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WHATS INSIDE THIS WEEK:



EIGHTH AIR FORCE COMMAND TEAM VISITS MINOT AFB

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NOT ON OUR WATCH

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91MW MAINTENANCE PROFESSIONAL OF THE YEAR AWARDS

B1

YOU MATTER WINTER GAMES 2022



5th Civil Engineer Squadron Airmen pose for a group photo after being crowned champions of the seventh annual You Matter Winter Games on March 18, 2022, at Minot Air Force Base, N.D. The You Matter Winter Games have been taking place since 2015, promoting physical health, camaraderie and competition. See more images on page A8.

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



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8 AF COMMAND TEAM VISITS MINOT AFB

Maj. Gen. Gebara and Chief Master Sgt. Cenov were briefed by the 5th Maintenance Group during their visit to Minot Air Force Base, N.D., Mar. 11, 2022. Throughout the visit, Maj. Gen. Gebara learned about the tireless efforts and key roles that each Warbird Airmen plays in support of the mission and ensuring national defense requirements.



The Eighth Air Force command team speaks with SSgt. Destiny Robles, NCOIC of the 5th Medical Group Immunizations Clinic, during their visit to Minot Air Force Base, N.D., Mar. 11, 2022. During their tour of the 5th Medical Group, they discussed the command priorities of enabling readiness within the Airmen and their families.



The Eighth Air Force command team speaks with Lt. Col. Nicole Croley, 5th Medical Group chief medical officer, during their visit to Minot Air Force Base, N.D., Mar. 11, 2022. During their tour of the 5th Medical Group, they discussed the command priorities of enabling readiness within the Airmen and their families.

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Eighth Air Force Command Team Visits Minot AFB

AIRMAN 1ST CLASS SAOMY SABOURNIN, 5TH BOMB WING PUBLIC AFFAIRS

Major General Andrew Gebara, Eighth Air Force and Joint-Global Strike Operations Center commander, and Chief Master Sgt. Steve Cenov, 8 AF command chief and J-GSOC senior enlisted leader, visited Minot Air Force Base, N.D., March 10-12.

As the only installation that supports two legs of the nuclear triad, the 5th Bomb Wing operates the B-52 Stratofortress aircraft to provide global strike and combat-support capabilities in order to fulfill the 8 AF and Air Force Global Strike Command mission of conducting indefinite strategic deterrence operations.

General Gebara and Chief Cenov used their visit to discuss the importance of the Striker Airmen's support on a daily basis to back the mission.

"The Airmen at the 5th Bomb Wing are ready 24/7, 365 to provide long-range, conventional and nuclear support to the free world," said CMSgt Cenov. "Every single day that they put on their uniform and come onto the installation, they are ready to execute the mission at a moment's notice."

General Gebara and Chief Cenov lead the 8 AF, one of the two active-duty numbered air

forces in AFGSC. The 8 AF's mission is to conduct indefinite strategic deterrence operations, and on order, neutralize the enemy through global strike airpower, which includes bombers such as the B-52



Every single day that they put on their uniform and come onto the installation, they are ready to execute the mission at a moment's notice.

CHIEF MASTER SGT. STEVE CENOV



Stratofortress, B-1B Lancer and B-2 Spirit.

During their visit, they discussed command priorities with the Airmen from the 5th Bomb Wing, which included their "Big 3 Missions": strategic deterrence, global strike and expeditionary readiness to enable Airmen and their families.

While on base, General Gebara and Chief Cenov visited the 5th

Medical Group, the Welcome Center, the fire department, and observed the new firing range. The command team also toured a B-52 and touched on upcoming modernization projects.

"In the long term our bomber fleet has done amazing things for us, but it has to be modernized," said General Gebara. "So we have a very extensive B-52 modernization plan that's going to involve new engines, new radars, new radios, new weapons and that's going to bring with it a huge change in every part of Minot Air Force Base."

Throughout the visit, the general praised the Airmen of Minot AFB for their tireless efforts and learned about the key roles that each Airmen play in support of the mission and ensuring the nation's defense requirements.

"I think it is understood when you're well-trained and you have a great team, but this can also be a challenging environment," said Gebara. "It is not lost on the Chief and I how hard the men and women of Minot AFB are working, and it is not lost on us that only the best come north."



Maj. Gen. Gebara speaks to Airmen during a meet and greet with members of the 23rd Bomb Squadron and 5th Aircraft Maintenance Squadron at Minot Air Force Base, N.D., Mar. 11, 2022. The Eighth Air Force command team used the visit as an opportunity to discuss the importance of Striker Airmen and the role they play in support of the global strike mission.



Maj. Gen. Andrew Gebara, 8th Air Force and Joint-Global Strike Operations Center commander, and Chief Master Sgt. Steve Cenov, 8th Air force command chief and J-GSOC senior enlisted leader, speaks with A1C Stephanie MacKay, a 5th Civil Engineer Squadron firefighter assigned to Minot Air Force Base, N.D., Mar. 12, 2022. Maj. Gen. Gebara and Chief Master Sgt. Cenov used the visit as an opportunity to discuss the importance of Striker Airmen and the role they play in support of the global strike mission.

U.S. AIR FORCE PHOTO2 | AIRMAN 1ST CLASS SAOMY SABOURNIN



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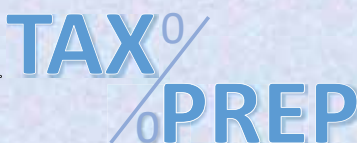
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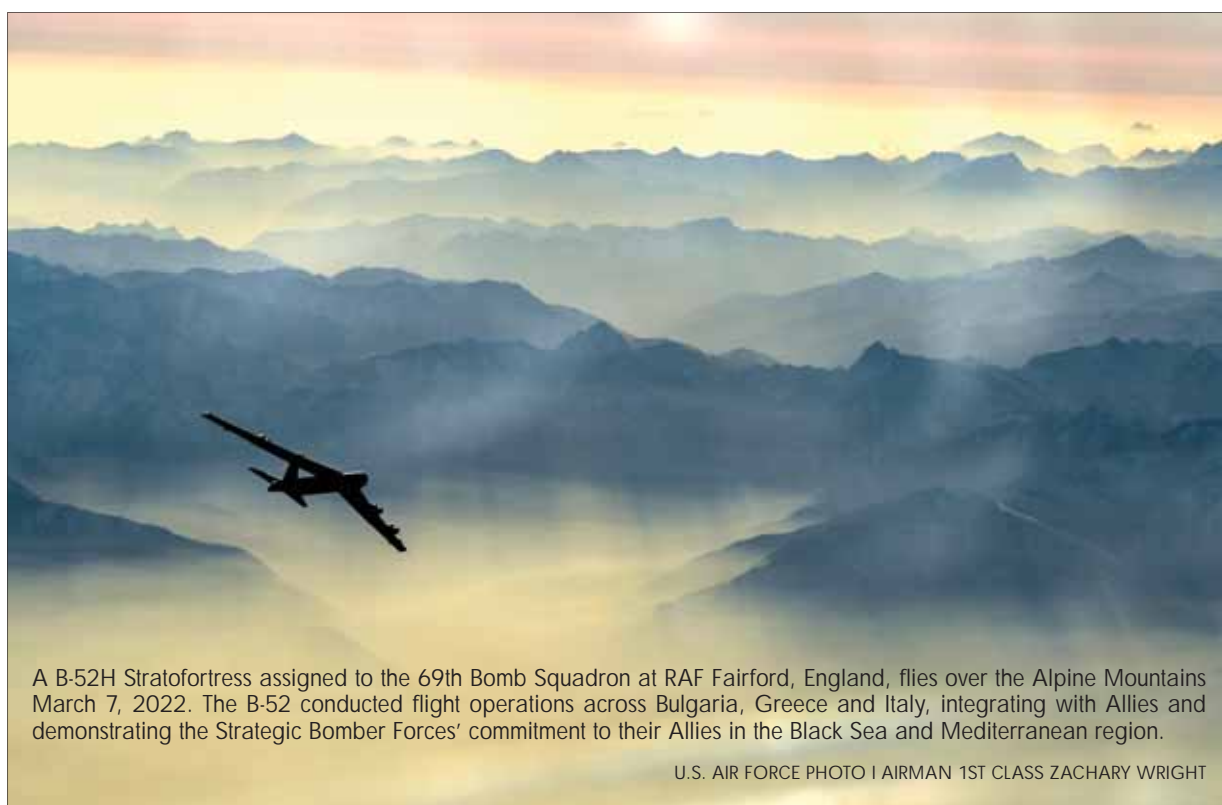
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MINOT AIR FORCE BASE NEWSPAPER
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PHOTO OF THE WEEK



A B-52H Stratofortress assigned to the 69th Bomb Squadron at RAF Fairford, England, flies over the Alpine Mountains March 7, 2022. The B-52 conducted flight operations across Bulgaria, Greece and Italy, integrating with Allies and demonstrating the Strategic Bomber Forces' commitment to their Allies in the Black Sea and Mediterranean region.

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

LOOKING FOR CREATIVE SUBMISSIONS

The Northern Sentry is looking for artwork/cartoons or photo submissions from our talented Minot Air Force Base residents.

Simply email nsads@srt.com or Facebook message us with the submission along with a caption.

Your work could be featured here next week!

What is One of Those Days?

Today was it. Tax day! I have thought about this day for a full year. Yeah, 365 days of preparing for tax day 2022. We came through 2020, and in no way, shape or form can we allude to 2020 as a normal year. Pandemic, COVID, distance learning...all new words that never existed, well they probably existed in a different galaxy, but not here. Not on earth, not in the United States and certainly not in North Dakota.

Then came 2021. We looked for a ray of sunshine. But more new words. Omicron, teleworking and of course zoom meetings.

I volunteer for the Minot Chamber/EDC as a recruiter for the Adopt An Airmen program. Really, it's quite simple. A very young group of mostly first year Airmen arrive at Minot Air Force Base every year expecting the worst. Why? Because they have been re-assured by others who

have never been here about how terrible Minot is. "You don't want to be stationed there -or- What did you do to deserve Minot?"

Many of these young Airmen live in the dorms at Minot Air Force Base. They work different shifts from those in rooms around them. They more than likely have different jobs, they are from totally different corners of the country, well in a nutshell they may not have much in common at all.

Put yourself in their shoes. Many of them are not 21 years of age, many don't have cars...it's below zero outside; the worst has come to fruition, and truly Minot is THE worst place in the world.

So, what does this all have to do with tax day? One of my Adopt An Airmen folks (I have three) sent me a text this afternoon. (He is deployed and will soon be returning to Minot.) He said he was having a great day but

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A VIEW FROM OUR SIDE
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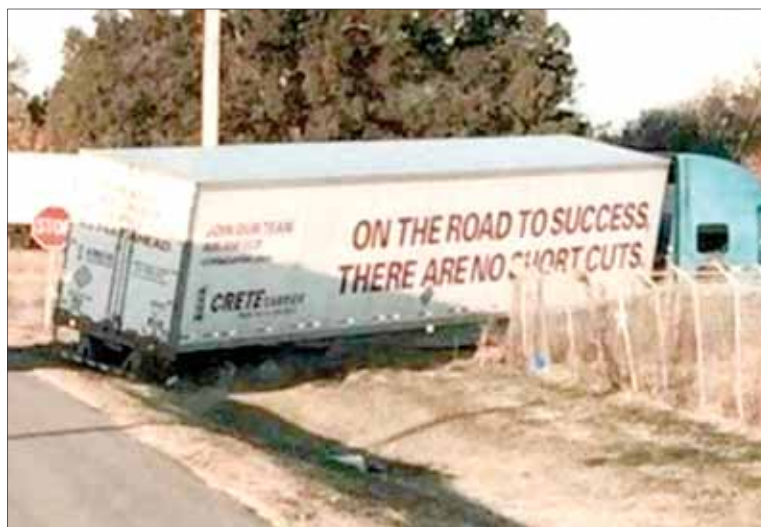
was anxious to get back to Minot because summer was right around the corner, and he knew that my wife and I would soon be inviting him over for steaks on the grill. Well in a few short seconds tax day was gone. My choice to become an Adopt an Airmen host had paid off.

There was nothing I could do about my federal taxes, you know what they say...death and taxes... but now I was fired up to see my young Adopt An Airmen again, and yes, there would be steaks on

the grill. This young man arrived in Minot in 2020. COVID-19, pandemic, mask mandates. You know the story. But now he likes Minot. Amazing.

So, chin-up. Spring is here, winter is in the rear view mirror (we hope). And tomorrow is going to be one of those days. Only now I can say it with a smile. And by the way, if you know of someone that would like to host a young Airmen, go online at the Minot Chamber/EDC.

IRONY ANYONE?



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**69TH EXPEDITIONARY BOMB SQUADRON:
NOBLE DEFENDER**



A B-52H Stratofortress assigned to the 69th Bomb Squadron at RAF Fairford, England, flies over Canada March 16, 2022. The B-52 conducted flight operations across the Northern Hemisphere to integrate with Allies in the U.S. and Canada.



A U.S. B-52H Stratofortress assigned to the 69th Bomb Squadron at RAF Fairford, England, is intercepted by two Canadian Air Force CF-18s March 16, 2022. Bomber Task Force operations are predetermined deployments with U.S. partners and Allies to demonstrate the Bomb Squadron's Global Strategic Bomber Presence.



A B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England, flies over the Arctic Sea, March 16, 2022. The BTF integrated with Allies in North America to demonstrate the bomber's ability to operate over long ranges.

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Not on Our Watch

AIRMAN 1ST CLASS SAOMY SABOURNIN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.-- Personnel assigned to the 741st Missile Squadron, 91st Maintenance and Security Forces Group, 219th Security Forces Squadron, 5th Medical Group and 5th Civil Engineer Squadron, as well as others responded to an incident in a Launch Control Center (LCC) at Minot Air Force Base, N.D., on Jan. 10, 2022.

The Missileers on shift in the LCC, Capt. William Yau and 2nd Lt. Michelle Lee, responded per their training and technical orders to various abnormalities. They also noticed a metallic chemical smell, which based on their training, indicated an electrical hazard related to the batteries and motor generator of the LCC.

"The motor generator essentially is a piece of equipment that routes all of our power to the other equipment in the Launch Control Center," said Capt. Yau. "So upon checking the equipment, I noticed that the smell was indeed coming from [the generator] area and getting stronger."

Capt. Yau and Lt. Lee took action and began to perform evacuation procedures in accordance with their training and checklists, also known as Boldface. Boldface checklists serve as a series of steps which every crew member memorizes, in order to safely and quickly isolate a hazard, preserve equipment, and ensure safety of our Airmen.

"When you're training, you try to simulate it as much as you can with that sense of urgency or that sense of danger," said Lt. Lee. "But in real life, it's definitely intensified, especially since we don't often experience these situations in the field."

While this incident had an immediate impact on the affected LCC, redundancies ensured there was zero loss of mission capability.

"This incident required a wing-wide and local community response that was orchestrated perfectly through the leadership of Lt. Col. Walker, 741st Missile Squadron commander, and his missile crews," said Col. Kristen Nemish, 91st Operations Group commander. "When under pressure, I have confidence in our operators that they fall back on the intense simulations we practice during training events. I couldn't be more proud that this team relied on their training and the emergency procedures in place to ensure safety of our Airmen and recovery of the LCC while maintaining combat



2nd Lt. Michelle Lee and Capt. William Yau conduct pre-operational checks inside of a Launch Control Center used for training purposes at Minot Air Force Base, N.D., Mar. 7, 2022. The 91st Missile Wing contributes to the nation's strategic defense by sustaining and operating various Minuteman III intercontinental ballistic missiles and the associated launch facilities.



2nd Lt. Michelle Lee and Capt. William Yau, missileers assigned to the 741st Missile Squadron, take a photo inside of a Launch Control Center used for training purposes at Minot Air Force Base, N.D., Mar. 7, 2022. The 91st Operations Group secures, supports and operates intercontinental ballistic missiles assigned to the Minot area of responsibility.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS SAOMY SABOURNIN

capability."

Soon after the incident, the combined response team arrived to check out the motor generator. Through the hard work of the maintenance Airmen, the LCC was back to fully operational in less than 24 hours.

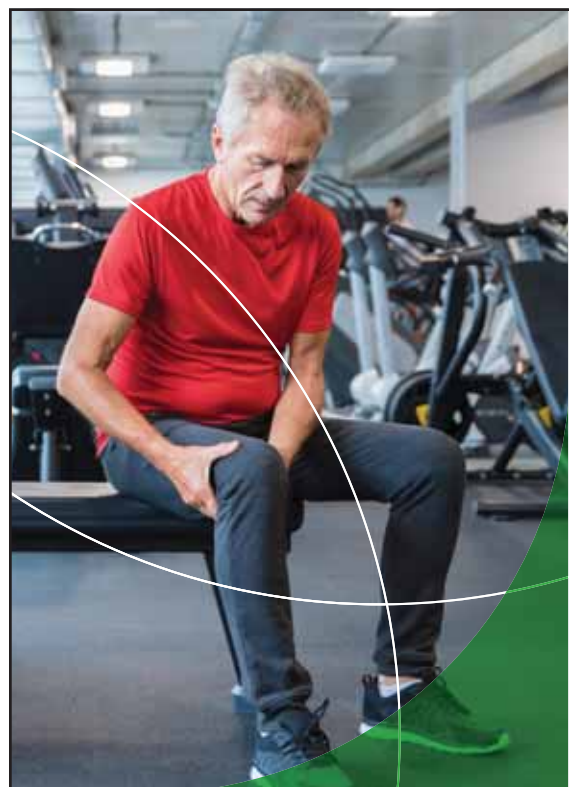
"[We] went out to assess the [generator] to see if it was actually damaged or not," said Staff Sgt. Coy Glidewell, a quality assurance evaluator "We determined that [the generator] wasn't damaged and didn't need to be replaced, so the maintenance team went out, troubleshoot and brought it back up."

A month later, Col. Christopher Menuey, 91st Missile Wing commander, recognized and coined the combined response team for their efforts and professionalism when responding to the incident.

"It's always feels a little strange when you're recognized for events like this because that's not what you're thinking about in the moment," said Capt. Yau. "It's really doing what you're trained to do, and making sure everyone is safe while the mission is still getting accomplished."

The actions of these Rough Rider Airmen proved that in a dynamic environment, Strikers at Minot Air Force Base work around the clock to sustain and maintain the nation's ground-based, strategic mission.

"The importance of the team aspect is very integral in a situation like this," said Lt. Lee. "I definitely think this job functions best with teamwork and compromise. Everything works better when we help each other out, that was probably my biggest takeaway from this situation."



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Capt. Marshall Black, Capt. William Yau, Capt. Anne Vasquez and 2nd Lt. Michelle Lee take a photo in a Launch Control Center training capsule at Minot Air Force Base, N.D., Mar. 7, 2022. The team were on shift when an incident occurred in which they responded appropriately.



2nd Lt. Michelle Lee and Capt. William Yau, missileers assigned to the 741st Missile Squadron, sit at the control console inside of a Launch Control Center used for training purposes at Minot Air Force Base, N.D., Mar. 7, 2022. Crews, consisting of two missileers, man each launch control center for 24 hours before being replaced by another crew.



2nd Lt. Michelle Lee salutes Col. Christopher Menuey, 91st Missile Wing commander, after getting coined for her efforts in response to an incident at Minot Air Force Base, N.D., Feb. 10, 2022. Lt. Lee was on shift, along with Capt. William Yau when the incident occurred.



Capt. William Yau salutes Col. Christopher Menuey, 91st Missile Wing commander, after getting coined for his efforts in response to an incident at Minot Air Force Base, N.D., Feb. 10, 2022. Capt. Yau was on shift, along with Lt. Lee when the incident occurred.

U.S. AIR FORCE PHOTO2 | AIRMAN 1ST CLASS SAOMY SABOURNIN

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All About Pets

Handling Picky Eaters



Having a dog who is a picky eater can be one of the biggest challenges for pet owners. Like all pets, dogs have specific nutritional needs that must be met and if they are fussy eaters, fulfilling those needs can be difficult. Here are a few tips to help you find the right solution for your pet.

- **Health problems:** If your dog has suddenly developed an aversion to certain food or you have been dealing with pickiness for a while, try speaking with your veterinarian. Your dog may have an underlying health issue that could be creating the pickiness. In that case, your vet may be able to recommend the best food for your dog's situation. Some dogs also have food allergies, and your vet can perform tests or offer suggestions to help you identify what they are.
- **Stick to a routine:** Domesticated dogs are creatures of habit. Stick to a set routine to avoid messing up your dog's schedule. For example, feed at 7 a.m. and 4 p.m. every day and take uneaten food away after some time. However, it is important to keep in mind that some dogs do actually prefer to graze throughout the day. Free feeding works great for some dogs, so monitor Fido closely to figure out what works best.
- **Boredom:** Some dogs will simply refuse to eat if they are bored of what they're getting. Eating the same food out of the same bowl every day can be monotonous, and humans wouldn't want to do that either. If your dog doesn't seem interested in its food, try switching up the method of feeding. For normally food-motivated dogs, kibble can be used during training sessions to make it more fun. You can also try other more mentally-stimulating methods of feeding such as scatter feeding, snuffle mats, puzzle toys, etc.

Believe it or not, some dogs actually like to work for their food! You can also encourage your dog to eat by adding in supplements such as fresh or frozen fruits and vegetables, canned pumpkin or yogurt, wet food, no salt added, plain chicken broth, eggs, or if you're into it, freeze dried or raw meat supplements. Some dog owners even prefer to feed entirely raw diets. It should be noted that you should consult your veterinarian before making any major changes to your dog's diet, and when it comes to feeding raw, consulting a nutrition specialist is very important to make sure your dog is getting all of the necessary nutrients.

• **Stress:** Picky eating can also be caused by stress and anxiety. Especially in changing environments, such as rehoming situations, moving, or bringing another pet into the home, your pet may not feel like eating. If you suspect your pet is not eating due to stress, try returning your routine back to normal as much as you can. You can try to reduce stressors by allowing your dog to eat in a quiet, calm space in the home, or by separating them from whatever they are triggered by. In some instances, all it takes is time and trust building to get your pet to start eating. This is where it can be especially important to try different foods and toppers to encourage your dog to eat, even just a little bit.

Some dogs are just picky eaters by nature, similar to how humans have preferences in what they eat. If your dog has recently developed pickiness, it may be time to visit the vet to figure out the cause. Otherwise healthy dogs can go several days (with water) without food, but the best practice is to solve the problem before ever getting there.

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Airmen participate in various sport activities during the You Matter Winter Games 2022 on March 18, 2022, at Minot Air Force Base, N.D. The You Matter Winter Games have been taking place since 2015, promoting physical health, camaraderie and competition.

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91ST MISSILE WING MAINTENANCE PROFESSIONAL OF THE YEAR 2022

The 91st Missile Wing celebrated at their lively annual Maintenance Professional of the Year awards ceremony. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALISSON MARTIN



Congratulations to the 91st Missile Maintenance Team for winning the Blackburn Trophy! Our Roughriders earned themselves the title 'Maintenance Professionals of the Year', beating all of their competition en route to earning the highest missile maintenance team score for Global Strike Challenge 2021! You already know, Only the Best Come North! BULLY!



(S)MSgt Jessica Velasquez



(S)MSgt Sarah Wilkerson



(S)MSgt Ryan Cordell



(S)MSgt Stasia Smith



(S)MSgt Phillip Plinski



(S)MSgt Megan Wallin



(S)MSgt Stefanie Ewalt

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AFGSC Congratulates 2022 Senior MSgt. Selects

AIR FORCE GLOBAL STRIKE COMMAND

Air Force Global Strike Command congratulates all those across the command who have been selected to promote to the rank of Senior Master Sergeant!

INBOUND STRIKERS

- (S)MSgt Michael Chancey
- (S)MSgt Aaron Franklin
- (S)MSgt Vilynthia Hawkins
- (S)MSgt Katelyn Moore
- (S)MSgt Jessica Pinner
- (S)MSgt Wynee Puentes
- (S)MSgt Benjamin Smith
- (S)MSgt Latesha Tyler

2ND BOMB WING

- (S)MSgt John Baugh
- (S)MSgt Robert Bentz Iii
- (S)MSgt Nathan Black
- (S)MSgt Anita Bostic
- (S)MSgt Donald Derusha
- (S)MSgt Michelle Luckett
- (S)MSgt Joshua Partin
- (S)MSgt Glenn Rodgers
- (S)MSgt Leon Russell Jr
- (S)MSgt Laura Vance
- (S)MSgt Justin Viator
- (S)MSgt David West
- (S)MSgt Bernadet Wilburn

5TH BOMB WING

- (S)MSgt Timothy Blier
- (S)MSgt Jason Castillo
- (S)MSgt Ryan Cordell
- (S)MSgt Stefanie Ewalt
- (S)MSgt Jayson Martin
- (S)MSgt Phillip Plinski
- (S)MSgt Bryan Reed
- (S)MSgt Stasia Smith
- (S)MSgt Jessica Velasquez
- (S)MSgt Juan Vergara
- (S)MSgt Megan Wallin
- (S)MSgt Sarah Wilkerson

7TH BOMB WING

- (S)MSgt William Bovastro
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- (S)MSgt James Earles
- (S)MSgt Ato Cogo Ellis
- (S)MSgt Jonathan Epps
- (S)MSgt Jaime Gutierrez

- (S)MSgt Roberto Hernandez
- (S)MSgt Shana Holloway
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- (S)MSgt Sancho Macias
- (S)MSgt Ryan Otero
- (S)MSgt Thomas Pittman
- (S)MSgt Amy Seaton
- (S)MSgt Jesus Soto
- (S)MSgt Katie Speer
- (S)MSgt Chris Warren

28TH BOMB WING

- (S)MSgt Martez Blair
- (S)MSgt Michael Bowser
- (S)MSgt Earl Foreman
- (S)MSgt Richard Krotchie
- (S)MSgt Effie Matthews
- (S)MSgt Mikel Mitchell
- (S)MSgt Thomas Sebulsky
- (S)MSgt Bryan Vandersloot
- (S)MSgt Joshua Webster

509TH BOMB WING

- (S)MSgt Matthew Baker
- (S)MSgt Leticia Brazil
- (S)MSgt Joshua Crosby
- (S)MSgt Christopher Estes
- (S)MSgt Michael Grayless
- (S)MSgt Aaron Shaw
- (S)MSgt Melissa Villalobos

8TH AIR FORCE

- (S)MSgt David Groff
- (S)MSgt Charles Marshall
- (S)MSgt Gerald Moore
- (S)MSgt Esmer Provencher
- (S)MSgt John Robertson
- (S)MSgt David Seenauth
- (S)MSgt Nathaniel Vallejo

90TH MISSILE WING

- (S)MSgt Marlyn Daust
- (S)MSgt Stefan Hobbs
- (S)MSgt Markeus Lee
- (S)MSgt Justin Macias
- (S)MSgt Paramore Monzon
- (S)MSgt Ryan Santini

91ST MISSILE WING

- (S)MSgt Natasha Horn
- (S)MSgt Nicholas Kolja
- (S)MSgt Donald Moran
- (S)MSgt Jeremy Roberts
- (S)MSgt Kyle Tow

341ST MISSILE WING

- (S)MSgt Michael Benoit
- (S)MSgt Randal Burkhalter
- (S)MSgt Darnell Dobson
- (S)MSgt Jeff Konigsbauer
- (S)MSgt Lardan Patten
- (S)MSgt John Smith
- (S)MSgt Adam Toombs
- (S)MSgt Danny Torres
- (S)MSgt Derek Williams

377TH AIR BASE WING

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- (S)MSgt Carey Burgess
- (S)MSgt Sean Devereaux
- (S)MSgt Matthew Giacona
- (S)MSgt David Prye

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A LOOK BACK THIS WEEK IN USAF HISTORY

“DUDETTE 07” AIRMEN MAKE HISTORY AS THE
FIRST ALL-FEMALE COMBAT TEAM IN AFGHANISTAN
MARCH 30, 2011

On March 30, 2011, at Bagram Airfield, Afghanistan, a team of female Airmen made history by performing the first combat sortie involving only women. Maj. Tracy Schmidt, Capt. Kimberly Volk, Maj. Christine Mau, and Capt. Jennifer Morton provided close air support for coalition and Afghan ground forces as a part of “Dudette 07,” which consisted of two F-15E Strike Eagles. The mission, which was planned in honor of Women’s History Month, included female pilots, weapons officers, mission planners, and maintainers from the 389th Expeditionary Fighter Squadron and 455th Air Expeditionary Wing. The Air Force officially permitted women to train as pilots in 1976, but they were not allowed to fly combat missions until 1993. “I thought it was kind of cool and something that I have never seen before,” said Staff Sgt. Tamara Rhone, a 455th Expeditionary Aircraft Maintenance Squadron crew chief. “The women throughout time have paved the way for us today and they made it possible for us to be equal as well as respected as individuals. Females are a rare breed on the flight line.” As women continue to pave the way in the military, events like this are important reminders of the dedication, solidarity, and strength of the females fighting for this country.

Information courtesy of: af.mil

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Headspace Pilot Program Paying Dividends

ROD WILSON, NORTHERN SENTRY

Minot Air Force Base is unique in a lot of ways. At a recent Military Affairs Committee gathering it was noted the number of young Airmen who handle our two missions, ICBM's and B-52's. This demographic makes it vitally important to be on the cutting edge of new developments like the Headspace App.

For Chief Master Sergeant Timothy Wieser, Command Chief for the 5th Bomb Wing his day begins with a 4-5 mile run, or a one hour work out. Then a little breakfast as he gets ready to take on the day.

All that changed when Community Support Coordinator, John Jeziorske introduced CMSgt Wieser to the Headspace app. "He is the most important person to introduce me to the Headspace app because he takes care of the human psyche, the human soul and the most important weapons system in the Air Force, the big A Airmen" says Wieser. "The human psyche is the most important weapons system in our arsenal. We have to take care of that first and that is what Headspace helps us do."

"I have used the free version of Headspace for quite a while. But Headspace reached out to us and now we are able to share the full version for free, and that's really a super big deal" according to Jeziorske.

And both men agree that as important as it is to enlisted personnel, it is just that important for the family. "I joined the Air Force, and the Air Force retained my family. The family is part of the Air Force as well" adds Wieser "we are all part of one team whether you are military, civilian, contractor or family member. We are one synergistic team, and we need to strive to get along at all times so we can continue to deter our enemies. At the end of the day it's all about keeping America safe. We need to take care of our Airmen and Headspace helps us do that."

A Headspace meditation has now been added as part of CMSgt Wieser's day. "After I run, I get something to eat, and while I am eating, I listen to a 3-5 minute meditation. I listen to someone tell me how the day is going to be good and in general keeping the mental psyche calm." "Tuning out a lot of the white noise" adds Jeziorske.

Every day is dynamic and complex "Headspace keeps the chaff off to the right and left so you can concentrate on the task at hand" says Wieser.

"Headspace puts meditation and positive messaging in the palm of your hand" according to Jeziorske "mindfulness is the difference between standing on the highway and cars are whizzing by you and

you may feel overwhelmed and a sense of danger, and you don't really know what's coming next. Or moving yourself to the top of the hill and you are watching the traffic."

Wieser chuckles "I am really very technology inept, and I just downloaded it on my phone and it's easy to watch, or listen to, what you want. I usually have it running when I am doing something else, like eating, and it's 3-5 minutes

of total meditation. It's really good stuff. It causes me to slow down, and that's why I like it."

Until May 1 the headspace app can be downloaded for free and used until May 31. For this 90 day pilot, all Minot Air Force Base personnel and two of their adult family members can explore the premium features of the Headspace app at no cost. This includes active duty, civilians, contractors, Reserve and Guard members.



5th Bomb Wing Command Chief CMSgt. Timothy Wieser speaks highly of Headspace

U.S. AIR FORCE PHOTO

NOTES ON BEING SAFE

RISK MANAGEMENT FOR ALL OF US



ROD KRAUSE
5TH BOMB WING
SAFETY & OCCUPATIONAL
HEALTH MANAGER



Imagine this scene in your head ... you have a three-day weekend, your planning on a road trip with friends or the Family. So far the weather looks promising, however the next morning you check out the weather reports and it looks like the weather "forecasters" are predicting a possible major winter storm rolling into the area. The day you plan on setting out on your well deserved trip. So, you sit back, take a deep breath and are contemplating the big decision, should we stay home or go? This is where your risk management and common sense needs to be reviewed to make a decision that could possibly save your life and the life's of friends or loved ones. What are going to do?

Along with this scenario, everyone has at one time or another heard someone say, "I'm only human" or is familiar with the ancient Latin proverb, "Errare humanum est" - to err is human.

As the 5th Bomb Wing Occupational Safety and Health Manager, I have quickly learned from a mishap standpoint what it really means to be human.

Did you know that human error is identified as a causal factor in 80 percent to 90 percent of all mishaps, both civilian and in the military, and is present but not causal factor in another 50 to 60 percent of all mishaps, making it the single greatest mishap hazard. To counter this well-documented statistic, the Department of Defense safety community has implemented a human factors-based taxonomy for use in the mishap investigation process which classifies human error believe it or not into 147 categories describing the involved human factor including fatigue, complacency, overconfidence, misperception, get-home-itis, negative transfer and procedural error.

The complex nuances of human error in the mishap investigation process are beyond the scope of this article. My team of trained safety investigators, with assistance from human factors experts, do an excellent job of capturing the causal and non-causal human factor errors that, once these are identified, they ultimately lead to future mishap prevention strategies. In the 5th Bomb Wing, the prevailing human factor identified in on and off duty mishap investigations continues to be "Risk Assessment - During Operation." Risk Assessment - During Operation is a factor when the individual fails to adequately evaluate the risks associated with a particular course of action, to which this faulty evaluation can lead to inappropriate decision making and an subsequent unsafe situation. This failure occurs in

real-time when formal risk-assessment procedures are not possible.

Fortunately, the Air Force have gone to great lengths to develop risk management processes for both on and off duty applications that address deliberate (The 5-Step Process) and real-time risk management needs. Although both processes accomplish the same goal, the real-time risk management will be your best bet for mitigating risk in day-to-day job hazards or off duty activities.

USING THE ABCD MODEL

Assess the Situation: Identify and assess the hazards associated with a particular mission or activity.

Balance Controls: Consider all available controls (resources) available to ensure success or mitigate identified hazards.

Communicate: Communicate with leadership or others to discuss problems, intentions, and possible alternatives. In individual situations this refers to carefully considering personal actions before deciding upon and implementing an action. Bottom line; if you are not sure of something ask, it's that simple!

Decide and Debrief: Make the decision to continue, modify or abandon the mission or activity based upon real-time circumstances and conditions. To ensure lessons learned are passed on, provide feedback on what worked and what did not. Like my scenario do you go or stay home?

Remember, you are the decision maker in your personal life. I cannot emphasize enough the importance of making sound decisions based on the ABCD model which, realistically, can be accomplished in just seconds or minutes before acting on something that may change your life forever. Every mishap has a causal chain that often times can be broken by simple common sense intervention - this is where the wingman concept and good old fashion mentorship comes into play and is critical to the risk management process. When on the job, regulatory guidance, technical orders and job guides have already accomplished the necessary risk management decisions for you to ensure your task is done safely. Again, if something doesn't look right, or you don't understand something,



To Sign Up for The Headspace pilot?

It as easy as going to the Air Force Central Connect app and clicking the You Matter icon. Instructions and links are there. There are also flyers with a QR code in emails, and posted areas throughout the base.

ROASTED PORK TENDERLOIN WITH GARLIC AND HERBS



INGREDIENTS

- 2 (1 LB EACH) PORK TENDERLOINS
- 6 CLOVE GARLIC, PEELLED
- 1 LEMON, JUICE AND ZEST OF HALF, REMAINING HALF THINLY SLICED
- 2 SPRIG FRESH THYME, STRIPPED, PLUS MORE FOR GARNISH
- 1 SPRIG FRESH ROSEMARY, STRIPPED, PLUS MORE FOR GARNISH
- 1 TABLESPOON SOY SAUCE
- 2 TEASPOON COARSE SALT
- 1 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1 PINCH RED PEPPER FLAKES (OPTIONAL)
- 1/4 CUP EXTRA-VIRGIN OLIVE OIL, PLUS MORE AS NEEDED

Using a sharp knife, trim both tenderloins of extra fat or silver-skin.

In the bowl of a mini-food processor or a blender jar, combine the garlic, lemon juice and zest, thyme, rosemary, soy sauce, salt, pepper, and red pepper flakes. Pulse until the garlic and herbs are finely chopped. Slowly drizzle in the olive oil while the machine is running until a paste forms.

Rub the garlic paste over both tenderloins, covering all surfaces. If desired, cover the pork tightly with plastic wrap and refrigerate for up to 8 hours before grilling.

When ready to cook, set Traeger temperature to 500°F and preheat with the lid closed for 15 minutes. Arrange the tenderloins directly on the grill grate and roast for 15 minutes.

Using tongs, turn the tenderloins and continue to roast until the internal temperature in the thickest part of the meat registers at least 145°.

Let the meat rest for 5 minutes before carving into slices. Enjoy!



Ryan Davy - GM
Minot

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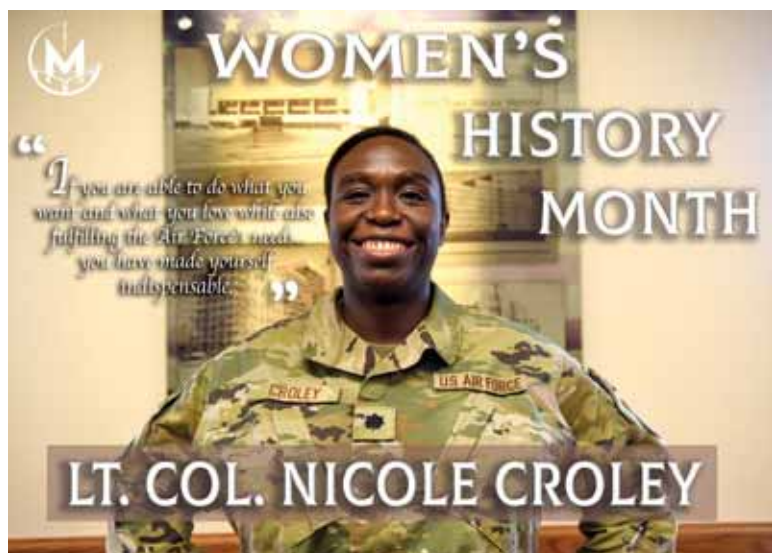
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Women's HISTORY month



Meet Lt. Col. Nicole Croley, chief medical officer at the 5th Medical Group! As a first-generation college graduate and the only doctor in her family, she also takes pride in her military service, especially a woman in the Air Force. #SheStriker

"We have made huge advances throughout history and I hope I can continue to break barriers for other people that come behind me."

BABY ANNOUNCEMENTS

BABY BOY BORN ON FRIDAY, MARCH 18, 2022 TO: KATHRYN AND JOSHUA MARCUM SURREY, ND

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

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Upcoming Events

25-27 MAR **JURASSIC QUEST**
 1:00 PM - 8:00 PM
 North Dakota State Fair Center
 2005 Burdick Expy E. Minot

Jurassic Quest is North America's largest and most realistic Dinosaur event. Guests walk through the Cretaceous, Jurassic and Triassic Periods and experience for themselves what it was like to be among dinosaurs of all kinds. Jurassic Quest is the only interactive dinosaur event that has over 100 true to life-size animatronic dinosaurs in each of its indoor touring shows from the very small to the gigantic. Jurassic Quest exhibits also allow future paleontologists to dig up fossils, ride their favorite life-sized dinosaurs, enjoy walking dinosaur and baby dinosaur shows, and enjoy a dinosaur-themed playland in addition to face painting, crafts, and much more.



For more information:
 Visit www.jurassicquest.com/events/minot-nd

26-27 MAR **MCFCSC 42ND ICE SHOW: WICKEDLY OZ**
 7:00 PM
 Maysa Arena
 2501 W Burdick Expy, Minot

The Magic City Figure Skating Club will present its 42nd annual Ice Show featuring Minot-area figure skaters and their talents on the ice. Performances will fill the rink Saturday March 26th at 7pm and Sunday March 27th at 2pm. Our skilled skaters will offer a fascinating show, transporting guests down the yellow brick road through Oz. Tickets are \$8 in advance from a participating skater or \$10 at the door. Concessions will be available for purchase during the show. For more information, please call Regan Slind at 701-721-5054 or Barbara Roberts-Kohlman at 701-340-8264.



For more information:
 Facebook Page / Magic City Figure Skating Club

31 MAR **VOLUNTEER AT ROOSEVELT PARK ZOO!**
 VARIOUS TIMES
 Roosevelt Park Zoo
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Raking & breaking ice to usher in our favorite season! Volunteer any time. Let us know you're coming! Bring a group of co-workers, friends, or your family and help Roosevelt Park Zoo get ready for another exciting summer. Visit our website at www.rpzoo.com/support/volunteer/ to sign up today. There are tons of volunteer opportunities this spring and summer!



For more information:
 Facebook Event / Roosevelt Park Zoo

31 MAR **HARRY POTTER COCKTAIL CLASS!**
 5:30 PM
 Dad's
 122 Main St S, East Door, Minot

Admission is \$50 per person
 Calling all witches and wizards! Join us for a fun-filled night of Harry Potter inspired cocktails and magical Hogwarts treats. Jon Lakoduk from Dad's Bar will be our Master of beverages and trivia will be played. Costumes are highly encouraged! Must be 21 years or older. Join us for a fun night of magic, fun, and drinks!



For more information:
 Facebook Event / HARRY POTTER COCKTAIL CLASS!

On Base

JANUARY-MARCH ESM BIRTHDAY MEAL
 Dakota Inn Dining Facility
 In the Chief's Den
 31 March 2022 • 5PM - 6PM

Menu:
 Grilled Steak
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 Twice Baked Potato
 Broccoli & Cauliflower
 Green Bean Casserole

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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, March 21: 1,827.7 feet above mean sea level (MSL); 14,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.24 feet above mean sea level (MSL). Stump Lake elevation: 1,447.29 MSL.

•N.D. Game & Fish Dept. game wardens: Ice conditions rapidly deteriorating throughout all area lakes. Anglers advised to wait for open water fishing on many lakes with day-to-day access potentially rapidly changing. Access Goose Lake from the boat ramp only. Stay off the private land access point to avoid rutting up the farmer's land.

•Devils Lake, Ed's Bait Shop, Devils Lake: A few anglers walking onto the ice at Creel Bay but shoreline conditions rapidly deteriorating.

•Devils Lake, Woodland Resort, Devils Lake: Use extreme caution with lots of water on top of the ice, which will start deteriorating. Walk-on access recommended.

•Lake Darling, Karma C-Store, Ruthville: Ice conditions deteriorating throughout area lakes. Lake Darling producing a few small walleye but walk-on access only recommended.

•Lake Metigoshe, Four Seasons, Boltineau: Ice conditions deteriorating with water and slush along the shoreline and on top of the ice.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Rapidly deteriorating ice conditions on the east end of Lake Sakakawea with walk-on access only. Some pike success but ice conditions can change rapidly and use extreme caution. Missouri River tailrace producing some success for a mix of pike, ling, catfish, and walleye but river remains low with ongoing reduced Garrison Dam releases.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walk-on only access recommended. Continued fair to good for pike using smelt or herring in the bays through the east end of Lake Sakakawea. Look for an evening walleye bite on the east end of Lake Audubon around the

- Ice is never completely safe, especially with the transition to open water. 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.
- April 1: New 2022 hunting, fishing, & trapping licenses due.
- April 1: Snowmobile North Dakota trails close.
- April 2: Williston Ducks Unlimited banquet, Upper Missouri Valley Fairgrounds, Williston, 5:30 p.m.
- April 8: Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5:30 p.m.
- April 9: Spring turkey season opens.
- April 9: Maple Sugaring Day, Fort Stevenson State Park, Garrison, 10 a.m.

cabin site.
•Lake Sakakawea, New Town: No activity with poor ice conditions but no open water shorelines along the Van Hook Arm yet for pike activity.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing a few walleye with bigger fish showing up at night. Try jigs and minnows or plastics and move around. Spotty walleye success from shore, the wing walls, and ramp.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Angling activity transitioning to open water with soft and deteriorating ice. Use extreme caution and walk-on access recommended with some walleye in low light hours around White Earth Bay on the west end of Lake Sakakawea. Look for the Yellowstone and Missouri rivers to open soon.

•Lonetree WMA area lakes, Harvey: Goose Lake producing a mix of perch, a few small walleye, and some pike but access is rapidly deteriorating and won't be available soon. It won't be long before anglers transition to open water.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some pike activity on Buffalo Lodge Lake but use extreme caution and walk-on access only recommended.

•Turtle Mtn. area lakes, Coast-2-

Coast, Rolla: Some water coming up through the ice on area lakes with extremely poor conditions. No activity recommended until open water.

Migration:

•Light geese: First waves of snow geese starting to come through in nice numbers across east-central areas of the state and the Missouri River System with a few birds reported as far north as Devils Lake and Williston early in the week. Thousands of birds moving through and feeding around the Lonetree WMA, as well. Some birds moving through north-central N.D. and the Turtle Mountains already. Overall, not many birds seem to be stopping.

Downhill skiing. Conditions can vary. Contact for updates and days of operation:

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 39- to 65-inch base with 35 lifts and 253 runs open with spring conditions.

•Huff Hills Ski Area, Mandan, (701) 663-6421: Closed for the season.

•Terry Peak Ski Area, Lead, S.D. (605) 584-2165: 16- to 28-inch base with spring conditions. 5 lifts and 11 trails open.

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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WILKERSON**

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DAY TO DAY

As a Section Chief, Wilkerson is in charge of equipping, training and mobilizing the unit as far as deployments and readiness capabilities as well as predeployment training.

In her personal life, MSgt. Wilkerson is working on finishing her Bachelor's Degree in Environmental Studies. Her hobbies include 3D printing, Graphic Designing and tinkering with her Cricut.

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SPRING

CAR CARE

Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

- **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine

tire rotations, which many automotive professionals suggest should be done every six months.

- **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.
- **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year.

Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filter needs to be replaced.

- **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

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Your vehicle counts on new oil and oil filters to keep it operating efficiently. Oil should be kept full, clean from particles and not burnt. Oil lubes crucial engine parts. Moving components create rubbing, and over time that heat wears the parts down. Oil or a synthetic lubricating substance can minimize the damage from the rubbing by those moving components. By performing a regular oil change schedule you will effectively increase your engine's efficiency as well as maintain the life of your car's engine.

WHEN TO CHANGE/CHECK YOUR OIL

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- Check Engine Light is illuminated
- Oil is dirty
- Pinging, knocking, or additional sounds coming from the engine

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NAVIGATING THE WATERS

Patricia Stockdill

It might not seem possible in a prairie state like North Dakota but the N.D. Game and Fish Department manages more than 450 lakes.

Some are as grand as massive Lake Sakakawea or ever popular Devils Lake while others are as tiny as the North Dakota State Fair Community Pond in Minot.

That doesn't even include lakes they don't manage, such as Lake Darling on U.S. Fish and Wildlife National Wildlife Refuges, which are managed by the Fish and Wildlife Service or lakes within Indian reservations.

With that many lakes, it darn near makes a person scratch their head when it comes to deciding where to fish and what to fish for.

The Game and Fish Department revamped and reformatted their "Where to Fish" pages on its website, (gf.nd.gov) to make it easier for anglers to solve that dilemma.

Now all a person has to do is click on "Fishing" on the menu tab, scroll down to "Fishing/Boating", then down to "Resources", and over to "Where to Fish".

Let's pick crappie, a great eating fish and a good fish for kids – and adults, as well – to fish for from shore.

Hmmm, the Game and Fish Department stocks both black and white crappie so that poses another question – which type of crappie do we want to fish? Clicking "black crappie" on the species list and then "Find Lakes" reveals a whole lot of lakes stocked with black crappie.

Clicking "white crappie" reveals seven lakes.

Clicking "walleye" to find the number of lakes containing walleye – both stocked and natural reproduction – is going to give a person more choices than they probably thought possible. Scrolling down to the map of walleye lakes, one will find a colorful collection of fish and lake icons scattered throughout the Peace Garden State.

But that's what happens when you're the traditional Number One prized fish.

So then it's time to narrow down one's options, which is easily done in a couple of ways: Under the Map section, simply enter the number of miles within a radius of a community in which one might want to fish, say 75-mile radius of Minot.

Or go to that colorful map and click one of the icons, which represent the lake itself and what it has for boat ramps, docks, piers, shoreline access, fish cleaning station, and other amenities.

Clicking on a particular lake opens up an encyclopedia of knowledge: The lake's stocking reports. Fish survey results. Directions. An overview of what an angler might expect to catch.

Let's check McHenry County's Cottonwood Lake: "Decent

number of pike and a good number of walleye, with some larger fish."

OK, it's just 2.5 miles north of Butte, shouldn't be too hard to find. Just click on the Google Map icon and up pops its location and directions.

Problem solved. A person just might be able to head to a little lake and catch some walleye on nice summer afternoon or evening.

A quick search on channel catfish reveals what may seem like a surprising number of lakes with catfish. While catfish are native the Red, Yellowstone, Little Missouri, and Missouri River System, including Lake Sakakawea, the Game and Fish Department stocks them in other lakes. They're especially apt to be stocked in small community ponds surrounding Lake Sakakawea, such as Watford City Park or Stanley ponds.

The website changes are also geared more to help beginning anglers, added Game and Fish Department Fisheries Division Chief Greg Power. It provides suggestions to make it easy to head to water in four steps - getting a license, learning regulations, figuring out needed gear, and where to fish.

On top of that, short video tutorials help with everything from basic shore-fishing tips, fish identification, tips on cleaning and cooking walleye, and it reveals the secret to getting those darn "Y" bones out of a northern pike, among other helpful videos.

In other words, the new "Where to Fish" section on the Game and Fish Department helps anglers navigate the waters.

And it's just in time for the start of the new fishing season on April 1 when anglers need their 2022 fishing license.



Walleye over water: An angler reels in what could be considered North Dakota's most popular game fish.

PATRICIA STOCKDILL PHOTO



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CREATURE FEATURES

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- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

Fact File	
Life Span	11 - 22 years
Weight	400 - 1200 pounds
Height to Shoulder	3 to 3 1/2 feet
Top Speed	25 mph
Wild Diet	Omnivore: Carrots, Turnips, Grasses, Leaves, Flowers

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Keeping food local

NORTHERN SENTRY

On Mar. 4-5, 2022, food producers and business owners from all over North Dakota gathered for a weekend of education and networking at the annual Local Foods Conference in Mandan. Held this year in conjunction with Pride of Dakota, the conference featured breakout sessions on Food to School programs, Supplemental Nutrition Assistance Program (SNAP) benefits at farmers markets, farming education, and business tactics from industry professionals.

The North Dakota Farmers Market and Growers Association (NDFMGA) hosted the local foods side of the event, while Pride of Dakota focused on business and marketing for up-and-coming entrepreneurs. Along with educational opportunities, NDFMGA provides outreach, grants and a supportive framework to help vendors thrive and support their communities through the many benefits of farmers markets.

Danielle Mickelson, NDFMGA President, runs Lena's Farmers Market in Rolla, N.D. She had humble beginnings as a teacher with a passion for growing, and has since turned her small market into a booming business in a rural town. With the help of the opportunities afforded by the NDFMGA, Mickelson has created valuable relationships with other farmers and her community while participating in the locally-sourced revolution. "When I first became a vendor, this was the place for me to network with people who

had more experience than I did and give me the excitement that I needed to go forward but also find some education," she said. "I feel like as we develop NDFMGA, the collaboration of all local foods people in North Dakota is how we grow that whole idea in our state."

That idea includes education and opportunities for local growers and producers, but it also aims to increase farmers market participation state-wide. How? Through reliability, building strong relationships, and quality products unmatched by supermarkets. "I visited a large farm in Florida and they explained to us that to get fresh fruits and vegetables to North Dakota, it takes 10 days minimum from the day it's picked to the day it gets to our grocery stores," Mickelson explained. "At our farmers market in Rolla, we guarantee a 24 hour turnover. So when you buy from our market, it's only been out of our garden for 24 hours maximum, often much less time than that. From the time it's picked, nutrients deteriorate so the sooner you eat what you've picked, the more nutrient dense it is and that nutrient density is what's going to help the health and vitality of our communities."

Marvin Baker of North Star Farms, Carpio, is another local grower whose products reach customers straight from the field. The quality and freshness of their produce is difficult to match, and it comes with something else that buyers won't find at the grocery

store: meaningful connection. "Farmers markets are a social event for the community, and they create a livability that pulls people together and makes a community united. Plus, it brings [people] to the central hub of your town and gets them visiting your businesses and grows the economics of your whole area," Mickelson continued.

Turning farmers markets into more than a simple shopping trip adds a novelty that communities can use to their advantage. Baker's brand revolves heavily around those social interactions, whether it is giving buyers in-depth information about his produce or fostering sincere relationships with his customers. For many vendors, those weekly interactions are just as valuable to them as they are to market-goers, especially in a time where social distancing and quarantine have been so prevalent.

And as the world felt the repercussions of the COVID-19 pandemic—supply chain shortages, strict public health guidelines, loss of business, and a whole new way of living—underlying issues in the food system also became apparent. Many families had a difficult time finding the products they needed, and other families struggled to afford them. Farmers markets felt the negative effects, but they also provided a solution. Supporting local producers is a starting point for stimulating local economies and creating happy, healthy communities through affordable and accessible means.



Quinn Renfandt of Dakota College at Bottineau is a strong advocate for future-forward farming and developing sustainable practices for the next generation. After the revelations brought by COVID, he and many NDFMGA members recognize now, more than ever, the importance of creating a more foolproof food system. "I believe the North Dakota Farmers Market and Growers Association has the potential to be a champion organization for North Dakota's local economic stakeholders. My hope is to see the NDFMGA take the lead as a unified voice for its members by continuing to build strong relationships within communities across this region and beyond, furthering the original mission of forming a solid foundation that will equip future generations with the means necessary to handle the greatest challenges of their time," he said.

Buying local cuts out all the middlemen that slow the process elsewhere and provides customers with the products they need and want. And with the accessibility of these products, buyers can rest

easy knowing that they can find healthy, quality goods with just a quick trip to the farmers market. Turns out, keeping food local is a win for everyone.



Farmers markets are a vital part of supporting local economies and providing healthful, quality products to buyers straight from the source. With the help of farmer's coalitions like the North Dakota Farmers Market and Growers Association, these markets can grow and continue to support the needs of families through accessible, affordable means.

MINOT FARMER'S MARKET PHOTOS

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families to the resources and information needed to maximize educational opportunities, which ensure academic success for all military children. Educational topics in which the School Liaison can offer specific supports include school enrollment, transfer of school records, course placement, graduation requirements, extracurricular involvement, special education, deployment support, scholarships, school

transitions, youth sponsorship, and more. School Liaisons provide support to military members and their families, public and private school personnel, home-schooled families, and work with on and off base partners who have an interest in military child education. If you are in need of K-12 education support the school liaison, Ms. Alicia Thompson, can be reached at 701-240-2380 or via email at mafbschool.liaison@us.af.mil.

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 - o Men's Barbershop Chorus
 - Meets Mondays at 7 PM



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2021-2022 MINOT PUBLIC SCHOOLS CALENDAR

IMPORTANT UPCOMING DATES

- March 9**
Vacation Day - No School
- March 10 & 11**
Spring Break - No School
- April 15**
Good Friday - No School
- April 18**
Vacation - No School

March 2022							20 days
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

April 2022							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	

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



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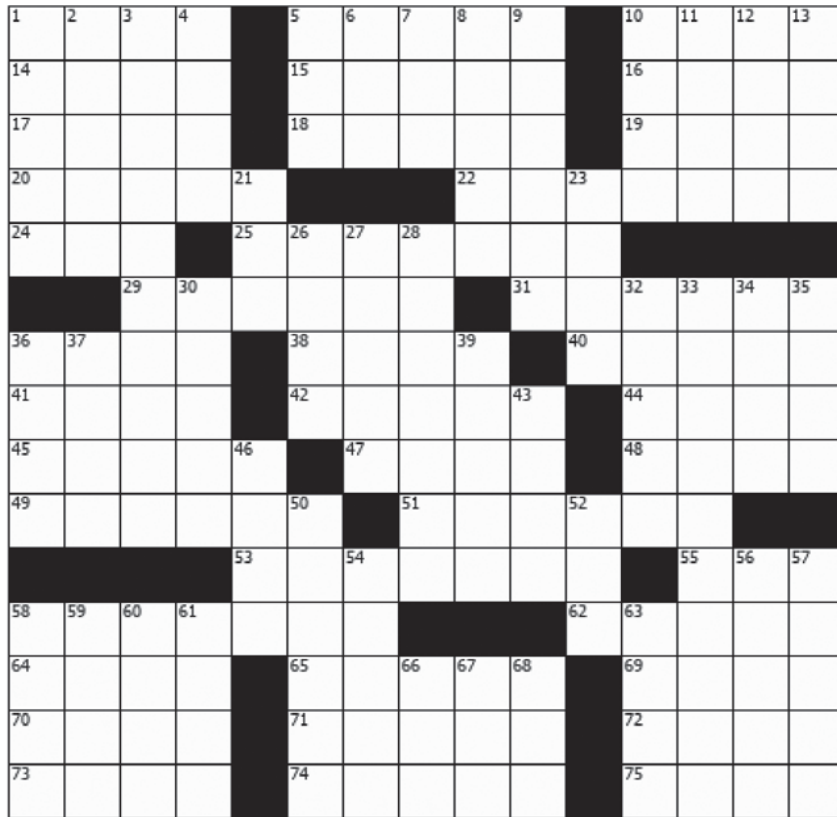
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SUN
11 AM TO 9 PM

CROSSWORD PUZZLE

Across

- 1. Land measure
- 5. Love (Ital.)
- 10. Humid
- 14. Flunk
- 15. Fire alarm
- 16. Egg-shaped
- 17. Country hotels
- 18. Work dough
- 19. Seep
- 20. Was furious
- 22. Memorized
- 24. House addition
- 25. Most favorable
- 29. Accompany
- 31. The Grim ____
- 36. PDQ's kin
- 38. Hearing-impaired
- 40. Heidi's cousin
- 41. Pop
- 42. Bargain events
- 44. Spring bloom
- 45. Motionless
- 47. Pickle seasoning
- 48. Engrave with acid
- 49. Concurs
- 51. Graduates
- 53. Trap
- 55. Metered vehicle
- 58. Window above a door
- 62. Severe
- 64. Dubuque's state
- 65. Speed contests
- 69. Oodles (2 wds.)
- 70. Thunder sound
- 71. Orchard members
- 72. Supplies workers
- 73. Florida islands
- 74. Large pebble
- 75. Quarry



Down

- 1. Blazing
- 2. Panama ____
- 3. Criminal mastermind
- 4. Differently
- 5. Inquire
- 6. 60 secs.
- 7. Raw mineral
- 8. Royal domain
- 9. Make beloved
- 10. Portal
- 11. Bard of ____
- 12. Labyrinth
- 13. Begged
- 21. Trumpeter ____ Severinsen
- 23. Guinness of "Star Wars"
- 26. Pea holders
- 27. Tire pattern
- 28. From Rome
- 30. Bowling term
- 32. UFO pilot
- 33. Specific
- 34. Singer ____ Clapton
- 35. Foolhardy
- 36. China's locale
- 37. Melody
- 39. Gent (sl.)
- 43. Pronounce indistinctly
- 46. Golf gadgets
- 50. Nasal sounds
- 52. ____ culpa
- 54. Intelligent
- 56. Repent
- 57. Flag-maker ____ Ross
- 58. Clock's noise
- 59. Portrayal
- 60. Gone
- 61. Siestas
- 63. Use a tent
- 66. Business VIP
- 67. Yet, poetically
- 68. Compass direction (abbr.)

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C7

FRIDAY MARCH 25 1800
 SATURDAY MARCH 26 1800
 SUNDAY MARCH 27 1800
CYRANO (PG-13)





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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>Chapel Services at MAFB Protestant (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, March 26 Vespers, 5PM</p> <p>Sunday, March 27 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH</p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p> Christ Reformed Church</p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE www.christreformedchurchminot.com</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:30 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: 9:00 am Fellowship 9:15 am Sunday School 10:30 am Worship</p> <p>Wednesdays: 11:30 am Soup Kitchen 5:30 pm Family Supper 6:30 pm Preschool/Kids' Club/ABY 6:30 pm Adult Bible Study</p> <p>www.ibcminot.org e-mail: immanuel@srt.com</p>	<p>Minot Baptist Church</p> <p><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 p.m.</p>
<p> JOURNEYCHURCH ASSEMBLY OF GOD</p> <p>1805 2nd St. SE 838-1111</p> <p>Sunday Services 8:30 AM 10:00 AM 11:30 AM</p> <p>Wednesday 6:30 PM</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God Family Worship Center</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 p.m.</p>

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www.fbcminot.org

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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.

Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
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www.orcsknights.org

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Sat. 9 AM - 5 PM
Sun. 9 AM - 3 PM

Mar25

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Mar25

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MINOT TOASTMASTERS HOST OPEN HOUSE EVENT IS FREE TO THE PUBLIC

Minot Toastmasters invites residents to its open house to meet members and watch a Toastmasters meeting for themselves. Atiana Beck, Division C Director will be giving an Ice Breaker speech. Come listen to her speak about how she got her unusual name and get to know the Minot Toastmasters members.

"Minot Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills," says, Trygve Hammer Vice President of Membership for Minot Toastmasters. "After hearing from Division C Director, Atiana Beck, members and guests will enjoy a regular Toastmasters meeting that will include, Table Topics™ (impromptu speeches) and evaluations.

MINOT TOASTMASTERS OPEN HOUSE

Date: March 28, 2022,
Location: Zoom Online
<https://zoom.us/j/96784546780?pwd=TG81S1hPU1grbW5RTk4xM2FYV3dmUT09>

Meeting ID: 967 8454 6780

Passcode: 6gzWi@

Time: 6:30-7 pm Social, 7-8 pm CST Meeting

For more information, email Atiana Beck at divisioncdirector@d78Toastmasters.org.

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MINOT AFB ANNOUNCEMENTS

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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: 11 April-12 June. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

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

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PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2021/2022 year! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

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. The Spring 2022 semester begins Monday, January 10, 2022. 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

BUSINESSES & SERVICES



SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

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WHAT'S GOING ON MAFB

FRIDAY 25

- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Fish Fry Friday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Friday Fun Members Buffet, 1700-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- EFMP Crafts: Tie Blankets, 1700-1800, Arts & Crafts Center, hosted by A&FRC
- Single Airmen Laser Tag, 1700-1800, Turf, hosted by Outdoor Recreation
- Magic Glow Skate Night, 1800-2000, Youth Center
- Chess Tournament, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 26

- Registration Closes: Lifeguard Certification Class at Outdoor Recreation
- Cycle, 0900, Fitness Center
- Barre Strength, 1000, Fitness Center

SUNDAY 27

- Zumba, 1400, Fitness Center

MONDAY 28

- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1615, Minot AFB Library
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

TUESDAY 29

- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Yoga, 1930, Fitness Center

WEDNESDAY 30

- HIIT Strength & Conditioning, 0530, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 31

- Registration Closes: Kick Off to Summer Kickball at the Youth Center
- Pre-Separation Counseling, 0830, A&FRC
- Short Notice Pre-Separation Counseling, 0930-1130, A&FRC
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Tactical Fit, 1130, Fitness Center
- ESM January-March Birthday Meal, 1700-1800, Dakota Inn Dining Facility
- Team Minot Art Exhibition, 1700-1900, Jimmy Doolittle Event Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

FRIDAY 01

- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1700-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- Magic The Gathering Un-Cube Draft, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 02

- Cycle, 0900, Fitness Center
- Barre Strength, 1000, Fitness Center

ONGOING

- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.
- Top Secret Escape Room Game: 2 April – 16 April, Minot AFB Library. Call to reserve a time slot.

MARCH SPECIALS

Bomber Bistro • Chicken Pesto Pasta
Grilled chicken covered in a tasty pesto sauce and finished with parmesan cheese and Italian seasoning. Served with a breadstick and a drink for \$9.95!

The B-Fifty Brew • Chai Tea Latte
Black tea infused with cinnamon, dove, and other warming spices is combined with steamed milk and topped with foam for the perfect balance of sweet and spicy.
Tall \$3.60 • Grande \$4.10 • Venti \$4.60

Rockers Bar & Grill • Tender Basket
Tasty tenders served with our famous fries, your choice of dipping sauce, and a drink! Grab this tasty combo for \$7.00!

APRIL SPECIALS

Bomber Bistro • Spinach Roma Pizza
Creamy alfredo sauce with fresh tomatoes, spinach, mushrooms, red onions, and garlic seasoning. Small \$10.75 • Large \$16.75

The B-Fifty Brew • Iced Coffee
Freshly brewed Starbucks® Iced Coffee Blend served chilled and sweetened over ice. An absolutely, seriously, refreshing lift to any day.
Tall \$2.35 • Grande \$2.60 • Venti \$2.85

Rockers Bar & Grill • Shrimp Basket
Corkscrew shrimp lightly battered and fried golden brown served with fries, cocktail sauce, and a drink! Get yours today for \$9.95!



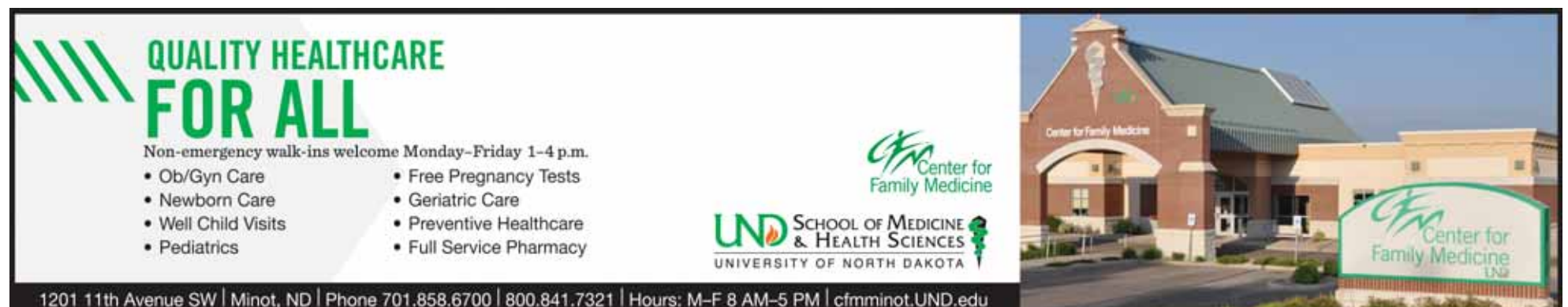
Team Minot Art Exhibition
March 31st
5pm - 7pm
Enter your drawings and paintings for a chance to win prizes!
Scan the code or visit our website for rules & details
Sponsored by: FORCE, Columbia College, Minot AFB Library, etc.
No Federal Endorsement of Sponsor Intended.



Lifeguard CERTIFICATION CLASSES
April 1st - 3rd
Register by March 26th
April 19th - 22nd
Register by April 12th
Register by visiting MAFB Outdoor Rec
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