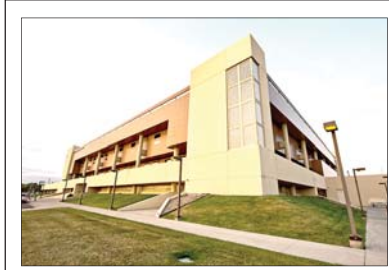


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SANTA TAKES FLIGHT WITH 54HS

Santa Claus waves to families as he flies in a UH-1N Iroquois at Minot Air Force Base, North Dakota on December 10, 2023. Every year Claus and his elf crew greet the children of Minot Air Force Base and Minot, N.D. from the sky.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LUIS GOMEZ

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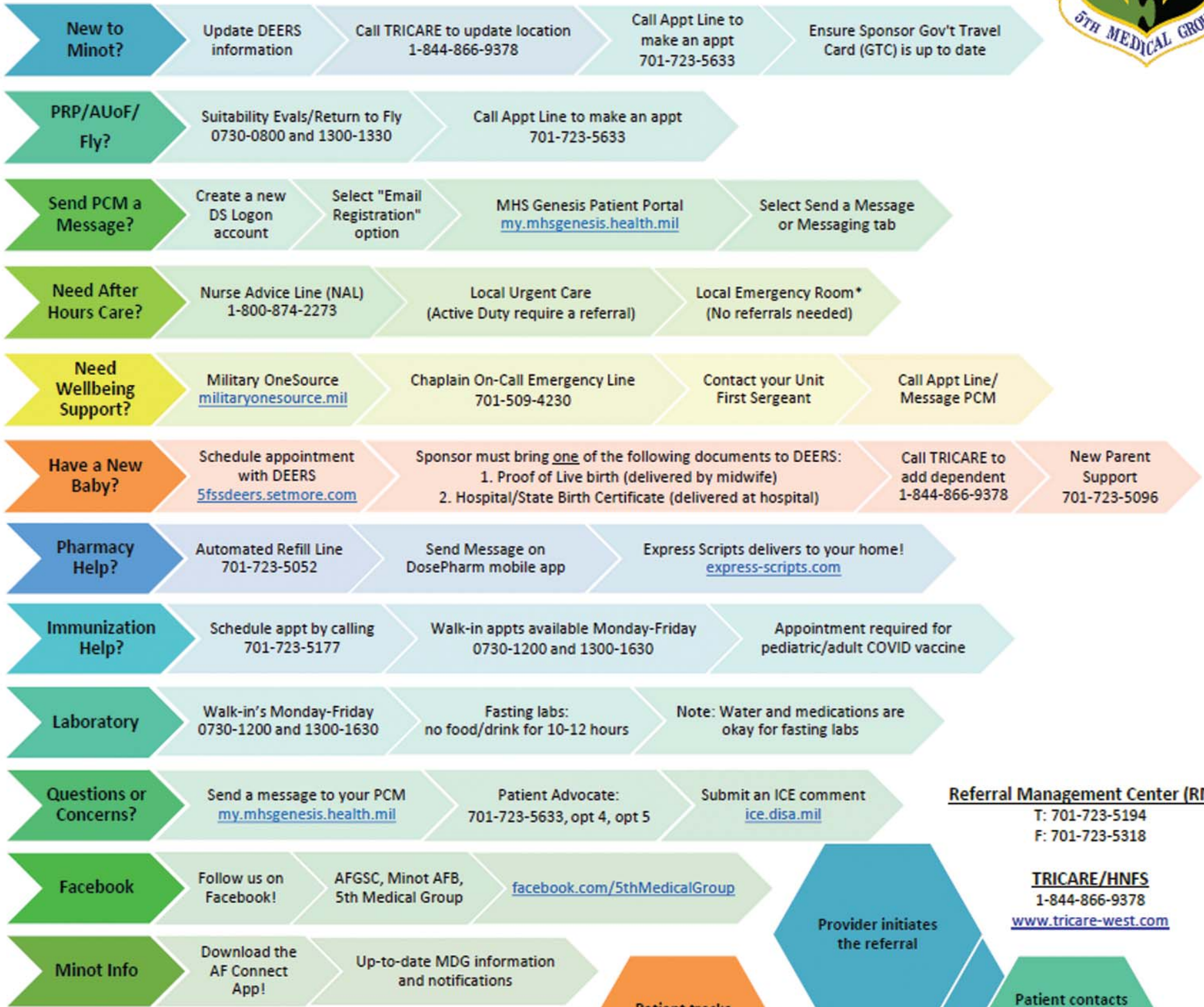
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5th MDG Avenues to Care

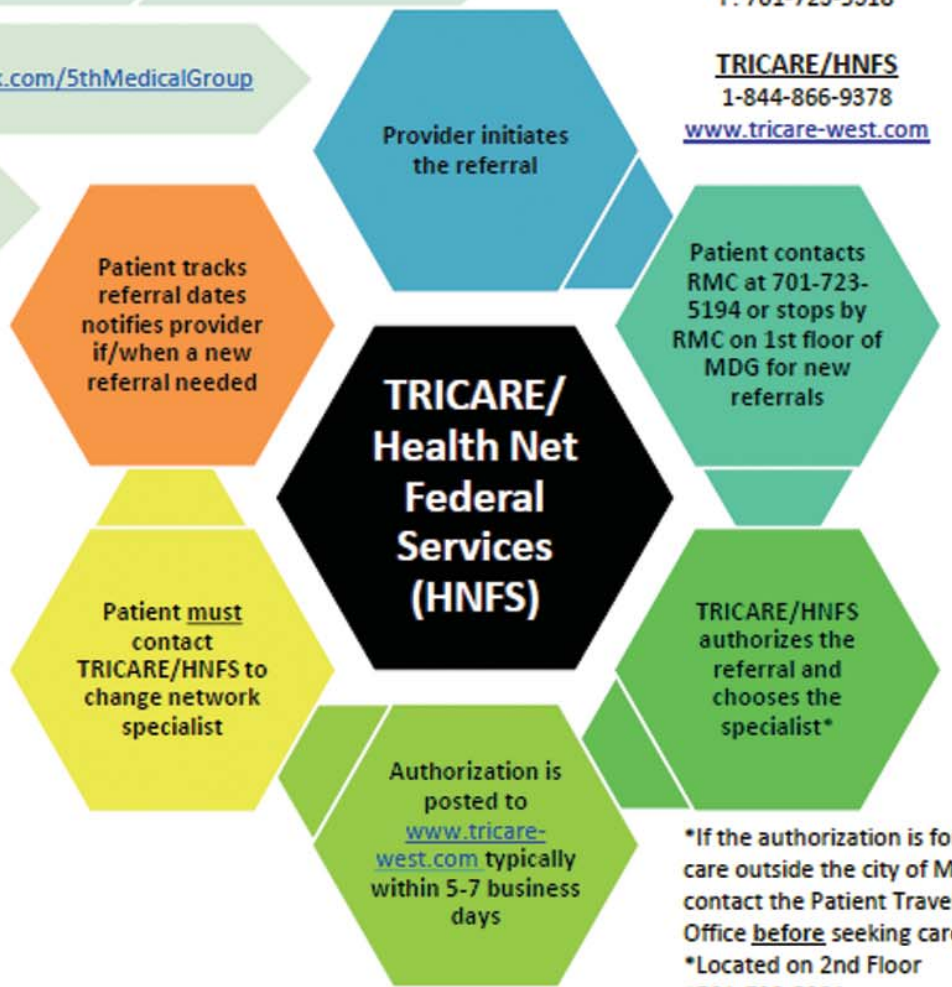


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Thursday: 7:30am – 6:00pm
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Saturday: 2 a month by appt
Sunday: Closed

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Transforming mental health in the Air Force

SENIOR AIRMAN CALEB S. KIMMELL, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Like physical fitness, good mental health is a central part of military life, and shouldn't be hidden or ignored. There are several resources available to help Airmen struggling with mental health challenges.

This year, Air Force mental health leaders implemented a new initiative to improve Airmen's access to mental health to increase access to support resources and mitigate impact on readiness.

This initiative is called Targeted Care. Targeted Care connects Airmen to either the 5th Medical Group mental health clinic, or another supporting agency; whichever best meets their needs.

Through Targeted Care, providers can direct patients to specific agencies to resolve their mental health needs. If the mental health clinic determines specialty care does not best suit the patient's needs, the staff can connect patients to different helping agencies such as Primary Care Behavioral Health, Family Advocacy, Military OneSource, a chaplain, Military and Family Life counselors, the Alcohol and Drug Abuse Prevention and Treatment office, among others.

The process starts with a consultation with a mental health provider. Here, they determine if the patient should be seen in the Mental Health clinic on base or by other non-medical counseling services.

"There is no wrong door," said Maj. Joshua Turner, 5th Medical Group Mental Health commander. "You can start your mental health journey by going anywhere, but through our process you'll end up exactly where you need to be."

This approach enables the medical staff to provide immediate attention for those whose concerns must be addressed by a mental health provider. It also connects those whose needs are important, but may not require immediate clinical services. These Airmen can be sent to a helping agency to receive timely care.

"If you are referred to a chaplain but don't feel like you're receiving the proper amount of care, you can always call the mental health office and we can re-evaluate from there," said Turner. "We have highly trained people everywhere, and we want to make sure their skills and resources are being used. They're there to help Airmen as much as we are."

For those who require mental health specialty care, Targeted Care can reduce initial wait times and the period between appointments, making it faster for a patient to

receive the care they need.

Recognizing signs of distress and addressing challenges early can drastically affect a person's mental health. Learn to recognize changes in yourself or in someone close to you. Airmen or family members suffering from a mental health disorder may display several behaviors such as prolonged sadness or irritability, excessive fears, worries and anxieties, social withdrawal, dramatic changes in eating or sleeping habits, substance use, and many others.

"We can help you," said MSgt. Tiffany LaTrielle, 5MDG Mental

Health flight chief. "We will recommend the best course of care for you; you will be taken care of. Please call our office and ask for help. Don't sit in silence and suffer."

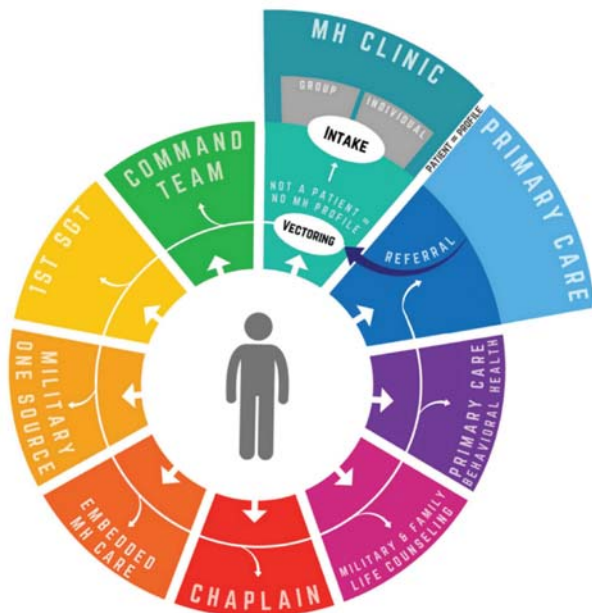
If you or a colleague needs mental health assistance, please reach out to your or their supervisor, first sergeant, the Minot AFB Mental Health office at 701-723-5572, or the Minot AFB Chapel at 701-723-2456.

Additionally, for more resources, follow the link below.

<https://minot.tricare.mil/Health-Services/Mental-Health>



The mental health office is pictured in the 5th Medical Group at Minot Air Force Base, North Dakota, December 15, 2023. This year, Air Force mental health leaders implemented a new initiative to improve Airmen's access to mental health to increase access to support resources and mitigate impact on readiness. This initiative is called Targeted Care. Targeted Care connects Airmen to either the 5th Medical Group mental health clinic, or another supporting agency; whichever best meets their needs.



The Targeted Care Initiative aims to vector members to the appropriate helping agency for their current concerns. You are able to go to any of these personnel/agencies with your concerns and they will be able to direct you to the appropriate agency for your specific needs.

The 5th Medical Group is pictured at Minot Air Force Base, North Dakota, December 15, 2023. This year, Air Force mental health leaders implemented a new initiative to improve Airmen's access to mental health to increase access to support resources and mitigate impact on readiness. This initiative is called Targeted Care. Targeted Care connects Airmen to either the 5th Medical Group mental health clinic, or another supporting agency; whichever best meets their needs.

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**SHE'S NOT FROM
 AROUND HERE**
 AMY ALLENDER

In the lives of my children, few joys exceed that of airport moving walkways. I was reminded of this last week when we flew home to North Dakota, after being out of state for a whopping three months. Giddy anticipation, they galloped through crowds—often dragging me along behind. Once at the edge, where they could see the conveyor belt moving along, they stopped short. Both eager to jump on, and a little afraid to step onto a floor-in-motion.

At that point I had caught up, and began to prod them forward. My, how the tables turn. "Carry me," my youngest said. "Am I going to fall?" asked my first born. "No, I cannot carry you," I said to the first question, while gesturing at the large backpack on my shoulders and carry-on toted behind. "No, I don't think you're going to fall." After that, it was pure bliss. Fellow travelers filled the terminal around us. Some moved faster, some slower. But there we were, all in the Minneapolis airport, together. All of us heading somewhere.

In mass, it's easy to see people as one, big, nameless blob—often burdening us in some capacity. When in a crowd, it's easy to think of yourself as an individual, while



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

It was late November 1995 and I had just been hired as editor and publisher of the Cavalier County Republican in Langdon. Then, my entire world was turned upside down.

The very day I was supposed to start my new job, we attended my mother's funeral in Hazelton. I was devastated and my siblings were devastated. At that point in time, I wondered how I would cope.

The people who owned the newspaper told me to report the following week and there was a nice bouquet from them at the funeral.

A week later I arrived in Langdon to start my new job as a manager of one of the larger weeklies, at the time, in North Dakota. The first few days were spent learning the system, so that broke the ice, but the sorrow was there fully and completely when I went home from work.

Those early nights in Langdon were difficult so to distract myself, I turned on French TV out of Winnipeg and challenged myself to mimic and speak French. It was a short, daily diversion.

After about two weeks I realized there is only one thing to do. Dig in! The paper had its own issues and was deep in debt so there was only one way to go for myself and the Republican, and that was up.

I didn't realize it at the time, but

Airport Humanity

seeing everyone else as part of the herd in your way. As in, "Ugh, no one in this airport knows how to walk. I need to get to my gate and people keep stopping in the middle of the corridor." Or, "Don't these people know how to drive? I need to get to where I'm going."

In the middle of a crowd, it's simple to forget that we all have objectives. We're all trying to get somewhere.

I know I forget sometimes.

In a crowd, I forget that we all have needs and wants. We all have people depending on us. We all have people we want to see, things that need to be done. I forget that there are probably lots of people with more important places to go than me. I forget that there are probably many with needs more pressing than my own, and stressors that weigh more than what I'm lugging.

In the midst of people, we can lose sight of the humanity.

Around our fifth moving sidewalk, the exhaustion of being awake since 4 am was starting to wear on me. For me, the joy of riding the walkway had started to lose its luster. We weren't in a hurry, but I was ready to get to a place where I could sit down. Somewhere between the fatigue, noise, and twinge of a growing headache, the humanity around me started to become a lump of inconvenient people.

At that moment, footsteps approached from behind us on the walkway. A young pilot walked by, flashing a friendly smile toward my gleeful kids as he did. As he passed, I noticed his haircut. The back left section was choppy, while the rest of his head was in



My son Silas, looking out the window on our recent flight.

AMY ALLENDER PHOTO

a fairly neat fade. The storyteller inside of me was immediately intrigued. What had gone wrong with that haircut? Had he done it himself alone, unable to get a good look at the back? Had his wife or girlfriend tried her hand at cutting hair? Maybe his own preschool child bumped into him while he was using the clippers.

That bad haircut reminded me that people are more than just "all those people." They are individuals. Each going somewhere. Each carrying their own worries and hopes. Each walking around with their own stories, their own mistakes and accomplishments. In the airport, headed for connecting flights, we are all on our way to someplace else—none of us are from around

here.

At this time of year, while we each pursue our own brand of "Christmas wonder," let's not fall into the trap of viewing fellow humans as burdens or obstacles. Rather, let's be struck by the small things. Let's live in awe of humanity's ability to be both incredibly diverse, while also sharing deep commonality. Let's view each congested mall, highway, airport, and coffee shop as a place filled with individuals, each with a story, each trying—just like us—to get where they're going.

For more stories of positive living, and life in Hot Dish Land join me on Instagram (@amy_allender), Facebook (@amyallenderblog), or amyallender.com.

A Christmas to remember...

as the weeks of winter wore on, people I came into contact with were so nice to me, even when I made mistakes like spelling a name wrong in the paper or leaving a piece of information out of an ad.

I couldn't figure out why people were so kind. The residents of that community couldn't have liked the paper that much, and they hardly knew me, other than what they read in the initial issue after I started.

It took years for me to figure this out, but the merchants, the sports teams and the community at large were aware of what happened, and yes, they did care about their newspaper and they apparently cared for the individual who was charged with bringing it back from financial collapse.

People invited me into their homes for a meal, they included me in community events whether I wanted to be included or not, all the coaches were good about giving me interviews, even when they're beloved Cardinals lost a game, while others gave me tours of the county and introduced me to their

friends.

I still remember a county commissioner, whose name is Neil Romfo. He took me on a tour of Cavalier County and when we got back to Langdon; knowing I was young and had beaucoup college loans to pay back, he gave me a Canadian \$5 bill, put his hand on my shoulder, smiled and told me if I keep that in my wallet, I'll never go broke.

I still have that \$5 bill, but it's not in my wallet any longer. And every time I look at it, I think of Neil Romfo. It was his way of welcoming me to Langdon and Cavalier County and assuring me that things would get better.

Gradually they did and as Christmas approached, I realized there were a lot of people like Neil, willing to help, willing to listen and welcome a virtual stranger into their community.

Those of us who worked at the newspaper had a Christmas party at one of the restaurants and that too, helped break the ice even further. It told me that even though everyone

was cordial and professional at work, they were also human and we quickly bonded as a staff.

All of these things helped motivate me during a time of intense grieving and not only did it heal my sorrow, but the newspaper slowly started making money so we could promise everyone would get a paycheck every two weeks.

It was about trust, it was about friendship and it was about the willingness of a community to embrace someone they didn't really know. And when Christmas came, a number of people invited me to spend it with them. I think they knew I didn't really want to go home, but we had to be with my dad.

Because of all this, the four years I spent in Langdon were no doubt the best years of my career as a journalist and some of the best years of my life. That's why to this day I have a fondness for the community of Langdon. To me, it's a special place that helped me get through an extremely difficult time.

Merry Christmas Langdon!

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weekly post brief

MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

In The Spirit of Christmas

The CP Rail, now the CPKC Holiday Train has been making annual visits to the Magic City for 25 years. On Saturday Downtown Minot was packed as families gathered to greet and view the train as it made a stop at the north end of Main Street.

The weather was absolutely perfect with temperatures hovering around 35 degrees, albeit there was a bit of a wind, but for December 16th you could not have asked for a nicer evening for the 30 minutes of entertainment that the Holiday Train provided.

The first time the CP Rail (before the merger with Kansas City Southern) train appeared in Minot the weather was so cooperative. That night it was cold...below zero...and the wind was blowing from the northwest. It was so cold that our video cameras had to be kept inside automobiles in order for them to record the first ever CP

Rail Holiday Train visit to Minot.

When the door to the box car that is the stage area opened, steam escaped, and entertainers could see their breath as they began to sing. I remember thinking to myself that this was probably not going to be an annual event, but I was certainly wrong. Even that night, as the wind chill was reported around 40 degrees below zero, folks filled main street and gave the CP Holiday Train a very warm welcome.

Well back to Saturday evening. I am not sure how you accurately gauge the size of the crowd that welcomed the CPKC Holiday Train, but every parking lot and ramp in downtown Minot was filled with vehicles. There were reports of many folks parking at the Minot Municipal Auditorium and walk the almost 8 blocks to the train staging area. We were about a block from the stage, and right

beside us was a family from Minot AFB. The dad obliged his young son by putting him on his shoulders giving him an unobstructed view of the stage. The lights of the Holiday Train were certainly entertaining, as was the free show provided for the thousands in the audience.

My curiosity about the Holiday Train took me to a well written and documented site that showed the path of not one, but two Holiday Trains. One that covered the Canadian routes, and a second that made its way through the United States. In the 25 years, the Holiday Train has contributed over 22 million dollars, and that does not include the additional collection during the events in the various communities, to local food pantries.

So, our thanks to CPKC rail for the Holiday Train, and for their 25 years of giving communities like Minot and Kenmare a special moment in a busy holiday season.



CPKC Holiday Train in downtown Minot on Saturday, December 16.

XXXXX

**northern
sentry**

**A VIEW FROM
OUR SIDE**

ROD WILSON



BEST KEPT SECRETS

Sometimes you wonder about how effective the Northern Sentry is in communicating those "best kept secret" locations or events. This past week I happened to run into someone who said that her trip to the Peace Garden was beyond belief. The new conservatory is amazing, and the house they stayed in was

right on a cross country ski trail. Best kept secret for this week once again goes to the Peace Garden. For more information: peace garden.com.

TODAY'S CHUCKLE

Now that we all have digital clocks, we'll never be able to turn back the hands of time.

Ski the Jewel above the Prairie!

SNOW REPORT

Chairlift, New T Bar, Runs & Lifts
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Salute

1st Lt Lee Williams

**5th Medical Group
Hometown: Moncks Corner,
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First Lieutenant Williams, prior enlisted, has been in the Air Force for 6 years. He assisted in designing the Missile Community Cancer study, leading research teams in collecting and interpreting decades of occupational hazard data across bases that house ICBMs, identifying health concerns impacting 3,400+ personnel. He takes pride in protecting hard-working service members and civilians from occupational hazards, enabling deployment of B-52s and ICBMs anytime, anywhere, securing sweet American Freedom! He credits his wife Aubrey and 2 sons Caden and Bowen for all his successes.

GAME SALUTE: SATURDAY, DECEMBER 16

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.

The Muffin Caper



SLICE OF LIFE
KIM FUNDINGSLAND

an extraordinary meal prepared by our host whose remarkable culinary talents have been perfected by years of professional experience in the kitchen, I saw an opportunity too good to pass up. There on a small plate in front of me was a magnificent blueberry muffin, a freshly baked addition to our wonderful meal.

Our host bakes incredible muffins. Each one is precisely the same size. Every blueberry is chosen for its perfection and placed uniformly in each scrumptious muffin. They are baked to perfection, mouthwatering gems in every way. Award winning by all standards.

Having experienced those muffins on previous fishing trips, I knew that our kind host always held the proper amount away from the dinner table so they could be offered a special treat as part of a boat lunch the following day. Those extra muffins were placed in a Zip-loc bag on a kitchen counter for safety until our host began preparing our lunch the next morning. This

I saw as an opportunity to throw the boomerang. It worked out beautifully, at least initially.

I arose early under the guise of making coffee and an English muffin, but in reality, hoped to craftily enact my plan to gain the upper hand over my invited guest. He was, you see, on his best behavior to remain in the good graces of our host. If my plan worked, and everything was perfectly in place to do so, he would soon be revealed as a villain of the worst sort, and I elevated to hero status.

As my targeted friend emerged from his room, we exchanged a very pleasant "good morning". He put an English muffin the toaster and turned around to see those incredible tasting blueberry muffins on the counter on the opposite side of the kitchen. Assured that he was salivating beyond the point of self-control, I encouraged him to have one for breakfast. This, I knew, I would have to deny a few minutes later.

My friend gobbled that muffin, remarked how good it was, and was inquiring about having another so they "didn't go to waste." He gave me a quizzical look when I said,

"Let's see how this plays out."

Right on cue our host came down the stairs from his overnight slumber. Perfect, I thought while doing my best to suppress a grin. As expected, he walked directly to the counter where the muffins were secreted away, threw his arms out, opened wide his previously sleepy eyes, and exclaimed, "Who ate a muffin!" This, I knew, was a heinous violation since the number of muffins was precisely calculated to have enough for the upcoming boat lunch.

My unsuspecting friend threw up his arm to identify as the guilty party while his eyes were simultaneously delivering dagger in my direction. I, of course, could no longer contain the glee at the flawless execution of my ingenious plan. My joy was momentary, interrupted by that boomerang hitting the back of my head.

Addressing my friend our host said, "Don't trust him."

Then, turning to me, he said, "Easy enough. No muffin for you for lunch."

Aah. That turn of events was not the reaction I had hoped for, yet I was infinitely pleased at the success



KIM FUNDINGSLAND PHOTO

of my clever plan and wore a smile all day. As for the boomerang, fortunately, it was only a glancing blow, and I was awarded a muffin for lunch.

There you have it dear reader, the exact details of the now famous Muffin Caper. I leave it to you to determine my flawless character.

Recently, dear reader, I was the mastermind, the architect, of a clever plot very carefully planned so that I could gain the upper hand. However, like the flinging of a boomerang, all is wonderful until it hits you in the back of the head.

Of course, as is my very nature, I meticulously weighed the possible consequences of my trickery against what was to be gained. I determined my scheme was a good one, well worth pursuing, and it would be rather simple to evade any "return of the boomerang" should such a need develop.

However, events didn't quite unfold exactly as envisioned in my precise and sly plan. Nevertheless, dear reader, I share with you the details exactly as they occurred so that you can make your own judgement as to whether my chosen action was worth the risk.

A scant few days ago I was a privileged guest of a long-time fishing companion at his ocean front home in the Florida Keys. Trusting my always solid judgement, he graciously allowed me to invite a guest for a week of fishing in the famed waters of the Keys. As is our kind nature, we treated our newcomer as royalty on the first day in the boat – kindly teaching him our highly successful and secret tactics of saltwater success.

It was sometime during that day, I cannot remember precisely when, that I sensed a certain jealousy that our third fisherman was learning a little too quickly, primarily from the advice of our fine host whose expert guidance was acquired from thousands and thousands of hours on the water with fishing rod in hand.

Now, and I must be clear here, I fish for the fun of fishing, the camaraderie, and the subtle "smack" talk shared amongst angling companions. Still, I look for advantages to gain the upper hand whenever an opportunity presents itself. Sometimes that means you set the hook on the unsuspecting and, when successful, it is more rewarding than doing so on any fish in the sea.

At the dinner table that evening,



WINTER PHOTO CONTEST

DETAILS

Send us your winter-related or snow photos and you could WIN a FREE day on the slopes at Bottineau Winter Park!

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Send us your photos of snowmen, snow angels, Northern Lights, sundogs, blizzards, snowmobiling, winter activities or anything that shows the way you choose to spend this season! Photos can be with or without people, but we'd love to see your smiling faces!

Each cold weather-related photo submitted could be displayed in the weekly newspaper and/or online too! Not only that, but each photo submitted secures you an entry to win a grand prize.

Winner will be chosen at random from the pool of entries and announced on March 8, 2024 on Facebook.

Additionally, our staff's FAVORITE overall photo could score a front page billing on the Northern SENTRY FRONT PAGE!

We can't wait to see all your photos! Good Luck!

HOW TO ENTER

1. Message our Facebook Page (Minot Air Force Base Northern Sentry) with your photo and description. Please tell us who/what/when/where.

OR

2. Submit your photo and who/what/when/where description on our website (QR)



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This opportunity is too good to pass up! Send us your winter photos now through February 28.

RULES AND REGULATIONS:

- The Northern SENTRY reserves the right to refuse to post any photos that are deemed to be inappropriate, dangerous or go against the safety or purpose of the U.S. Air Force.
- By submitting your photo to the Northern SENTRY permission is given to the Northern SENTRY to use the photos online, on social media and in the print versions of the newspaper.
- One entry per person/per day

- Contest is open to Minot AFB military personnel and their dependents, and the prize recipients are intended to be MAFB-affiliated personnel. Must be 18 years of age or older to win and be able to prove MAFB affiliation.
- Prize must be used in its entirety in one day. The winter park entry cannot be spread over several days.
- *Some restrictions may apply
- Contest will run from December 15, 2023 thru February 28, 2024
- Winner will be announced on March 8, 2024



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A time to remember - and cherish - our families



DEAR MINOT
TOM ROSS,
MAYOR
CITY OF MINOT



Christmas season: Memories of six kids, 10 pounds of D-cell batteries, assembly instructions, and a pile of shoes at the front door.

My dad means the world to me, and I choose to celebrate the life he lived. As Minot continues to grow, it's still small enough that I frequently run into my dad's friends. I've known some of them for more than 50 years, and some I am just meeting for the first time. I know they are friends because they call my dad "Billy." Some even go so far to say "Billy was the best damn crane operator in Minot." I don't know about that, but I do know he was the best damn father I could ever ask for.

As we inch closer to Christmas every day, my messages to you are this:

Cherish your family. Cherish them now, and cherish their memories. I know we are not supposed to live in the past, but we can learn from the past, and what "Billy" taught me are lessons I am looking forward to teaching my own children.

Since becoming your Mayor, I have worked very hard to see the positive in everything we do. To me every situation is an opportunity, either to teach or to learn. Or both.

I am choosing to celebrate the journey I am on. The holiday season is upon us, even if it doesn't look like it outside. Let's all remember the real reason behind the Christmas season. Celebrate the joys and blessings in your lives. Celebrate the memories of your family members who have passed on and those who are still here.

Above all, give a smile and a hug to someone this Christmas season.

You can find more about what's happening at the City of Minot at minotnd.org, or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

My father lost his battle with Alzheimer's on Dec. 27, 2019. Since then, every holiday season has been bittersweet. While I know in my heart my dad has his memory back and he is with his family and friends solving all of the world's problems, there is still an emptiness in missing his words of wisdom and guidance.

Why do I bring this up? Why during a Christmas season full of celebrating a birth am I speaking of the loss of a loved one? It comes down to family.

Cherish every single day. I recently attended the funeral for a wonderful friend; a father, a son, and a brother who was younger than me. The strength his children showed during the service struck me deeply. It was an opportunity for me to lean back on the memories I have with their father, and the memories I have with my own children.

It's funny - I am sitting in the mayor's office at City Hall writing this letter, thinking of my dad, my friend, and all the memories of both of those men. And I am smiling.

I read a passage at the funeral that basically stated, "You can mourn the loss or celebrate the life." I've got so many great memories of my father, and many of those are from the

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Airmen assigned to the 5th Aircraft Maintenance Squadron walk on the flight line at Minot Air Force Base, North Dakota, Dec. 13, 2023. The 5th Bomb Wing was able to successfully showcase its airpower and high-speed deterrence mission set by being able to launch multiple aircraft in a short amount of time.

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

Minot AFB executes SURGE Week

AIRMAN 1ST CLASS ALYSSA BANKSTON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Bomb Wing conducted SURGE Week here from Dec. 12 - 14. SURGE Week tests warfighting capabilities, focusing on training efforts for scenarios where a large number of sorties need to be produced swiftly and efficiently.

Typically, the goal of SURGE Week is to produce 50% more flights than what is normally flown on a daily schedule. On an average week this time of year, Minot has about 26 sorties per week, but during SURGE Week the goal was to do 42 in three days.

A plan is required to maintain the 5th Bomb Wing's efficiency to ensure the success of SURGE Week and achieve mission accomplishment.

U.S. Air Force Master Sgt. Josh Weber, 69th Aircraft Maintenance Unit lead production superintendent, describes the overall goal for SURGE Week was to make every sortie successful.

"We will send up eight aircraft on our morning lines with 30-minute intervals, and then they will land, we will turn them, we will send up six more again and they have to take off within 30 minutes," said Weber.

Aircraft maintenance plays a large role, but many other parts of the 5th Bomb Wing worked together to make SURGE Week happen.

Weber spoke about some of the other agencies that contribute to SURGE Week from the 5th Force Support Squadron providing meals

for the maintainers working 12 hours a day, to the 5th Operations Group accumulating north of 180 flying hours over three days, and the 5th Logistics Readiness Squadron delivering 1.3 million pounds of fuel required for the aircraft to pull off all those flying hours.

Providing training opportunities as substantial as SURGE Week to service members is crucial for preparing Airmen for any incident where they are crucially needed.

"It's a test of our warfighting capability," said Weber. "It really proves that we can meet the expectations that our commanders need."

With another training success, the 5th Bomb Wing is ready to answer any call to action.



Airmen assigned to the 5th Aircraft Maintenance Squadron prepare a B-52H Stratofortress for SURGE Week on the flight line at Minot Air Force Base, North Dakota, Dec. 13, 2023. SURGE Week benefits Airmen by providing a training opportunity to learn and showcase mission strengths.

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

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U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander presents a recognition certificate to one of Team Minot's newest Chief Master Sergeant Melissa Turner of the 5th Aircraft Maintenance Squadron.



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Air Force Global Strike Command A10 Director Offers Insight to Sentinel Modernization Progress

MAJ. LAUREN LINSKOTT, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

U.S. Air Force Brig. Gen. Colin Connor, Air Force Global Strike Command A10 director, appeared on an Advanced Nuclear Weapons Alliance Deterrence Center virtual forum to discuss the LGM-35A Sentinel intercontinental ballistic missile system, formerly known as the Ground Based Strategic Deterrent, on Nov. 29, here.

The focus of the forum was the modernization of the land-based leg of the U.S. Strategic Nuclear Deterrent. U.S. Senator John Hoeven set the tone for the event with his opening remarks:

“As your senator from North Dakota, I’m proud to represent Minot Air Force Base, America’s only base with a dual nuclear mission, including the B-52s, and the Minuteman III [ICBMs],” Hoeven said.

“Given that, I understand the importance of modernizing our nuclear forces, and that means the entire triad...” added Hoeven. “The Sentinel will be around for most of the 21st century and placing additional warheads in this leg of the triad could be the most efficient way to deter emerging nuclear challenges

from China and Russia.”

Connor then addressed the group, highlighting the standup of the new A10 directorate and the responsibilities he has been entrusted with in his new role.

“My opportunity to serve in

and to oversee from the operational fielded units on how that transition occurs across the three missile wings,” said Connor.

Connor then took questions from the participants which included topics such as the construction expected for the new capability, the nuclear command, control and communications systems involving Sentinel, and whether the third leg of the triad is even necessary.

At the end of the forum, Connor concluded with a message that highlighted the most important aspect of Sentinel’s modernization efforts:

“The communities at the bases, the local communities... that are part of the missile fields in F.E. Warren, Malmstrom, and Minot are going to be critical to what we do.”

The Air Force plans to start construction for the LGM-35A Sentinel weapon system as early as the mid-2020s and will start deploying Sentinel in the late 2020s. While the Sentinel will replace the LGM-30G Minuteman III ICBM, until full capability is achieved, the Air Force is committed to ensuring the Minuteman III remains a viable deterrent.

For more information regarding the Sentinel Program: <https://www.afgsc.af.mil/Sentinel-GBSD/>



U.S. Air Force Brig. Gen. Colin Connor, Air Force Global Strike Command A10 director, appears via video conference on an Advanced Nuclear Weapons Alliance Deterrence Center virtual forum to discuss the LGM-35A Sentinel intercontinental ballistic missile system, formerly known as the Ground Based Strategic Deterrent, on Nov. 29, at Barksdale Air Force Base, Louisiana. The focus of the forum was the modernization of the land-based leg of the U.S. Strategic Nuclear Deterrent.

U.S. AIR FORCE COURTESY PHOTO

this position at Global Strike... is really to look at the retirement of the Minuteman III along with the fielding of Sentinel and that transition plan on how that occurs...

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Air Force Eyes Big Changes for Major Commands

GREG HADLEY AND CHRIS GORDON, SPACE & AIR FORCES MAGAZINE

ORLANDO, Fla.—As the Department of the Air Force's sweeping re-optimization review nears its January deadline, service leaders are contemplating fundamental changes to USAF's nine major commands.

"We're going to transform the entire Department of the Air Force organizationally to prepare for great power competition within the next quarter," Space Force Lt. Gen. Michael A. Gueflein said at the Space Force Association's Spacepower Conference Dec. 13.

Gueflein, whose nomination to become Vice Chief of Space Operations is among several Air Force four-start appointments currently on hold, said in his keynote address that "the Air Force is going to get rid of the major commands structure." But appearing again soon after, Gueflein suggested he had overstated the changes.

"I made it sound like decisions have been made," he told reporters. "There have been no decisions made in this realm. [Air Force Secretary Frank Kendall] has not even been briefed on this yet. It'll be several months until that happens, and when he's ready, he'll roll out those changes."

The Air Force has tweaked its MAJCOM structure in the past, most recently with the elimination of the former Air Force Space Command after the Space Force was established. Before that, the establishment of Air Force Global Strike Command was the most recent change. But as recently as 2020 the service's top leadership has considered concepts for radically overhauling the entire structure, according to former Air Force officers familiar with those plans.

Gueflein told Air & Space Forces Magazine in a brief interview that "there are no sacred cows" when it comes to changes that could result from the re-optimization review, which Kendall first announced in September at AFA's Air, Space & Cyber Conference.

"We're looking at the entire structure of the Department of the Air Force in [terms of] how do we better posture us for great power competition," Gueflein said. "And the way we've always done business in the past is not the way we're going to do business in the future."

An Air Force spokesperson later added that the teams conducting the re-optimization review "continue to generate and carefully refine a list of notional solutions." It's unclear if Gueflein's

comments reflect one or more of those options.

Kendall has the department on a sprint, with the stated goal of completing the re-optimization review and initial implementation plans by January 2024. "The Air Force and Space Force are incredibly capable, but we need to reoptimize the department for greater power projection and for great power competition," Kendall said in September.

The reason for the rush may be to get ahead of any changes that might need congressional approval in the next legislative cycle, or it could simply be something else. At 74, Kendall is widely anticipated to be committed to his role through the current administration, but may not extend past the next presidential inauguration.

MANAGING THE FORCE

Optimizing the structure of the major commands ties directly to another initiative still in the work: implementing USAF's new Force Generation Model. Known as AFFORGEN, it is designed to help the service better understand and communicate near- and long-term risks when responding to requests to deploy forces to the nation's warfighting combatant commands.

AFFORGEN establishes a four-phase, two-year cycle for deployable units. The four six-month phases take the units from "reset," to train, maintain readiness, and deploy,

before returning to reset.

In September, the Air Force introduced the concept of Air Task Forces to better identify the kinds of units that are needed to deploy because the service no longer deploys squadrons and wings as they once did. Lt. Gen. James C. "Jim" Slife, deputy chief of staff for operations and nominated to become the Air Force's Vice Chief of Staff, said the disconnect between the way the service deploys forces and the way they are organized at home has grown over the past three decades.

"We organized our Air Force to be as flexible as possible, break it up into as many small little things as we can, and deploy," he told Air & Space Forces Magazine in a recent interview. "We're in a different strategic environment now."

The Air Task Forces, which will begin reset cycles next year, provide units with which the service can experiment as leaders try to develop units that can train, deploy, and fight together, rather than assembling teams on the fly once they arrive at overseas locations.

"We're looking at a set of attributes that include things like prizing mission over function," Slife said. "It gives us a better ability to articulate capacity, risk, and readiness to the joint force."

AFFORGEN and the Air Task Forces contribute to the larger re-optimization effort, and Slife said

he does not anticipate a one-size-fits-all endeavor. AFFORGEN will not necessarily apply to units at regional commands, such as those in U.S. Air Forces in Europe-Air Forces Africa (USAFE-AFA) or Pacific Air Forces (PACAF), in the same way as they might for units in Air Combat Command or Air Mobility Command.

"The Secretary uses the term reoptimize," said Slife. "A portion of that may be organization. But that's not the main point. The point is that every change in the strategic environment privileges different attributes, and we [must] adapt our Air Force to optimize for whatever the attributes are that are relevant, that are privileged, for that environment."

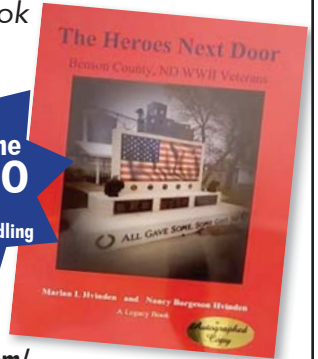


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Parent Holiday Realities

ERIN BEENE, NORTHERN SENTRY

Most parents won't admit it, but being a parent is both the absolute best thing in the world and, simultaneously, the worst. Some painfully honest parents will admit that the tiny joyful moments and everlasting love feelings we have for our kids don't always squash the overwhelming stress, confusion, discipline and tiredness that also comes with holiday parenting. It can be difficult to discern the "true joy" of the Christmas season with the "true stress" that is constantly building at the same time. Instagram-worthy pictures with smiling, dressed up kids don't usually happen by accident. For every beautiful smiling face, there is often an invisible, stressed-out parent in the background. But it's all worth it for the memories made, right?

So, if Christmas parenting isn't stressful enough, let's add the pressure of finding the best, most thought-out and sometimes painfully expensive gift for your child to make it magical! If you haven't yet managed to figure out what that will be yet, keep reading; we have some ideas.

What can you give your kids as a last minute, hail-mary gift that

will save the holiday spirit we all so long for?

The secret gift: I don't know.

Parents give and give, especially during the holidays. So, here's what Moms and Dads can give THEMSELVES at the last minute to try to save the joy of the holiday spirit.

Yes, a present for you, not the kids. Take note: this holiday is about you too! Parents sometimes forget that the joy starts with you. If you're too busy worrying about making a perfectly decorated house or forcing Christmas merriment, the kids notice the facade, trust me.

I'm not suggesting that you not get your kids any gifts. They are a great way to spread joy. But, there are millions of articles out there about what to get your kids (try a consumer magazine or mom blog) but this article is about YOU. What to get you, the parent, that will make the holiday better for you and, in turn, better for those kiddos that you love more than anything in the world. And it's FREE!

Give yourself the chance to enjoy Christmas Day.

Give yourself a deep breath,

Give yourself a chance to stay in pajamas all day.

Give yourself some alone time with your partner (When the kids are sleeping or sneak off for a scandalous break)

Give yourself an extra cup of coffee to remember the reason we have this time

Give yourself an excuse to take a nap after lunch and let the kids play with toys or watch a Christmas movie

Give yourself a time to really not worry about what anyone else thinks and don't compare your holiday to anyone else's.

Give yourself a chance to really and truly enjoy the day. You only get it once a year!

YOU got this! Happy Holidays, (it's a time for the parents too!)

*Huge thanks to all the parents who submitted the "Holiday Fail Photos" on our Facebook page. We were not able to include them all in the paper, but we LOVED seeing them! Please continue to send us photos of yourself and families for chances to be featured in the newspaper. The Northern Sentry is a community newspaper, built specifically for "Sharing your Minot AFB Adventure"



PHOTO SUBMITTED BY JEN TURNER



PHOTO SUBMITTED BY ANA ROSALIE COLLINS



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CREATURE FEATURES

- The Southern Ground Hornbill is the largest hornbill in the world. They are named for their habit of walking on the ground as it feeds.
- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- 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
Wild Diet	Omnivore (Carnivore) Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

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WINTER DRIVING TIPS

Car Maintenance Guidelines

BATTERY
Today, most car batteries are maintenance-free, sealed, and can last more than three years. The first sign your battery should be replaced is often trouble starting the engine.

TIRES
A car tire inflated to 35 pounds per square inch (psi) can lose one psi every month or for every 10 degrees Fahrenheit of temperature change, so your car maintenance checklist should include checking tire pressure. Find the recommended level in the owner's manual or sticker on the driver's side door jamb. And don't forget the spare.
Rotate tires every 6,000 miles to prevent uneven wear, replace them when they become worn and have the alignment checked if the car pulls to either side when driving or if you notice uneven tire wear.

ENGINE OIL
Checking and changing oil is critical to keep today's engines running properly and efficiently. Follow manufacturer guidelines for changing the lubricant – generally, every 3,000 miles or three to six months.
Check the oil level with the engine off and the car parked on a level surface. Open the hood, remove the dipstick, wipe it clean with a cloth or paper towel, then return it to the oil reservoir. Take it out again and see whether the level is within the acceptable range marked on the dipstick. If you add oil, don't overfill, damaging the engine.

TRANSMISSION FLUID
Checking the automatic transmission fluid is another essential item on the car maintenance checklist. Look for a reservoir marked ATF (automatic transmission fluid) and follow the same steps as monitoring the oil level – only this time, with the engine running. Follow manufacturer's recommendations for change intervals, about every 30,000 miles.

ENGINE COOLANT
Replace most engine coolant or antifreeze every 30,000 miles – or every two to three years. Newer formulas, however, may last up to 50,000 miles. Turn the car off and wait for the engine to cool

to check the coolant level. Locate the coolant reservoir (usually a translucent plastic tank) and eyeball the level of the coolant against the full and low indicators.

POWER STEERING FLUID
Power steering fluid should be changed every three years or 50,000 miles. If you have a power steering fluid reservoir, check the level visually; otherwise, follow the dipstick method. Low power steering fluid may indicate a leak, so have your mechanic take a look.

BRAKES AND BRAKE FLUID
Check to ensure that brake fluid levels are within tolerance. How often you need to replace brake pads or other components depends on your driving and typical driving conditions. A brake problem warning signs include noise, vibration, or "grabbing" when you apply the brakes. Working on your brakes is a job probably best left to the professionals.

AIR FILTER
Basic car maintenance suggests changing your air filter each year or every 12,000-15,000 miles. A clean air filter can help your engine "breathe" better, improve gas mileage, and reduce harmful emissions.

FUEL FILTER
Replace it annually to help prevent debris from clogging your car's fuel line.

WINDSHIELD WIPERS AND WIPER FLUID
Windshield wiper care is one of the most neglected basic car care tips. Replace the blades every six to 12 months or whenever the rubber becomes worn. Check the wiper fluid reservoir every week or so and keep it full.

HEADLIGHTS AND BRAKE LIGHTS
With your car running and parked, have someone walk around to see that your lights are working – headlights, brake and tail lights, turn signals, etc. Replacing bulbs in today's vehicles can be a challenge. Have a mechanic do the job, mainly replacing and aiming headlights. A pro also knows if the problem is a blown fuse, not a burned-out bulb.

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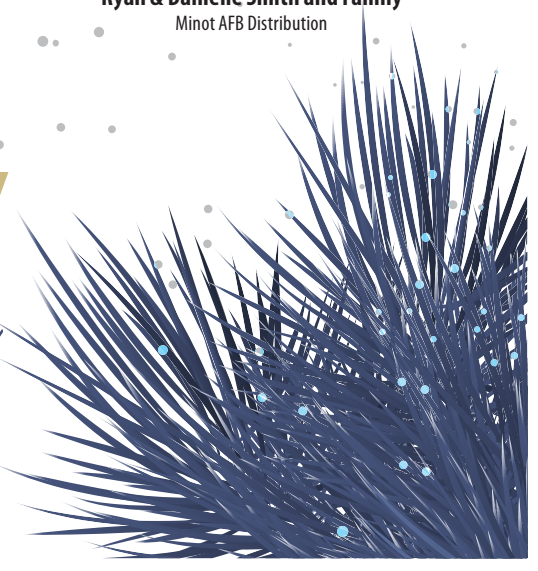
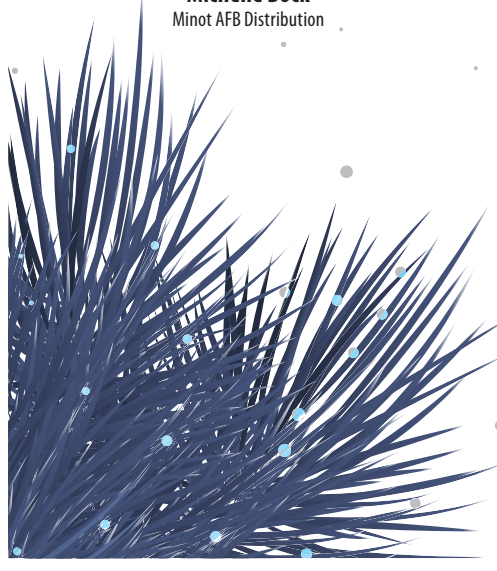


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TEAM MINOT COOKIE DRIVE



On December 13, Military Liaison Keli Rosselli-Sullivan and Military Affairs Committee Chair Tom Rafferty (with Katie Dotson behind the camera) brought the community cookie donations up to Minot Air Force Base. Joining Col. Daniel Hoadley, Commander, 5th Bomb Wing and Chief Master Sergeant Tori Jones, Command Chief, 5th Bomb Wing along with a group from the Minot Spouses' Club, the team unloaded boxes of treats where they joined a wide variety of delicious donations already collected on base. The Spouses's Club worked hard to bag cookies and deliver them to Minot's young airmen, many who are working long hours, spending their first holiday away from home, or don't get the chance to visit family. Overall, 1,100 bags of cookies were delivered to the MAFB dorms, with more left over to bring holiday cheer to other work sites. We're ecstatic that we were able to deliver over 11,000 cookies to our military personnel, surpassing our goal of the 9,000 cookies last year! We want to thank all the individuals and groups who contributed their favorite sweets. We're so fortunate to have such a caring community that really goes above and beyond to show off the Magic in Minot!

MINOT AREA CHAMBER EDC PHOTOS



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Skin Deep

Annual Skin Exams

Why have an annual skin exam?

The question is really, why wouldn't you? An annual skin exam takes about 15 minutes, it's painless and can literally save your life.

Fast Facts

Most people know someone that has been diagnosed and treated for Skin Cancer. I'd bet very few people know the statistics and how very real the risk is

- 1 in 5 Americans will develop skin cancer by the age of 70
- More than 2 people die of skin cancer in the US every hour
- Having 5 or more sunburns doubles your risk for melanoma
- More people are diagnosed with skin cancer each year in the US than all other cancers combined.
- Men age 49 and under have a higher probability of developing melanoma than any other cancer but colon and rectum cancers

Now that you know the risk, and are likely surprised, and maybe a little nervous, the good news is that with regular skin exams, skin cancer can be detected early. Most skin cancer is curable, but in order to stop it, we need to spot it in time.

The Skin Cancer Foundation recommends "...as part of a complete early detection strategy, that you see a dermatologist once a year."

Who should you see?

The Skin Cancer Foundation recommends "...as part of a complete early detection strategy, that you see a dermatologist once a year." Do your research and make an appointment with a Board-Certified Dermatologist or Certified Dermatology Physician Assistant who works in collaboration with a Board-Certified Dermatologist. Physician Assistants are licensed professionals who have undergone a rigorous master's program and attain thousands of hours in clinical experience. Both are highly qualified to perform full skin exams, identify skin cancers and create treatment plans to remove the affected area.

Can't I check myself for Skin Cancer?

Absolutely! And we encourage you to do exactly that, but between your annual exam in the dermatology office. You understand your body and will see changes that have occurred. If you see any changes in freckles, new "spots" that appear you should not hesitate and contact the dermatology office to make an appointment, even if it is not time for your annual exam just yet.

Performing a Self-Examination

Sometimes it is difficult to examine all areas yourself. Many people enlist the help of a family member. To properly perform a monthly self-exam, use a full-length mirror, along with a hand-held mirror to examine areas that are difficult to see like your back.. Use a hairdryer to gently blow your hair to examine your scalp. Identify any newer or changing lesions that may cause you concern and discuss them with your dermatology provider who will be able to assess them during your visit. More information is available on self-examinations and early detection at www.thebigsee.org

Prior to your visit

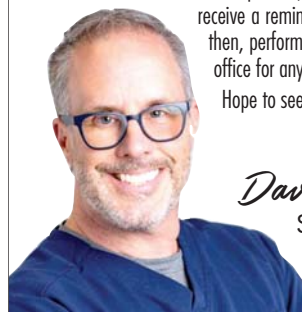
Whenever possible, organize and bring your medical records with you, especially as they may relate to previous dermatologists office notes, skin biopsies, surgical reports and laboratory test results. Having your medical records with you at your visit will help with your examination and provide a more comprehensive view of your overall health and history. Often it takes weeks for the dermatology office to obtain your records from other health providers so if you have made an appointment in advance, use the time wisely to obtain these records and bring them with you. If you have picture of a dermatologic issue that you wish to share,, have it readily accessible in your smart phone.

The day of the exam.

Skin cancer can occur anywhere on your body, even in places that do not receive sun exposure. You should come to your skin screening having bathed earlier that day without wearing makeup or nail polish to ensure your dermatology provider can do a thorough screening. Prior to the screening, you will be asked to change into a gown so your dermatology provider can conduct a head-to-toe examination. The dermatology provider will do everything possible to make the experience comfortable. Please don't let modesty prevent you from potentially missing an opportunity for early detection of a serious skin cancer. Following the exam, the provider will discuss the findings and note if there were any areas of concern. Should there be a suspicious lesion noted, you will receive a small injection to numb the area and a biopsy, or small piece of tissue, will be removed and sent to a pathologist to determine if there is skin cancer present.

Follow up

The biopsy results take about 10 days to come back to the office and you will receive information on the findings. If there is skin cancer present, rest assured, you have done the right thing in coming for an examination and you are now in the very high percentage of people whose skin cancers can be resolved. The treatment plan will depend on the type of skin cancer, it's size and location. If there is no skin cancer present, congratulations! You have been proactive in your care and will receive a reminder in a year to follow up again for your full skin exam. Until then, perform your monthly skin check at home and contact the dermatology office for any questions or concerns you have. Hope to see you soon for your full skin exam!



David W. Patterson MPA, PA-C
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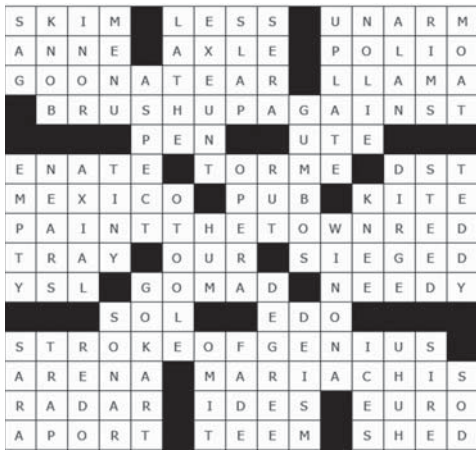
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

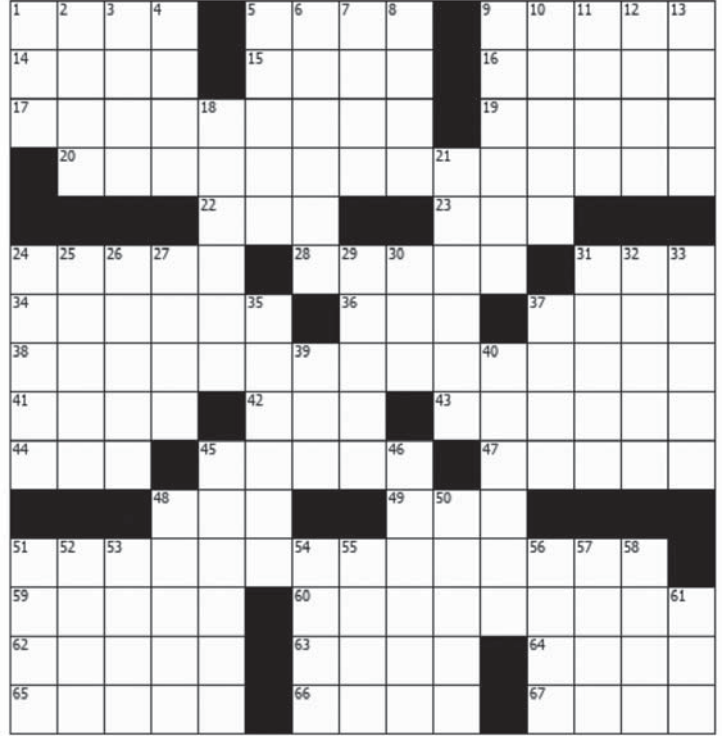
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Barely read
- 5. More, to minimalists
- 9. Relieve of weapons
- 14. English princess
- 15. Differential-gear locale
- 16. Salk's conquest
- 17. Run wild
- 19. Native of Peru
- 20. Touch lightly in passing
- 22. Some like it felt
- 23. Beehive State tribesman
- 24. Maternally related
- 28. "It Wasn't All Velvet" autobiographer
- 31. "Spring forward" letters
- 34. It became independent in 1821
- 36. Place to find a porter
- 37. Its tail flaps in the wind
- 38. Party hearty
- 41. For those eating in bed, it's supportive
- 42. Start of the Lord's Prayer
- 43. Encircled and attacked
- 44. Fashion monogram
- 45. Lose one's mind
- 47. In the poorhouse
- 48. Scale note
- 49. Former name of Tokyo
- 51. Brilliant idea
- 59. Sports complex
- 60. Bands from 34-Across
- 62. Clerk of the 4077th
- 63. Midmonth day
- 64. Foreign currency
- 65. To the left, to sailors
- 66. Abound
- 67. Tool repository



Down

- 1. Problem encountered in the middle ages?
- 2. Old radio feature
- 3. "Are you ___ out?" (poker query)
- 4. Carte before the course
- 5. Shaping machine
- 6. Shakespearean stage direction
- 7. Duel prelude
- 8. Word sung by Doris Day
- 9. Awake into the wee hours
- 10. "Honest!"
- 11. Astronaut Shepard
- 12. Drum parts
- 13. Castle defense
- 18. Facet
- 21. Cajun concoctions
- 24. Gas gauge extreme
- 25. Closes in on
- 26. Located around a central hub
- 27. Lilliputian
- 29. Reason to buy Met tickets, perhaps
- 30. Same old grind
- 31. Mournful melody
- 32. Mount for Lancelot
- 33. White House nickname
- 35. "My Favorite Year" star
- 37. Cap site
- 39. Motor sound
- 40. Ryder of Tinseltown
- 45. Racing vehicle
- 46. Extent
- 48. Coast Guard equipment
- 50. Certain religious philosophy
- 51. "___ Smile" (Hall and Oates)
- 52. Links hazard
- 53. More than patch up
- 54. Leave unsaid
- 55. Lose star status
- 56. Cold confections
- 57. "Nope"
- 58. Mudder's father
- 61. Turf

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<p>Immanuel Baptist Church 1615 2nd St. SE • www.ibcminot.org 701-839-3694</p> <p></p> <p>SUNDAYS: 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p>WEDNESDAYS: 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY</p>	<p> Christ Reformed Church Worship 11:00 a.m. Sunday 234 14th Ave SE www.christreformedchurchminot.com</p>	<p>St. John the Apostle Catholic Church</p> <p> 2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p></p> <p>Sunday Divine Service 9:30 AM</p> <p>Adult Bible Study and Sunday School 11:00 AM</p> <p>Wednesdays Kid Connection 5:15 PM</p> <p>Reverend Philip Beyersdorf 2209 4th Avenue NW, Minot, ND 839-4663 www.minotstmarks.com Join us on facebook</p>
<p> JOURNEYCHURCH ASSEMBLY OF GOD</p> <p>1805 2nd St. SE 838-1111</p> <p>Sunday Services 9:00 AM & 11:00 AM</p> <p>Wednesday 6:30 PM</p>	<p>Minot Baptist Church</p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 5:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Gabe McCormick- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Sunday School (All Ages) 9:45 a.m. Contemporary Worship Service 9:50 a.m. 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.</p> <p>Rev. Kent Hinkel, Senior Pastor Elaine Carlson, Children's Ministry Director</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p> Grace Baptist CHURCH OF MINOT <i>A Reformed Baptist Church</i></p> <p>Sunday Service: 4:00 p.m. Wed. Prayer: 5:30 p.m. at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p>Web: gracebaptistminot.com E-mail: gbcminot@gmail.com</p> <p>RADIO BROADCAST KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	<p> oslc where faith & life meet</p> <p>OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com Rev. Heath Trampe Rev. Brian Doel</p> <p>Sunday, Dec. 24 10:00am Christmas Eve Worship 3:00pm Christmas Eve Worship</p>	<p>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Sundays: Worship 9:00 a.m. & 11:00 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>


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A Church of the Lutheran Brethren

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WINTERY PHOTO CONTEST



The Curtis Family owns three horses who love the snow! The family cares for their horses daily despite the weather. In negative 25 degrees or sunny skies, they are there to feed and love on the animals. Photo taken in Minot on Dec 12, 2023.



The Bozeman Family took this picture Dec. 16 at Bottineau Winter Park. This was the family's first time skiing and loved it. They are hoping to be our contest winners and return again!

welcome baby

BABY GIRL BORN ON THURSDAY, DECEMBER 14, 2023 TO: DANIELLE AND ANDREW KEELEY MINOT, 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.

JOSHUA LEE BURCHFIELD



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NOTES ON BEING SAFE

HOLIDAY FIRE AWARENESS



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The holiday season is up on us again! That time of year when friends and family travel, decorations are hung and festive meals are prepared. In the mist of the holiday cheer and sprit, let us not forget about safety. This is something that must be on the forefront of the activities we have planned and are engaged in. When comes to lights and decorating; inspect the condition of the electrical cords for frayed wires, kinks and cracked sockets. Only use appropriate replacement light bulbs. Do not over load wiring with more than three light strands connected together unless the safety label for the lights states otherwise. Overloaded and poorly maintained electrical circuits and cords present a serious fire hazard.

Decorations should be non-flammable or flame resistant and placed away from heat, electrical or ignition- source. Paper chains, strung popcorn garland, homemade or crafted items are great. However, this is could become a problem is not displayed and cared for properly!

Live trees should be freshly cut and not dried out. Once your tree is in place, away from a heat source, ensure that it is kept well hydrated and the needles are hard to pull out of the branch. Should a tree catch a fire, it can quickly engulf a room and fill the air with toxic smoke and fumes.

One more tip to leave you with, scented candles fill the room and air with smells that places you

in a cheerful mood. Never leave a burning candle unattended. Unattended candles have been the cause of many house fires. According to the United States Fire Administration, each year fires claim the lives of over 400 people, injure 1,650 more, and cause over \$990 million in damage over the holiday season

alone. Sure this is the time to have fun and enjoy the current holiday season, let's do our part to reduce these figures and the chances of an incidents occurring. By taking an extra second to practice personal risk management, this can mitigate a lot of these avoidable incidents.

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NCUA LENDER

Kids Zone



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JOKES OF THE WEEK

- Q: What do you call an alligator in a vest?
A: An investigator!
- Q: What do you call a bear with no teeth?
A: A Gummy Bear
- Q: What kind of dog does a magician have?
A: A Labracadabrador!
- Q: Why did the cell phone get glasses?
A: Because she lost all her contacts.



Do you have a funny joke you would like to see in our Kids Zone?
Submit to our website or email nsads@srt.com

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YOUTH IN ACTION

DoDEA Virtual School: Expanded Eligibility Pilot Program



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



The Department of Defense Education Activity Virtual School is now accepting applications for the Expanded Eligibility Pilot Program (E2P2) Spring Semester. For students not already enrolled in the program, only single semester courses are available. However, for students that are transferring in the middle of the year, the DoDEA Virtual School may be able to help to continue courses that are not being offered at their new schools.

The Expanded Eligibility Pilot Program is for high school students that are dependents

of active duty servicemembers stationed in CONUS that do not have access to a DoDEA brick-and-mortar school. I've attached a flyer that can be used for this spring semester. You can also find more information and the application on our website at <https://www.dodea.edu/dvs/index.cfm>.

If you have any questions, please contact the DoDEA Virtual School at e2p2@dodea.edu. If you have additional questions please reach out to the School Liaison Office at maf.b.school.liaison@us.af.mil.

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Upcoming Events

**30-31
DEC**

**MEMBERS ONLY NEW YEAR'S EVE
EXTRAVAGANZA WEEKEND!**

4:00 PM - 5:00 PM
Magic City Discovery Center
1545 1st St NW, Minot, ND

As promised, this will be the first of our members only events and we are looking forward to offering this extra opportunity to our members to enjoy special programming just for you! If you would like to join in on the fun you will be able to purchase a membership and still be able to attend this members only event! We would like members to sign up online to reserve their spot! We have 5 time slots available throughout the 2 day event. Sign up with the link [HERE https://bit.ly/40YmiX3](https://bit.ly/40YmiX3) or call the discovery center for help getting signed up at 701-858-7529. We have a ton of fun activities going on during the event such as: Prize Walk, Glow Room Dance Party, STEAM Careers BINGO, Photo Booth, Plus many other art and science activities available!



**MEMBERS ONLY
NEW YEAR'S EXTRAVAGANZA**
SATURDAY, DECEMBER 30 - SUNDAY, DECEMBER 31

For more information:
Facebook / Magic City Discovery Center/ Events

**1-31
DEC**

**SERTOMA CHRISTMAS
LIGHTS IN OAK PARK**
5:30-10:00 PM (SUN-THURS)
5:30-10:30 PM (FRI & SAT)
Minot Oak Park, 19th Ave SW, Minot

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club. Running daily until December 31.



For more information:
Facebook / Minot Sertoma Club

**2
JAN**

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

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



Reading Education Assistance Dogs

For more information: Facebook/Minot Public Library/Events

**8
JAN**

MONDAY'S ARE FOR MURDER
6:30 PM - 8:30 PM
Minot Public Library
516 2nd Ave SW, Minot

Join us on the first Monday of the month for a totally tubular murder mystery party! This month it's Death by Bathub Gin. It's 1923, and the speakeasy is packed for the birthday party of Al Spumoni, the world-famous bootlegger and ice cream tycoon. *Ages 18+. Registration is required. You can stop by the adult circulation desk or call us at 701-852-1045 to register



For more information: Facebook/Minot Public Library/Events

**8
JAN**

SIBSHOPS WITH PRAIRIE GRIT
6:00-7:00PM
Inside the YMCA
3515 16th St SW, Minot

Join us for a fun-filled day at Sibshops with Prairie Grit! This in-person event will be held at the Minot Family YMCA. Sibshops is a unique opportunity for siblings of individuals with special needs to connect, share experiences, and have a blast together. Our team at Prairie Grit has planned an exciting evening packed with games, activities, and chances to make new friends. Don't miss out on this fantastic event exclusively for siblings. Pizza will be provided by Papa John's. Register now and get ready for an evening of laughter, bonding, and unforgettable memories. See you there! Sponsors: Qdoba and Papa John's



For more information:
Facebook/ Prairie Grit Adaptive Sports/ Events

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YOUTH IN ACTION

Dakota Elementary Soaring Eagle Awards

December Theme-Managing Feelings

JONES

Ellie Lochman
William Scirica

SEASTRAND

Talia Dugat
Gabriel Novak

BURUD

Jameson Spangler
Avery Murray

WHITE

Tripp Gahring

RAMIREZ

Oliwia Martinez-Keczowska
Dylan Weaver

KELLER

Kevin Cutchin

GOLDEN LUNCHROOM

Miss Burud class
Respectful and always use a voice level 2

FOERSTER

George Callaway
Weston Stalnik

RECESS ROCKSTARS

Mrs. Foerster class

KNECHT

Vincent Gottschalk
Aniya Murphy

FABULOUS FITNESS

Miss White class
Respectful, Responsible, and Safe Best month!

AXELSON

Gwenevere Mathewson
Nova Driver

MUSIC MAESTROS

Axelsson class
Working hard on all expectations! Very responsible cleaning up after project last week

MURRAY

Marilynn Maline
Xavier Leite

LITTLE LIBRARIANS

Miss Seastrand class
Respectful, listening and following directions and great attitudes

ESPESETH

Ellis Schauer

DELZER

Kaylee Magnuson
Jamison Stalnik

KUNTZ

Jaden Stitt
Paisley Levesque



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Dec. 18: 1,839.28 feet above mean sea level (MSL); 17,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.22 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.15 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from Devils Lake, area lakes, or the Missouri River System.

•Devils Lake, Ed's Bait Shop, Devils Lake: Anglers walking onto some Devils Lake back bays and finding fair perch success.

•Devils Lake, Woodland Resort, Devils Lake: Fair perch and walleye success with anglers walking on Devils Lake northern feeder lakes, including Mike's Lake and Lake Irvine, and north end of 6-Mile Bay.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: Increasing angler numbers on Lake Metigoshe with some walleye and pike activity, including pike spearing. Not many bluegill reports but try wax worms.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair walleye success on back bays of Lake Audubon but beware of varying ice and springs with walk-on access only.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some anglers walking on the east end of Lake Audubon for an evening walleye bite. Use extreme caution with open water in some areas on main Lake Audubon. Some activity in the Missouri River tailrace when access is available with open

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.

- Roosevelt Park Zoo winter hours: 9 a.m. to 3 p.m. daily.
- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.



•Registration now open for Jan. 6 Ice Fishing 101 workshop, Lewis & Clark State Park on Lake Sakakawea. Call the park, (701) 859-3071, or N.D. Parks & Recreation Dept. website, (parkrec.nd.gov) and click "All Events" under the event listing for details.

•Registration now open for Feb. 9 - 11, 2024 WOW, Wild Outdoor Women, Lake Metigoshe State Park. Go to the N.D. Parks & Recreation Dept. website, (parkrec.nd.gov) and click "All Events" under the event listing for details.

•Dec. 23: Ho Ho Hike, Audubon Nat'l. Wildlife Refuge, Coleharbor.

•Dec. 25: Have a wonderful Christmas.

•Dec. 29: Missouri River Canada Goose Zone and light goose seasons close.

•Dec. 31: High Plains Duck Unit and tundra swan seasons close.

•Jan. 1, 2024: First Day Hike Evening Hike Series, Fort Stevenson State Park, Garrison, 6 p.m.

•Jan. 5: Prairie Grit & Open Curling, Minot Curling Club, 6 p.m.

water off the ramp and it's not iced in.

•Lake Sakakawea, New Town: Boat fishing over for the season with the Van Hook Arm boat ramp icing over and the Arm has open water. Any ice along shorelines is unsafe for access.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace wing walls starting to produce some walleye. Limited angler numbers but those casting crankbaits from shore are finding occasional walleye success with some boat activity for walleye downriver, weather and ramp access permitting. Overall activity remains light, however.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Some anglers walking onto the upper end of Lake Sakakawea Try Long Creek to Red Mike's working 10 to 12 feet for walleye, which are fairly

active, with jigging spoons. Some floating ice on the Missouri River but anglers continue finding fair walleye activity. Blacktail and Epping-Springbrook dams producing some perch activity.

•Lonetree WMA area lakes, Harvey: No new reports.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on area lakes and no new reports from Buffalo Lodge Lake.

Hunting:

•Upland: Look for continued pheasant success with ongoing nice weather for hunters to get some late season activity.

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.

ROASTED COD WITH MEYER LEMON HERB BUTTER

Home of ECONOMY

INGREDIENTS
4 TABLESPOON SALTED BUTTER, SOFTENED
1/2 MEYER LEMON, ZESTED, JUICED
1 CLOVE GARLIC, MINCED
1 TABLESPOON FRESH HERBS SUCH AS TARRAGON, PARSLEY, BASIL, OR CHIVES
2 TRAEGER SALMON SHAKE

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Compound butter: Combine butter, lemon zest and juice, the garlic, herbs, and the Traeger Salmon Shake. Refrigerate if not using right away.

Use a tablespoon of the butter to grease a heat-proof baking dish.

Arrange the cod fillets in a single layer in the baking dish. Dot evenly with bits of the compound butter.

Bake for 12 to 15 minutes, or until the fish is cooked through.

Spoon sauce over each serving. Enjoy!

Ryan Davy - GM
Minot

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PUZZLE ON PAGE B3

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

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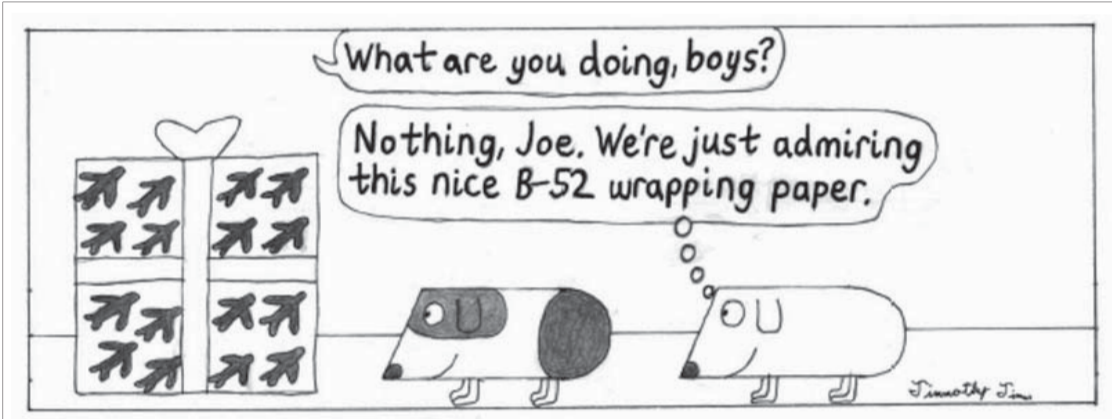
Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For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

revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.'"/>

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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

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.

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/fkmgNeYUlr> 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

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

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.gocivilairpatrol.com> or contact the POC below. Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday POC: 1st Lt Jon McLeMore, CAP, Jonathan.mclemore@ndcap.us 701-720-6410 | <https://nd021.cap.go>

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



Northern Sentry Christmas Giveaway!

It's the season of giving! Here at the Northern Sentry, we want to say "Happy Holidays" to our loyal readers and base community. We couldn't do what we do without you and we want to say thank-you by blessing (2) Airmen or families with some extra cheer this season.

Since we can't give a gift to every single person (we wish), we are giving away TWO fantastic \$50 gift cards to a few lucky Minot AFB individuals instead!

We know everyone can use some extra dough at this time of year.

Sign up to win a \$50 gift card to Downtown Minot shops and make the holiday spending a little lighter.

To enter to win, simply subscribe to our email newsletter, the Weekly Post Brief <https://northernsentry.com/subscribe/>

Don't wait to sign up! The giveaway runs Dec 22, 2023 - 11:59pm (CST) Dec 31, 2023.

Good Luck and Happy Holidays!

***Winners will be chosen and notified via email on Jan 1, 2024 and given 24 hours to respond or another winner will be chosen.**

****Winners must be able to prove Minot AFB affiliation and have a deliverable address within Minot city limits or Minot AFB.**

*****Gift cards may be utilized at most of the shops and stores in Downtown Minot.**

NEW SUBSCRIBER GIVEAWAY

\$50 Downtown Minot Gift Card

GO DOWNTOWN MINOT Shop | Eat | Experience

SUBSCRIBE to the weekly Post Brief & Enter to Win!

A LOOK BACK THIS WEEK IN USAF HISTORY

LT. COL. EMIL BEAUDRY RESCUES 12 AIRMEN STRANDED ON THE GREENLAND ICE CAP
DECEMBER 28, 1948



Lt. Col. Emil Beaudry (Air Force Mag Photo)

On December 7, 1948, a United States Air Force C-47 crashed on the Greenland Ice Cap. The seven passengers survived, but were stranded in temperatures of minus 45 degrees for nearly three weeks. Several rescue attempts were thwarted in the weeks after the initial crash, resulting in two downed aircraft, two crashed gliders, and a total of 12 people stranded in the remote Arctic wasteland.

Lt. Col. Emil Beaudry, a USAF Arctic Rescue Operations expert, decided to take advantage of a break in the unpredictable Greenland weather and try for another rescue attempt in a ski-equipped C-47 with jet assisted takeoff.



Photo of BW-8, Greenland. (Richard Rybak, 1942)

On December 28, he landed the plane on the ice cap and was able to bring the 12 stranded passengers to safety at Bluie West 8, an air base in central Greenland. For his heroic efforts, especially in the wake of other attempts, Beaudry was presented with the Mackay Trophy.

Information courtesy of: media.defense.gov/ airforcemag.com

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ICE-FISHING TIPS AND TRICKS

Patricia Stockdill

It's affordable, relaxing, and a great way to appreciate an enjoyable winter day in North Dakota.

It's ice-fishing and the folks at northwestern North Dakota's Lewis and Clark State Park wants to share the little nuances of what makes ice-fishing such a great winter activity.

Welcome to Ice Fishing 101.

The park is sponsoring a day-long workshop Jan. 6, 2024 to introduce people to just how easy – and inexpensive – it can be to ice-fish.

But that's not all – they will also share tips and tricks to ice-fishing for walleye on expansive Lake Sakakawea.

That alone is almost priceless because the nation's third largest reservoir often remains an ice-fishing secret. The exception might be for anglers with years (perhaps decades?) of knowledge gleaned by fishing a water body with ever changing elevations and local nicknames for treasured fishing areas not to be found on any map – paper, computer, or otherwise.

Its \$100 registration is, in reality, a bargain – the fee include breakfast, lunch, the park's daily entrance fee, and starter fishing gear. Plus it includes the service of local Williston fishing guide Matt Liebel, described Park Ranger Zach Audette.

Participants will come away with ice-fishing know-how, an ice-fishing rod and tackle box complete with tackle. On top of that, "we're going to provide the bait and drill the holes," Audette added.

Hmmm, can't beat that deal.

N.D. Game and Fish Department game wardens will explain the state's ice-fishing regulations and the Epping Rural Fire Department will discuss ice safety for accessing and fishing in the winter.

The in-class portion in the morning also includes information about ice-fishing gear and its basics as well as ice-fishing techniques. "It's all transferrable to ice-fishing on any lake," Audette continued.

That wealth of knowledge will be put into action in the afternoon on Lake Sakakawea. That's where the hands-on portion switches gears, allowing anglers to put the information into use for themselves – even without having to drill holes. There will be coffee all day.

Audette, from northern Minnesota, is an avid ice-fisherman. Moving to western North Dakota showed him a different situation than what he was familiar

with, though. Back home it was easy to find an ice-fishing guide or get maps on where to fish. When he was with Grahams Island State Park on Devils Lake it was easy to find an ice-fishing guide, travel on the lake's maintained access trails, and get maps.

But Lake Sakakawea is different. It truly has a litany of local names for bays, islands, and other things that make the lake unique that one won't find unless there is familiarity to an area.

That's the beauty of the workshop – it provides information on how to get started that applies to ice-fishing Lake Darling, Buffalo Lodge Lake, or any smaller area lake in the region.

But it also helps familiarize an angler with a portion of the lake, in this case the upper end of Sakakawea. After all, Lewis and Clark State Park is less than a couple of hours away from the Magic City of Minot.

Driving down U.S. Highway 83, the view across the embankment dividing Lake Audubon and Lake Sakakawea usually features a tiny city of Ice Castles and other grandiose ice-houses in the winter. They can double as campers in the summer with sleeping areas and kitchen.

They're also not cheap.

But ice-fishing doesn't have to be expensive, Audette explained.

He speaks from experience: Even though he has years of ice-fishing experience his gear, which includes a portable fish house, is about \$500. The biggest expense to ice-fishing can just be an ice auger, he added.

But really, ice-fishing can be done while relaxing in a fold-up chair or even on a 5-gallon bucket with pillow on top on a nice sunny winter day when appropriately dressed.

Besides, if a person attends the workshop, they get the needed gear – an ice-fishing rod, tackle, and tackle box.

Add in minnows or other bait like wax worms if in search of perch, and you're ready to hit the ice.

Ice Fishing 101 is limited to 12 participants and registration is now open. Contact Audette at the park, (701) 859-3071, for more information or register or go to the park's Facebook page or the N.D. Parks and Recreation Department website, (parkrec.nd.gov), clicking "Events" on the home page.

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WHAT'S GOING ON MAFB

FRIDAY 22

- Jingle Bowling, 1700, Rough Rider Bowling Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 23

- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com
- Youth Bowling League, 1400, Rough Rider Bowling Center
- Jingle Bowling, 1700, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

SUNDAY 24

- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com

MONDAY 25

- Christmas Day
- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com
- Holiday Meal - Lunch, 1030-1330, Dakota Inn Dining Facility
- Holiday Meal - Dinner, 1630-1800, Dakota Inn Dining Facility

TUESDAY 26

- AFGSC Family Day
- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library

WEDNESDAY 27

- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 28

- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 29

- Registration Closes: Youth Basketball, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 30

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Jingle Bowling, 1700, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

INTRAMURAL BASKETBALL

MCADOO FITNESS CENTER

JANUARY - MARCH 2024

SEASON BEGINS JAN 10TH
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Bomber Bistro Featured Item
Grinch Pie
Pizza with a pesto base, topped with shredded mozzarella and cherry tomatoes.

The B-Fifty Brew Featured Item
Peppermint Mocha
Signature Starbucks Espresso Roast combines with steamed milk, sweet mocha sauce, and peppermint-flavored syrup, topped with whipped cream and dark-chocolate curls

Rockers Bar & Grill Featured Item
Chicken Tenders
Four tasty tenders served with crispy fries and your choice of dipping sauce!

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