

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 14 | MINOT AIR FORCE BASE | FRIDAY, APRIL 8, 2022

WHATS INSIDE THIS WEEK:



AIR FORCE
NEW ICBM
HAS A NAME:
SENTINEL

A5



ADOPT
AN AIRMAN
SUCCESS

A7



YOUTH OF
THE YEAR
AWARDS

C1



The Society of Military Engineers (SAME) Minot Post, WarBulls and the Minot's Magic City Discovery Center recently united to make a heavy lift a success. The 5th Civil Engineering Squadron and SAME Minot Post assisted in relocating donated furnishings to be used at Magic City Discovery Center. See page B7 for more coverage.

5TH CIVIL ENGINEER SQUADRON PHOTOS

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BTF Bakes ACE Concepts Into Latest Round of Integrations

UNITED STATES EUROPEAN COMMAND

B-52 aircraft from the 69th Expeditionary Bomb Squadron based out of RAF Fairford, England, conducted integration missions with NATO Allies from Denmark, Estonia, Lithuania, Latvia, Poland, and Czech Republic, March 31, 2022.

During the most recent series of integration flights, the B-52 Stratofortress aircraft participated in Close Air Support Training alongside U.S., Estonian, Latvian, and Lithuanian Joint Terminal Attack Controllers near Poland. This integration focused on cutting-edge Beyond Line Of Sight target acquisitions practices, aimed at refining the process of obtaining a target while the target is outside the line of sight, or not clearly visible. This type of training not only adds another tool to the Air Force's arsenal, but significantly extends its strategic reach.

The bombers also conducted operations in the Czech Republic for the second time in two days. The first integration on March 29, 2022 centered on bomber intercept and escort procedures. The aircraft also landed in Mosnov airport where the crew conducted an Engine Running Crew change. This procedure is where the crew of the aircraft is swapped for new personnel so that they may quickly take off and perform other missions. Crew changes like these extend

the bombers range and the length of missions by providing a refreshed crew to keep operations going. Today, the bombers integrated in the air over the Czech Republic where they executed another round of bomber intercept and escort trainings.

"We're shortening the kill chain, talking to our partners, and getting after what interoperability can do in this theater," said Gen Jeff Harrigian, U.S. Air Forces in Europe and Air Forces Africa commander. "When we begin exercising these

concepts as soon as possible, we're baking in capabilities with our Airmen, our allies, and our partners."

Throughout the strategic bombers trajectory, the Stratofortresses also executed bilateral intercept and escorting procedures with aircraft from Denmark and Poland.

Coverage of BTF deployments will be continuously available on the Defense Visual Information Distribution Service at: <https://www.dvidshub.net/feature/bombertaskforceurope>.



U.S. Air Force B-52H Stratofortress bombers support a routine, pre-planned Dynamic Targeting and Close Air Support training event at the Grafenwoehr Training Area, Germany, March 4, 2022 in support of NATO allies and regional partners. The B-52H's are manned by aircrew assigned to the 5th Bomb Wing from Minot Air Force Base, N.D. Bomber Task Force rotations demonstrate the U.S.' ironclad commitment to promoting regional security alongside our NATO allies and regional partners.

U.S. ARMY PHOTO | KEVIN STERLING PAYNE

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All About Pets

How dogs can help your mental health



It's easy to see why dogs are considered man's best friend. Not only are they loyal and fun, but dogs have very special personalities and are scientifically proven to have many health benefits for humans, even those struggling with mental illness! If you are beginning to feel those winter blues, try focusing on your furry friend for a little bit of relief.

Has your dog ever responded to your negative emotions by seemingly trying to comfort you? Maybe Fido puts a paw on your lap when you are crying, or he can tell you are having an off day and opts to cuddle with you on the couch instead of chewing his bone. Many dogs are able to gauge emotional states by recognizing body language, tone of voice, and facial expressions. And while your dog may not understand these emotions or intentionally be able to comfort you, humans often perceive their actions as comforting in the midst of tough times and for us, that's all that matters.

It has been shown that many pet owners experience increased levels of oxytocin, also known as the love chemical, when they are with their dogs. This hormone has a variety of benefits for humans, including easing stress and depression, improving social skills, and sleeping better. Dogs are also able to offer valuable

companionship to those who may feel lonely due to mental illness. While they still have their individual needs that must be met, dogs are an easy relationship to maintain when you just don't have the capacity for more.

Another way that dogs can help us in our times of need is that they contribute to a healthy lifestyle and good habits! Dogs need exercise, and by meeting this basic need, we are being "forced" to exercise ourselves, whether it is a quick walk in the park or going for a mid-day run. For those who struggle to leave the house, this is a valuable way to find motivation. Often, dogs require a routine. For people with anxiety or ADHD, steady routines can help ease symptoms and create a sense of security and productivity. This can benefit both you and your dog! Not to mention that productivity and responsibility can be linked to higher self-esteem, which everyone could use every once in a while.

Your everyday dog is probably a good candidate for helping some symptoms of mental illness or even just giving you a happiness boost. However, some people may need a more trained or task-performing dog (service dog or emotional support animal) to help manage their symptoms. Whatever you need, a dog can offer it.

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Happy to Help...



A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



Recently the editorial staff here at the Sentry received an unusual, but welcome request. The inquiry focused on supporting a 91st Missile Wing exercise, known as Bully Guarantee, which involved a scenario requiring a combined security forces response between the base and off-base personnel. Our role? Not to cover the exercise, as we normally would, but to help out from the perspective a local media outlet concerned with issues which us in the community might care about if there were ever a real situation requiring such a combined local law enforcement and base security forces response.

The exercise tested the wing's response readiness and more specifically the ability for Missile Operations, Security Forces, Maintenance and Helicopter Operations personnel to ensure they can accomplish the 91st MW mission under a simulated stressful environment.

"Results of these exercises get rolled back into the training program to ensure the wing maintains its effectiveness to execute the 91st MW mission," according to Lt. Col. Robby Modad, Inspector General of the 91st MW.

For our part, the Northern Sentry participated in a mock press conference organized by the MAFB Public Affairs office, giving senior leaders a chance to address a hypothetical situation at a local missile launch facility. We, the press, were given basic details of the event, which included a peaceful demonstration, turned aggressive and then a threatened breach of the launch facility.

Described by the Public Affairs office as a stepping stone, the press conference served as a venue for leaders to get a real world view of answering questions from news outlets while under a bit of controlled stress.

Participating in the press conference were Col. Johnny Galbert, Vice Commander of the 91st Missile Wing at MAFB and Maj. Christopher Mesnard, MAFB Public Affairs chief. Maj. Mesnard, triple hatted, acted in his role as the primary spokesperson on behalf of the installation commander as well as the 91st MW commander, in addition to playing the roles of Federal Bureau of Investigation and Local Law Enforcement spokespeople.

Our part at the Northern Sentry? Ask questions of Galbert and Mesnard about the situation, how it was handled and how it impacted the community as well as national defense. Of particular emphasis was ensuring the right person responded to their portion of combined response.

To make the situation as realistic as possible, the PA studio was set up in the fashion of a press conference venue, including cameras, microphones and of course...lights. My questions were as realistic as I could make them. My years in the news media have taught me to stay calm, never assume

I know the answer before I ask the question and listen intently to what was being said by Col. Galbert and Maj. Mesnard.

After about 30 minutes, the mock press conference concluded. Had I been tasked to write an article, it would have been about how quickly and efficiently the different branches of law enforcement, including the MAFB Security Forces, reacted. I would have touched on how the 91st MW efficiently and effectively handled the situation and would have assured readers (or viewers) that at no time was the integrity of the missile launch facility in danger.

How important are these exercises? Col. Galbert and Maj. Mesnard were both quick to articulate that an attitude of proper preparation for a variety of scenarios in a controlled environment ensures people will respond more calmly and effectively if ever called upon for the real thing.

In my 40 plus years in Minot I have not been called to a real press conference quite like the one that Bully Guarantee conducted, and that is certainly good. But I also understand that it could happen, and to have the 91st MW prepared to respond, down to including talking to the local (and maybe even national) press, is essential to mission readiness and communicating with the public.

I had a professor once tell me, "Be sure to provide the press with the true story backed by facts, or they will write their own story backed by rumors." It is a statement I have never forgotten. To Maj. Mesnard and his PA crew and to Col. Galbert, thank you for including the Northern Sentry in your exercise.

PHOTO OF THE WEEK



B-52H STRATOFORTRESS

A U.S. Air Force B-52H Stratofortress flies alongside Royal Air Force of Oman Eurofighter Typhoons above Oman, March 29, 2022. The bomber's flight originated at Royal Air Force Fairford, England, and flew over the East Mediterranean, Arabian Peninsula, and the Red Sea before departing the region.

U.S. AIR FORCE PHOTO | STAFF SGT. JERREHT HARRIS

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Air Force's new intercontinental ballistic missile system has a name: Sentinel

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force's new weapon system, the Ground Based Strategic Deterrent, has officially been designated the LGM-35A Sentinel.

Secretary of the Air Force Frank Kendall approved the designation for the system that modernizes the ICBM leg of the Nation's nuclear triad.

"Our Nation's nuclear deterrent force, two legs of which is operated by Airmen, has quietly provided a strategic security shield for decades," Kendall said. "All that time, the Department of the Air Force has kept the watch; always vigilant and ready. The name Sentinel recognizes the mindset that thousands of Airmen, past and present, have brought to the deterrence mission, and will serve as a reminder for those who operate, secure, and maintain this system in the future about the discipline and responsibility their duty entails."

The Air Force determined the LGM-35A Sentinel would provide continuity in strategic deterrence and cost less than extending the life of the current ICBM fleet, comprised of the aging Minuteman III. Replacing the 1970s-era missile modernizes the ground-based leg of the nuclear triad and brings the Minuteman's more than 50 years of service to a close.

"As the Air Force celebrates its 75th anniversary this year, the Minuteman III Weapon System has been and will continue to be integral to our Nation's defense," said Air Force Chief of Staff Gen. CQ Brown, Jr. "As we look ahead to the next 75 years, investing in nuclear modernization is as relevant

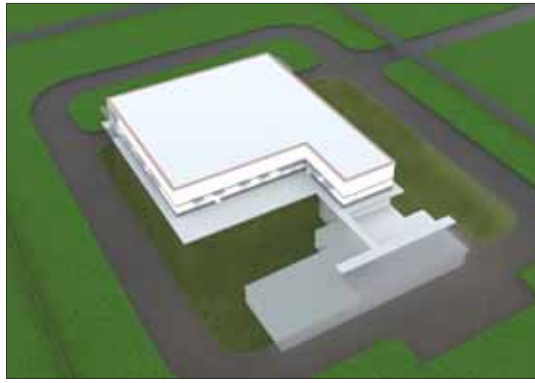
as ever and we are committed to transitioning to the Sentinel, which will ensure our Nation is ready to provide strategic deterrence for tomorrow."

The new system will incorporate low risk, technically mature components, feature a modular architecture that can easily incorporate emerging technology to adapt in rapidly evolving threat environments, and will be easier to maintain than the Minuteman system -- all of which will enable cost-savings and ensure relevancy as the Sentinel operates well into the 2070s.

"Sentinel is the next-generation, capable ICBM we need," said Gen. Anthony Cotton, commander, Air Force Global Strike Command. "Nuclear deterrence is central to our defense posture and more important now than it's ever been. This system will be a highly resilient and capable deterrent that will bring global stability to us and our allies for decades to come."

The Sentinel will not just be a new missile but a fully integrated launch, flight and infrastructure system with modern command and control features. It will backstop our Nation's integrated deterrence and provide the bedrock for a stable international order for our partners and allies.

Existing missile bases, F.E. Warren Air Force Base, Wyoming, Malmstrom AFB, Montana, and Minot AFB, North Dakota, will be home to the new system. Using infrastructure at current locations will allow both the Minuteman III and Sentinel weapons systems to continue meeting all nuclear surety and safety standards during the transition period.



Shown is an illustration of the LGM-35A Sentinel launch center. The Sentinel is the Air Force's newest weapon system known as the Ground Based Strategic Deterrent. The Air Force determined the LGM-35A Sentinel would provide continuity in strategic deterrence and cost less than extending the life of the current intercontinental ballistic missile fleet, comprised of the aging Minuteman III. Replacing the 1970s-era missile modernizes the ground-based leg of the nuclear triad and brings the Minuteman's more than 50 years of service to a close.



Shown is an illustration of the LGM-35A Sentinel launch silo, the Air Force's newest weapon system known as the Ground Based Strategic Deterrent.



Shown is an illustration of the LGM-35A Sentinel, the Air Force's newest weapon system known as the Ground Based Strategic Deterrent. The new designation, approved by Secretary of the Air Force Frank Kendall, modernizes the intercontinental ballistic missile leg of the Nation's nuclear triad.

U.S. AIR FORCE ILLUSTRATIONS

NOTES ON BEING SAFE

NO MATTER HOW FAR THE TRIP, ALWAYS CHECK YOUR VEHICLE



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Growing up, my father always taught me the importance of conducting a thorough safety check on your vehicle prior to a trip (long or short). He taught me to check all the fluids, lights, tire pressures, brakes, and the condition of all belts and hoses. Maybe this is why I have been blessed with not breaking down on the road in 40 plus years of driving.

Last summer while I was traveling with my family on another "Adventure Club" road trip we drove pretty much during the day, and making frequent stops "sight seeing" along the way, looking for old cars and trucks. We used all the safety rules that we stress to others: We got plenty of sleep the night prior to traveling and I as the primary driver was ready to take a break if I needed to, even if this delayed our return home and increased the cost of the trip. We left my headlights on to increase my visibility to other motorists, and wore comfortable clothes to keep the temperature in the car a little cool, but still comfortable.

As we were traveling from state to state I took notice of the changes in road signs, road surfaces and the occasional appearance of emergency vehicles. On one trip traveling through Nebraska I saw a car in the ditch that had evidently rolled over. The state patrol was already on site. I wondered what had happened? Was it rain? Did another driver cut them off? Were they drinking and driving? Did they just push it too far?

Thinking about what might have caused their accident prompted me to think about how I was driving. Was my speed too fast for conditions? Did I need to adjust my driving? If you can identify the cause of the accident you can adjust your driving and avoid the same fate.

We also noticed other signs

along the road and considered what we could learn from them. These signs told a sad story but did not present the details of what may have happened. As we traveled a mere 700 miles, we saw scores of crosses and wreaths on the side of the road, memorials to people that lost their life on that particular spot on that stretch of road. What happened? Who were they? Where were they headed? The crosses and wreaths provided no answers, but caused me to do some thinking. Were they military PCSing or going home to see family? Were they on the road as a means to make a buck? Were they moving to a new

place to find a better way of life? Were they on a family vacation trip? At one place there was a group of seven crosses in one place, was this a whole family that was lost? Discussing this with my wife, we came up with no real answers, only a lesson learned, traveling on the road is serious business, and lives can be lost.

Be prepared when you head out on the roadways of America, do the "Vehicle Check," plan for emergencies and delays, look for visual indicators of problem areas and come home safely. Don't make someone put up a cross for you.

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Kristopher Clafin,
Adult Accomplished



Sheyenne Monaghan,
Adult Novice



Lydia Schweinsberg,
Best in Show



Evan Reinhold,
Children 6-8 Years

Team Minot Art Exhibition

5th Force Support Squadron recently announced the winners of the 2022 Team Minot Art Exhibition. The exhibition, held March 31, at the Jimmy Doolittle Center, was designed to highlight and celebrate creative works by Team Minot. Entries were judged by Justin Anderson, Executive Director of MACA - Minot Area Council of the Arts. Congratulations to the winners in their respective categories:

- KRISTOPHER CLAFLIN**, Adult Accomplished
- SHEYENNE MONAGHAN**, Adult Novice
- LUCAS REINHOLD**, Pre-Teen 9-12 Years
- BELLE BLACK**, Teens 13-17 Years
- EVAN REINHOLD**, Children 6-8 Years
- LYDIA SCHWEINSBERG**, Best in Show



Lucas Reinhold,
Pre-Teen
9-12 Years



Belle Black,
Teens
13-17 Years



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Adopt an Airman Success

ERIN BEENE

The Adopt an Airman program was established at Minot AFB a few years ago. The program, which connects a first term Airman to a local family/sponsor here in Minot, has been a way to lessen the shock of Minot realities for many young Airmen. It is known that Minot weather and location can be jarring, especially to those away from home for the first time. So, this program aims to create a family-like atmosphere for an Airman to feel more at home during their first duty location.

Airmen who are interested in this program can sign up when they in-process at the base, but host families/sponsors can sign-up by visiting the Minot Area Chamber EDC or online at the Chamber's website. One such host, Air Force veteran Joshua Dolley, learned about the program in February of 2021 when he saw a post on a local news station's Facebook page. By April of the same year, Mr. Dolley had been paired with a young Airman, A1C Derek Johnson. The two met casually on base and then they met up a few weeks later to work on Derek's car and discuss things to do in Minot. "While we performed maintenance to his car we discussed the activities to do around Minot and all the good places to eat. We talked about his life before the Air Force and activities he did prior to joining. We hit it off very well, very quickly. His parents came up to visit and my family had the honor of having Derek and

his parents over for dinner," explained Mr. Dolley. Their relationship helped Mr. Dolley to understand how new Airmen feel when they first get to Minot and start this big new chapter of their lives. He also mentioned that it was interesting to learn how the Air Force has changed in the last two decades since he had joined. Derek explained that Mr. Dolley was welcoming and helpful.

One of the main things Mr. Dolley hoped to represent to Derek, and any future adopted Airman that he receives, is that Minot, like any place, can be what you make it. Derek admitted to Mr. Dolley that upon receiving orders to Minot AFB out of tech school, he was warned about how terrible it is, and how much he would hate it in Minot. With assurances from Mr. Dolley about Minot's advancements and surprisingly fun activities, Derek was relieved to discover that Minot may not be as bad as everyone says. Derek later said, "I would most definitely recommend [Adopt an Airman Program] to Airmen coming to Minot because if you come to Minot after you hear all of the negative things about coming here, the Adopt an Airman program could definitely change your view on Minot. It will get you out of the dorms and open your eyes to the things that are around you. You'll get to see all of the awesome things Minot has to offer." Derek has since received PCS orders and will be heading out to a new adventure soon. But he leaves Minot with



A1C Derek Johnson

fond memories, thanks in part to the Adopt an Airman program. "The program has shaped my thoughts about military life by showing that there is a lot more to do in the local area than you may realize. Also, it made me realize that the military does offer some great programs for new Airmen in the dorms that are aimed to get them more active and increase morale." - A1C Derek Johnson
 "I think the program is fantastic for airmen to participate in. In fact, I just met my second Airman, Ben, and he and I are off to a great start. Both of the Airmen I 'adopted' are in good spirits and ready to take on their career and enjoy off duty time in and around Minot. They both are motivated and driven to succeed in their careers. I couldn't be happier for them. I am happy to offer whatever I can to help them on their way." - Joshua Dolley



BABY ANNOUNCEMENTS

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BABY GIRL BORN ON
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MAFB, ND

BABY BOY BORN ON
SUNDAY, MARCH 27, 2022 TO:
EMMA AND AUSTIN OHARA
MINOT, ND

BABY BOY BORN ON
MONDAY, MARCH 28, 2022 TO:
ALEXIS AND JAMES UHLICH
DRAKE, ND

BABY BOY BORN ON
FRIDAY, APRIL 01, 2022 TO:
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MOHALL, ND

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69TH EBS: ROMANIA AND CZECH REPUBLIC

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



An Italian Air Force Eurofighter escorts a B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England, as a part of the pre-planned Bomber Task Force Europe series of missions, March 29, 2022. The 69th EBS flew to Romania and The Czech Republic to integrate with U.S. Allies for bomber familiarization.



A Czech Air Force Saab JAS-39 Gripen escorts a B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England, as a part of the pre-planned Bomber Task Force Europe series of missions, March 29, 2022. The Czech Fighters escorted the 69th EBS through Eastern Europe after their integration with Eastern European Allies.

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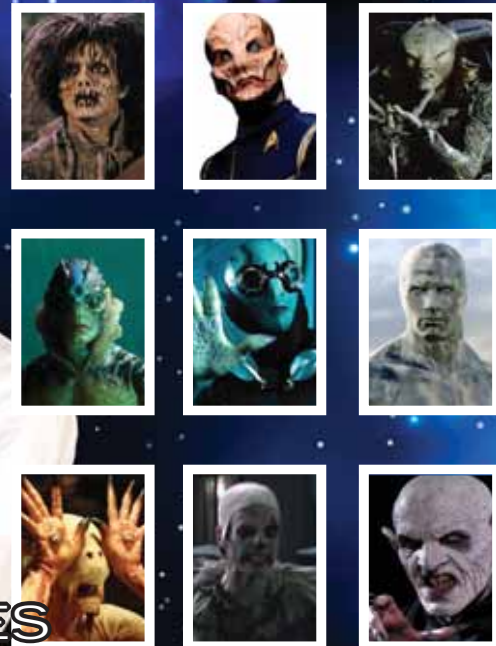
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The Revolution Will Not Be Televised



So you are a homeowner. Imagine this the advice you get. Don't bother painting your siding just leave it until it rots and then replace the rotten boards. Don't change your shingles just wait until it rots out your roof (and the spots inside where it was leaking) and replace them. Don't talk and seal your windows and doors. Just buy extra blankets, and draft stopping gadgets and turn up your heat. If that was the advice you got as a homeowner you would learn pretty soon that it was bad advice. What if I told you that was basically the advice you get as a human body owner. The healthcare leaders in our country could more accurately be called sickcare leaders. We don't get any advice on how to be healthy we just get advice on what to do when we are sick. There is no advice on prevention and optimization like in the example of the homeowner just advice on what to do when things start to rot.

The recent pandemic shown a 10,000-watt bulb on this. There was no talk about many of the well-researched ways we can increase our health, immune system, and vitality. There was little to no talk on supplementing a healthy diet let alone eating a healthy diet. There was no talk of the benefits of exercise and stress relief etc. It was mind numbingly frustrating to me that the only advice we got was how to avoid being sick and not how to increase our health and our immune system.

I have known for years that when it comes to a pathogen the thing that matters is not the strength of a virus it is the strength of the host. If you are strong and healthy this past pandemic was likely nothing more than a mild inconvenience to you (according to an overwhelming majority of the data), but if you were unhealthy and critically underinformed on what creates health (like most are thanks to our leadership in healthcare) then the past pandemic was much more worrisome for you if not unfortunately fatal.

The encouraging thing to me is that over the two years of the pandemic I could see in my practice and in the world at large many people also waking up to this fact. They started to be able to see that traditional healthcare has very little to do with their health and more to do with being a customer in a sickcare system. They started to realize that they have a large amount of control on their health and can make better decisions so that their strength can match the strength of any pathogen or trial that came their way. It warmed my holistic health heart to see this in people. To see them waking up. Unfortunately, it came at the expense of some of our liberties and unfortunately at the expense of a number of lives. Just about as soon as I noticed that this wave of people waking up to the realities of their own health reaching a crescendo the topic got changed, and just like that before people got to see all the way behind the curtain the thing the media has been obsessing about for the past 24 months virtually vanished. There are still echoes of it from time to time in an effort to keep us scared and compliant, but for the most part the subject has been dropped. No, the revolution that was catching momentum in this country that health takes personal responsibility and that the healthcare system does not always have their best interests in mind will not be televised.

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20th Air Force Women Inspire, Lead Future of Nuclear Enterprise

ABRAHAM MAHSHIE, AIR FORCE MAGAZINE

A decade ago, female missileers could not “pull alert” at a certain stage of pregnancy or while nursing.

More often than not, the women who took responsibility for an ICBM launch control capsule chose instead to leave the Air Force.

Today, Air Force policies have changed while still achieving mission objectives.

Female Airmen leading the nuclear enterprise say the small changes are helping retain and recruit female missileers, while young female Airmen can see what’s possible in their Air Force career in the changing faces of leadership.

Perhaps nowhere is that more true than 20th Air Force, where missileers go deep into the belly of nuclear missile silos for the most important job in strategic deterrence, maintaining and operating the nation’s intercontinental ballistic missiles.

“We’ve got two wing commanders out of four in 20th Air Force that are female,” 91st Operations Group commander Col. Kristen A. Nemish told Air Force Magazine. “That is not something that I had the ability to see when I was a young lieutenant.”

Factors included low numbers of female Airmen, especially in the nuclear enterprise. But old Air Force policies also hurt retention and prevented women from rising in the ranks.

“There are policies that are now allowing us to attract and retain families,” added Nemish in a phone interview from Minot Air Force Base, N.D.

In addition to the two female wing commanders, two of four operational security commanders are women, a circumstance unheard of a generation ago. Female leaders say the changes and the coming decade of nuclear modernization are building excitement among the new generation of female Airmen.

“That’s a great step forward,” said Nemish. “I think that those steps forward have been allowed to happen because we have people now at the higher levels that do have diverse backgrounds.”

WOMEN WILL LEAD THE ONCE-IN-A-GENERATION NUCLEAR UPGRADE

With the Air Force’s nuclear enterprise slated for billions in

modernization in coming years, the 20th Air Force is finding that its corps of female leaders will be front and center to guide the nation’s land-based leg of the triad, the new Ground Based Strategic Deterrent (GBSD).

“It was kind of unheard of back in the day for somebody to be pregnant while they were on missile crew,” said Col. Anita A. Feugate Opperman, 341st Missile Wing Commander and one of two female wing commanders who oversee ICBM operations.

A missileer for 27-and-a-half years, she remembers a different time for women in the career field.

“When I was a young lieutenant, I was probably one of three or four in my squadron of 60 to 70 missileers,” Feugate Opperman said by videoconference from Malmstrom Air Force Base, Mont.

Now, women represent 22 percent of all missileers.

“We have women at all stages of their career, having babies, feeling like they can continue on with their family, whatever the situation is, and still say in the Air Force,” the wing commander said.

Small lifestyle and quality-of-life adjustments to Air Force policies are leading to higher retention rates for women in the nuclear enterprise and more women in leadership roles.

As more women stay in the Air Force and rise to lead the nuclear enterprise, the cycle of retention continues.

“Seeing women at higher levels that have been able to balance work and family is encouraging for the young Airmen as well as some of the changes that we’ve just made,” she said. “Whether it’s maternity leave or being able to pull alerts longer into your pregnancy—and more acceptance that you realize it won’t hurt your career—[that] has allowed us to retain and recruit more women.”

Young mothers are even accommodated now while pulling alerts. TRICARE covers the cost of breast pumps for nursing mothers in the field, while the command has made adjustments to designate private places to pump. Some problems still remain, as only certain pumps are approved for use in launch control centers.

Col. Catherine Barrington, commander of the 90th Missile Wing at F.E. Warren Air Force Base, Wyo., has also witnessed the



“We’ve got two wing commanders out of four in 20th Air Force that are female. That is not something that I had the ability to see when I was a young lieutenant.”

91ST OPERATIONS GROUP COMMANDER
COL. KRISTEN A. NEMISH



mentality change within the ICBM enterprise.

“The value is that women are at the table, working the issues and involved in all aspects of ICBM nuclear leadership,” she said. “While that wasn’t the case years ago, we now see an improvement for everyone, and we are a stronger force because of inclusivity.”

Barrington recalls seeing one of the first female missileers, 429th Missile Squadron commander Lt. Col. Linda Aldrich, when she was a second lieutenant heading out on her first alert.

“I was walking down the hallway to the briefing room when I saw her. I immediately said to myself, ‘Oh, I could be a squadron commander just like her,’” she recalled. “Seeing a female commander let me know that it was a possibility for me.”

Fourteen years later, when Barrington took command of the 319th Missile Squadron, retired Col. Aldrich was in attendance.

Like many female Airmen, Barrington is married to another Air Force officer. In past years, missileer marriages usually resulted in the woman eventually separating from the Air Force.

Current Air Force policy prioritizes keeping dual military couples together. That wasn’t always the case, making it tough for Barrington and her husband to get assignments that allowed them to be together.

“Our leaders kept both of our careers moving forward and found ways for us to be stationed together well before this became the norm in the Air Force,” she said. “Because nuclear leaders cared for individuals, this potential hurdle was not a significant issue for us.”

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Col. Anita Feugate Opperman, left, 341st Missile Wing commander, and Col. Cathy Barrington, right, 90th Missile Wing commander, pose together at the 20th Air Force Senior Leader Conference March 23, 2022 at Kirtland Air Force Base, New Mexico.

1ST LT EMILY SEATON PHOTO

'A COMPETITION FOR TALENT'

Commander of the 20th Air Force Maj. Gen. Michael Lutton said if the Air Force doesn't make adjustments to recruit and retain talent, the nuclear enterprise will lose that human capital to the other services and the private sector.

"It'll be a competition for talent," he said.

"We've got to be really keen on competing against those other services, in support of service to our nation," he said in a video conference call from F.E. Warren. "When we look at that outreach, how do we double down on recruiting that talent, specifically, our young ladies or young women, to let them know what is possible?"

Lutton takes great pride in the fact that the 20th Air Force has female Airmen leading two wings, multiple missile operations squadrons, and two of the four

helicopter squadrons.

"Those ladies are the best people," he said.

"That'll tie into your Ground Based Strategic Deterrent. That'll tie into the B-21. That'll tie into all these areas in air and space and cyber," he said, noting that Barrington's 90th Missile Wing will be the first to receive GBSD.

"She is a vanguard," he underscored. "She is on the cutting edge of delivering our nation's Ground Based Strategic Deterrent."

If Congress approves the Defense Department's budget plan to keep GBSD on schedule, then the three missile wings overseeing the nation's Minuteman III ICBMs will begin a complex transition of onboarding a new system and operating an old system simultaneously.

The 90th Missile Wing at F.E. Warren will come first, when construction begins as early as

2023. The 341st Missile Wing at Malmstrom will follow in 2026, and the 91st Missile Wing at Minot Air Force Base, N.D., will be the last to break ground in 2029.

Barrington said the excitement generated by the once-in-a-generation change in the nuclear enterprise is having an effect on young female Airmen.

"What I love about fielding GBSD is that we get to be pioneers with this brand-new weapon system," she said.

"Our young officers will be able to spend a good portion of their careers leading fielding efforts and solving complex issues that arise during the process," she added. "It is a tremendous opportunity, and I want today's female missileers to know that this is an exciting leadership opportunity to shape a weapon system that will be in service through 2075."



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A LOOK BACK
THIS WEEK IN USAF HISTORY

YB-52 STRATOFORTRESS FLIES ITS MAIDEN VOYAGE
APRIL 15, 1952



The YB-52 Stratofortress was the first B-52 prototype to take flight, marking a new chapter in US nuclear deterrence. (Robert F. Dorr Collection)

On April 15, 1952, the Boeing YB-52 Stratofortress prototype became the first of its kind to take flight. While the XB-52 was actually the first prototype that Boeing created, it was not operational until October of 1952 due to ground testing damage, making the YB-52 the first Stratofortress in the sky. The prototype, which was piloted by Alvin 'Tex' Johnston and Lt. Col. Guy Townsend, took off from Boeing Field in Seattle, Washington. After 2 hours and 51 minutes of in-flight system checks and flying at 25,000 feet, the Y-B52 successfully landed at Larson Air Force Base, Washington. At the time, this set the record for the longest first flight in Boeing's history. A long line of bomber models came after the X and Y-B52s, eventually landing on the last and most current model: the B-52H. The first flight of the B-52 was the beginning of a new generation of bombers that would aid the USAF in nuclear deterrence for over 60 years.

Information courtesy of: Air Force Nuclear Weapons Center / historylink.org

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Cassidy Hjelmstad - SRT Positioned for the Future

ROD WILSON, NORTHERN SENTRY

Cassidy Hjelmstad, CEO and General Manager of SRT Communications, would be the first to tell you that the SRT she joined in September of 2010 was a much different company that it is today. "I look back and I am thankful that I was able to get a job with a fantastic company that was doing incredible things that actually came to light during the pandemic." SRT has been on an aggressive fiber build-out for many years, bringing fiber to the rural areas they serve, translating into services that are on par with anywhere else in the country. "We are offering internet services similar to what is available in cities in the United States, and you can get that same internet on a farm where I grew up," she said. Where Cassidy grew up was in Newburg, N.D. "Born and raised there," says Hjelmstad, which gives her a unique perspective on what it means to be on the cutting edge of technology, even on a farm that is miles from the nearest town.

Once Hjelmstad moved back to the area where she grew up, it didn't take long for her to see that working at SRT was special. "I have worked for a company that has allowed me to not only work my way up the ladder, but love every minute of what I am doing." According to Hjelmstad, "It's been exciting."

Then came 2011 and the flood that ravaged the Souris River basin. "The flood affected everyone. Whether you were directly affected, and your home was directly affected...or you were one of those who had people living in your home, or you went to help someone move out, you were affected. I had been home for six months and the flood hit. I saw how the community reacted and helped each other and it was incredible," according to Hjelmstad. "Thousands of people lost their homes, and with that, their land-line phones. SRT was able to react quickly to get people cell phones so they could continue to be connected. We didn't need to rely on some big company to come and save us, because they weren't going to. We put up temporary trailers - they looked like ice fishing houses - and made them complete offices to run services, and made them capable of supplying services as quickly as possible."

SRT: A LOCAL CO-OP

The advantage, according to Hjelmstad, was that SRT was a local co-op. "Every decision was made locally. Every person was vested in this company, and that is what made a huge difference. Our employees were working so hard to help people in our community, and a lot of them had been flooded so we as a company were trying to support them. We looked for ways to help out," says Hjelmstad, "and you don't find that in a larger company that doesn't share that connection to the local community."

SRT 2020 VS. SRT 2010

"Of course, the biggest difference would be broadband—how people back then used internet to basically check their email. I had a Blackberry," Hjelmstad says with a smile, "and our emails were just texts...basic writing or scripts. Now we are using our phones to download and stream and all those other exciting things." SRT in 2010 was just starting their fiber build-out based on a loan they received from the USDA for a BIP (Broadband Incentive Program) in the Lake Metigosha

area. That was SRT's first rural fiber area. Fast forward to 2022, as SRT now has their rural fiber completed, cutting over customers to the new fiber network. "We've started our Minot fiber project, taking fiber to every single home and business in Minot and we've already made a lot of progress on that project," Hjelmstad shares. "10 years of continuous building and working to get this fiber project done."

THE COST OF PROGRESS

The average cost to bring fiber to one home is \$9,000.00 according to Hjelmstad. That cost will vary according to the density of the population. Much of the territory that SRT covers is rural, and Minot will differ "but it still costs us around \$3,000.00 per home." That translates to over a \$50 million SRT investment. The total for the entire fiber project, and that means bringing fiber to every household, will mean between a \$130 million and \$150 million investment. "It's our obligation to bring fiber to every household in the territory we serve. Whether they are a customer of ours today or will be a customer of ours in the future," Hjelmstad continues, "We fulfilled our obligation as a coop to make our services available to every member." With the way technology is advancing, the services that SRT will provide because of their fiber network will be important.

LANDLINES CATCH A BAD RAP

Souris River Telephone was founded as a cooperative to provide telephone service to rural homes. Right now, landline service is decreasing, but Hjelmstad feels that landlines have caught a bad rap. "I still think there are bad actors and too many scammers, and they may be from another country, that start dialing all of these phone numbers...and

they have created a negative atmosphere," says Hjelmstad. "The government and the FCC have tried to stop this type of activity." But Hjelmstad says that it still does affect their landline customers even though companies like SRT have installed software to combat this type of activity. "I don't think anyone predicted the number of landlines that would be disconnected, but I still believe that a lot of those landlines were disconnected because of the scammers and the spoofer."

RECENT LOSS OF EMAIL SERVICE

Most customers of SRT lost email service for up to three days, as we were educated on the definition of ransomware. "What we learned from this attack is basically what we learned in all of our cybersecurity in our training. It was everything that they said would happen," Hjelmstad shares. "We started sharing information as soon as possible about the situation, but we couldn't control the messaging like we would have liked to. We learned that when you are under legal advisement you can't talk about certain things. There was information that we could not disclose because of that situation. Everyone you talk to says in cybersecurity it's not a matter of if it is going to happen, it's a matter of when." So SRT has decided to provide customer education to let their members know how to help prevent similar attack on them as individuals and protect their information.

AND THE FUTURE?

"This industry is certainly exciting to me, and what we offer. We are going to continue to improve and supply our critical infrastructure to clients like Minot Air Force Base and Trinity Hospital. To all of those entities we want to continue to be

that critical supplier. Right now, we offer one Gig of broadband internet service. But in the future, we are looking at five and even 10 Gigs. We're having those conversations. We want to continue to be critical partners in the communities we serve. How can SRT help smaller communities create and recruit jobs to their communities?" Hjelmstad shares. "If our communities don't thrive, we don't. So, we are here to help that happen."

For Hjelmstad, she sees SRT as on the cusp of amazing things with the communities they serve. It is hard to imagine what the future will bring to a company like SRT, but knowing CEO Cassidy Hjelmstad is at the helm, the ship seems on the right course, navigating the waters to bring their customers the very best services.



Cassidy Hjelmstad
SRT Communications CEO/GM



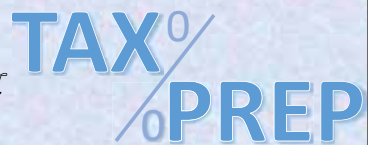
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The LEGO Club will meet on the second & fourth Tuesday of the month at 7:00 pm in the Imagination Station of the Minot Public Library. Children ages 5 to Grade 5 and parents interested in building are encouraged to attend. At each meeting, children will have the opportunity to create different structures and vehicles with LEGOs. Each month their structures are on display in the Children's Library. Contact the library for more information at 838-0606.

Come explore your creative engineering side and build amazing things with LEGOs!



LEGO Club

2nd & 4th
Tuesday of the month
7:00-8:00 pm
All ages
*Children 8 and under must be with an adult
MPL Imagination Station
*Masks recommended!
MINOT PUBLIC LIBRARY

For more information:
www.minotlibrary.org

14 APR

DOWNTOWN MINOT BUNNY HOP
12:00 NOON - 2:00 PM
Various Business Locations
Downtown Minot

Hop into spring with Downtown Minot's annual Bunny Hop! Moms, Dad's Grandparents, bring your Preschoolers five and under with their Easter baskets so we can fill them full of fun! Stroll the streets of downtown visiting your favorite shops and discovering new ones. And stay tuned to the event page; we'll be adding a map of all the businesses participating before the event!



For more information:
Facebook Event / Minot Downtown Business & Professional Association

16 APR

EASTER AT THE ZOO
VARIOUS TIMES
Roosevelt Park Zoo
1219 Burdick Expy E, Minot

Join us for Easter treats provided by MarketPlace Foods and an easter themed scavenger hunt through the zoo.



For more information:
Facebook Event / Roosevelt Park Zoo / Easter at the Zoo

On Base

15 APR

PANCAKE BREAKFAST WITH THE EASTER BUNNY
9:00 AM - 10:30 AM
Minot Exchange Food Court
Minot Air Force Base

Come enjoy a pancake breakfast with the Easter Bunny. Cost is \$4.25 for pancakes and choice of beverage (orange juice or chocolate milk). At 11:00 am follow the Easter Bunny into the breezeway and help him collect his eggs. "Find the Lucky Egg" and win a "Special Prize!"



Pancake Breakfast with the Easter Bunny

When: Friday April 15, 2022
Where: Minot Exchange Food Court
Time: 0900 - 1030

Cost \$4.25 for Pancakes and choice of beverage:

For more information:
Facebook / Minot Exchange



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1/4 Ground Sausage
1 cup Breadcrumbs
1 cup Milk
2 tbsp Onion, chopped
1/2 tsp Ground Sage
2 tsp Salt
2 Eggs, beaten


GLAZE
1 cup TRAEGER *QUE BBQ Sauce
1/2 cup Apple Juice

- 1) When ready to cook, set the temperature to 225° and preheat, lid closed for 15 minutes.
- 2) Combine breadcrumbs, milk, onion, sage, and salt. Add beaten eggs. Add both ground beef and ground sausage and mix well.
- 3) Form mixture into a loaf, packing tightly. Place meatloaf directly on grill grate, and cook for 2 hours, or until it reaches an internal temperature of 160°.
- 4) For the Glaze: Combine Traeger *Que Sauce with the apple juice. Glaze meatloaf during the last 20 minutes of cooking.
- 5) Let meatloaf rest 5-10 minutes before slicing. Enjoy!

*Cook times will vary depending on set and ambient temperatures.
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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 4: 1,827.81 feet above mean sea level (MSL); 14,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.59 feet above mean sea level (MSL).
Stump Lake elevation: 1,440.4 MSL.

•N.D. Game & Fish Dept. game wardens: Look for some open water shore-fishing opportunities for pike along some of the back bays on the south side of the east end of Lake Sakakawea. North-central area lakes remain iced-over early in the week but conditions can vary day-to-day. Use extreme caution if considering venturing out.

•Devils Lake, Ed's Bait Shop, Devils Lake: Good numbers of anglers around Mauvais Coulee with nice walleye success.

•Devils Lake, Woodland Resort, Devils Lake: Lots of activity around the open water of bridges, including Mauvais Coulee. Some walk-on activity but use extreme caution with conditions varying day-to-day. Fair walleye success.

•Lake Darling, Karma C-Store, Ruthville: A few anglers fishing off the Grano Bridge but limited success at best. No activity on Lake Darling until there is open water.

•Lake Metigoshe, Four Seasons, Bottineau: No new reports with shorelines starting to deteriorate.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Look for some shore-fishing opportunities for pike on the east end of Lake Sakakawea in the far back bays where there are open water shorelines. Missouri River slow with difficult access due to low river levels.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea opening up along the shorelines, including Douglas Bay. Look for some pike activity using herring or smelt. Try early morning for walleye in the tailrace but access with small boats only.

•Lake Sakakawea, New Town: Some open water under 4 Bears Bridge but anglers are accessing from shore with small boats only. The rest of the lake in the

•People are asked to report any dead birds and abnormal behavior in migrating birds, especially waterfowl, shorebirds, and raptors, to the N.D. Game and Fish Dept. on their wildlife mortality reporting form, (gf.nd.gov/wildlife/diseases/mortality-report), due to a national outbreak of highly contagious avian influenza. It can also impact domestic poultry. While rarely infectious to humans, hunters or anyone handling poultry should use precautions, such as avoiding handling sick animals, wear gloves when dressing birds, wash hands and equipment thoroughly, and cook meat to an internal temperature of 165 degrees.

•Upper Souris Nat'l. Wildlife Refuge (NWR) Prairie Marsh Scenic Drive now open.

•Sharp-tailed viewing blind reservations are available at Upper Souris NWR. Free reservations can be made by calling the refuge, (701) 468-5467.

•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.

midsection remains iced over. No shore-fishing activity for pike yet with muddy shorelines limiting access.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing occasional walleye from boats using jigs and minnows. Also try the chutes for walleye with a few ling. Look for some pike from the east end of Lake Sakakawea along the open water shorelines in the back bays. Try smelt or herring. Watch for floating and shifting ice.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers open with a mix of walleye, sauger, ling, and a few catfish. Try any sitting type rig with a minnow more so than jigging. Lake Sakakawea opening up as far down as around Lund's Landing. Try Lewis and Clark State Park for shore-fishing but low water preventing boat ramp access at this time. Look for some shore-fishing opportunities from smaller area lakes but also floating ice issues.

•Lonetree WMA area lakes,

Harvey: No activity with anglers waiting for open water.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes or the Souris River.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: No open water shorelines yet on area lakes with no activity as ice continues deteriorating.

Migration:

•Light goose: Some birds still moving through northwestern N.D. but not stopping for any length of time. Good numbers of birds still in north-central and northeastern N.D., including around the Devils Lake area. Central N.D. also has good numbers yet but that should start dwindling as the main influx of birds slows.

Hunting:

•Spring turkeys: Birds not very active yet in the northwest.

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.

Mil-to-mil couples gain time to make separation decision after childbirth

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

Starting March 1, either parent of a Department of the Air Force military-to-military couple may now have up to 12 months to request separation from the service after the birth or adoption of a child.

A military-to-military couple is defined as a DAF active duty member married to another DAF active duty member.

Caregiver separation and childbirth separation give both parents more time to learn how to balance family and career, allowing them to continue to contribute to the DAF mission before making a decision to separate.

"As part of our ongoing diversity and inclusion efforts, this is a positive step we can take to allow new parents more time to decide how to balance their careers with a new child," said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel, and services. "It's vital that we continue to find creative ways to develop and retain talented and skilled Airmen and Guardians."

Additionally, new parents are encouraged to use the MyVector online mentoring system to find mentors who can provide support and guidance as they navigate service and family.

"This new family-friendly policy recognizes the work-life balance our Guardians seek and provides greater opportunity for choice," said Patricia Mulcahy, deputy chief of space operations for human capital.

This initiative is in addition to pregnancy separation, which currently allows for voluntary separation for pregnancy before the birth of a child, and childbirth separation, which currently allows for voluntary separation for up

to 12 months after the birth of a child. Other initiatives include new parental leave guidance authorized in the FY22 National Defense Authorization Act, which eliminates primary and secondary caregiver designations and provides for up to 12 weeks of leave for new parents. The Office of the Secretary of Defense and the services will implement that new policy within the coming year.

In an effort to balance mission while taking care of Airmen and Guardians, only one spouse will have the opportunity to separate under either the pregnancy, childbirth, or caregiver provisions. The other spouse may not separate under any of these provisions, but may qualify to voluntarily separate under hardship or any other reasons for voluntary separation under AFI 36-3208, Administrative Separation of Airmen and AFI 36-3207, Separating Commissioned Officers.

Members may apply for caregiver separation under the "miscellaneous reason" provision already included in both officer and enlisted separation instructions, which apply to both Airmen and Guardians. The requests are evaluated based on individual merit and may be disapproved if it is determined that the separation is not in the best interest of the DAF.

Members may apply as early as the day following childbirth or adoption, applications must be submitted no later than 12 months following birth or adoption, and the requested date of separation must not be more than 12 months from the application date. Waivers of active duty service commitments will be evaluated on a case-by-case basis.

For more information about personnel programs, visit myPers.

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Lending a Helping Hand

ROD WILSON, NORTHERN SENTRY

The Society of Military Engineers (SAME) Minot Post, WarBulls and the Minot's Magic City Discovery Center united to make a heavy lift a success. The 5th Civil Engineering Squadron and SAME Minot Post took a team of personnel to the former Cognizant/Voya building located at 2000 21st Avenue NW to assist in relocating donated furnishings to be used in the Magic City Discovery Center when it is completed later this year.

The new Discovery Center is a combination children's museum and science center and was possible in part through a grant

provided by the Department of Defense Office of Local Defense Community Cooperation.

Networking and strengthening the relationship with the Magic City Discovery Center were the focus of the engagement. Prior to the pandemic the post had assisted this non-profit organization with other events and activities. The new location will provide a permanent, year-round, facility for community and Minot Air Force Base children to learn and develop STEM (science, technology, engineering & mathematics) skills.



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Wheel Alignments

It's important to get a wheel alignment done after you have new tires installed or you have made any changes to your suspension system. Regular wheel alignments will improve fuel economy, vehicle performance and are essential for even tire wear. When your wheels are aligned, they offer a smoother ride, which will give your tires a longer life. Your wheel alignment is one of the key preventative maintenance factors to ensure that you get the most out of your tires and your vehicle's handling. Our mechanics utilize precise calculations with our state-of-the-art wheel alignment machinery to perform regular wheel alignments on your vehicle.

Get Routine Wheel Alignments
Your wheel alignment should be checked about once every six months. Your vehicle can come out of alignment from hitting potholes, speed bumps, curbs, or other imperfections on the road surface or from worn suspension and steering parts. At Tires Plus of North Dakota in Minot, ND, we can perform a wheel alignment check and align your vehicle to manufacturer's standards.

An Alignment Check Features:

- Assessment of the steering and suspension components
- Examination of the tires for size, inflation, and wear
- Comparison of your tire alignment to automobile manufacturer guidelines

What is Wheel Alignment?
A wheel alignment involves a complex process in which suspension angles are measured and adjusted. This will ensure that your wheels are properly aligned with both each other and the vehicle's axles, so that tires make optimum contact with the road surface. The alignment of your wheels functions to keep you driving safely and help make sure your tires wear evenly, and that they don't overly wear down on one side. This process will give you and your passengers a comfortable and smooth driving experience. Driving a car with correct wheel alignment will:

- Save fuel
- Enhance your car's handling, particularly cornering
- Reduce driver fatigue
- Save excessive uneven and premature tire wear

Signs That You Need a Wheel Alignment

- Unusually rapid or uneven tire wear
- "Pulling" to the left or right
- Crooked steering wheel during a straight drive
- Squealing tires

Inspect the condition of your tires regularly to ensure they are wearing evenly and are set to the correct pressure. At Tires Plus we use expert state-of-the-art alignment equipment to complete the alignment on your vehicle. Visit us for your next wheel alignment, auto repair service, or tire need, and we'll have your car running smoother and safer for longer.

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THINK SPRING, THINK FISHING

Patricia Stockdill

Spring means throngs of migrating waterfowl resonating overhead as they return to nest. It's wildlife awakening from their winter survival mode.

It's green grass and early wildflowers as crocuses and other flowers pop seemingly out of nowhere.

And it's fishing.

Finally, it's open water fishing.

To Jason Lee, an avid angler and N.D. Game and Fish Department North-Central District Fisheries Supervisor, spring open water fishing also means northern pike. They're a species native to North Dakota and active right after ice-out, he described – much more active than those sluggish walleye who don't seem to wake up to spring quite as early as good ol' pike.

Lee offered some early ice-out suggestions within his district lakes for pike enthusiasts and anglers simply wanting to get out: Try Buffalo Lodge Lake in McHenry County or Ward County lakes such as Rice, Makoti, Hiddenwood, or North Carlson Lake.

Cast spoons or large crankbaits or maybe put a dead smelt or herring beneath a bobber, fishing from shore or off a pier.

And don't forget Lake Audubon for pike. "The thing about Lake Audubon is that pretty much all of the north half of the lake is (Game and Fish Department) Wildlife Management Area with a lot of public access," Lee described.

Several boat ramps and fishing piers are available and little North Lake just north of Lake Audubon itself on the north side of McLean County Road 8 has three earthen fishing piers.

The south side of Lake Audubon is closed to open water fishing because it's within U.S. Fish and Wildlife Service Audubon National Wildlife Refuge and provides critical island nesting habitat for birds.

Sleepy walleye wake up as spring inches along, which means Lake Audubon is often a good choice for early season walleye activity.

However, don't forget about Buffalo Lodge Lake and walleye, Lee offered. Game and Fish Department fish population surveys indicate the lake near Granville has nice walleye numbers, including some pretty fair-sized fish.

Cottonwood Lake a scant distance north of Butte is another quaint lake with some walleye potential.

Smallmouth bass enthusiasts can appreciate the number of smallies in Lake Audubon. Even Hiddenwood Lake has smallmouth bass.

Early each May fisheries biologists stock several community ponds with catchable rainbow trout including the North Dakota State Fair Pond on the state fairgrounds in east Minot and Glenburn Pond in the community of Glenburn.

Later as spring creeps towards summer the State Fair Pond is stocked with catchable-sized perch followed by bluegill in early summer. Glenburn Pond is also stocked with those species when possible.

North-Central fisheries crews began checking dissolved oxygen (DO) levels in several lakes within their district in late February. Most were OK for levels capable of supporting game fish species such as walleye and pike, although a few lakes had lower DO levels than normal.

Lee anticipates some potential fish mortality on lakes where DO levels were too low to support fish such as walleye. Biologists will sample lakes such as McLean County's Scobey Lake and Coal Mine Lake, Sheridan County, as early as possible this spring to determine the extent of potential fish losses and assess their potential for re-stocking based on water levels, he described. Both lakes are traditionally shallow and can be prone to low oxygen levels.

Speaking of shallow water and given the fact that much of North Dakota endured varying degrees of drought conditions in 2021, the snow blanketing north-central North Dakota's Turtle Mountains and the eastern portion of Lee's North-Central District this past winter was much-welcomed.

Many lakes in those areas could enjoy improved water levels. Some may even fill to more normal elevations, Lee added. However, the southern and western portions of the North-Central District didn't receive as much snow and Lee isn't quite as optimistic those lakes could gain much elevation this spring.

That could change with any given rain event, though. Plus, most walleye lakes within the North-Central District were still OK for elevation, Lee added.

Game and Fish Department fisheries biologists will stock those lakes as scheduled and determine if any changes are needed elsewhere based on winter fish mortality.

Time will also tell if a drought persists as North Dakota moves forward into summer.

But it's spring and spring should always bring optimism and enthusiasm. It should also cause one to gather up some fishing gear and head to the open water.



Pier fishing, Lake Audubon: A family fishes off the pier at the East Totten Recreation Area on Lake Audubon.

PATRICIA STOCKDILL PHOTO



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YOUTH IN ACTION

5FSS Commander Recognizes Bus Drivers



On 30 May 2022, Lt. Col. Michael Weeks, the 5th Force Support Squadron commander, showed his appreciation for the hard work and dedication of the Bus Drivers and Aids who safely transport the children of Minot AFB to and from school. According to Weeks, this was the smoothest year for school busing that he has experienced. Due to a limited number of bus incidences and ongoing quality services for MAFB Children, Weeks felt that recognition for these individuals was well-deserved.

In addition to the 5th FSS Commander, several Operation Warm Heart committee members were in attendance to give their thanks to the outstanding bus drivers. "Operation Warm Heart is a committee that provides additional financial assistance to the MAFB Community, although their primary focus is to provide relief during emergency situations. The committee also provides financial relief during emergency situations, promotes health, welfare and morale for the MAFB Community. Operation Warm Heart is organized as a committee under the Minot First Sergeant Council," says Master Sgt. Jeffrey Sindelar, 5th FSS First Sergeant. The committee provided gift cards

for the bus drivers as part of their recognition.

The Child and Youth Program Flight Chief, Racquel Labadie, also offered a heartfelt thank you to the bus drivers who went above and beyond to make busing a positive experience for the children of Team Minot. When speaking to Hannah Powell, the on-base School Bus Manager for Yellowfin Transportation, she raved about the extra mile that the drivers and aids go for their students, including handing out small rewards for well-behaved children, hanging colored lights on the ceiling and holding Friday afternoon dance parties on the bus.



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Month of the Military Child

There are over two thousand military-connected children in our area and nearly six thousand in the state of North Dakota. Military children make up a very special part of our nation's population. Although young, these brave sons and daughters stand in steadfast support of their military parents through moves and deployments. To honor their unique contributions and sacrifices on behalf of our country, each April is designated the Month of the Military Child. Minot Air Force Base is proud to honor our military-connected children; our leadership, schools, and families understand the struggle of the youngest in our community who serve through sacrifice. In the coming weeks we will distinguish and honor our military youth in unique ways and through a number of special events. Child & Youth Programs will kick off the month on Friday, 1 April with the grand opening of



ALICIA THOMPSON, GS-11
INTERIM SCHOOL LIASION
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the Teen Cyber Suite. The suite will include a MakerLab complete with 3D printer and laser cutter! Our schools, along with some of our on-base helping agencies, will celebrate our military youth throughout the month, check with your students school for official dress up days/sprit week. April 22nd is the official state of ND Purple Up Day and the Youth Center's annual Month of the Military Child celebration. FAMAGANZA; this event will feature on-base agencies and off-base partners, along with carnival

games, prizes, and family fun! For our homeschool community, the Library will be hosting Purple STEAM on April 20th where the library staff will conduct a chemistry lab for students of all ages! Expect to see even more special activities within your child's school, at Child & Youth Programs, and throughout the 5th Force Support Squadron. For more information contact the School Liaison at 701-240-2380, visit minot.af.mil, or check out 5thforcesupport.com.

MONTH OF THE MILITARY CHILD HIGHLIGHT

Madison Wiggins

ERIN BEENE

Military kids have a very unique lifestyle. According to 5th grader Madison Wiggins, the best part of being a military kid is moving around and seeing new places. But she also mentioned that moving and saying goodbye to friends and family is the worst part of being a military kid too, so it's both good and bad. Madison has enjoyed living in Minot for the past three years but is excited to be moving back to a warmer climate. She said that the hardest part of living in Minot is the snow and that none of the kids in her class enjoy the cold weather. When stuck inside during the frozen months, Madison enjoys playing Lego and making slime. When the weather is nice, she loves to play baseball and ride bikes with friends outside.



Madison's favorite place to live was in Florida when her dad was stationed at Hurlburt Field, where that she discovered that base living has many perks. She was able to walk to the beach and spent a lot of time at their neighborhood park. She also saw lots of wildlife on base, including bears in trees and a snake inside their house! Even though living in odd places with the military can have its downsides, Madison has learned to make the best of each situation and is happy to be a military kid.

A lot of military kids are born in

one place, but grow up in several others. So, when asked "where are you from?" the answer is usually complicated. However, Madison answered with confidence that she was from South Carolina because she was born there, she has family nearby and it's a familiar place to her.

Being a military kid isn't always easy, but finding the good and not focusing on the negative is something military kids often learn early on. Madison has realized that she has received a

unique childhood experience by living on several military bases and that not all kids get to do that. But she is excited for her move back to South Carolina later this year when her dad retires. Even though military kids often say goodbye frequently, the reliance that comes with making new friends, putting their best foot forward and learning new ways of life can be invaluable skills for later in life. Thanks for you for being an awesome military kid Madison!

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MON-THUR
11 AM TO 10 PM

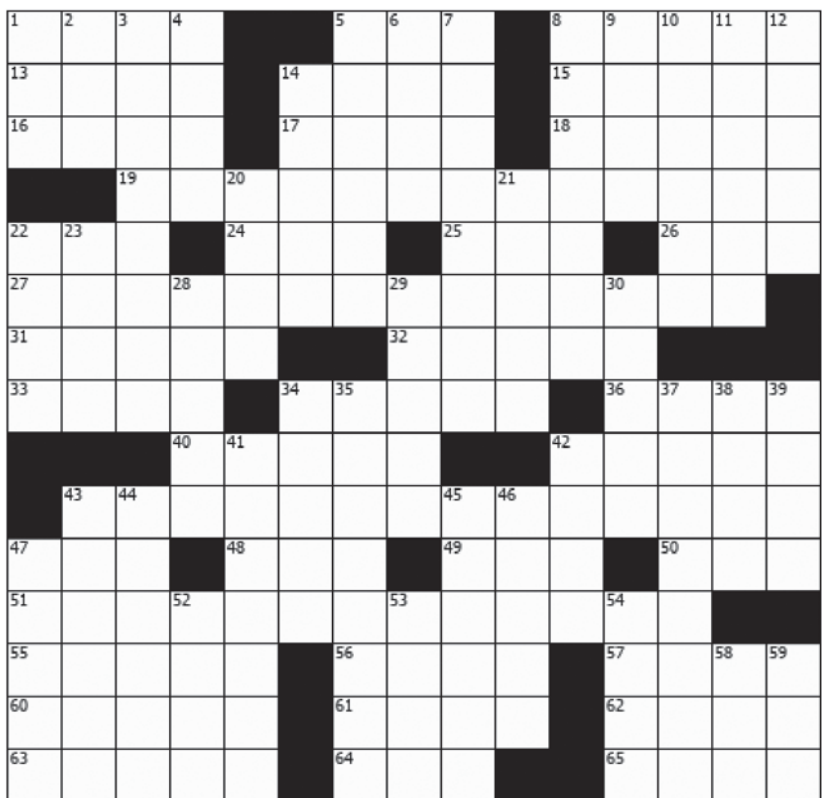
FRI-SAT
11 AM TO 10:30 PM

SUN
11 AM TO 9 PM

CROSSWORD PUZZLE

Across

- 1. Horse color
- 5. Comedian Bernie ___
- 8. Medicinal amounts
- 13. French cleric
- 14. ___ Alto
- 15. "Candle in the Wind" composer John
- 16. Sorvino of "Mighty Aphrodite"
- 17. Original "ER" cast member LaSalle
- 18. Proper niche
- 19. BRAVE
- 22. Western treaty gp.
- 24. Here, to Henri
- 25. Abu Dhabi is its cap.
- 26. "Hänsel ___ Gretel"
- 27. BOLD
- 31. "Fiddler on the Roof" figure
- 32. Sal of "Exodus"
- 33. Warning sign
- 34. "Hill Street Blues" actor Joe
- 36. Bygone Chrysler model
- 40. Handed out hands
- 42. Prefix with prop or jet
- 43. VALIANT
- 47. Debtor's letters
- 48. Coach Parseghian
- 49. Dumbo's "wing"
- 50. NFL objectives
- 51. STOUT
- 55. Court TV feature
- 56. Word in a threat
- 57. Location
- 60. Subsequently
- 61. Public disturbance
- 62. Soy-based soup
- 63. Nosed (out)
- 64. ___ Andreas fault
- 65. Support



Down

- 1. Zodiac animal
- 2. Kimono completer
- 3. Like pumice
- 4. In good order
- 5. 1964 Hitchcock film
- 6. Touched down
- 7. Chicken-in-wine dish
- 8. Exhaust
- 9. Spanish pot
- 10. Watch the late, late show, perhaps
- 11. Epoch in which mammals arose
- 12. McCarthy's trunkmate
- 14. Yellowish pink
- 20. Go for
- 21. "___ attention to that man behind the curtain"
- 22. "Beetle Bailey" bulldog
- 23. "Excuse me ..."
- 28. "She Bop" singer Lauper
- 29. Treasured violin
- 30. Dogpatch surname
- 34. Prefix with iliac
- 35. Arraignment figures
- 37. Guidelines
- 38. Start of a tot's song
- 39. Flag maker Betsy
- 41. Made possible
- 42. When tripled, a WWII film
- 43. Decanted
- 44. Decision
- 45. Liam of "Batman Begins"
- 46. West Point student
- 47. "___ shoe fits ..."
- 52. Boot binding
- 53. Figure skater Kulik
- 54. Meek one
- 58. PC's undo key
- 59. NASA affirmative

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C7

FRIDAY APRIL 8 1800
 SATURDAY APRIL 9 1800
 SUNDAY APRIL 10 1800
MORBIUS (PG-13)
 FIRST RUN

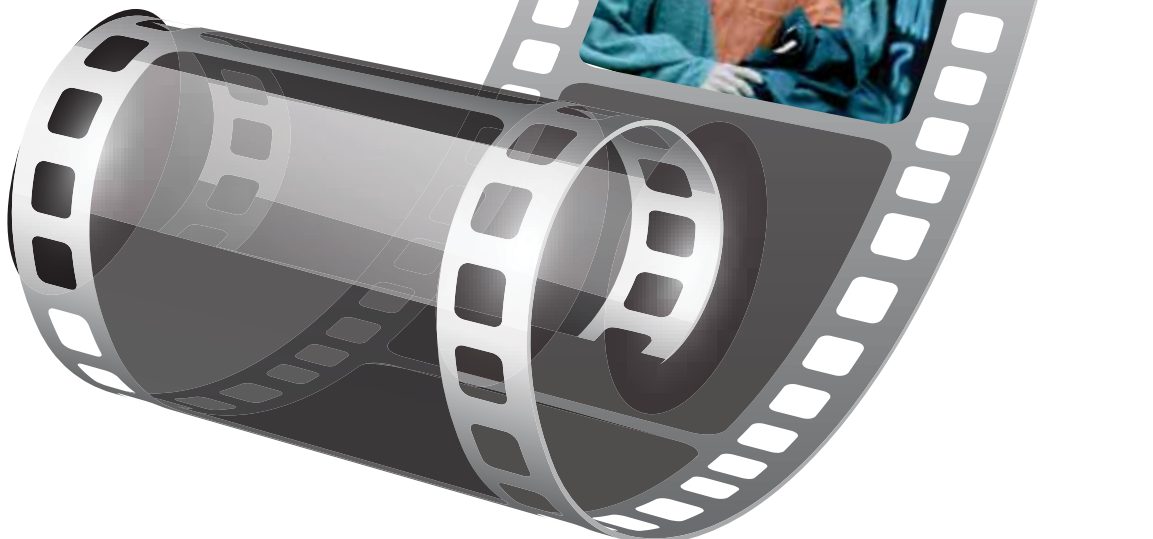




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CHURCH DIRECTORY

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, April 9 Vespers, 5PM</p> <p>Sunday, April 10 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> <table border="1"> <tr><th colspan="2">SUNDAY MORNING</th></tr> <tr><td>Worship Services</td><td>8:15, 9:30, & 11:30 am</td></tr> <tr><td>Sunday School</td><td>Age 4 - Grade 12</td></tr> <tr><td></td><td>9:30 am (Sept-May)</td></tr> <tr><td>Adult Bible Study</td><td>9:30 am</td></tr> </table>	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>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>
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>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>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>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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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
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director



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LEGAL NOTICE

Minot AFB, N.D. – Capt. Jourdann Rhodes from the 5th Logistics Readiness Squadron, has been appointed the Summary Court Officer (SCO) for the estate of **A1C EIVETTE MARTINEZ, 5TH LOGISTICS READINESS SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO. For more information, Capt. Jourdann Rhodes at (701) 340-3207.

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April 29

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MINOT AFB ANNOUNCEMENTS

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COLUMBIA COLLEGE

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

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MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. 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

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

Contact Rod Wilson to get your business listed here!
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WHAT'S GOING ON MAFB

FRIDAY 08

- Registration Ends: Smart Start T-Ball at the Youth Center
- Cycle & Strength, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- First Friday, 1600-2000, Jimmy Doolittle Event Center
- Wine & Paint Class, 1730-1930, Arts & Crafts Center
- Karaoke Night, 2000, Rockers Bar & Grill

TUESDAY 12

- Registration Closes: Lifeguard Certification Class at Outdoor Recreation
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

SATURDAY 09

- Yoga, 1000, Fitness Center
- Spy School Saturday, 1300, Turf, hosted by the Minot AFB Library
- Game Night Series: Counter Strike Global Offensive, 1800, ESC, inside Bomber Bistro
- UFC 273: Volkanovski vs The Korean Zombie, doors open at 1900, main event begins at 2100, Rockers Bar & Grill

WEDNESDAY 13

- HIIT Strength & Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Boots to Business, 0830-1630, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Federal Resume Workshop, 1400-1600, A&FRC
- Nail Embroidery Class, 1730-1930, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Family Paint Night, 1800-2000, Youth Center
- Yoga, 1830, Fitness Center

SUNDAY 10

- Zumba, 1400, Fitness Center

MONDAY 11

- HIIT Strength & Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY 14

- 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
- Coffee with a Cop, 1300-1500, Bomber Bistro
- Wreath Making Class, 1700-1900, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

Lifeguard CERTIFICATION CLASSES

April 1st - 3rd
Register by March 26th

April 19th - 22nd
Register by April 12th

Register by visiting MAFB Outdoor Rec
FREE for future 5 FSS lifeguards or \$350 per person
Open to all ages 16 & up



FRIDAY 15

- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Game Night Series: Board Games, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 16

- Top Secret Escape Room Game Ends at the Minot AFB Library
- Cycle, 0900, Fitness Center
- Barre Strength, 1000, Fitness Center
- Game Night Series: League of Legends, 1700, ESC, inside Bomber Bistro

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.

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!

Coffee with a Cop
Hosted by Bomber Bistro
April 14, 2022 1800-1500

Join us for a Q & A with Minot AFB Law Enforcement! This is your best bet to get the answers you need from a working AF air warrior!

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TOP SECRET
Escape Room Game
2 - 16 April 2022 • Minot AFB Library

Minot AFB, 2022
A What-If scenario starts to unfold and to have a hostile further out. He managed to take some photos that would compromise base security if they fall into the wrong hands. Your mission is to retrieve the film and hold for close to catch the whole spy ring.

Call 701-852-0406, email minotlib@afbr.com, or visit the Minot AFB Library to reserve your time slot.

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