

northern sentry

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WHATS INSIDE THIS WEEK:



NEW WIRELESS HEADSETS IMPROVE BASE OPERATIONS

A3



NATIONAL DOMESTIC/INTIMATE PARTNER VIOLENCE AWARENESS MONTH

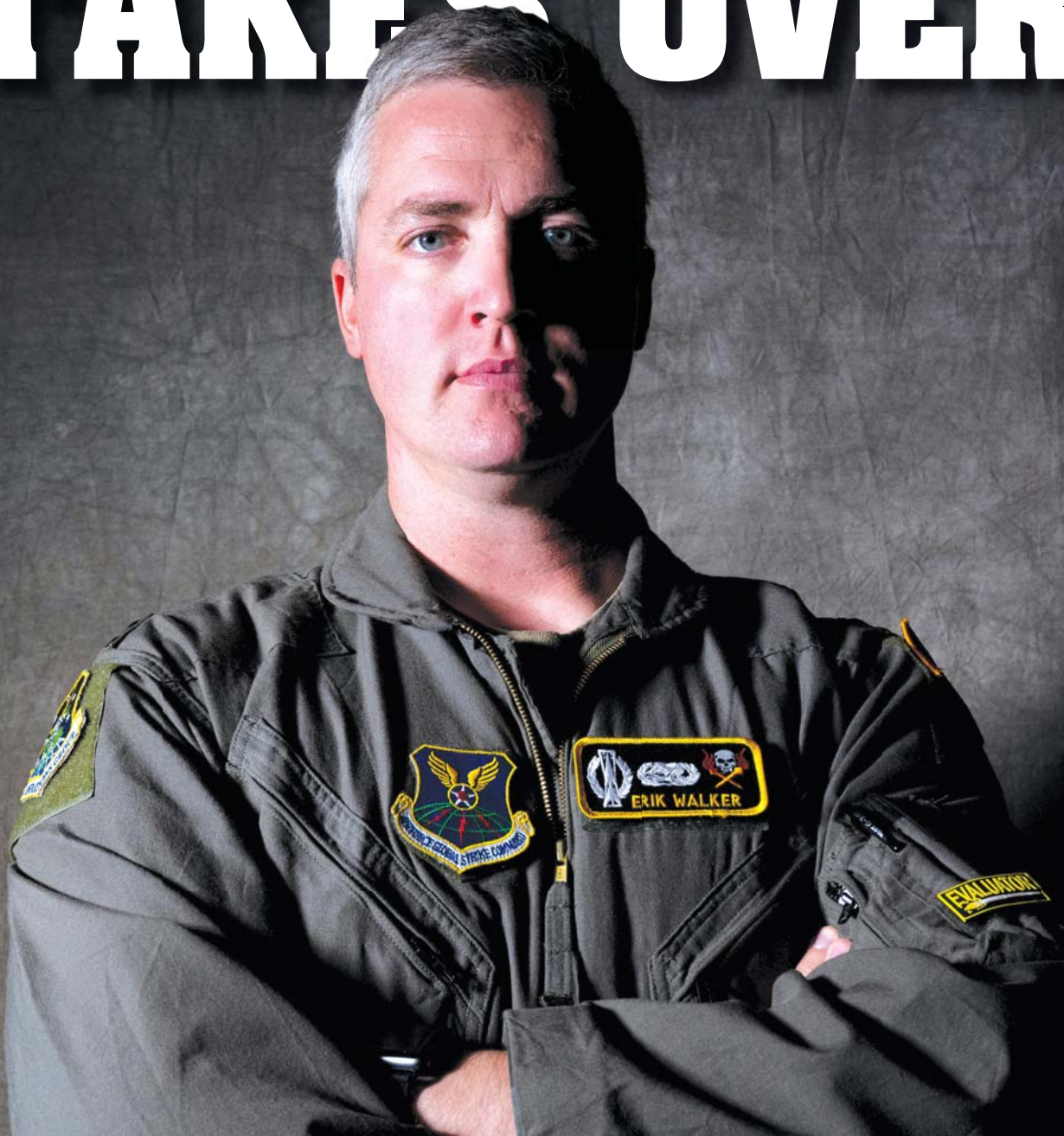
A11



DAKOTA ELEMENTARY GETS A VISITOR!

B7

TRAINING TAKES OVER



U.S. Air Force Capt. Erik Walker, 742nd Missile Squadron instructor poses for a photo Sept. 09, 2023 at Minot, North Dakota. Walker helped an injured woman who was involved in a bicycle accident on Aug. 28, 2023. See more on page A2.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS TRUST TATE

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AIRMAN 1ST CLASS TRUST TATE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

It was just an ordinary day for U.S. Air Force Capt. Erik Walker, 742nd Missile Squadron instructor on Monday, Aug. 28, 2023.

Walker just dropped his son off for his first day of school when he drove by a stopped car on the side of the road. At first glance, nothing seemed out of the ordinary, but then he thought the car was parked in an odd place and decided to check it out.

After walking over from his car, Walker discovered a woman kneeling in the grass with her bicycle not too far away.

"It all happened so fast," Walker said. "I know that I was scared at first because she was groaning in pain, but I knew she really needed help."

He tried to talk to the woman, but she was unresponsive. The injured woman must have conjured up the strength to call emergency services before Walker's arrival, because Walker could hear the dispatcher on the other end of her phone still trying to talk.

Walker picked up the phone and spoke with the dispatcher about the woman's condition and gave them the address of the accident. Walker decided to stay with the injured woman while they waited for emergency services. Just as Walker thought her injuries were under control, the woman proceeded to have a seizure.

"I was worried more about her wellbeing and making sure I was doing everything I could than

anything else," Walker said.

After a brief period of uncertainty caused by anxiety, Walker relied on his Tactical Combat Casualty Care training to help the situation. Walker got her in recovery position by bending her knees at 90 degrees, placing her on her side to prevent choking and protecting her head.

"I checked her pulse," Walker said. "I don't have an extensive medical background, I just know a few things they taught us in the military to check for."

After five minutes, emergency services arrived at the scene providing Walker with a sense of relief to leave the woman in capable hands. The emergency service technicians thanked Walker for his

help and took the injured woman to the hospital.

Even after the scene was clear and the woman was in proper medical care, Walker knew he still had to head to work.

"I tried to tell my boss what happened afterwards, and it was kind of a blur," Walker said.

Walker said seven years ago, he helped another woman who was having a seizure and performed the same measures until emergency services arrived. He thinks what he did is all part of basic human decency; nothing out of the ordinary.

"I think anyone that saw a person in trouble would've helped, it just happened to be me."



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All About Pets

Preparing your dog for a baby



Having a baby can be a big change for the entire family, and your dog is no exception. Especially if you are having your first child, your dog may experience a number of new sights, sounds, and smells, some of which may be stressful to your fur-baby. Here are a few tips for preparing your dog to meet the baby so that everyone stays happy, safe, and healthy.

They will encounter. Let your dog see the diapers and wipes, sniff your baby's crib or stroller, let your dog spend time in baby's room around all the toys, clothes, and whatever else. Try taking your dog for a walk alongside the stroller. If you know someone with a baby or children, you can ask if you can bring your dog by their house to sniff and look around. There are also a variety of online resources where you can find common baby noises to play for your dog to familiarize them.

- Make sure your dog is trained before the baby arrives—teach your dog basic obedience skills such as sit, down, place, leave it/drop it, etc. It is very important to make sure your dog has a firm grasp on bite inhibition and how to be gentle around humans. Teaching your dog not to jump on you is also a good idea so that you don't run the risk of your dog accidentally knocking you over while holding the baby. If you have a dog that is extra mischievous, you can train them to leave baby belongings/toys alone and play with their own toys instead. Also, training your dog to stop barking on command can be a very useful tool that will come in handy down the road (wouldn't want to wake up the baby!).
- Socialize your dog—spend more time with your neighbors, walk your dog near the local playground, and make sure your dog starts to get a feel for being around children and babies. If your dog has not already been socialized to children, it would be a good idea to recruit a professional dog trainer who can help you learn the proper ways to safely introduce and socialize dogs to children.
- Expose your dog to new things—before you bring home your baby, you want to expose your dog to the new sights, sounds and smells that

- Change your dog's routine if need be—if you anticipate your dog's routine changing due to your new baby, get your dog started on that schedule beforehand. Maybe you'll need to feed them or go for walks at a different time. Make sure you're getting your dog used to the new routine.
- Prepare your house—give your dog a special place that they can go when they need a break from baby, such as the bedroom, a crate away from the chaos, etc. If you have rooms that you would like to be off limits to your dog once baby arrives, go ahead and buy gates and familiarize your dog with them.

There are a million-and-one things that you can do to prepare your dog for a new baby, but the moment of truth will come when you bring baby home. It's incredibly important to prepare your dog for that moment not only for the health and safety of your dog, but for the child as well. If you have any safety concerns, contact a trainer immediately to work through them beforehand. And just like anything else with your dog, make sure to take it slow and give them time to adjust to a new way of life.



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New wireless headsets improve base operations

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS



MINOT AIR FORCE BASE, N.D. --

Until recently, 5th Aircraft Maintenance Squadron (AMXS) crew chiefs performing maintenance on the ground used headsets wired into the B-52H Stratofortress to communicate with the crew inside. The wires raised a number of concerns, to include mobility and the price of replacing the wires.

"Today's Airmen need to be more maneuverable, and having wires that are out, being stepped on, ran over, in the cold being bent and cracked and replaced two to three times a year, is not frugal," said Tech Sgt. Bryon Mordhorst, 5th Contracting Squadron contracting officer. "So we are saving money in terms of not replacing the wires as much, but also as being more maneuverable."

Originally, the headsets were connected directly to the B-52, and this caused a significant inconvenience for crew chiefs. With the new wireless headsets, Airmen can perform duties more efficiently.

"These headsets will also be really nice for training," said Senior Airman Sebastian Avila, 5th Aircraft Maintenance Squadron crew chief. "For our new Airmen coming in, it will help us out because we won't get our cords tangled up while working together. The new Airmen can also listen in to what interactions are required to communicate with air crew."

Not all of the 624 wireless headset kits currently available for use, but the rest are expected to arrive in the near future. While there are only a few available, Avila explained the Airmen in his squadron are thrilled to have the new headsets implemented into their unit and that the modern design has been a long awaited upgrade.

"We have been talking about this for such a long time, now it finally happened," said Avila. "We actually got to try it out for the first time, that was really cool."

After a concerted effort between the 5th Contracting Squadron and 5th Aircraft Maintenance Squadron, crew chiefs will no longer be tied down by cables; enabling them to work faster, safer and more efficiently.

From left to right, Senior Airman Hunter Walker, and Senior Airman Sebastian Avila, 5th Aircraft Maintenance Squadron crew chiefs, communicate using new wireless headsets at Minot Air Force Base, North Dakota, Sept. 19, 2023. The previous headsets connected directly into the B-52, limiting the crew chiefs' mobility while performing their duties. With the implementation of wireless headsets, the crew chiefs will be able to work without the concern of tripping hazards or restrictive movement.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN



The 5th Aircraft Maintenance Squadron's new wireless headset kit displayed at Minot Air Force Base, North Dakota, Sept. 19, 2023. The wireless headset kit gives Airmen increased mobility while maneuvering around the B-52H Stratofortress.



From left to right, Senior Airman Hunter Walker and Senior Airman Sebastian Avila, 5th Aircraft Maintenance Squadron crew chiefs, test new wireless headsets at Minot Air Force Base, North Dakota, Sept. 19, 2023. The wireless headsets offer crew chiefs significantly more mobility while communicating with air crew.

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What a Week!

Let's start with Norsk Høstfest... what a great celebration! I can't say enough about the hundreds of volunteers that were able to get Høstfest back on track. The time I spent at Høstfest was highlighted by smiles of friends and acquaintances, quite a few of whom I hadn't seen in quite a while. Everyone was certainly quick to blame COVID for the lack of contact over the past 3 years, but the reality of the situation is that without Norsk Høstfest, there aren't a lot of opportunities to greet each other with a friendly smile and a warm handshake.

And as for the Norsk Høstfest reaching out to our military families? The Saturday Military Appreciation Day set a new bar with the free admission and the many activities, including the Military Games in the Great Hall of the Vikings on Saturday morning. I have a feeling that the traveling trophy that was presented to the 91st Missile Wing will be highly contested in the future.

A recent Facebook post from Todd Berning of EPIC, the folks that have taken over the management of Norsk Høstfest, assured us that the festival "would be back!" and that is certainly great news. If you missed it this year, mark your calendars for Norsk Høstfest 2024. We'll certainly keep you informed of the important dates and times.

And oh, by the way, the Oak Ridge Boys put on a spectacular concert on Thursday night. It is a bit sad that they announced they would be retiring from their concert tours. They have been a big part of Norsk Høstfest for a lot of years.

A UNIQUE EXPERIENCE

Wednesday evening, we had the opportunity to watch a spectacular North Dakota sunset. The sun hung in the western sky, a large orange globe that finally disappeared on the western horizon. But what was so unique was that the large, blueish white harvest moon appeared in the eastern sky. Back to back grandiose photo opportunities, and you didn't have to leave your front porch. We talked to some friends who spent the evening on their sailboat on Lake Sakakawea. I could only imagine the beauty of what they were able to experience without the interruption of city lights and buildings.

A MIRACLE IS ABOUT TO HAPPEN

Well actually, a Miracle on 34th Street. November 17th is the premiere of the Mouse River Player 2nd show this season, Miracle on 34th Street. As part of our "hectic" week, some of our friends joined us for the first show of the season, Goosebumps; The Phantom in the Auditorium. If you haven't been able to attend a Mouse River Players show, it is

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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



great community theater, and a quaint venue in Downtown Minot. I would suggest you book your tickets, and then choose one of the many restaurants downtown for supper. Most are withing walking distance of the show venue. There is more information about Miracle on 34th Street on the MRP website, mouseriverplayers.com.

ONE MORE REMINDER

The Brass Band of Minot will begin our 2023-2024 concert season on Sunday, October 8th at 4:00 PM at Anne Nicole Nelson Hall on the campus of Minot State University. This concert, as it has been the past couple of years, is dedicated to those who served, and are serving in our military. The concert will feature a past member, Nathan Wilson, as our featured soloist. We will also welcome from Minot Air Force Base, Miss Allie Payne, as our vocal soloist on the

National Anthem, and leading the audience in God Bless America. As always, admission is free, with free will donation accepted.

BEST KEPT SECRETS

I know it seems a bit strange, but a lot of those friends I met at Norsk Høstfest were quick to point out that they read my column weekly in the Northern Sentry. Several of them said that it was nice I took the time to point out some of what most of us consider "common place", but to those new to Minot these events are sometimes Best Kept Secrets. In this week's paper, you will find our 2nd annual, Halloween calendar. Certainly, I don't expect you to attend every event, but you can put the calendar on your fridge as a reminder of the many events that highlight fall, and Halloween.

I know I shouldn't choose one event out of the many listed, but if the weather is nice the Downtown Minot Treat Trail is a don't miss event for those with younger kids. 10 AM to 12 Noon on Friday, October 27th. Watch for additional details in the Northern Sentry.

TODAY'S CHUCKLE

One problem with cellphones is that now your friends can bore you with thousands of vacation photos instead of just a few.

MIRACLE ON 34TH STREET *The Play*

High speed chase in progress...



UPSIDE DOWN UNDER
 MARVIN BAKER

On Wednesday my young assistant and myself were on our delivery route going through Minot when we saw something we don't normally experience in Minot.

It was a high speed chase involving a late model sedan and three, four and finally seven Ward County Sheriff's Department vehicles.

This happened about 4 p.m., on Wednesday, just about the time many people are getting off work and commuting through the major thoroughfares.

We were going south on 16th Street and were somewhere between Minot High School and KMOT-TV when we saw and heard several police cars coming down the hill toward us. As I looked, I noticed a gray sedan drift to the left and closer to my lane.

It was my assumption the driver was pulling aside to allow the police cars to pass. As I slowed down to avoid a collision, my

assistant said he's not pulling over, that's a chase, that's a police chase.

And sure enough, that's exactly what was happening. Three cruisers were chasing this car down the hill at, I'm guessing 70 miles per hour in a 40-mile-per-hour zone. As we got to the next stop light near KMOT, a fourth deputy joined in the chase.

At that point, we were going away from it and the chase went around a bend and down the hill, so we didn't see any more. However, that wasn't the end of it.

My assistant told me why are the police following him and not getting ahead of him. I suggested to her that it's quite possible the guy is dangerous and the cops are allowing him to be ahead to get him out of town where he is less of a danger than in the city.

If you aren't familiar with Minot, 16th Street is the main thoroughfare in the western part of town. At the base of that hill I was referring to is Burdick Expressway, the main east-west thoroughfare. On the east end of Burdick is the North Dakota State Fairgrounds.

We ran a couple of quick errands and returned on our route and as we were approaching our next stop, my assistant got a call from one of her friends. The friend told her that her husband, who works at Kum & Go, near the fairgrounds, witnessed a high-speed chase.

The significance of that is the

suspect must have turned east at the base of the hill and plowed through downtown Minot going east toward the fairgrounds, where by the way, the Norsk Høstfest was just getting under way.

As we continued our route, my assistant continued checking her phone for updates or news reports on what might have happened, but to no avail.

It wasn't until I got home on Wednesday night that I saw a TV news report regarding the high speed chase we witnessed hours earlier.

The guy was arrested in northwest Minot, which means, he again drove all the way across town through residential areas to get where he was when he was stopped.

The video showed his car had hit something because the front end was hanging on and bouncing around like a basketball.

By the time the suspect reached northwest Minot, the police used road spikes to stop the car and that was evident as sparks flew from the right, front wheel shown in the TV news video.

As I write this, I don't know the suspect's name or what led to the chase. What I do know is that drugs were found in the car after the arrest.

This incident could have been much worse. This individual went through numerous busy

intersections, through residential areas and passed at least near the Høstfest where thousands of people were gathered.

I certainly commend the Ward County Sheriff's Department and the Minot Police Department for handling a potentially dangerous situation in a professional manner. They got this knucklehead off the street without injury or death.



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

The Magic Words

Personally, I prefer cutting straight to the fun by taking a shortcut. The secret? Those magic words in the opening paragraph: I'm not from around here.

Since arriving in New Mexico I've used those words, and the follow up questions countless times. At the library. At the zoo. In the gym. While checking out of the grocery store.

Anyone who looks like they are friendly enough for small talk, becomes my target.

On paper I may sound like a lunatic, aggressively asking unassuming locals for input. But in practice, it's not that awkward. I promise.

When you lead in with the magic words, "I'm not from around here," something really special starts to happen. People want to help. Sure, they may reply with, "There's really nothing to do around here." But if you pause, they'll start to open up.

Most people like helping people. Even if a person doesn't love where they are living, they can usually tell you a few good things to look in to. And sometimes the recommendations from a person who doesn't like living in a place are pure gold—since they've often set up an impossibly high standard.

Although, I'm missing all things Hotdish, this experience is reminding me of what it's like to be on the outside. I remember what it's like to have no idea what's available, or where to start looking. This is hard stuff. This takes time—and if you want to speed the process up, the only sure way is to put yourself out there and pry a bit, which takes a

good dose of courage.

If you're new to Hotdish Land, I want you to know that I get it. I know finding your way is hard. Moving to a place like Minot, can be especially difficult—since you may be going in with negative sentiments breathing down your back, or anxiety about sub-zero winters chilling your spine. If that's you, please, please use the magic words. Tell us you're "not from around here," and watch this community open up for you. Ask us what we like, tell us what you're looking for. If there's one thing North Dakotans are good at, it's small talk.

If you really need help breaking the ice, try this one, "Whoa, that wind is really something, isn't it? Actually, I'm not from around here. Can you tell me..."

If you've been in Minot long enough to have your footing, let's remember what it's like to be new. Or imagine what it might be like to think the only attractions in town are the Dala Horse and the Air Museum. Think about your favorite things, so you're ready to share them.

Helpful opinions and kindness can both be bottomless, there's no need to be stingy with either.

We'll be here another month, and I'm trying to make the most of our time. So I'll keep those questions on repeat. And when I come home, I think I'll be even more equipped to be a friend to those coming to Minot for the first time.

For more ways to inject positivity into your day, and take charge of your mindset, join me on Instagram (@amy_allender) or on Facebook (@amyallenderblog.)

"I'm not from around here. What should I know? What's your favorite stuff in town? Tell me the secrets." These sentences seem to roll off my tongue in a rapid fire fashion. For a person who never wanted to move, or start over—I've become something of an expert at being, "not from around here."

Nearly a month ago, I packed up my sons and flew cross country from my precious Hotdish Land to New Mexico to join my husband on a short-term training assignment for his position with the National Guard. We spent a few days unpacking an adjusting, but I quickly became restless in our temporary lodging suite. If there's one thing I've learned as a military spouse, it's that life is more fun the quicker you find the fun stuff.

Let me put it another way. The sooner you can figure out what makes people want to call a place home, the sooner you can start experiencing the charm of a new place.

If you wait around for someone to pull you aside and tell you the goods, you may be waiting indefinitely.

If you try to figure it out on your own, you may be in for a lengthy process of trial and error.



When I used the magic words, someone told me about a fun museum in a nearby town. I took the boys on a day trip while my husband worked.

AMY ALLENDER PHOTO

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Answer: Wind 15-20 and a 30% chance of rain.

Most fishermen: Yuk. Let's go another day.

Muskie fisherman: What's the forecast?

Answer: Wind 25-35 with higher gusts possible, 80% chance of rain/snow with accumulations of 15-20 inches possible, moon phase favorable.

Muskie fisherman: Well, that settles it. Let's go!

It happens. More often than you think or overthink if you are a muskie fisherman. Dedicated muskie anglers consider themselves clever, while other fishermen view them as a bit kooky. Deranged even.

Most fishermen go fishing when they can, such as on a day off from work when the weather in agreeable and household duties are complete. Those individuals addicted to muskie fishing, for

Angler's Anguish – Kooky or Clever?

which there is no therapy or support groups, go fishing when they can but also when they should not.

Muskie guys pay more attention to the phases of the moon than to lesser things, such as family reunions, a daughter's wedding, graduations, anniversaries, doctor appointments. Try as they might, they can't help it. Moon phases and muskie fishing success is somehow related. At least that's muskie lore. It must be true.

Most muskie anglers started innocently enough, as bass or walleye fishermen who thought the muskie guys were harmless. A bit different perhaps, but harmless. Then they showed little self-control and agreed to "try it." Little did they realize that once is enough to become an addict. There's no helping it.

That's right. I know. I'm speaking from experience. Once you see that first muskie follow a lure to the boat your knees shake, even if the fish is not hooked you are, and you'll begin making vacation plans to places that have muskie tackle shops. Better yet, to guided muskie waters.

Soon after your first muskie you'll know when the moon is overhead, underfoot, or somewhere

in between. You'll mark those days on your calendar while forgetting your children's birthdays. You'll wonder why the color Monkey Puke is not in your kid's box of crayons.

Is there a cure? Not that I'm aware of, but I don't know anyone interested in finding one either. Muskie fishing is powerful stuff.



A muskie fisherman on Lake Audubon.

KIM FUNDINGSLAND PHOTO



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AADD Recognizes Volunteers of the Month

Awards Presented by 5th Bomb Wing Deputy Commander Col Benjamin Jensen

ROD WILSON, NORTHERN SENTRY

Airmen Against Drunk Driving gave out their volunteer of the month awards, recognizing outstanding service by 3 AADD Volunteers.

MSgt Shelby Bird, President of the Minot AFB Chapter of AADD was also on hand as the following volunteers received special recognition, as well as various donations of goods and

services from the Northern Sentry and the Downtown Business and Professional Association.

Col Jensen awarded A1C Jaylene Meza of the 5 CONS as the June volunteer of the month. A1C Meza had 15 hours of volunteer service.

The July volunteer of the month was SrA Nathan Kotsko, 5 AMXS. SrA Kotsko had 10 hours of volunteer service.

The final award, for the volunteer of the month for August, was given to A1C Emmanuel Cruz of the 5 MUNS. A1C Cruz had 20 hours of volunteer service.

It was noted that AADD is a "final resort" service that gives service men and women rides home when they may have a question about their ability to drive.



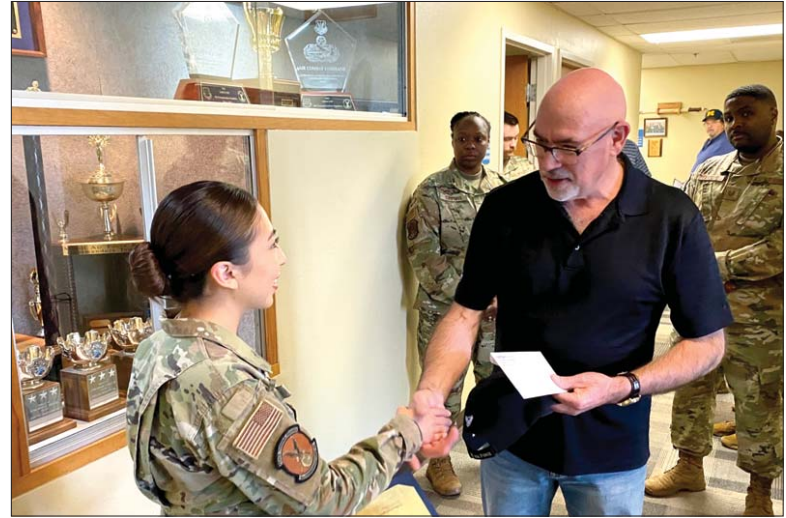
Col Benjamin Jensen presents awards to AADD volunteers.



MSgt Shelby Bird & A1C Emmanuel Cruz



MSgt Shelby Bird & SrA Nathan Kotsko



Ted Bolton of the Northern Sentry presents items of appreciation to AADD Volunteers.



A1C Jaylene Meza & MSgt Bird.



Col. Benjamin Jensen & SrA Nathan Kotsko

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“Best Darn BBQ!” Minot Chiefs Serve Over 400

ROD WILSON, NORTHERN SENTRY

Chief Mike Reid, Aircraft Maintenance Squadron, has a history of cooking up great Bar B Que. “Yep, it was good. I have a background of catering” says Chief Reid, and so it was a natural to apply that skill to an event to raise money so the Chiefs can donate to Professional Development events “like the Senior NCO Induction Ceremony.”

The Chiefs set up shop on the theater parking lot on base and managed to serve over 400 guests a pulled pork sandwich and a drink.

“We charged \$7.00, and we raised over \$3,000.00”

Eight Chiefs and several spouses volunteered their time for the event. Based on the success of the first time event, “I’m pretty sure we’ll be back” says Reid. There were several positive comments, including Northern Sentry Publisher, Ted Bolton who said “it was the best tasting pulled pork sandwich I’ve ever eaten. Chief Reid really knows how to smoke meat!!! And you can quote me on that” according to Bolton.




CMSgt Mike Reid, 5 AMXS serves a pulled pork sandwich.
NORTHERN SENTRY PHOTOS




Big Shout out to Tiffany Reid for making the BBQ sauce / signs / advertising, Carolina Teixeira for making signs & Sarah Girven for serving food.



Chief Tavares (705 MUNs), Chief Girven (5 MSG) , Chief Dominguez (5 MXS), Chief Helseth (5 MXG), Chief Pinkley (5 LRS), Chief Toro (5 CS).



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NOTES ON BEING SAFE

ALWAYS BE PREPARED FOR WINTER WEATHER CONDITIONS

While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days.

As we face another North Dakota winter, it’s important to plan ahead and start storing emergency food and water supplies for the family before a crisis happens.

It’s a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person’s age, physical condition, activity and diet, when storing water.

Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don’t forget to include pets.

PREPARE AN EMERGENCY STOCKPILE

Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular intake.

Avoid foods high in fat and protein, and don’t stock salty foods since they make people thirsty. People should switch to salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don’t need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and renew people’s sense of security during stressful situations. Also, canned foods don’t need cooking, water or special preparation.

The following are some recommended food storage plans:

STORAGE TIPS

- Keep food in the driest and coolest spot in the house – a dark place if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to keep pests out.
- Inspect all food containers for

signs of spoilage before use.

WHAT TO STOCK

Though it’s unlikely an emergency would cut off our food supply for days or weeks, it’s a good idea to prepare supplies to last that long.

A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

An easy way to develop a two-week stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants.

Those who already keep a two-week supply of food on hand should rotate their supply once or twice a year.

SPECIAL CONSIDERATIONS TO REMEMBER

When stocking food, consider your family’s unique needs and tastes and include foods everyone enjoys that are also high in calories and nutrition.

Foods requiring no refrigeration, preparation or cooking work best. Make sure you have a can opener



SSGT JOE VERGARA
5TH BOMB WING
NCOIC
OCCUPATIONAL SAFETY




and disposable utensils.

People with special diets and allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don’t forget nonperishable foods for pets.

COOKING WITHOUT POWER

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.






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MINOT AFB HOSTS SUICIDE PREVENTION EVENT

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



Senior Airman James Young, 91st Missile Security Operations Squadron tactical response force assaulter, shares his story about grief and resiliency during the Suicide Prevention Storytellers event at Minot Air Force Base, North Dakota, Sept. 26, 2023. The Department of Defense recognizes Suicide Prevention Month to raise awareness of prevention resources among military communities.



Kevin Ortiz, U.S. Air Force veteran, content creator and speaker, shares his story with mental health and recovery during the suicide prevention storytellers event at Minot Air Force Base, North Dakota, Sept. 26, 2023. To highlight suicide prevention and mental health awareness, Minot AFB hosted a suicide prevention storytellers event for National Suicide Prevention Month.



Kevin Briggs, U.S. Army veteran and suicide prevention awareness speaker, tells his story about dissuading more than 200 people from jumping off of the Golden Gate Bridge into the San Francisco Bay during his time as a California Highway Patrol sergeant for the suicide prevention storytellers event at Minot Air Force Base, North Dakota, Sept. 26, 2023. Briggs is the founder and CEO of Pivotal Points, an organization that aims to educate and speak about crisis management, suicide prevention and mental health awareness.



Tech. Sgt. Houston Cole, 5th Aircraft Maintenance Squadron electrical and environmental noncommissioned officer in charge, gives a speech during the suicide prevention storytellers event at Minot Air Force Base, North Dakota, Sept. 26, 2023. Cole spoke about resiliency, how suicide has affected his life and how his leadership supported him during a tough time.



Laurel Grams, Integrated Primary Prevention office director, opens the suicide prevention storytellers event at Minot Air Force Base, North Dakota, Sept. 26, 2023. The Department of Defense recognizes Suicide Prevention Month to raise awareness of prevention resources among military communities.



Athena, a service dog, attends the suicide prevention storytellers event at Minot Air Force Base, North Dakota, Sept. 26, 2023. Minot AFB held a suicide prevention storytellers event for National Suicide Prevention Month to raise awareness for suicide prevention and mental health awareness.

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Minot Lions to Host "Dining in the Dark" Event October 19

MINOT LIONS CLUB

The Minot Lions Club will be hosting their 7th Annual Dining in the Dark event on Thursday, October 19, 2023, at the Northwest Arts Center on the Minot State University campus. The event starts at 5:30 p.m. Tickets for the event are \$60 per person and can be purchased at <https://givebutter.com/U4PsFJ>. The deadline to purchase tickets is October 12.

This event is a unique opportunity to enjoy a four-course meal while blindfolded. Each table will have a visually impaired host to help guide attendees with tips and tricks to enjoy their meal without sight.

Trampes Brown, who has a visual impairment and will serve as one

of the table hosts, says that this is a unique opportunity for the people of Minot and surrounding area. "This is a chance to get some of your questions answered about what it is like to live with blindness or a disability in general," Trampes says. "Your table host will guide you through the meal, providing you with tips on how they cut meat or find their water glass, and will also open your eyes – pun intended – to what their everyday life is like living with a visual impairment. I think people who have attended these events in the past walk away realizing that people who have a visual impairment are actually very similar to themselves. "They're not

to be pitied or given sympathy so much as just given a chance to be seen for the whole person they are."

Proceeds from the event will benefit the North Dakota Association of the Blind (NDAB), a volunteer organization that strives to enhance the way of life for people who are blind or visually impaired, to encourage employment opportunities, and to educate the public about sight loss. To learn more about their programs, visit ndab.org. Businesses that are interested in sponsoring a table should email minotlions@gmail.com for more information.



MORE BUSY BEES

Thank you to these volunteers from Minot Air Force Base for making sure all Project Bee's linen needs for the Warming Center are covered!

They helped gather much-needed blankets, sheets, and pillows.

Thank you for ensuring clients will be warm and comfortable at the Warming Center this winter!



MINOT LIONS CLUB'S ANNUAL

DINING IN THE DARK

THURSDAY, OCTOBER 19, 2023 | 5:30PM
NORTHWEST ARTS CENTER
MINOT STATE UNIVERSITY
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Enjoy a delicious 4-course meal while wearing a blindfold. A table host who is visually impaired will guide your dining experience.

To purchase tickets, go to <https://givebutter.com/U4PsFJ>
\$60 tickets will benefit the North Dakota Association of the Blind and the Minot Lions Club's Vision Programs.



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October is National Domestic/ Intimate Partner Violence Awareness Month

5BW/INTEGRATED PRIMARY PREVENTION WORKFORCE

Domestic Violence Awareness Month is designed to unify women and men across the world who have been victims of domestic violence. It is important to recognize that domestic violence impacts millions of people, and it's not only women who are victims; many men suffer domestic violence as well. According to the Report on Child Abuse and Neglect and Domestic Abuse in the Military for Fiscal Year 2022; 8,307 of incidents that were reported to Family Advocacy Program were founded to meet criteria for domestic abuse.

The word "violence" can come across to some as explicitly meaning physical abuse which can make it hard for people to either come forward and get help or to even identify that this may be happening in their relationship or to a loved one or friend. The signs generally appear slowly over time, thus making it more challenging to notice or perhaps easier to brush off with the day to day business of life. They can even come across as the feeling that your partner just cares really strongly about you and what you do because they love you so much.

SIGNS YOU ARE IN AN ABUSIVE RELATIONSHIP

A lot of people do not realize that they are in an abusive relationship. Here are some of the signs that you could be in an abusive relationship that you need to get out of...

Your partner sexually or physically abuses you. If they ever make you have sex with them when you don't want to, hit you, shove you, or push you, this is domestic abuse.

Your partner threatens you or your family.

Your partner puts you down. They attack your capabilities, mental health, looks, or intelligence. They blame you for their violent outbursts.

Your partner is jealous. They may isolate you from your family or friends or they may accuse you of not being faithful.

Your partner is possessive. They may check up on you all of the time and they may get angry if you hang out with certain people.

Your partner has strangled you, beat you, or hit you in the past.

EMOTIONAL ABUSE

Emotional abuse includes verbal abuse, controlling behavior, intimidation, isolation, shaming, blaming, name-calling, and yelling. Just because you don't have bruises on your skin does not mean you are not being abused. A lot of women and men suffer from emotional

abuse, and it is no less destructive. Unfortunately, emotional abuse is often overlooked or minimized, even by those experiencing this.

Emotional abusers look to chip away at your feelings of independence and self-worth. You can end up feeling like you do not have anything without your abusive partner or that there is no way out of your relationship. The scars of emotional abuse run deep, and they are very real!

Financial abuse is a subtler form of emotional abuse. Some examples of this include:

- Taking your money or stealing from you
- Sabotaging your job – calling constantly or making you miss work
- Preventing you from choosing your own career or working
- Restricting you to an allowance
- Withholding basic necessities, such as shelter, medications, clothes, and food
- Making you account for every penny you spend
- Withholding credit cards or money
- Rigidly controlling your finances

HOW TO OBSERVE DOMESTIC VIOLENCE AWARENESS MONTH

SPEAKING UP IF YOU THINK SOMEONE IS BEING ABUSED

There are a number of different ways that you can observe Domestic Violence Awareness Month. One option is to spread awareness about domestic violence, including the impact it has on people and how to spot the signs. If you think that someone you know is being abused, it is important to speak up. A lot of people worry that it is none of their business, yet you could save a person's life by speaking up. It's better to speak up, even if you're wrong, rather than saying nothing

at all. Reports can be made to the Family Advocacy Program at 701-723-5096 or by contacting Security Forces.

GET INVOLVED

The IPPW has put together several activities through the month of October to promote the support and education of Domestic and Interpersonal Violence.

October 18th @ the Chappel Annex from 1200-1300 we will be hosting a Lunch & Learn with Domestic Violence Crisis Center.

For victims seeking justice and holding offenders accountable, emotional closure doesn't occur when the court process is finished, and the jail door slams shut. Sometimes there is no jail door, and the offender continues through life without consequence. This workshop will illustrate the ways in which victims can navigate the emotional highs and lows that come with working through the criminal justice system. Techniques on how to assist victims through the process of recovering from trauma while they simultaneously experience the cold realities of the justice system will also be highlighted.

Space is limited registration requested.

October 16 @ 1830 and October 26 @ 1700 Ms. Donita Theiler will be leading "Movement for Meaning Yoga" at the Base Fitness Center.

References:

<https://www.boston.gov/news/october-national-domestic-intimate-partner-violence-awareness-month#:~:text=October%20is%20National%20Domestic%20Violence,domestic%20violence%20in%20their%20lifetime.>

<https://www.daysoftheyear.com/days/domestic-violence-awareness-month/>



MOVEMENT FOR MEANING YOGA

"Our strength and resilience can overcome the darkness of domestic violence. Together, we can make a difference." -Unknown

Classes Scheduled

October 16 @ 6:30PM | Instructor: Donita Theiler
October 26 @ 5:00PM | MAFB Fitness Center

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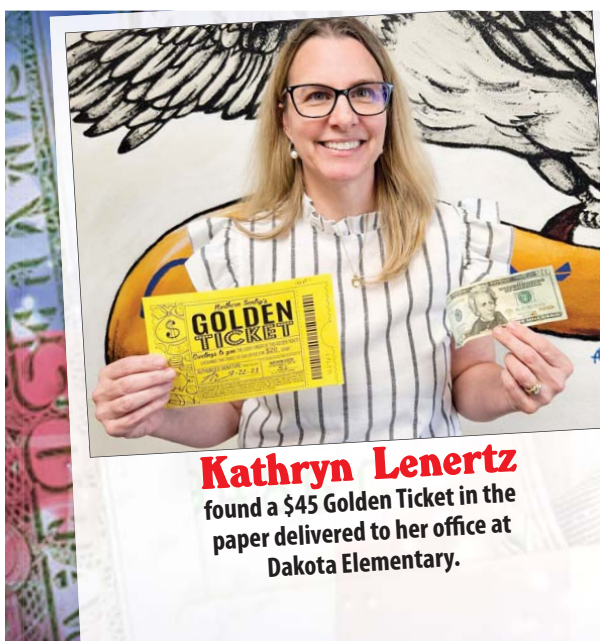
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- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

Fact File

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
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FALL CAR CARE

AIR FILTER TIPS

Check your Air Filter every six months to improve fuel economy and keep your engine running smoothly.

It's hard to give a specific time or mileage figure because the filter's life depends on how much crud it ingests. A filter that lasts 20,000 or even 30,000 miles on a vehicle that's driven primarily on highways may last only a month or two in a rural setting where the vehicle is driven frequently on gravel roads. Changing it annually or every 15,000 miles for preventative maintenance may be a good recommendation for the city driver, but not its country cousin.

Regardless of the mileage or time, a filter should be replaced before it reaches the point where it creates a significant restriction to airflow. That point, though, is subject to opinion.

A slightly dirty filter cleans more efficiently than a brand new filter. That's because the debris trapped by the filter element helps screen out smaller particles that try to get through. But eventually, every filter reaches the point where it causes enough pressure drop to restrict airflow. Fuel economy, performance, and emissions deteriorate and worsen until the dirty filter is replaced.

Many heavy-duty trucks have a "restriction" meter on the air filter housing that signals when the filter is dirty enough to need replacing. But lacking such a device, the best you can do is guess.

Removing the filter and holding it up to a light will show how dirty it is. If it's caked with dirt, it needs to be replaced. Trying to shake or blow the dirt out is a waste of time because too much dirt will be embedded in the filter fibers.

NOTE: Many filters that appear to be dirty are, in fact, still good and do not need to be replaced. So it's up to you. If you think it's dirty, replace it. If you don't think it's dirty enough to need replacing, don't.



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WATCH OUT! SPOOKY SEASON IS NOW AMONG US

It's here! The trendy time of year where leaves fall, pumpkin spice everything resurfaces, and all North Dakotans cross their fingers for an Autumn season instead of heading straight into Winter. That being said, there is certainly no shortage of Fall-ish and Halloweeny events to participate in both on and off base. Seriously, this is one month in which "I'm bored" cannot be in any base resident's vocabulary. Because events tend to be hosted by multiple organizations and outlets, it can become confusing.

But fear not, the Northern Sentry has compiled a community calendar glimpse for ALL the October/Halloween events going on in ONE place! Yep, everything on and off base, for kids and adults, is right HERE! Take a look, pick out the events for you and have some FUN before the cold and darkness take over.....Muahahah!

TUESDAY, OCT. 10

6:30pm Minot AFB Spouses Club North Plains
Halloween Party/Pumpkin Painting Chapel-Annex

FRIDAY, OCT. 13

6:00-9:00 pm Pumpkin Walk Woodland Trail

SATURDAY, OCT. 14

12:00pm Pumpkin Party Minot AFB Library
1:00pm Book-Stravaganza Main Street Books
6:00-9:00pm Pumpkin Walk Woodland Trail

TUESDAY, OCT. 17

DFAC Pumpkin Decorating Contest Begins

WEDNESDAY, OCT. 18

4:30-7:30pm October OD Trip Berry Acres

FRIDAY, OCT. 20

Library Hours - Oct. 31 Haunted Stacks Starts Minot AFB Library
4:00-6:00pm Zombie Apocalypse Fun Run Minot AFB Youth Center
6:00-10:00pm Fright Night! Pre-Teen Late Night! (Registration Required by Oct.13) Minot AFB Youth Center
10pm-6:00am Apocalypse '23 Lock-In! (Registration Required by Oct.13) Minot AFB Youth Center

SATURDAY, OCT. 21

4:30pm Tauros Trunk or Treat Maysa Arena
Tailgate Party

WEDNESDAY, OCT. 25

6:00pm Trunk or Treat Kiddie Korral

FRIDAY, OCT. 27

10:00am-12:00pm Treat Trail Downtown Minot
4:00-6:00pm Trail of Treat 5th Medical Group
5:30-8:00pm Spooky-Con/Family Fun The Turf
5:30-8:00pm Haunted Stacks Minot AFB Library
5:00-9:00pm Trunk or Treat old TLF parking lot
5:00-9:00pm Haunted Carwash/ Fundraiser for STEAM Minot Fast Lane Carwash

SATURDAY, OCT. 28

10:00am-3:00pm Minot AFB Spouses Club "Little Big One Craft & Vendor Show" The Turf
11:00am-3:00pm Haleryween Bikers Trail of Treats Magic City Harley-Davidson
12:00pm-4:00pm Boo in the Barn Northern Pines Equine LLC
4:00pm Trunk or Treat and Open Play Gymagic
5:30pm Trunk or Treat Our Saviour Lutheran Church
6:00pm Trunk or Treat Discovery Center
7:00pm Halloween Party HighAir Ground
Trampoline Park

SUNDAY, OCT. 29

11:00-2:00pm Boo at the Zoo Roosevelt Park Zoo

TUESDAY, OCT. 31

Library Hours Haunted Stacks Ends Minot AFB Library
10:00-11:30am Trick Or Treating with the residents The View Assisted Living
4:00-8:00pm Trunk or Treat SCHEELS Minot

DFAC Pumpkin Decorating Contest Ends

TO HAVE YOUR HALLOWEEN EVENT LISTED,
PLEASE EMAIL EVENT DETAILS TO: NSADS@SRT.COM

*EVENTS ARE COMPILED BASED ON PUBLIC KNOWLEDGE. THE NORTHERN SENTRY IS NOT RESPONSIBLE FOR TIME CHANGES/EVENT CANCELLATIONS. PLEASE VERIFY DATE/TIME BEFORE HEADING OUT TO EACH EVENT.



The Happenings of 5th Force Support Squadron

BRIANNA LOW, NORTHERN SENTRY

If you haven't noticed yet, you should know I am a BIG fan of a good FSS event. I love the feeling of being with our community having fun and enjoying what the FSS squadron has put together for us. During a meeting with Matt Balas, the Deputy Director of FSS, he was able to give me a sneak peek into what the rest of the year looks like for the base and I'm here to share!

October 3rd at 6:30pm is the Ultimate Game Show hosted by Air Force Entertainment at the JDC. Now, by the time this newspaper comes out, this event will have happened, but you can bet that I will be there and give a full recap!

October 5th, BOWLING IS BACK! The Bowling Alley will be reopening with its standard Thursday-Saturday hours and will be hosting leagues. In honor of the reopening, they will be offering Free Bowling to the first 100 Single Airman and first 100 Deployed Affected Family

Members on Saturday October 7th from 5-9pm.

October 14th at 11:15am take the family over to our Library to learn about solar eclipses and use a variety of methods to look at one while it's happening! Then at 12 take part in their Pumpkin Party with stories, activities and crafts.

October 27th from 5:30-8:00pm Spooky-Con is here for a fun filled Halloween at the turf. Enjoy a festive and fun night with activities, games and more! Bounce between the turf activities and the Haunted Stacks at the Library for a family night of fun.

Guys, this is just October! We have the bistro gearing up for their reopening, the base holiday party to look forward to on December 1st, and the Frostival and Tree Lighting event December 2nd as well! I'm looking forward to seeing all the FSS works hard to put on for us and I hope you will too!



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FRIDAY, OCT 27TH


10AM - 12PM



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OUTDOOR

REPORT



by Patricia Stockdill

- Lake Sakakawea elevation: 1,840.44 MSL; 16,800 cubic feet per second average (CFS) Garrison Dam daily releases. Devils Lake elevation: 1,449.14 feet above mean sea level (MSL). Stump Lake elevation: 1,449.49 MSL.
- N.D. Game & Fish Dept. game wardens: Little activity throughout area lakes.
- Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Continued fair to good success but limited angler numbers. Walleye moving shallower in 2 to 8 feet but still try vertical jigging in deeper water around the bridges, towers, and rock piles.
- Lake Darling, Karma C-Store, Ruthville: Activity slow on Lake Darling.
- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling now closed to boat activity but designated shoreline access points remain open for shore-fishing.
- Lake Metigoshe, Four Seasons, Bottineau: Limited angler numbers but look for a little bit of fall walleye bite.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity on the east end of Lake Sakakawea near the intake structure along the east U.S. Highway 83 embankment with the annual fall Lake Audubon drawdown.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Anglers are working the U.S. Highway 83 embankment by the intake culvert on the east end of Lake Sakakawea for walleye with better success in the morning. Look for activity as long as Lake Audubon in its annual fall

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

- Blue-green algae is still present in some area wetlands and lakes so watch water conditions before allowing hunting dogs into the water. It's deadly and death can occur in minutes.
- Be sure of proper bird identification with partridge, grouse, and young pheasants.
- Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
- Oct. 6: Pronghorn season opens.
- Oct. 6 & 7: Haunted Fort, Fort Abraham Lincoln State Park, Mandan.
- Oct. 7: Pheasant season opens.
- Oct. 7: Mountrail Co. Nat'l. Wild Turkey Federation banquet, Parshall City Hall, 5:30 p.m.
- Oct. 8: End of the blue-winged teal bonus, daily duck bag limits.
- Oct. 12: Devils Lake Ducks Unlimited dinner, Devils Lake KC Club, 5:30 p.m.
- Oct. 14: Turkey season opens.
- Oct. 14: Sakakawea Pheasants Forever Fall Flush dinner and fundraiser, Garrison City Auditorium, 5:30 p.m.
- Oct. 14: Peaceful Valley Pheasants Forever dinner, Tioga Community Center, 5 p.m.
- Oct. 14: Audubon Nat'l. Wildlife Refuge Fall Fest, refuge Visitor Center.

TOURNAMENTS:

- Oct. 6 & 7: Lake Sakakawea, Lewis & Clark Bridge, Williston.

elevation drawdown. No Lake Audubon reports.

- Lake Sakakawea, New Town: Van Hook Arm remains slow for walleye with a little better success in the river portion by New Town on Lake Sakakawea.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow from both boat and shore. Look for improving salmon success, though, as more fish move through the dam and some small walleye in the spillway channel yet/. Try 30 to 50 feet off the points on the east end of Lake Sakakawea with most activity around the north side. Try minnows or nightcrawlers with some crankbait activity. Fair salmon activity from boats and shore with off-and-on success. Look for improving success as temperatures drop.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers still somewhat muddy but a few walleye starting to show up. West end of Lake Sakakawea slowing for walleye.

Try jigging Raps in 20 feet.

- Lonetree WMA area lakes, Harvey: No new reports.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes. Remain quiet.

Hunting:

- Cranes: Decent sandhill numbers moving into the northern tier of the state but birds are already pretty decoy-savvy. Be careful of identification with endangered whooping cranes also migrating this time of year.
- Upland: Look for fair pheasant success but there are still numbers of young uncolored birds yet.
- Waterfowl: Fair local waterfowl success along the east end of Lake Sakakawea, east-central, and northeast North Dakota. Not much for northern migration underway yet with mostly local birds. Generally fair to good success.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.





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CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing
Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
1000 on the 1st and 3rd
Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE
Minot • 838-3094**

Saturday, October 7
5PM, No Vespers

Sunday, October 8
10AM, Congregational Prayer Service



Break Forth BIBLE CHURCH

Wednesdays 7:00pm
and Sundays 10:30am

1821 W Burdick Expressway
For More Information:
701.838.2665 | www.bfbc.tv



Trinity Church

An Evangelical Free Church
3500 4th St. SW • 839-5127
(Just North of Super Wal-Mart)

Sunday School
& Fellowship 9:00 a.m.
Worship 10:30 a.m.

www.trinitychurchminot.org



Bible Fellowship Church

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

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



Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
Come As You Are!

Sunday School 9:00 a.m.
Sunday Worship Service 10:00 a.m.
Fellowship 11:00 a.m.

**Pastor Mark Ehrmantraut
www.vincentumc.com**



Faith United Methodist Church

**5900 Highway 83 N, Minot
www.faithumcminot.com**

**Pastor Ken Mund
701-838-1540**

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

Cornerstone Presbyterian Church

**1000 NE 3rd Street
852-0315**

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

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.cornerstoneminot.com

St. Mark's Lutheran Church

Missouri Synod



Sunday Divine Service
9:30 AM

Adult Bible Study and Sunday School
11:00 AM

Wednesdays Kid Connection
5:15 PM

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.com
Join us on facebook

Immanuel Baptist Church

**1615 2nd St. SE • www.ibcminot.org
701-839-3694**



SUNDAYS: 9:00 AM FELLOWSHIP
9:15 AM SUNDAY SCHOOL
10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
5:30 PM FAMILY SUPPER
6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



Christ Reformed Church

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

St. John the Apostle Catholic Church

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

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

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



First Lutheran Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

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JOURNEY CHURCH

ASSEMBLY OF GOD

**1805 2nd St. SE
838-1111**

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
Sunday Worship 11 a.m. & 5:30 p.m.
Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
email: **minotcrbc@gmail.com**
Gabe McCormick- Pastor

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



West Minot Church of God


Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal 5:30 p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday 7:00 - 11:00 p.m.

ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot



Gospel Tabernacle Community Church

9999 27th St NE
4 miles south of MAFB
James W. Henderson
Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

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.

First Baptist Church

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

Classic Worship Service 8:30 a.m.
Sunday School (All Ages) 9:45 a.m.
Contemporary Worship Service 9:50 a.m.
Adult Sunday School 11:00 a.m.
Contemporary Worship Service 11:05 a.m.
Children's Church 11:05 a.m.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Grace Baptist Church of Minot

A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
at Living Word Lutheran bldg
710 46th Ave NE, Minot

Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

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KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



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Minot, ND 58701
701-852-6404
www.oslcminot.com
Rev. Heath Trampe
Rev. Brian Doel

Sunday Worship
8:15am Traditional Service
9:30am Sunday School & Adult Bible study
11:00am Contemporary Service

Wednesdays 6-7pm
Adult Choir
OSKids (age 4-5th gr.)
Confirmation (gr. 6-8)
High school youth group (6-8pm)



OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

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

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org



ORCS KNIGHTS



Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

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- 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

Please contact our school office or visit our website for more information.
701.839.0772
Email: **jschultz@orcsknights.org**
Website: **www.orcsknights.org**



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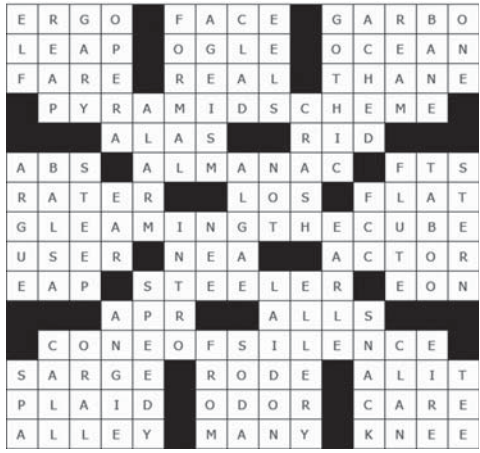
call
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email
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VIEW OUR PAPER ONLINE AT
NORTHERNSENTRY.COM

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

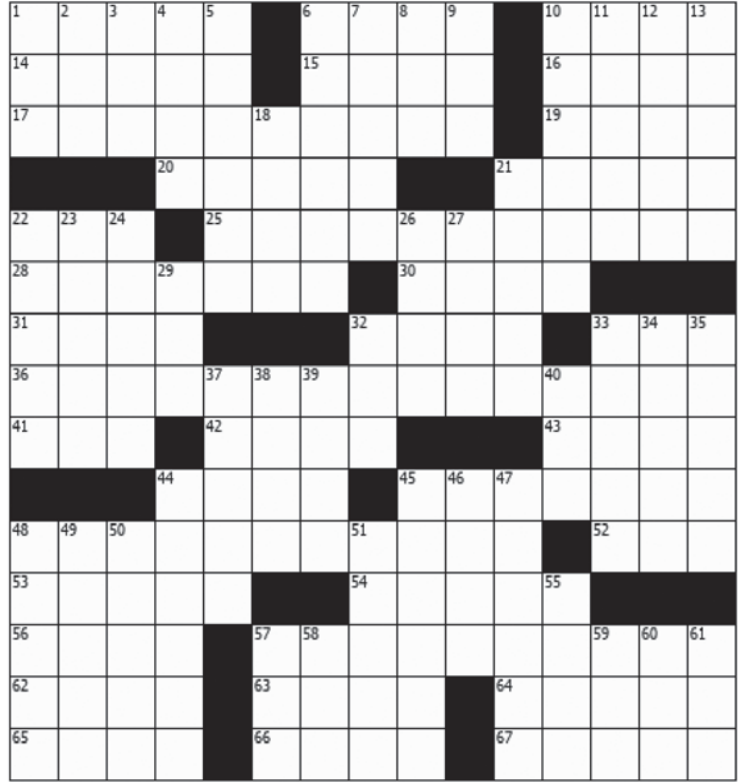
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Very sharp
- 6. Wooer
- 10. Guitar boosters
- 14. Maui neighbor
- 15. The phantom of the opera
- 16. Saucy
- 17. Billy Bob Thornton film of '96
- 19. Bloodhound's clue
- 20. Mine passage
- 21. Olympics symbol
- 22. Non-commercial TV ad: Abbr.
- 25. Couch accessory
- 28. Diplomat's residence
- 30. Dynamic lead-in
- 31. Burn a bit
- 32. Pasture portion
- 33. Korean car company
- 36. Epic-film roster
- 41. Indignation
- 42. Blood fluids
- 43. Fabric quantity
- 44. Indian wrap
- 45. Transport to Oz
- 48. "Walker, Texas Ranger" star
- 52. Sellout letters
- 53. Neighbor of Chad
- 54. Coupes and compacts
- 56. Fan club's focus
- 57. Completely dark
- 62. Bistro offering
- 63. Reserve, as a room
- 64. Sound portion
- 65. Are, in Uruguay
- 66. Phoenix cagers
- 67. Hollow stems



Down

- 1. Jolson and Jarreau
- 2. Baseballer Ripken
- 3. Prefix with corn
- 4. Does some sunbathing
- 5. Skating figures
- 6. Bell tower
- 7. Muse of verse
- 8. Lend a hand
- 9. 14 Across musicmaker
- 10. Moon-mission program
- 11. Hero's reward
- 12. Film trailer
- 13. Disperse
- 18. Sounds of contempt
- 21. Puts in a kiln
- 22. "Goodfellas" Oscar winner
- 23. Campaign tactic
- 24. Take down a peg
- 26. Baylor's locale
- 27. Machu Picchu site
- 29. Prado display
- 32. "So that's it!"
- 33. Shoelace annoyances
- 34. Layabout
- 35. Elroy Jetson's dog
- 37. Japanese port
- 38. Terrarium plant
- 39. The Magi, e.g.
- 40. Sit-up muscles
- 44. "Odyssey" menace
- 45. Highway haulers
- 46. Accompanying
- 47. Weather-map line
- 48. Prevailing weather
- 49. Stays out of sight
- 50. WWII sub
- 51. Boca __, FL
- 55. Swing around
- 57. "American Masters" airer
- 58. Chit
- 59. Lime drink
- 60. El __ (Heston role)
- 61. Pugilistic successes

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TEENAGE MUTANT NINJA TURTLES: MUTANT MAYHEM
(2023) Animation, Action, Adventure (PG)

BARBIE
(2023) Comedy (PG-13)

THE SOUND OF FREEDOM
(2023) Action, Biography, Crime (PG-13)

ATTACK OF THE 50 FOOT WOMEN
(2018) Animation, Adventure (PG)

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FRIDAY & SATURDAY: 11AM - 1AM

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YOUTH IN ACTION

Winter Bussing and Town Hall



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



Autumn is in full swing with great programming at Minot Air Force Base. As we adjust to shorter days and decreasing temperatures, the School Liaison Office serves as the Contracting Officer Representative (COR) for Yellowfin Bus Transportation and is excited to prepare for our winter bussing season.

Winter bussing at Minot Air Force Base is provided by Yellowfin Bus Transportation and services students attending North Plains Elementary, Dakota Elementary, and Memorial Middle School. This year, there is a new manager, Mary Lee Scott. Mary Lee and I are working closely together to ensure SY 23-24 Winter Busing is a success! In this article, I would like to highlight a few things to keep in mind as you prepare your student to ride the bus. These items include submitting bus forms, arrival to bus stop, communication, and the bussing town hall.

Bus Forms: Please remember to fill out and submit bus forms to yellowfin.minot@bragglines.com. This is an important step for all students to be accounted for prior to the start of winter bussing. As a point of clarification, Youth Programs transportation will transition to Yellowfin. As a result, please be sure to submit the forms to Yellowfin Bus Transportation at the above email.

Arrival at Bus Stop: The School Liaison Office and Yellowfin Bus Transportation encourages all students to be in place at the

designated bus stop 5 minutes prior to pick up. This is necessary to ensure the safe and timely arrival of students to school and home. It is important are students are not missing a moment of precious instructional time with teachers and staff.

Change of Transportation: Communication is key as our students are being transported. Change is inevitable especially as we daily strive to fulfill a mission. If there is a change in transportation with awareness prior to a student's arrival to school, please be sure to communicate this with your school child as a preliminary step. This provides the student with clear expectations and a sense of security. After this, share this information with the classroom teacher via Parent Square. If there is an urgent or immediate concern, please reach out to Mary Lee Scott at 701-500-4466 and/or the respective school.

Bussing Townhall: On Monday, October 16th, 2023, at 5:00 pm, the School Liaison Office will host a bussing town hall at the Jimmy Doolittle Center. This would be a great opportunity to connect with the School Liaison Office and Yellowfin Bus Transportation. You can expect an introduction to the bus drivers, and a detailed description of the bus routes.

We look forward to a fantastic winter bussing season and seeing you soon! If there are questions, please send me an email at mafbschool.liaison@us.af.mil or 701-240-2380.



Upcoming Events

7 OCT **2023 WALK TO END ALZHEIMER'S**
10:00 AM
Oak Park
1300 4th Ave NW, Minot
Ceremony 10:00 AM. Walk to immediately follow. Join us at Oak Park at 1305 4th Ave NW in Minot this year for an inspiring event full of hope. It is a great way to honor a loved one and connect with a community of others impacted by this disease. The morning will also feature a short opening ceremony. Registration is free, and fundraising is encouraged. Pre-registration is highly recommended but on-site registration will also be available. When you register, you will be set up with a personal fundraising page that you have the option to share with others. Every registered participant who achieves the fundraising minimum of \$100 will receive an official Walk to End Alzheimer's T-shirt via USPS. To receive a shirt in time for Walk day, participants must raise the T-shirt minimum at least four weeks prior to the event.



Sign Up Today: <http://act.alz.org/minot>
Questions: 701-356-4976, saffesberg@alz.org

11 OCT **FAMILY MOVIE EVENT - ELEMENTAL**
2:00 PM
Ward County Public Library
225 3rd ST SE, Minot, ND
Come spend the afternoon watching Elemental at the Ward County Public Library on on Wednesday, October 11 at 2:00 pm. Children of all ages are welcome but children under age 6 must be accompanied by an adult. This movie is rated PG.



For more information:
Facebook / Ward County Public Library / Events

13 OCT **PUMPKIN WALK AT WOODLAND TRAIL**
6:00-9:00 PM
Woodland Trail
Visit Woodland Trail for Minot Parks fourth annual Pumpkin Walk! Stroll the path filled with lit jack-o-lanterns on October 13th & 14th from 6:00 – 9:00 pm. This event is free to attend.
Pumpkin Pledge
We need your pumpkins! Help us transform Woodland trail! Our goal is to gather 1,000 carved pumpkins from local businesses and individuals. You provide the pumpkins we will take care of the rest!
Friday, October 13th & Saturday, October 14th from 6:00 pm – 9:00 pm at Woodland Trail.



For more information:
Facebook / Minot Parks / Events

13 OCT **FALL SCONE CLASS AT PRAIRIE SKY BREADS**
7:00-9:00 PM
Prairie Sky Breads
3 1st St. SE, Minot, ND
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For more information:
Facebook/ Prairie Sky Breads/ Events

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Norsk Høstfest

LEON RIVERA, AGE 7

I saw a Viking fight! They had actual, armored axes, swords, shields--and everything else a Viking would have. I saw this Viking fight at Norsk Høstfest 2023.

Anyway, let's get to the basics. Høstfest is an annual Scandinavian celebration every year. It's hosted at the State Fairgrounds. It was a great time.

There's lots of food at Høstfest, and we only tried some. I had a troll ear there. A troll ear is a cinnamon-y dessert. I ate lutefisk and lefse. Lutfisk is fish, and lefse is bread. I liked lefse better. Krumkake and trollkrem is like a dessert--it's a hollow shell full of raspberry ice cream. It was very good!

There were a bunch of troll decorations there, because it is in

Scandinavian culture. There was a giant Viking boat that we got to look at. The ladies and men were dressed up like Vikings! Me and my baby brother got to dress up as Vikings. We wore helmets, we chose our weapons--but my little brother kept dropping his weapon, and his helmet slipped off!

I saw Familie Fjord, which is on the mezzanine floor. I saw a musical band and a chorus song on the stage. I liked the chorus, because of the dance that they did.

For sale I saw wreaths, Scandinavian clothes, and I bought a sword and shield, because I wanted to have something to play with.

Norsk Høstfest is the greatest Hostfest of all!

JR. JOURNALISM PROGRAM

northsensentry



We thought this giant Norwegian cake decoration looked good enough to eat!



Leon recommends the Krumkake & Trollkrem from the Sons of Norway booth!

Scan for more details on the Northern Sentry's Jr. Journalism Program and how your story can be featured



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Dakota Elementary Gets a Visitor!

BRIANNA LOW, NORTHERN SENTRY

It was an exciting day at Dakota Elementary on September 27! As part of their “Engaging Families” initiatives, the staff organized a visit from Tom Ross, the Mayor of Minot for the first-grade classrooms. Each month the students are given a word of the month to learn and develop a new skill. For the month of September their word was empathy. The mayor went to the first-grade classrooms to discuss what it means to be a good citizen and how it coincides with their word of the month. When talking with Mayor Ross after his tour, he explained that the kids had incredible answers to what they believed made a good citizen, writing things like be good to your city, and help others. When I asked him how he enjoyed his visit he said, “This is the best part about being mayor. Being able to attend events like this and talking with the kids, showing them that they can be a mayor if they want to be.”

At the end of every month, parents are invited to attend an end of month assembly that gives them updates about what has been happening at the school that month. Starting with the school song and ending with their Soaring Eagle awards, the pep rally is a fun way to celebrate the students. This month, the mayor was there to present the awards to each of the students, offering them a handshake and congratulations! Along with their mascot, the eagle, giving them a big hug! It was truly a great way to honor the work these students put into their school and community.

Let’s give big congratulations to the soaring eagles of this month for their great job at showing empathy!

Kindergarten: Grace Simon, Lucas Mulrain, Penelope Gerard &

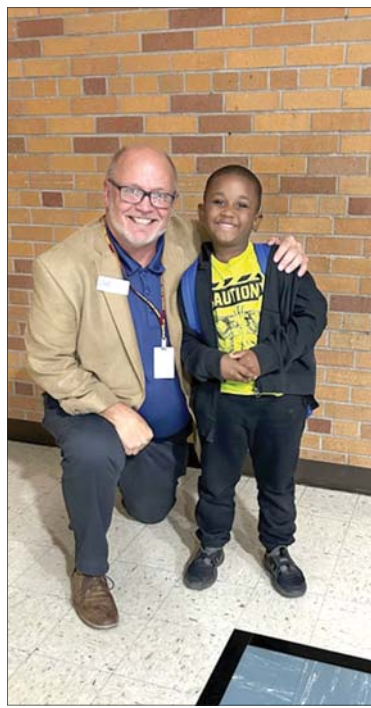
Jack Paczesny First Grade: Avigail DeRyke & Avery Mose Second Grade: Abygail Carbo & Luna Blythe Third Grade: Julian Lane, Harper Mann, Maleah Whitworth & Greyson Campos Fourth Grade: Aubrey Peele, Paisley Henley & Sophia Mathewson Fifth Grade: Emma Coon, Anayeli Gonzalez & Seamus Holmgren

Along with their Soaring Eagle awards, Dakota Elementary does traveling trophies for their classes. These trophies are for classes that are showing strength in different areas around the school. The winning classrooms this month were: Golden Lunchroom: Knecht’s classroom, Little Librarians: Knecht’s classroom, Recess Rockstars: Jones’ classroom, Fabulous Fitness: Keller’s classroom, Music Maestros: Knecht’s classroom.

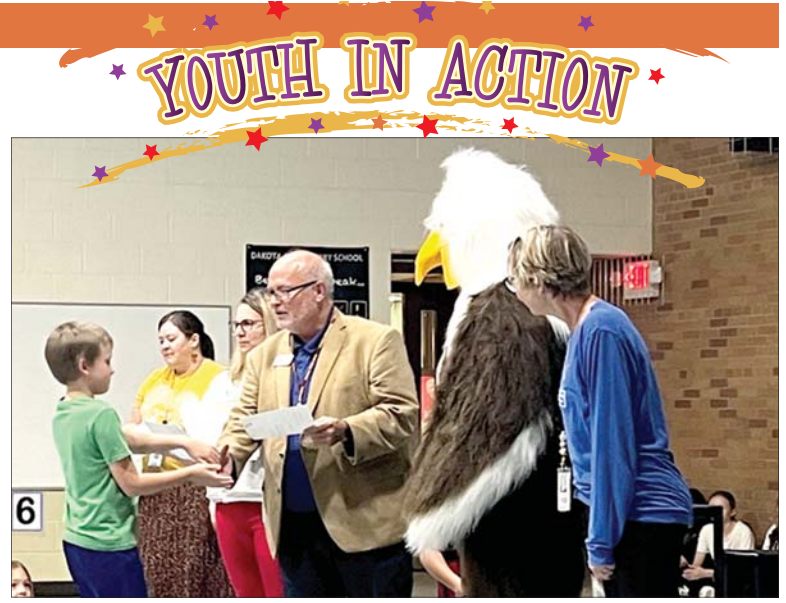
Along with their monthly assemblies for families, Dakota Elementary is working to break down the barriers between families and the educational system. With multiple successful events in the past such as Trunk-or-Treat, Donuts with Grown-Ups, and a Fall Festival, the school is looking forward to growing this program and introducing more events. Laurie Kimball, the Title 1 teacher at Dakota said, “It’s so exciting to be able to offer events such as the Berry Acres event to our families. We know that increasing family engagement has a positive impact on student attendance, social skills, behavior, and academic achievement, so the more we can break down barriers families may have with the school system, the better it is for our students and the staff as well.”



Mayor Ross with Soaring Eagle award recipient.



Mayor Ross taking time to greet a kindergartener.



Mayor Ross congratulating Seamus Holmgren on his Soaring Eagle award.



Dakota Elementary staff and students celebrate Soaring Eagle award winners.



Mayor Ross talking, sharing, and listening to the first graders.

welcome baby

BABY BOY BORN ON
WEDNESDAY, SEPTEMBER 20, 2023 TO:
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MINOT AFB, ND

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MINOT, ND

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FRIDAY, SEPTEMBER 22, 2023 TO:
MORGAN AND KRSTIAN STREIT
MINOT AFB, ND

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

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Saturday: 2 a month by appt
Sunday: Closed

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NORSK HØSTFEST MEET & GREET



Tristan Noel & Family. Tristan was our Northern Sentry Journalist and was able to meet Terry Fator backstage at Norsk Høstfest.



Last weekend at Norsk Høstfest, backstage pass/meet and greet with Terry Fator winners finally got to cash in! L to R: Josh Sutherland, Aubrey Wittenberger, (Terry Fator) Dalton Amsden & Matthew Klaiss!

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October 4, 1980

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A Coast Guard Sikorsky HH-3F Pelican helicopter that aided in rescue operations approaches the Prinsendam in the Gulf of Alaska. (USAF/DoD Photo)

Information courtesy of: media.defense.gov / thisdayinaviation.com (Capt. Sean Cross, USCG Ret.)

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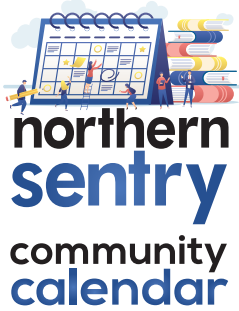
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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 16 Oct-17 Dec. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

★ Hotel ★
REVEL Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

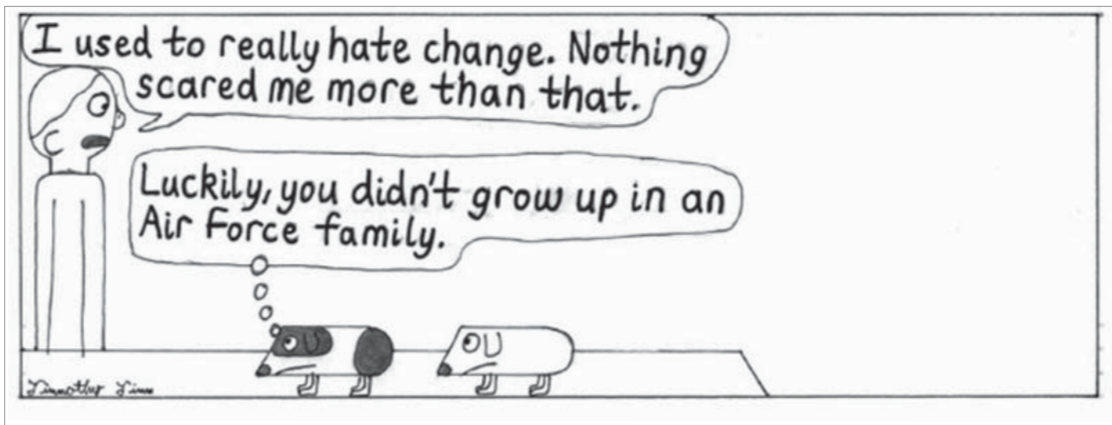
The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMMOTHY TIMM

Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.



VOLUNTEER OPPORTUNITIES

Zombie Run Volunteers

Youth Programs is seeking approximately 15-20 volunteers to play zombies in our zombie run on the 20th of Oct. Additionally, we're seeking 2-3 make-up artists who would like to volunteer to do zombie make-up for these volunteers (supplies would be provided). Volunteer hours would likely begin around 1400 to allow time for makeup and costumes and would conclude around 1800. Anyone who is interested can contact the youth center at 701-723-2838 and speak with either April Lawrence, Briannah Barnett, or Britnee McAlexander.

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director.

POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA
701-852-0141

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members.

•REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>

POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil
or 723-5184.

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator
(888) 223-4287
shelby.stuckey@caringedge.com

Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows:

- Ages 3–4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center
- Ages 5–6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center
- Ages 7–8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center
- Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center

All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.

POC: Ms. April Lawrence, the Youth Sports Coordinator,
701-723-1477/2838 or email april.lawrence.2@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McLeMores, CAP, Jonathan.mclmore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). The program entails for schools:

- The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher.
- Large-scale pre-scheduled live events will include a program link after registration.
- In-person engagements may be available depending on location and availability of local personnel.

Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields!

This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too.

For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYUlr>

Please feel free to reach out if you have any questions.

POC: Abigail Kinder, Community Relations & Media Operations,
Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC) at:
5fss.family.support@us.af.mil



Souls of Spirit Expos this Weekend

ROD WILSON, NORTHERN SENTRY

Souls Of Spirit Expos (SOS) is coming to Minot at the Clarion Hotel & Convention Center October 7th, 10:00 am - 5:00 pm. If you have been looking for something but don't quite know what it is... it may be that you are looking for a little spirituality in your life! Here is your opportunity for a fun day filled with vendors; crystals, intuitive consultants, card readers, aura photography, mediums, psychics, palm readers, healing jewelry, energy healers and so much more! \$5.00 entry fee gets you access for the entire day to our vendors to shop, have readings and healings (each practitioner sets their own price), visit and it also includes 5 speakers throughout the day!

In honor of our military, SOS Expo offers free admission by showing your military ID at the door. There will also be a Gallery Event 11 am to 12 Noon. The Gallery person is Alex Johnson who authored "Journey Into Eternity: Unveiling the Akashic Records". Step into the mystical realm of Akashic records with Alex McCann Johnson, revealing insight into the past, present and future. - Alex passes on messages to people in the audience from loved ones who have passed away and are in spirit. This is a separate charge of \$25.00.

SOS Expos purpose is to create community awareness of spirituality by bringing together vendors who share their modalities of healing, journeys and awareness with communities to assist in uplifting each other.

SOS believes that as a divine soul it is our duty to help others to become more mindful and aware of the energy we put out into the Universe and how our energy and the energy of others affect our daily lives.

Lori Lahsman is the owner of SOS Expos and started her business 5 years ago after having a spiritual awakening that changed her life. She wanted to share with others what she had learned on her journey. In talking with Lori she said "it was too important not to share". Lori travels throughout ND, MT and SD with her expos and stated they are an amazing experience for anyone who is on any point in their journey.

Lori was born in Minot ND and is proud of the state and community she was raised in. She recently opened SOS Holistic Healing Center at 1310 E Burdick Expy Minot. She felt after doing the expos for all of these years it would benefit our community to have a place to purchase items just like they can at the expos.

Guest speakers at the SOS Expo include Kristeena Smith, author of Shadow Work; Joe Rhothengass, presenting "Living with Crystals; Mandie Ehler with a seminar on Power of Body Cod Work" and Deb Luiken, BodyTalk Practitioner presenting a Healing Session.

If you would like more information please go to www.SoulsOfSpiritExpos.com or Find us on Facebook at Souls Of Spirit Expos or our Healing Center at SOS Holistic Healing Center.

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BAKED CHEESY CORN PUDDING

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INGREDIENTS
3 CLOVE GARLIC, CHOPPED
3 TABLESPOON BUTTER
6 1/4 OUNCE WHOLE KERNEL CORN
8 OUNCE CREAM CHEESE
1 CUP CHEDDAR CHEESE
1 CUP PARMESAN CHEESE
1 TABLESPOON KOSHER SALT
1/2 TABLESPOON BLACK PEPPER
1/2 CUP PARMESAN CHEESE
1/2 CUP BREAD CRUMBS
1 TABLESPOON THYME, MINCED
1 TABLESPOON ROSEMARY, CHOPPED

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

In a large sauce pan, sauté the garlic with the butter over medium heat for 3 to 4 minutes. Add the corn, cream cheese, cheddar cheese, 1 cup of the parmesan cheese and salt and pepper. Heat until the cheese is melted then pour into a baking dish.

In a separate bowl, combine the remaining 1/2 cup parmesan cheese, bread crumbs and fresh herbs. Spread bread crumb mixture evenly over cheese and corn.

Place baking dish in the grill and cook for 25 minutes or until the cheese is bubbling. Serve warm. Enjoy!

Ryan Davy - GM Minot

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NORTHERN CELEBRATIONS
EMBRACING OUR NORTH DAKOTA LIFESTYLE

A NEW WAY TO LEARN

Patricia Stockdill

Boy, talk about a reality check several years ago when I had the opportunity to work with a friend who was on Pheasants Forever's national board of directors.

We were at the National Pheasant Fest, a celebration of all that is upland game birds, bird dogs, and habitat. I was helping her with an event when a high school student told us she wanted to go hunting but she and her dad didn't know how to do it.

As much as I hate to admit it, I was initially taken aback. I grew up hunting. I was the kid tagging along with dad, a couple of uncles, and maybe a cousin or two during deer season, stumbling through buckbrush taller than what I was.

I was the kid using a 12-gauge shotgun trapshooting that seemed like it was bigger than I was, carrying that same shotgun in search of pheasants and grouse.

I hesitated before responding, not knowing how to answer her because I was a kid growing up in the country. Being outdoors and hunting was natural.

My friend and I shared some tips and suggestions; knowledge gleaned from growing up with hunting coupled with my friend's knowledge gleaned from becoming hooked on hunting as an adult.

Coupled with all that was Pheasant Fest, my friend and I hoped we helped them begin a lifelong love of the outdoors and hunting

Fast-forward several years (no way will I admit how many) and our conversation with a young lady and her dad relived in my mind when I read a N.D. Game and Fish Department press release.

It talked about a multi-state partnership launching an online course on how to hunt upland game birds. Admittedly, I had two reactions. "Well, it's about time," was the first, delighted that a concerted effort among organizations and agencies was working on ways to introduce new people to hunting and, perhaps above all, the outdoors experience and appreciation that goes with it.

The second reaction was, sadly, just that – sadness. Sad that so many people have lost touch with what is a basic primal need – seeking food. In fact, seeking some of the healthiest food known to humankind – something unprocessed and chemical-free.

You can't get more natural and healthy than wild game meat.

Sad that it's easier to find easier ways to occupy our time, easier hobbies and interests.

Sad that the family hunting and outdoor tradition passed on from generation to generation is becoming more disjointed. Sad that we're losing our connection to the outdoors and its wildlife.

But it's easy to focus on the sad; the negative.

No, this is a huge positive.

First, it's a positive that the funds were available. The project was done with a grant from funds generated by hunters through the federal Wildlife and Sport Fish Restoration Program, which is managed by the U.S. Fish and Wildlife Service and Association of Fish and Wildlife Agencies.

It's hunter dollars helping ensure the future of hunting by passing along knowledge. Just having those funds available for natural resource management is a positive and this new venture takes it down a different avenue.

Recognizing the need – and to follow through – is, yes, another huge positive.

In addition, it's a positive that state agencies were involved along with organizations such as Pheasants Forever, Quail Forever, Back Country Hunters & Anglers, Becoming an Outdoors-Woman, Midwest Association of Fish and Wildlife Agencies, Minority Outdoors Alliance, and Ruffed Grouse Society/American Woodcock Society.

Yet another positive is it's an easy way to learn, developing a connection with other hunters and their experiences.

The online video course features five hunters in different parts of the United States. The habitat is different, experiences differ, weather isn't the same, and the quarry – while all categorized as upland game birds – are all unique unto themselves.

You learn about hunter safety, equipment, techniques, and more.

And on top; of that, it's free and can be viewed at one's convenience.

Go to the Pheasants Forever website, (www.pheasantsforever.org/howtohunt), to sign up. And then go hunt.

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WHAT'S GOING ON MAFB

FRIDAY 06

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

TUESDAY 10

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Federal Employment Basics, 1300-1500, M&FRC
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 13

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Zumba Strong Nation, 1700, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Lanes Bowling Center
- Swerk, 1800, McAdoo Fitness Center

SATURDAY 07

- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1700-2100, Rough Rider Lanes Bowling Center

SATURDAY 14

- Zumba, 1100, McAdoo Fitness Center
- Eclipse Viewing Party, 1115, Minot AFB Library
- Pumpkin Party, 1200, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes Bowling Center

SUNDAY 08

- Bowling Leagues Begin, Rough Rider Lanes Bowling Center

WEDNESDAY 11

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Suicide Prevention/SAPR Brief Tier 2, 1400-1600, Professional Development Center
- Zumba, 1730, McAdoo Fitness Center

MONDAY 09

- Columbus Day
- For a full listing of Columbus Day holiday facility hours, visit 5thforcesupport.com
- Banned and Challenged Books Challenge Ends, Minot AFB Library

THURSDAY 12

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Lanes Bowling Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

OCT SPECIALS

Bomber Bistro **Chicken Alfredo**
Grilled chicken enveloped in creamy alfredo sauce and parmesan cheese with a slice of garlic bread.

The B-Fifty Brew **The Poison Apple**
Apple brown sugar chai with dark caramel drizzle.

Rockers Bar & Grill **Rockin' Chicken Sandwich**
Hand breaded fried chicken sandwich, served with crispy fries. Try it with their famous Rockin' Chicken sauce!

APOCALYPSE '23 LOCK-IN!
20 October 2023 • 10PM-6AM • Youth Center
Open to kids ages 12+ • Members: \$20 • Non-Members: \$25
Must register in CYPBMS • Registration closes 13 October 2023
The undead have awoken! CAN YOU SURVIVE? Teens, join us if you dare!
For details, call the Youth Center at 723-2838

FORCE 5THFORCESUPPORT.COM **YOUTH PROGRAMS**

**FRIGHT NIGHT!
PRE-TEEN LATE NIGHT!**
20 October 2023 • 6PM-10PM
Youth Center
Open to kids ages 9-11
Members: \$15 • Non-Members: \$20
Registration closes 13 October 2023
Must register in CYPBMS
Eyeballs, chow and witches brew,
and some tasty snacks like a finger or two!
The Goblins are haunting, the monsters
will mash, it's time to get ready for our
Halloween Bash!
Costumes are encouraged!
For details, call the Youth Center at 723-2838

FORCE 5THFORCESUPPORT.COM **YOUTH PROGRAMS**

Opening Weekend
Rough Rider Bowling Center opens
on Thursday, 5 October 2023!
Hours: Thursday 4PM-9PM,
Friday 4PM-10PM, & Saturday 2PM-10PM
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FORCE 5THFORCESUPPORT.COM **YOUTH PROGRAMS**

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