

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 33 | MINOT AIR FORCE BASE | FRIDAY, AUGUST 13, 2021



LRS BRINGS 'EM HOME

A U.S. Air Force B-52 Stratofortress assigned to the 5th Bomb Wing, along with a C-5 Galaxy Transport, return from a Bomber Task Force exercise in Guam on August 5 & 6, 2021, at Minot Air Force Base, North Dakota. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe. The 5th BW Logistic Readiness Squadron was tasked with transportation of personnel and equipment in support of the BTF Mission. See page A6-A7 for more coverage.

NORTHERN SENTRY PHOTO | ROD WILSON



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Minot Air Force Base

ScriptCenter Locker coming to Minot Air Force Base, Home of the Global Striker

JULIE L. MENEGAY, MAJ, USAF, BSC

Department of Defense beneficiaries at Minot Air Force base will soon have the option of picking up prescription medication refills from a secure locker system. The locker system will increase accessibility while fostering good social distancing practices by decreasing face-to-face interactions and being located by other frequented areas on base. The 5 MDG Pharmacy staff are constantly looking for ways to help our patients and increase convenient, reliable service. Each ScriptLocker can hold hundreds of prescriptions, with the exception of refrigerated

medications, and allows the patient to pick up their medication on their schedule. Members can enjoy access to medication pickups over the weekend, after the Medical Group is closed, and all while going about normal shopping. This will also allow those individuals who require more assistance to experience shorter wait times at the clinic pharmacy.

Active Duty military, dependents, retirees and all eligible Department of Defense ID holders will be able to log in to the locker system with their ID or by fingerprint. This type of system

is already used at approximately 27 other Air Forces bases. Due to successful implementation at these installations, the Military Health System plans to add more than 20 additional units at stateside and European locations over the next few years.

With amenities such as other common shopping locations, plenty of handicap parking, ADA approved entry into the facility, open seating areas and walking distance from the dorm residents the Base Exchange atrium area was chosen as the location for the new ScriptLocker.



Staff Sgt. Dustin Stevens, 7th Medical Support Squadron pharmacy technician, opens a locker in the ScriptCenter at Dyess Air Force Base, Texas on Feb. 26, 2020

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MERCEDES PORTER

Airman's Best Friend

AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS

MINOT AIR FORCE BASE, N.D. -- Dogs are an essential part of our military force and military working dogs and their handlers share a strong bond of trust in order to ensure the safety of those they protect.

Minot Air Force Base, along with many other bases, use specially trained dogs to maintain the security of the bases and its personnel.

Handlers work with the MWDs on a daily basis, training and instructing the dogs to find various items. Training is important to build a strong cohesive bond between the handler and dog in order to be ready for real world situations.

"It's a slow grind every single time," said Staff Sergeant Christian Alston, a handler at the military working dog squadron here.

Alston has been a part of Team Minot for the last eight months and his K-9, Zana, has been at

Minot for over two years.

His responsibilities include making sure that he and his MWD are always prepared and ready to go at a moment's notice.

"You have to teach everything step-by-step, and nothing is just automatic," Alston said.

The dogs and the handlers go through a 90-day period to prepare themselves for certifications where the duo is evaluated in order to be certified as a capable team.

The dog/human pair goes through a course where they look for components, whether it be drugs or explosives, and must get approval for the certification by their commander.

Alston has found the experience to be very rewarding.

"It's awesome because it's a direct translation of what I'm doing right," said Alston. "We have to be able to get the dog to be able to be self-sufficient so that's a proud moment."



Above: SSgt Christian Alston and his MWD Zana became certified as a working K-9 team on July 26, 2021, at Minot AFB, North Dakota.



Left: Col. Michael Walters, Commander of the 5th Bomb Wing and Military Working Dog handlers pose for a group picture July 28, 2021 at Minot Air Force Base, N.D.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS

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Airmen of Minot

**AIRMAN 1ST CLASS
JORDAN CLARK**
AIRFIELD MANAGEMENT
5TH OPERATIONS SUPPORT
SQUADRON

Airman 1st Class Jordan Clark is Airfield Management for the 5th Operations Support Squadron. She is originally from Raynham, Massachusetts and became a member of Team Minot in April 2020.

"I really like the scenery here. It's a lot different from Massachusetts, but the sunsets here are really pretty."

Clark's job is making sure that all takeoffs and landings can proceed without incident. She does everything from keeping runways clear, communicating hazards to pilots, and making sure our aircraft maintain their ability to take off at a moment's notice.

Her favorite part of the job is getting to see all of the different aircraft in the Air Force.

"I especially like the people I work with. We all get along really well."

Clark also just got back from maternity leave.

"I won't lie, it's tough," Clark said. "I don't sleep a lot, especially being on swing shift. It's nowhere near easy. I am married, but he's stationed in Florida, up until next month, then he'll be here. Being a single mom and active duty, it's a 24/7 job. It's: baby, come to work, baby etc... Sleep is a myth. I run on caffeine. But I don't regret a thing. I'm still enjoying all of it. Even though he (her son) has made my life a lot busier, I still love my job and don't regret a thing."



BABY ANNOUNCEMENTS

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MINOT, ND

BABY BOY BORN ON
WEDNESDAY, AUGUST 04, 2021 TO:
KEPNA WALLACE THOMAS AND JUNIOR THOMAS
MINOT, ND

BABY GIRL BORN ON
WEDNESDAY, AUGUST 04, 2021 TO:
APRIL AND BROCK LYNNE
PLAZA, ND

BABY BOY BORN ON
WEDNESDAY, AUGUST 04, 2021 TO:
KRISTIN AND MARCUS TRIPPLET
MAFB, ND

BABY GIRL BORN ON
THURSDAY, AUGUST 05, 2021 TO:
CHELSEA SHERMAN AND DUSTIN HEIZELMAN
MINOT, ND

BABY BOY BORN ON
SATURDAY, AUGUST 07, 2021 TO:
ALISON AND DARIEN KEEFER
MINOT, ND

BABY GIRL BORN ON
SATURDAY, AUGUST 07, 2021 TO:
KATRINA SCHIELE AND TRAVIS BLACK
MINOT, ND

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



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**DAKOTA TERRITORY
AIR MUSEUM**

Special Event

August 14

2:00-5:00pm

JOIN US FOR THE GRAND PRIZE DRAWING OF THE DAKOTA TERRITORY AIR MUSEUM'S

25th Annual Sweepstakes

Grand Prize

CLASSIC 1945 PIPER J-3 CUB AIRPLANE OR \$20,000 CASH



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- **FLY IN AND PATRIOTIC CELEBRATION**
of the 80th Anniversary of Pearl Harbor and the end of WWII in the Pacific. WWII aircraft will be flying, weather permitting
- **SPECIAL EVENTS THROUGH OUT THE DAY!**
Museum opens at 10:00am
- **STATIC DISPLAYS**
North American P-51C, Spitfire, Hurricane, Beech Staggerwing, Monocoupe 110, biplanes and much more!
- **CELEBRATORY BBQ MEAL**
The meal and museum entrance fee will be free for those who have entered the drawing and have their ticket stub with them!

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10,000 Diapers... That's a lot!

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



It has been a few years since my wife and I were in the diaper changing business. A quick search of the internet revealed that for the first 2 years, a baby can average about 10 diapers per day, or over 3,600 diapers per year. Having one child in diapers is a costly venture, but young families can often have a couple of babies in diapers, and the number of diapers needed quickly multiplies.

Project BEE, formerly the YWCA, operates Dakota Diaper Pantry to assist families with their diaper needs. But the number of diapers they distribute depends largely on contributions of diapers from many sources. Packages of up to 30 diapers are distributed monthly to families that qualify for assistance. The need? Well as you can imagine demand quickly surpasses supply.

Enter SSgt Andrea Payne, NCOIC, Emergency Management Training, a volunteer who has engineered a diaper drive on Minot AFB with a goal of collecting 10,000 diapers in the month of August. Andrea has reached out to various squadrons to create a "good natured" competition to see

who can gather the most diapers by August 31st. The winning squadron will most likely be treated to a free Papa John's Pizza party (not completely secured yet, but the competition is probably enough?).

At the Northern Sentry we are exposed to many stories about individuals like Andrea who take on a challenge and well, "get 'er done". BUT, she needs your help. Each week we will post how many diapers have been contributed in the Northern Sentry. Remember, our goal is 10,000 diapers donated in the month of August. Simple math? We need to average about 325 diapers donated per day!

As we went to print today, we had 2,440 diapers donated towards our goal of 10,000. If you want to donate, give Andrea a call at (724) 709-1391 and she will arrange to pick them up. Opened packages are accepted, as the diapers need to be re-packaged for distribution anyway. So thanks, Andrea, for taking on this very worthwhile endeavor. It's just part of giving back to the community, one diaper at a time...

Upcoming Events

14 AUG FLY-IN & PATRIOTIC CELEBRATION...
10:00 AM - 5:00 PM
Dakota Territory Air Museum
100 34th Ave NE, Minot

Fly-in and Patriotic Celebration of the 80th Anniversary of Pearl Harbor and the end of WWII in the Pacific

We will have special events throughout the day including our 25th Annual Sweepstakes Grand Prize Drawing for the J-3 Cub or \$20,000 cash and a BBQ. The meal will be free for those who entered the drawing and present their ticket stub. Admission will be \$10 for people over age 18, \$5 for children ages 6-17, and \$20 for a family (family being parents and their immediate children under 18).



For more information:
Facebook Event / Dakota Territory Air Museum

16 AUG ACRYLIC PAINT POURING CLASS
6:00 PM - 8:00 PM
Minot AFB Arts and Crafts
306 Tanker Trail, Minot AFB

Join us on the 1st and 3rd Monday of every month for our Acrylic Paint Pouring Class from 6-8PM!

Follow step-by-step instructions in this 2 hour session for just \$26! Registration opens two weeks prior to the class and closes the Friday prior to the class. Space is limited, so don't wait! Just call 723-3640 or stop by the Arts & Crafts Center to secure your spot.

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at the Minot AFB Arts & Crafts

1st & 3rd Monday of Every Month.
6:00pm - 8:00pm
Follow step-by-step instructions in this 2 hour session for only \$26.00
Space is limited! Call or come into the Arts & Crafts Center to register Friday before the class.

For more information:
Call 701-723-3640

17-20 AUG BUG CAMP
9:00 AM - 5:00 PM
Minot Municipal Auditorium, Room 201
420 3rd Ave SW, Minot

Crickets and spiders and worms, OH MY! Register for Bug Camp and we will capture, collect, and examine all sorts of North Dakota bugs and insects. This is a week-long camp of trekking through the grass, learning about pollination and bees, and understanding the difference between bugs, insects, and spiders, and so much more.

Don't forget to bring a lunch, water bottle and your mask. Click here to register:
<https://www.magiccitydiscoverycenter.com/bugcamp>



For more information:
Facebook Event / Bug Camp / Minot Municipal Auditorium

20-21 AUG DOCKDOGS® AT SCHEELS HUNTING EXPO
9:30 AM - 4:30 PM
Scheels
2400 10th St SW, Minot

What are DockDogs? Check it out:
<https://dockdogs.com/>
Pre-Registration is NOW OPEN



For more information:
Facebook Event / Scheels (Minot, ND)

20 AUG KOMBUCHA MOCKTAIL NIGHT
5:00 PM
Main Street Books
8 Main St. S, Minot

We're serving up artisan, alcohol-free mocktails made with our locally brewed kombucha. This is an all ages event with snacks and music!



For more information:
Facebook Event / Kombucha Mocktail Night

On Base



For more information visit: www.5thforcesupport.com

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Good Gardening
ADVICE
 by Marvin Baker



Getting a greater bounty

One of the best ways to get bigger and better tomatoes, as well as healthier plants, is to prune your tomatoes as they are growing. It's a good idea to keep main stems in place and prune the ones that are off-shoots from the main plant itself. Sometimes there might be a nice tomato or two on those rogue arms, but if you cut them off, you'll certainly get nicer tomatoes from the main plant. There may not be as many, but the overall weight of the fruits you harvest will be as much or more as if you just left the plant and harvested it without pruning.



US Air Force B-52s showcase long reach of American airpower during Talisman Sabre 2021

1ST LT. JONATHAN CARKHUFF, U.S. ARMY PACIFIC PUBLIC AFFAIRS OFFICE

TOWNSVILLE, QLD, AUSTRALIA --

The edge of the B-52H Stratofortress's wing flexes upward toward the horizon as the behemoth banks westward over the vast expanse of the Pacific Ocean.

The B-52, which has been the foundation of the U.S. Air Force Global Strike bomber triad for more than 60 years, launched before dawn from Andersen AFB, Guam, and flew several thousand miles, and most of the day, to complete its mission - conducting bombing runs on a variety of targets, acquired and guided by U.S. and allied forces.

Their mission accomplished, the crew of five was relieved, yet fatigued, after hours of intense focus in the cockpit, on the navigator's panel and in the electronic warfare officer's seat.

While departing from the target area after their final bomb run, a sleek, light-grey jet joined up just few feet from the tip of the starboard wing; a distinctive kangaroo roundel visible below the front cockpit of the F/A-18F Super Hornet.

"Flying together with our RAAF allies sends a clear message that we can and will fight as a team," said U.S. Air Force Lt. Col. Roy Lohse, Bomber Liaison Officer at RAAF Base Amberley.

The mission of the U.S. Bomber Task Force is multifaceted, but, as part of their BTF deployment, the crews from the 5th Bomb Wing at Minot AFB, North Dakota, flew their aircraft non-stop to Andersen AFB, Guam.

Once in Guam, the aircrews familiarize themselves with air bases and operations in different Geographic Combatant Commands, ensuring they are prepared to respond to any contingency or challenge across the globe.

In recent weeks, the aircrews from the 69th Expeditionary Bomb Squadron staged in support of Exercise Talisman Sabre 2021.

"TS21 offers a unique opportunity for our strategic bomber force to prepare for the challenges of power projection across the vast distances of the INDOPACOM area of responsibility," said Lohse.

TS21 is a large-scale, bilateral military exercise taking place from 18-31 July 2021, between Australia and the U.S. It involves approximately 17,000 participants from seven nations.

"Exercise Talisman Sabre 2021 provides Pacific Air Forces personnel and assets a realistic training environment where we can build trust and interoperability with our allies from across the Indo-Pacific region," said U.S. Air Force Col. Barley Baldwin, 13th Air Expeditionary Group commander. "These relationships are vital for insuring a free and open Indo-Pacific, and it is great to come back and see so many of our hosts, our tremendous Aussie friends, that I've worked with over the years. The enduring relationships, mateship, and trust make building our interoperability much easier."

The B-52H Stratofortress was just one aircraft in the dissimilar formation. Accompanying the 185,000 pound bomber from the 69th EBS was a Royal Australian Air Force EA-18G Growler from No.6 Squadron (SQN), a No.1 SQN F/A-18F Super Hornet, and a F-35A Lightning II aircraft from No.3 SQN.

Even with the complexities of flying a variety of different aircraft just feet apart, combined

training over months and years and the resulting high levels of interoperability made the intricacies of the maneuver second nature to the pilots.

On top of physically training together in a shared environment, TS21 advances the Indo-Pacific Pathway's initiative to promote a free and open Indo-Pacific and supports the shared value system of U.S. allies in the region.

The training provided to the U.S. Air Force as well as the joint and combined military forces from Australia, Japan, Canada, the Republic of Korea, the U.K. and New Zealand, allows for seamless integration in wartime and supports the U.S. National Defense Strategy by enhancing abilities to protect the homeland and addressing the full range of potential security concerns in the Indo-Pacific.

"TS21 showcases our ability to deliver capable, combat-ready, lethal airpower on short notice to any corner of the world alongside our tremendously capable partners and allies," said Baldwin.



A U.S. Air Force B-52 Stratofortress assigned to the 5th Bomb Wing returns from a Bomber Task Force exercise in Guam on July 31, 2021, at Minot Air Force Base, North Dakota. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.

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

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BOMBER TASK FORCE RETURN



C-5 Galaxy touched down Friday at 1410 returning from Bomber Task Force Mission to Guam.



Col. Michael Walters, Commander of the 5th Bomb Wing & Chief Master Sergeant Timothy Wieser Command Chief for the 5th Bomb Wing welcome back Airmen from BTF mission to Andersen Air Force Base, Guam.



A line of fist bumps welcome back Airmen from Guam.

NORTHERN SENTRY PHOTOS | ROD WILSON

MINOT AIR FORCE BASE

Finest



SCOTT WIEDERMANN
of the 5th Logistics Readiness Squadron recently won the 2021 Huddle Outstanding Leadership Civilian Category. Mr. Wiedermann retired as a Technical Sergeant with over 20 years of automotive repair experience. He is our resident armor vehicle subject matter expert, mentor, wingman, and a true example of a leader for the Armor Vehicle Maintenance Shop.

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Welcome to Minot AFB from Tires Plus, your locally owned vehicle maintenance shop. Yes, that is right, Tires Plus is locally owned. You may have become associated with Tires Plus shops in other parts of the country. They, like the Minot and Minot AFB Tires Plus locations are owned and operated by a local franchisee, one that is familiar with the challenges of maintaining a vehicle in their particular location.

It certainly would be fair to say that each geographical location certainly has different challenges in keeping vehicles properly maintained. That is why it is so important to establish a relationship with a locally owned shop like Tires Plus. And of course maintain that relationship so that they get to know you, and your car. So let's quickly review some of what is important in maintaining your vehicle.

1. Acquaint Yourself With Your Owner's Manual
2. Check Your Tires Monthly
3. Have Your Oil and Oil Filter changed on Schedule
4. Also Have Your Air Filter Replaced With Oil Changes
5. Let Tires Plus Inspect All Other Fluids
6. It's Important to Examine Belts and Hoses When You Change Your Oil & Filter
7. Always Listen and Feel for Brake Issues
8. Replace Wiper Blades as Needed
9. Know That Tires Plus Will Also Inspect Your Battery and Remove Battery Corrosion
10. Keep A Detailed Accounting So You Don't Forget Routine Maintenance

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MS. CHERYL VEDVIG RETIREMENT
 Thank you for your exemplary service and dedication to the Airman and Families of Minot Air Force Base for the last 16 years. Congratulations on your retirement we will miss you around the office. Sincerely, The A&FRC Staff

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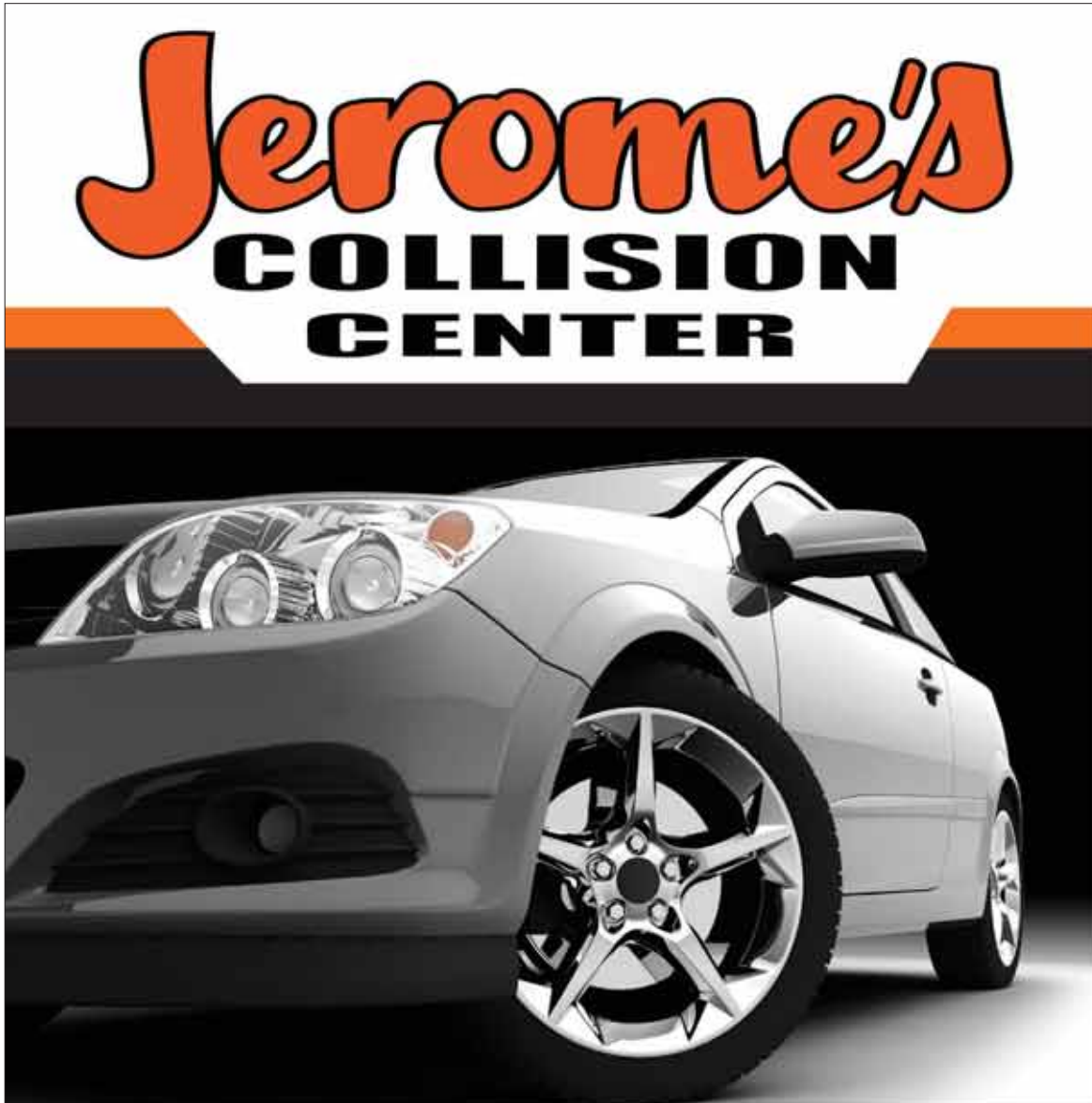
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Minot AFB You Matter 2021 Summer Games

ROD WILSON, NORTHERN SENTRY

When Col Christopher Menuey officially opens the Summer Games, now officially the You Matter Summer Games, it will be the 6th time the games have been held at Minot Air Force Base, and a chance for the 5th CES to defend their championship from 2019. (There were no games in 2020 because of COVID protocol).

Featured games, according to Judy Larue from the MAFB Fitness center, include "the log roll, Handball (like soccer except you can't use your feet), Build A Boat where teams will be given cardboard and duct-tape to construct a boat, with the winning boat being the first to cross the pool, inner tube water polo and canoe tug of war, just to name a few" according to Larue.

The day has been declared a "You Matter" Day (Resilience Tactical Pause) for the 5 BW. "We want to stress the community connection and networking" adds John Jeziorske, Community Support Coordinator. "Participants will be given business cards with questions that are common to opening conversation with

someone you don't know. The expectation is that community members will find 2-3 people that they don't know and start asking questions." The questions include; What are your favorite things to do in your time off? What do you like about Minot? Where are you



from?

The day will start at 0700 with a You Matter Ruck, allowing participants to get familiar with the location and function of many of the helping agencies on Minot AFB.

At 0800 the You Matter games will officially open. "At 1130 we will have lunch. That will be a burger burn paid for with

sponsorship money donated by various sponsors" continues Larue.

The games were created to be like a sports day, with points being awarded for competition and volunteer participation. "There will be a trophy for 3rd, 2nd and 1st place" according to Larue.

"Part of the day-long event will be the introduction of the new Air Force Fitness components. Minot AFB is a BETA testing base for new AF fitness testing components, so it is exciting to see how the new fitness components are received by the Airmen" shares Larue.

As far as the You Matter component? "We wanted to encourage participation, so it is a stand down day, which will allow a lot more units to participate and compete" says Jeziorske.

The day will end with an awards ceremony hosted by Col Michael Walters. Following the ceremony will be a drawing for door prizes.

"Those who sign up now will receive You Matter water bottles and backpacks contributed by the Community Support Coordinator" adds Larue.

YOU MATTER 2021 SUMMER GAMES ITINERARY

FRIDAY, AUGUST 20TH, 0730 - 1600

TIME	EVENTS	LOCATION
0700 - 0800	RESILIENCY RUCK	START TURF, END SOFTBALL FIELD
0800 - 0830	OPENING CEREMONY: 5 BW/CC OPENING REMARKS, MC, INVOCATION	SOFTBALL FIELD
0900 - 1300	SUPER SMASH BROTHERS ULTIMATE TOURNAMENT	ESC
0900 - 1100	WATER CANOE TUG OF WAR & LOG ROLLING	OUTDOOR POOL
	SOFTBALL TOURNAMENT	SOFTBALL FIELD
	SAND VOLLEYBALL TOURNAMENT	DORMS/FTAC
	3 VS 3 BASKETBALL TOURNAMENT	COURT B
1000 - 1200	FIRE MUSTER	SOFTBALL FIELD
1100 - 1200	BUILD A BOAT	OUTDOOR POOL
	DODGEBALL TOURNAMENT	COURT B
	KICKBALL TOURNAMENT	SOFTBALL FIELD
1130	BURGER BURN	SOFTBALL FIELD
1200 - 1400	CORN HOLE TOURNAMENT	SOFTBALL FIELD
	NEW AIR FORCE FITNESS COMPONENTS CHALLENGE	AEROBIC ROOM
	HAND BALL	COURT B
1300 - 1400	INNER TUBE POLO	OUTDOOR POOL
1300 - 1430	LAND TUG OF WAR	SOFTBALL FIELD
	FAMILY FUN: MUSIC, WATER BALLOONS, SACK RACE, PRIZES, & MORE	SOFTBALL FIELD
1500	CLOSING CEREMONY	SOFTBALL FIELD
1530	GRAND PRIZE DRAWINGS	SOFTBALL FIELD



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AUGUST 20th



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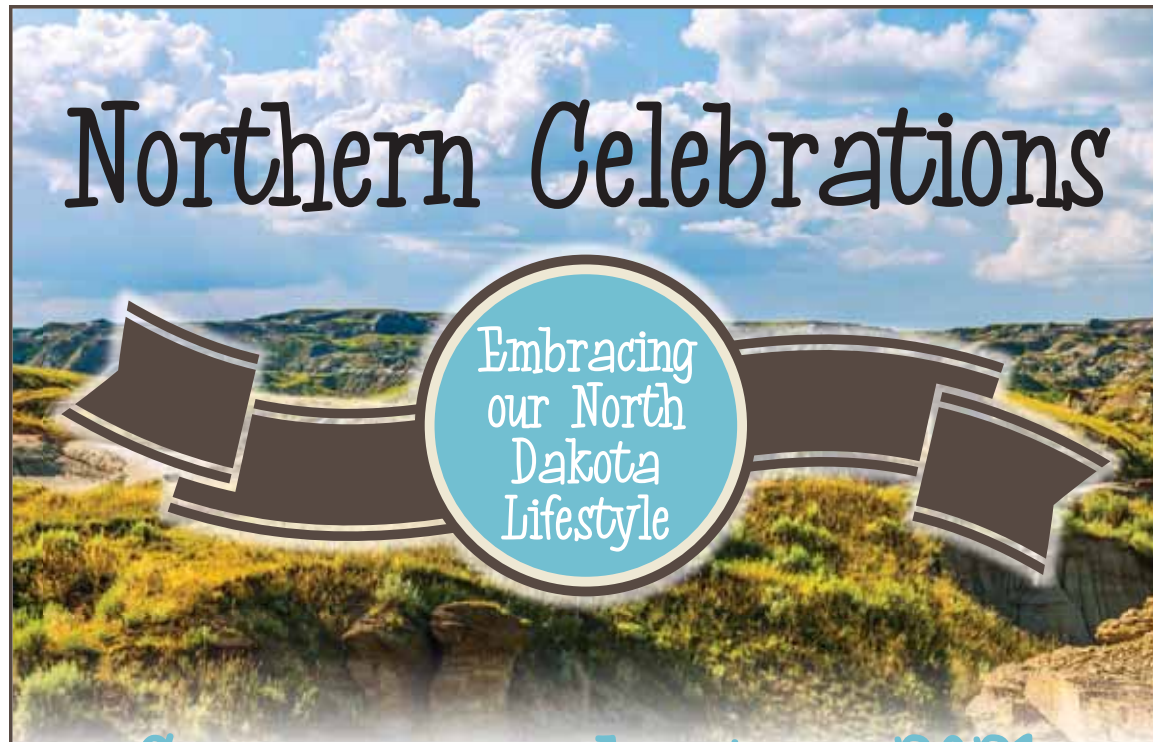
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Patricia Stockdill

A person blinks and before ya know it, summer is gone.

It might not seem possible but hunting season is rapidly approaching – like in two days for anyone wanting to partake in the 2021 early Canada goose season.

Yup, folks can hunt Canada geese beginning Aug. 15.

Granted it closes again before the “real” – regular season, as it’s more appropriately known – opens for resident North Dakota waterfowl hunters on Sept. 25.

Archery deer season opens Sept. 3. Just remember archery hunters must have their tags in possession so don’t order it online Sept. 3 and expect to go out early morning on Sept. 4. That’s because the N.D. Game and Fish Department will mail the tag the next business day after it’s ordered so it will take a few days to get it. Plus, the tag must be in possession.

Even before archery deer season arrives bird hunters can head out for dove season beginning on its traditional Sept. 1 opening date. Ironically, even opening as early as Sept. 1 many of North Dakota’s home-grown doves have already started heading south. While a few hardy ones may linger until season end on Nov. 29 they tend to book flights early.

Things really get moving once dove and archery deer seasons open: Sept. 11 - Patriot Day commemorating the 9-11 attacks on the United States - kicks off sharp-tailed and ruffed grouse, tree squirrel, snipe, and partridge.

Following that it’s Sept. 18 for sandhill cranes; Sept. 25 for resident waterfowl hunting – including regular Canada goose season - ducks, mergansers, coots, white-fronted geese, and light geese. Woodcock season also opens Sept. 25 and there is a bonus teal season again this year running Sept. 25 through Oct. 10 for resident hunters.

Sandwiched in between there are opportunities for veteran and military personnel along with youth during their special waterfowl seasons, Sept. 18 and 19

Moving into October, lucky recipients of pronghorn lottery licenses start their rifle season Oct. 1. Tundra swan permit recipients can head afield beginning Oct. 2.

The grand-daddy of all upland seasons, so near and dear to many North Dakota hunters, begins Oct. 9 with pheasant season. The youth pheasant season is Oct. 2 and 3.

Who can forget what might be the state’s most treasured season, deer gun, which traditionally begins the Friday before Veteran’s Day at noon in November? License holders probably already have Nov. 5 marked on their calendar.

Those dates aren’t selected based on numbers from a hat. Nor are season details – things like daily and possession limits for upland birds and specific sex and species regulations for deer, for example.

Instead, it’s population survey data driving big game license availability, which explains why pronghorn applications aren’t available until late July and weren’t due Aug. 11 this year for a season that – when using a bow – begins Sept. 3.

Pronghorn license applications aren’t available sooner because N.D. Game and Fish Department big game biologists can’t survey pronghorn populations until July. That’s when those tawny-hued bucks, does, and tiny fawns show up best from the air against grassy green vegetation. Those surveys are the tightest in turn-around data the N.D. Game and Fish deals with when conducting big game surveys. While the rest of the pronghorn proclamation draft is in place, the final determination of which units will be open and how many licenses will be available isn’t finalized until survey numbers can be crunched.


But in getting back to hunting seasons, don’t forget crow season. While not hugely popular, North Dakota has a fall crow season. Yes, crows. It opens Aug. 21.

Go to the Game and Fish Department website, (gf.nd.gov) for all of the season opening and closing dates and regulations, clicking “Hunting” on the menu tab.



DORM DINNER

A big THANK YOU to all of you who volunteered your time, energy and cooking skills to make this month’s Dorm Dinner a great success! Because of you, we (the 91 SFG family) fed/encouraged 152 Airmen, had the absolutely perfect amount of great food, and saw the largest turnout for a Dorm Dinner yet! What a blessing! Shout out to MSgt Flavin who smoked all the pulled pork, and to all those that made delicious sides. You are ALL greatly appreciated by me and, more importantly, by the Airmen who enjoyed the homemade dinner! Great job Defender Family! Gratefully, Ch Brian Harris



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5TH BOMB WING 2ND QUARTER AWARDS

5th Bomb Wing Airmen receive Wing level quarterly awards on August 2, 2021 at Minot Air Force Base, North Dakota. The ceremony recognized exceptional airmen from the base for their hard work throughout the quarter.

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A DAY IN THE LIFE

Volunteering Airmen: Steven Vil

SSgt. Steven Vil works in the 91st Maintenance Group as an Intercontinental Ballistic Missile Quality Assurance Evaluator. When he's not at work, Vil spends much of his time finding ways to help his community. Here's a look into a day in his life.

Vil has been at Minot Air Force Base since 2013. His job focuses on assuring the quality of maintenance performed on the 91st Missile Wing's ICBMs, an essential task to keep the fleet poised and ready for anything.

His work week is usually a typical five days of following technicians out to the field and watching and rating their work. "Work is like a mixed bag. In order for me to watch them perform maintenance, it depends on who's going out into the field. We typically watch them on a quarterly basis so if we've already evaluated a certain individual or team during that quarter we won't try to hit them again that quarter, but we'll space it out. We typically look at their schedule and see the team composition, and if there are enough people that we haven't evaluated for that quarter then we decide to go out and watch them. We'll watch them perform maintenance for a decent amount of time so that we get a good grasp on what they're doing and how they're doing it. Afterwards, we provide them with a grade and tell them how they did," explained Vil.

On his days off, he spends much of his time catching up on much-needed rest or finding volunteer opportunities to participate in. Almost every Sunday, Vil can be found volunteering at his local church, The Pursuit. Other times, he mans the 24/7 crisis line for Minot AFB's Sexual Assault Prevention & Response. Vil is a Volunteer Victim Advocate for SAPR and offers guidance



SSgt. Steven Vil is a Quality Assurance Evaluator for the 91st Maintenance Group at Minot Air Force Base, N.D. He spends much of his free time bettering the community through his volunteer work at The Pursuit, Minot AFB Sexual Assault Prevention & Response, and the Domestic Violence Crisis Center.

PHOTO PROVIDED BY SSGT. STEVEN VIL

for victims of sexual assault and support for the program supervisors. He also handles several tasks to help out the Domestic Violence Crisis Center (DVCC) of Minot, such as maintaining their transitional living facilities or volunteering for events.

DVCC's mission is personal for Vil, which is why he decided to lend them a helping hand. "I've had quite a few people in my life who have dealt with domestic violence," he said. "I remember feeling helpless with not being able to help them in their time of need and wanting to be able to do more, and this was an opportunity to do just that."

Vil makes sure to balance his time wisely so that he can take care of himself in order to take care of the community.

"It's a delicate balance. I'm always looking for volunteer opportunities to help others, but I also need to know when to pull back and focus on myself, recalibrate, and take time for me," he said.

Vil is another one of many incredible Airmen at Minot AFB who are doing their duty not only to the nation, but to their local community as well.

Abigail Kinder
Northern Sentry



Abigail Kinder is an on-base reporter for the Minot Air Force Base Northern Sentry. If you or someone you know has a great story to share with Team Minot, please contact nsabby@srt.com.

skinny week

Salmon Patties

Thanks Melanie K.!
6 patties at 174 calories each

ingredients

- 12 oz canned boneless, skinless salmon
- 2 eggs, beaten with a fork
- 1/2 cup bread crumbs or panko crumbs
- 1 tablespoon Old bay seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon onion flakes (I used 1 teaspoon onion juice)
- 2 tablespoons mayo
- 1 tablespoon olive or canola oil for frying

instructions

- Dran canned salmon if needed and break apart in a medium bowl.
- Add eggs, bread crumbs, seasoning, onion, and mayo.
- Form mixture into 6 patties (thinner rather than thicker) and fry in 1 tablespoon of oil, about 3-5 minutes per side or until crisp.
- Don't let them burn!
- These are great plain, or serve on buns and add calories for any mayo, tartar, cheese, etc. that you add.

recipe written by Cherie Blessum

We look forward to grilling season, then comes the mid-summer burnout.

Sandwiches are a simple way to bring a new twist and excitement to our palate. Eating the same foods over and over can be a helpful routine, but can also lead to boredom and overeating.

An easy way to make a sandwich more exciting is heating it. You can use the broiler, a Foreman grill, panini press, toaster, air fryer, or even wrap your sandwiches in foil and bake in the oven.

Change up your bread choice by bringing back a favorite or trying something new. Naan bread (Indian flatbread) can be purchased or made at home. It's not low in calories, but high in flavor and texture. There are many types of pitas, wraps, and tortillas, along with normal bagels, english muffins, buns and breads. If you're trying to limit starches, you can use lettuce leaves, a cucumber sliced in half, or grilled portobello mushrooms instead of bread.

Toppings bring so much flavor to your sandwich without adding a ton of calories. Try lettuce, cucumber, tomato, onion, roasted red peppers, sun-dried tomatoes, sprouts, olives, pickles, avocado, or apple! Condiments like mayo, oil and vinegar, salt, pepper, spices, salad dressing, salsa, mustard, cheese, and fresh herbs take your sandwich to another level. Think of sandwiches from your favorite place and replicate those flavors at home!

Here are a few ideas you can try: Salmon patties (homemade or store-bought), chicken salad, tunafish, egg salad, BLT, PB&J, breakfast sandwiches, deli meat, meatball subs, pizza loaf, and grilled cheese. We love gathering new ideas at SkinnyWeek, and would love to have you join us!

Cherie
@

skinnyweek.com

Minot Out of the Darkness Community Walk

Sept. 19th, 2021

12:00PM - 3:00PM

Come join us for an afternoon of food, resources, remembrance, and activities for all ages.

The American Foundation for Suicide Prevention funds research, spreads education, provides support to those affected by suicide, and advocates for smart public policy. We all have a role to play. Together we can spread awareness, raise money, change the culture, and put a stop to this tragic loss of life.

Event Location

Oak Park Shelter #7
Minot, ND

Register

AFSP.ORG/MINOT

Questions?

Twyla or Cellest Hofer
(701)720-1144/(701)720-5064
minotootd@gmail.com

This event is hosted by
Dakota's Chapter



American Foundation for Suicide Prevention



afsp.org/walk

Join us for a meeting!

*meeting times are subject to change

Thursdays

In-Person Meeting	In-Person Meeting
Doors Open 11:45	Doors Open 5:00
Meeting 12:15	Meeting 5:30

Saturdays

In-Person Meeting	Virtual Meeting
Doors Open 8:00	Meeting 10:30
Meeting 8:30	

In-person meetings are held at the Sleep Inn & Suites Theater Room
2400 10th St SW Minot, ND 58701



**91ST MISSILE WING
2ND QUARTER AWARDS**
91st Missile Wing Airmen receive Wing level quarterly awards on August 5, 2021 at Minot Air Force Base, North Dakota. The ceremony recognized exceptional airmen from the base for their hard work throughout the quarter.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN MICHAEL RICHMOND

Congratulations to the following Defenders who won their respective categories at the 91 MW Quarterly Awards ceremony!

AIRMAN OF THE QUARTER:
A1C Cindy J. Dodge,
791 MSFS

VOLUNTEER OF THE QUARTER:
TSgt Perry Q. Sinclair,
91 MSOS

CGO OF THE QUARTER:
Capt Jonathan J. Dahm,
791 MSFS

KEY SPOUSE OF THE QUARTER:
Mrs. Sadie Whaley,
891 MSFS

CATEGORY I, CIVILIAN OF THE QUARTER:
Ms. Brittany L. Mefford,
91 MSOS

KEY SPOUSE TEAM OF THE QUARTER:
891 MSFS, Key Spouse Team

PROFESSIONAL TEAM OF THE QUARTER:
Security Forces
Training Section,
91 MSOS

Congratulations to all the winners and a big thank you to all the supervisors who took the time to put together the awards packages.
Hooah

BBQ VEGETABLE SALAD WITH SALSA VERDE



INGREDIENTS
SALSA VERDE
4 CLOVE GARLIC
4 CUP FRESH FLAT-LEAF PARSLEY LEAVES
2 BUNCH FRESH BASIL
8 WHOLE FRESH MINT LEAVES
1 CUP CAPERS
12 WHOLE GHERKINS IN SWEET VINEGAR
2 TABLESPOON CHOPPED ANCHOVIES
2 TABLESPOON DIJON MUSTARD
6 TABLESPOON RED WINE VINEGAR
16 TABLESPOON HIGH-QUALITY EXTRA-VIRGIN OLIVE OIL, PLUS MORE AS NEEDED

For the Salsa Verde: Peel the garlic and pick the herb leaves, then finely chop on a large cutting board with the capers, gherkins and anchovies.

Place in a bowl, add the mustard and vinegar, then slowly stir in the oil until you achieve the right consistency. Balance the flavors with black pepper, a bit of sea salt and a little more vinegar, if needed.

When ready to cook, set Traeger temperature to 350°F and preheat, lid closed for 15 minutes. Toss all the vegetables in extra-virgin olive oil and grill the vegetables for 30 mins, or until golden and soft.

Once cool enough to handle, cut the cheeks off the bell pepper, and discard the inner membrane, seeds, and stem. Cut all the vegetables into bite-sized pieces.

Heat a large skillet on the grill and fry cheese slices for a couple minutes on each side or until a golden brown crust is formed. Toss cheese and veggies together.

Serve with salsa verde, enjoy!

MAIN
BLACK PEPPER
SEA SALT
4 LARGE SWEET POTATOES, CUT INTO ROUNDS
6 WHOLE EARS CORN
2 WHOLE BELL PEPPERS
2 MEDIUM ZUCCHINI, SLICED INTO STRIPS
2 CUP SLICED HALLOUMI CHEESE



Ryan Davy - GM
Minot

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Saturday: 2 a month by appt
Sunday: Closed

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YOUTH IN ACTION

Civics Unplugged



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



Civics Unplugged is a nonpartisan 501(c)(3) social enterprise whose mission is to empower the leaders of Generation Z to build a brighter future for humanity. The organization offers a three-month fellowship program where high school students learn the fundamentals of personal development, systems thinking, democratic theory, and community building. The Civics Unplugged Fellowship begins in early September, ends in late November, and requires about one hour commitment per week. To be eligible, students must be in high school. The fellowship seeks applicants with diverse qualities and interests to include: being committed to finding solutions to hard problems, are open-minded and curious, are willing to be vulnerable to others, and those who appreciate all kinds of diversity. The program is free and primarily digital, with some in-person offerings. Applications

are due by 31 August 2021 for the fall fellowship. For more information on the program and

to access their application visit: <https://www.civicsunplugged.org/fellowship>.



CIVICS UNPLUGGED IMAGES



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MALE VOLUNTEERS NEEDED

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2021-2022 MPS CALENDAR



IMPORTANT UPCOMING DATES

August 24

First Day of School

September 6

Labor Day - No School

September 7

Prof. Devel. Day

No School for Students

August 2021							6 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					

September 2021							20 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			

- PD Days - contracted days
- Vacation Days - not contracted day
- Holidays
- Early Release Days - 1:15pm
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Operation Homefront: Back to School Brigade

ABIGAIL KINDER, NORTHERN SENTRY

On Aug. 6, 2021, the Minot Air Force Base Youth Center partnered with national nonprofit Operation Homefront to hold their annual Back to School Brigade. The event offered free resources and support to military families as children are heading back to school, which can be a hectic (and expensive) time of year.

"We were able to get 150 backpacks for military families and we're distributing them," said Racquel Labadie, School Liaison Specialist. "Along with that, we have 12 helping agencies that came out and set up info booths to provide resources to families."

Representatives from the Airman and Family Readiness Center, Cub Scouts, Minot AFB Housing, the library, Family Advocacy Program and more attended the Back to School Brigade to offer resources that may be useful to new or current families on base. The backpacks were handed out to families in need as an effort to ease even a little bit of the financial weight of buying school supplies.

"We never know the struggle that a family is going through financially and so it's a help for any military family, regardless of rank, to be able to get some relief for the very expensive back to school time that we are in," said Labadie.

The Minot Lion's Club, a local service club organization branch, also attended the event and offered free vision tests for students, which is an important part of making



The Minot Air Force Base Youth Center partnered with the national nonprofit organization Operation Homefront to hold their annual Back to School Brigade on Aug. 6, 2021. Parents were able to find resources from helping agencies all over the base, and free vision tests and backpacks were provided for families in need. Darcy the Dragon, 5th Force Support Squadron mascot, also showed up to remind everyone to stay safe and have fun as school starts up again.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

sure children are able to perform their best in school.

The Youth Center plays an integral role in supporting the families of Team Minot. Along with their Back to School Brigade and other helpful resources, they also offer a variety of community activities for students and families, including the upcoming Open House and the Family Fun Fest. Labadie said, "Whether it's Operation Homefront, AFRC, anybody in the FSS... there's a lot of support out in our community for families so just get on the phone and call someone whether you need financial, social or emotional support, or just have a question.



Just reach out and we'll certainly help you with anything!"

To reach the Youth Center, call 701-723-2838. The Airman and Family Readiness Center can be reached at 701-723-3950.

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Local Cravings Restaurant Guide

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

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Saturday: 5:30 a.m. - Noon

Dream Doodles: Showing AF life through humor

ABIGAIL KINDER, NORTHERN SENTRY

One Airman from Minot Air Force Base, N.D., is shining a hilarious light on Air Force life through art.

Dream Doodles uses her own experiences from her time at MAFB as well as the experiences of others to create witty, relatable comics that showcase the most real parts of Air Force life, from women banding together to lend OCPs to someone after the airline lost them, to the internal struggle of wanting to do everything but needing to rest on off days. The comics certainly are relatable to women and men in the Air Force, but even civilians can have a laugh when she illustrates the highs and lows of life in Minot.

She began drawing as a child, and her passion has since blossomed into a successful hobby that brings joy to people all around. "I've been drawing since I was a little kid," she said. "I started to learn how to draw by copying magazines. I had always wanted to get into digital art but I was too afraid to take the jump. My goal was to draw what my dreams are because I have a lot of silly dreams with crazy themes."

As the world was plunged into chaos in 2020, she began having

more nightmares and decided to stray away from illustrating dreams and focus on a new theme: life as an Airman. "I thought, well this pandemic isn't going to stop so just draw something! The next theme that popped up in my mind was Air Force things, and I thought it would be a cool little



niche thing for my friends and I." After posting her comics to a Facebook group and receiving an overwhelmingly positive response, Dream Doodles hit the ground running. "Everyone wanted more. It turned into an every Sunday thing that I post on Imgur and Reddit," she said.

When she began creating content, Dream Doodles never imagined what it would turn into. "First I was really nervous to get into it because I didn't know how well it would be received. But, it's been really good actually. It's easier than I thought to stay away from controversy because there's plenty of silly material," she said. Dream Doodles is finding a way to bring comic relief to every day scenarios in a career that, at times, holds a lot of weight.

Since she began getting more serious about her art, Dream Doodles has been using much of her free time to focus on improving and expanding her content repertoire. She wants to begin creating more comics about Security Forces and has already shared funny stories about missileers, temporary duty, COVID-19, changing Air Force policies, and more. One popular comic shares the story of two missileers who, when finding out about the updated Air Force hair regulations for females, decided to cut each other's hair while in the capsule. Another one shows Dream Doodles being chased by a PT Test while chowing down on a bag of chips and an armful



of junk food—something many Airmen can probably relate to. "Looking back on my earlier work and thinking, 'wow this is poor quality but publish it anyways'—that mindset really helped me move forward. People are like 'hey you did something for missileers; look its Minot again!' And receiving the feedback makes me feel great," she said. Dream Doodles is hoping to release a book of all her comics soon, and despite her busy work

schedule, plans to continue drawing for as long as she can. "I'll just keep drawing and then maybe come out with a new book every six months until I run out of ideas. Who knows what will happen," she continued. You can find more funny comics on her Instagram page @dreamdoodles.2 or by searching Dream Doodles on Reddit and Imgur. **Dream Doodles is not endorsed/sponsored by the United States Air Force or the Department of Defense.*

NOTES ON BEING SAFE

Teaching Troops How To Read Safety Data Sheets



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Chad was applying an epoxy sealer to the floor of a small production room when he started feeling nauseous and dizzy. He thought back to his supervisor's last words: "Remember to check the SDS, Chad, and be sure you take the right precautions." And he had checked the SDS. But the technical jargon was too much to sift through, so he thought he'd just take his chances with gloves and safety glasses. Unfortunately for Chad, he needed to wear a respirator for this particular job—he was informed of that when he came to. He had passed out from breathing toxic fumes.

TRAINING IS THE KEY

The safety data sheet (SDS) is the key to communicating hazards and safe handling procedures of chemicals your workers use on the job. But, this information is only helpful if your employees are trained to comprehend the sometimes technical information. As OSHA puts it: "Giving an employee a data sheet to read does not satisfy the intent of the standard with regard to training." It is therefore your job to make sure the SDS is understandable.

HAVE A LESSON PLAN

Before you begin your training session, you will need to organize the information and develop appropriate handouts. Since most companies use large numbers of chemicals, it is virtually impossible to train your employees on each one. Instead, group the chemicals by categories that make sense for your operation, such as solvents, acids, bases, gases, etc. Then you can deal with additional information about individual substances within each group.

Make copies of sample SDSs for each chemical group and highlight the important information. Have on hand a corresponding container label. Have a second handout that provides a glossary of terminology used on SDSs. If you can, make overheads of these handouts.

CRUCIAL INFORMATION

Start off by explaining what the SDS is and why it is so important. Tell employees that these sheets contain vital safety and health information about each chemical in the workplace, such as:

- Exposure limits
- Health effects of overexposure
- Safe handling procedures
- Emergency procedures
- Personal protective equipment
- Engineering controls

Explain that the chemical manufacturer is required to provide an

MSDS with each chemical that arrives in the workplace. Tell your employees where these sheets are located and how to access them (additional training may be needed if your MSDSs must be retrieved from a computer database).

SECTION BY SECTION

Next review the sample SDS that you have just handed out. Ask what each term means and have employees look it up in the glossary handout. The following is a section by section description of the basic terminology that can help you develop your definitions:

SECTION I

Contains contact information about the chemical manufacturer, which can be important in the event of an emergency.

SECTION II HAZARDOUS INGREDIENTS/ IDENTITY INFORMATION

Both the scientific name and the common name of the chemical are listed here. Also, the following exposure limits are covered:

OSHA PEL—OSHA's "Permissible Exposure Limit" - The maximum amount of the chemical that an employee can be exposed to without danger over a typical 8 hour day.

ACGIH TLV—"Threshold Limit Value" - Another safe exposure limit set by the American Conference of Governmental Industrial Hygienists.

(Explain how you monitor exposure limits at your worksite)

SECTION III PHYSICAL/CHEMICAL CHARACTERISTICS

- What the chemical normally looks and smells like and possible danger signs
- Boiling Point—Temperature at which the liquid turns into a gas
- Vapor Pressure—How easily the chemical evaporates (the higher the number, the faster it evaporates which can cause dangerous vapors in the air)
- Vapor Density—If the vapor will rise (below 1) or sink (above 1) in the air
- Evaporation Rate—Another measurement of how quickly a liquid or solid turns into a gas (the higher the number, the faster the rate)
- Specific Gravity—Whether the chemical will sink in water (above 1—will sink; below 1—will float)
- Solubility in Water—How much of the chemical will dissolve in water

SECTION IV FIRE AND EXPLOSION HAZARD DATA

What might cause a fire or explosion

and how to put out a fire. Flash Point—The lowest temperature at which the vapors could catch fire if ignited by a spark or some other source Flammable Limits—The minimum and maximum percent of vapor in the air that could catch fire if ignited

LEL and UEL—Lower and upper explosive limits - The minimum and maximum percent vapor in the air that could explode if ignited (Review safety procedures for minimizing risk of ignition, such as sparks)

SECTION V REACTIVITY DATA

Describes what could happen if the chemical mixes with water, air or other chemicals.

Stable or Unstable—How easily the chemical changes or breaks up
Incompatibility—If the substances listed here are mixed with the chemical, a hazardous reaction will occur.

Hazardous Decomposition or By-products - Dangerous chemicals that can be formed when the substance breaks down or reacts

SECTION VI HEALTH HAZARD DATA

How the chemical enters the body (such as inhaling, swallowing or through the skin) and what health problems it could cause.

Acute—A reaction that shows up right after exposure, such as a rash

Chronic—A reaction that develops over time, such as cancer

Carcinogen—Substance known to cause cancer at certain exposure levels

SECTION VII PRECAUTIONS FOR SAFE HANDLING AND USE

Explains how to properly handle, store and dispose of the chemical. Also, what steps to take if there is an accidental spill or release.

SECTION VIII CONTROL MEASURES

Describes what type of respirator to use and how to maintain proper ventilation. It also recommends appropriate personal protective equipment, such as safety eye gear, gloves, and other protective clothing. This section should be emphasized and covered thoroughly.

INFORMED EMPLOYEES

Encourage your workers to take the time to read the SDS and label before using any chemical. The detailed information will help them feel confident that they can safely handle these substances without harming themselves.

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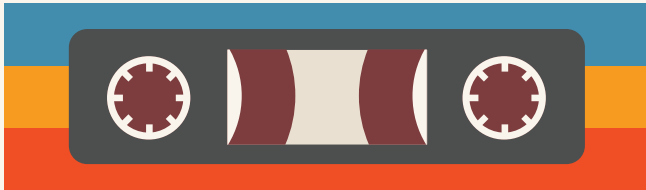
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UPCOMING EVENTS

Aw Shucks! Corn Fest

September 11 at 11-2pm
Garrison City Park

Fire Prevention Breakfast

October 3 at 9:00am-1:00pm
Garrison Fire Hall

NDFM Hall of Fame Banquet

October 9
Museum & Auditorium

Halloween Party

October 31 at 4-6:30pm
Garrison Auditorium

Dickens Village Festival

November 26-27
December 3-4, 10-11
www.dickensfestival.com

Angel of Hope Memorial

December 6 at 7:30pm
Wilderness Park

Milk & Cookies w/ Santa

December 11 at 1:00-3:00pm
Upstairs ND Fire Museum

For more information on these events and others visit www.garrisonnd.com

All School Reunion

32 BELOW Street Dance

Friday, August 20th

9pm-12:30am

Main Street, Garrison



Hotel California The Original Eagles Tribute Band

Saturday, August 21st

9:30pm-11:30pm

City Park, Garrison



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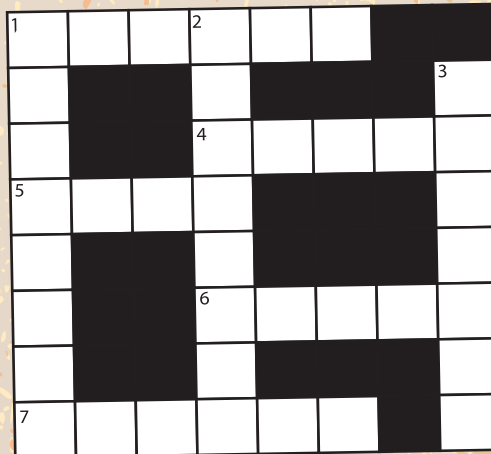
AMUR TIGER

CREATURE FEATURES

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

Fact File	
Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	3 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Caribou, Lemmings, Hares, Deer, Pig, Water Buffalo, Antelope

CROSSWORD PUZZLE



ACROSS

- Passed easily or gently through
- Gradually lessen
- Orderly, tidy
- Former U.S. President
- Weather events

DOWN

- Statements telling of potential problems
- Tattoo artist
- Plan ahead for something

Answers:
Across
1. Walked 4. Taper 5. Neat 6. Obama
Down
1. Warnings 2. Tattooer 3. Prepare

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Aug. 9: 1,834.11 feet above mean sea level (MSL); 21,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.41 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.MSL.

• N.D. Game & Fish Dept. game wardens: No Lake Sakakawea, Devils Lake or north-central area lake reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Walleye activity slowed although good numbers of small fish. Try East Bay or the main lake with slip bobbers or spinners and bottom bouncers and nightcrawlers.

• Devils Lake, Woodland Resort, Devils Lake: Try 22 to 25 feet with lead-core and dark colored spinners for walleye throughout the main lake. Also slip bobbers.

• Lake Darling, Karma C-Store, Ruthville: Continued walleye success around Grano but not as many anglers on Lake Darling. Try Deepwater Bay on Lake Sakakawea for walleye.

• Lake Metigoshe, Four Seasons, Bottineau: Continued walleye activity with better success in the early morning and evening. Lots of small bluegill so sort through for keepers. Continued good pike success.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued success for small walleye on the east end of Lake Sakakawea with larger fish coming from 30 to 35 feet using crankbaits.

• Lake Sakakawea, Indian Hills Resort, Garrison: Try 25 to 30 feet for walleye with nightcrawlers, working windy shorelines.

• Lake Sakakawea, New Town: Hot weather of recent weeks slowing walleye success. Try early morning hours working deeper with nightcrawlers.

• Lake Sakakawea, Van Hook Bait & Tackle, New Town: Somewhat slowing success for walleye but larger fish still out for those using crankbaits. Works humps and bumps along the south end of the Van Hook Arm.

• N.D. Dept. of Environmental Quality blue-green algae reports: Advisories – Antelope, Buffalo, Buffalo Lodge, Coal Mine, and Frettim lakes and South Hoffer.

• Use caution on boat ramps with slippery conditions due to vegetation, etc.

• Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.

• Watchable Wildlife photo contest underway with Oct. 1 deadline. Contact N.D. Game & Fish Dept. conservation biologist, Patrick Isakson, pisakson@nd.gov for details.

• Check local fire restrictions when camping, etc.

• Camping reservations required at N.D. State Parks and are available online at the website, (parkrec.nd.gov). Weekdays are excellent opportunities to enjoy the parks.

• Aug. 14 & 15: 5th Annual Bison Bash, Cross Ranch State Park, Hensler: Crafts, games, scavenger hunt, guided Nature Conservancy hikes, Cinnamon Run Kids Fun Run & Obstacle Course, and 5K, 10K, and 15K marathons. Free with park annual pass or \$7 daily entrance fee. Contact the park, (701) 794-3731 for details.

• Aug. 15: Early Canada goose season opens.

• Aug. 21: Fall crow season opens.

TOURNAMENTS:

- Aug. 14: Devils Lake, Lakewood.
- Aug. 20: Lake Sakakawea, Indian Hills Resort.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing some catfish and a few walleye but generally slow yet. Occasional trout and salmon. Lake Sakakawea producing walleye with better success west. Try Beaver Bay in the morning. Also try Riverdale Bluffs and Steinke or Douglas bays in 25 to 35 feet with Lindy rigs or spinners and bottom bouncers and nightcrawlers. Also try crankbaits. Some success in the afternoon around 4 p.m., as well. Continued fair salmon bite in 65 to 85 feet over deeper water. Fish the thermocline with white-on-white flashers and squids or whole herring. Overall salmon success has been better than in recent years with several in the 10-pound range.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea remains fair to good for walleye with

increasing success on crankbaits. Better success remains east of White Earth Bay although much of the west end is producing activity. Most success is still with nightcrawlers but some activity starting with minnows. Missouri and Yellowstone rivers is still clear with some nice walleye success. Work deeper pools for catfish with fresh cut bait. Smaller area lakes still quiet.

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

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes and the Souris River remain quiet.

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.



On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following as the Twentieth Air Force nominees for the 2021 Lance P. Sijan United States Air Force Leadership Award.

Junior Enlisted – TSgt Mariel Johnson – 377 OMRS, Kirtland AFB, NM

Senior Enlisted – MSgt Jeremy Roberts – 91 MMXS, Minot AFB, ND

Junior Officer – 1st Lt Peter Carkhuff – 91 MSOS, Minot AFB, ND

Senior Officer – Lt Col Shay Edwards – 377 CPTS, Kirtland AFB, NM

The Lance P. Sijan U.S. Air Force Leadership Award is named in honor of the late Capt Lance P. Sijan, an Air Force Academy graduate and combat pilot, who was posthumously awarded the Medal of Honor for his intrepidity while evading capture by the North Vietnamese and during his subsequent captivity as a Prisoner of War. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives.

The nominees will now compete at the AFGSC level.



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CRUELLA (2021) Disney, Comedy, Crime (PG-13)

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A LOOK BACK

THIS WEEK IN USAF HISTORY

CAPT. JOSEPH KITTINGER BREAKS WORLD RECORDS DURING PROJECT EXCELSIOR
AUGUST 16, 1960



An automatic camera captured Capt. (later Col.) Joseph Kittinger just as he stepped from the balloon-supported Excelsior Gondola on Aug. 16, 1960, at an altitude of 102,800 feet. (USAF Photo)

In 1959 and 1960, Air Force Capt. Joseph Kittinger performed a series of high altitude parachute jumps as a part of Project Excelsior, which tested the parachute system that would be used for pilots ejecting from high altitudes. Excelsior III was the final test on Aug. 16, 1960. Kittinger ascended to 102,800 feet by way of a helium balloon and unpressurized gondola. The ascent took over an hour. Kittinger free-fell from the gondola for 4 minutes and 36 seconds, setting the record for longest free-fall at the time. He reached speeds up to 614 miles an hour. Falling over the New Mexico desert at 17,500 feet, Kittinger deployed his parachute and drifted down for the remaining 9 minutes and 9 seconds. He also set the record for the highest parachute jump and highest speed of a human in the atmosphere.

Information courtesy of: afhistory.org / pbs.org

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NATIONAL NIGHT OUT 2021

The Minot Police Department hosts National Night Out at Roosevelt Park on August 3, 2021, in Minot, North Dakota. An annual Minot event since 2010, it encourages police-community partnerships and displayed the NorthStar Criticaire helicopter, First Responders, music, games, food, prizes, educational booths, K-9 demonstrations, armored vehicles and equipment from law enforcement agencies including U.S. Air Force Security Forces and Office of Special Investigations. Pictured above 91 MSFS North Flight Squad 4, TSgt Duckett, SSgt August, A1C Miller and A1C Patten.

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



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thestarvingrooster.com

ND-021 Magic City Composite Squadron (Minot)
 Commander: 1st Lt. Jeremy Sklicky

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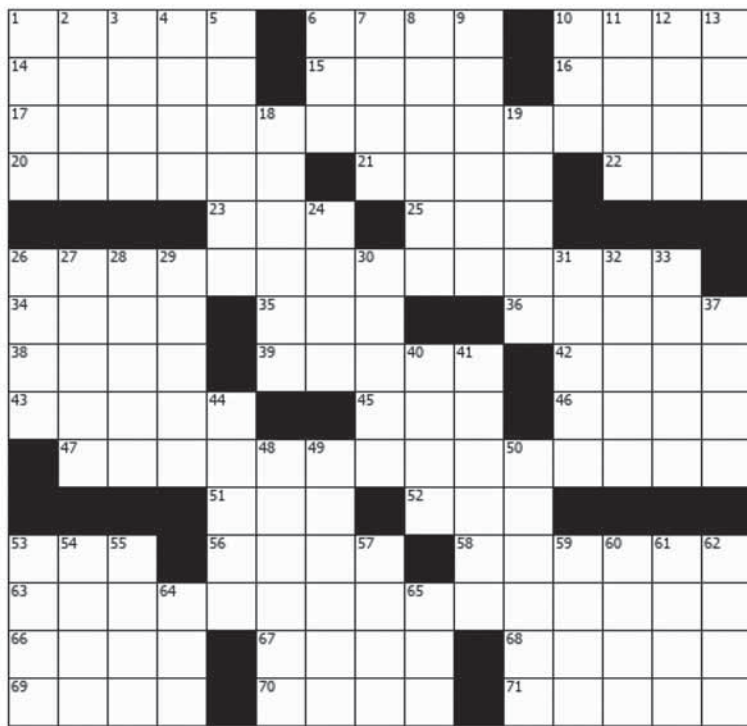
High Air Ground

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CROSSWORD PUZZLE

Across

- 1. Ignorance, to some
- 6. Adriatic seaport
- 10. "Psst" alternative
- 14. Bridal path
- 15. Galena and hematite, e.g.
- 16. Scientist's study
- 17. St. Paddy's Day breakfast?
- 20. Like top tennis players
- 21. Mississippi tributary
- 22. In the manner of
- 23. OSS successor
- 25. Feedbag grain
- 26. Sequel to "Puss in Boots"?
- 34. Kind of power?
- 35. Laudatory poem
- 36. Noisy shoe
- 38. "--- La Douce"
- 39. Harrison and Stout
- 42. Exhibit amazement
- 43. Prepare to drive
- 45. Dos Passos trilogy title
- 46. Handles with mastery
- 47. Theme of this puzzle
- 51. Mudbath locale
- 52. Wide of the mark
- 53. "--- Done Him Wrong" (Mae West film)
- 56. Engineering college designation
- 58. Words after a matter
- 63. Writer Foote detects an owl?
- 66. Clinton's canal
- 67. Laura of "Jurassic Park"
- 68. Acclaim
- 69. Siam teacher
- 70. Dele countermand
- 71. Stress and intelligence, e.g.



Down

- 1. Captures
- 2. Old Italian bread?
- 3. Fortuneteller's opening
- 4. Vehicle with no wheels
- 5. Nero's tutor
- 6. Wetland
- 7. Jason's ship
- 8. Called for another take
- 9. Hebrew prophet
- 10. Get to the bottom line
- 11. "Turnabout is fair play!"
- 12. Substitute for the unnamed
- 13. Baby's first word, sometimes
- 18. Story assigner
- 19. They're found on scales
- 24. Adjuvant
- 26. Foolish one
- 27. Kind of gun
- 28. "--- Gantry"
- 29. North Pole name
- 30. Connection or link
- 31. Horrible comic character
- 32. Ancient calculators
- 33. Safari headgear
- 37. Durbeyfield girl
- 40. Gas station of yore
- 41. Watched, as the kids
- 44. Basil-based paste
- 48. Overturns
- 49. Perfumery container
- 50. Printing type
- 53. A 1986 World Series site
- 54. Viking hat feature
- 55. Limerick land
- 57. Where the buck stops
- 59. Confront
- 60. Pointed tools
- 61. Shoot the breeze
- 62. Rug rats
- 64. Break in London
- 65. Aardvark tidbit

SUDOKU

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

Solution to puzzle on page C6

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER
MOVIE SCHEDULE

FRIDAY, AUGUST 13 • 1800
SATURDAY AUGUST 14 • 1800
SUNDAY AUGUST 15 • 1800

FREE GUY (PG-13)
FIRST RUN


FOLLOW REEL TIME MOVIE THEATER
ON FACEBOOK OR MINOT
EXCHANGE WEBSITE FOR
UP TO DATE MOVIE LISTINGS

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.

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

Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE
Minot • 838-3094

Saturday, Aug 14
 Vespers, 5PM

Sunday, Aug 15
 Divine Liturgy, 10AM

V. Rev. Fr. Paul Hodge


Break Forth BIBLE CHURCH
 Thursdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
 For More Information:
701.353.9337 | www.bfbc.tv


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
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www.oslcmminot.com

Rev. Heath Trampe
Rev. Brian Doel

SUNDAY MORNING
 Worship Services
 8:15, 9:30, & 11:00 am
 Sunday School
 Age 4 - Grade 12
 9:30 am (Sept-May)
 Adult Bible Study
 9:30 am


St. Mark's Lutheran Church
Missouri Synod
Sunday Worship
9:30 AM
2209 4th Avenue NW
Minot, ND
839-4663
Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church
1615 2nd St. SE, Minot
701-839-3694

Sundays:
 Worship 10:00 am
 Wednesdays:
 Soup Kitchen 11:30 am

Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:

Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.


Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853

Sunday Worship
 9:30 am

www.firstlutheran.tv
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 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson

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

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

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.

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.
 Fridays, Celebrate Recovery 7:00 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

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Aug 13

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SUDOKU SOLUTION

Puzzle on page C4

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 6 Sept-7 Nov. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 701-727-9007 or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

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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WHAT'S GOING ON MAFB

FRIDAY 13

- Air Force Photo Submission Dues at <https://forcesupport.awardsplatform.com>
- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- Registration Closes: Star & Stripes Scramble at the Rough Rider Golf Course
- Registration Closes: Lifeguard Certification at Outdoor Recreation
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Youth Archery Camp Ages 9-12, 0900-1200, Youth Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Youth Archery Camp Ages 13-18, 1300-1600, Youth Center
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- EFMP Adult Resilience, 1730-1930, HighAir Ground, hosted by A&FRC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 14

- HIIT Strength & Conditioning, 0900, Fitness Center
- Stars & Stripes Scramble, 0900, Rough Rider Golf Course
- Swerk, 1000, Fitness Center
- MINOT-A-CON, 1100-2000, Minot AFB Library, ESC, The Turf
- MINOT-A-CON Contest Registration: Win Lunch with Steve Blum, 1100-1800, Minot AFB Library
- Rockin' Block Party and Show & Shine Car Show, 1500-2300, Rockers Bar & Grill Parking Lot
- MINOT-A-CON 2D Fandom Inspired Art Contest: Winner Announced, 1745, The Turf
- MINOT-A-CON Cosplay Contest, 1800-2000, The Turf
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 15

- Call of Duty Warzone Tournament, 1200, ESC
- Zumba, 1400, Fitness Center
- Outdoor Pool Closes for the Season, 1900, Outdoor Pool

MONDAY 16

- World's Fare Week: Asia at the Dakota Inn Dining Facility
- HIIT Strength & Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, hosted by Manpower
- Registration Opens: Paintball Tournament – Free for Single Airmen, 0900, Outdoor Recreation
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Civilian TSP Class, 1400-1630, A&FRC, Zoom Meeting
- EFMP Adult Cooking Class, 1800, Gourmet Chef, hosted by A&FRC
- Cycle, 1630, Fitness Center
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center

TUESDAY 17

- World's Fare Week: India at the Dakota Inn Dining Facility
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, hosted by Manpower
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Zumba, 1830, Fitness Center

WEDNESDAY 18

- World's Fare Week: Fair Street Food at the Dakota Inn Dining Facility
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, hosted by Manpower
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Magic The Gathering Commander Night, 1800-2100, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 19

- Registration Closes: Summer Games at the Fitness Center
- World's Fare Week: Germany at the Dakota Inn Dining Facility
- Initial Counseling, 0730-0800, A&FRC
- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Bowler Appreciation Thursday, 1400-2200, Rough Rider Lanes
- Kids' Night, 1530-2030, Bomber Bistro
- Have a Ball League, 1800, Rough Rider Lanes
- Zumba, 1830, Fitness Center

AUGUST SPECIALS

DELIVERY OPTIONS (Hours subject to change)
 Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro • Southwest Salad
 Mixed lettuce salad with corn and bean pico, jalapeños, cheddar cheese, tortilla crisps, baked chicken, avocado, and served with chipotle house dressing! Try it for lunch for \$9.00!

The B-Fifty Brew • Red Bull Burners
 Grab one of our ice-cold Red Bull Burners to go! First, choose your Red Bull flavor: Original, Blueberry, Cranberry, Tropical, or Sugar-free. Next, choose your syrup: Peach, Coconut, Raspberry, Pineapple, Strawberry, Cherry, Mango, or Watermelon. Finally, top it off with Original Lemonade. Venti size only for \$4.00!

Rockers Bar & Grill • Smokin' Bomber Burger
 Seasoned, juicy 1/3lbs burger layered with cheddar cheese, smoky bacon, 2 crispy onion rings, BBQ ranch, on a bed of lettuce and tomato. Combo it with fries for \$10.25!

UPCOMING EVENTS

FRIDAY 20

- Lifeguard Certification Class at Outdoor Recreation
- Kids Bowl Free Ends at Rough Rider Lanes
- Registration Closes: Epoxy Cutting Board Class at Arts & Crafts
- World's Fare Week: Philippines at the Dakota Inn Dining Facility
- Summer Games, 0800-1600, Fitness Center
- Super Smash Brothers Ultimate Tournament, 0900, ESC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Friday Fun Member Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- There is no PLANet B Teen Bonfire Bash, 1700, Youth Center
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 21

- Lifeguard Certification Class at Outdoor Recreation
- Minot AFB History Walk Ends at Minot AFB Library
- Summer Reading Program Ends at Minot AFB Library
- Summer Reading Programs Competitions End AFB Library
- Summer Reading Program Squadron Contest Ends at Minot AFB Library
- Zumba, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Summer Reading Program Wrap-Up Party, 1300, Minot AFB Library
- Mike Bliss Variety Show, 1800, Minot AFB Theater
- Star Wars X-Wing Miniatures Play Day, 1830, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

AFter August 15th, the outdoor pool will be closed for the season

INDOOR POOL HOURS

EFFECTIVE MONDAY, AUGUST 16TH

MONDAY - FRIDAY
6AM - 9AM LAP SWIM

MONDAY, WEDNESDAY, & FRIDAY
3PM - 7PM LAP SWIM

SATURDAY
10AM - 3PM

723-3648 

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