

WHATS INSIDE
THIS WEEK:



20TH AIR FORCE
COMMANDER
VISITS NEW TOWN

A3



WARBULL
SNCO SELECT
DEVELOPMENT

A7



SHEPPARD AFB
AIRMEN PIT STOP
AT MINOT AFB

C6



Friday evening, July 22, beautiful and terrifying clouds swept over Minot AFB See story on page A2.

ERIN BEENE PHOTO

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What Wonderful Weather We’re Witnessing

ERIN BEENE, NORTHERN SENTRY

The North Dakota weather this past year has knocked the socks off those new to the area. Most newcomers have been warned about the long winters, dark days and blustery conditions, but rarely is it mentioned the beautiful, moderate temperatures and bright sunny days the North Dakota tempts citizens with during the summer months. Most of those stationed at Minot have lived elsewhere and experienced a wide range of temperatures and extreme weather conditions, but none quite seem to compare to what Minot has put transplants through this past year. First the once-in-a-lifetime Easter blizzard and now this stunning wide-skyed tornado warning that blew down trees and trampolines had the entire base in awe.

Last Friday night, July 22nd, as dinner was ending and the promise of the nice summer weekend was upon us, the ominous shelf clouds started to surround the base. They were beautiful and captivating! Many of us took to the outdoors to gaze at the sky. Photos were snapped as the clouds became intoxicating with beauty! I myself had never seen anything like the super-cell shelf cloud that rotated slowly and created the most stunning visual sky image I had ever seen up close and in real life. Although a tornado was looming just north, all that could be seen was the beauty of the skies; until out of nowhere the rain and wind intensified and sent us inside. The

wind gusts reportedly reached over 70 mph and we watched amazed as neighbors’ trash cans flew down the street, patio chairs went soaring and tree branches snapped. Minot is no stranger to strong winds and we are by now accustomed to the sounds of our houses rattling and having to live without delicate lawn furniture; however, this storm took us by surprise with even stronger and more threatening winds than yet witnessed. Trampolines, many of which have withstood the blizzards, succumbed to the winds and net support poles finally cracked in two. Out of those who managed to keep their outside play equipment in their yard- many went sailing or were destroyed- I’d be shocked to see if anyone has a functioning trampoline now. Thankfully the storm only lasted about 30 minutes or so and after power was restored and the immediate tornado danger had passed, the sky left us all a present.

Venturing outside around 9:30 pm to assess the damage and once again the base was blessed with the most stunning sky scene! It was almost as if mother nature gave both terror and beauty within a few minutes’ time. The rare mammatus clouds that formed over base immediately after the storm were breathtaking amongst the destruction. This type of cloud, learned from <https://learnweather.com/basic-weather/mammatus-clouds-mk/>, is a pouch-like structure and

an example of clouds in sinking air and are usually seen after the worst part of a thunderstorm has passed.

Reports from the town of Minot are that the clouds were seen in the distance and ominous winds were observed, but hardly any rain or destruction occurred only eight miles south of the base. Some families reported to be driving to base at the time and turned around to avoid the scary situation, others braved the visually intense storm to make it home only to find their playsets ruined and tree branches blocking the road. The Northern Sentry is not aware of any injuries throughout the storm and we count our lucky stars that the only damage was property damage and not lives lost in this terrifying yet prepossessing storm. According to an email sent out by Minot AFB Homes, damage to the base and housing is still being assessed. Housing asked that base residents making reports of damage please make sure and reference that it was caused during the storm on July 22nd. The beautiful skies captured in photos across base keep us remembering the beauty and danger of Mother Nature in North Dakota.




After the wind gusts and rain passed, the sky was filled with rare mammatus clouds.

ERIN BEENE PHOTO

BABY ANNOUNCEMENTS



BABY BOY BORN ON
THURSDAY, JULY 14, 2022 TO:
MARIA ROISE AND HANS KRISTIANSEN
MINOT, ND




BABY GIRL BORN ON
MONDAY, JULY 18, 2022 TO:
CRISTINA AND JACOB ZIER
MINOT, ND



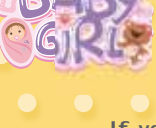
BABY GIRL BORN ON
WEDNESDAY, JULY 20, 2022 TO:
SHAVAUN AND ANDREW TONINI
TIOGA, ND



BABY GIRL BORN ON
SATURDAY, JULY 23, 2022 TO:
ROBYN AND TOBY RYALS
MINOT, ND



BABY BOY BORN ON
SATURDAY, JULY 23, 2022 TO:
MIRANDA BESEMANN AND ANDREW STOCKARD
MINOT, ND



BABY GIRL BORN ON
MONDAY, JULY 25, 2022 TO:
MAKAYLA AND JAYLEN HOLIEWAY
MINOT AFB, ND

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



VOLUNTEER OPPORTUNITIES

5 FSS Summer Bash

We are needing committee members and volunteers. Let’s help support our Dragon Family! If you are interested please contact the following board members:
devin.wigley@us.af.mil demetrius.smith.2@us.af.mil
abu.djeri.1@us.af.mil kelly.bren@us.af.mil

Youth Soccer Coaches Needed

The Youth Sports Program is looking for Outdoor Soccer coaches. Needed for all age groups in the 3-12 range. Season Aug. 1-Sept. 22. Anyone interested please fill out a coaches packet at the front desk of the youth center.
POC: Tad Lee, Youth Sports Director 701-723-2838

Culture Festival Volunteers

(August 5)
Time: 1000-1400
Location: Combined Community Complex (the turf)
We need volunteers to share aspects of their heritage/culture by hosting booths and/or games or by performing a song, dance, poetry reading, ect. at the first-ever Culture Festival. Civilians and dependents are welcome to volunteer as well! If you would like to host a booth/ game please contact SSgt Stephanie Webb (Stephanie.webb.4@us.af.mil) If you are interested in performing please contact TSgt Maria Snyder (maria.snyder.3@us.af.mil)

National Disability Employment Awareness Month Planning Committee Lead

(October)
Need individual to lead an awareness campaign educating about disability employment issues and celebrating the many and varied contributions of America’s workers with disabilities through the month of October.
POC: TSgt Christine Cherry/SMSgt Yucari Brown (christine.cherry@us.af.mil/yucari.brown@us.af.mil)

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support.
POC: Shelby Stuckey, Volunteer Coordinator • (888) 223-4287 shelby.stuckey@caringedge.com



Rock Fest Volunteers

The biggest on-base event of the year! (August 12-15)
Volunteers will assist with stage set up and tear down. The work is primarily medium to very heavy lifting and loading/unloading tractor-trailers. Personnel should arrive with proper footwear and gloves and be capable of this type of work. All concert support personnel will be provided event T-shirts and fluids during their work periods. An appropriate meal is provided if work crosses a normally scheduled mealtime. Several shifts are available and we’ll take as many people as possible for each shift:
Friday August 12th
-0800-1200 (Stage Setup Crew)
-1300-1700 (Roof Setup Crew)
Saturday August 13th
-0800-1200 (Production Setup Crew)
-1100-1800 (Bands Setup Crew)
-1800-2300 (Show Crew and Bands Teardown)
-2200-0100 (Production Teardown and Load out)
Monday August 15th
-0800-1500 (with an hour lunch break)
(Stage and Roof Teardown and Load out)
POC: 1 Lt Susan Pelechek • 701-723-4795 susan.pelechek@us.af.mil

To have your volunteer opportunity posted, please contact

Minot AFB Airman & Family Readiness Center
701-723-3950
5fss.family.support@us.af.mil

20TH AIR FORCE COMMANDER VISITS
NEW TOWN FOR FIRST EIS HEARING



Maj Gen. Michael Lutton, Twentieth Air Force commander and Three Affiliated Tribes Chairman Mark Fox exchange gifts at Fort Berthold Reservation New Town, N.D. July 19, 2022. The gesture is a tradition to show appreciation of the good will between each other.

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT



The Three Affiliated Tribes veterans post the colors at Fort Berthold Reservation New Town, N.D. July 19, 2022. The ceremony is meant to strengthen the good relations that the Air Force and the TAT have cultivated for the past 200 years.



The Three Affiliated Tribes 'Ladies Auxiliary' perform a ceremonial dance at Fort Berthold Reservation New Town, N.D. July 19, 2022. The public hearing was held to inform the public and local agencies of relevant environmental effects of possible projects, identify possible ways to minimize those effects, and explore alternatives.

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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

The Pleasure Was All Mine...

**northern
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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



We first met at the change of command for the 91st Missile Wing. He stepped to the mic and without any effort whatsoever, sang the National Anthem. For those of you who have been in his position, that is singing the National Anthem in front of a crowd, it is not an easy task. All eyes, and ears, are on you. Most of us who have taken the mic in hand will break into a sweat as fears of forgetting the words or having our voice crack haunts you.

But Zachary's rendition was perfect, right down to the last note. Those of us working as press during the change of command ceremony remarked that SrA Holley would do well in many venues, and so the task at hand was to contact the various

groups in Minot, and surrounding communities, to spread the word and book performances for Holley.

Our first success was The Minot City Band Sousa concert. My role? I am normally the MC for the concerts, but on this night, I was able to turn the mic over to KXMC meteorologist Tom Schrader (Hey Tom! How's the Weather). As it turns out, Mr. Schrader was a bit late getting to the concert as there was severe weather in Bismarck. The duties of introducing SrA Holley fell on me. I could not have been more excited as I knew the audience would enjoy Holley's performance, especially at the Sousa concert where marches, including The Stars and Stripes Forever, would steal the show.

I did my introduction and turned

the mic over to SrA Holley. Joe Alme, directing his final concert for the Minot City Band, stepped to the podium and brought the band to attention. Holley stepped to the front of the stage, and there was a drum roll to start the anthem.

From the very first note that Holley sang, I knew he was on his way. Not that I had to carry a burden, but you always hope that everything will go well for the vocalist, and it did. I could have said he got a standing ovation, but of course everyone stands for the playing of the National Anthem. What I could say, and it would be very accurate, is that SrA Zachary Holley received a rousing ovation from the crowd. To say the audience enjoyed his performance would be an understatement.

After the concert, I talked with Zachary and he thanked me, and the Minot City Band for inviting him to be part of our concert. As an MC you sometimes are given a great opportunity to introduce a special soloist. SrA Zachary Holley certainly fit that description. Zachary Holley is another example of the contribution(s) that the Minot AFB base makes to the Minot community. I hope to introduce Zachary again in other concert situations. I will also let him know that when I introduce SrA Zachary Holley from Minot Air Force Base to sing the National Anthem, the pleasure and the honor are all mine...

Driver's ed teaches you this...



**UPSIDE DOWN
UNDER**
MARVIN BAKER

I was driving down a city street minding my own business when I came upon a semi-trailer in the right lane of traffic. I didn't see a blinker so I assumed he was turning right since he was in the right lane and what not.

With that in mind, I pulled up next to him in the left lane. All of a sudden this knucklehead decides to turn left before I could dart out of the way. I couldn't back up because there were vehicles right behind me wanting to turn left. As a result, the right side of my vehicle got seriously banged up.

The bumper was bent forward, the right front door was crushed, the right front fender was crushed and the right front window shattered sending pieces of glass all over the seat. A kangaroo guard on the front was also damaged. He moved forward about 6 feet and

about the time I felt the vehicle start to tip, he stopped.

I wasn't injured and neither was the semi driver so that makes the situation more tolerable. Unfortunately, he said he didn't see me in the lane. He didn't see that big, black Ford F-150 with clearance lights. Hmmm! Isn't that what those big mirrors are for on a semi?

The guy told me he had his blinker on but speculated the wiring got wet and didn't function. He said he had just washed his semi and it was dripping wet.

However, this guy did admit fault to myself, to the police and to his insurance company. That made things even more tolerable. Now, I'm dealing with his insurance company to get a settlement.

I bring this situation up because all too often motorists are not using their blinkers and it can be a disaster waiting to happen, as was my case last Wednesday night.

He's in a right lane and his blinker isn't on or isn't functioning. As another motorist, am I supposed to assume that this guy is going to turn left from a right lane?

Do you ever run into a

circumstance like this? I see it a lot in places like Minot, Bismarck, Williston and Jamestown. Out in the country, people are generally pretty good. But it seems like there's a high percentage of urban drivers who don't use their blinkers.

Several years ago I would go to visit my niece in Jamestown and I would tease her that "I'm in Jamestown now and I don't need to use blinkers because nobody else does." Apparently that caught on because now it seems to be all over the place.

They may have forgotten, maybe they drive an old, beat up Dodge and the blinker doesn't work, maybe they just don't care or maybe their texting on their smart phone and are too busy to activate the blinker.

This has become so commonplace that when I pull up to an intersection and the person behind me doesn't have their blinker on, I'll shut mine off and 100 percent of the time, they will use their blinker at the next intersection.

What tops the list for me, however, is when I'm waiting to turn and merge into highway traffic. Someone is coming toward

my left side and there is no blinker. You have to think they are going through the intersection and proceeding on. Oh No! These drivers will make you wait until they turn because you don't know if they're going to turn or not. Are you supposed to make that assumption? Either you wait or you could get hit.

Unfortunately, I don't have the time to research Highway Patrol statistics to see how many times accidents occur when blinkers aren't used. It would be interesting to find out.

In my case, I was in the wrong place at the wrong time and there was nothing I could do except watch the impact and listen to metal crunching and glass shattering. It was low speed so even if there were injuries, they wouldn't have been severe. But my goodness, the guy could have saved a nasty increase on his insurance premium had he just used his blinker.

All kidding aside, I'm always going to use my blinker when I approach an intersection. I don't want somebody to have to assume what my next move is. This isn't a chess match, it's basic rules of driving.

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

The van's bright yellow exterior, accented by pastel, candy-colored sun rays immediately grabbed my attention. My children were more focused on the massive bubbles being blown in front of the Oak Park amphitheater. I followed, but kept side-eyeing that lovely van, wondering what sort of brilliant idea may be operating out of its large windows.

This at the Build-A-Bubble event hosted by Minot Parks and Recreation. The evening was perfect. Not too warm. Not too buggy. Not too humid.

Families with kids ranging in age from barely-able-to-walk to barely-legal-to-drive, gathered around tubs of bubble liquid on the lawn. Music played, and we all attempted to create six-foot bubbles from dowel rods and string.

My youngest, now 21 months old, was most drawn to the amphitheater stage where a bubble machine was filling the air with small, perfectly-poppable orbs. Meanwhile, I kept glancing at the crowd on the hill near the van.

Then, a gentle voice said, "Would you like to pet the dog?"

Immediately, I recognized one of the trainers and dogs from the

Creative Kindness and Good Ideas

Reading Education Assistance Dogs Program, or READ, we've attended at the library. My sons quickly, eagerly accepted the invitation.

After I thanked the trainer, she said, "Be sure to go up to the van. They've got free ice cream for kids." At this, my four-year-old took off running. "And books," she added. "Each child gets to choose a book."

Hello Sunshine: Ice Cream and Books. Now that we weren't bee-lining toward bubbles I could read the text on the side of the van.

A woman at the window pointed toward neatly sorted bins and shelves of books that created an open-air library.

"Go pick a book, then come back to the window for ice cream. The book acts like a ticket for your treat," she said.

So we did. And it was wonderful. And we've read those books many times since.

But I can't stop thinking about that evening spent in the park, and the gosh-darn-goodness of it all. I can't shake the giddy awe, the grateful excitement I feel just to be alive, and living in Minot, North Dakota at this very moment in time.

If you are from here, moments dripping with kindness and creativity may seem commonplace. Maybe you don't notice the unusually high number of good ideas that get off the ground around here. The quirky ways people care for each other may be

easy to overlook if you are used to seeing them.

Let me assure you, it's not like this everywhere.

I go back to the Build-A-Bubble event because it encapsulates so many good things in one concise instance:

A van that offers free books and ice cream to children in high-needs neighborhoods and park events—because a successful way to improve reading skills among low-income children is to make books more accessible—is not something you'll find in just any town. It's an idea, spearheaded by a passionate elementary school teacher, and embraced by a community because around here, creative kindness is welcome.

A Parks Department brimming with ideas, that make living in NoDak unbelievably enjoyable.

Trainers with therapy dogs that show up at events, schools, and even the university finals week—because petting a calm dog is soothing, and happiness inducing.

The good ideas don't stop there. There are too many to name in one location, and new ideas are taking shape all the time. I can't keep up with them all. We've got free story times, sensory-friendly movie screenings, a diaper pantry, a free shower program, free pregnancy ultrasounds, and community lunch offered nearly every day of the week.

This is a place that lets good ideas grow. This is a place that gets



Event attendees and one of Minot's READ dogs gather near the Hello Sunshine van.



My youngest son at the Build-A-Bubble event at Oak Park.
AMY ALLENDER PHOTOS

behind creative ways to make life nicer, more bearable, kinder.

Friends, candy-colored vans are passing out ice cream and books to children on hot, summer evenings. What a time to be alive!

Whether you are in North Dakota, or just wish you were—don't let the goodness around you go unnoticed. Support good ideas when you see them. If you've got a good idea of your own, be brave enough to try it out.

To connect with me, see how I spend my days in Minot, or get a little more positivity for your day, find me on Instagram, @amy_allender or Facebook, @amyallenderblog.

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Resident Council Meeting



RACQUEL LABADIE, GS-12, USAF
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The Minot AFB Resident Council is a forum for military members and their families residing in privatized housing on the installation to discuss health & safety concerns, identify potential community improvements, present viable solutions, and establish and maintain positive interactions between residents, wing leadership, Minot AFB Homes, and the Military Housing Office.

The August Resident Council meeting will be held at the Minot AFB Homes Community Center at 256 Spruce Street on Tuesday, 16 August at 1800. Agenda items include pest control, trash pick-up, customer service/communication, landscaping, and a briefing by 5th Security Forces to address neighborhood safety concerns and their new partnership with Minot AFB Homes.



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THE AUGUST "TO DO" LIST

Patricia Stockdill

Pardon the pun, but with summer temperatures heating up as we head at lightning speed into August, this week's burning question will be "Where did June and July go?"

August???

Already???

Seriously???

Yes, seriously folks, August is almost here. That means school. It means fall sports practice. It means shorter days and longer nights.

It means we blinked and darn near missed summer. It also means that if we blink again we'll be fully entrenched in autumn and a rapidly approaching winter.

But fear not, autumn won't officially start for darn near two months so we really do have some summer to squeeze in yet.

Let's ponder these opportunities: Indian Hills Resort on Lake Sakakawea hosts its annual Bite Me! Invite fishing tournament Aug. 19. While it's a fishing tournament, it's not a high intensity event – just good ol' fishing fun. Contact the resort, (701) 743-4122 for details.

Indian Hills is tucked in Good Bear Bay about 30 miles west of Garrison. It's also about 30 miles south of Parshall.

Speaking of Lake Sakakawea, Fort Stevenson State Park doesn't let a little thing like the waning weeks of summer deter it from hosting activities and events. The park salutes the end of July with the Club de Skinatique Water Ski Show at 5 p.m. on July 30. A lighted boat parade follows in the evening. Ski club members from North Dakota and Canada will showcase their amazing talents during the free show. Like the water ski show, the boat parade is also free.

The park is located three miles south of Garrison.

Heading south in August – but not too far – the 150-year anniversary of Fort Lincoln will be celebrated Aug. 12 through 14 at Fort Abraham Lincoln State Park near Mandan. Living historians and re-enactors will bring 6th U.S. Infantry, Co. B soldiers to life that weekend, honoring the men who built the fort in 1872 and into 1873 along the fort's history.

Fort Lincoln was an active military fort until 1891.

Pres. Theodore Roosevelt signed the deed to the fort's land over to the State of North Dakota in 1907 and it would become Fort Abraham Lincoln State Park.

The fort is best known as the location where one of its commanders, Lt. Col. George A. Custer, and his men departed in 1876, heading west and smack into the Battle of the Little Bighorn in Montana.

Back up on Lake Sakakawea, folks participating in the N.D. Parks and Recreation Department's 12 Months – 12 Hikes Challenge should check out Fort Stevenson State Park Aug. 20. The park's hike series continues that evening with the third of the park's four Evening Hike Series taking place on one of the Challenge's qualifying trails.

Dubbed the Sensory Hike participants can meet at the Visitor Center for the 9:30 p.m. hike, which provides opportunities to heighten one's nocturnal senses. Anyone can join in the hike – it's not just for 12 Months – 12 Hikes Challenge participants.

Daily entrance fees to all N.D. Parks and Recreation Department state parks are \$7 or vehicles can simply display their annual pass. North Dakota's other state parks are also open for camping and recreational activities through August and into September before winterizing for the coming cold weather ahead.

August is still a good time to head to western North Dakota's Maah-Daah-Hey Trail and its eight additional trail units. The Maah-Daah-Hey itself is a total of 144 miles long with the other trails ranging in length from a short 0.3 to 18.9 miles.

Along the way, the Maah-Daah-Hey Trail and its trail units have 11 campgrounds, eight water caches, and 16 trailheads. Go to the Maah-Daah-Hey Trail Association website, (www.mdhta.com) for information about hiking, biking, or horseback riding on the trails.

And finally, with summer winding down, it doesn't always have to mean trying to cram a bunch of activities into a short period of time.

Sometimes appreciating the last days of summer can be doing something simple...relaxing...sitting in the cool shade of a tree with these words resonating in one's mind: "Today is a good day to read a book"

Just remember the insect repellent.

It's still summer, after all.



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WarBull SNCO Select Development – “Leaders Lead”

ERIN BEENE, NORTHERN SENTRY

Over the past four weeks the 5th Civil Engineer Squadron, otherwise known as the WarBulls, conducted a series of training, activities and instructions to welcome their newest members of the Senior Non-commissioned Officer promotions. The SNCO Select Development is a 21-day deliberate development course which culminated with a Final Day of intense physical & mental training on Friday, July 22nd. The standing squadron SNCOs wanted to find a way to induct the new members of this elite group with pride and a little military camaraderie, so they put together the Final Day training in which the inductees

traveled 21 miles - beginning at 4 am - and ended with obstacles designed to honor six Medal of Honor recipients. In one scenario, the SNCO team honored A1C John Levitow, a loadmaster serving in Vietnam in 1969 onboard an AC-47 “Spooky” gunship, recreating the heroic scene hurling a flare through a cargo door ultimately saving the crew. The Master Sergeants and Master Sergeant Selects who completed the training are MSgt Jason Lawyer, TSgt Dominic Garcia, MSgt Timothy Bennett, TSgt Paul Rudolph, TSgt Matthew Chandler and MSgt Oscar Perez. Although MSgt Lawyer and MSgt Perez

were unable to attend the Final Day events, all six now can stand proudly and say they are officially WarBull Senior Non Commissioned Officers, which is no small task. MSgt Austin Henrichsen and SMSgt Jeffrey Brown and all the other WarBull SNCOs put in a lot of work to make sure this event would be helpful and memorable to all their new comrades. MSgt Henrichsen said, “Leaders take direct action not just say words – this development course embodied intentionality on all fronts to mold, inspire, and cultivate a better Air Force SNCO Striker Warrior.



Members of the CE SNCO participating in final day obstacles designed to honor Medal of Honor recipients.



CE WarBull SNCO's celebrating completion of Select Development Course.



TSgt Dominic Garcia, MSgt Timothy Bennett, TSgt Paul Rudolph and TSgt Matther Chandler enjoying the SNCO WarBull Training.



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Congratulations!

AIR FORCE GLOBAL STRIKE COMMAND FIRST SERGEANTS



AIR FORCE GLOBAL STRIKE COMMAND
FIRST SERGEANTS

Congratulations to AFGSC's newest First Sergeants!

We are proud to recognize our Spring '22 First Sergeant selects and we cannot wait to see what they will do to care for our Strikers and their families.

MSgt McKee	Barksdale Air Force Base
MSgt Weaver	Whiteman Air Force Base
MSgt Clement	Barksdale Air Force Base
MSgt Pratt	Barksdale Air Force Base
MSgt Maghamez	Minot Air Force Base
MSgt Gott	Ellsworth Air Force Base
MSgt Kim	Ellsworth Air Force Base
MSgt Bartels	Barksdale Air Force Base
MSgt Caballero	Whiteman Air Force Base
MSgt Periman	Ellsworth Air Force Base
MSgt Ritemour	Malmstrom Air Force Base
MSgt Clark	Barksdale Air Force Base
MSgt Creech	Dyess Air Force Base
MSgt Edwards	Minot Air Force Base
MSgt Minter	Dyess Air Force Base

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7/22/2022**

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THURSDAY
AUGUST 11, 2022



UNDER SECRETARY OF STATE VISITS TEAM MINOT
Last week Ambassador Bonnie Jenkins, Under Secretary of State, along with Maj. Gen. Andrew Gebara, 8th AF commander, visited 91st Missile Wing Airmen to see our mission and the amazing men and women that make it possible.

U.S. AIR FORCE PHOTOS | A1C ALEXANDER NOTTINGHAM

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NOTES ON BEING SAFE

POOL, DIVING, AND SWIMMING SAFETY

ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY AND HEALTH MANAGER

As the weather becomes warmer, report of accidental drownings becomes all too common. Drowning victims encompass all age groups-the toddler who fell into the family pool, the teenager who dove into a lake and struck an unseen rock, the adult who was pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases, is that the drowning accident could have been prevented. Learn these basic rules for drown-proofing before an accident becomes a tragedy.

Pool Safety – If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately. (Infants as young as a few months old can learn to swim their way to safety.) Invest in an approved safety cover and keep the pool covered whenever it is not in use. Fence in your pool to prevent curious youngsters from entering the pool area without your permission. Never, ever, allow toddlers or young children access to the pool without adult supervision.

Diving Safety – Many accidental drownings result from diving injuries. Diving into shallow water, or striking an unseen obstacle can lead to unconsciousness, spinal cord injury, and all too often, death. Always test water depth before diving, and if you are unable to see below the water’s surface, don’t dive. Even if you are sure your path is clear, keep your arms extended above your head when diving-your hands (not your head) will hit an unseen obstacle first.

Swimming Safety – Whenever you swim (in a pool, lake, or ocean), always have a partner nearby. Observe warning signs – “No Lifeguard on duty,” “Dangerous undertow,” etc. Never swim when you are tired, under the influence of alcohol, drugs, or medications, or when weather conditions are stormy. If you are not an experienced swimmer, stay in shallow water and use flotation devices. Never allow toddlers or young children

to swim without an adult supervision.

Additional Tips – Certain water sports such as boating, water skiing, and surfing, pose special drowning dangers. If you are interested in taking up any water sport, learn how to swim beforehand. Know nautical rules and regulations before going on any boat. Always wear an approved flotation device. Check your equipment before engaging in any water sport to be sure it is in good operating condition. Finally, use your common sense and avoid unnecessary risks. Drowning accidents are tragedies that can, in most cases, be prevented.

FOR YOUR SAFETY

Pool Safety

- Use an approved safety cover and keep the pool covered when not in use
- Fence in pool area
- Never allow children access to the pool without adult supervision

Diving Safety

- Always test water depth before diving
- If you unable to see below the water’s surface, don’t dive
- Never attempt to dive through objects such as inner tubes
- Keep your arms extended above your head when diving

Swimming Safety

- Know and observe your swimming limitations and capabilities
- Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current until you reach safety
- Always swim with a partner
- Observe warning signs
- Stay out of the water during thunderstorms and severe weather
- Never swim when you are tired, under the influence of alcohol, drugs, or medication
- Never allow young children to swim without adult supervision

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Keep Downtown Minot Events On Your Calendar

ROD WILSON, NORTHERN SENTRY

The final Minot Area Council of the Arts event in downtown Minot takes place on Thursday, August 4 as the popular band Soulshine takes to the stage for the final concert event of the summer. Last year over 1,500 people crowded downtown for the most popular event of the summer. Along with Soulshine, there will be food trucks, vendors and even businesses set up on the sidewalks for a great evening in Downtown Minot. The street fair officially opens at 5:30 p.m. and admission to the event is free!

FALL FESTIVAL RETURNS

Summer ends, but the events in Downtown Minot do not. September 17 the Downtown Fall Festival returns with an antique car show from 9:00 a.m. to 1:00 p.m. With COVID officially in the rear view mirror, this year's show should be bigger and better than ever, with cars from as far away as Canada making the trek to Minot. Downtown streets will be closed for the event and cars will be parked along Main Street and several adjacent blocks.

FARMERS MARKET & FOOD TRUCKS

On the west side of the south parking ramp, there will be a Farmers Market with several vendors having their fall produce, including homemade jams and jellies for sale. There will be an

entire block of bounce houses for the kids, bingo will take place in the plaza outside of Gourmet Chef, and of course several food trucks will make their way to downtown Minot for this Fall Festival Event.

RACING PIGS!

For the first time, the popular little porkers known as Daryl's Racing Pigs will be in Downtown Minot for the Fall Festival. Daryl Lies is in his 31st year with the racing pigs, and they promise to be one of the highlights of this year's Fall Festival.

EVENING ACTIVITIES

Once the Main Street event comes to an end, the evening begins with Downtown Minot restaurants taking center stage. If you haven't tried some of the new restaurants Downtown, this is your chance. When you are done dining, there will be entertainment to finish your Downtown Minot experience.

FIND US ON THE WEB & FACEBOOK

Keep watching for more details on our web site and Facebook page and make Downtown Minot your destination on September 17.

TROLL STROLL?

Fall is a traditional Wine Walk time, and Downtown Minot invites you to our Troll Stroll fall

wine walk, and other beverages, Thursday, September 22nd from 5:30 to 8:00 p.m. Downtown will be magic as people stroll along the sidewalks experiencing a great downtown experience. Wines paired with special hors d'oeuvres will be served all evening. Tickets will be limited for this event, so you may want to reserve yours early.

THE MINOT EXCURSION

On Wednesday, September 28, 20 participants will board a Minot AFB bus and head to Minot for a great day of touring Minot. See those best kept secrets and have lunch in downtown Minot. More information will be available in the Northern Sentry in August. In May, we had a great time, with lunch at Cookies for You, and we ended the day with a shopping experience in Downtown.

AND FINALLY....

We don't want to cut summer short, but Christmas really is closer than you think. Friday, November 25 is Christmas Open House in Downtown Minot, and it all starts with the lighting of the traditional Downtown Christmas Tree.

Of course, there are many, many other events in Downtown Minot. So, join us for dining, shopping, and entertainment.

Good Gardening

ADVICE

by Marvin Baker



What's that weird vegetable?

For the past two weeks at farmers' market we've been selling a large round, green vegetable that few people can identify. Despite that, we've sold more than 20 pounds of this vegetable in two weeks. It's kohlrabi and it's in the brassica genus of plants (like cabbage or broccoli). In a way, it resembles a turnip or a radish. All parts of the kohlrabi can be eaten, both raw and cooked. It is delicious steamed, sautéed, roasted, stuffed, creamed, in soup or stew, and eaten raw. Smaller kohlrabi tends to taste sweeter. I like to peel it, put a dash of salt on it and eat it raw.



Local Cravings Restaurant Guide

Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701
Phone: 701.839.2130
www.applebees.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot, ND 58701
Phone: 701.838.9140
www.bonesbbqminot.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701
Phone: 701.852.7335
www.blgrill.com

28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701
Phone: 701.838.2828
www.facebook.com/28tastes

Mi Mexico

3816 South Broadway Minot, ND
701-858-0777
Phone: 701.858.0777
www.mimexicomintnd.com

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
Phone: 701.852.4800
www.culvers.com

Prairie Sky Breads

3 1st St. SE, Minot, ND 58701
Phone: 701.858.0612
www.prairieskybreads.com

Ironhorse Kitchen + Bar

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www.primominot.com

Souris River Brewing

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www.sourisriverbrewing.com

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www.whiskeyninennd.com





MAIN MEDICAL

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The Start of Main Street

DAKOTA HOPE CLINIC



The Dakota Hope Clinic, located at suite 205 Main Medical Building in downtown Minot, offers women *Choices for a Bright Future*. This non-profit organization is designed to support pregnant women in any circumstance. The clinic is a judgment-free zone and they aim to assist women who are pregnant and in tough situations. The clinic offers maternal medical care, as well as parenting classes and free baby items for those in need. Appointments can be made on their website and they also offer a 24/hr phone hotline for emergency situations.

Dakota Hope Clinic
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dakotahope.org
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AIRMAN DORM LEADER COINING
91st Security Forces Group Chief Enlisted Manager CMSgt. Gerald Sullivan and CMSgt Ernest Crider, 91st Missile Wing Command Chief stopped by dorm 221 to coin TSgt Billy C. Hutchinson, 5 CES/CEIHD. Last year, TSgt Hutchinson created the Airmen Decompression Hour, a time focused on the health and well being of dorm residents, a time to voice concerns, learn about outlets and support, and to hear the experiences of other residents. The program looks to restart this August after taking a few months off, keep a lookout for the times and dates to attend. TSgt Hutchinson also works his way around the dorm campus all day long, addressing concerns and taking care of business. He and the rest of the team of Airman Dorm Leaders do a ton of thankless work behind the scenes, we cannot say thank you enough for what the team does to make life just a little bit easier...and safer in the dorms!

U.S. AIR FORCE PHOTOS | 91ST SECURITY FORCES GROUP

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3. Send a message to the Badlands Facebook inbox.

4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

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By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.



Tire Rotation

Appropriate Tire Rotation must be done every 3,000 - 6,000 miles or with every oil change. Tires Plus of North Dakota offers quality affordable auto repair services on Minot AFB.

What it does
Rotating your tires is important for making your tires last longer. Rotating your tires suggests changing them from one side of the auto to the all other, moving them from front to back or a mix of both, depending on your auto and what was done before. Some tires need to be rotated at specific intervals, while others will need to be rotated depending on the wear.

Why service is essential
Uneven tire wear can result in unsatisfactory performance, unsatisfactory gas efficiency, shorten the life of the tire and may cause safety concerns.

Proper Tire Rotation Prolongs Tire Life

- Several aspects can cause unequal tire wear**
- Vigorous driving practices, stop and go city traffic, road construction, etc. Broken terrain and pot holes
 - Under inflated tires
 - Worn Shocks
 - Unaligned steering wheels
 - Used parts
 - Not rotating your tires

- What we do during tire rotation**
- Tires are rotated in alternating patterns
 - Check overall quality and safety of tires
 - Inspect tire tread
 - Examine for effective inflation
 - Tighten lug nuts

To discover when your tires have to be rotated, consult your automobile's owner's handbook or ask one of our auto mechanic - tire professionals today. Come see our technicians for your tire rotation on base today! Call Tires Plus to arrange your next tire rotation auto repair services on Minot AFB. Tires Plus is thrilled to be your number one auto repair shop and provider of tires.



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Adopt a Pet and Rock Out this Summer

ERIN BEENE, NORTHERN SENTRY

Pets are so loved. They often become part of the family and part of ourselves. But what happens to those pets who don't get blessed with a loving family? Whose lives do they bless and how can you help them? The Souris Valley Animal Shelter wants to get every pet into a loving home and until July 31st, with the sponsorship of Bissell Pet Foundation, they are able to offer an extremely discounted rate on pet adoptions at the Empty the Shelters event. The SVAS want these little cats and dogs to have loving owners so much. So if you have been considering adopting a pet, please stop by the shelter this weekend and see the pets available for adoption. You can get approved and get a pet on the same day! Don't let the rest of the summer go without finding your fur baby!

If you want to support the shelter and animals in general but know you can't support a pet right now, never fear, the SVAS is participating in the Community Rocks Concert, partnered with Minot State University this summer to raise money for a new x-ray machine for animals. These x-ray machines can cost about \$60K and this edition

would bring the ability to use the machine within the community and save animal lives. The Community Rocks Concert, which is scheduled for August 20th, combines the best of rock n' roll with the sounds of a symphony orchestra. General Admission is \$45 and a percentage of every ticket sold will go to support the SVAS this year. For more information about this once-a-year event and to buy tickets, go to <https://www.communityrocksnd.org>. If you're still feeling like that sounds awesome but the price tag is a little too steep for you, they have got another solution. The SVAS is on the look out for volunteers to assist with booth set up and assist with seating and much more! The volunteer position comes with the perk

of a private concert after a quick training session on Friday the 19th. You can find volunteer information and applications for pet adoption on their website <https://svaspets.com/> and on the volunteer app Golden Volunteer Opportunities. Don't miss the many ways to support the animals of our community this summer!



EVERYDAY HAPPY HOUR • 3PM – 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

DAILY SPECIALS

Monday	\$5 Moscow Mules (all day)
Tuesday	\$4 ND Breweries (all day)
Wednesday	1/2 Price Wine by the glass/bottle (all day)
Thursday	\$1 up for all Tall Taps (all day)
Sunday	BRUNCH (11am-2pm)

\$7 TSR Bloody Mary & Caesars
\$12 Bottomless Mimosas
\$6 Breakfast Shots

FAMILY PACKS

Monday	Pizza Pack Combo
Tuesday	Sandwich Pack
Wednesday	Chef Creation*
Thursday	Pasta Pack

*Changes Weekly – Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

Tuesday, August 2
5:30-8 p.m.
Roosevelt Park

Trinity Health is teaming up with the Minot Police Department and area businesses and organizations to promote public safety and recognize those who keep our community safe.

- Free games
- Free food
- Prizes
- Inflatables
- Educational booths
- First Response Air and Ground

- Law enforcement special equipment displays
- MAFB K9 demonstrations

Event sponsored by:

1350 20TH AVE SW, MINOT, ND 58701

Dr. Matt Hanson Dr. Shad Froseth Dr. Crystal Long Dr. Willy Fielhaber

BUSINESS HOURS

Monday: 7:30am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

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FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature
AUGUST 2022



JOCELYN FONSECA-COGLIETTI

What do you enjoy most about being an FCC Provider?
I love that I get to make an impact on kids everyday, especially when they come in having a rough day and they leave happy. I also love seeing my own child interact with other kids and watching them all learn from each other is so amazing to watch.

What are your interests/hobbies?
I enjoy doing so many things! My #1 would be traveling and trying new food from all over the world. Being in Germany for three years before Minot was the best for traveling.

What advice do you have for new providers/those interested in being FCC Providers?
If you enjoy working with children, becoming a provider is a great option! You get to work from home and be with your own kiddos (if you have some) which is the best thing, in my opinion. Love what you do, because it makes the difficult days so much better!

STARTS FRIDAY

FAMILY CAMP
(2022) Comedy, Family (PG)

THE BAD GUYS
(2022) Animation, Adventure, Comedy (PG)

JURASSIC WORLD DOMINION
(2022) Action, Adventure, Sci-Fi (PG-13)

LIGHTYEAR
(2022) Animation, Action, Adventure (PG)

MONSTER BASH
8:45PM FRIDAY/SAT/SUN

THE WOLF MAN
(1941) Horror, Mystery, Romance

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Upcoming Events

30 JULY

SCAVENGER HUNT ALL DAY
Various Minot Park Locations
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July is National Parks & Recreation Month!
#RiseUpJuly
To celebrate Parks and Recreation Month, we are asking our community to Rise Up and join in on the fun activities we have planned for the month! From July 1st to August 30th, visit each of the Parks listed on the activity sheet to gather all of the unique code words. The code words will then create a sentence. Those who submit a completed scavenger hunt will receive a prize!

JULY 1 - AUGUST 30
EXPLORE MINOT PARKS!
WWW.MINOTPARKS.COM

2 AUG

READ DOGS
4:00 PM - 5:00 PM
Minot Public Library
516 2nd Ave SW, Minot

Our Reading Education Assistance Dogs will be available for children to read to on the first Tuesday of the month. These dogs LOVE listening to children read. Children may read for 15 minutes on a first come first serve basis. For more information about the READ dog, contact the Children's Library at 838-0606.

READ Dogs
The Reading Education Assistance Dogs will be available on the first Tuesday of every month. These dogs love listening to you read so be sure to stop by!
All ages may read for 15 minutes on a first come first serve basis.
First Tuesday of the Month
4:00-5:00 pm
MPL, Immigration Station

4 AUG

ARTS IN THE CITY: THURSDAYS DOWNTOWN!
5:30 PM - 9:00 PM
Main Street, Downtown Minot

FREE Live Music + Arts and Crafts Festival + Bounce Houses + Axe Throwing + Food Trucks and more!! Activities begin at 5:30. Music starts at 6! Two bands every night! August 4th FINALE! - Johnny SPUD + Soulshine!

THURSDAYS DOWNTOWN

4 AUG

UP YOUR AXE FAMILY NIGHTS
5:30 PM - 8:00 PM
Main Street Minot

During Family Nights, Ages 10+ can throw axes and ninja stars! Throw axes with the family on Main Street every Thursday in Downtown Minot during Arts in the City!

FAMILY NIGHTS

5 AUG

MINOT PARKS SUMMER MOVIES IN THE PARK
2:00-7:00PM
Oak Park
1114 4th Ave NW, Minot

Spiderman No Way Home
Join us Friday, August 5th at Oak Park
Sponsored by: SRT
*Movies start at sunset
*All movies are free to attend

SPIDER-MAN NO WAY HOME
Friday, August 5th @ Oak Park

For more information:
Facebook/Minot Parks/Events

CELEBRATING TRADITIONS
SUBMISSIONS OPEN 1 - 31 AUGUST

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7 Questions to Help You With Your Next PCS Move

TRICARE COMMUNICATIONS

FALLS CHURCH, Va. – Will you be embarking on a permanent change of station (PCS) this summer? This can bring big adjustments for you and your family. However, whether you're moving stateside or overseas, your TRICARE coverage will move with you. Still, you need to be prepared.

"If you have PCS orders coming up, following some simple steps can help for a smooth transition to your new area," said Jeremy Schneider, TRICARE Health Plan program analyst. "We encourage beneficiaries to plan ahead and reach out to their regional contractor early if they have questions about their TRICARE coverage or need help finding support in their new location."

Listed below are seven questions to think about, so you can stay a step ahead of your move.

1. What health plans are available in your new location? You may have different health plan options when you move. If you're an active duty service member moving stateside, you must have either TRICARE Prime or TRICARE Prime Remote. Your eligible family members, however, may have additional options, such as TRICARE Select or US Family Health Plan.

Moving overseas? If command-sponsored, active duty family members can enroll in TRICARE Prime Overseas or TRICARE Prime Remote Overseas. If you're retired, you and your family members may be eligible for TRICARE Select Overseas.

To check health plans that you may be eligible for, go to the TRICARE Plan Finder or review the TRICARE Plans Overview.

2. Do you need to fill prescriptions or schedule routine exams?

It's important to anticipate your medical needs for the move itself in the short-term, as well as what you'll need long-term once you've settled in.

Fill your prescriptions to make sure you have enough medication to last throughout your move and immediately after.

Schedule routine physicals or immunizations before the move.

If you've had any ongoing health issues, prioritize visiting your current primary care manager (PCM), family doctor, or specialist to discuss what kinds of care or services you may need in your new area.

3. Will you need to transfer your medical records?

Transferring your medical records will help the transition to a new provider. So, ask for copies of your medical and dental records before you move. You may even want to have these documents with you for safe keeping and easy access when moving. If you're enrolled to a military hospital or clinic, your electronic medical records will transfer to your new duty station. Your new military hospital or clinic, PCM, or family doctor may also request copies of your medical records for you. If you have questions about how to start the transfer process, reach

out to your medical provider or TRICARE contractor.

4. When do you update your DEERS records?

Correct information in DEERS will prevent problems if you or a family member needs care while moving. Before and after you move, make sure the information for you and your family, like your contact info and new address, is correct and accurate in the Defense Enrollment Eligibility Reporting System (DEERS). As outlined in the TRICARE Qualifying Life Events Fact Sheet, your DEERS record lists your service status, family status, and TRICARE coverage. Remember, DEERS doesn't transfer your TRICARE enrollment. Any changes you make to your health plan will go into effect after your address change shows in DEERS. You can make updates to DEERS online, by phone, or in person.

5. When should you disenroll from your current coverage?

Don't disenroll from your health plan before moving. Once you're at your new location and you have updated your address in DEERS, you have 90 days from the date of the move to make changes to your enrollment. Remember, moving is a Qualifying Life Event (QLE). A QLE allows you and your eligible family members to enroll in or change your TRICARE health plan outside of TRICARE Open Season. If you disenroll before you move, you'll only be able to get care at a military hospital or clinic, if space is available.

6. When do you notify your new

regional contractor of your arrival?

Once you've finally arrived at your new location, contact the TRICARE contractor for your new region. They'll transfer your previous coverage to your new location, if necessary. Your contractor won't change if you're moving within the same region. But you may need to find another PCM or health care provider. If you're overseas, your TRICARE Overseas Program Regional Call Center in your new location can assist you with setting up care.

7. Will you need to change your dental plan?

For those enrolled in the TRICARE Dental Program (TDP),

your dental coverage moves with you. Just notify the TDP contractor, United Concordia Companies, Inc., of your new address and contact information. And you can visit the TDP website to find a new dentist. If you have dental coverage through the Federal Employees Dental and Vision Insurance Program, reach out to your dental plan provider for guidance.

If you're moving, make sure your TRICARE coverage is set to help you avoid any gaps in coverage. Visit the Moving page to find more tips and information to help connect you to the resources you need.

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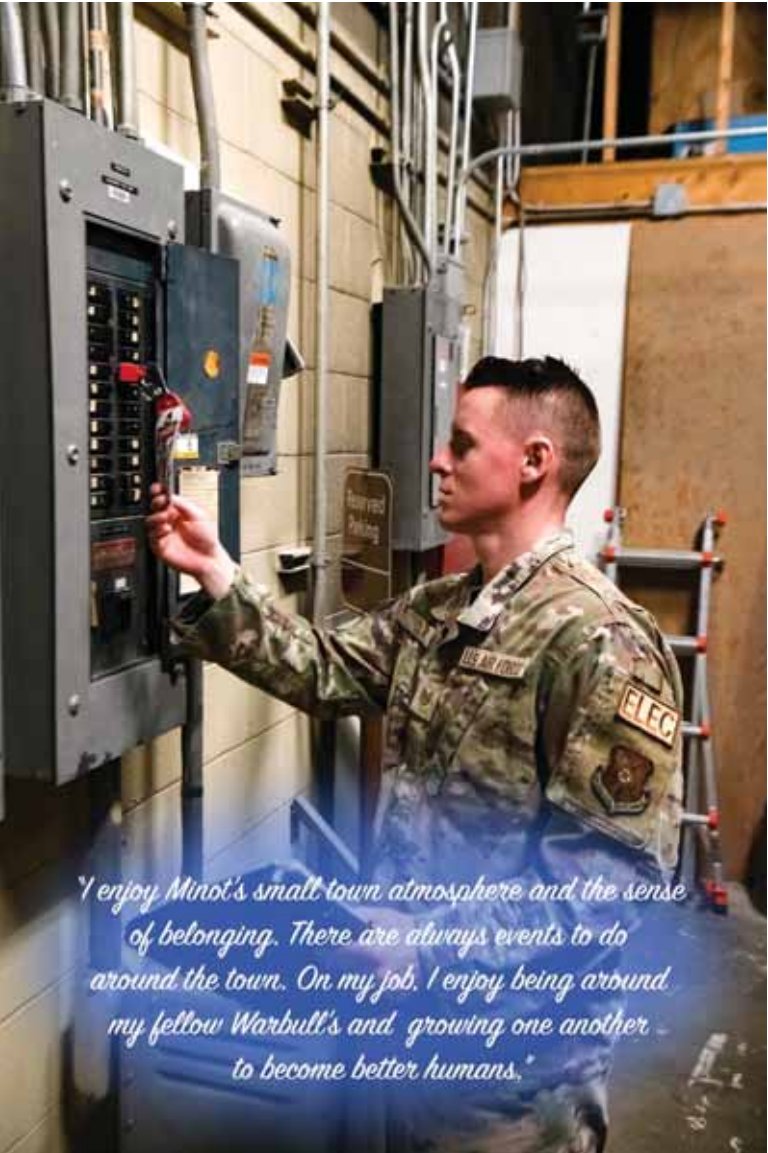




Airman Minot

TSgt. Clay Clark

TSgt. Clay Clark is the NCOIC of Requirements and Optimization for the 5th Civil Engineer Squadron at Minot Air Force Base, N.D. TSgt. Clark leads five personnel in sustaining maintenance requirements for a 4.3 billion dollar real estate portfolio. Additionally, he manages Civil Engineering's 26.5 million dollar budget in prioritizing base infrastructure requirements and facility enhancement projects.



"I enjoy Minot's small town atmosphere and the sense of belonging. There are always events to do around the town. On my job, I enjoy being around my fellow Warbull's and growing one another to become better humans."



In his free time, TSgt. Clark likes to to spend time with his family, workout, cook, and continue to invest in his physical and financial future.

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Fact File

Life Span	15 – 20 years
Weight	10 – 14 pounds
Body Height	30 – 37 inches
Wingspan	70 – 90 inches
Top Speed	30 – 35 mph
Wild Diet	Omnivore (Carnivore) Herbivore Fish, Other birds, Carrion

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REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:
Lake Sakakawea elevation, July 25: 1,838.25 feet above mean sea level (MSL); 20,800 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,450.6 feet above mean sea level (MSL).
Stump Lake elevation: 1,450.63 MSL.
•N.D. Game & Fish Dept. game wardens: Most activity remains on Lake Sakakawea with generally fair success. No reports from area lakes or Devils Lake.
•Devils Lake, Ed’s Bait Shop, Devils Lake: Continued fair to good for walleye with nice numbers in the 16-inch range. Some perch mixed in. Lots of activity continues on Pelican Lake, East Bay, and main lake areas. Try slip bobbers and nightcrawlers or spinners and bottom bouncers.
•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good walleye activity. Try slip bobbers and nightcrawlers in 8 to 10 feet along the weed beds or spinners and nightcrawlers working deeper in 20 to 25 feet. Move around and work a variety of depths with overall good success throughout much of the lake.
•Lake Darling, Karma C-Store, Ruthville: Lake Darling and Grano continues producing small walleye. Some shore-fishing activity on the Souris River by Roosevelt Park.
•Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success in the shallows and along the weed beds. Lots of recreational activity with some pike success and occasional nice-sized walleye mixed in with numbers of small ones. Better walleye activity is in the evening.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea remains fair to good for walleye working shallow water in the bays or deeper out along main lake points. Try a variety of presentations.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Continued fair to good walleye success on the east end of Lake Sakakawea Try slow death hooks and nightcrawlers in 12 to 18 feet working main lake points around Steinke Bay and points to the west. Improving success with crankbaits in 20 to 30 feet. Not many reports from Lake Audubon with anglers focusing on Sakakawea, although smallmouth bass activity remains fair to good.
•Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good for walleye with a nice morning bite.

- Blue-green algae updates, N.D. Dept. of Environmental Quality: No advisories or warnings listed but conditions could change daily. Several N.D. lakes under investigation, including Nelson-Carlson Lake, Ward Co., or have low toxin levels, including Buffalo Lodge Lake, McHenry Co., and Nelson Lake, Oliver Co. Go to the agency website, (deq.nd.gov) for more information.
- July 29: Halloween in July, Lake Metigoshe State Park, Bottineau.
- July 30: Bluegrass goes Pink (Bismarck Cancer Center Foundation benefit), Cross Ranch State Park, Hensler.
- July 30: Club de Skinautique Water Ski Show & Lighted Boat Parade, Fort Stevenson State Park, Garrison, 5 p.m.
- Aug. 6: Devils Lake, Grahams Island; Devils Lake, Minnewaukan.
- Aug. 3: Pronghorn applications due.
- Aug. 13 & 14: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Van Hook Arm.
- Aug. 16: Lake Sakakawea, Sakakawea State Park.

TOURNAMENTS:

- July 30: Devils Lake, Woodland Resort; Devils Lake, launch from East Bay, 6-Mile Bay, or Henegar Landing.

Try nightcrawlers with some success on leeches yet. Overall nice success throughout the area.
•Lake Sakakawea, New Town: Van Hook Arm remains good for walleye using a variety of presentations with success from the Arm east over to Indian Hills.
•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Lots of activity with ongoing good walleye success from both boats and shore. Nightcrawlers and leeches remain the best bait on smile or propeller blades. Try crankbaits for larger fish.
•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace producing a mix of walleye and catfish from boats during the day. Limited trout and salmon numbers. Try Lindy rigs or spinners with nightcrawlers in the spillway channel or jigging in the holes. Chutes slow during the day but look for some catfish. Boats producing better success in the chutes at night. Try spillway pond area from shore during the day for a mix of catfish and walleye or the tailrace boat ramp. Best night success for walleye is off the rocks. Lake Sakakawea remains fair to good for walleye with lots of activity along the north shore. Move around to locate active fish working as shallow as 8 feet in the bays or deeper along main lake points. Some salmon success. Work the face of the dam over to Deadman’s Bay.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Increasing activity on the upper end of Lake Sakakawea with some walleye success around Lund’s Landing and Tobacco Garden. Try slow jigging and nightcrawlers with water clearing down to about 9 inches. Also try White Earth Bay or Little Knife using spinner rigs. Van Hook Arm remains good. Continued catfish activity on the Yellowstone and Missouri rivers. Kota-Ray Dam continues producing bluegill. Blacktail Dam a good area for kids to catch fish.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Antelope Lake producing walleye but limited reports from other area lakes or the Souris River.

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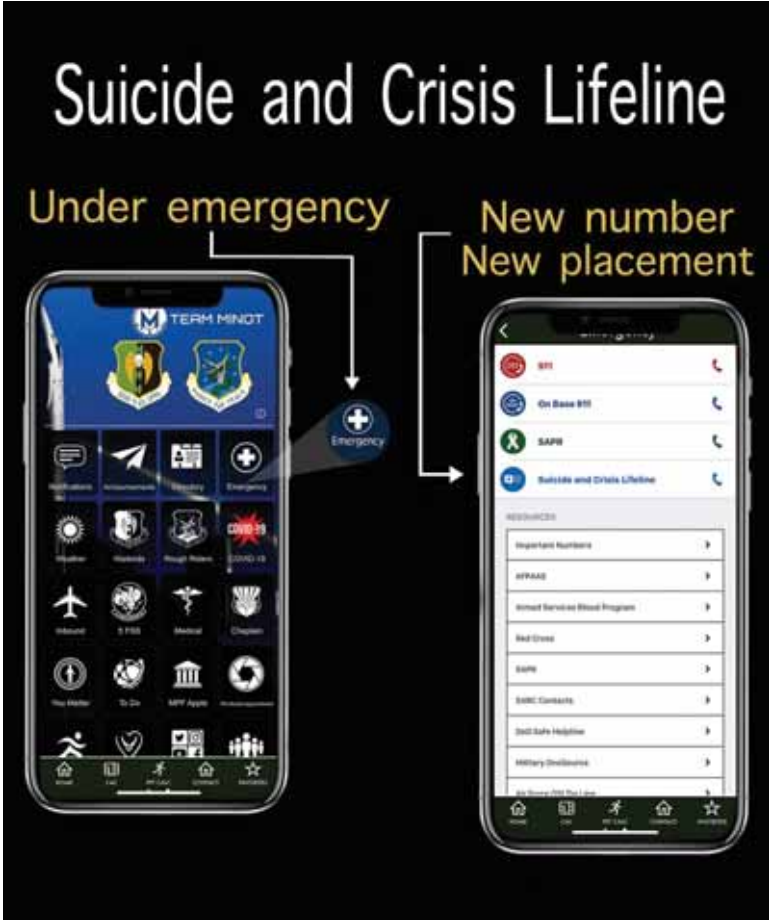
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Suicide and Crisis Lifeline

New number and new placement

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If you’re ever in need of someone to talk to, then reach out to the Suicide and Crisis Lifeline. The new emergency number serves as a universal entry point so that you can easily access 24/7 emotional support. To find the new Suicide and Crisis Lifeline phone number go to team Minot on the AF connect app, click the emergency tab and the phone number will be the last number on the top list of the main emergency numbers.
For Veterans and service members, dial 988 and then press 1 to be connected to the Veterans Crisis Line.
For active-duty personnel (VeteransCrisisLine.net/ActiveDuty.aspx), the Veterans Crisis Line is available:
-In Europe, call 00800 1273 8255 or DSN 118.
-In Korea, call 0808 555 118 or DSN 118.
-In Afghanistan, call 00 1 800 273 8255 or DSN 111.
To learn more visit 988lifeline.org.



BAKED PULLED PORK ENCHILADAS



INGREDIENTS

1 OUNCE DRY CHILE DE ÁRBOL
2 SWEET WHITE ONIONS
2 LARGE ROMA TOMATOES
1 (28OZ) CAN WHOLE TOMATOES
4 CUP LOW SODIUM CHICKEN STOCK
1 BULB GARLIC, ROASTED
1 (7OZ) CAN CHIPOTLE PEPPERS IN ADOBO
2 TABLESPOON BROWN SUGAR
1 TEASPOON CUMIN
2 TABLESPOON CORNSTARCH
3 POUND LEFTOVER PULLED PORK, HEATED
4 CUP SHREDDED COLBY JACK CHEESE
1 (4 OZ) CAN CHOPPED GREEN CHILES, OPTIONAL
12 CORN OR FLOUR TORTILLAS
1 (20 OZ) CAN REFRIED BEANS, HEATED
4 GREEN ONION, FINELY CHOPPED
1 SMALL BUNCH CILANTRO, CHOPPED
SOUR CREAM, FOR SERVING

For the enchilada sauce: When ready to cook, set the Traeger temperature to 350°F and place a cast iron pan directly on the grill grate. Preheat, lid closed for 15 minutes.

When the cast iron is hot, place chile de árbol, onions and tomatoes in the pan and cook until vegetables are golden and chiles are fragrant.

Remove chiles from the pan and place in a large bowl with boiling chicken broth. Cover with plastic wrap and set aside until they are softened. Strain the liquid and reserve. Remove the stems and place chiles, tomatoes, onions, roasted garlic, diced tomatoes, brown sugar, cumin, and chipotles in a food processor and pulse until smooth.

Transfer chile sauce and reserved chicken stock to a medium sauce pot and place back on the grill. Bring the sauce to a simmer. Combine cornstarch with 2 tablespoons water and while whisking, slowly stream the slurry into the sauce. Simmer an additional 5 to 10 minutes until thickened.

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

In a large bowl, mix pork with 1-1/2 cups enchilada sauce, 2 cups of cheese and chopped green chiles.

Spray 9x13 pan with nonstick spray. Lay a tortilla flat on a cutting board and fill with 4-5 ounce pork mixture and 2 tablespoons refried beans then roll closed. Pour 1/2 cup enchilada sauce on the bottom of the pan. Place filled tortilla seam side down in the pan. Repeat with remaining tortillas. Top with remaining enchilada sauce, remaining cheese, onions and cilantro.

Transfer to the grill and bake for 20 minutes until the cheese is melted and bubbly. Serve with sour cream.



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

Suicide prevention and mental health resources provide help: You are not alone

TRICARE COMMUNICATIONS

FALLS CHURCH, Va. -- Life is full of ups and downs. But sometimes life events - financial strain, relationships, isolation, emotional or sexual abuse, stress, and misuse or abuse of alcohol or drugs - can lead to depression, anxiety, and thoughts of suicide for some. It's important to remember that you are not alone. If you or a loved one need immediate help, you can call the Military Crisis Line (or Veterans Crisis Line) at 1-800-273-TALK (8255) and choose option 1. Send a text to 838255. Or start a chat online. The crisis line is free and available 24/7 to help you and connect you with the resources you need.

MentalHealth.gov defines mental health this way: "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."

However, life's challenges can affect how we think, feel, and act. And our mental health may also be affected.

Mental health disorders, such as depression and anxiety, may interfere with your life and overall physical health. You can have symptoms that are mild and brief or more serious and persistent.

According to Dr. Krystyna Bienia, clinical psychologist and senior policy analyst at the Defense Health Agency, mental health disorders are treatable, and recovery is possible.

"TRICARE beneficiaries are urged to seek help as soon as they can when they notice something doesn't feel right, or symptoms begin to present themselves," Dr. Bienia said. "Early intervention is key, but help at any point is best. It's okay to not be okay. But be sure to ask for help."

What are some early signs of possible mental health problems that are interfering with your (or a loved one's) daily routine?

- * Eating or sleeping too much or too little.
- * Pulling away from people and usual activities.
- * Having trouble concentrating.
- * Having low or no energy.
- * Feeling numb or like nothing matters.
- * Having unexplained aches and pains.
- * Feeling helpless or hopeless.
- * Smoking or drinking more than usual.

Do you think you or a family member could benefit from mental health services? TRICARE provides a number of resources. If you need help finding a provider, including a mental health provider, you can use the Find a Doctor tool. You can also reach out to your primary care provider or your TRICARE regional contractor.

You don't need a referral or pre-authorization for any outpatient mental health (except for psychoanalysis) and substance use disorder care. This includes services like individual or family therapy. For example, if you have TRICARE Prime, you don't need a referral to see a network provider for office-based outpatient mental health services. If you have TRICARE Select, you can see any TRICARE-authorized provider. But you'll lower your out-of-pocket costs if you choose to see a network provider.

If you have TRICARE For Life, Medicare is the primary payer for your mental health services. You only need a referral or pre-authorization from TRICARE if your Medicare benefits are exhausted.

Are you an active duty service member? You should first seek nonemergency mental health services at your military hospital

or clinic. You need to get a referral and pre-authorization for all civilian mental health services. You can go to the TRICARE website to learn more.

Keep in mind, you don't need a referral or pre-authorization for emergency care. If you think you have a mental health emergency, call 911 or your local emergency number. Or go to the nearest emergency room. You need immediate help if you're experiencing any of these signs:

- * Thinking about hurting or killing yourself.
- * Looking for ways to hurt yourself.
- * Talking about death, dying, or suicide.
- * Self-destructive behavior, such as drug abuse or risky use of weapons.

Nonemergency Mental Health Services

Depending on your needs and diagnosis, many treatment levels may be available to you. How do you get nonemergency mental health services? It depends on the level of care you need, your health plan, and your sponsor status. Some nonemergency mental health services TRICARE covers are:

- * Office-based outpatient treatment
- * Intensive outpatient programs
- * Partial hospitalization programs
- * Psychiatric residential treatment centers (for children and adolescents)
- * Inpatient treatment

Did you know telemental health services are also a part of your TRICARE benefit? With your computer, or phone, you can connect securely with your provider. Go to the TRICARE website to for more on these mental health resources.

Additional Services

The Military Health System has additional mental health resources that are available 24/7:

- * The Psychological Health Resource Center can help you find information and resources that are close to you. Call the resource center at 1-866-966-1020.
- * Military OneSource provides non-medical counseling services at no cost. Call 1-800-342-9647 to talk to someone.
- * The Military Health System Nurse Advice Line can help you with health-related questions and mental health concerns. To speak with a nurse, call 1-800-874-2273,

and choose option 1.

- * You may be able to get help through chaplain services at your military hospital or clinic.
- * If you're a veteran, find out how to access VA mental health services.

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Community VOICES

Englishing

MARTINA KRANZ

“From the looks of it, Englishing is dangerous business. Is it perhaps time we design protective gear for those who participate in the sport?” Gretchen wrote on the Facebook page.

“Hi Gretchen! Did you get “Englishing” from the show Last Man Standing? If you did, I remember that episode and I believe the daughter also used the word “businessing.” Too funny,” I wrote.

“I can’t say I did. The walking wounded in the English department inspired my post. I’ll have to youtube it!” Gretchen replied.

In the show Last Man Standing, Mike Baxter wants his daughter Mandy to go back to school so she can learn to better manage her fashion business.

“I could maybe take some marketing or businessing classes,” Mandy said. She walks away.

Her father rolls his eyes and yells at her retreating back, “Maybe you should take some Englishing classes!”

The English language can confuse and confound because it contains such a huge vocabulary, different verb forms, different pronunciations, more exceptions to the rules than rules and other cool things.

Did you ever notice that English is a language that derives many words from itself? We have formed words by joining parts of existing words called “blends” or less commonly a “portmanteau” word. What’s a portmanteau? It’s a large trunk or suitcase that opens into two equal sections. So, two meanings packed into one word.

Many new words enter the English language this way, such as words like chillax (chill + relax).

Older “blends” are still around, such as brunch (lunch + breakfast), motel (motorcar + hotel), and guesstimate (guess + estimate), biopic (biographical + picture), chortle (chuckle + snort), cyborg (cybernetic + organism), hazmat (hazardous + material), prissy (prim + sissy), simulcast (simultaneous + broadcast), smog (smoke + fog), spork (spoon + fork), telethon (telephone + marathon), webinar (web + seminar), and hangry (hungry + angry).

This “blending” of words reminds me of “killer bees.”



Scientists bred the Western honeybee and the Africanized honey bee to increase honey production. Up that sweet stuff. Twenty-six swarms of these killer bees escaped quarantine in 1957 in South America. Swarms of these “killer bees” arrived in North America in 1985. Africanized bees have earned the reputation of being very aggressive and one of the most successful biologically invasive species of all time.

Some of these “blended” words are still successful biologically in the English language. Up those meanings. Cyborgs exist in a lot of science fiction stories. Smog pollutes the big cities. I eat brunch, stay at motels, and make guesstimates. I’ve never attended a webinar, called a telethon, or used a spork. Maybe this sounds prissy, but I considered my kids’ bedrooms hazmat areas. I probably saw or heard part of a simulcast, but I’m guessing because I could only see or hear one part of it. I’ve felt hangry before. Lots of times.

Plural forms of the English language? Sometimes, nothing confuses me more, especially words with the Latin plural forms. I know with these words, a writer may use either plural form, octopuses or octopi, syllabuses or syllabi, but stimulus to stimuli, no stimuluses. Oh, forget about it. This poem by Daryl C. DuLong says it all:

We’ll begin with a box, and the plural is boxes;
But the plural of ox became oxen not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice;
Yet the plural of house is houses, not hice.
If the plural of man is always called men,
Why shouldn’t the plural of pan be called pen?
If I spoke of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn’t the plural of booth be called beeth?
Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine, she, shis and shim.
To add even more confusion to our colorful English language, we have many words that the speaker may pronounce two different ways and the pronunciation decides the definition. These sentences may make you feel grateful you grew up speaking English:

Do you have something you’d like to share with the world? Whether it’s a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity!

Send all submissions to nsads@srt.com

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. At the Army base, a bass was painted on the head of a bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After several Novocain injections, my jaw got number.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.
21. How can I intimate this to my most intimate friend?
22. I spent last evening evening out a pile of dirt.

Wasn’t that fun?


If we explore the paradoxes, we find that quicksand works slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig. Why is it that writers write, but grocers don’t groce and hammers don’t ham? Why are there vandals and not vandalizers? Why are there scandals and not scandalizers? Why are there womanizers, but not manizers? Silly, I know, but a valid question, don’t you think?

Doesn’t it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it? If teachers taught, why didn’t preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat?

In what other language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? How can a slim chance and a fat chance be the same, while a wise man and a wiseguy are opposites?

I marvel at the lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on.

Don’t you just love “Englishing?” It’s such fun, even though it can be dangerous “businessing” sometimes.



ARCADIA PUBLISHING

Learn more about the Cold War-era construction of Minot Air Force Base and its continued operation as an Air Force Strike Command B-52H bomber and Minuteman 111 intercontinental ballistic missile base.

Available wherever books are sold or online at www.arcadiapublishing.com.



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- Kiddie tractor ride
- Wheel thrown pottery demonstrations
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EFMP PCS Tips



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
CHILD AND YOUTH EDUCATION SERVICES



Moving with school-aged children can be stressful, but planning ahead can allow for a smoother transition. If you child is enrolled in EFMP, extra steps should be taken. Consider the following tips as you plan your move with a school-aged child enrolled in EFMP:

1- Update the Individual Education Program (IEP) with your IEP team at the school where child attends or the 504 with designated school staff. Although the 504 is not transferrable, it is important to have possible accommodations and modifications listed so you may share ideas that have worked in the past.

2- Request and obtain copy of educational records from your current school or district office, prior to your move.

3- Contact the Minot AFB School Liaison for transition support (mafb.school.liaison@us.af.mil).

4- Research possible gaining schools so you are aware of the options available for your family. Connect with your gaining installation's School Liaison for assistance <https://installations.militaryonesource.mil/>.

5- Visit Military One Source Plan My Move: <https://planmymove.militaryonesource.mil/>

6- Contact the Exceptional Family Member Program (EFMP) to ensure enrollment within the program is current.

7- Contact Pathfinder Services of North Dakota (701-857-7500) and ask them to connect you with the Parent Center in the state to which you are moving.

The EFMP PCS Tips would be great. At the end could the following be shared: The Minot AFB School Liaison Office is also able to assist with questions or concerns at 701-723-1447 or at mafb.school.liaison@us.af.mil.



2022-2023 MPS CALENDAR

August 20226 days						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

October 202219 days						
S	M	T	W	T	F	S
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 202220 days						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November 202219 days						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

August 16, 17 & 18

Workshop - All New Teachers

August 22 & 23

Workshop - Total Staff

August 24

First Day of School

September 05

Labor Day - No School

September 06

Professional Development Day - No School

October 20 & 21

Administrator Convention Days - No School

November 11

Veteran's Day - No School

November 24

Thanksgiving - No School

November 25

Vacation - No School



Vacation Days - not contracted day

Early Release Days - 1:15pm

Holidays

Parent/Teacher Comp Days

PD Days - contracted day

* Weather Make-up Day

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Base Exchange
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Celebrate back-to-school with our annual Operation Homefront Backpack Brigade!

Open to DEERS enrolled military dependent children who will be in Kindergarten - 12th grade for the 2022-2023 school year.

Register by 31 July at operationhomefront.org

For more information, call the School Liaison Office at 723-1447.

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DEPARTMENT OF THE AIR FORCE
SCHOOL LIAISON PROGRAM

SHEPPARD AFB AIRMEN PIT STOP AT MINOT AFB

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



80th Flying Training Wing Airmen from Sheppard Air Force Base landed their T-38 Talon at Minot Air Force Base to refuel before taking off again to fly to the Cold Lake Airshow in Canada on July 14, 2022, at Minot AFB, North Dakota. The 80 FTW is the world's only internationally manned and managed pilot training program, with the Euro-NATO Joint Jet Pilot Training Program delivering more than 7,500 trained combat pilots to NATO allies in its 37 years of existence.



90th Flying Training Squadron Instructor Pilots Royal Canadian Air Force Capt. William "Handi" Hamilton and U.S. Air Force Capt. Jake "Trap" Werner prepare for takeoff in a T-38 Talon on July 14, 2022, at Minot Air Force Base, North Dakota. The 90 FTS is part of the 80th Flying Training Wing.

90th Flying Training Squadron Instructor Pilot Capt. Jake "Trap" Werner climbs into the cockpit of a T-38 Talon on July 14, 2022, at Minot Air Force Base, North Dakota.

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MyVector continues to lay foundation for success

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Since its inception in 2015, MyVector has grown into a fully functional platform that helps all Airmen meet their full potential. Originally created as an enterprise-wide solution that supports the Air Force's goal to provide a standardized process, the platform enables Airmen to seek mentorship opportunities and be proactive in their career development.

MyVector, which serves the total force comprised of active duty, guard, reserve and civilians, helps develop personnel by providing assistance in several areas including mentorship, career planning, knowledge sharing and foundational competencies.

"I have enjoyed my experience using MyVector for the past two years," said Senior Airman Julia Reed, air traffic control apprentice for the 2nd Operations Support Squadron. "Having this as a resource has allowed me to improve my bullet writing skills and keep track of them for my supervisor. I have also been able to stay on top of my financial readiness by utilizing the courses offered."

MENTORING

Through a web-based network, participants can search for and communicate with mentors from around the world. Airmen can request a specific mentor by name or search for a mentor that meets their needs. Search tools allow Airmen to filter mentors by selecting preferences such as job history, rank, education level and previous experience as well as race, ethnicity, gender and disability.

Once connected with a mentor, Airmen can communicate and complete a mentoring plan with their mentor through MyVector.

CAREER PLANNING

MyVector also has tools that allow Airmen to make career plans based on actual opportunities within their career field and share these plans with their mentors, as well as development teams.

The career planning tool also lets Airmen track specific events and accomplishments throughout the year to facilitate a streamlined bullet-writing process for performance reports.

KNOWLEDGE SHARING

Airmen from across the force can also use MyVector to share knowledge and experience through discussion forums. Additionally, Airmen can find codified knowledge through links to resources for online books and courses.

AIR FORCE FOUNDATIONAL COMPETENCIES ASSESSMENTS

An area within MyVector that has recently been expanded is the Air Force Competencies assessments. The Pathfinder 2021 assessment, for example, provides immediate feedback on personal strengths and areas for



U.S. AIR FORCE PHOTO | STAFF SGT. TRISTAN TRUESDELL

improvement within the Air Force Foundational Competencies.

Competencies are patterns of behaviors, knowledge, skills and abilities the Air Force has determined Airmen need to perform successfully on the job regardless of rank, job or position according to Col. Sandra Coble, chief, Air Force Competencies Division within the Air Education and Training Command.

"On March 31, 2022 MyPers announced the transition from the Airman Comprehensive Assessment (ACA) Feedback to Feedback based on Airmen Leadership Qualities (ALQs). Soon, Airmen will also be evaluated through the lens of the ALQs," said Coble.

"Competencies are the building blocks to developing the ALQs. Everyone with access to MyVector can self-assess their level of foundational competencies using the Pathfinder 2021 assessment tool within MyVector. They can then use the deliberately provided developmental resources within MyVector to improve their competencies."

Foundational Competencies are being used as a basis for the new Situational Judgement Testing within the E-5 and E-6 Weighted Airman Promotion System (WAPS) as well as for the Occupational and Foundational Competencies, which have been integrated into the E-6 study guide (dated 1 November 2021) as part of the Developing Self, Developing Others, Developing Ideas, and Developing Organizations chapters.

Airmen can also gain feedback by requesting a 360-Assessment through MyVector, which allows supervisors and peers to provide

candid feedback on an Airman's performance.

Combined, the MyVector tools allow Total Force Airmen to be proactive in career development, while developing themselves through assessment and mentoring so they make take advantage of the opportunities the Air Force has to offer.

"I strongly suggest using MyVector to everyone whether you're an A1C, MSgt, or an Officer because the amount of professional development skills you receive will be beneficial at any stage of life you are in," said Reed.

TO ACCESS COMPETENCY TOOLS:

Go to your MyVector Profile (<https://MyVector.us.af.mil/MyVector>) and/or register in MyVector using your Chrome browser

Select "Air Force Competencies" from the MyVector main menu (bottom left-hand side)

Select the available competency tools (e.g. MyAssessments, Resources)

When you complete your self-assessment, you will be able to immediately view your results and Personal Improvement Plan. You may revisit the "my assessments" tab to review results at any time and/or to request feedback. If you request 360 feedback, it's a best practice to tell the people to expect a message from MyVector asking them to provide you feedback.

All active military and Department of Defense civilians should have access to the assessments. If you are unable to access the Assessments, please contact MyVector help desk afldp.support@bamtech.net.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

AIR FORCE DAY PROCLAMATION SIGNED BY TRUMAN

AUGUST 1, 1947



President Truman signs the Presidential Proclamation designating August 1, 1946 as Air Force Day. With him are Gen. Carl A. Spaatz, Commanding General of the Army Air Forces, and Lt. Gen. Ira C. Eaker, Deputy Commander of the AAF. (USAF Photo)

On August 1, 1947, President Truman signed a proclamation observing the first Air Force Day, which celebrated military airpower in the aftermath of World War II. At the time, the Army Air Forces were in charge of the nation's airpower, and the United States was beginning to understand the true potential of military air endeavours. The USAF would branch into its own service nearly one month later. Truman addressed the nation after proclaiming the first Air Force Day, saying "I remind all of our citizens that the air power of the nation is essential to the preservation of our liberty, and that the continued development of the science of air transportation is vital to the trade and commerce of a peaceful world." The last official AFD was observed on August 1, 1949.

Information courtesy of: afd.defense.gov/militarybenefits.info/

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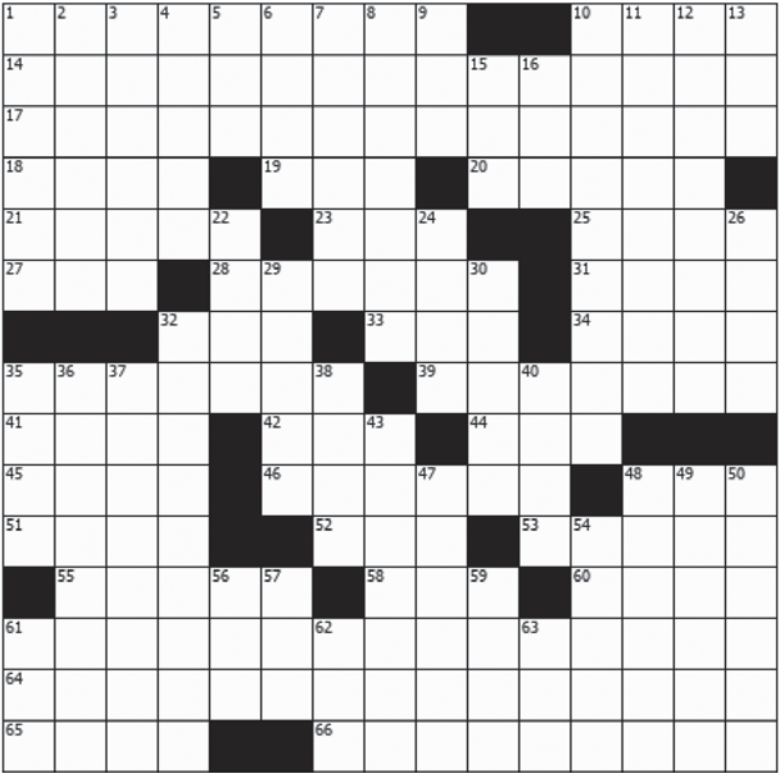


MONDAY - THURSDAY:
11AM - 1AM
FRIDAY - SATURDAY:
11AM - 2AM
SUNDAY: CLOSED

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CROSSWORD PUZZLE

- Across**
- 1. Had the biggest part of
 - 10. Run slowly
 - 14. Making a humble retraction
 - 17. Be formal
 - 18. Piquant
 - 19. __ level
 - 20. Kid's proud retort
 - 21. Winged statuettes
 - 23. Werner Erhard's therapy fad
 - 25. Green land
 - 27. "...__ time to do't": Lady Macbeth
 - 28. Racing family
 - 31. "Madame Chrysanthe" writer Pierre
 - 32. Mideast gp.
 - 33. Space heater?
 - 34. Part of
 - 35. Visit
 - 39. Estate adjoining a manor house
 - 41. Genesis shepherd
 - 42. H.S. subject
 - 44. According to
 - 45. Lean and muscular
 - 46. "__ Fideles"
 - 48. Bud
 - 51. Has __ ear: lacks sensitivity
 - 52. Second name?
 - 53. Pledged virtue
 - 55. Flatten
 - 58. Some Ga. Tech grads
 - 60. Siouan speaker
 - 61. Speaks truthfully
 - 64. Challenging way to race
 - 65. Clinton's transportation secretary
 - 66. "Gimme Shelter" group



- Down**
- 1. Italian sonnet closing
 - 2. Japanese mat
 - 3. Sergeant __
 - 4. Rusty's dog, to Rusty
 - 5. Three-min. period
 - 6. They sometimes need boosts
 - 7. Churches, e.g.
 - 8. How beer may be sold
 - 9. Once known as
 - 10. Cellar figure
 - 11. Landfalls?
 - 12. Art Carney role
 - 13. College dept.
 - 15. Indian title
 - 16. "Aren't __ pair?"
 - 22. Kirk underling
 - 24. Stepped
 - 26. Berlin article
 - 29. Title soprano who sings the aria "Casta diva"
 - 30. Was out for a while
 - 32. Where lavalavas are worn
 - 35. "You look like you __ ghost!"
 - 36. Place for closing lines
 - 37. "Boston Public" actress
 - 38. Museum piece
 - 40. Run into
 - 43. Trial by jury amendment
 - 47. Stew
 - 48. Court request
 - 49. This minute
 - 50. Moonscape?
 - 54. King of kids' books
 - 56. Reason to atone
 - 57. Map lines: Abbr.
 - 59. "__ a Lady"
 - 61. Waist-to-knees area, at times
 - 62. Giant legend
 - 63. Outer: prefix

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C11

FRIDAY, JULY 29 1800
SATURDAY, JULY 30 1800
SUNDAY, AUGUST 1 1500

MINIONS: THE RISE OF GRU (PG)

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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</p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i> Christ Chapel 0900 (Beginning on Pentecost, June 5)</p> <p><i>Protestant</i> Sunday Community Service 1030 (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i> Open Circle 1000 on the 1st and 3rd Saturdays of every month (Beginning June 4)</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p>Catholic Mass 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, July 30 5 PM, No Vespers</p> <p>Sunday, July 31 10AM, Congregational Prayer Service</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> Immanuel Baptist Church</p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p>Sunday Worship 10:00 am</p> <p>www.ibcminot.org e-mail: immanuel@srt.com</p>	<p> Christ Reformed Church</p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE www.christreformedchurchminot.com</p>	<p>St. John the Apostle Catholic Church</p> <p> 2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>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</p> <p> 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> JOURNEYCHURCH ASSEMBLY OF GOD</p> <p>1805 2nd St. SE 838-1111</p> <p>Sunday Services 9:00 AM & 11:00 AM</p> <p>Wednesday 6:30 PM</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> 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 <i>Family Worship Center</i></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..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</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> First Baptist Church</p> <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>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> OUR REDEEMER'S CHURCH</p> <p><i>A Church of the Lutheran Brethren</i></p> <p>Sundays: Worship..... 9:00 a.m. & 11:00 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program has started its 35th year the fall of 2022 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>
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MINOT AFB ANNOUNCEMENTS

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WHAT'S GOING ON MAFB

FRIDAY 29

- Family Zumba, 1000, Turf hosted by the Fitness Center
- EFMP Kids Cooking Class, 1700-1900, Gourmet Chef, hosted by A&FRC
- Game Night Series: MechWarrior Online, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 30

- Barre Strength, 1000, Fitness Center
- Game Night Series: Board Games, 1800, ESC, inside Bomber Bistro

SUNDAY 31

- July Photo Scavenger Hunt Ends at the Minot AFB Library
- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

MONDAY 01

- Submissions Open: 2022 Air Force Photo Contest
- Registration Opens: Youth Flag Football at the Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior TAP GPS Workshop, 0730-1600, A&FRC
- Family Pilates, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

TUESDAY 02

- Senior TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Backpack Brigade, 1130-1330, Base Exchange, hosted by the School Liaison Office
- Acrylic Paint Pouring Class, 1730-1930, Arts & Crafts Center
- Zumba, 1830, Fitness Center

WEDNESDAY 03

- Registration Ends: Life Saving Certification Course at Outdoor Recreation
- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior TAP (DoL) - Overview, 0800-1600, A&FRC
- Minot AFB College Fair, 0900-1500, Jimmy Doolittle Event Center, hosted by the Education Center
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- First Duty Station Officer Financial Course, 1400-1630, A&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga for Fitness, 1830, Fitness Center

THURSDAY 04

- Senior TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Short Notice Pre-Separation Counseling, 0930, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness Center
- Zumba, 1730, Fitness Center
- Barre Strength, 1830, Fitness Center



FRIDAY 05

- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- First Friday, 1530-2000, Jimmy Doolittle Event Center
- Game Night Series: Counter Strike Global Offensive, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 06

- Barre Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Baby and Me Story Time, 1500, Minot AFB Library
- Musical Movie Night, 1800, ESC, inside Bomber Bistro

ONGOING

- Survival Escape Room Game: Minot AFB Library, 30 July — 13 August. Call to schedule your time slot.
- Kids Drive Free: Rough Rider Golf Course — Kids Drive Free through 31 August at the Rough Rider Golf Course! Junior golfers ages 5-17 receive one free bucket of range balls every day!
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care — Call to schedule an appointment.

JULY SPECIALS

- Bomber Bistro • Meat Lovers Pizza**
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- The B-Fifty Brew • Mocha Frappuccinos**
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- Rockers Bar & Grill • Dragon's Fire Burger**
Seasoned 1/3lb hot & spicy burger with ghost pepper cheese, jalapeños, and Rocker's Fire & Fury sauce on a bed of lettuce and tomato. Served with fries!

AUG. SPECIALS

- Bomber Bistro • Meatball Sandwich**
Meatballs, mozzarella cheese, and tasty marinara sauce on an Italian hoagie. Served with chips and a drink!
- The B-Fifty Brew • Breakfast Burrito**
Burrito with eggs, cheese, hash browns, and choice of ham, bacon, or sausage!
- Rockers Bar & Grill • Club Wrap**
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