

northnersentry

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WHATS INSIDE THIS WEEK:



FINAL EVENTS MAKE IT REAL

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SCRIPTCENTER LOCKER SETS TO OPEN IN JULY

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Col. Kenneth McGhee, incoming 91st Missile Wing commander, receives the guidon from Maj. Gen. Michael Lutton, 20th Air Force commander at Minot Air Force Base, North Dakota, June 06, 2022. Prior to taking command of the 91st Missile Wing, McGhee was Commander of the 341st Operations Group at Malmstrom AFB, Montana. See page A3 for more coverage.

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As Concerns over Privatized Housing Linger, Air Force Begins Independent Inspections

GREG HADLEY, AIR FORCE MAGAZINE

Starting in mid-June, third-party inspectors will begin touring privatized military housing at Department of the Air Force installations—and they'll keep going for the next 28 months, checking every one of the department's approximately 55,000 units.

The process, which is scheduled to end by Sept. 30, 2024, will bring the Air Force in line with a Defense Department memo released in January directing all the military services to have independent inspections of all their privatized housing.

The other military branches have already begun their inspections—the Navy started in October 2021, the Marine Corps followed in January, and the Army launched a pilot program in February.

The Air Force will start with a pilot program as well, at Goodfellow Air Force Base, Texas, according to a release from the Air Force Installation and Mission Support Center.

Independent inspections are required by legislation in the 2020 National Defense Authorization Act, which mandated that the Pentagon establish "a uniform code of basic housing standards for

safety, comfort, and habitability" and start conducting inspections based on that code by Feb. 1, 2021.

It's one of more than 30 requirements related to privatized military housing included in the 2020 and 2021 NDAA's, as lawmakers reacted to news investigations that uncovered widespread fraud and unsafe living conditions ignored by housing companies. Airmen and other service members alleged that companies failed to conduct needed maintenance but created false records to keep collecting performance bonuses from the services.

Those revelations led to an FBI investigation, which culminated in one company, Balfour Beatty Communities, pleading guilty to fraud and agreeing to pay \$65 million in fines and restitution.

Still, a recent Congressional investigation found that Balfour Beatty employees have continued to submit incorrect or incomplete work order information, and several service members told lawmakers their personal experiences of dealing with employees that dismissed problems, changed work orders,

and made shoddy repairs.

With third-party inspections, the Air Force is hoping to get a "consistent and effective assessment of the entire inventory," of privatized housing, said Mark Wall, Air Force Civil Engineer Center Housing Program Manager, in a statement.

Under the 2020 NDAA, the inspectors cannot have a relationship with the federal government or the companies operating the privatized housing. The law also requires the Pentagon to establish minimum credentials for inspectors.

Tenants will be notified prior to inspections taking place, as required in their lease agreements, and Air Force officials are urging residents to work with the inspectors to ensure the process is useful.

"The residents have a place in this process and it is important that they are heard," Wall said. "We highly encourage Airmen, Guardians, and their families to support the inspection and assessment of their homes to ensure their needs for quality housing are met well into the future."

A LOOK BACK THIS WEEK IN USAF HISTORY

THE WOMEN'S ARMED SERVICES INTEGRATION ACT
PASSED IN CONGRESS

JUNE 12, 1948



Since America's conception, women have played an integral role in the military. Whether it was as nurses, spies, soldiers disguised as men, or officially recognized service members, women have always served vital, often unrecognized, roles in the nation's defense. The United States officially allowed women to join the military on June 12, 1948 with the passing of the Women's Armed Services Integration Act. After they had served in the Women's Army Corps, Navy Women's Reserve, Marine Corps Women's Reserve, and the Coast Guard Women Reserves under special legislation during WWII, the United States finally realized the importance of integrating females, who have historically made up about half of the US population,

Poster advertising opportunities for women to serve in four special units during WWII. (National Archives and Records Administration Photo)

into the military. Section 502 of the act still excluded women from aircraft and Navy vessels that might engage in combat, but it was a step in the right direction towards a more modern, inclusive military.

Information courtesy of: visitthecapitol.gov / cgsc.edu

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Rough Riders: Continuing the Legacy

SENIOR AIRMAN ZACHARY WRIGHT,
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- 24 hours a day, 365 days a year, the 91st Missile Wing operates, maintains and defends 150 Intercontinental Ballistic Missile Launch Facilities and 15 Missile Alert Facilities spanning 8,500 square miles. This commitment to one of the most important missions in the Department of Defense provides our nation with a combat-ready nuclear force that deters adversaries across the globe.

The continued success of the 91st MW is attributed to their mission priorities: Developing Airmen, executing the mission and taking care of Airmen and their families. As 91st MW Commander, Col. Christopher Menuey is tasked with adherence to these priorities and assuring the success of the 91st MW mission.

"I've been at all three missile wings now and hands down, this is the most amazing team I've had the opportunity to see and work with," said Menuey.

Col. Menuey, who assumed command of the Missile Wing in July of 2020, has led the wing to several awards and recognitions, including the 20th Air Force's highest combat sortie availability rate, the 2021 Best Nuclear Surety Inspection results and back-to-back Chadwell Trophy wins for the best ICBM Maintenance group.

"Today, you continue to answer our nations call and provide combat power with the Minute Man III ICBM, America's 'Big

Stick', providing the foundation for our national security, assuring our allies and partners, and scaring the hell out of our enemies every single day," said Menuey to those present for the ceremony.

"I'm so proud of your commitment and hard work, ensuring that we are ready to strike 24/7, 365. Your performance over the last 2 years has been phenomenal."

On June 6, Col. Menuey relinquished command of the Missile Wing to Col. Kenneth C. McGhee. Col. McGhee assumes the responsibility of continuing the "Rough Riders" legacy of highly disciplined Airmen and the commitment to excellence that proceeds him.

"Only the Best Come North isn't just a sign at the front gate," said McGhee.

"It's a calling that summons the best defenders, maintainers, operators and support personnel that the Air Force has to offer. I look forward to getting to know each and every one of you."

As the title of commander is passed on, one thing will always remain constant: the 91st Missile Wing's commitment to their Airmen, families and nation. Because of the dedication and sacrifice of the Rough Riders, the U.S. and its allies retain a sense of security and an assurance that at all times, the 91st are on alert and ready to defend.



Col. Christopher Menuey, former 91st Missile Wing commander, hands off the guidon to Maj. Gen. Michael Lutton, 20th Air Force commander, at Minot Air Force Base, North Dakota, June 06, 2022. The primary focus of change of command ceremonies is to allow Airmen to witness the formality of command change from one officer to another.



Maj. Gen. Michael Lutton, 20th Air Force commander, awards The Legion of Merit to Col. Christopher Menuey, former 91st Missile Wing commander, at Minot Air Force Base, North Dakota, June 06, 2022. The Legion of Merit is awarded to those who have distinguished themselves by exceptionally meritorious conduct in the performance of outstanding services.

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



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Welcome, Jessica O'Neal, PA-C Orthopedic Medicine



Jessica O'Neal, PA-C

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Originally from Ocean Springs, MS, Jessica earned her Bachelor of Science in Kinesiology, with minors in Biology and Spanish, from Louisiana State University, Baton Rouge, and received her Master's in Physician Assistant Studies from Red Rocks Community College, Arvada, CO. Her clinical training encompassed a wide range of medical fields at healthcare settings in Colorado, Mississippi and the Dakotas, including a rotation with Trinity Health Orthopedics. Since completing her Physician Assistant studies, Jessica has practiced locally, providing primary care with a special focus on orthopedic issues. She is a member of both the American and North Dakota Academies of Physician Assistants. In her spare time, Jessica enjoys quilting, traveling and spending time with her family.

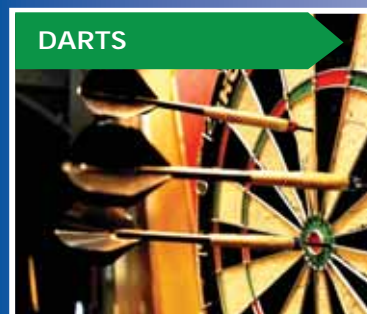
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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRYRY.COM

PHOTO OF THE WEEK



54th Helicopter Squadron overlooks the B-52H Stratofortresses on the flightline at Minot Air Force Base, North Dakota, May 5, 2022. For more than 40 years B-52s have been the backbone of the strategic bomber force for the United States. The B-52 is capable of dropping or launching the widest arrangement of weapons in the U.S. inventory.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN
CHINA M. SHOCK

We Will Miss You Mr. J

The past two years have been anything but normal for Airmen and families at Minot Air Force Base. Restrictions on travel, mask mandates, COVID vaccines...they all took away activities that help our enlisted population deal with moving to Minot, North Dakota and Minot AFB. Whether first term or experienced, the move into a new community is admittedly hard. Even Commander Col Michael Walters describes moving to Minot Air Force Base as "hard". However, in that same sentence he will say that his family chose Minot AFB because of that fact. Hard does not mean impossible, unless you are stuck in a dorm or base housing with no opportunity to experience Minot and North Dakota.

Out of COVID came the necessity to re-visit programs like AADD (Airmen Against Drunk Driving) to make sure they were ready to serve the MAFB when needed. The Northern Sentry was also asked to support new programs like Adopt an Airman and The

Drunk Driving Task Force. In all of these efforts there seemed to be one common, driving force. A person who seemed to be the glue that held everything together. His name is John Jeziorske, Community Support Coordinator for Minot AFB.

I am not sure when John and I first met, he has just always seemed to be there for The Northern Sentry as a reference point when we have questions. I have countless emails from John connecting me to people, both active duty and civilian, who are resources for programs and activities on base. John and I met once a week and it was always a download of information about the activities on Minot AFB. The Northern Sentry was, and always will be, key to supporting these programs with articles, ads and even manpower.

If you have met John, you know of his passion to improve the Minot Air Force Base experience. It was John who developed "You Matter". The key words of You Matter



John Jeziorske

**northern
sentry**

A VIEW FROM OUR SIDE

ROD WILSON, NORTHERN SENTRY



are Connection, Community and Compassion. All three of these are like legs on a stool. They all need to be in place or the tool tips over. For our Airmen, You Matter focused on Mental, Physical, Spiritual and Emotional well-being.

Two simple words, You Matter, will hopefully be a legacy to John Jeziorske. There is so much more that can be said about the passion that he brought to his job. We could talk about his "don't take no for an answer" attitude and the many times that this attitude opened doors. John is not one to push his way through any situation, but let's just say he will more than likely

reach a compromise rather than walk away.

All of this was accomplished while John and his spouse, Daneen, were in different cities. John at Minot AFB and Daneen, now Chief Master Sergeant Daneen Jeziorske, at Barksdale AFB. The two will finally be reunited at Scott Air Force Base near St. Louis.

John will be headed south on June 11. By his own admission, this was a tough job to leave. But I believe that John Jeziorske was one of those people who knows that when he leaves, what he is leaving behind is better than when he arrived.



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Final Events Make it Real

ROD WILSON

The UH-1N Huey helicopter announced its arrival long before it came into view. It was one of those perfect, blue sky days at Minot Air Force Base. The gathering waited for touchdown and the embarkment of Col Christopher Menuey on his fini helo flight, final helicopter flight for us civilians, as Commander of the 91st Missile Wing at Minot Air Force Base. In just a few short days Col Menuey will relinquish command of the 91st MW and head to his new assignment in Omaha, Nebraska.

LOOKING BACK

A few thoughts entered my mind as we waited for Col Menuey's arrival. First would be how short a time two years really is. In July of 2020 at the height of the pandemic, Col Menuey took command of the 91st. The ceremony was outside, and guests were limited. We struggled with the correct pronunciation of Col Menuey's last name. I smile now as people in Minot still query me "how do you pronounce the Commander's last name?" In August of 2020, we would have our first Military Affairs Committee meeting via Zoom as large public events, especially on Minot AFB, were either postponed, cancelled or moved to a virtual platform.

The Huey arrived and gracefully touched down. The scene was very cordial as Col Menuey shook hands and thanked members of the helo and ground crews as they surrounded the Huey. Everyone moved forward and a small, celebratory bottle of champagne was presented to Col Menuey. Indeed, one more event to check off in his final days as Commander of the 91st.

LFA- LAST & FINAL ALERT

Also checked off the list was Col Menuey's LFA, or Last & Final Alert. This event would have been prior to the fini flight, taking place on the previous Friday and Saturday. Pulling an overnight alert seems fitting as more than likely Col Menuey will not be part of an actual missile wing administration again. There were photos and a small celebration as Col Menuey was welcomed back on Saturday by staff, family and friends.

FINI FLIGHT

As we sat down to reflect on his two years at Minot AFB, Col Menuey talked about how beautiful the terrain was as they headed south towards Lake Sakakawea on his fini flight. Having a sailboat anchored on the north side of the lake, we shared experiences of locations like Goat Island, near Indian Hills Resort. Goat Island is a popular destination and anchorage for sailboats as they travel Northwest on the lake. I had heard the helicopter pilots referring to their trip over Goat Island (now because of lake levels more of a peninsula than an island) and how they were able to see many of the goats that inhabit the island. "We skirted along the lake shore for



Colonel Christopher Menuey.



The Menuey Family, Jonathan, Christopher, Tonya and Michael.

quite a ways," according to Col Menuey. We were able to recount his morning flight on a map of the missile fields located on the wall of the 91 MW headquarters.

"LASTS" SINKING IN

For Col Menuey, the busyness of leaving Minot and preparing for a new assignment has shielded him from the reality of the end of his tenure in Minot. "It really hasn't been sinking in, but all of these lasts and final goodbyes and farewells are really making it hard," said Col Menuey. "Now I am starting to think of all of the things I am going to miss. I am really going to miss the mission. I have been in the ICBM business for a lot of years."

COMMUNITY TIES

Col Menuey pointed out that he will also miss the community ties. "Everything from the civic

leaders who have been great, to the programs that keep the base and Minot tied together, those are important and certainly will be missed."

For all of us at the Northern Sentry who have had the privilege of meeting and getting to know the Menuey family, we want to wish them well as they travel to Omaha. It is kind of like going home for Col Menuey and Tonya, which is always nice. Oldest son Michael, a recent high school graduate, will be headed off to Bozeman, Montana, where he will enroll at Montana State University. After the change of command, which has already happened at the printing of this article, it is now time to fold up one list and open up another... "What to do when we arrive in Omaha?"



Colonel Christopher Menuey's Fini Flight.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

BABY ANNOUNCEMENTS

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

I'm not from around here. Sometimes that can be really hard. Usually I'm too distracted by the fun I'm having and the quirky local culture to notice the hard parts about not being a native North Dakotan myself. Once in a while, though, the very not-from-here nature of my existence creeps in.

If it happens to me, I bet it happens to others out there. Those who have been born and raised here may never realize that life as a nonnative species can be uncomfortable for reasons other than the January wind chill. For me, this never comes into focus more clearly than on holidays. Here's what I mean.

Memorial Day came and went. For the end of May the weather was cool and windy (surprise!) — not ideal for attending a memorial service at the park, cooking out, or spending the day on a lake.

In my house things were quiet. I've been swamped with projects, and my husband recently started a new job where he is often on call. Because of this, we made no

plans.

By 10 a.m., he'd been called in to work. The kids and I were on our own.

We had a great day. We played inside. We ran errands. When the wind calmed down, we went out to ride bikes and fly kites in the driveway.

But all day, a hollowness chewed on my insides. After hanging up from a FaceTime call with my mom, I was finally able to articulate the feeling.

Loneliness.

As I thought about the salad my mom tossed together while we talked on the phone, I envied the gathering about to take place. I envied the holiday's predictability for my relatives in Indiana. On any given birthday or federal holiday, I can guess with great accuracy who will gather, and where.

It's simple, easy, and completely enviable to someone who finds themselves "not from around here."

On Monday, I'm sure people across Hot Dish Land gathered with friends and family for hot dogs and lemonade. Kids went to grandparents' houses. Cousins played. Countertops were lined with Pyrex and open chips. It all probably seemed so conventional, so ordinary.

Sometimes, that's exactly what those of us who aren't from around here miss most: the ordinary simplicity of knowing where we belong on a holiday.

Lonely Holidays

Some of my sweetest memories of life in Minot have happened when I've been invited to spend a holiday afternoon with a local family. To them, my husband and I may have just been two more at the table. To us, it was the priceless gift of belonging and normalcy.

Even I, a lover of words, have a hard time finding one to sum up the warmth, impact, and relief a holiday invitation can have on the transplant's heart.

It's the difference between feeling like you will never truly fit in and knowing you are home.

To the locals: First, cherish the roots you have here. You've got something beautiful happening, just by knowing where you'll eat a burger on Memorial Day — just by having a standing invitation to any holiday gathering.

Second, your backyard gathering is never too commonplace to warrant an invitation to someone who isn't from around here. We aren't looking for lavish — usually being invited into someone

else's mundane is what we've been longing for. Your extremely ordinary family get-together could be the bedrock of our fondest memories of life in NoDak.

Extend an invitation to your Fourth of July barbecue. Ask us to join you at the lake. (Really. Do it, because most of us don't know what that even means.) Task us with picking up paper plates for the Labor Day potluck. We'll be over the moon.

To the transplants: It's okay to miss your own family traditions. It's also okay to forge new ones, or invite new people into the old

ones. Get to know the locals. Invite newcomers to join you in your own mundane celebrations. It won't be the same, but it can be sweet.

Life here is good, and I wouldn't trade it for all the lefse at the Hostfest. That's true, even on the rare occasion I feel the sting of not being from the place I now call "home."

(For more encouraging writing, find my writing here every week or join me on Facebook @ amyallenderblog or Instagram @ amy_allender.)



AMY ALLENDER PHOTO

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

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ERIN BEENE

What screams American Summer nights: Baseball, Family and Fun! Minot's own Souris Valley Sabre Dogs are here for one last baseball season in Minot. Since 2018, the wooden bat collegiate team has played here in the Expedition League. While some changes are coming next season for the league and team, it did not stop the enthusiasm and positive thinking of the current Sabre Dogs Team.

Prior to batting practice before the Sabre Dogs game on Friday, June 3, this reporter got to sit down with a few ambitious Sabre Dogs players to learn their stories, goals and what living in Minot has been like for them. Since the entirety of the Sabre Dogs team is made of excellent baseball players from around the US, each player has been scouted, or asked to play on this team for a reason. Every player is discovered in a unique way and 2nd baseman, Jake Barlow, 24 said that he was initially contacted by a Sabre Dogs coach who discovered him on his Twitter page. Pitcher Reed Butz, 23 said that he ended up on this team because he had previously worked with one of the coaches and they asked him to play on the Sabre Dogs for the summer season. Butz said that the process to getting on league teams involves connections and networking, just like any other job. Both Butz and Barlow have only been in Minot for a few weeks (or less) but when asked what they thought about the city of Minot, Barlow replied in his southern accent that it was "just right" and was bigger than his hometown in Jonesville Louisiana, so he didn't have any complaints. Butz said that he didn't mind Minot at all. According to him the town is "perfect". Both Barlow and Butz admitted that the Sabre Dogs have a very talented team this year with a record of 8-1 this season. The team is filled with great, hardworking and mature players, which both Barlow and Butz really respect. Butz mentioned that all the players want to be here, are encouraging and hold each other accountable. The purpose of the Expedition League and others like it is to get younger players the chance to be seen and show off their skills to eventually be picked up by a major league team. Since all the players have the same goal, the pregame atmosphere exuded athleticism and positivity. Butz said that the league is great and "a sample of professional baseball". When asked how he got to this point and what he would say to younger baseball players that want to be professional, Barlow said, "never stop working, don't give up; you never know what opportunity could be just around the corner."

The game on Friday, in which the Souris Valley Sabre Dogs battled the Pierre Trappers at Corbett Field, featured a truly family-friendly atmosphere. In between innings the crowd was entertained with games for all ages. And, located near the bathrooms was an obstacle course bouncy castle as well as a popular pitch speed radar for the kids to get some energy out. The turf field, and covered seating offered shade and a beautiful clean baseball diamond sight. Friday's game proved the talent of the Sabre Dogs with a 14-0 win in 7 innings! Tickets are also affordably priced with regular priced tickets starting at \$12 for



adults and some really innovative combo ticket deals including a \$15 Dog Pile Package which includes entry, a concession stand item and 2 beers. Another great deal for a night out is their VIP table, \$180, which comes with 4 tickets to the game and all you can eat or drink until the 6th inning! Whichever option, the experience of the Souris Valley Sabre Dogs is a treat for young and old and not to be missed.

While this is the last season the Sabre Dogs will play in the Expedition League, hopes are that another team will find success in Minot as well. Assistant General Manager Coby Brault said the plans for next year's team include: "...playing in the Northwoods League, which is one of the most prestigious summer collegiate leagues in the nation. The players will all have an opportunity to continue on with their careers after our season ends, either returning to school or attempting to get signed to play in the minors. Everybody on our team only signs for the summer, so the new team coming in will have no effect on the guys." Talks are still in the works for what will exactly happen next, but one thing is for sure, the summer 2022's Sabre Dogs baseball team are taking this final season by storm and are prepared to give their all!

Tickets and Schedule information for the Sabre Dogs can



Sabre Dogs Jake Barlow



Sabre Dogs Reed Butz

be found at sourisvalleysabredogs.com. The Sabre Dogs will host a Military Night on Sunday, July 3, 5:45pm. The night will include \$5 tickets for all active duty and veterans, as well as a free drink voucher.

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K9 DEMO



Staff Sgt Marshall Rains, 5th Security Forces dog handler, shows the strength of their military working dog by demonstrating a bite takedown for a group of elementary kids at Dakota Elementary School on Minot Air Force Base, North Dakota, May 25, 2022.



Senior Airman Ryan Gutshall, 5th Security Forces dog handler, demonstrates what military working dogs do to support the mission for a group of elementary kids at Dakota Elementary School, on Minot Air Force Base, North Dakota, May 25, 2022. The military working dog plays an important role in keeping the base safe with constant patrols of the area, and maintaining security around the base.

U.S. AIR FORCE PHOTOS | A1C ALEXANDER NOTTINGHAM

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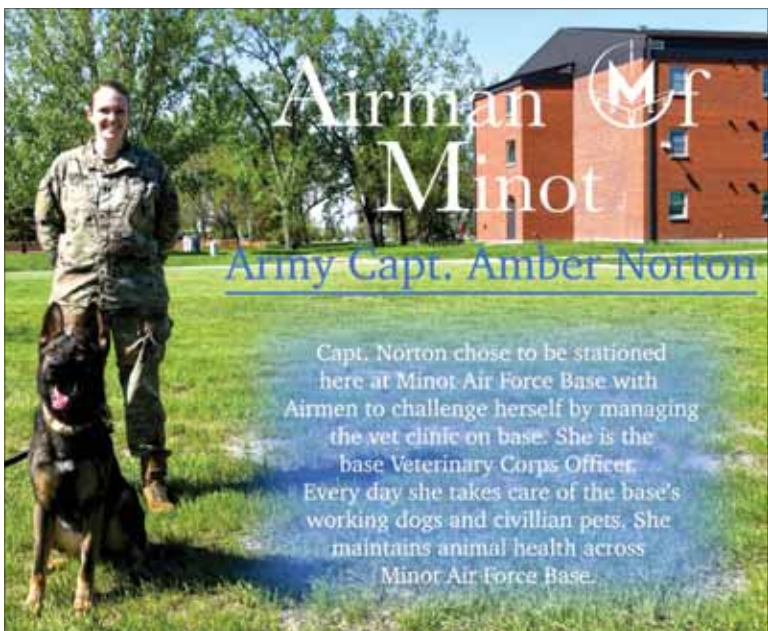
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Airman Minot
Army Capt. Amber Norton

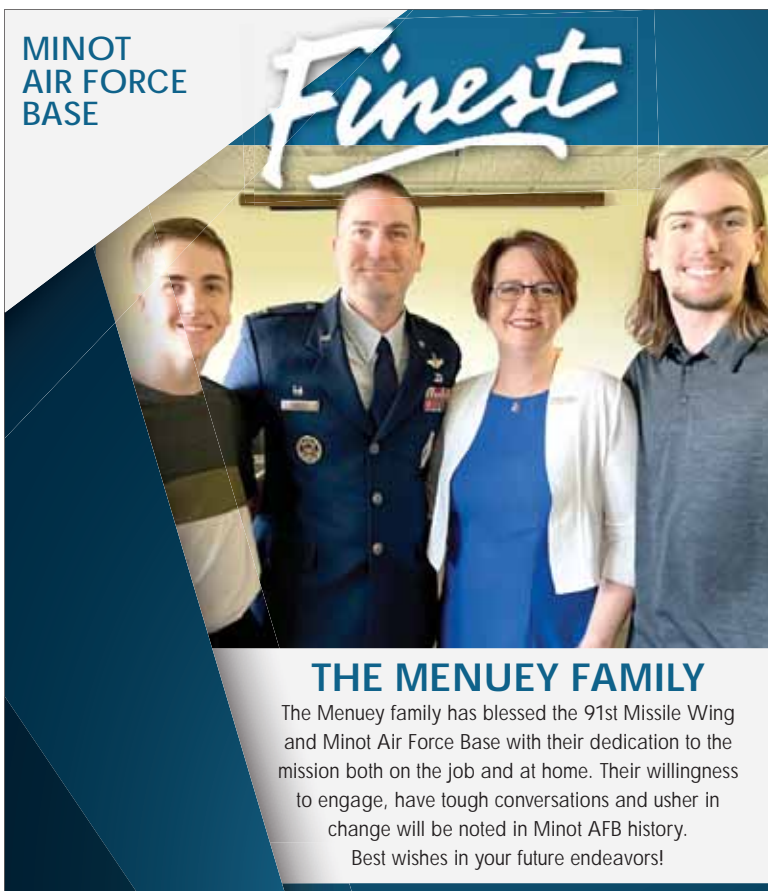
Capt. Norton chose to be stationed here at Minot Air Force Base with Airmen to challenge herself by managing the vet clinic on base. She is the base Veterinary Corps Officer. Every day she takes care of the base's working dogs and civilian pets. She maintains animal health across Minot Air Force Base.



In her free time she enjoys spending time with her twins while pursuing her passion in baking.



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Upcoming Events

14 JUNE **LEGO CLUB**
 7:00PM
 Minot Public Library
 516 2nd Ave SW, Minot

The LEGO Club will meet on the second and fourth Tuesday of the month at 7:00 pm in the Imagination Station of the Minot Public Library. Children ages 4 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
 Second & Fourth Tuesday of the month
 7:00-8:00 pm

All ages
 *Children 8 and under must be with an adult
 MPL Imagination Station

For more information:
 Facebook/Minot Public Library/Events

14 JUNE **SUMMER OLYMPICS**
 6:00PM
 Duane Carlson Stadium

Summer Olympics is a track meet for children ages 6-14. Meets are held on Tuesday, June 7, 14, 21, and 28 at 6:00 pm at Duane Carlson Stadium. Children compete against others in their age group in running, jumping, and throwing events. Ribbons are given to all participants. This program is free.



SUMMER OLYMPICS
 Tuesdays in June
 Duane Carlson Stadium
 Ages 6 - 14

For more information:
 Facebook/Minot Parks/Events

17-19 JUNE **MIDSUMMER FESTIVAL**
 5:00PM
 Scandinavian Heritage Park
 Minot

Midsummer (or Midsommar in Swedish) is held in June around the summer solstice, the longest day of the year. It is a celebration of the ushering in of light, after the long dark winters and is a cherished tradition in Scandinavia. This holiday is considered the second most-important holiday of the year after Christmas. Come celebrate Midsummer with us in the Scandinavian Heritage Park! This year's event will include music, vendors, demonstrations, workshops, food/refreshments, fun kids' activities, and the most anticipated event - the lighting of the bonfire! (Sauna "may" also be open!)
 HOURS: Fri: 5 pm to 10 pm, Sat.: 10 am to 10pm, Sun.: 10 am to 12 pm
 ADMISSION: FREE!!!!!!



For more information:
 Facebook/Scandinavian Heritage Park/Events

17 JUNE **MINOT PARKS SUMMER MOVIES IN THE PARK**
 2:00-7:00PM
 Oak Park
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For more information:
 Facebook/Minot Parks/Events

On Base



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Souris Valley Animal Shelter: Here to Help

ERIN BEENE

There is something about pets that makes most humans feel comforted. Animals offer unconditional love. Dogs, and sometimes cats, allow the human heart to be filled in ways that can't be filled by other companionship. Many pet owners would probably agree. Because of this unique bond between humans and their pets, the Souris Valley Animal Shelter seeks to be a helping hand in assisting animals who may need a little extra boost or help in finding their forever homes.

The newly built facility, located at 1935 20th Ave SE, houses anywhere from 5-10 cats and 10-20 dogs at any one time. These animals come from all over town and from various situations. Some are found around town and are in need of quick care. Some are released from their owners who cannot take care of them and some still are sadly obtained in devastating abuse situations. Whatever the case, it is the goal of the SVAS to care for and nurse the animals in their care the best they can. Their mission is, "[to] create a better world for pets and people by advocating for animals and moving communities forward."

The no-kill facility hosts events and fundraisers throughout the year to help raise money and donations for the animals in their care. At the up-coming event on Saturday, June 11, the SVAS is teaming up with Souris River Brewing, Up Your Ax, and Traveling Art Pub ND to bring downtown Minot the, "10th Anniversary Parking Lot Party". The event will host many activities, but the SVAS will be bringing their dogs that are available for adoption between 3-7pm. Guests will be able to interact with the pets and apply for adoption. Additionally, Souris River Brewing will donate \$1 for every beer sold that day to the Animal Shelter to benefit the animals. The event is family-friendly but it is geared towards adults.

The SVAS is always looking for volunteers and foster families and information can be found on their website: svaspets.com. SVAS Community Relations Coordinator, Siri Aponte said they often have a waitlist and pets in the most urgent need, get places at the shelter first. However, the more people who are available to foster, the more pets can be placed quicker and spend less time waiting for care. So she encourages those who may be interested to apply to foster pets if possible. Aponte also mentioned that with the warmer summer months coming up, it is important for pet owners to take special care



of outside time and making sure pets have enough water. The SVAS offers an informative pet summer care guide which will be featured in the Northern Sentry's Summer Guide coming out soon! Aponte also told the Northern Sentry that the SVAS will soon offer a spay/neuter veterinary clinic for the shelter's dog and cats. This addition will bring in a full-time veterinarian, Dr. Logan Wood, to offer vet services exclusively for SVAS and make sure all the

shelter's pets are fixed before being adopted. As this vet clinic becomes a reality in July, the five-year goal, according to Aponte, is to evolve the clinic into a teaching vet facility where students can come from all over the state to learn about veterinary science. As the Souris Valley Animal Shelter continues to grow and offer more services, the more animals will be able to get care and bless more humans with their love.

10 YEAR CELEBRATION

SATURDAY 6.11.22

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Increase grill temperature to 350°. When grill comes to temperature, place rib foil packet back on the grill and cook for 45 minutes longer.

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Ryan Davy - GM
Minot

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All About Pets

Coping with the loss of a pet



There are many reasons why one might lose a pet: old age, an unfortunate accident, or changing life circumstances, to name a few. For those of us who truly care about our pets, losing them can be devastating. So how can you cope with the loss of a pet? Here are a few suggestions.

- Let yourself grieve — whether your pet has gone off to the rainbow bridge or simply another home, it is completely normal to feel a level of grief. It's important to recognize your feelings and if you need support, reach out to friends, family, or even a professional counselor. You can also try finding pet loss resources such as those at www.aplb.org.
- Reflect on your time together — after the loss of a pet, it can be difficult to think about their memory. But reflecting on the time you've spent together can actually be therapeutic. Try to focus on the positive memories and recall the challenges that you faced and overcame as a team. Writing your feelings down in a journal a great way to reflect and hopefully help turn your grief into gratitude. If you're the type to keep reminders of your pet, there are plenty of creators who make keepsakes such as keychains, paintings, jewelry, or other memorials. Something I like to do is use a stepping stone kit to imprint my pet's paw prints forever. When they're gone, you will always have a little piece of them in your life to remind you of all the great times you spent together.
- Spend time with other pets — humans aren't the only ones who have feelings about losing pets. Some pets can sense when there has been a loss, other than the obvious sign of not having their friend around. Unless your pet is actively giving you signals that they want to be left alone, spending time and giving attention to your other

pet(s) can benefit you both and help you walk through the grieving process together. Take your pet to the park, spend some time playing in the back yard, or cuddle up on the couch and watch a movie.

- Use your grief for a good cause — research has shown that doing good deeds can make you happier. After the loss of a pet, you can try curbing those negative feelings by doing something good such as volunteering at a local animal shelter, donating supplies to them, or if you're able, you can even sign up to be a transporter or foster for other animals in need.
- Get another pet — this one seems like the obvious answer to dealing with the death of a pet. However, this is not a decision that should be made impulsively! Bringing another pet into your home immediately after losing one will not always make you feel better right away, and if you are not in the headspace to properly take care of and focus on the new pet because you are still grieving the old one, it can rub off on them. Try giving yourself some time to grieve first. When you feel ready, start looking for a new friend. It's unfair to your new pet to compare them to your old one... all pets have different personalities, but that is what makes them so special. While a new pet can never replace your lost one, they can still offer the same companionship and give you another great, loving relationship to enjoy. Saying goodbye to our pets is never fun, but at some point it is an inevitable. Enjoy every moment you spend together — even the difficult ones — and when the time comes, just remember the love that they brought into your life.

AMERICAN LEGION MEMORIAL DAY SERVICE

Defenders!

In honor of Memorial Day, four defenders from the 791st Missile Security Forces Squadron made the trip to Upham, North Dakota to act as honor guard and firing party for the American Legion. Originally set to just post the colors, however after some coaxing from CMSgt(R) Bob McNamara (for those keeping score, Chief McNamara was the 91 SFGs senior enlisted advisor...or "me"...when I first rolled through here as an AB in 1993!!), the team provided a rifle salute using M1s from WW2!! In attendance for the ceremony were veterans of World War II, Korean War, and the Vietnam War, Iraq and Afghanistan.

Bob stopped in Friday, and mentioned how well they did and we would all be proud! Thank you Dark Horses!!

- A1C Joseph Ouyang
- A1C Edward Tofani
- A1C Leslie Andrade
- A1C Jayson Navarro

You represented the squadron, the 91 SFG, the 91 Missile Wing and the United States Air Force with exemplary fashion!!

Defenders! lead the Way!

-Chief Sully



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- Friday: 7:30am – 4:30pm
- Saturday: 2 a month by appt
- Sunday: Closed

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MCKINNEY CEMETERY MEMORIAL SERVICE

The Minot AFB Honor Guard supported the memorial service at McKinney Cemetery (located 12 miles west of Mohall, ND) on 28 May 2022. They presented colors and performed a ceremonial flag fold. SrA Miya Alger played echo taps with Vonda Schmidt from Mohall. The Renville County Sheriff's Office provided vehicle control. Chaplain (Major) Timothy Stout, Army National Guard, was the memorial speaker and CSM (ret) Naomi Haye organized the service.

The memorial service honored 54 veterans who are buried at McKinney Cemetery and three other local cemeteries.



Picture Left to Right: Corporal Ann Millerbernd, Deputy Ayrton Yozamp, SrA Miya Alger, A1C Brandon Royce, A1C Shaquala Cobb, CSM (ret) Naomi Haye, Chaplain (Major) Timothy Stout, A1C Logan Sharp, A1C Hector Falomir Flores, SrA Ivan Campos, and Deputy Danial Moss.

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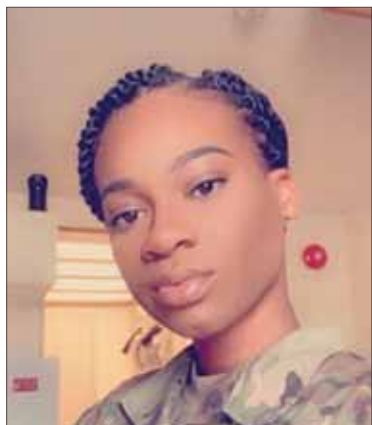
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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

6: 1,829.83 feet above mean sea level (MSL); 19,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.65 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.58 MSL.

•N.D. Game & Fish Dept. game wardens: Lake Audubon slowed somewhat for walleye and smallmouth bass. Lake Sakakawea remains generally slow and spotty on the east end. White Earth Bay slowing with mixed and inconsistent walleye success with better success east to New Town. Water temperatures remain on the cool side across many north-central area lakes. No reports from Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Try New Mil or Howards bays for walleye with generally good success using slip bobbers. Locate bays with warmer water with cooler temperatures in the main lake. North lakes remain muddy yet with runoff but continues producing nice-sized walleye with pike mixed in.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye throughout much of the lake. Try 10 feet or less with slip bobbers and leeches. Look for some success trolling with bottom bouncers.

•Lake Darling, Karma C-Store, Ruthville: Increasing activity on Lake Darling and Grano with fair walleye success.

•Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe starting to produce bluegill activity. Look for an evening walleye on North Lake of Lake Metigoshe.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Improving walleye activity on the east end of Lake Sakakawea. Try the mouth of de Trobriand Bay, midsection of Garrison Bay, Douglas Bay by the church camp, or Rattlesnake in 13 to 14 feet using jigs and minnows or live bait rigs with minnows or nightcrawlers. Lake Audubon slowed a little with overall fair walleye success. Work the back ends of bays for good bass activity. No Missouri River reports.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon continues producing walleye with a switch to slow death hooks or spinners with nightcrawlers. Look for a leech bite to start. Smallmouth bass activity slowed but still fair success. Lake Sakakawea improving for walleye on the east end. Try pitching jigs in shallow water or vertical jigging in deeper

- June 11: Nat'l. Marina Day, Fort Stevenson State Park, 1 p.m., Garrison.
- June 17 & 18: Missouri River Bluegrass Festival, Cross Ranch State Park, Hensler, beginning 6:30 p.m. June 17 and 10 a.m. June 18. Contact the park, (701) 794-3731, for details.

TOURNAMENTS:

- June 10 & 11: Lake Sakakawea, Van Hook Arm.
- June 11: Devils Lake, Spirit Lake Casino.
- June 17: Devils Lake, Grahams Island State Park.
- June 18: Lake Sakakawea, Fort Stevenson State Park; Devils Lake, 6-Mile Bay.
- June 18 & 19: Lake Audubon, cabin site.
- June 19: Lake Sakakawea, Parshall Bay.

water in Steinke or Centennial bays. •Lake Sakakawea, Indian Hills Resort, Garrison: Smallmouth and white bass active working rocky, gravelly points and islands. Try McKenzie, Red Butte, or Beaver bays for walleye using spinners or jigs in warmer water.

•Lake Sakakawea, New Town: Continued fair to good for walleye in the river around New Town with improving bite in the Van Hook Arm. Try jigs or Lindy rigs. Fish are scattered; work a variety of depths.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Improving walleye activity in the Van Hook Arm with best success still on minnows but some success starting with nightcrawlers. Bigger fish seem to be farther south in the Arm but try 16 to 18 feet in the upper end. Some shore activity, as well.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace starting to produce catfish from boats and shore along with improving success for small walleye. Try jigs and minnows down river or crankbaits in the chutes. Spillway Pond continues producing catfish from shore. Lake Sakakawea producing sporadic walleye success with most activity along the north shore in the weeds. Try Steinke or Douglas bays with jigs and minnows in shallow water or crankbaits in 10 feet. Locate warm water. Lake Audubon producing a mix of walleye and smallmouth bass with a few pike mixed in. Best success from boats.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued good walleye activity between Little Beaver Bay and New Town area on the west end of Lake Sakakawea. Try 8 to 15 feet with the bite switching to nightcrawlers and leeches. Some shore success around Lund's Landing and Red Mike's for

walleye. Try floating jigs. Trenton Lake continues producing crappie in shallow water with the spawn underway. Kota-Ray Dam stocked with trout and producing nice success. Yellowstone and Missouri rivers running high with Montana rains and snow in May.

•Lonetree WMA area lakes, Harvey: Some ups and downs on area lakes. Walleye bite seems to be either hot or cold depending on the day with the night bite the most consistent. Try plastics off-shore during late evening hours.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some walleye activity at Buffalo Lodge Lake but limited reports from other area lakes.

*Turtle Mtn. area lakes, Coast-2-Coast, Rolla: A few shore anglers on area lakes but limited boat activity.

N.D. river flows:
•Little Missouri River, Long X Bridge: River stage, 0.21 feet; streamflow, 401 CFS.

•Missouri River, Williston: River stage, 19.22 feet.

•Missouri River, Washburn: River stage, 9.07 feet.

•Pembina River, Walhalla: River stage, 6.54 feet; streamflow, 2,160 CFS.

•Souris River, Foxholm: River stage, 7.52 feet; streamflow, 319 CFS.

•Souris River, Minot: River stage, 6.1 feet; streamflow, 409 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 7.97 feet; streamflow, 23,200 CFS.

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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Patricia Stockdill

Pres. Theodore Roosevelt didn't spend all that many years in what was known as Dakota Territory at the time.

But the years he spent hunting and ranching in the 1880s shaped not only what would become North Dakota in 1889 but the rest of the nation's citizens, its lakes, rivers, wetlands, mountains, prairies, and the wildlife that calls those places home.

Theodore Roosevelt earned the distinction of being known as the "Conservation President" among the hunting and conservation communities and for good reason. The list of national forests, national parks, what would become national wildlife refuges, and other conservation and environmental programs is extensive and unmatched in American history.

He credits his time in North Dakota for shaping his life to what would ultimately lead to holding the nation's highest office: "I would never have been President of the United States if it had not been for my experiences in North Dakota," he said in Nov. 8, 1918 speech, just months before his death.

Those hunting and ranching experiences also deepened an already engrained love of the outdoors, hunting, the environment, and – perhaps most importantly – the need for the wise use of natural resources for present and future generations.

Roosevelt and his contributions to the nation and state are recognized in a variety of ways. Heck, in North Dakota it starts with the U.S. National Park Service naming a park in his honor, the North and South Units of Theodore Roosevelt National Park. He established what would later be known as Stump Lake National Wildlife Refuge (NWR) in 1905, followed by Chase Lake NWR in 1908.

During Roosevelt's time as president he established five national parks across the United States, including Sullys Hill National Park, which was renamed White Horse Hill National Game Preserve in 2019.

The Theodore Roosevelt Center, Dickinson, created the Theodore Roosevelt Trail, a way to explore Roosevelt's legacy across North Dakota:

- Roosevelt statue, Dickinson: The statue and three kiosks describe Roosevelt's first major national speech presented July 4, 1886 and highlights his Badlands experiences.
- Theodore Roosevelt National Park, Medora: Established in 1947, the South Unit Visitor Center is located at Medora along the Little Missouri River. The park has the Maltese Cross Ranch cabin, which was originally on Roosevelt's ranch south of Medora. The North Unit is located along the Little Missouri River south of Watford City. Both are stunning examples of what is the heart of the Badlands.
- Lower Yellowstone Irrigation District: Roosevelt signed the

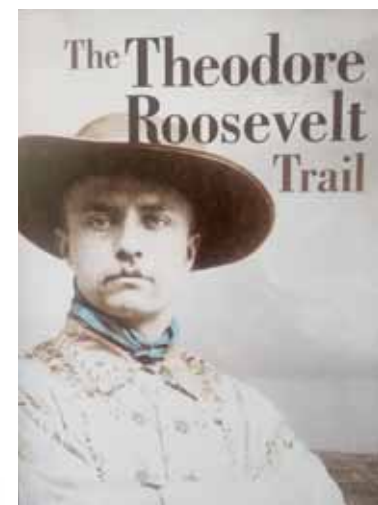
Reclamation Act of 1902 (also called the Lowland or National Reclamation Act) establishing 24 irrigation districts in the U.S., including the Lower Yellowstone district. While irrigation canals are visible in North Dakota, Intake, Mont. provides the best viewing of its low dam and intake facility off the Yellowstone River.

•Elkhorn Ranch: The Theodore Roosevelt National Park South Unit Visitor Center has directions and map to its remaining foundation stones at its original site– it helps avoid getting lost even with GPS. It's there where Roosevelt penned several books and sought solace in the passing of his mother and first wife.

•Roosevelt statue, Minot: Another statue paying tribute to the "Conservation President" is at Minot's Roosevelt Park. Originally named Riverside Park, it was renamed in 1919 after Roosevelt's death. The statue was donated to the City of Minot in 1924.

•White Horse Hill National Game Preserve (NGP), St. Michael: Located south of Devils Lake, White Horse Hill NGP has undergone a name change since Roosevelt established it but its woods and hills remain a treasure for wildlife enthusiasts with its auto tour route and hiking trails.

•Stump Lake and Chase Lake National Wildlife Refuges: Stump Lake NWR has changed dramatically since Roosevelt established its original 27-acres comprising four islands as a federal bird sanctuary in 1905. Now under the waters of Devils Lake, visitors can access a recreation area on the lake's east side. Chase Lake also began as a bird sanctuary. Northeast of Medina, it's home to the largest white pelican nesting colony in the country. Roosevelt's conservation legacy, as well as his dedication to a strong America, lives on more than a century after his passing through the vast array of legislation and programs he championed, including the State of North Dakota.



Roosevelt Trail: The Theodore Roosevelt Center, Dickinson, created a brochure describing several locations in North Dakota that pay tribute to Pres. Theodore Roosevelt.

PATRICIA STOCKDILL PHOTO



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SHADOW WARRIOR RUCK CLUB

The Shadow Warrior Ruck Club held their first event June 3. The club will meet every Monday, Wednesday, and Friday at 1500 for those interested in joining. The goal is to prepare for the Norwegian Foot March crucible in September and earn the badge.

891 MSFS SHADOW WARRIORS PHOTO



MAC LUNCH

The Military Affairs Committee meets at the North Dakota State Fair center to discuss the strong partnership between the fair and base community while also wishing Col. Walters and Col. Menuy a final farewell. Thanks to our partners at the Minot Area Chamber EDC the MAC is able to meet every month and enjoy the company of their friends and colleagues.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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VACATION READY

CAR CARE



Car care checklist for summer road trips • Part 1

It's time for a drive vacation. You mapped a route, booked hotels, and made a checklist of things to do before you go. AAA reminds you to also make car maintenance part of your summer road trip preparation. Use this car care checklist to ensure your vehicle is ready for summer travel.

Check tires and tire pressure

Inspect all four tires and, if you have one, the spare tire as well. Look for cuts, gouges or sidewall bulges. Insert a quarter upside down into grooves to check tire tread. If you see the top of George Washington's head, it is time for new tires.

Check tire pressure when the car has been idle and tires are cool. Inflate as needed to the vehicle manufacturer's recommended pressure. You will find it listed in the owner's manual and on the sticker of the driver side door jamb. Do not use the number on the tire sidewall.



Tips Courtesy of AAA

Listen to and feel the brakes

If you hear a grinding sound or feel a vibration when applying the brakes, take your vehicle to an auto repair shop for a brake inspection. A service professional will check the brake system for fluid leaks, and the pads, rotors, shoes and drums. If repair or replacement is needed, use the Repair Cost Estimator to help anticipate costs.

Secure and test the battery

Check the car battery to be sure cable connections are clean and tight, and the hold down hardware is secure. Have a service professional do a battery check to determine remaining capacity. AAA members may request a free battery check.

Top off engine oil and other fluids

Check that engine oil, coolant and brake, transmission and power steering fluids are at the correct levels for safe vehicle operation. When adding fluids, use products that meet the specifications listed in the owner's manual.

Note that newer car models may have sealed automatic transmissions without a dipstick, and electric power steering that may not use fluid.

Replace wiper blades and replenish windshield cleaner

Rubber wiper blades naturally deteriorate over time. If wipers streak or fail to clear the windshield thoroughly, replace the blades. Fill the windshield washer reservoir with fluid formulated to remove insects and other debris, and test to make sure the nozzles spray adequately.



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WHEN TO CHANGE/CHECK YOUR OIL

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



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ScriptCenter Locker sets to open in July

Department of Defense beneficiaries at Minot Air Force base will soon have the option of picking up prescription medication refills from a secure locker system starting July 12, 2022. The locker system will increase accessibility while fostering good social distancing practices by decreasing face-to-face interactions and being located by other frequented areas on base. The 5 MDG Pharmacy staff are constantly looking for ways to help patients and increase convenient, reliable service. Each ScriptLocker can hold hundreds of prescriptions, with the exception of

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

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

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

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

Using ScriptCenter is Easy

- 1 "Log In" with one of three options
 1. Fingerprint & PIN
 2. Military ID and PIN
 3. User ID & PIN
- 2 Review prescriptions to pickup
- 3 Sign on the screen and pick up your items



Starting July 12, the 5th Medical Group will provide the option of medication refill pick-ups via a locker system called ScriptCenter. The new feature will give patrons a secure and convenient way to pick up prescriptions.

COMING SOON

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AFRICAN WARTHOG

CREATURE FEATURES

- A Warthog's disproportionately sized head has thick protective pads on both sides that look like warts. Their warts serve as a fat reserve and are used for defense when males fight.
- Their tusks are actually teeth. They use them for fighting, rooting, or digging.
- Warthogs do not have sweat glands. They must wallow in the mud to cool off.
- Lions and leopards are the Warthog's chief enemies. Warthogs protect themselves from predators by fleeing or sliding backwards into a hole, thus being in a position to use their formidable tusks in an attack.

Fact File	
Life Span	7 - 18 years
Weight	100 - 300 pounds
Height to Shoulder	25 - 33 inches
Head and Body Length	3 - 5 feet
Top Speed	34 mph
Wild Diet	Omnivore Carnivore (Herbivore) Grasses, Roots, Tubers, Berries, Bark



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gardens.

L F E R W O

Answer: Flower

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SKYWARN: Weather Warnings

MAX BEENE, AGE 9



At one o'clock on June 2, 2022 the NOAA (National Oceanic and Atmospheric Administration) came to the Minot AFB base theater. SKYWARN was there. SKYWARN taught base personnel to be watchful when mother nature gets angry. Meteorologist J.P Martin talked about what everyone should do during weather warnings and what they mean for everyday citizens.

Kids can be prepared for all types of weather by knowing all the cloud formations and realizing what weather those clouds can bring. If kids know what weather may be approaching they can be prepared and take cover. The NOAA said it best: "When Thunder Roars, Go Indoors".

Some interesting topics discussed included the Fujita Scale that measures damage from a tornado while the Enhanced Fujita Scale measures wind speed. The term 'Fujita Unknown' means that a tornado's wind speed could not be measured or didn't hit anything. The NWS (National Weather Service) protects life and properties to help people survive. According to Martin, weather spotters are critical to help people get the correct weather watches and warnings. The NOAA in Bismarck, ND has the 9th largest land in the NWS.



NOTES ON BEING SAFE

GETTING READY FOR TEEN WORKERS THIS SUMMER

"Youth comes but once in a lifetime," Henry Wadsworth Longfellow once wrote. So perhaps

while managers and supervisors are getting ready for summer-hire workers to grace our offices, we might take a moment to think of just how valuable, impressionable and fragile these youth really are. While contemplating the hiring of numerous of these inexperienced/untrained workers, safety experts around the base are advised to take another look at teaching their teen workers to safeguard their health and productivity.

According to the National Institute for Occupational Safety and Health (NIOSH). Approximately 70 teens under age 18, die of work related injuries each year. More than 200,000 are injured on the job, many requiring emergency medical treatment. These statistics have raised a red flag for base safety personnel. While OSHA is spearheading efforts to improve nation wide safety for working minors, our home team is examining where our efforts could best be focused.

Just by looking at the numbers above, supervisors need to spend more time and do a better job of training the summer-hires. Indications are that many teens do not receive health and safety training on the job. They are pointed to a desk or work area. The assumption is that they receive training from observation or osmosis. Everyone needs to understand the child labor laws and gain a better understanding of how they affect safety. Because these laws can be overwhelming to understand, many co-workers and supervisors put their summer-hires at risk. They further place their introduction into the work force in peril by not giving them a need for safety applications.

Here are some of the statistics presented by NIOSH. Although child labor law prohibits employing youths 16 and under in cooking and baking jobs, one third of the injured were identified as cooks. In another study, while older teens are prohibited from working on hazardous occupations and on motor vehicles, teen motor vehicle crashes are the leading cause of death.

Work is beneficial. Introducing

teens into the workplace teaches them a work ethic and useful skills, but it must be done without sacrificing health or safety. Some helpful hints are listed which can produce a work-oriented teen.

- Comply with child labor laws and safety regulations
- Assess and eliminate hazards
- Evaluate equipment to be used
- Supervise teen workers
- Train them to recognize hazards and use safe work practices, and fastidiously, faithfully evaluate their compliance
- Seek employees' assistance to develop an injury/illness prevention program
- Teach work-study skills in a comprehensive training class
- When possible, pair up experienced, mature workers with younger workers. Teenagers may require more safety training than older employees
- Stress the hazards of cordless and battery operated tools
- Make personnel aware of the hazard umbrella around the point of operation of electrical tools

More companies and defense

units are developing better orientations, depending upon what they do. But, training must be ongoing, not one time a video or reading a manual. The summer-hire must become familiar with their workplace. They must understand employee safety and how to identify and deal with safety hazards. They must have personal involvement; somebody to go over safety issues with them. They must sense concern and care for their well being. Most are still in, or just out of high school and are eager to learn. Safety knows no generation gap. Teens have a tendency to believe that they are invincible and are too smart to have bad things happen to them. We in safety believe that familiarizing yourself with younger folk's way of thinking, culture and lifestyle helps. Keep tabs on what they are up to and why.

Remember; personal involvement, proper training, reinforcement and communication are the key to retaining good, safe teenage and summer hire employees.



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YOUTH IN ACTION

PCS Season

Preparing for a PCS can be stressful, when a move involves children additional factors must be considered. How to mitigate childcare needs? What to do about school? How to prepare children for a big change? Child & Youth Services, along other support agencies, can help parents in finding the answers to these questions and more! If you have young children and need to place your child in care as you prepare for a PCS or upon arrival at your new location you may be eligible for Air Force Aid Society Child Care for PCS, often referred to as PCS Care. Sponsored by the Air Force Aid Society, the AFAS PCS Program is designed to help relieve some of the stress felt by families in the process of a PCS move and is completely free. AFAS PCS provides 20 hours of child care per child at both the departing and inbound installation. Families may use the child care 60 days before the family's departure and 60 days upon arriving at the new installation. Eligibility Requirements: Member of the Air Force, Active Duty, Active Duty Member Retiring. How to Request Care: Completed Child Care for PCS Certificate obtained from the Airman & Family Readiness Center and Completed enrollment paperwork with the FCC Provider. For more information you can call the Family Child Care office



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INTERIM SCHOOL LIASION
CHILD AND YOUTH EDUCATION SERVICES



at 701-723-6662 or visit: <https://www.dafchildandyouth.com/expanded-child-care>. School policy varies across districts, states, and countries. If you need support in navigating a change in schools or preparing for homeschooling contact the Minot AFB School Liaison at maf.school.liasion@us.af.mil to get local resources or to be connected to the school liaison (SL) at your next installation. At each location the SL can support all K-12 education needs: enrollment, school boundaries, graduation requirements, special education, sports & activities, student sponsorship, and more. A PCS is not just stressful on parents, the entire family must prepare for the change. If your children attend school make sure your school is aware of your upcoming move. Teachers, counselors, and administrators can be ready to support your student as they experience the highs and lows

of preparing for a move. Contact the Youth Programs to see about youth sponsorship options at your current and next location which allow your child to get connected with a peers prior to moving. Military Family Life Counselors are also a wonderful resource for both parents and children in facing the stressors of a PCS. The local Airmen & Family Readiness Center (701-723-3950) can help get you in contact with an MFLC. Finally, if your child is enrolled in the Exceptional Family Member Program (EFMP), be sure to work with your current EFMP-Family Support Coordinator (701-723-3950) to get connected to your next base. A great place to start in preparing for a move is <https://www.militaryonesource.mil/moving-housing/> and if you have further questions about preparing for your student's transition give the School Liaison a call at 701-240-2380.

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JUNE 13-16

PASSAGE TO SWEDEN
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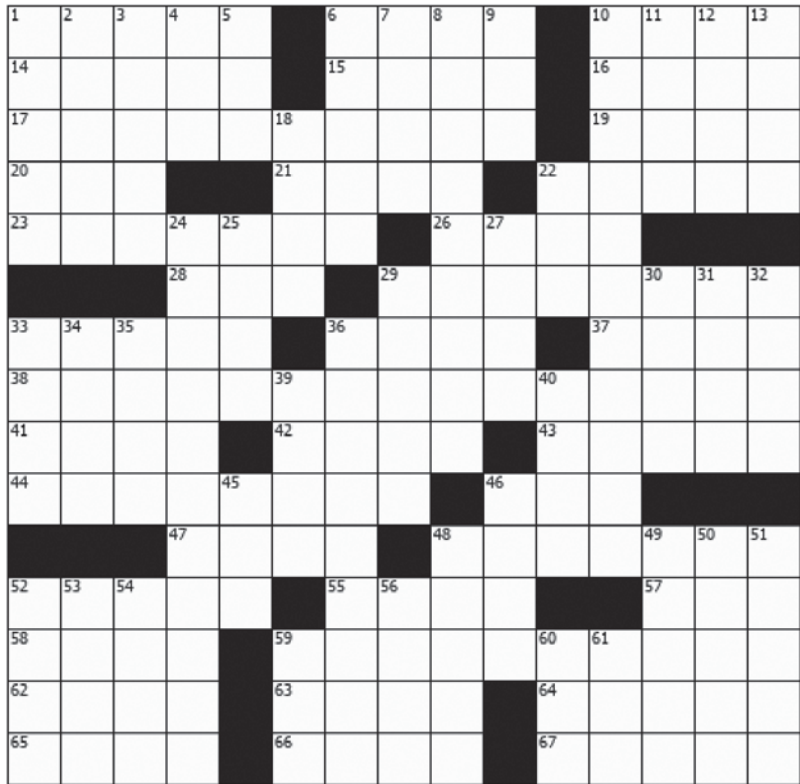
Pick up a copy of the Northern Sentry for your chance to win!

Rick Ibay, USAF Retired
found a \$65 Golden Ticket in the Northern Sentry he picked up at the Base post office! Thank you for your service Sergeant!

CROSSWORD PUZZLE

Across

- 1. Stereotypical southerner
- 6. Newts in transition
- 10. Haydn's sobriquet
- 14. Sanction
- 15. December air
- 16. It's south of the Caspian
- 17. Get a move on
- 19. Small price to pay
- 20. Shelter for the future?
- 21. Bits of reality?
- 22. Get by on thin ice?
- 23. In great part
- 26. Commandment starter
- 28. Homophone of you
- 29. Falls in Wisconsin
- 33. Supplement
- 36. Nut case
- 37. Word with dash or stick
- 38. Move a bit faster
- 41. Software purchaser
- 42. Items driven off of
- 43. Voice above baritone
- 44. Realized
- 46. Snooker stick
- 47. Chesapeake Bay resident
- 48. Nighttime visitor of folklore
- 52. Kind of signal
- 55. You'll find some at the top of the charts
- 57. Santa __, Calif.
- 58. City conveyance
- 59. Hightail it
- 62. Auspice
- 63. One of the back forty
- 64. Hold in high esteem
- 65. Hunger message
- 66. Fastidious
- 67. Winner in a famous 1948 headline



Down

- 1. Rathbone of film
- 2. Extremist's prefix
- 3. Obscure to view
- 4. Conk on the bean
- 5. Leatherworking tool
- 6. Notch below ambassador
- 7. Opponents
- 8. Events with Jerry Lewis
- 9. Cunning
- 10. Accelerate
- 11. Word with Bay or gray
- 12. Cool off like a boxer
- 13. Poker fee
- 18. Inactive
- 22. Soak up gravy
- 24. Hop to it
- 25. "Return of the Jedi" furball
- 27. Boot camp outing
- 29. Spoke lovingly
- 30. Liveliness
- 31. Home of Baylor University
- 32. Copycat
- 33. Pastel shade
- 34. It's something to sneeze at
- 35. Practice girth control
- 36. Certain joint support
- 39. Volcano near Messina
- 40. Knock for a loop
- 45. Wrath
- 46. Curtain call lineup
- 48. Like Georgia Brown
- 49. Showy parrot
- 50. Fibula's terminus
- 51. Thoroughly unpleasant
- 52. Flag down
- 53. Angie Dickinson role
- 54. Large bovine
- 56. Pod vegetable
- 59. "___ overboard!"
- 60. Adjective with meat or pepper
- 61. Hatchet relative

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

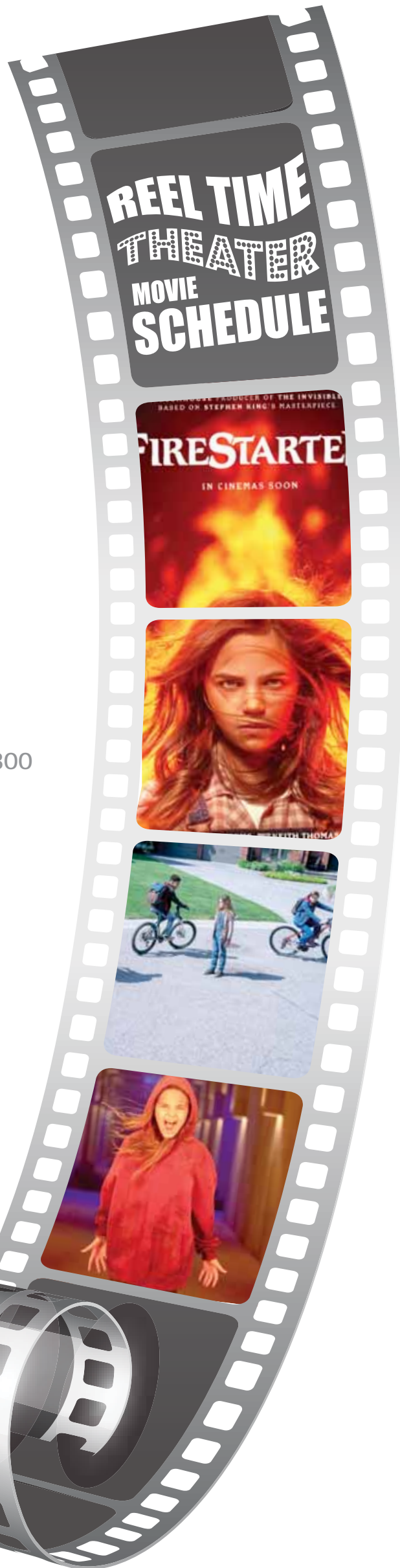
SUDOKU

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

Solution to puzzle on page C7

FRIDAY, JUNE 10 1800
 SATURDAY, JUNE 11 1800
 SUNDAY, JUNE 12 1800
FIRESTARTER (R)

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

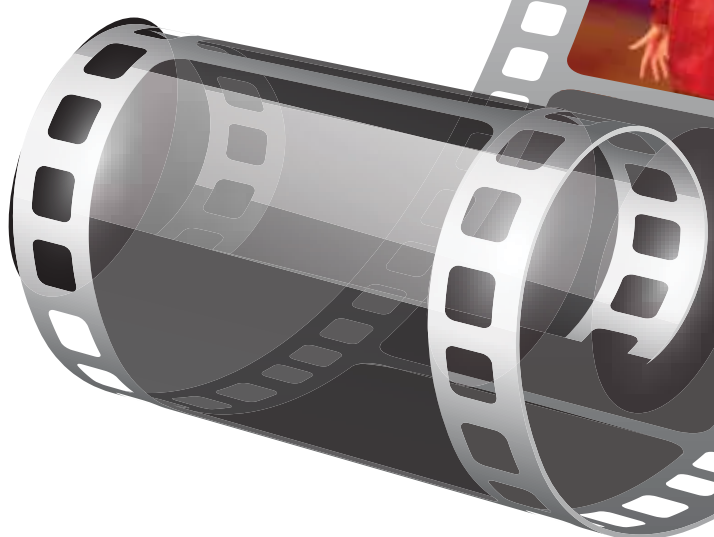




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CHURCH DIRECTORY

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.

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
0900
(Beginning on Pentecost, June 5)


Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
1000 on the 1st and 3rd
Saturdays of every month
(Beginning June 4)

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, June 11
5 PM, No Vespers

Sunday, June 12
10AM, Congregational Prayer Service


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www.trinitychurchminot.org


Worship Service at 10:45am Sundays
Sunday School at 9:45am

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
Sunday Coffee Fellowship: 10:30 a.m.
Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
Contemporary Worship 9:00am
Sunday School (All Ages) 10:00am
Traditional Worship 11:00am

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm

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Rev. Heath Trampe
Rev. Brian Doel

SUMMER WORSHIP SCHEDULE
June 12-August 31

Sundays
8:15am Traditional Service
9:30am Adult Bible Study
11:00am Contemporary Service (w/Livestream)

Wednesdays
6:30pm Contemporary Service


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship
9:30 AM

2209 4th Avenue NW
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839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church

1615 2nd St. SE, Minot
701-839-3694

Sunday Worship
10:00 am

www.ibcminot.org
e-mail: immanuel@srt.com


Christ Reformed Church

Worship 11:00 a.m. Sunday
234 14th Ave SE
www.christreformedchurchminot.com

St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076

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


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


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

Sunday Worship
9:30 am

www.firstlutheran.tv
(Live Stream & Recorded)
Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


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9999 27th St NE
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James W. Henderson
Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
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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.


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838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

Minot Baptist Church

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Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Wednesday Evening..... 7:00 p.m.

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Pastor David Miller


Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
Sunday Worship 11 a.m. & 6:30 p.m.
Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor

415 28th Ave SE (Behind Menards)
838-1873


West Minot
Church of God
Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal 5:30 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

westminot.com
facebook.com/westminot

First Baptist Church

 **200 3rd St. SW • 852-4533**
www.fbcminot.org

Classic Worship Service 8:30 a.m.
Sunday School (All Ages) 9:45 a.m.
Contemporary Worship Service 9:50 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
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
Located off Hwy 83 Bypass West
(701) 838-0609

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

Jesse Starr, Pastor


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Worship 9:00 a.m. & 11:00 a.m.

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www.ourredeemers.org

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Website: www.orcsknights.org

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Mackey By email or phone at

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(701) 727-AADD

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HOLIDAY WEEKENDS
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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 4 Jul-4 Sept. 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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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. 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



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PUZZLE ON PAGE C4

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

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