection between small businesses and 20 AF wings going into the future. The Greater Cheyenne Chamber of Commerce has developed a program to equip vendors in being competitive for the opportunities that will come with the ground based strategic deterrent system (GBSD) replacing the Minuteman III ICBMs. GBSD will be deployed to the three current 20 AF ICBM bases, F.E. Warren AFB first, followed by Malmstrom AFB, and then Minot AFB.

MINOT AFB
spent a total of \$47M; \$43M of that went to small businesses. Of the \$43M, \$19.4M went specifically to North Dakota small businesses.

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Speeding Puts Your Family and Others in Danger

Every day we all see it, that one "guy" driving like a madman on their way to work in the early morning hours, whipping in and out of traffic, just to get ahead of one more car, for what, maybe free donuts?

Despite statistics showing that excessive speed is a factor in a third of all fatal crashes, a recent survey by Farmers Insurance Group shows that 69.2 percent of respondents admitted to exceeding the posted speed limit on the highway. In addition, 36 percent said they regularly exceed the posted speed limit by five or more miles per hour, and 22 percent said they repeatedly drive 10 or more miles per hour over the speed limit.

Speeding is a factor in 31 percent of all fatal crashes, killing an average of 1,000 Americans every month, according to the National Highway Traffic Safety Administration (NHTSA), which estimates the cost to society of speed-related crashes to be more than \$40 billion each year. Speeding is a problem not only on freeways, but also on local streets. Many commuters opt to take surface streets, thinking they can more efficiently escape traffic and avoid congestion.

Here are some interesting facts our office put together to demonstrate the difference in speed vs time, from the HW 83/County Rd 10A (46th Ave NE) to the MAFB main gate: The approximate distance is 10 miles.

Driving 70 mph take approx 7 minutes

Driving 50 mph takes approx 10 minutes

Driving 35 mph takes approx 15 minutes

Reducing your speed from 70 mph to 50 mph greatly increases safety and only increases travel time by 3 minutes.

Traveling over the speed limit can be especially dangerous in bad weather conditions. Speeding was a factor in 53 percent of fatal crashes that occurred when there was snow or slush on the road and in 60 percent of those that happened in icy roads.

There are steps you can take to make your driving safer. Here are some useful tips:

* Take time to plan ahead. Make sure you allow yourself enough travel time so you don't end up rushing to get to your



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destination.

* Check your local traffic report on the Web before you leave so you know where to expect congestion -- then you know if you'll need more time to get to your destination.

* Adjust your driving to meet road conditions. If the road is wet, slow down and keep more distance between you and the vehicle ahead of you. Also, roads are treacherous when it first starts to rain, as the water mixes with oils and other deposits to create a slick road surface.

* Be prepared to adjust to sudden speed reduction, for example, when you're exiting

from a highway, encountering sharp curves on a two-lane road or entering residential or high bicycle/pedestrian traffic areas.

* If you're late, you're late. Accept it and apologize when you arrive. It's better than endangering lives.

* Wear your seat belt. It's not only the law, it could keep you from becoming a speeding-related fatality.

Giving yourself plenty of time to get where you're going, heeding weather conditions, and using your common sense will help you drive more safely. So once again I ask the question "Where are the free donuts?"



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LT. COL. MCCONNELL RETIRES AFTER 20 YEARS OF ACTIVE DUTY



Lt. Col. Michael McConnell, Air Force Global Strike Command intercontinental ballistic missile maintenance policy and helicopter maintenance chief, receives an commemorative plaque created by his friends and previous co-workers during a retirement ceremony at the Every Warrior Program center in Shreveport, Louisiana, May 14, 2021. Prior to his assignment at Barksdale, McConnell served as the Deputy Commander for the 91st Maintenance Group at Minot Air Force Base, North Dakota.



Lt. Col. Michael McConnell, right, Air Force Global Strike Command intercontinental ballistic missile maintenance policy and helicopter maintenance chief, receives the Meritorious Service Medal from Col. Chad Gallagher, Air Force Global Strike Command security forces chief, during McConnell's retirement ceremony in Shreveport, Louisiana, May 14, 2021. The Meritorious Service Medal is presented to military members who perform outstanding service to The United States of America.



Lt. Col. Michael McConnell, Air Force Global Strike Command intercontinental ballistic missile maintenance policy and helicopter maintenance chief, presents his wife, Patricia Temple, with the Military Spouse Medal at the Every Warrior Program center Shreveport, Louisiana, May 14, 2021. Prior to his assignment at Barksdale, McConnell served as the Deputy Commander for the 91st Maintenance Group at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS WILLIAM PUGH

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Summer H.E.A.T. kicks off with Click it or Ticket

NORTH DAKOTA DEPARTMENT OF TRANSPORTATION

Minot, ND - Law enforcement agencies across the state will soon have extra patrols for summer H.E.A.T. (Highway Enforcement of Aggressive Traffic) during the Click it or Ticket campaign from May 24 - June 6.

According to the North Dakota Department of Transportation Safety Division, more people have died in motor vehicle crashes in warm weather months (May through October) than cold weather months over the last five years. Failure to wear a seat belt results in more motor vehicle fatalities in North Dakota than any other factor. Seat belts save lives and are the single most effective safety device to prevent death and injury in a motor vehicle crash.

In 2020 in North Dakota, 42% of motor vehicle fatalities were not wearing their seat belts.

"Every occupant of the vehicle should take a few seconds to buckle up. Every trip. Every time," said Lt. Michael Roark with the North Dakota Highway Patrol. "It doesn't matter where you are going or how long it takes to get there, make sure to always wear your seat belt."

Preliminary crash fatalities in 2021 are trending higher than previous years with 30 fatalities as of May 16, making this campaign a vital part of the Vision Zero strategy to eliminate motor vehicle crash fatalities and serious injuries on North Dakota roads. H.E.A.T. will take place through August to encourage everyone to wear a seat belt, use appropriate child passenger safety seats, follow all posted speed limits, and drive sober and distraction-free.

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NORTH DAKOTA EQUINE ASSOCIATION

Talented Clinicians, an art show, children's events, entertainment direct from Las Vegas as well as many other events will be happening soon at the North Dakota Horse Expo being held at the North Dakota State Fair Center, June 4-6, 2021. Between Gladus the Show, Mounted Shooters, Barrel Racing, and more we will be sure to keep you on the edge of your seat and excited to see what's next on the dirt! There will be plenty of things available to fill up any spare time as well like our Vendor Fair, Art Show, Wagon Rides, and Auditing the clinicians who have come from all across the country. Wrap up your weekend of fun with a Showdeo open to all ages

and skill levels!

The North Dakota Horse Expo is hosted by the North Dakota Equine Association. A new non-profit equine organization that supports North Dakota's horse industry through public educational events and clinics, and the promotion of horse related groups and activities.

Schedules and ticket information can be found at the North Dakota Equine Association's website www.northdakotaequine.com. Just look under the ND Horse Expo tab.

The event will offer a weekend filled with educational experiences for horse lovers of every level and events for all ages.



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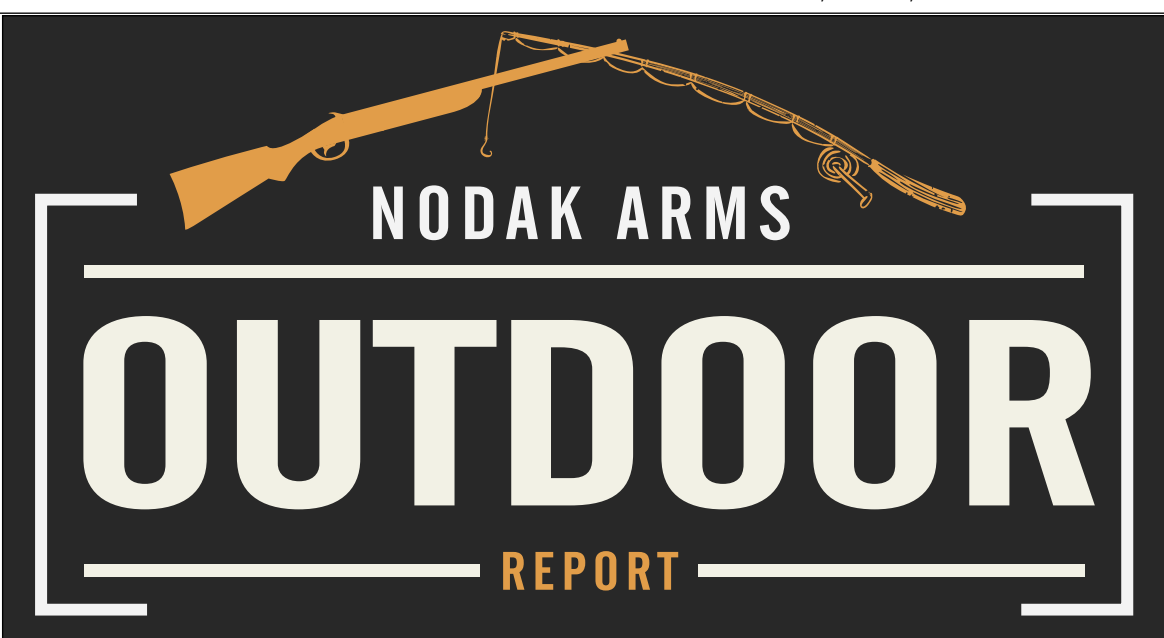
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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, May 24: 1,834.81 feet above mean sea level (MSL); 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.24 feet above mean sea level (MSL). Stump Lake elevation: 1,448.18 MSL.

N.D. Game & Fish Dept. game wardens: No reports from area lakes, Missouri River System, or Devils Lake.

Devils Lake, Ed's Bait Shop, Devils Lake: Try Golden Pond, Howard's Bay, or New Mil Bay for walleye in 5 to 6 feet with slip bobbers. Also try north end of 6-Mile Bay. Some success pitching crankbaits, as well. Continued good pike activity. Mike's Lake good for walleye.

Devils Lake, Woodland Resort, Devils Lake: Improving walleye activity success. Try pitching crankbaits towards the shallows or slip bobbers with leeches working the west end of the lake or any of the bridges.

Lake Darling, Karma C-Store, Ruthville: Unstable weather slowing angler numbers although some scattered walleye success when anglers can get out.

Lake Metigoshe, Four Seasons, Bottineau: A few more bluegill starting to show up with good pike numbers yet. Some walleye mixed in.

Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting anglers continue finding fair walleye success on the east end of Lake Sakakawea.

Lake Sakakawea, Indian Hills Resort, Garrison: Angler numbers remain light but look for more activity and better walleye success with stable weather.

Lake Sakakawea, New Town: Van Hook Arm and Deepwater Bay area remain slow for walleye. Better success is still farther west around the New Town area. Try jigs and minnows.

Lake Sakakawea, Van Hook Bait & Tackle, New Town: Last weekend's weather and lightning

- May 29 - 31: Sky Fest over Fort Stevenson Kite Festival, 10 a.m. - 4 p.m., Fort Stevenson State Park, Garrison.
- May 31: Military Appreciation Day, Fort Stevenson State Park, free admission for military personnel.
- June 2: Deer gun and muzzleloader applications due.
- June 4 - 12: Nat'l. Trails Day Celebration. Hike the North Country Trail (NCT) at Audubon Nat'l. Wildlife Refuge anytime during that period as part of the NCT Central Flyway Chapter's sponsored hikes.
- June 5: Nat'l Trails Day Hike, 2 p.m., Fort Stevenson State Park, Garrison, and Int'l. Peace Garden, Dunseith.
- June 5 & 6: Free fishing weekend.
- June 12: Nat'l. Marina Day, Fort Stevenson State Park, Garrison, 1 p.m., deTrobriand Marina open house, kiddie boats, rain gutter regatta, and minnow races.
- June 12 & 13: Int'l. Peace Garden volunteer planting day, 8 a.m., Dunseith.

TOURNAMENTS:

- June 5: Devils Lake, East Bay; Lake Sakakawea, Tobacco Gardens Resort; Missouri River tailrace.
- June 11 & 12: Lake Sakakawea, New Town Marina; Lake Sakakawea, Dakota Waters Resort.
- June 12: Devils Lake, Spirit Lake Casino; Devils Lake, Woodland Resort.

created unstable patterns for walleye. Try the bridge around the main river channel near New Town but look for some activity around Shell Island and Pouch Point starting soon

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace inconsistent yet for walleye although a few more starting to show up. Wing walls and chutes still slow. Fewer anglers on the east end of Lake Sakakawea but try jigging raps in 10 to 13 feet for walleye. Good pike and bass numbers. Lake Audubon has decent success for a mix of smallmouth bass and walleye.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success remains around White Earth Bay, Little Knife, and east towards New Town on the upper end of Lake Sakakawea. Try shallow in 6 to 12 feet with jigs and minnows although some success now starting with harnesses and nightcrawlers. Water is muddying up after recent rains with slower success from Lund's Landing to the west. Missouri and Yellowstone rivers also muddied up so look

for slower walleye success but continued catfish activity. Steady crappie activity in Trenton Lake with fish moving shallower for the spawn. Spring Lake Park continues producing trout

- Lonetree WMA area lakes, Harvey: No new reports from throughout area lakes.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Angling activity remains light on area lakes but try the Souris River for walleye.

N. D. rivers, river stage & streamflow:

- Little Missouri River, Long X Bridge: Streamflow, 161 CFS.
- Missouri River, Williston: River stage, 18.95 feet.
- Missouri River, Washburn: River stage, 13.02 feet.
- Souris River, Bantry: River stage, 1.35 feet; streamflow, 10 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 4.63 feet; streamflow, 9,300 CFS.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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The Military Child Education Coalition Call for the Arts Program



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



The Military Child Education Coalition(r) (MCEC) Call for the Arts program invites military-connected children from all over the world, representing every branch of service, to share interpretations of what it means to be a military-connected child through art. Reflections can include all forms of visual art, poetry, and or photography. One winner from the following categories will receive a \$100 Amazon gift card: K-5, 6-8 and 9-12. Artwork may be selected for use in an upcoming MCEC publication. The 2021 CFA Theme: "The View from My Window." Since military-connected children live in so many areas of the world, the hope is that their experiences will inspire them to show what life is like as an Army, Marine, Navy, Air Force, Space Force, and or Coast Guard dependent. Submissions should be artwork, photos, and poetry that reflect the family dynamic, local community, and the people and places that make your part of the world unique. Deadlines and Selected Entries Announcement: The window for submissions is March 1 - June 1. The formal

announcement for winners will take place during our virtual National Training Seminar July 19-21. Eligibility and Submission Requirements: Military-connected students in grades K-12 may submit entries. All submissions must reference life as a military-connected child. Only original work will be accepted, i.e. no work that is copied from another source. If submitting creative writing, limit the word count to no more than 500 words. The Entry and Release Form provided by MCEC must be completed in full, signed, and attached with the submission. If work is selected for publication, MCEC may ask for a photo of the student to accompany the published work. All submissions must be either emailed to info@militarychild.org or sent by mail to 909 Mountain Lion Circle Harker Height, Texas, 76548. Submissions must be received no later than June 1, 2021. Visit <https://www.militarychild.org/programs/the-call-for-the-arts> for entry form. The MCEC website is also a wealth of education related resources to help military children and families face the struggles of military life.

YOUTH IN ACTION

Share Your Summer Memories
With the Northern Sentry

We want to see and hear about your family adventures from Summer Break!

Become your own reporter and submit a photo and "Summer Fun Report" to help us share all of the wonderful summertime activities that Minot has to offer. Let us create scrapbook memories for you to cherish for years to come. Just send us your favorite photos, a headline, and a caption to tell us more.

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NORTH PLAINS ELEMENTARY FEATURE WEEK 4


Students in Mrs. Burns Grade 3 class made these newspapers to go along with their unit in reading about Communities. They discussed the different types of communities and then broke it down into what things caused these communities to be created. Instead of just writing a report about Minot, students created a newspaper with their focus being on one of the 4 specific areas including History & Traditions, Economy, Geography or Places to Visit. Pictures were added at the end to go along with their topics.

See more submissions next week.

SUBMITTED PHOTOS

Nora's Nice News
by Nora Segars Edition: April 2021

History/Traditions of Minot



In the Beginning
Minot was established in 1886. Minot was incorporated on July 16, 1887. Jim Hill founded my town called Minot. He was placing railroad tracks for the railroad and a tent city sprang up like "Magic". In five months 5000 people moved there. He named the tent city after his friend Henry Minot.


Must Sees
Minot is known to host the North Dakota state fair. People from all over North Dakota go to the state fair. Minot is known for having the Norsk Hostfest. It has items about Scandinavian culture and heritage. Don't forget the Roosevelt Park Zoo! The Zoo has a lot of animals. They currently have a new baby sloth!

Nicknames
Minot is known as the "Magic City" because it started as a tent city and grew to 5,000 people in 5 months. Minot was also called "Little Chicago" during the prohibition era in our country.

Then and Now
Minot used to be just tents and now it has stores, houses and so much more! Minot AFB was completed in 1957. The oil boom happened in 2009 followed by the 2011 flood. Approx. 50,000 people now live in Minot.

Lekes Lapping News
by Ezekiel Lemaire Edition: April 2021

Minot's Geography



Minot's Topography
Minot, ND has many types of landforms. Minot has only two hills. Minot has lots of flat land that is mostly farmland. Minot has valleys, grassy prairie and a river called the Souris River that runs through Minot. Minot, ND is located in the upper midwest region of the United States. It is in the center of the North American Continent. Minot is on the Northern part of N.D. and is one hour away from Canada.

Nature
There are many animals and nature that can be found in Minot. There are big animals like deer, moose, and coyotes. There are also small animals like prairie dogs, rabbits, and garden snakes. All these animals share the land with plants like prairie roses, wild roses, and crops such as wheat, oats, and corn.

Landmarks
There are famous landmarks that people can visit. There are many different museums such as The Dakota Territory Air Museum, Toule Museum, and Railroad Museum. Roosevelt Park Zoo has animals like the African lion, American bison, and African warthog. The Scandinavian Heritage park features replicas from each of the Scandinavian countries that help connect the people of Minot to their heritage.

Outdoor Activities
There are many enjoyable outdoor activities to do in Minot. In the summer you can go swimming, golfing, walking trails, you can go to the parks, and the zoo. In the summer I really like to go hiking. In the winter you can try snow boarding, ice skating, skiing, tubing, and cross country skiing. My favorite thing to do in the winter is to go sledding.

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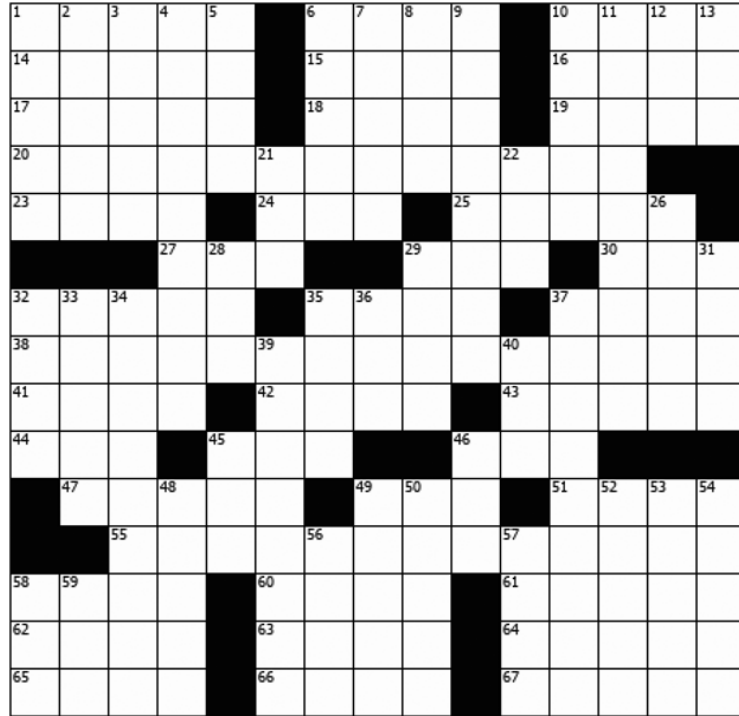
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CROSSWORD PUZZLE

Across

- 1. Aerosol, e.g.
- 6. Schiaparelli of fashion
- 10. Stage support
- 14. "Common Sense" pamphleteer
- 15. Leave at the altar
- 16. "Sanford and Son" producer
- 17. "My Fair Lady" horse race
- 18. Time going backward?
- 19. Place for a pick
- 20. Start of a quip about brain power
- 23. --- a one (zip)
- 24. Certain aliens in the toy store
- 25. Rage
- 27. End of 21-down
- 29. Org. that deals with class issues?
- 30. Place for a nail
- 32. Acrylic fiber
- 35. Hit the buzzer?
- 37. Latvia's capital
- 38. Part 2 of the quip
- 41. London get-togethers
- 42. On Hobbits, they make a point
- 43. With sarcasm
- 44. Granola bit
- 45. Spider's parlor invitee
- 46. Features
- 47. Harry Belafonte's daughter
- 49. Danson's sitcom portrayal
- 51. Madison Avenue honor
- 55. End of the quip
- 58. Move at a good clip
- 60. All eyes
- 61. Well-managed resource?
- 62. Finals preceder
- 63. Rank above marquis
- 64. Earthy pigment
- 65. Corporate hotshot
- 66. One with a vision
- 67. Photos



Down

- 1. Salmon's progeny
- 2. One-time Turkish title
- 3. Potato gadget
- 4. Unidentified
- 5. Unlikely sighting on Everest
- 6. Walkman button
- 7. Washington wheels, often
- 8. Like some pickings
- 9. Confirm
- 10. "The Republic" author
- 11. Send more supplies to the troops
- 12. Gear for a galley
- 13. Expert
- 21. Southwestern fare, with 27-across
- 22. RR stop
- 26. Downhiller's bump
- 28. One of the Siamese twins
- 29. Best buddies
- 31. Effortless
- 32. Filmmaker Preminger
- 33. Ostrich relatives of South America
- 34. Detestable
- 35. Sojourn
- 36. Wouk's "The Winds of ---"
- 37. Test with blots
- 39. Rooftop landing sites
- 40. U.S. airline, once
- 45. To's partner
- 46. Med. care group
- 48. Room at the top
- 49. Tend to the fire
- 50. Fury
- 52. Kind of print, briefly
- 53. Not reacting
- 54. Brutish beasts
- 56. Tropical malady
- 57. Some claim they're terrible
- 58. Mao follower?
- 59. Harrison of "My Fair Lady"

SUDOKU

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

Solution to puzzle on **page C10**

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER














MOVIE SCHEDULE

FRIDAY, MAY 28 1900
SATURDAY, MAY 29 1300
SUNDAY, MAY 30 1300

CRUELLA (PG-13)
FIRST RUN

CHURCH DIRECTORY

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

<p>Chapel Services at MAFB Protestant (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, May 29 Vespers, 5 PM</p> <p>Sunday, May 30 Holy Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway</p> <p>For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916</p> <p>MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: Worship..... 10:00 am</p> <p>Wednesdays: Soup Kitchen 11:30 am</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p> <p> 2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>First Baptist Church</p> <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p> <p></p>	<p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p>ADVERTISE YOUR Church</p> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <p>CONTACT US</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p>		<p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>we've got the church you've been looking for</p> <p>Your life matters to God!</p> <p></p>	

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June 4

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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June 18

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SCHOOL BOARD MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING
MARCH 9, 2021

(conducted on line due to the Covid-19 emergency and streamed on YouTube)

Members Present

Kristyn Kuehn, Ellen Reed, Branda Tanner, Lauren Vengels

Members Absent

Mark Nemish

The meeting was called to order by Board President Kuehn at 5:02 P.M. MAFB School Liaison Officer Racquel Labadie reported to the board on the following:

* Contracted on-base bussing via Yellowfin Motors will end on Friday, 2 April.

* We will have a busy Spring and Summer PCS season with upwards of 150 new families headed to Minot AFB.

* Month of the Military Child is next month. The PTAs Schools, and on-base agencies have fun and engaging events planned for students.

Superintendent Mark Vollmer gave the board a COVID-19 update and report from the reintegration committee. Vollmer noted that, at present plans are to continue the use of masks.

Moved by Vengels, seconded by Tanner, to approve the MAFB PSD#160 school board meeting minutes of February 9, 2021.

Roll Call: All members present voted "Yes."

Moved by Vengels, seconded by Tanner, to approve the January, 2020 Financial Reports to include the Accounts Payable of \$19,567.22.

Roll Call: All members present voted "Yes."

The board was informed of the following resignations in school buildings which serve military connected students:

Barry Holmen (MCC), Heather Kokinda (NP), Pat Schwan (MCC&CC), Jimmie Tengesdal (MCC&CC), Brett Wuori (CC) and Melissa Miller (CC).

Reed entered the meeting.

Moved by Vengels, seconded by Tanner, to approve a letter of resignation from MAFB School Board President Kristyn Kuehn effective March 10, 2021.

Roll Call: All members present voted "Yes."

Dr. Vollmer noted that the Spring NAFIS conference will be virtual on March 15-17, 2021. Board members have been registered.

The next MAFB School Board meeting is scheduled for May 11, 2021.

The minutes of the MAFB School Board meetings will be published in the MAFB Northern Star at a 50% publication cost.

The meeting adjourned at 5:18 P.M.

Scott Moum, Business Manager

Kristyn Kuehn, MAFB Board President

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20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE 2 and 3 bedroom mobile homes for sale or rent from \$695 per month - includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

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SUDOKU SOLUTION

Puzzle on page C8

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

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MINOT AFB ANNOUNCEMENTS

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For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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