


# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 48 | MINOT AIR FORCE BASE | FRIDAY, NOVEMBER 26, 2021

## WHATS INSIDE THIS WEEK:



TEAM MINOT  
CONCLUDES  
EXERCISE  
GLOBAL  
THUNDER 22

**A2**



SVAS:  
SERVING  
MINOT FOR  
OVER 40  
YEARS

**B3**



5TH BOMB  
WING  
QUARTERLY  
AWARDS

**C1**



# MINOT AFB HOSTS NWC

Members of the Nuclear Weapons Council (NWC) tour a B-52H Stratofortress with Team Minot leadership at Minot Air Force Base, N.D., Nov. 17, 2021. The NWC's efforts to further modernize the United States' nuclear arsenal play an essential role in maintaining the nation's nuclear deterrence. See page A7 for more coverage.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS EVAN LICHTENHAN



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# GLOBAL THUNDER 22

## Team Minot Concludes Exercise Global Thunder 22

SENIOR AIRMAN CALEB S. KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Every year U.S. Strategic Command holds a nuclear-command and control exercise, Global Thunder, which tests and validates the nuclear operation process, exercises like these demonstrate the readiness of the nation's nuclear capabilities. Global Thunder 22 tested Team Minot's 5th Bomb Wing and 91st Missile Wing.

The training opportunities built into GT tested all USSTRATCOM mission areas with a specific focus on nuclear readiness. This enables the command's global operations in coordination with other combatant commands, services, appropriate U.S. government agencies, and allies to deter, detect and, if necessary, defeat strategic attacks against the United States and its allies.

In addition, to Team Minot personnel, Airmen and aircraft from the 2nd Bomb Wing at Barksdale AFB, Louisiana integrated with 5th Bomb Wing personnel at Minot AFB, North Dakota conducting combined B-52H Stratofortress planning, maintenance, security, logistics, and operations within the GT22 scenario. Day-to-day, both bomber wings maintain a combat-ready, global-strike posture, enabling

geographic combatant command requirements from either U.S.-based or forward locations around the world when called upon.

### 5TH BOMB WING CREW CHIEFS

Crew chiefs from the 5th Aircraft Maintenance Squadron played an integral role over the course of Global Thunder. Crew chiefs serve as tactical aircraft maintainers who coordinate the aircraft's care and call in the specialists when they find a problem. In other words, if the jet were a patient in a hospital, the crew chief would be a primary doctor, coordinating with specialists as needed.

Tech Sgt. Timothy Preston, 5th Aircraft Maintenance Squadron Crew Chief for the B-52H Stratofortress, oversaw maintenance on his aircraft during GT.

"It's a team effort," said Preston. "This wouldn't be able to happen without the supporting teams like us."

Crew chiefs often remain on stand-by for hours on end. While on alert status, they stay in heated sheds near their assigned aircraft. When alarms go off in the exercise the crew chiefs run to their aircraft and make final preparations for takeoff. Shortly after, pilots and aircrew arrive to

operate the aircraft.

Global Thunder 22 featured a fly off of 11 B-52s from both Barksdale AFB and Minot AFB.

### AIRFIELD MANAGEMENT

Without airfield management, the jets would have many more roadblocks to overcome before they could leave the base. Staff Sgt. Derek Brown, 5th Operational Support Squadron airfield management non-commission officer in charge, had a major role in ensuring Team Minot's B-52s were properly cared for.

Brown helped oversee recent renovations to the mass parking apron on the flight line. Brown

and his team inspected and certified the section of the MPA, minimizing potential risk to the aircraft by ensuring it was safe for the aircraft parked there.

"I never have to question where me or my Airmen fit in," said Brown. "We know our role in the mission."

Brown also assisted in coordinating support flights for maintainers and security forces members flying from Barksdale AFB to Minot AFB. Brown then trained them and certified Airmen with a flight line driver's license, increasing mission efficiency and safety.



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Every year U.S. Strategic Command holds a nuclear command and control exercise, Global Thunder, which tests and validates the nuclear operation process, exercises like these demonstrate the readiness of the nation's nuclear capabilities. Global Thunder 22 tested Team Minot's 5th Bomb Wing and 91st Missile Wing.

**91ST MISSILE WING**

In addition, to bomber operations, the 91st Missile Wing validated the quick strike posture of the Minuteman III fleet through maintenance actions and training objectives. The 91st MW maintains a safe, secure, and effective 24/7/365 alert posture through the efforts of skilled maintenance, operational, and security forces Airmen.

Capt. Noah Warren, generation flight commander for the 91st Missile Maintenance Squadron, manages and ensures the execution of all missile maintenance needs at Team Minot.

"Global Thunder is giving us a unique opportunity to evaluate ourselves and see how we are performing," said Warren. "We all fit into the puzzle. We need to all work together to ensure the mission is complete to the best of our ability."

Maj. Cory Elder, assistant director of operations for the 742nd Missile Squadron, was the 91st MW crisis action team director. In this role, Elder

ensured missileers and missile maintainers performed their roles effectively during the exercise.

"We are ready 24/7, inside or out of an exercise," said Elder. He also stated it is monumental to see two attributes of the nuclear triad working together to ensure GT22 goes smoothly.

"I've never seen a Global Thunder where we didn't come out better on the other end", said Elder.

**GLOBAL STRIKE AIRMEN UPHOLD USSTRATCOM READINESS**

U.S. Strategic Command deters strategic attack and employs forces, as directed, to guarantee the security of our nation and our allies. Minot AFB and Barksdale AFB exercised this mission during GT22.

With the 5th BW, 2nd BW and 91st MW training side-by-side in GT22, Airmen validated their enhanced resiliency and interoperability at Minot AFB and across Air Force Global Strike Command.



U.S. AIR FORCE PHOTOS | MINOT AFB PA

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# Giving Thanks...

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A VIEW FROM OUR SIDE  
ROD WILSON, NORTHERN SENTRY



It is not hard to write this editorial, as Thanksgiving week is all about giving thanks for our family, our friends, and the freedom we have in the United States, guaranteed by those who serve in our military in Minot and around the world.

Some of our military friends will be able to make it "home" for Thanksgiving, wherever that is. Others will host Thanksgiving at their homes in Minot and welcome their families from other destinations to join them. Then there are those who will be on duty on Thursday, for we know that Minot Air Force Base is a 24/7 facility. Finally, there are those who are deployed and will not be home for Thanksgiving, and for them we are so very thankful. More than that, we pray for their safe return at the end of their deployment, that they return to their friends and families back at Minot AFB.

Finally, we at the Northern Sentry are so very thankful for the opportunity to work

with, and share the stories of the active duty, dependents and civilians who serve their country at Minot AFB. It is a privilege to meet so many of them and their families as we work hard to provide pertinent news and information about the mission and those others who support that mission at Minot AFB. We get to enter the gates and see the sign that says, "Only The Best Come North", and we certainly agree.

So much goes into keeping the mission at Minot AFB world class, and there is no end or down time in this mission. The deterrence they provide gives us the freedom to have a Thanksgiving day. But as you gather this Thanksgiving and offer a prayer of thanks, don't forget to give thanks for those who serve in our military, and for those who have served in our military, and of course those who gave the ultimate sacrifice for their country this past year.

PRIVATIZED HOUSING

ANNUAL TENANT SATISFACTION SURVEY



The Department of the Air Force (DAF) has contracted an independent, third-party survey firm to administer the DoD Annual Tenant Satisfaction Survey for all DAF privatized housing sites. The survey will begin October 28, 2021. All tenants in DAF privatized housing will receive a link to access the survey via email. Tenants will have until December 13, 2021 to submit their assessments.

By using an independent third party, Airmen, Guardians, and their families will be able to provide their open, honest and anonymous impressions of living in DAF privatized housing. The survey is anonymous, and data will be shared with DAF housing program leaders and project owners to continue improving the privatized housing experience. CEL & Associates, Inc. (CEL), will administer the survey, which will be made available to all tenants living in privatized housing. Housing continues to be a positive quality of life program supporting Airmen, Guardians and their families. The data and comments gathered via the survey are taken very seriously as they shape the evolution of improvements provided to service members and their families which advance the DAF housing portfolio.

**OF NOTE:**

1. The survey will be emailed from [AirForceHousingSurvey@celassociates.com](mailto:AirForceHousingSurvey@celassociates.com). Please check your spam/junk box.
2. If you do not received an email please email [AirForceHousingSurvey@celassociates.com](mailto:AirForceHousingSurvey@celassociates.com) to obtain a link.
3. Residents will receive reminder emails about the survey.
4. The survey is confidential and anonymous.

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# Home for the Holidays

As the holiday season begins, many of the Airmen and families of Minot Air Force Base will be heading home to visit family. I still remember my husband and I's first trip home in 2020 after he joined the Air Force. We were so excited to see our family and friends, have some fun, and visit all of our favorite spots!

The drive to Indianapolis was over 16 hours. We packed up two dogs (we were transporting one for a friend), our luggage, and just drove. All of our family and friends are scattered throughout Indiana, so when we arrived, we still had quite a bit more driving to do to make our rounds. We were able to pack in so many family visits and take our rescue dog on the adventure of a lifetime.

We returned to Minot AFB after about three weeks, and we didn't even bother to unpack the car but instead went inside, sat on the couch, and breathed a collective sigh of relief to be home. As we sat there on the couch together, we had a rude awakening—that trip was exhausting.

I didn't like feeling that way. A vacation shouldn't have been exhausting, and I didn't want to seem ungrateful for the opportunity to see our loved ones. It was a much needed vacation, and while our

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**A VIEW FROM OUR SIDE**  
ABIGAIL KINDER, NORTHERN SENTRY



homesickness was cured for a little longer, we weren't feeling any less tired than we had when we left.

Honestly, we had packed our vacation schedule so full of visits, family doctor appointments, and to-do's that we never actually got to spend time enjoying ourselves without worrying about where to go next, how to fit everything in, or what we had to accomplish each day in our limited time home. We missed out on a night at our favorite downtown restaurant and spent hours each day driving around the area to get everything done. Not to mention the fact that we both ended up very sick while on vacation (fun, right?). I realized that we may have packed our schedule a little too full, and as a result, we still felt burnt out.

It's easy to want to do everything and see everyone when you travel home, but I think one of the most important things

we can do is take time to enjoy ourselves alongside making our plans with loved ones. Plan your visits strategically so that you can hit everyone on the same route, or see if your local family members would be willing to come to one spot for a reunion. Don't pass up the things you truly want to do just because of things you have to do!

Going home for the holidays is a great chance to celebrate and gather with loved ones, and we should cherish each moment we get with them. But take it slow! Prioritize your events, and don't stretch yourself so thin that you are unable to enjoy your time as much as you want. Being far from home can be stressful, but coming home shouldn't be stressful either.

Have a happy holiday season, Team Minot, and make sure to spend some quality time with your family, friends, and yourselves!

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## A LOOK BACK THIS WEEK IN USAF HISTORY

### OPERATION SUN RUN BREAKS TRANSCONTINENTAL SPEED RECORDS

NOVEMBER 27, 1957

On November 27, 1957, USAF pilots of the 363rd Tactical Reconnaissance Wing completed "Operation Sun Run" and broke three transcontinental speed records. Sun Run included six pilots, six McDonnell RF-101C aircraft, and the new KC-135 Stratotankers that would perform the mission's in-flight refueling.



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

Each flight took place between Los Angeles and New York, with two of the aircraft making a full round trip. Lt. Gustav Klatt set one record, flying from L.A. to New York in 3 hours, 7 minutes and 43 seconds. Capt. Robert Sweet established the new round-trip record of 6 hours, 46 minutes and 36 seconds, as well as the New York to L.A. record of 3 hours, 37 minutes and 32 seconds. "At that time the Air Force was only 10 years old, and this operation was an early endeavor to showcase the capabilities, speed and range of the first supersonic photo reconnaissance aircraft refueling from the first jet tanker," said Christopher Koonce, the 20th Fighter Wing historian at Shaw AFB, SC. "It was an early display of the three effects of airpower: global vigilance, global reach and global power."

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

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# Minot AFB hosts Nuclear Weapons Council, focuses on strategic effectiveness, investment

AIRMAN 1ST CLASS EVAN LICHTENHAN,  
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Members of the Nuclear Weapons Council visited Minot Air Force Base, N.D. Nov. 17, 2021, making the trip the first time the council toured a Department of Defense installation under the current administration.

The NWC is an interagency council between the Department of Defense and the Department of Energy with a primary role in coordinating nuclear warhead development, production and ensuring the reliability and safety of the nation's nuclear stockpile.

In a statement to the Senate Armed Services Committee Feb. 13, 2020, Adm. Charles A. Richard, commander of the U.S. Strategic Command, outlined the role and advocacy of the NWC as, "[describing] a path forward to enable an effective, responsive, and resilient Nuclear Security Enterprise, but successful navigation of the path will only be possible through continued on-time investments."

The NWC visit at Minot AFB ensured meaningful discussions with airmen and leaders who have first-hand experiences in protecting, interacting with and maintaining strategic assets, thereby enabling informed, inter-agency decisions for warhead programs.

An additional primary responsibility of the NWC

includes the modernization of the United States' nuclear arsenal, an essential role in maintaining national nuclear deterrence. The council currently plays a leading role in the United States' effort to modernize nuclear facilities and capabilities.

"This was an excellent opportunity for our people to show those at some of the highest levels of decision making and influence in the nuclear deterrence and modernization community what we're doing on the ground to support national policy and initiatives," said Col. Johnny L. Galbert, 91st Missile Wing, vice commander. "We're proud across the board of what we do to uphold a safe, secure, reliable, and effective strategic deterrent

“

We're proud across the board of what we do to uphold a safe, secure, reliable, and effective strategic deterrent

COL. JOHNNY L. GALBERT

”

out to the highest leadership at Minot."

Minot AFB and the airmen assigned here continue to maintain strategic assets and provide capabilities for two of the three attributes of the nuclear triad. The NWC examined the capabilities and the readiness of both the 5th Bomb Wing and the 91st MW, to include in-depth briefings and tours of B-52H Stratofortress aircraft, Minuteman III Intercontinental Ballistic Missile operations, as well as other operational and support facilities.



Members of the Nuclear Weapons Council (NWC) meet Security Forces Airman at a missile alert facility at Minot Air Force Base, N.D., Nov. 17, 2021. Members of the NWC visited Airmen and facilities at Minot to discuss installation-level operations and efforts impacted by the council's decisions and guidance. Representatives from the Department of Defense, Department of Energy, and National Nuclear Security Administration comprise the council and the trip to Minot AFB was the first time the NWC visited a Department of Defense installation under the current administration.



Members of the Nuclear Weapons Council (NWC) tour a B-52H Stratofortress with Team Minot leadership at Minot Air Force Base, N.D., Nov. 17, 2021. The NWC's efforts to further modernize the United States' nuclear arsenal play an essential role in maintaining the nation's nuclear deterrence.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS EVAN LICHTENHAN

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# AAFES Recognized as 2022 Military Friendly® Employer, Spouse Employer

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The Army & Air Force Exchange Service was designated a Top 10 Military Friendly® Spouse Employer among companies \$5 billion or larger for 2022 by VIQ TORY, publisher of Military Spouse and G.I. Jobs magazines.

The recognition was the 10th earned by the Department of Defense retailer, which also earned its 12th Military Friendly® Employer designation from VIQ TORY this year. The Exchange earned a Silver Award for its performance in the publisher's 2022 Military Friendly® Employer rankings.

"Hiring our heroes is a force multiplier, and the Exchange is honored to receive these designations," said Air Force Chief Master Sgt. Kevin Osby, Exchange senior enlisted advisor. "Veterans and military spouses bring a unique perspective to the workplace, drawing from personal experience to connect with our customers and help us fulfill our commitment to Warfighters and their families. We thank them for their continued service to this country."

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for Veteran, military and military spouse employees. More than 1,000 companies participated in the 2022 Military Friendly® survey.

Long recognized as a leading employer among members of the military community, the Exchange gives hiring preference to honorably discharged and disabled Veterans and military spouses. The retailer's associate transfer program gives military spouses the chance to continue their Exchange careers during PCS's, allowing them to retain benefits and keep working toward retirement.

10.2% of Exchange associates are Veterans, while 21% are military spouses. The retailer surpassed its goal of hiring 50,000 Veterans and military spouses earlier this year and plans to hire an additional 25,000 over the next five years, aiming for a total of 75,000 heroes hired by 2026.

Veterans and military spouses can learn more about starting an Exchange career and browse job openings worldwide at ApplyMyExchange.com.

The 2022 Military Friendly® and Military Friendly® Spouse Employers lists can be found at MilitaryFriendly.com.



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BABY BOY BORN ON  
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KRISTA AND ADAM THORPE  
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BABY GIRL BORN ON  
THURSDAY, NOVEMBER 18, 2021 TO:  
ARIANA AND TRE PENNYWITT  
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## CROSSWORD PUZZLE

1				2			3
4							
5							
6							

- ACROSS**
1. Treats an illness
  4. Heating device
  5. Another name for stomach
  6. Clean and hygienic
- DOWN**
1. Germs
  2. Something that starts an event
  3. Strength and vitality

Answers:  
Across  
1. Medicine 4. Radiator 5. Belly 6. Sanitary  
Down  
1. Microbes 2. Catalyst 3. Energy

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ROD WILSON, NORTHERN SENTRY

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All of this is education, and that is what is most impressive about the SoftWave treatment. SoftWave therapy is not necessarily new, but the treatments and the equipment have changed dramatically. SoftWave treatments are non-invasive, they last about 10-15 minutes and take place in a normal treatment area. There is no anesthesia, in fact Dr. Hanson and I are in constant conversation about how the treatment is working. It was that conversation that led to an expansion of the treatment area. My right knee has been sore and stiff, so we have started to treat that area with the goal of decreasing inflammation in the knee. Today’s treatment of the knee made a difference, immediately. There are no side-affects, I usually go right to work. And finally, the goal is to relieve pain, for good. 90 % of the patients will experience 60-80% relief.

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# Souris Valley Animal Shelter: Serving Minot for over 40 years

ABIGAIL KINDER, NORTHERN SENTRY



In October 2021, Souris Valley Animal Shelter opened the doors of its state-of-the-art facility to animals and animal lovers all over Minot. SVAS has undergone major changes in the past few years, including the building of the new facility, transitioning from traditional to no-kill policies, and developing their foster, enrichment, and medical care programs.

Since its humble beginnings in 1977, Minot’s Souris Valley Animal Shelter has helped over 35,000 animals in need. Through the diligent care of their staff, volunteers, fosters, and the shelter veterinarian, SVAS is able to give displaced animals a chance for a better life. As the shelter grows to meet the needs of local and nationwide animals, they have recently expanded into a new facility to provide the best care to dogs and cats who are waiting for their forever homes.

“SVAS was founded over 40 years ago, and the founders’ purpose behind it was to provide a space for county animals, because one did not exist. So [the founders] developed the Souris Valley Animal Shelter; at the time it was called Souris Valley Humane Society,” said Shelbi Waters, Executive Director of SVAS.

Waters, who has been with SVAS since 2018, discovered her passion for animal care after adopting her foster dog Theo, who was on a euthanasia list in Oklahoma. Since moving to Minot, she found a calling to animal welfare and has played a pivotal role in the shelter’s overhaul. As Executive Director, Waters performs high level operations oversight, a job that includes handling fundraising and grants, where 100% of shelter funds come from.

Like many small town shelters who struggle with an overwhelming influx of stray animals, SVAS began as a traditional shelter, where

animals are euthanized based on circumstance. Waters took over and immediately implemented the “no-kill” policy in order to give every pet the opportunity to find a family. Due to this policy change, a growing number of stray and unwanted animals, and the lack of a quality facility to house them in, the SVAS Board of Directors decided it was time to expand.

“I knew that we needed [a new facility],” explained Waters. “We had the project on pause and were hoping that I would have two years to raise all the money, but I walked in one day and everyone was knee deep in poop water because our plumbing had backed up. Aside from that, we discovered that we had black mold in the walls, there was sharp metal in the kennels, things were rusting, our cats didn’t have any sort of private space for themselves, there was no natural sunlight... As we were making all of these changes, we realized that we could not do all of that in the facility that we were in.”

By 2020, Waters and her team raised the funds needed to break ground on the \$3.5 million facility, and for the first time in the organization’s history, surpassed a million dollars in donations. SVAS broke ground on the new building in August of 2020 while continuing operations out of a temporary space. Laura Garcia, Operations Director, has been with the shelter for nearly a year and has seen firsthand the challenges in the transition from the temporary to new facility. “In the

old shelter, we didn’t have a lot of the resources that we do now. We didn’t have a lot of room for animals, and we had a very small team. A group of four of us was doing everything... the cleaning, helping with medical input, and processing applications,” she said.

Now, the shelter is now able to house 17 dogs and even more cats at a time, and it employs a large team of animal care specialists, veterinary staff, fosters, and volunteers to provide animals with top tier care. Since the grand opening, SVAS has taken 99 animals, with 27 of those currently in foster homes. Many of these operation changes were expedited to meet the needs of the shelter animals.

“The greatest change was going from a kill shelter to a no-kill shelter,” said Waters. “It was an easy transition because our staff loved animals, but it was more difficult to ensure that we could sustain it. That’s why we have such a robust enrichment program, so animals are not deteriorating in our care. That’s also why we moved to a foster-based program so animals can get out and enjoy their lives, not sit in a shelter.”

Their complex enrichment program provides four or more kinds of enrichment per day, including anything from outdoor walks to snuffle mats, puzzle toys, hanging out in the office, and even basic training. Visitors and volunteers are encouraged to play with the animals in the cat room or indoor dog park, and animal care

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SVAS provides care for animals of all kinds, even those with disabilities. Titan, a young dog suffering from rear-leg paralysis, was transported from a shelter in Louisiana in the wake of Hurricane Ida. With acupuncture treatments and massage therapy, as well as daily enrichment in his wheelchair, Titan is still able to live a normal life and is ready to find a loving home.



Peony strikes a pose as she enjoys some enrichment in the cat room. In order to reduce stress and create a comfortable environment for shelter cats, SVAS built private spaces that include kennels, play areas, and a cat isolation room at the front of the facility.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

specialists provide food, sensory, cognitive, social, and physical habitat types of enrichment to each and every animal, which is essential to their wellbeing.

Some changes were not as easy to make for SVAS. Waters said, "Changing the hearts and minds of the community was actually the most difficult. People believe that if you're no-kill that means you're allowing aggressive animals to go back in the community, and that's not the case. We certainly don't specialize in rehabilitation, but very rarely do we get an animal that is so aggressive that no one can handle it and then we adopt it out. We work heavily to transport that animal to a group or organization that can actually help them."

Staff members work tirelessly over the course of days and weeks to rehabilitate these special cases utilizing Fear Free practices to ensure that each animal feels safe, comfortable, and happy. The team focuses heavily on not only managing stressed or fearful animals, but on helping them overcome those obstacles.

Another important aspect to ensuring the wellbeing of the pets at SVAS comes in the form of their vast foster program, which was developed at the height of the COVID-19 pandemic and has allowed the shelter to triple its capacity. As the shelter was transitioning into a new building and struggling with the hurdle of limited in-person interactions, foster families from all over Minot stepped up to lend a helping hand. The dedicated foster team houses cats and dogs in-home with resources provided by the shelter, giving animals a unique opportunity to experience life in a loving environment as they wait to be adopted. Studies even show that animals in foster care are significantly happier and healthier. Shelters are loud, stressful, and make animals more susceptible to disease and illness, but "no matter how much emphasis we put on creating the happiest shelter in North Dakota, cats and dogs will always thrive in a loving home," Waters explained.

While local animals are the

shelter's main priority, their reach extends nationwide as an effort to help other shelters who are dealing with disaster or overflow. SVAS has coordinated transports from Oklahoma, Texas, and even Louisiana in the wake of Hurricane Ida. "We focus on Minot, Minot Air Force Base, Berthold, Carpio... we've helped as far as Napoleon and New Town. But we don't just stick to Ward County anymore, and we don't just stick to North Dakota. We pull from euthanasia lists across the United States and areas that need help the most," said Waters.

Their first transport in December 2020 brought over 40 animals from Oklahoma. Despite the obstacle of operating from a temporary facility, SVAS was able to house all animals with help from local fosters. "When I say it was magical, it was truly magical. The community came out; we had dozens of people at the shelter just ready to pick up an animal and love it," Waters said.

Many of those foster families came from the Minto AFB community, which plays a large role in the success of SVAS. Not only does the shelter hold a contract with the base, but many of the employees, volunteers, and adopters are Airmen and families. "We have two active duty people on staff, and several active duty military spouses on staff, so we do put a very high focus on recruiting people from base," said Waters. "We also work with different squadrons on doing third party events. And as of last year, our highest number of adopters were from Minot AFB."

Garcia explained the benefits of working with the base as a win-win relationship. "We did a Paw Pawty on base in July, and we took a couple of dogs to the dorms so that they could interact with people. A lot of the Airmen like to interact with the dogs and they asked to volunteer, just because they can't have those animals in the dorms."

"I think having the base nearby affects the shelter in a good way," said Garcia. "Without the base, we probably wouldn't see the same number of people adopting over

and over. That turnover with the military members really helps us adopt more animals into homes!"

Without the involvement of locals in the community, SVAS would not be where it is today, and the shelter team hopes to continue strengthening those relationships in the future. "We hope to see greater engagement with the community in terms of figuring out solutions to prevent this rising tide of unwanted animals whether it's through spay and neuter, or behavior training for pet owners, and really embracing that whole concept of keeping pets and people together," said Waters.

Even today, the expansion continues and SVAS is developing many plans for the future. "Our strategic plan is heavily focused on spaying and neutering our shelter pets prior to adoption, then expanding to help other shelters pursue the same goal at a very low cost, and then hopefully engaging in more medical communities in general," she continued.

They also want to provide more resources for service members to prevent rehoming and hope to obtain permits to engage with the city in performing Trap-Neuter-Return (TNR) for feral cats. SVAS has also partnered with Best Friends Animal Society to mentor another shelter on implementing no-kill policies over the next year.

Through the continued support of the community as well as fundraisers and grants from national organizations, SVAS will be able to help animals in need for years to come. Not only do they provide services to animals in need, but they also offer a Community Pantry for supplies as well as emergency housing for the pets of victims of domestic violence, homelessness, and other emergency circumstances. The shelter is always in need of donations, volunteers, and fosters to sustain their growing program. To find more information on SVAS—including available pets, volunteer and foster applications, and resource wish lists—visit [www.svaspets.com](http://www.svaspets.com).

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# Upcoming Events

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5:30 PM - 10:00 / 10:30 PM  
Minot Oak Park  
19th Ave SW, Minot

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community!  
Sunday-Thursday 5:30-10:00  
Friday & Saturday 5:30-10:30  
November 26-January 1

All proceeds from this event are invested back into our community through the Minot Sertoma Club.



For more information:  
Facebook Event / Sertoma Christmas in the Park

**27-28 NOV** **MINOT GUN SHOW**  
9:00 AM - 3:00 / 5:00 PM  
North Dakota State Fair Center  
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Join us for the Minot Gun Show at the ND State Fair Grounds! Public admission -- \$5.00 each day, children under 12 free with parent.  
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For more information:  
Facebook Event / Minot Gun Show

**29 NOV** **PET PHOTOS WITH SANTA**  
4:00 PM - 7:00 PM  
Dakota Square Mall  
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Bring your furry friends for photos with Santa during this special Monday evening series!  
From 4 to 7 p.m., pets are welcome these dates:  
Nov. 29  
Dec. 6  
Dec. 13  
Pets must be on a leash or in a carrier, and pet owners are responsible for cleaning up after them.  
Photo packages will be available for purchase.



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**2 DEC** **MLV CRUNCH FOR A CAUSE FUNDRAISER**  
5:00 PM - 7:00 PM  
South Minot Taco John's  
1725 S Broadway, Minot

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Facebook Event / Minot Literacy Volunteers

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A DAY IN THE LIFE

# Airman finds a passion for performing

One Airman has found a passion for performing while at Minot Air Force Base. In uniform, TSgt. Dorian Garland, Maintenance Unit Scheduler for the 5th Maintenance Group, coordinates training and development courses for over 1700 Airmen in the group. In his free time, he wears another hat as Tweedle Dum in the Mouse River Players performance of Alice in Wonderland.



TSgt. Dorian Garland, 5th Maintenance Group Unit Scheduler (far right), performs as Tweedle Dum in the Mouse River Players performance of Alice in Wonderland. Garland has found a passion for acting in his time at Minot Air Force Base and uses it not only as a fun hobby, but to build confidence in his public speaking abilities.

Garland began acting with the Mouse River Players after receiving the results of a DNA test highlighting a fear of public speaking. "I took a 23andMe test, and one of the results I got back said I would benefit from working on my public speaking. It doesn't affect me as much as it does other people, but it's something that I've been wanting to stretch out more and try to take a risk on. It could be something that could lead to a totally different career path when I get out," he said.

After researching acting classes and coming up empty handed, Garland took the leap and auditioned for a role in Alice in Wonderland with no experience but a second grade Christmas play. "I was originally trying to look for ways to better my public speaking and getting out on stage was a way to try to do that. Initially, I volunteered with Mouse River Players to clean up a lot of props and old equipment that they no longer needed, so I started talking to them about how I was looking to get involved on stage."

Garland's workdays at Minot AFB usually end about 4 p.m. From there, he prepares for rehearsal and spends roughly three hours performing. He balances work and hobby with attending school and volunteering at the local church as a youth leader, among other things. "There are a couple of different hats to wear, as well as trying to take guitar lessons," he laughed.

Despite his busy schedule, Garland finds that performing on

stage comes with many benefits, and he is able to take what he has learned serving in the Air Force and apply it to being on stage, and vice-versa. "[Acting] helps with so many different things like building confidence, building charisma, taking risks, accepting challenges, a lot of things that they expect you to do within the Air Force. I feel like there have been a lot of things that I've done in my military career that have helped build me up to doing something like this, because it takes a lot of focus, dedication, and commitment. It's just applying those same types of morals and values to a different arena. 'Excellence in all we do' is a core value of ours, so I try to apply that value when I'm performing on stage and try to walk off feeling accomplished."

His passion for acting comes from a lifelong interest in entertainment, and Garland hopes to not only enjoy the benefits of the theater for himself, but to bring them to the Minot community in the midst of chaotic times. "I want to give people the chance to get back to being normal after everything we've been through

in the last year and some change... for people to be able to take their troubles away for a couple of hours and just put themselves in this magical world and let themselves go. We need something to laugh at, to be entertained by; that's a big part of the human experience," he said.

Even after Alice in Wonderland ends, Garland plans to continue acting, whether it is with the Mouse River Players or the Minot State University Summer Theatre. Through performing, he has been able to build character and better himself and the community he lives in, and will enjoy the spotlight for as long as he can.

SUPPLIED PHOTO

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.

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## All About Pets



The holidays are right around the corner, which means that many pet owners will be traveling to see family (with or without their furry friends)! Thinking about bringing your pet home for the holidays? Here are a few tips, tricks, and things to consider.

- **Do or Don't:** First things first, you have to decide if bringing your pet along is a good idea. If you have an older pet, one who suffers from extreme anxiety or other behavioral issues around groups of people, a pet suffering from major health problems, or you just don't have the space to travel with or house your pet, you may want to consider finding a dogsitter while you are gone. Otherwise, traveling with a pet can be a great new experience for them!
- **Preparing to Travel:** If you are driving home, make sure to prepare your car (and dog) for the trip. There are a variety of seat covers available for those with pets who are safe to free roam in the car that will protect your seats and often come with leashes attached. If your dog or cat moves too much or has anxiety on car rides, you may want to consider securing a crate for them somewhere in the car. Make sure your pet has access to fresh water, food, and the occasional fan or open window (thicker coated pets are prone to overheating in the car), and bring plenty of toys and treats to keep them occupied! If you are flying, it's important to make sure your pet has a sturdy crate and ample blankets to keep them warm (if flying in cargo). If your pet has never traveled with you before, you may want to begin preparing as soon as possible by getting them accustomed to a crate, getting in

the car, potty training, and even scheduling a check up with the vet in case any medications are needed. Some pets have so much anxiety over traveling that medication is necessary for their wellbeing!

- **Have a Plan:** Traveling with a pet can make plans a little more complicated, so it's best to get things squared away ahead of time. Make sure your hotels are pet-friendly, whoever you are staying with has a space for your pet to sleep and be alone (if needed), and it is never a bad idea to go ahead and find a local veterinarian in case of any emergencies. Make sure you bring any important documents you may need for your pet as well as any medications or special food. If you are staying with someone who has other pets, it is especially important to either make sure everyone gets along well or ensure your pet has a safe place to hang out while the festivities happen.
- **Have Fun:** Traveling with pets should be fun! Stop off at a unique pet-friendly spot along the way or take them to a local park while you're home. Buy them some holiday themed treats or toys, and don't be afraid to let your pet munch on some of the (pet safe) holiday food. If you're bringing them along, chances are they are a big part of your family, meaning they deserve to enjoy the trip as well. While traveling with pets can be a little more stressful, have your furry friend around for the holidays with the rest of the family is one of the best ways to spend the season. Have fun, be safe, and have a happy holiday season!

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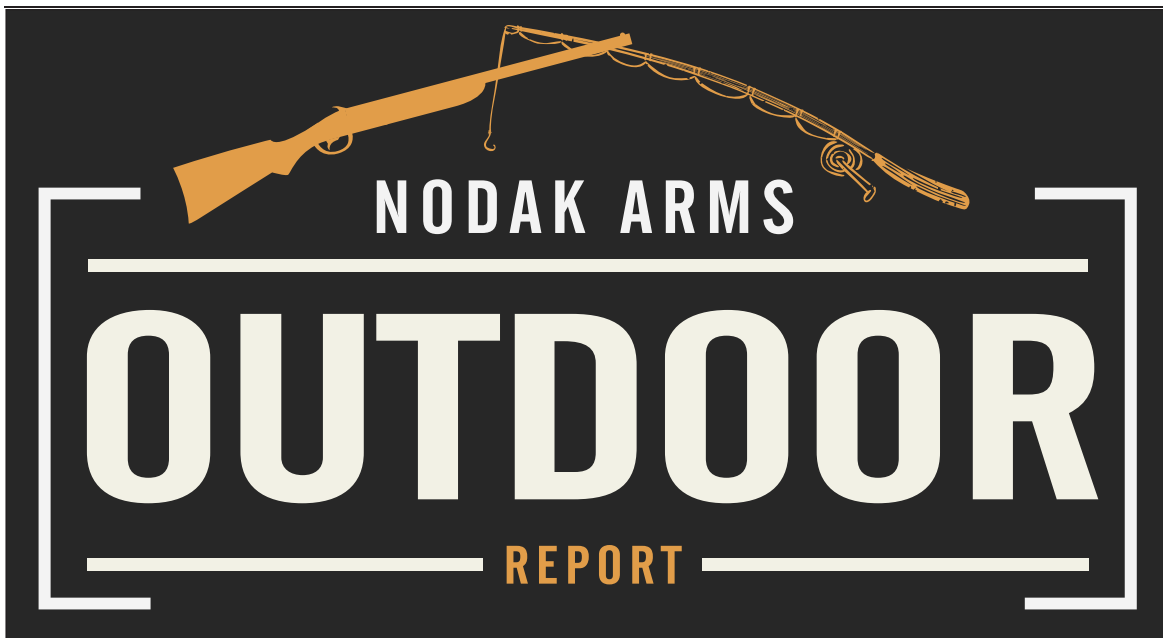


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### Fishing:

Lake Sakakawea elevation, Nov. 23: 1,829.59 feet above mean sea level (MSL); 12,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.09 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.06 MSL.

- N.D. Game & Fish Dept. game wardens: Unsafe ice conditions throughout northern lakes yet. No Devils Lake and Missouri River System reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake generally quiet.

- Devils Lake, Woodland Resort, Devils Lake: Little activity but a few anglers continue working the bridges.

- Lake Darling, Karma C-Store, Ruthville: A few anglers finding a mix of some perch and walleye at Grano but otherwise fishing is slow with little activity.

- Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe iced over but unsafe for any access.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Activity remains light on the east end of Lake Sakakawea.

- Lake Sakakawea, New Town: Ramps in the Van Hook Arm and river portion of the Lake Sakakawea starting to ice over and can be icy if there is open water. Anglers continue enjoying a nice fall walleye using jigs and minnows, however, when and if they can access open water yet. Conditions can change quickly, though.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Water levels remain low on Missouri River tailrace with little activity. No reports from Lake Sakakawea.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers producing some walleye activity but water muddied up. Floating ice



N.D. GAME & FISH PHOTO

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

- Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)) for information regarding North Dakota's new electronic posting regulations and assistance.

- Check area U.S. Fish and Wildlife Service Nat'l. Wildlife Refuge hunting regulations for potential late season upland game hunting opportunities.

- Nov. 27 & 28: Minot Gun Show, North Dakota State Fair Center, 9 a.m. to 5 p.m. Nov. 27 and 10 a.m. to 4 p.m. Nov. 28.

- Nov. 29: Dove season closes.

- Dec. 1: N.D. Game & Fish Dept. public advisory meetings, Leeds Community Center, 7 p.m.

- Dec. 2: N.D. Game & Fish Dept. public advisory meetings, UND Memorial Union, Grand Forks, 7 p.m.

- Dec. 5: Whitefront goose, duck, merganser, coot, and snipe seasons close.

- Dec. 11: High Plains duck, merganser, and coot seasons re-opens.

in areas along the upper end of Lake Sakakawea with little activity.

- Lonetree WMA area lakes, Harvey: Coal Mine Lake opens to small game hunting and fishing Dec. 1. No activity on other area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes beginning to ice over but unsafe for any access yet.

### Hunting:

- Predator: Good numbers of coyotes for excellent hunting opportunities.

- Upland: Pheasants remain in heavier cover.

- Waterfowl: Good numbers of geese remain along Lake Sakakawea and its open water areas, including along the Missouri River tailrace. A few geese linger around the lake's midsection but most ducks moved out. Waterfowl generally moved out of the northern tier of the state with water icing over. Fair numbers of diving ducks remain on Devils Lake but continue filtering out.

### Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

- Report All Poachers: (701) 328-9921.

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SENIOR AIRMAN  
**KYANA TANAKA**



### IMPACT

In supporting Minot Air Force Base's immunization efforts, Tanaka helped enable the continuation of Minot's mission readiness.

### JOB DESCRIPTION

As an Allergy Immunization Technician, Tanaka's responsibilities include ensuring vaccine records are up to date and administering shots.

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# Defense Department Announces Cost of Living Increase to Retired Pay

U.S. DEPARTMENT OF DEFENSE

On November 19, the Department of Defense announced annual cost of living adjustments that will benefit military retirees and survivors during calendar year 2022. Most military retirees will receive a 5.9 percent increase to their retired pay beginning with the pay they receive on January 1, 2022, which is the largest such increase since 1982. Likewise, survivors of members who died on active or inactive duty, or survivors of military retirees who participated in the Survivor Benefit Plan will, in most cases, see a 5.9 percent increase to their annuities beginning in January. Survivors who are eligible for the Special Survivor Indemnity Allowance (SSIA) will also receive an increase to their SSIA payments that reflects this 5.9 percent adjustment. The maximum amount of SSIA payable will be \$346 beginning in January, although some survivors may receive less in SSIA as the Department of Defense continues to implement the

phased reduction in the Survivor Benefit Plan – Dependency and Indemnity Compensation offset, as enacted by the National Defense Authorization Act for Fiscal Year 2020.

These cost of living adjustments are calculated based on the Consumer Price Index for Urban Wage Earners and Clerical Workers for the four quarters ending with the third calendar quarter of 2021 (July, August, and September 2021), and generally go into effect for all pay received beginning in January 2022.

Those military retirees who retired during calendar year 2021, and all military retirees who retired under the REDUX retirement system may receive a slightly different annual cost of living adjustment. The complete list of updates to military retired and retainer pay, and survivor annuities, allowances, and premiums can be found at <https://militarypay.defense.gov/Pay/Retirement/Cola.aspx>.

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## Time to gather and talk fish and wildlife

Patricia Stockdill

The N.D. Game and Fish Department is welcoming back the opportunity to visit face-to-face with hunters and anglers throughout North Dakota after having a virtual meeting in the fall of 2020.

The state has a unique setup when it comes to involving the public with the agency tasked with managing its citizen's fish and wildlife resources. They don't have a commission setting regulations and policies, which is more typical in other states across the country.

While North Dakota has laws dictating some things the agency must follow, the Game and Fish Department generally makes its hunting and fishing regulations proposals for gubernatorial approval and its management decisions based on population and scientific data, along with seeking public input.

The State of North Dakota has an abundance of gubernatorial-appointed boards and the Game and Fish Department has one, as well. The Game and Fish Department advisory board is just that – an advisory board.

It's the advisory board that brings us back to the fact that Game and Fish Department officials, biologists, and resource personnel are back visiting in person with the hunters and anglers who fund the department.

The Game and Fish Department Advisory Board provides recommendations to the department but they are just that – recommendations. The state is divided into eight advisory board districts, balanced between agriculture, landowner, and sportsmen and sportswomen interests.

But just as the name describes – it's an advisory board. North Dakota is likely one of a small number of states – if any – with an advisory board structure rather than a commission format.

The advisory board meets as a group twice a year following two rounds of public meetings that provide opportunities for outdoor enthusiasts to express any concerns they may have, get agency updates, and visit one-on-one with Game and Fish Department staff.

This year's fall meetings are also an opportunity to meet the new Game and Fish Department Director, Jeb Williams, named to the position in August 2021. Hunters may already recognize his name because he

served as the Wildlife Division Chief prior to Gov. Doug Burgum appointing him to replace retiring director Terry Steinwand.

That's another aspect that sets North Dakota apart. Williams has been with the Game and Fish Department 22 years. During that time he's worked under two directors.

Yes, just two directors in 22 years. That's pretty remarkable considering that the typical tenure of the person in charge of a state's wildlife agency – any state – is about four years. If that.

So hunters, anglers, and outdoor enthusiasts attending any of the upcoming public meetings get to meet and visit with Williams.

They will also get to discuss any issues concerning them locally. Deputy Director Scott Peterson said other topics on tap include the upcoming new fishing proclamation and ongoing drought issues – especially on Lake Sakakawea – and efforts to ensure boating and fishing access. "We have low water ramps but they're going to need some work," Peterson added.

Wildlife disease issues – epizootic hemorrhagic (EHD) and chronic wasting (CWD) diseases – played a major role in the recent deer gun season. Some areas experienced significant EHD mortality in whitetails and CWD regulations expanded given ongoing concerns over the spread of that fatal disease. Speaking of hunting, an early assessment and discussion of the state's new electronic posting regulations will likely garner some attention.

Meeting locations vary each year with the closest one to the Minot area yet on the schedule slated for Dec. 1 at the Leeds Community Center beginning at 7 p.m.

Joining in the meetings could be a good way to learn about North Dakota, its outdoor opportunities, and, yes, even issues and concerns in the place we're all calling "home".

One last thing that is also different among many state agencies – even here in North Dakota – is the Game and Fish Department has a long-standing "open door" policy. Peterson said the public is welcome to contact the agency with questions or concerns.

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On November 19, the 91st Security Forces Group bid farewell to Capt Samuel T. Waters; he started out in the 891 MSFS then moved over to SFG staff. We wish him all the best as he heads off to start his next AF journey, where he will attend pilot training school. We wish you and your family all the best - safe travels. Remember - once a Defender, always a Defender!

91ST SECURITY FORCES GROUP PHOTO

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## How to make driving in inclement weather more safe

Impaired visibility can be a safety hazard while driving. Everything from sun glare to hail can affect a driver's ability to see the road and navigate it effectively. Before drivers get behind the wheel, they should make note of their local forecast and make a plan for what to do if rain, snow or other conditions make it challenging to drive.

The International Association of Traffic and Safety Sciences indicates that, based on an examination of crash test data conducted by the National Oceanic and Atmospheric Administration, the "likelihood of a crash increases during periods of low visibility, despite the tendency for less traffic and for lower speeds to prevail during these times."

Drivers can take several steps to improve their visibility when driving in poor weather conditions.

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield.

- If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.

- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splatter in the spring and summer. Use the front and rear defrost if condensation fogs up windshields and windows.

- Slow down. Foul weather can reduce drivers' ability to see far into the distance. Drivers should always drive slower in inclement weather in order to improve reaction time.

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.

- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, staying focused and using regular headlights and not high beams when driving in fog.

- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.

- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

Drivers can take steps to improve visibility when inclement weather makes roadways hard to navigate.

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# 5th Bomb Wing Quarterly Awards



5th Bomb Wing Airmen receive Wing level quarterly awards on Nov. 19, 2021 at Minot Air Force Base, North Dakota.  
U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND





5th Bomb Wing Commander Col Michael Walters and family

# Team Minot Leadership Lights Downtown Minot Christmas Tree



91st Missile Wing Commander Col Chris Menuey and family

Friday, November 26 at 6:03pm, the Magic of Downtown Minot will come to life during the annual Downtown Minot Christmas Open House.

Helping to light the tree this year will be the leadership team, and families, from the Minot Air Force Base.

Leading the countdown to the lighting of the tree will be Col Michael Walters, Mrs. Carri Walters, Col Chris Menuey, Mrs. Tanya, Michael and Jonathan Menuey and CMSgt Ernest Crider.

With the help of the Minot Park District, the 30 foot Christmas Tree is in place and will soon be decorated for the lighting event.

Also on stage for the event will be Mayor Shaun Sipma, and providing music for the Open House Celebration will be Chloe Marie and friends.

**DOWNTOWN CHRISTMAS OPEN HOUSE**  
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**THE SPOT**

Drink Specials: White Christmas or Christmas Punch for \$4. Pool for \$5 per person from 11 AM-8 PM. Santa and his reindeer will be visiting with photo opportunities by Hint of Whimsy Photography. We'll also have s'mores to roast!

**LIEN'S JEWELRY**

From 5:30 PM-7:30 PM, come enjoy holiday harp music with Harpist Jaelyn Wappel.

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**RICK'S JEWELRY**

Open 2 PM-8 PM. Christmas specials from 20%-75% off, and serving cider and cookies.

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Between 4 PM-8 PM, stop in for a picture with Cookie Monster and enjoy some treats.

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**ROOSEVELT PARK ZOO**

Zoo Memberships from \$25-\$160 are all \$5 off from Black Friday to New Years Eve. Pair your membership gift with a sloth mug and hot cocoa treat for \$10. Members get 10% off in the Zoo Gift Shop all year.

**ARTMAIN**

Fri: From 3-7 PM, join us for a Cera Pignet Drawing Demonstration. Sat: Come on down from 1-4 pm for an Arvin Davis Drawing and Watercolor Demonstration. Holiday treats will be served both days with discounts throughout the store. Hours: Friday 10-7 Saturday 10-5.

**MAIN STREET BOOKS**

Fri: 20% off one item (some exclusions apply). Early bird sales from 10 am-3pm. Buy One Get One 1/2 Off young adult novels! Serving apple cider and candy canes all day. Sat: Receive a \$10 gift card when you spend \$50 or more, and register to win a \$100 gift basket!



Command Chief Master Sergeant 91st Missile Wing CMSgt Ernest D. Crider

**NOTES ON BEING SAFE**

## CHRISTMAS LIGHT SAFETY



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Yes, it's almost that time of year again: the holidays. Reindeer, Santa, fruitcakes, stockings, visions of sugar plums dancing in our heads, and, of course, Christmas lights. Adding a sense of essence to a neighborhood house, Christmas lights are hung from chimneys, and roof eaves, with cheer. But, remember, danger soon could appear.

In order to keep your holidays merry, keep these Christmas light safety tips in mind:

**Watch for Ice:** Whether you are climbing on a roof or looking for a place to set your ladder, ice is your enemy. Sometimes it's obvious, with a sidewalk or a rooftop being visibly slick, and sometimes it is black ice, ice you don't really notice until it's too late. Before you step anywhere or set a ladder down, be sure there is no ice in the vicinity. Check suspicious areas closely and lay down salt or sand when warranted. It's better to be safe than falling. Use assistance when needed to avoid a possible fall.

**Check lights and unravel them on ground level:** After sitting in your basement or attic for nearly a year, Christmas lights probably aren't in the best shape. Some lights are loose, some are burnt out, and some cords are tangled in a tight, but oddly well done, sailor's knot. Don't wait till you standing on top of a ladder to learn your lights need some work. Because getting them "roof top ready" can take some time, unravel and check them on ground level.

**Make sure they are approved for outdoor use:**

There are indoor lights, there are outdoor lights, and then there are the switch hitters: lights that do both. Before hanging lights up outside, make sure they are suitable for the outdoors (if they are, it will say on the box). It's also important to make sure the lights were checked by a legitimate testing laboratory, such as UL. Look for seals of approval before you approve them for your house.

**The Smaller the Better:** There was a time when all holiday lights were made of big, robust bulbs. Nowadays, many lights are much smaller. Some people prefer smaller lights because they look better, allow more variety, and are easier to hang, but they are also safer. The larger lights have a tendency to get much hotter, increasing the chances for a fire or a singed Christmas tree. For this reason, use smaller lights.

**Turn them off when you go to bed or leave:** Christmas lights surely add something to your neighborhood: glowing from afar, they make the holidays luminous. Still, any kind of lights have the potential for danger. Even if you want to keep them on from Thanksgiving to Valentine's Day, they need to be turned off when you aren't around. If you leave, shut them down and when you go to bed, pull the plug. If you have a tendency to forget, get a timer that turns them off automatically.

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# Walmart out, CVS in: Changes coming to the TRICARE pharmacy network

PATRICIA KIME

After three years, Walmart is leaving Tricare's pharmacy network — a departure that pharmacy benefit manager Express Scripts says is a result of the retail giant's reluctance to offer "more highly competitive discounts" to military health beneficiaries.

At the same time CVS Pharmacy will return to the Tricare network after a five-year hiatus, a change Express Scripts spokeswoman Jennifer Luddy said Wednesday would expand choice within the network.

Effective Dec. 15, 2021, Walmart and Sam's Club will no longer be a part of the Tricare pharmacy network, and CVS will be included among the list of network retail pharmacies where Tricare users can fill their prescriptions.

"This change provides more competitive rates for the Tricare pharmacy benefit and expands quality, convenient pharmacy choices nationwide," Luddy said in a statement to Military.com.

Walmart and Sam's Club have more than 5,300 locations nationwide, according to Walmart's website.

Walmart joined the Express Scripts network in 2018, signing a three-year contract to provide prescription services to the pharmacy benefit management

company's clients, including Tricare and the Defense Health Agency.

The contract expires in December and Walmart and Sam's Club will be removed from the network, Luddy said. Walmart did not return a request for comment by publication.

Meanwhile, CVS, a company that left the Tricare network in 2016, also after negotiations failed, will return to the network, giving beneficiaries access to its nearly 10,000 pharmacy locations, including inside many Target stores.

Under the agreement, as of Dec. 15, all prescriptions filled at a Walmart will be considered non-network. Beneficiaries will have to pay the full cost of their medication up front and file a claim with Tricare for partial reimbursement.

Having access to Walmart pharmacies has been especially convenient to military families who live in rural or remote areas that may lack a chain pharmacy. But Luddy said Walmart "declined several opportunities to offer more highly competitive discounts to continue to serve Tricare beneficiaries."

As a pharmacy benefit manager, Express Scripts serves as somewhat of a middleman, overseeing the Defense Health

Agency's pharmacy program, determining the reimbursement rates to retail pharmacies that fill patient prescriptions, and billing the government in turn.

It also is responsible for transactions involving the government purchase of medicines for military installations and provides the Tricare mail-order pharmacy program.

In the past decade, the Defense Health Agency has increasingly encouraged — and in some cases, required — beneficiaries to fill their prescriptions at no cost at military pharmacies or use the mail-order system to fill long-term prescriptions at lower cost.

Pharmacy copays have risen substantially over the past 10 years, in large part due to cost but also as required by Congress as part of a cost-cutting measure to the defense medical budget.

In 2011, 30-day prescriptions of generic medications and brand-name drugs could be purchased at a network pharmacy for \$3 and \$9 copayments, respectively, while medications not in Tricare's formulary cost \$22.

The mail-order system offered generic medications at no cost and brand-name formulary drugs for a \$9 copayment for 90-day prescriptions.

This year, Tricare beneficiaries

pay \$11 for a 30-day supply for a generic drug and \$33 for a brand-name medication at retail pharmacies. Non-formulary drugs not listed in Tricare's list of covered medications cost \$60.

Copayments for the mail-order pharmacy run \$10 for a generic prescription and \$29 a brand-name drug for a 90-day script. And the rates are expected to rise next year.

Luddy said that Express Scripts will be reaching out to patients who take specialty medications

to help them transfer their prescriptions without a gap in coverage.

According to Express Scripts, the Tricare pharmacy network covers 56,000 stores, including chains such as Walgreens and Rite Aid and supermarkets like Kroger and Publix.

Tricare provides coverage to 9.6 million beneficiaries worldwide.

Read the original article on Military.com. Follow Military.com on Twitter.



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### B-52 FAMILY PHOTOS NOVEMBER 2021

Families of Minot AFB had the opportunity to have photos taken in front of a B-52 Stratofortress at Minot Air Force Base, N.D., last weekend. All photos can be viewed on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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  - o Community Band
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    - Meets Mondays at 7 PM
- **Nodakords**
  - o Men's Barbershop Chorus
    - Meets Mondays at 7 PM



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**ALS CLASS 22-A GROUP PHOTOS**

Group photos for the Airman Leadership School Class 22-A at Minot Air Force Base, N.D., Nov. 17, 2021.

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

**HOMEMADE TURKEY GRAVY**



- INGREDIENTS**  
 1 TURKEY, NECK  
 2 LARGE ONION, EIGHTH  
 4 CELERY  
 4 LARGE CARROTS  
 8 CLOVE GARLIC, SMASHED  
 8 THYME SPRIGS  
 4 CUP CHICKEN BROTH  
 1 TEASPOON SALT  
 1 TEASPOON CRACKED BLACK PEPPER  
 1 BUTTER, STICKS  
 1 CUP ALL-PURPOSE FLOUR

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

In a large roasting pan, place turkey neck, onion, celery, carrot (roughly chopped), garlic and thyme. Add 4 cups of chicken stock and sprinkle with salt and pepper.

Place the prepped turkey on the rack into the roasting pan and place in the Traeger. Cook for 3-4 hours or until the breast reaches 160°F.

Once taken off the grill, the turkey will continue to cook and will reach a finished internal temperature of 165°F.

Strain the drippings into a saucepan and simmer on low. In a larger saucepan combine butter (cut into 8 pieces) and flour with a whisk stirring until golden tan. This takes about 8 minutes, stirring constantly.

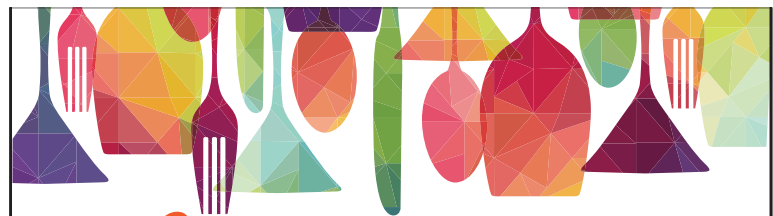
Next whisk the drippings into the roux and cook until it comes to a boil.

Season with salt and pepper and serve hot. Enjoy!



Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)



*Local Cravings*  
**Restaurant Guide**

**Applebee's Grill & Bar**

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 Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

**Bone's BBQ Smokehouse & Grill**

1412 2nd Ave SW, Minot, ND 58701  
 Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

**Badlands Restaurant & Bar**

1400 31st Ave SW, Minot, ND 58701  
 Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

**28 Tastes & Taps**

1603 35th Ave SW Minot, ND 58701  
 Phone: 701.838.2828  
[www.facebook.com/28tastes](http://www.facebook.com/28tastes)

**Mi Mexico**

301 40th Ave SW Minot, ND 58701  
 Phone: 701.858.0777  
[www.mimexicominoind.com](http://www.mimexicominoind.com)

**Pink's Bar & Grill**

102 128th Ave NW Minot, ND 58703  
 Phone: 701.852.2385  
[www.facebook.com/PinksBarGrill](http://www.facebook.com/PinksBarGrill)

**Culver's Restaurant**

3000 S Broadway, Minot, ND 58701  
 Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

**Prairie Sky Breads**

3 1st St. SE, Minot, ND 58701  
 Phone: 701.858.0612  
[www.prairieskybreads.com](http://www.prairieskybreads.com)

**Ironhorse Kitchen + Bar**

21 E Central Avenue, Minot, ND 58701  
 Phone: 701.852.8183  
 FB: Ironhorse Kitchen + Bar Minot

**The Starving Rooster**

30 1st St. NE, Minot, ND 58703  
 Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)

**Primo Restaurant**

1505 N Broadway, Minot, ND 58703  
 Phone: 701.838.7746  
[www.primominot.com](http://www.primominot.com)

**Souris River Brewing**

32 3rd St NE Minot, ND,  
 Phone: 701.837.1884  
[www.sourisriverbrewing.com](http://www.sourisriverbrewing.com)



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# YOUTH IN ACTION

## Youth Center Holiday Events

ABIGAIL KINDER, NORTHERN SENTRY

As the holidays roll around the corner, Minot Air Force Base Youth Programs is bringing the cheer. From Turkey Bingo to themed Skate Nights and many other unique events, the Youth Center provides a fun, safe environment for kids of all ages to enjoy the season!

The Youth Center offers a variety of activities for members and non-members. On Nov. 19, 2021, they partnered with local vendors to hold Turkey Bingo, where children were able to play a game of bingo to win Thanksgiving essentials such as pie, turkey, and ham.

Another exciting activity is the Youth Center's Skate Night, a monthly roller skating event open to all. The Youth Center team chooses each night's theme based on the month or holiday, and participants are able to

skate around the transformed gymnasium, dance under the disco ball, play games, and have fun with friends. Rollerblades and other equipment can be brought from home or checked out at the Youth Center.

Along with the recent holiday activities, the Youth Center will also be holding several exciting events in the coming months, including a Super Smash Bros. Tournament, Nerf Wars, sports camps, and a Winter Wonderland Snowball Dance. The Youth Center also continues its normal activities for pre-teens, teens, and school-age youth year round. All of the upcoming events and membership information can be found on the Minot AFB Youth Programs Information Facebook page or [www.5thforcesupport.com](http://www.5thforcesupport.com).


Chris Kiser, Youth Programs

Director, encourages Airmen and families to explore all of the programs that the Youth Center has to offer. "Look into becoming members! Come out to the Youth Center and participate. You get to have a front row seat to all of our events," he said. "Being a member has a lot of perks like free entry to certain events, access to members-only events with great prizes, and discounts on sports registrations."

The Youth Center is also always searching for feedback from families on how to improve and what kinds of programs the children of Minot AFB would like to participate in. By working with the community to develop engaging, educational, and fun opportunities for youth, they can continue to make Minot Air Force Base a great place to live for everyone.




On Nov. 19, 2021, the Youth Center at Minot Air Force Base held Turkey Bingo, where children played bingo to win a variety of Thanksgiving foods for their family holiday celebrations. Youth were also able to participate in a turkey themed Skate Night, a monthly event open to children of all ages.



### STORYTIME

and activity with Miss Kristi  
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## 2021-2022 MPS CALENDAR



**IMPORTANT UPCOMING DATES**

**November 11**  
Veteran's Day - No School

**November 25**  
Thanksgiving Day - No School

**November 26**  
Vacation - No School

**December 23**  
P/T Comp Day - No School

**December 24-January 3**  
Vacation - No School

November 2021							19 days
S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

December 2021							16 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		

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



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# ND Center for Distance Education

The North Dakota Center for Distance Education (NDCDE) is an accredited, non-profit, distance education school that has been providing educational opportunities to students around the world since 1935! The NDCDE is the only distance or virtual education option accredited in the state of North Dakota for public education. NDCDE's courses are available to any students in grades Kindergarten to 12th. NDCDE provides instructional support for all its courses. The vast majority of courses are taught in an asynchronous fashion, meaning students will work at their own pace without a teacher providing direct instruction and will not have to log on at any specific time. These courses allow for flexibility of schedule and instructors are available to provide support and feedback for each class. Students and families should be prepared to stay motivated in order to complete courses in their given time. Elementary courses include topics of art, English,



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math, physical education/health, science, and social studies. Middle school includes: agriculture, art, business education, computer education, English, family and consumer science, math, music, physical education/health, science, and social studies. High school includes: aerospace, agriculture, art, business education, computer science, English, family and consumer science, health careers, math, music, physical education/health, science, social studies, technical education, and world languages. Advanced Placement classes and Dual Credit classes are also offered in the topics of: computer science, English, science,

social studies, math, and social sciences. NDCDE is available for all students in the ours state and can support the needs of private schools, homeschool, and charter schools. Special Education accommodations can be made for students, though there is not a comprehensive list as those decisions will be made based upon individual student needs. Minot Public Schools utilizes NDCDE for their virtual academics. For more information about this distance education option please visit [www.cde.nd.gov](http://www.cde.nd.gov), speak with your school principal/counselor, or chat with the School Liaison at 701-723-1447.

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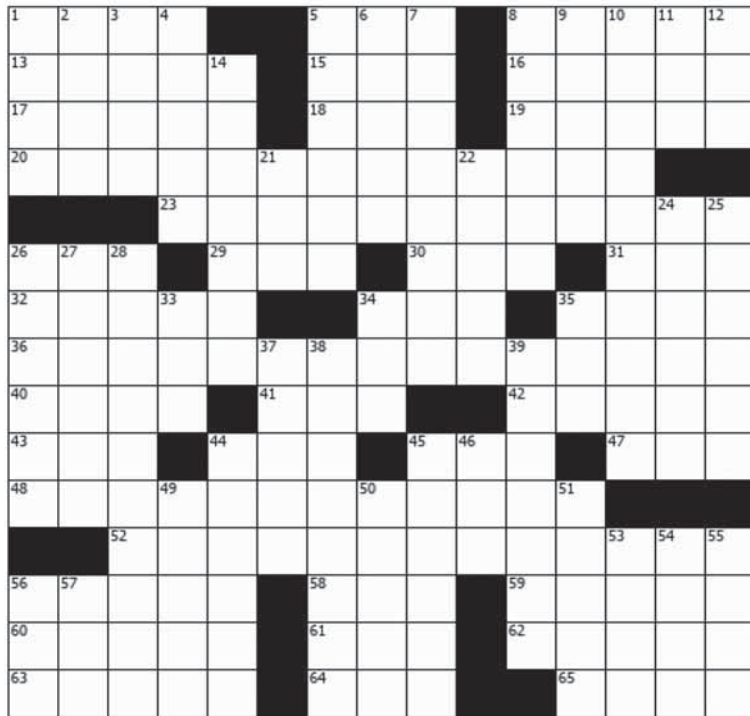
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# CROSSWORD PUZZLE

**Across**

- 1. Cordelia's dad
- 5. Honored mil. award
- 8. Word with point or plane
- 13. Lowest deck
- 15. LAX posting
- 16. When the hike may start?
- 17. Keaton, star of 28-Down
- 18. Goat-legged Greek god
- 19. Violinist's need
- 20. PUSH-UP
- 23. SQUATS
- 26. Russian fighter jet
- 29. Company that bought Time Warner
- 30. Back muscle, to Billy Blanks
- 31. What did ewe say?
- 32. How some popcorn is popped
- 34. Hat or maid leader
- 35. Seed case
- 36. RUN
- 40. "Smooth Operator" chanteuse
- 41. Genealogy word
- 42. Where McLean drove the Chevy
- 43. This may end alcohol
- 44. It's a relief
- 45. The "ugly" to Clint's "good" and Lee's "bad"
- 47. They may be personal
- 48. SIT-UP
- 52. PULL-UP
- 56. Yellowish pigment
- 58. A CPA might recommend one
- 59. Nitrous \_\_\_ (laughing gas)
- 60. Extract by force
- 61. "Winter of Artifice" author
- 62. Air Jordans
- 63. Members of the harp family
- 64. Word with real or well
- 65. Telegraphed



**Down**

- 1. Where Napoleon defeated the Austrians in 1796
- 2. British Idle
- 3. Wings, in Latin
- 4. Pocket Fisherman provider
- 5. Chicago campus
- 6. Philatelist's purchase
- 7. Senorita's scarf
- 8. Obscure of trees, for some
- 9. Big man Shaq
- 10. Coastal region in NE Spain
- 11. Young Darth Vader's nickname
- 12. "The Ipcress File" author Deighton
- 14. Cotton bed sheet fabric
- 21. "The Name of the Rose" author
- 22. Is familiar with Asimov to Zola
- 24. Stuck, gymnastically
- 25. Major point on the Oregon Trail (with "The")
- 26. "The little woman"
- 27. How ransoms are paid
- 28. Sue Miller work (with "The")
- 33. Anger
- 34. 2001 honor for J.K. Rowling
- 35. Bart's grandpa
- 37. "\_\_\_ Out" (Kevin Kline film)
- 38. Little robin
- 39. Omission of a vowel in pronunciation
- 44. Low bathroom fixtures
- 45. Off the mark, as a throw
- 46. Did not follow
- 49. Better antithesis
- 50. Spine-tingling
- 51. They pick up and drop off
- 53. He never reached his peak?
- 54. Adam's apple location?
- 55. Kind of home or room
- 56. Hooting hunter
- 57. Get all misty

# SUDOKU

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

Solution to puzzle on page C10



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# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

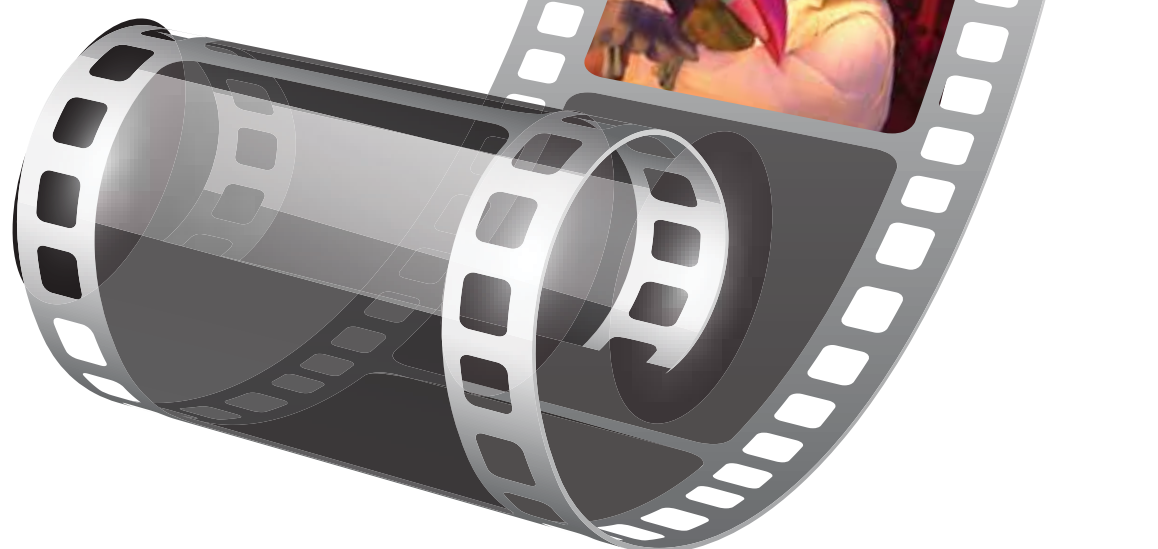
## REEL TIME THEATER

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# CHURCH DIRECTORY

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

<p><b>Chapel Services at MAFB</b> <i>Protestant</i> (North Plains Chapel in Base Housing) <b>Sunday Community Service</b> 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b>  <b>109 6th St. SE</b> <b>Minot • 838-3094</b></p> <p><b>Saturday, November 27</b> 5 PM, No Vespers</p> <p><b>Sunday, November 28</b> 10AM, Congregational Prayer Service</p>	<p> <b>Break Forth BIBLE CHURCH</b> Wednesdays 7:00pm and Sundays 10:30am <b>1821 W Burdick Expressway</b> For More Information: <b>701.353.9337   www.bfbc.tv</b></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m. <b>www.trinitychurchminot.org</b></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <b>MinotBibleFellowship.org</b></p>
<p> <b>Faith United Methodist Church</b> <b>5900 Highway 83 N, Minot</b> <b>www.faithumcminot.com</b> <b>Pastor Ken Mund</b> <b>701-838-1540</b></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><b>Minot Baptist Church</b> 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. <i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b> <b>1000 NE 3rd Street</b> <b>852-0315</b> <b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <b>www.ecominot.org</b></p>	<p> <b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <b>www.oslcminot.com</b> Rev. Heath Trampe Rev. Brian Doel</p> <p><b>SUNDAY MORNING</b> Worship Services 8:15, 9:30, &amp; 11:30 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i> <b>Sunday Worship</b> <b>9:30 AM</b> <b>2209 4th Avenue NW</b> <b>Minot, ND</b> <b>839-4663</b> <b>Reverend Philip Beyersdorf</b> <b>www.minotstmarks.com</b> <i>Join us on facebook</i></p>
<p> <b>Immanuel Baptist Church</b> <b>1615 2nd St. SE, Minot</b> <b>701-839-3694</b></p> <p><b>Sundays:</b> 9:00 am..... Fellowship 9:15 am..... Sunday School 10:30 am..... Worship</p> <p><b>Wednesdays:</b> 11:30 am..... Soup Kitchen 5:30 pm..... Family Supper 6:30 pm.. Preschool/Kids' Club/ABY 6:30 pm..... Adult Bible Study <b>www.ibcminot.org</b></p>	<p><b>Apostolic Faith Church, UPCI</b> <b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b>  2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p><b>www.firstlutheran.tv</b> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> <b>Gospel Tabernacle Community Church</b> 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson <b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b> <b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>
<p><b>First Assembly of God</b> <b>1805 2nd St. SE</b> <b>838-1111</b></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><b>First Baptist Church</b>  <b>200 3rd St. SW • 852-4533</b> <b>www.fbcminot.org</b></p> <p>Classic Worship Service ..... 8:30 a.m. Sunday School (All Ages) ..... 9:45 a.m. Contemporary Worship Service ..... 9:50 a.m. Adult Sunday School ..... 11:00 a.m. Contemporary Worship Service ..... 11:05 a.m. Children's Church ..... 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m. Fridays, Celebrate Recovery ..... 7:00 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> <b>Cross Roads Baptist</b> <b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b> <b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i> <b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; 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 <b>westminot.com</b> <b>facebook.com/westminot</b></p>	

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

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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: 10 Jan-13 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto: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](http://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](mailto:Brigitte.mikula@minotstateu.edu)

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# WHAT'S GOING ON MAFB

## FRIDAY 26

- AFGSC Family Day
- For full listing Thanksgiving holiday facility hours, visit 5thforcesupport.com

## SATURDAY 27

- For full listing Thanksgiving holiday facility hours, visit 5thforcesupport.com
- Zumba, 1000, Fitness Center

## SUNDAY 28

- For full listing Thanksgiving holiday facility hours, visit 5thforcesupport.com
- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

## MONDAY 29

- Registration Closes: "You Matter" Basketball Tournament at Fitness Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## TUESDAY 30

- Registration Opens: Sewing Class at Arts & Crafts
- Registration Opens: Wine & Paint Class at Arts & Crafts
- Registration Closes: Youth Indoor Soccer at the Youth Center
- TAP (VA), 0800-1600, A&FRC
- Yoga, 0930, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

## WEDNESDAY 01

- Registration Closes: Battle of the Barbell at the Fitness Center
- Winter Reading Program Begins at the Minot AFB Library
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Yoga, 1300, Fitness Center
- Extramural Bowling League, 1715, Rough Rider Lanes
- "You Matter" Basketball Tournament, 1730-1930, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

## THURSDAY 02

- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Short Notice Pre-Separation Counseling, 0930-1230, A&FRC, In person and Zoom Meeting
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Modern Civilian Resume Workshop, 1300-1500, A&FRC
- "You Matter" Basketball Tournament, 1730-1930, Fitness Center
- 9 Pin No Tap League, 1800, Rough Rider Lanes
- "Have a Beer Ball" League, 1800, Rough Rider Lanes
- Magic The Gathering Pauper Night, 1800, ESC
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

## ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- The Adventure of the Missing Archaeologist Escape Room Game: 13 November - 27 November, Minot AFB Library - Call to schedule an appointment.
- Winter Reading Program: 1 December - 1 March, Minot AFB Library
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care - Call to schedule an appointment.

## UPCOMING EVENTS

### FRIDAY 03

- Registration Closes: Acrylic Paint Pouring Class at Arts & Crafts
- Registration Closes: Single Airmen Free Baking Class hosted by Unite
- Registration Closes: Snowboard & Ski Trip Trip to Red Lodge, MT hosted by Outdoor Recreation
- Registration Closes: Table Tennis Tournament at the Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- "You Matter" Basketball Tournament, 1730-1930, Fitness Center
- Friday Night Fun League, 1800, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

### SATURDAY 04

- Zumba, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Frostival, 1300-1800, Turf
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## NOVEMBER SPECIALS

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## DECEMBER SPECIALS

**DELIVERY OPTIONS (Hours subject to change)**  
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