

northern sentry

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WHATS INSIDE THIS WEEK:



THE MAFB SPOUSES' CLUB INTRODUCES 'YOU BELONG' RE-BRAND

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USSTRATCOM COMMANDER VISITS MINOT AFB

Adm. Charles Richard, United States Strategic Command commander, visits Minot Air Force Base, North Dakota, Aug. 17, 2022. Richard observed the take-off of three B-52H Stratofortresses and met with wing leadership to discuss Minot AFB's role in USSTRATCOM's global reach capabilities. See page A3 for more on the visit and his message of the importance of the nuclear triad.

U.S. AIR FORCE PHOTO | AIRMAN ALYSA KNOTT

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The MAFB Spouses' Club Introduces 'You Belong' Re-Brand

ERIN BEENE, NORTHERN SENTRY

What is a base spouses' club and why does it exist? The idea of a base wide spouses' club started circulating about 15 years ago, when the then-normal "Enlisted" and "Officer" Wives Clubs began to diminish in participation, and the Air Force started the combining of both groups into one, as well as discouraging the titular "wives" to include male spouses. Today, here at Minot as well as many AF bases around the globe, a volunteer-run and non-profit organization called the Base Spouses' Club is in action.

The Minot AFB Spouses' Club is filled with spouses from both the 5th Bomb Wing and the 91st Missile Wing. It has high ranking spouses alongside brand-new spouses who are looking for guidance in this new way of life. It is a place for all spouses despite rank or experience level to meet new people, find friends, discover experiences and find out what this crazy mil spouse life is all about. But what is a Spouses' Club and what purpose does it serve? The Minot AFB Spouses' Club offers monthly socials—events either on- or off-base where spouses can hang out, get together and usually do something fun—as well as smaller 'Mini Clubs' for those with particular interest to meet up (think crafting or book clubs). Spouses' clubs can vary from base to base and are largely dependent on their board of volunteer spouses to help lead their direction. This year's new president, Sarah Weidmann, explained that the new theme for the Minot AFB Spouses' Club is: "You Belong." This type of

thinking, although always relevant, is what she and the new MSC board want to project even louder this year. They want to make this a club for everyone and all spouses because as Sarah said, "We are on the same journey, everyone has a place here."

Sarah said she has had wonderful experiences in spouses' clubs at previous bases, and although she has never been the president before she thought it was the right time to get involved when she moved here last year. Sarah explained that many members in the spouses' club were PCSing and it was the right time for this type of new focused vision. She encourages spouses to not be influenced by negative experiences they have had or heard about spouses' clubs in the past, but to instead come on out to the MSC's first social of the year and judge for themselves. She wants to reassure spouses that rank is not even mentioned, and spouses' club time is a time where every spouse is a person, the rank or title is irrelevant. She said she has never even been asked what her spouse's rank was during any social.

The Minot Spouses' Club is philanthropic in nature too. They operate the Base Thrift Shop where all the proceeds from the shop go back into the base in terms of donations to base events (e.g. Library Reading Program and the AF Ball). They also allow money requests from organizations around base and support when possible. Rounding back to the Thrift Shop; after being closed

for over a year, the Minot AFB Thrift Shop is finally reopening on Saturday, August 27 from 10-1pm! Their grand opening marks a major move and reorganization of the shop, now located at 220 Peacekeeper Place (the same building as the Post Office and Airman's Attic) and they invite everyone to come check it out!

So how does a spouse go about getting more info or joining the spouses' club? It's easy. The Spouses' Club is hosting their enormously popular "Walking Taco Party" FREE for all base spouses on Friday, August 26, 6pm. This introduction will allow any spouse to mingle, ask questions, get some free tacos, and have the opportunity to officially join the club if desired. Since the Taco Party will be held in the parking lot adjacent to the Thrift Shop, attendees will also get a sneak peek view of the new Thrift Shop before anyone else! Sarah mentioned that shopping will not be permitted at that time, but attendees can get an idea of what awaits them at the Thrift Shop Grand Opening on Saturday. Sarah can't wait to see everyone on Friday for some delicious tacos and chances to win some prizes. She also let it slide that some of their future socials include a Luau Bunco Party and a possible Murder Mystery Dinner in October. So joining the club now is recommended for maximum fun! Take a chance and come on out and see what the Minot AFB Spouses' Club is all about!



The Minot AFB Spouses' Club at the Murder Mystery Social in October 2022

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USSTRATCOM Commander Visits Minot Air Force Base

AIRMAN ALYSA KNOTT
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Adm. Charles Richard, commander of U.S. Strategic Command visited Minot Air Force Base, North Dakota, Aug. 17-18, 2022.

During his visit, Adm. Richard met with Minot AFB leaders to discuss the Team Minot mission amongst both wings. Additionally, he addressed members of Team Minot during an all call where he discussed and stressed the importance of the nuclear triad.

“I came up from Omaha [Nebraska] to tell you and to make sure you know how important it is what you do for national defense,” Adm. Richard expressed to Team Minot Airmen during an all call. “I know it doesn’t seem like it at times, but I wanted to say if you’re involved with strategic deterrence or nuclear deterrence you have the most important, least glamorous job in the United States Department of Defense.”

USSTRATCOM’s mission is to ensure strategic deterrence, employ forces and safeguard the

United States; which encompasses numerous Air Force Global Strike Command unit’s missions such as the 5th Bomb Wing and the 91st Missile Wing’s.

“The question I have asked, and you should ask is, ‘What is it that the United States uniquely provides to our allies?’” Adm. Richard asked Team Minot Airmen. “The answer is simple. Here at Minot AFB you house two of the three legs of the nuclear triad. Which means you provide significant extended deterrence and assurance commitments to our allies.”

While on base, Adm. Richard visited the 5th Bomb Wing headquarters, 91st Missile Wing headquarters, as well as other stops to interact with Airmen. He also praised Team Minot’s readiness highlighting their capability to achieve global reach at a moment’s notice. The Airmen who make up the 5th Bomb Wing and 91st Missile Wing work day in and day out to safeguard the United States and its allies.



Adm. Charles Richard, United States Strategic Command commander, speaks at an all call on Minot Air Force Base, North Dakota, Aug. 18, 2022. During the all call, Adm. Richard stressed the importance of Minot AFB providing two legs of the nation’s nuclear triad, while answering questions from Airmen.

U.S. AIR FORCE PHOTOS
AIRMAN ALYSA KNOTT



Adm. Charles Richard, United States Strategic Command commander, visits Minot Air Force Base, North Dakota, Aug. 17, 2022. Richard observed the take-off of three B-52H Stratofortresses and met with wing leadership to discuss Minot AFB’s role in USSTRATCOM’s global reach capabilities.

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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

The Artist Changes His Palette

Once again, the North Dakota landscape affords us a change in colors. The fields of barley, wheat and durum that were once deep green, have now taken on the autumn gold. The summer of 2022 will be remembered as the year we recovered from the drought of 2021. Countless bales of hay cover the landscape because yes indeed, it was a great year for cutting and baling hay. Some of the fields even yielded a second cutting of hay. These same fields barely yielded a single cutting last year.

Early reports are that farmers are harvesting almost record yields or peas, beans, barley and wheat. Some say it is the best barley crop ever. Personally, when I was a kid, I didn't really care how much barley got harvested because there is a lot of dust and barley beards in the air, and it made you itch.

So why is Rod writing about harvest in North Dakota? Plain and simple, just talking a little farming with you. If you haven't had the opportunity to watch a combine cut its way through a field of belt high wheat, this year is certainly a great opportunity. Today's modern combines, whether green, yellow, or red, are machines of wonder. The consoles are alive with digital displays monitoring the combine to make sure it is running efficiently. It truly is worth gathering up the kids and looking for a cloud of dust on the horizon and watching harvest in North Dakota. Of course, fall is when the sunflowers start to display their yellow heads. It is miraculous how the heads will open to gather the early morning sun's rays. Another one of those "can't miss if you come to North Dakota" scenes.



UPSIDE DOWN UNDER
MARVIN BAKER

If you don't know or understand French, let me clarify what this headline means. Simply put, it's "stop the sugar."

As mentioned in the past, this weekly column is mostly about events happening in North Dakota, or the surrounding states or provinces. This week I feel compelled to write about sugar, or "sucre" in French.

A few nights ago after packing products for the farmers' market, I had some odd shaped cucumbers left over so I decided to make a cucumber salad since these cucumbers didn't have any market appeal.

Looking up recipes, I found one called "Grandma's cucumber and onion salad." This is where the cucumbers and onions are sliced razor thin and you pour a vinegar solution over the cucumbers, stir it up and let it marinate for several hours.

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sentry**

A VIEW FROM OUR SIDE

ROD WILSON, NORTHERN SENTRY



Fall is such a special time, but it doesn't last near long enough. Soon the leaves will be turning color, signaling the exodus of the songbirds and the V-shaped flocks of geese overhead have reversed direction...yep, headed south.

Oh, and did I forget to tell you that now is when you'll find roadside stands selling sweet corn and various melons. Can't exactly tell you how much sweeter this home grown treasures are than the once you buy in the store. Let's just say you'll have to experience them for yourself.

As I have always said, there is a lot of North Dakota to share, so pack a picnic lunch and maybe a light jacket, and enjoy the changing

of the colors, again. Pretty soon you'll be talking a little farming with your friends.

BEST KEPT SECRETS

If you haven't been to the Metigoshe area in the fall, mark your calendars for mid-September. The paths at Lake Metigoshe State Park lead back into the woods where you can sit down next to the lake and enjoy the colors of the trees along the lake shore. See you there!

TODAY'S CHUCKLE

Have you noticed that all of the scientific instruments looking for intelligent life...are pointed away from earth?

Arreter le sucre...

Unfortunately, this recipe called for nearly 2 cups of sugar, which, if my math is correct, is one-third of the contents of this salad. There was no way I was going to use that much sugar.

I'm no Rachel Ray, but it doesn't take rocket science to figure out that recipe called for way too much sugar and I seriously doubt anybody's Grandma would have used that much. As a result, I looked up some other cucumber and onion salad recipes and found nearly all of them used less sugar.

My decision, four teaspoons of sugar, thinking that if it doesn't taste right, I can always add some more to the salad. As it turned out, it needed a little more salt, not sugar.

I've seen this many times before and this cucumber salad was the straw that broke the camel's back for me. I understand that we are supposed to follow recipes exactly in order for them to taste good. Unfortunately, if we do that, it wouldn't take long to get diabetes.

In fact, this way I'm so skeptical of using so much sugar in a recipe. During a recent check up at Mayo Clinic, the nephrologist (kidney doctor) told me that if I continue consuming the amount of sugar I do, I would be put on a pre-diabetes pill.

I've also been told by doctors at Mayo Clinic that sugar "promotes" cancer in that cancer cells feed on sugar, making it more likely to develop cancer if you consume a lot of sugar. Those people know their business so my consumption of sugar has been drastically reduced.

And, a pre-diabetes pill isn't going to happen, so I'm adjusting these recipes to get a better balance of sugar without compromising the taste.

I don't know if anyone else does this, I assume at least some people do. The way I look at it, that's the power of cooking and baking for yourself. You can better control the amount of ingredients you consume. Have you ever read the ingredient label on a can of soup? It doesn't matter what kind or what brand. Take a look at the amount of sodium. It's mind boggling.

I've always enjoyed a hot bowl of soup, even on a hot day to help with dehydration. But 44 percent sodium will drive my blood pressure through the roof, so homemade soups are adjusted just like the amount of sugar in the cucumber salad.

Last winter I started making my own soups and have adjusted the amount of sodium way down.

When I can tomato soup, I don't put sodium in it. I don't need to. I use a paste tomato called San Marzano that has plenty of flavor within the fruit. To me it's the perfect solution for health-conscious consumers.

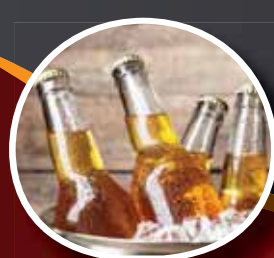
Baking bread is another example. In most cases you don't need the sugar or salt recipes call for. Sure, you need some sugar to react with the yeast. But here's the key for me. I use half the sugar and still get a good tasting loaf of bread.

Each Christmas I make Australia's favorite dessert, lamington. It's pound cake dipped in chocolate and sprinkled with coconut. I don't put sugar in it and it tastes as good as lamington you'd find in an Adelaide or Sydney bakery. Coconut milk is used in the frosting and the coconut sprinkles provide all the sweetness it needs.

If you are worried about your health in this regard, take control of the situation and adjust the levels of the ingredients. It's done me a lot of good. Ever since I found out I had kidney cancer in March 2018, I've begun to adjust recipes. I've lost weight, my blood pressure is under control and my blood sugar has dropped significantly. Simple cooking adjustments made the difference.

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

"I see you here a lot," said the man who held the door for me as we simultaneously left the library.

"Yeah," I replied, while shoving my now-empty coffee mug into my bag. "I come here to work when my husband is home with our kids. I'm close enough that I can be home in about five minutes, if I hurry—but far enough away I'm not distracted by ongoing requests for peanut butter and jelly sandwiches."

We both laughed. It was the kind of laugh reserved for lighthearted conversations with strangers; airy and polite, but not fully committed. This man and I are both regulars at the library. This summer, I've spent many days perched at a table in the mezzanine, using it as an office of sorts. Looking down through the plexiglass partition, I've gotten to know the other "regulars," by routine, if not by name.

There is the mom and two sons who come to do the monthly scavenger hunt; the man who saunters in to read the Wall Street Journal; the teenage boys who fancy themselves chess aficionados, but usually end

You'll See

up watching YouTube instead of finishing a match; and the man who always chats with the reference librarian—the man who held the door for me on this hot afternoon.

I recognize all these regulars, and more. I know they recognize me, too. Over the summer we've all become passive pieces in the ambiance of one another's lives; familiar faces in a weekly rhythm. Rarely does my path cross another library regular closely enough to exchange more than a polite wave or smile, but on this day it did.

When our laughter tapered off, I turned to remove my bike from the rack. The man said, "Are you from Minot?"

"No, I'm not from around here. But we really love it here. You?" I replied. His voice held a hint of an accent, so I wasn't surprised when he told me that he, too, was a transplant.

"I've been here ten years," he said. "Minot it okay. It's quiet, the people are nice. There's just not much to do."

Obviously, he didn't realize he was talking to Minot's biggest advocate and ally. When I told him I thought Minot has plenty to do—and the activities are more accessible and affordable than anywhere else we've lived—he said, "Just give it time. You'll see."

When he said those words, I knew this would be a conversation I'd remember. A conversation I'd write about.

"You'll see."

It dawned on me then, that a person will see what they want to see. Will they see a place with

"nothing to do" because it lacks attractions of national acclaim? Or will they see a place bursting with quiet possibility?

In turn, what you see will inform what you encourage others to see. Will you spur others on to see something good, and full of potential? Something ready to foster contentment, if given the chance? Or will you inspire others to see a void breeding ground for discontentment.

I'll never "see" this as a place with nothing to do, and nothing to offer. That's not the version of North Dakota I want to see, it's not the kind of place I want you to see. That's not the kind of place I want to live. I'll choose to see something different.

I'll choose to see a place with plenty to do. I'll choose to see a community that works doggedly hard to be welcoming and enjoyable for individuals who have had little choice in moving here. I'll choose to see the good ideas, the kindness, the quirks, and the opportunities to soak up experiences in small settings. I'll do my best to help others see those things, too.

Don't set your sights on what isn't here, but all of the good things that are.

With a wide grin, I told my new friend at the library that I'd lived in Minot nearly as long as he had, and I've never been left bored. I asked if he'd been to summer theater? Arts in the City? Eaten outside on a patio? Traveled to Stanley for Whirl-a-Whip? Walked Denbigh Forest? Gone to the pool? Stayed up late



Contentment is all about perspective. I never get tired of encouraging others to embrace the good all around us, instead of focusing on what may be missing.



I've become a regular at the library, observing comings and goings from my favorite spot in the mezzanine.

AMY ALLENDER PHOTOS

enough for an outdoor movie?

No. He hadn't even heard of most of the things I mentioned.

Friends, we are on the brink of a new season. As we approach the slippery slope to winter, let's be mindful of what we see. Let's see several more weeks of summer,

splash pads, pool nights, and park walks. Let's see autumn goodness on the horizon, ready to meet us with pumpkins, and corn mazes, and the return of the Hostfest.

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**ADM. CHARLES RICHARD COINS
AIRMAN OF MINOT AIR FORCE BASE**

Adm. Charles Richard, United States Strategic Command commander, coins Airmen during an all-call at Minot Air Force Base, North Dakota, Aug. 18, 2022.

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(September 16 @1400)
POW/MIA ceremony again, and we are looking for volunteers for the Retreat Ceremony Formation. This is a great opportunity to get involved and honor the sacrifices of our predecessors. We are asking to have at least 50 volunteers for this part of the event. Please contact POC to sign-up.
Where: Parade Grounds
POC: Eriberto Gonzalez Gomez, TSgt, USAF
Phase Dock Controller
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Caring Edge Hospice Volunteers

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

Youth Soccer Coaches Needed

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

Lego League Challenge Robotics Volunteers

The MAFB School Liaison Office is in search of volunteers \interested in coaching FIRST Lego League Challenge Robotics Teams with Full STEAM Ahead. Please reach out to mafb.school.liaison@us.af.mil for more information.
POC: Joy-Nicole Smith, School Liaison Program Manager

**National Disability Employment
Awareness Month Planning
Committee Lead**

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

**To have your volunteer
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**ADM. CHARLES RICHARD
TOURS MINOT AIR FORCE BASE**

U.S. AIR FORCE PHOTOS | MINOT AFB PA



Adm. Charles Richard, United States Strategic Command commander, speaks to defenders, maintainers and operators at Minot Air Force Base, North Dakota, Aug. 17, 2022. USSTRATCOM is a combatant command that delivers a superior strategic force to maintain our nation's continued strength.



Adm. Charles Richard, United States Strategic Command commander, speaks to different Team Minot Airmen at Minot Air Force Base, North Dakota.



Adm. Charles Richard, United States Strategic Command commander, tours a B52H-Stratofortress at Minot Air Force Base, North Dakota, Aug. 17, 2022.



Adm. Charles Richard, United States Strategic Command commander, speaks to Airmen from the 5th Bomb Wing Security Forces Squadron.

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AFGSC's most recent Minuteman III test occurs on historic date

SCOTT WAKEFIELD, 377 AIR BASE WING PUBLIC AFFAIRS

KIRTLAND AIR FORCE BASE, N.M. --

Air Force Global Strike Command tested an unarmed Minuteman III intercontinental ballistic missile from Vandenberg Space Force Base, California on Aug. 16 at 12:49 A.M. PDT. This launch comes on the 54th anniversary of the first test of the Minuteman III from Cape Kennedy, Florida on Aug. 16, 1968.

During that test flight more than fifty years ago, the Minuteman III missile completed its test run flying five-thousand-miles to successfully impact the target on a small volcanic island in the middle of the Atlantic Ocean. From 1968 until 1970, a total of 17 Minutemen III missiles would be tested from the U.S. Eastern Test Range before the program moved to Vandenberg.

Col. Jason Vattioni, commander of the 377th Air Base Wing, was surprised when he found out the most recent Minuteman III test occurred on the anniversary of the initial launch.

"This test was initially supposed to happen earlier in the month, so it's truly a coincidence that it was rescheduled for the 16th," said Vattioni. "It came down to range availability."

The development of the Minuteman ICBM program all started with the launch of Sputnik

by the Soviet Union. The launch of the first man-made satellite proved to American defense strategists that ballistic missile capability had the potential to launch a nuclear payload anywhere in the world.

According to the Air Force Nuclear Weapons Center, the U.S. ICBM arsenal is the most responsive leg of the nuclear deterrence triad because they are always ready and can be launched within minutes. Currently, the Minuteman III is the only ICBM in the U.S. nuclear arsenal after the deactivation of the Peacekeeper ICBMs in 2005.

However, this will not remain true for long, as August also marks the end of the Sentinel's environmental impact statement comment period, the largest EIS since World War II. This process, which encourages communication between the Air Force and public, is the beginning of the next chapter in ICBM history.

As a replacement to the legacy Minuteman III, the Sentinel system will modernize the ICBM arsenal and expand the capabilities of the land-based leg of the nuclear triad through 2075 with increased accuracy, extended range, enhanced security and improved reliability. The Sentinel will take over for the Minuteman and ensure the U.S. nuclear triad remains robust, flexible, resilient and ready.

"It's important that we have the capability to put our missiles right where we say they are going to go," said Vattioni. "It demonstrates to our adversaries that we have that capability."

The 576th Flight Test Squadron out of Vandenberg, a subordinate unit to the 377 ABW at Kirtland

Air Force Base, oversees the test launches that ensure the fielded combat-capable Minuteman III missiles continue to remain a viable deterrent until the Sentinel system reaches full capability in the mid-2030s.

Throughout the life-cycle of the Minuteman III program, more

than 300 test launches have been conducted proving it's reliability.

The Minuteman III is the longest-serving ICBM ever deployed in the world. The tests conducted by the 576 FTS are vital in keeping the weapon system on alert as the Air Force works to bring the Sentinel online.

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23RD EBS ARRIVES AT RAF FAIRFORD

Lt. Col. Ryan "Vapor" Loucks, Commander of the 23rd Expeditionary Bomb Squadron, welcomes fellow 23EBS aviators after landing at RAF Fairford, United Kingdom, Aug. 18, 2022. Four B-52H Stratofortresses, Airmen and equipment were deployed to RAF Fairford to support a Bomber Task Force mission across Europe to improve capabilities and interoperability with NATO partners and allies across Europe.



A 23rd Expeditionary Bomb Squadron B-52H Stratofortress from Minot Air Force Base, North Dakota, circles the runway before lining up the aircraft to the runway to come in for landing on August 18, 2022, at Royal Air Force Fairford, England.



A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron taxis across the runway.

A 23rd Aircraft Maintenance Unit Crew Chief from Minot Air Force Base, North Dakota, guides a 23rd Expeditionary Bomb Squadron B-52H Stratofortress to its parking apron.



A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron from Minot Air Force Base, North Dakota, comes in for landing at RAF Fairford, United Kingdom, Aug. 18, 2022.

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



Two maintainers assigned to the 23rd Aircraft Maintenance Unit Airmen from Minot Air Force Base, North Dakota, perform maintenance on a 23rd Expeditionary Bomb Squadron B-52H Stratofortress after landing.



23rd Aircraft Maintenance Unit Airmen from 23rd Expeditionary Bomb Squadron place the drogue parachute back into a B-52H Stratofortress after it was deployed during landing.

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BOMBER TASK FORCE EUROPE 22-3

U.S Air Force B-52s Arrive in Europe Strengthening Links with NATO Allies and Partners

U.S. AIR FORCES IN EUROPE AND AIR FORCES AFRICA PUBLIC AFFAIRS

RAMSTEIN AIR FORCE BASE, Germany --

U.S. Air Force B-52H Stratofortress aircraft, Airmen and support equipment from the 5th Bomb Wing, Minot Air Force Base, North Dakota, arrived in the U.S. European Command area of responsibility to train with U.S. Allies and partners on August 18, 2022.

The aircraft will operate out of RAF Fairford, England. The deployment of strategic bombers to the U.K. helps exercise RAF Fairford as United States Air Forces in Europe's (USAFE) forward operating location for bombers.

"These Bomber Task Force missions across Europe provide a great opportunity to improve our combined readiness, promote interoperability and demonstrate our global power projection alongside our Allies," said U.S. Air Force Gen. James Hecker, USAFE-AFAFRICA and AIRCOM commander. "Our ultimate

strength in the European area of operations is a joint-force lethality -- our ability to train and operate with our Allies and partners as one layered, capable and credible combat team."

Such training improves integration between air and land forces, as well as interoperability between partner nations, which is crucial to ensuring NATO forces can work together effectively on operations and in war.

"Over the past years, our specialized forces in the air and on the ground have cooperated on complex air operations with both American and Swedish forces," said Maj. Gen. Rolf Folland, chief of the Royal Norwegian Air Force "Today, we operated side by side once again and demonstrated our solid training progression as we continue to add more elements to strengthen our collective capabilities."

A featured aspect of today's arrival mission was the aerial integration among U.S., Norway

and Sweden military aircraft as they executed rapid, global power projection missions to support the mutual defense of NATO partners and Allies, all while achieving multi-domain effects.

"Witnessing our nation's Gripen fighter aircraft flying alongside several of America's most powerful military aircraft visually depicts the strength and solidarity of NATO," said Maj. Gen. Carl-Johan Edström, commander of the Swedish Air Force. "These moments truly capture the military power that exists within NATO -- as individual nations, but, more importantly, as a unified Alliance."

BTF operations are routinely conducted across the European continent, underscoring NATO's commitment to deterring adversary aggression towards the Alliance.

"Our strategic bomber missions demonstrate our always ready, global strike capability," said U.S. Air Force Lt. Col Ryan Loucks,



A U.S. Air Force B-52H Stratofortress from Minot Air Force Base, North Dakota, lands in Europe at RAF Fairford, United Kingdom, Aug 18, 2022. Bomber Task Force missions are our most visible symbol of assurance and commitment to our allies and provides deterrence against potential adversaries.

ROYAL AIR FORCE PHOTO | CPL. MATTHEWS

23rd Expeditionary Bomb Squadron BTF commander. "The B-52 remains a universally recognized symbol of America's assurances to our Allies and partners."

BTF missions offer a way to routinely assess and evaluate the readiness of strategic assets to safeguard the security and stability of the European area of operation.

NATO DEMONSTRATES ASSURANCE IN ALBANIA WITH B-52 FLY OVER

A B-52 Stratofortress assigned to the 23rd Expeditionary Bomb Squadron operating out of RAF Fairford, United Kingdom, flies over Skanderbeg Square, Tirana, Albania, during an assurance flight Aug. 22, 2022. The flyover demonstrated the United States' commitment and assurance to North Atlantic Treaty Organization (NATO) allies and partners located in southeastern Europe.



Onlookers point to aircraft overhead during an assurance flyover in Skanderbeg Square, Tirana, Albania, Aug. 22, 2022.

U.S. AIR FORCE PHOTOS
TECH. SGT. PETER THOMPSON

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

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B-52, JAS Gripen and F-35 on joint mission over Norway

THE NORWEGIAN ARMED FORCES

Four American B-52s recently left Minot Air Force Base in North Dakota. Early Thursday morning, they joined two Swedish JAS Gripen and two Norwegian F-35 fighter aircraft west of Andøya, North Norway. One of the B-52s conducted training with the Norwegian Army at the Setermoen firing range. Operations like these require thorough tactical cooperation between the nations, aircraft types and the participating ground forces.

For the coming period, the American B-52 bombers will be stationed at the RAF Fairford Air Station in the UK.

IMPORTANT ARENA FOR COOPERATION

The “Bomber Task Force” has become a well-established arena for cooperation. The arena allows

Norwegian and American aircraft to conduct joint exercises with both ground and naval forces in advanced training scenarios.

“Witnessing our nation’s JAS Gripen fighter aircraft flying alongside several of America’s most powerful military aircraft visually depicts the strength and solidarity of NATO,” said Major General Carl-Johan Edström, commander of the Swedish Air Force.

“These moments truly capture the military power that exists within NATO – as individual nations, but, more importantly, as a unified Alliance.”

SWEDEN TOWARDS NATO MEMBERSHIP

Along with Finland, Sweden is currently in the process of becoming a full NATO member.

The Norwegian Air Force has had extensive cooperation with their Swedish partners for a long time.

“To have Sweden taking part in this training mission, is vital”, says Major General Rolf Folland, Chief of the Royal Norwegian Air Force, adding:

“The integration of Sweden into NATO will give us increased joint combat power. The air dimension is unique in military operations. Air control has great advantages and gives land and sea forces the prerequisites for success, says Folland.

JOINT NORDIC COMMAND

With Sweden and Finland as NATO members, the Nordic countries will jointly have approximately 250 modern combat aircraft. The Norwegian Air Force is already exploring the possibilities of establishing a joint Nordic air operations centre. This will allow for efficient planning and air operations across the region.

“We believe this will significantly strengthen our collective defence”, says Folland.

Despite the increased Nordic cooperation, the NATO alliance as a whole remains Norway’s security guarantee. Allied training is vital for strengthening defence capabilities, and Allied operations in the High North Region contribute to further developing knowledge and expertise within the Norwegian Armed Forces and NATO.

B-52s dropped live bombs over Vidsel in northern Sweden

SWEDISH ARMED FORCES

On 18 August, the Swedish Armed Forces (SwAF) conducted a combined joint exercise with the US Bomber Task Force and the Norwegian Air Force. Swedish JAS Gripen aircraft escorted a number of US B-52 Stratofortress across Swedish airspace. Ground units then indicated targets in the Vidsel exercise area in northern Sweden that were neutralised with live bombs, dropped by the B-52s.

It is the first time that live bombs were dropped since the SwAF started exercising with the US Bomber Task Force.

“Exercises such as this one involves several elements; coordination, communication, and escort in Swedish airspace, until neutralisation of hostile targets in Swedish airspace can be achieved. The exercise proves that there is a

smooth sequence of events”, says Commander Swedish Air Force, Carl-Johan Edström.

During the exercise, a number of actions were coordinated between US Air Force and Swedish ground units. Three live GBU-31 bombs were dropped by the B52s, hitting ground targets identified by the Swedish ground unit.

“The war in Ukraine has clearly indicated the importance of long-range suppression capability. By conducting this exercise, we have considerably enhanced our defence capability. This is of major importance, not least in light of the pending Swedish NATO membership”, says Carl-Johan Edström.

During the exercise, the Swedish Air Force also cooperated with the Norwegian Air Force in Norwegian airspace.



Two Swedish JAS 39 Gripen in a combined joint exercise with a Norwegian F-35 and a US B-52 Stratofortress above Andøya in northern Norway.

THE NORWEGIAN ARMED FORCES



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NORTHERN SENTRY

We have taken a lot of pride in the improvements we have made to the Northern Sentry the past three years including the new and more vibrant layout, increased distribution, lifestyle columns and increased coverage of the Minot Air Force Base as a community, just to name a few.

The Northern Sentry has also been a major partner in programs like Adopt-an-Airman, Airmen Against Drunk Driving and You Matter. The Northern Sentry is patterned, in part, after the community newspapers that have driven the main streets of hundreds of towns and cities in North Dakota and all over the nation. Our main goal is to cover the mission of Minot Air Force Base, and the people who make that mission possible.

All that being said, the newspaper world is changing, for the better. With the advent of cell phones came the cell phone camera. Event spectators can take photos and email them to their community newspapers and share special moments with hundreds of readers. Most newspapers now maintain an electronic presence on a web site and have a social media presence. All of this is certainly progress, but the backbone of any community newspaper is still the printed edition which is delivered to homes and businesses. A businessman that I recently visited put it quite well: "We love the

Northern Sentry paper. We frame the photos and articles and put them on the wall. Pretty hard to do that with a Facebook page."

But in today's media world it would be a huge mistake to remain status quo. You have to continue to improve and provide what the readers want, and that has led us to a very exciting announcement. We are in the process of re-building our website, northernsentry.com, to add features like a community calendar, online submission for photos and news stories just for a start. And that's not all. Starting on Friday, September 9, we will start to publish an email "Northern Sentry Highlights" email edition. This email newsletter will have a weekly run down of the Northern Sentry, and maybe even a few stories that may have missed our Friday printed edition. The email edition of the Northern Sentry will be free, of course, to those who subscribe. Watch for opportunities to add your email to the list of subscribers, and rest assured we will never share your email with anyone else. We know the Minot AFB is a very active community, and this is just one more way for the Northern Sentry to be part of your week.

The ownership and staff at the Northern Sentry are excited to get our new website and email newsletter up and running. Watch for more information in the next few weeks.

B-52H STRATOFORTRESS COVERED IN FOG ON THE FLIGHT LINE

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT



A B-52H Stratofortress sit parked in the fog on the flight line at Minot Air Force Base, North Dakota, Aug. 16, 2022. The B-52 bomber can carry approximately 70,000 pounds of bombs, mines and missiles.



Multiple B-52H Stratofortresses sit parked in the fog at the flight line on Minot Air Force Base, North Dakota, Aug. 16, 2022. The B-52 is capable of dropping or launching gravity bombs, cluster bombs, precision-guided missiles and joint direct attack munitions.



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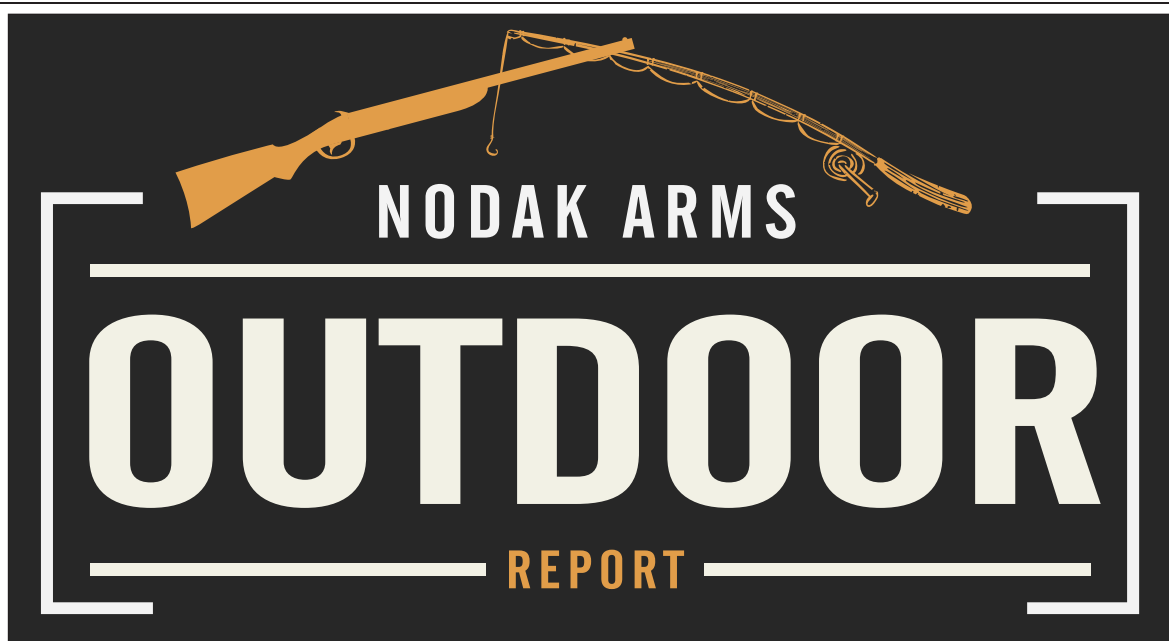
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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Aug. 22: 1,836.39 feet above mean sea level (MSL); 21,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.23 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.19 MSL.

•N.D. Game & Fish Dept. game wardens: Lake Audubon continues producing walleye. Work deep. Some activity on the upper end of Lake Sakakawea but walleye success generally slowed. North-central area lakes slow.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued good for walleye throughout much of the lake, including perch success. Try 20 feet on East Bay for walleye and 16 to 20 feet for perch on the north end of 6-Mile Bay.

•Devils Lake, Woodland Resort, Devils Lake: Continued walleye activity working spinners with bottom bouncers. Most activity remains along the Golden Highway.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling and Grano area continues producing small walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Activity slowing but look for some bluegill from the shallows along the weed lines.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continue working deep water for walleye on the east end of Lake Sakakawea in 20 to 40 feet. Move slowly with live bait rigs and minnows or slow death hooks with small nightcrawlers. No reports from Lake Audubon but some anglers are on the west end.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Tougher walleye bite with anglers having to work at least 30 feet on the east end of Lake Sakakawea. Try switching to jigging Raps. Some activity on Lake Audubon but limited reports.

•Lake Sakakawea, Indian Hills Resort, Garrison: Steady walleye success in 25 to 35 feet, sometimes shallower. Best success is west of the resort. Use heavy weight to get deep.

•Lake Sakakawea, New Town: Van Hook Arm slowed with some success for smaller walleye working deeper water.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Some walleye success in the southern end of the Van Hook Arm with slowing activity. Try

•Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.

•First-come, first-served leftover deer licenses for antlerless either species available in units 3A1 and 3F2 and antlerless whitetails in 3F1, 3F2, & 4F. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information and application.

•PLOTS guide now available online at the Game & Fish Dept. website. Printed editions available in late August.

•Anglers reminded to follow ANS regulations, including draining live wells and removing plugs.

•Applications such as Onyx now have updated electronic posting information for the upcoming 2022 hunting season.

•Blue-green algae updates, N.D. Dept. of Environmental Quality: No warnings listed for area lakes but conditions could change daily. Epping-Springbrook Dam, Williams Co. under advisory. Several N.D. lakes have low toxin levels, including Antelope Lake, Pierce Co.; Buffalo Lake, Pierce Co.; Buffalo Lodge Lake, McHenry Co.; Harvey Dam, Wells Co.; Nelson-Carlson Lake, Ward Co.; Hecker Lake, McLean Co., Stump Lake, Nelson Co.; Wood Lake, Nelson Co.; and Nelson Lake, Oliver Co. Lakes under investigation include Makoti Lake, Ward Co. Go to the agency website, (deq.nd.gov) for more information.

•Aug. 29: Chronic Wasting Disease public informational meeting sponsored by the N.D. Game & Fish Dept., Grand Hotel, Minot.

•Sept. 1: 2022 Federal Duck Stamp required for waterfowl hunters 16 years of age and older.

•Sept. 1: Dove season opens.

•Sept. 1: Youth Outdoor Festival, N.D. State Fair Conservation and Outdoors Skills Park, 5:30 to 7:30 p.m. with archery, fishing, waterfowl, and upland game sessions - and prizes.

•Sept. 2: Archery deer and (lottery license holders) pronghorn seasons open.

•Sept. 10: Grouse partridge, and squirrel seasons open.

24 feet with nightcrawlers.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye and catfish. Wing walls not producing as well as from shore. East end of Lake Sakakawea producing walleye in 35 feet and deeper. Work points with bouncers and slow death hooks and nightcrawlers. Spotty and scattered shore-fishing success. Work 70 feet and deeper for salmon with flashers and squids in a variety of color combinations from Government Bay to the north. Also try herring. Look for improving success along the face of the dam soon.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Antelope Flats continues producing the best walleye success on the upper end of Lake Sakakawea. Try 20 to 25 feet with crankbaits or spinners and nightcrawlers with fair success as far east as Lewis & Clark State Park. Yellowstone and Missouri rivers producing a mix of walleye and sauger.

•Lonetree WMA area lakes, Harvey: Slow success at best throughout area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on area lakes, especially with Buffalo Lodge Lake under a blue-green algae low toxin advisory.

Hunting:

•Deer: Archery hunters in areas impacted by EHD in last year's outbreak will likely see fewer deer and less activity, especially until harvest gets more underway.

•Doves: Look for good numbers of birds throughout much of the state.

•Early Canada goose season: Lack of birds throughout western N.D. hit by last April's blizzards. Some geese around central N.D. in the Lonetree WMA area but not any numbers of local birds.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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Best Bases in the Air Force: NAS Pensacola

ERIN BEENE, NORTHERN SENTRY

Florida is sometimes a #goals location for the Air Force families. Beaches, warm weather and sunshine make it an enviable place to live. Today, Minot spouse Samantha DeJoe claims Naval Air Station (NAS) Pensacola as her favorite base! She and her spouse, who works in the 5th Bomb Wing, spent less than two years there for training, but Samantha said it has been her favorite location so far because of SO many reasons.

Samantha and her husband are both from western New York and were both very new to the military lifestyle when they got the news about being sent to Pensacola. When asked about her initial reaction to the news, Samantha said, "We were ecstatic! I had been researching the area. We were also a bit nervous but we are always up for an adventure." However, when the couple first arrived in Florida the apprehension started. She said,

"At first we were nervous. The area looked a bit rough. We were brand new to military life and a bit scared to be on our own for the first time. We didn't like it at first. Once we were there for about six months and my husband's TDYs were out of the way, we started to explore. We grabbed pamphlets, maps, Googled, and did everything that we could to spread out. We wanted to see it all and we didn't even get close. I am so happy our first impression was not true!" After realizing that first impressions are not always correct, Samantha wanted to encourage all spouses that even if a new place seems scary at first, there are so many places to see even in the most obscure locations. She said, "No matter the base or circumstances I always say that I am not going to complain until I get there. We have been to 3 bases now. I don't enjoy the moving process at all. So I complain! However, once I get

there all the complaining stops. I get it out of my system and my new goal is to make the best out of our location. I look up cities nearby and national parks are a must!"

Samantha loved NAS Pensacola so much that she couldn't narrow it down to a top five favorite and instead has listed her TOP 6 Reasons to love NAS Pensacola. Although she loved Pensacola the best, Samantha wanted to say: "A base/state is what you make of it. If you don't try to explore and enjoy then you are doing yourself and the area you are in a disservice and will end up making yourself miserable. There is always something to see and do."



Samantha and her husband on NAS Pensacola. The views are so amazing and the base is no exception!

TOP 6 BEST THINGS ABOUT NAS PENSACOLA

1) The base MWR (Morale, Welfare & Recreation) located on the Bayou Grand, a shallow protected inlet of Pensacola Bay sheltered by barrier islands to the South where they rent out paddle boards and kayaks.

2) The two base museums which are ON base. The first is the lighthouse which is the tallest in the area and has a few original historic pieces. The second is the Naval Aviation Museum. This museum has an IMAX theater, the Blue Angels display and 50+ planes on display! Some of the aircraft belong to the museum and others are on loan from the Smithsonian. The museum also has a STEM program for local students and interactive and full immersion exhibits.

3) Joe Patti Seafood Market is a lot and can be VERY overwhelming at first. Guests enter, take a number, and pick out seafood. Guests can enjoy anything from mahi-mahi and shark to tuna and shrimp. Everything at the market is fresh and on ice. They even have a sushi bar!

4) Pensacola Beach where anyone can visit the long white sandy beaches. Plus close by is Fort Pickens, an old fort on the tip of the peninsula. This fort was one of three forts built to protect the gulf in the early 1800s.

5) Our favorite place to visit was a small town just over the border called Foley, AL. This small town has a small bookstore that sells new and old books stacked floor to ceiling. It also had our favorite museum, an old train depot that has been converted into the Foley Railroad Museum. The town also has The Holmes Medical Museum which has its original x-ray machine. And no picturesque little town is complete without a soda shop, which they have!

6) On the third Friday of every month they shut down Palafox street for Gallery Night. They have live music, art vendors, food trucks, street performers and games. The beginning of the night is usually more family oriented and the latter half is more adult. I recommend everyone go.



A Harry Potter themed restaurant at Pensacon- Pensacola's version of Comic-Con.




McGuire's is the best Irish pub in town! They have well over a million dollars in ones hanging on their ceiling and on their walls.

Good Gardening

ADVICE

by Marvin Baker



Vine ripened tomatoes... maybe

We all love to see that perfectly red tomato hanging on a vine just waiting for us to pick it. Unfortunately, that seldom happens at North Star Farms because if tomatoes are left on the vine that long, grasshoppers will begin to devour them. The plant, which has trace amounts of nicotine in it, is toxic to insects, including grasshoppers, so they leave the plant alone, but they will feed on the fruit. As a result, we pick tomatoes with the first shade of red and the ethylene gas given off will ripen them nicely in baskets in the garage. At the end of the season when frost is an issue, we pick the tomatoes early, put them in boxes and add bananas to hasten the ripening.

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THURSDAY, SEPTEMBER 22

5:00-8:30 PM



TICKETS \$60

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Professional Association Facebook page



SKILLET BASE TOUR

Members of the band Skillet are given a tour and briefings on the mission at Minot Air Force Base, North Dakota, Aug. 13, 2022.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



BBQ PULLED PORK CUBANO SANDWICH



- INGREDIENTS**
 4 ORANGE, JUICED
 4 LIME, JUICED
 3 TABLESPOON BROWN SUGAR
 4 TABLESPOON CHILI POWDER
 TO TASTE SALT AND PEPPER
 8 OUNCE LEFTOVER PULLED PORK (PREFERABLY WITHOUT BBQ SAUCE)
 1 LOAF CUBAN OR CRUSTY BREAD
 AS NEEDED BUTTER, MELTED
 AS NEEDED YELLOW MUSTARD
 4 SLICES SWISS CHEESE

In a medium saucepan over medium-high heat, heat the orange juice, lime juice, brown sugar, chili powder, salt and pepper until sugar has dissolved and mixture becomes syrupy.

Combine the mixture with leftover or store bought pulled pork. See pulled pork recipe at traegergrills.com/recipes.

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Set two large cast iron pans on the grill and close lid, allowing the pans to heat up.

To build the sandwich, cut a 6 inch piece of bread then slice that horizontally lengthwise. Brush the exterior sides of the bread with melted butter. On the inside, slather one side of bread with yellow mustard, top the mustard with Swiss cheese, then on the bottom half, place the sliced ham. Top ham with pulled pork and pickles.

With the cast iron pans smoking hot, place the sandwich in the bottom of one of the pans then place the other pan on top, smashing the sandwich. Close the lid and allow to cook for 4 to 5 minutes or until the exterior of the sandwich is crispy and cheese is melted.

Slice and enjoy!



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Upcoming Events

27 AUG **TAUROS INTERSQUAD SCRIMMAGE**
 7:35 PM
 Maysa Arena
 2501 Burdick Expy W, Minot

Come get your first look at the Minotaurus as they take the ice on the West Rink of the Maysa Arena for an intersquad scrimmage. Bring a non-perishable food item to donate to local food pantries to get in. Attendance limited to the first 200 with donation.



For more information:
 Facebook/Minot Minotaurus/Events

27 AUG **2022 WALK TO END ALZHEIMER'S**
 9:00 AM
 Minot Oak Park
 19th Ave SW, Minot, ND

Registration 9:00 AM, Ceremony 10:00 AM, Walk to immediately follow at 10:20 AM. Registration is free, though fundraising is encouraged. Pre-registration is highly recommended. On-site registration will be done using QR codes with limited manual registration supplies. Every registered participant who achieves the fundraising minimum of \$100 will receive an official Walk to End Alzheimer's T-shirt via USPS. To receive a shirt in time for Walk day, participants must raise the T-shirt minimum at least four weeks prior to the event. Thank you Minot Farmer's Market and local vendors by showing your support by wearing purple on Walk day, August 27! Sign Up Today: <http://act.alz.org/minot>



For more information:
 Sarah Flesberg 701-356-4976 saflesberg@alz.org

28 AUG **THE MINOT FOOD TRUCK FESTIVAL**
 11:00 AM-6:00 PM
 Minot Oak Park
 19th Ave SW, Minot

The Minot Food Truck Festival is aimed to bring the community together for one day of fun, music, and food. Featuring over 20 food trucks from around the state, 15 craft vendors, 15 jumping castles, and live music. This is a family fun event you don't want to miss! Be a volunteer: <http://minotfoodtruckfestival.com/be-a-volunteer/>



For more information:
 Facebook/Minot Food Truck Festival

6 SEPT **MINOT AREA FALL SPORTS FUNDRAISER**
 5:00-7:00 PM
 Slim Chickens (Minot, ND)
 1416 South Broadway, Minot

Please Join us at the MINOT Slim Chickens for a Fundraiser to support MINOT AREA FALL SPORTS from 5-7PM 50% of total sales will be going back to these groups!

- Participants:
 • Magikix Dance Team • Minot High School Trap Team • Empire Volleyball
 • Minot High Boys Soccer • Minot High Volleyball • Prairie Grit Adaptive Sports • X-Family Fundraising • Surrey Stingerz • More Coming Soon!
 If you are a coach of a local MINOT team Please email/call Riley 701-838-7079 rileybrodal.prg@gmail.com



For more information:
 Facebook/Slim Chickens

On Base



For more information visit: www.5thforcesupport.com



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How the new Special Warfare Branch at AFRS is making a difference

AIR FORCE RECRUITING SERVICE PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas --

Historically, recruiting Airmen for Special Warfare career fields has been as tough as the Airmen who fill its ranks. So when Air Force Recruiting Service entered fiscal 2022, it organized a team in its Operations division here to inspire, engage and recruit future SW Airmen.

That team, called the SW branch, is reporting some progress despite headwinds that have characterized one of the toughest recruiting years in Air Force history for all career fields.

The selection process and relatively small size of the Air Force Special Warfare community compared to other career fields make members an elite class of warriors. So AFSPECWAR is lesser known compared to its counterparts in the Army, Navy and Marine Corps.

"We needed to share the story of our community, its feats of heroism and no longer be 'quiet professionals,'" said Lt. Col. Joe Lopez, SW branch chief. The former Army Ranger and current Air Force combat rescue officer by trade, designed the 2022 plan to recruit aspiring Airmen for AFSPECWAR from within the Air Force as well as non-prior service future Airmen.

Unlike most branches at the AFRS headquarters, SW branch members visited universities and military installations where they met with all demographics while local Air Force recruiters focused on traditional recruiting methods. Overall, SW branch is searching for people with grit and determination who have the aptitude, mentality and physicality to endure the requirements of entering the SW career fields.

Those career opportunities include Combat Rescue, Special Tactics, and Tactical Air Control Party officer career fields as well as Pararescue, Combat Control, Special Reconnaissance, and Tactical Air Control Party enlisted career fields. In addition, the branch also supports recruitment for enabler Air Force Specialty Codes such as Survival, Evasion, Resistance, and Escape, along with Explosive Ordnance Disposal enlisted career fields.

Specific to enlisted career fields, qualified applicants will enter the Special Warfare Operator Enlistment vectoring program designed in 2020 to streamline the enlistment process. This begins in the pre-accession phase where recruiting development teams identify potential SW candidates and begin the process to prepare them for the rigors of the Special Warfare training pipeline and later, their designated career field.

AFRS and the AFSPECWAR community aim to create a competitive model in the SWOE "Development Pool" where interested civilians strive to be sufficiently mentally and physically

fit so they can be the next AFSPECWAR operators.

Part of the need and desire to move out more aggressively than before is because the Air Force has struggled to meet its goal for enlisted and officer ranks in AFSPECWAR.

"The intent of these outreach efforts is to establish rapport with interested applicants, give them insight on how to train smartly, and expose them with introductions to some of the physical challenges that they may experience while being screened and assessed so they're better prepared mentally to overcome adversity during those trying times," Lopez said. "All too often, we hear 'I didn't know the Air Force had this capability,' so we are working to inspire, connect, develop and recruit future candidates into AFSPECWAR before they ship to Basic Military Training."

Lopez's team includes veteran recruiters who are familiar with the challenges of recruiting SW Airmen. "Recruiting special warfare Airmen for the Air Force is very difficult, because most civilians have only heard about Navy SEALs and Green Berets," said Master Sgt. Kenneth Babb, SW branch superintendent and former SW recruiting flight chief. "Few have ever heard about this very small community of elite warriors inside the Air Force. We know that there are people out there who want to serve in the military as a ground combatant and we need them to know that there are opportunities for them in the Air Force."

Circumstances dictated the need for a new, innovative approach and plan that synchronized the worldwide effort to recruit SW Airmen.

"This is the very reason AFRS stood SW branch up and we hit the ground running," Lopez said. "In our first year alone, we engaged with almost 1,300 cadets in 42 different Air Force ROTC

detachments to recruit potential special warfare officers."

The SW branch also visited 10 different Air Force bases and met with more than 200 Airmen to conduct in-service recruiting for enlisted Airmen and officers.

Simultaneously, Lopez and his team supported initiatives to elevate public awareness and engage new enlistees. The SW branch helped AFSPECWAR obtain trademark approval for a new logo and was involved in the Air Force's decision-making process to increase SW initial enlistment bonuses from \$15,000 to \$50,000.

"Our main goal is to streamline the process from recruiting America's highly talented applicants to enter the Air Force and begin their journey, in the hopes of becoming an AFSPECWAR Airman," Lopez said. "We truly believe that if we can improve AFSPECWAR's brand awareness and promote the opportunities special warfare careers offer, then recruiting will be much easier."

SW branch members said that, overall, AFSPECWAR's most difficult challenge is recruiting SW Open Enlistment candidates. SW recruiters are spread throughout the U.S. where they need to bring in roughly 1,000 non-prior service recruits each year.

"I was blown away by the effort a recruiter puts into shipping a SWOE candidate," said Master Sgt. Matthew Voss, a SERE specialist assigned to the SW branch. Before Voss was assigned to AFRS, he served as a flight chief for the SERE Specialist Orientation Course at Joint Base San Antonio-Lackland's Chapman Annex. He is the first SERE specialist assigned to AFRS.

"The Airmen of AFSPECWAR are absolutely critical when a conflict kicks off and we need to ensure that we have sufficient Airmen ready for the next conflict," Voss said. "That all starts with recruiting."



About 40 Air Force ROTC cadets from colleges throughout Ohio and Kentucky train with a "Rogue Worm" at Wright-Patterson Air Force Base, Ohio, April 22, 2022. The event was one of several immersive training experiences that the Special Warfare branch has organized as part of its nationwide outreach effort which aims to educate future Airmen and attract Special Warfare candidates to the career field.

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A LOOK BACK THIS WEEK IN USAF HISTORY

HURRICANE KATRINA RELIEF OPERATIONS BEGIN

AUGUST 30, 2005



A pararescueman lifting a child to safety was deployed to New Orleans for Hurricane Katrina search-and-rescue operations. (USAF Photo)

Military and civilian services began relief operations on Aug. 30, 2005, after Hurricane Katrina devastated the southern U.S. First Air Force commander Maj. Gen. M. Scott Mayes, the task force's joint forces air component commander, set up 1st Aerospace Expeditionary Task Force-Katrina at Tyndall Air Force Base, Florida. The task force set up various air expeditionary groups for a massive disaster relief operation, and 8,000 Air Force, Air Force Reserve, and Air National Guard were deployed by September

7. Helicopters (including a UH-1N Huey from Minot AFB) flew 648 sorties and rescued 4,322 people. Other USAF aircraft from bases all over the country flew 4,095 sorties. The AF evacuated 26,943 displaced people and provided aeromedical evacuations for 2,602 patients. AF medical personnel at the New Orleans International Airport treated 16,714 patients, and transport personnel airlifted 11,450 tons of relief supplies.

Information courtesy of: media.defense.gov / afhistory.af.mil

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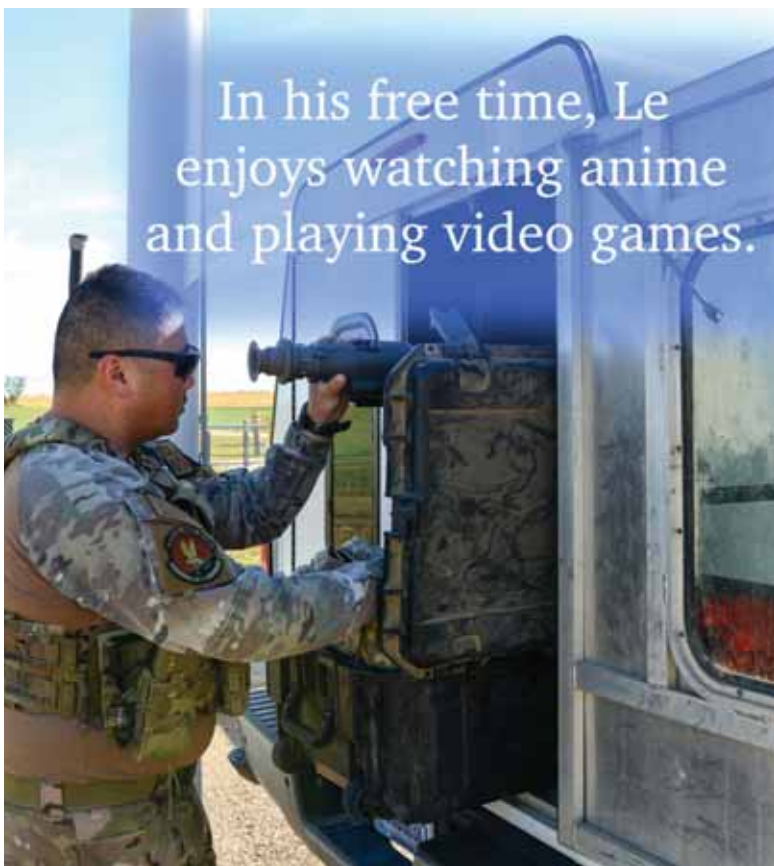
BUSINESS HOURS

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

(701) 852-2800



SrA Le, originally from Houston, Texas, has spent 4 months at Minot AFB and is a 91st Missile Security Forces Squadron defender.



In his free time, Le enjoys watching anime and playing video games.



"I joined to do something significant, and to get experience with law enforcement."

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MEN

4 Person Teams

Tuesday (9/13)..... 6:30 pm
 Wednesday (9/14)..... 6:30 pm
 Wednesday (9/14)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/13)..... 6:30 pm
 Thursday (9/15)..... 6:30 pm

YOUTH

All New Bowlers Get a FREE Bowling Ball and Shirt

Sundays (Ages 12 and up)..... 6:00 pm

- Registration and Start Day, 9/11
- Weekly fees for 3 games: \$12

Mondays (Ages 12 and up)..... 5:00 pm

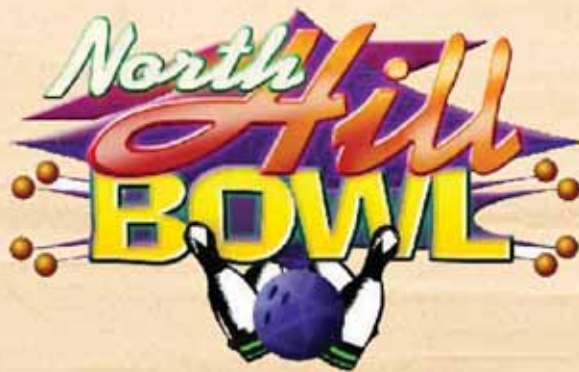
- Registration and Start Day, 9/12
- Weekly fees for 3 games: \$12

Thursdays (Ages 7 and up)..... 3:45 pm

- Registration and Start Day, 9/8
- Weekly fees for 2 games: \$8

Saturdays (Ages 5 and up)..... 9:30 am

- Registration Day, 9/10 - Bumper Leagues for ages 5-6
- Bowling Start Date, 9/17
- Weekly fees for Bumpers & Squirts (2 games): \$8
- Weekly fees for Bantams (3 games): \$12



LEAGUE BOWLING

NO EXPERIENCE NEEDED!



MIXED

Teams

Sunday (9/11).....7:00 pm
 Wednesday (9/14).... 7:00 pm
 Thursday (9/15)..... 7:00 pm
 Friday (9/16).....6:30 pm

SENIORS

4 Person Mixed Teams

• • • FREE COFFEE • • •
 Leagues are 30 Weeks

Wednesday..... 10:00 am

- Starts 9/7

Friday..... 1:00 pm

- Starts 9/9

DAYTIME COFFEE

FREE COFFEE

Thursday..... 1 pm

- Starts 9/15, 3 person teams

28

WEEK SEASON

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 BOWLING RESULTS!



AMUR TIGER

CREATURE FEATURES

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".



Fact File

Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Omnivore Caribou, Muskox, Moose, Deer, Pig, Water Buffalo, Antelope



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to mentoring.

P X S R E T E

--	--	--	--	--	--	--	--

Answer: Experts

UPCOMING EVENTS

SEPTEMBER 7

RPZOO + MIDWEST MURDER PODCAST LIVE

SEPTEMBER 11

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Spotlight of the week shining brightly towards SrA Ruiz!! He snagged the first EVER awarded Shadow Warrior 1 day pass for his OUTSTANDING performance in post brief, job knowledge and wingmanship!!! Not only did he crush his own brief but he trained our new Badger up so well that Amn Williams knocked my socks off with HER post brief! Smooth criminals right here!!

891 MSFS SHADOW WARRIORS PHOTO

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THE ALPHABET CHAIN - IS IT "M" FOR MONSTER???

Patricia Stockdill

Our family – my husband, myself, a brother-in-law, and nephew - have an alphabet chain of dog names for our Hunting Maniac Brittans we've been blessed with over the years.

We started the tradition innocently enough, naming our first dog Britt. It was a great call name in the field. And what else does one name a Brittany? Granted, it's not extremely original or clever – and other relatives regularly reminded us of that fact.

My brother-in-law named his first Brittany Amber and what followed began our alphabet chain.

After countless teasing about the lack of originality with the name Britt, my little female Brittany was named Chessa.

Tough to beat that for originality, right?

The chain took a hop, skip, and jump when we rescued a four-year-old Brittany named Honey.

Oh, gosh, Honey was worthy of being the subject of a book but that's another story for another day.

At that age we didn't want to change her name but trust me – never, ever name a hunting dog Honey. It just doesn't sound right in the field, plus when the name is on a rescue dog that liked to run as far and fast as she could, calling for Honey at any point just isn't right.

Especially if it included some unkind words.

But back to the alphabet chain. As long as there was a skip in the link, my brother-in-law's next Britt became Libby, short for Liberty. He had no choice but to name her that, he explained. As a pup she always sought liberty from the house, leash, or whatever else prevented her from hunting.

OK, with three names in the chain – A for Amber, B for Britt, and C for Chessa, it might be difficult to call it an alphabet chain with Honey, which was changed to Huni (short for Hungarian partridge) and Libby. It really got out of whack when Pika joined the family.

But we always had the strong belief the alphabet chain could be linked together. It would come to fruition over the years as Denali (the Alaskan national park), Eider (Arctic nesting duck), Franchi (named after the firearms manufacturer), Garnet, and Isla filled in the gap that began with Huni's arrival.

Precious Jade was truly a gem and Kimber, well Franchi can't be the only firearms manufacturer in the family.

Over the years we've filled A through L. They've all been amazing, wonderful family dogs and equally amazing, wonderful hunting dogs. Each can never be replaced, nor would we even consider the addition of another Britt a replacement.

It's just that life doesn't seem right without a dog. Bird hunting doesn't seem right without a bird hunting dog.

Those thoughts have been resonating with us greatly this summer when Jade unexpectedly crossed the Rainbow Bridge. Through tears I sobbed to my brother-in-law that I couldn't imagine him without his dog.

And he couldn't either.

That's why Kimber joined his family. Another link in the alphabet chain.

It's something we've pondered as we watch our 13-year-old Eider, a cardiology patient at Iowa State University's veterinarian clinic. She's doing remarkably well and doesn't look like a senior dog with a heart condition.

Garnet would be perfectly happy being the only dog in the house, but we can't imagine life without each of us and our dogs.

So we're going to be a three-dog family for what we hope will be for several years.

We'll go to Nebraska to get the new Hunting Maniac pup but in the meantime the name game has been an ongoing discussion – almost as challenging as naming a baby.

It has to be a good call name in the field.

And, of course, to keep with the now linked alphabet chain, there's no doubt it will begin with "M".

In conversing with the breeder, she's told us – jokingly, I hope – that she's ornery. "She's a pistol. You'll enjoy her and cuss her, too," she said.

We thought about Meadow, short for Meadowlark, because western meadowlark is the state bird for both North Dakota and Nebraska.

But – while we won't name her this – the name Monster keeps ringing in my mind. Or maybe if she really is that pistol, her name should be Magnum.

As in .44 magnum pistol.

Hopefully that ornery pistol translates into another amazing Hunting Maniac, whether she's Meadow, Magnum, or Monster.

Or maybe Maniac???



This little liver-and-white Brittany will soon join a household with Hunting Maniacs Eider and Garnet. In the challenge of picking a name, the question is if she's Meadow, short for meadowlark the state bird of North Dakota and her home state of Nebraska. Or is she a Monster or Magnum???

JENNIFER POLLMAN PHOTO

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AFCLC and Air Force Cyber College Host Second Annual Cyber Training Event

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The ability to disrupt U.S. military and civilian operations is no longer a hypothetical exercise perpetrated by bad actors. In fact, the number of cyber threats to our nation's security increase exponentially each year. In response, 29 Language Enabled Airman Program scholars – including two U.S. Space Force Guardians, two U.S. Marine Corps Foreign Area Officers, and two U.S. Air Force crypto-linguists – gathered at Maxwell Air Force Base from bases worldwide for 10 days of advanced training during the Air Force Culture and Language Center's Second Annual Cyber Language Intensive Training Event from June 6-17, 2022.

AFCLC's Cyber LITE furthers Air Force Chief of Staff Gen. CQ Brown, Jr.'s strategic plan, Accelerate Change or Lose, specifically Action Orders A and C, by empowering Airmen to creatively solve problems and understand their role in the long-term strategic power competitions between the United States, Russia, and China.

"Cyber is comprised of technology and people, so understanding one but not the other only makes you 50% capable of operating in a space that impacts every AOR. We've worked with our partners at the Air Force Cyber College and Defense Language Institute Language Training Detachment to create a unique educational event to fuse cyber academics and foreign language instruction for 'topic fluency' in cyber. As a result, the students will be able to effectively work with their coalition and allied partners and provide insights on adversary intentions," said AFCLC Director Howard Ward. "The people aspect of cyber is often overshadowed in the discussion of technology, but in reality, the actions in cyberspace reflect the decisions of the humans operating there. Graduates of this course are equipped to deal with both, which inherently makes us more competitive."

AFCLC partnered with the Air Force Cyber College, Air War College, Air Command and Staff College, the Teaching and Learning Center, Defense Language Institute Language Training Detachment, and the

341st Cyber Operations Squadron for the educational event.

"The Air Force Cyber College is proud to assist AFCLC during Cyber LITE 22. As the Cyber LITE graduates move on to jobs interacting with our mission partners or supporting embassy operations, the cyber education they receive here will enable much better advice to senior leaders and, more importantly, better outcomes navigating the complexities of cyber and information operations for the U.S. and its partners," said Col. David Bosko, Air Force Cyber College Commandant.

During the two-week Cyber LITE, attendees speaking Chinese-Mandarin, French, German, Russian, and Spanish explored how the U.S. and other cultures approach partnership and competition in cyberspace. Each morning was filled with presentations and interactive discussions by guest speakers, and the afternoons were devoted to small groups working toward a final presentation in their target languages to demonstrate the value of understanding the integration of language and culture of U.S. competitors and strategic partners with cyber and information operations, tactics, and strategy.

Guest speakers, such as Air University Commander and President Lt. Gen. James B. Hecker, Air University Chief Academic Officer Dr. Mark Conversino, and Russell Frasz, Director, Force Development and Deputy Chief of Staff for Manpower, Personnel and Services, presented a wide range of cyber and strategic operations topics focused on today's era of global integrated deterrence. Additionally, senior leader viewpoints also provided unique high-level perspectives by Air Forces Cyber Forward and 16th Air Force representatives.

"Air University has been very successful in adding a fair amount of cyber and space topics to our curricula," Hecker said. "We work extensively with our international partners on cyber issues and threats, alerting them when their systems are compromised and collaborating on other cyber security issues they may encounter. However, there are always better ways to expand that network and do it better, which is

where this Cyber LITE comes in. We need to work more effectively and efficiently with our allies and strategic partners worldwide, so knowing cultures and languages as LEAP Scholars and FAOs do puts us in a better position to do that."

Dr. Conversino explained how the importance of language and cultural understanding in the era of integrated deterrence is recognized at the highest levels of the federal government as "critical skills."

"There is a reason why you are here," Dr. Conversino told the group during his Senior Leader Address. "The bottom line in competition is and always will be understanding other cultures. Part of that is brought through your understanding of language and culture and putting that into context. Your understanding, leavened by your experiences as LEAP Scholars and FAOs, brings fluency in language and culture and provides nuance to the cyber topics discussed these next two weeks. Those are now recognized as critical skills at the highest levels of the national security apparatus and the federal government."

Speaking in their target languages for much of the day, attendees will grow linguistically, culturally and professionally as military communicators in their languages; expand their knowledge and comprehension of cybersecurity issues; explore how U.S. and other cultures

approach partnership/competition in cyberspace; and comprehend how language and culture shape other nations' approaches to cybersecurity. Topics include cyber strategic culture, cybersecurity and computing, cyber myths, information warfare, cyber economics, and cyber law.

The course is an active-learning activity with attendees using smaller workgroups to prepare specialized projects for the event's last day. Instructors use different learning tools, such as virtual-learning environments and real-world scenarios, to prepare attendees to think and speak about cyber issues in their target languages.

"We operate in our languages daily but don't talk about cyber in our target languages as much. So, to understand, comprehend and articulate in your target language, you need to understand the topic genuinely. Then you need a vocabulary to put the two together. This course is the melding of all those components and has provided me with great insight," said Russian LEAP Scholar and U.S. Space Force Guardian Senior Master Sgt. Sergey Aguryanov from Scott Air Force Base in Illinois. "This Cyber LITE will help me advise my leadership, bridge the gaps between cyber intel and space operations, and create and implement advanced cyber policies."

For Chinese-Mandarin LEAP Scholar 1st Lt. Sarah Melton, a pilot from Minot Air Force Base



I knew the course would be partly about China, but I wasn't expecting to learn so much about Eastern Europe, its history, and how those roles affect current cyber policies.

LEAP SCHOLAR
1ST LT. SARAH MELTON,
MINOT AIR FORCE BASE PILOT



in North Dakota, the experience was a step outside her comfort zone and one she encourages other LEAP Scholars to try in the future.

"I wasn't sure what to expect when I first applied," Melton said. "I knew the course would be partly about China, but I wasn't expecting to learn so much about Eastern Europe, its history, and how those roles affect current cyber policies. We are getting so much information in our cohorts we can apply to our missions and everyday lives that I fully intend to take home and share. Every day has been extremely useful, which is why I want to encourage my fellow LEAP Scholars not to ignore an opportunity because you think it may not apply directly to your AFSC. Every facet of the Air Force will touch every other on a certain level, so take the opportunity to learn something new."



**Minot Out of the Darkness
Community Walk**

September 18th, 2022

Oak Park Shelter #7
Registration at Noon

Register at
AFSP.ORG/MINOT



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Motor Magic at the ND State Fairgrounds

NORTH DAKOTA STATE FAIR

Minot, ND –For the 24th year in a row, the North Dakota State Fairgrounds will host Motor Magic, September 2, 3, and 4. The largest motorsports event in the Upper Midwest, Motor Magic provides entertainment for auto enthusiasts of all ages.

The Magic City International Dragway will kick off the wild weekend with drag racing on Friday September 2, at 4:30pm. Additional drag races will be Saturday and Sunday at 10:30am. Admission is \$10 for adults, \$5 for kids, and free for ages 6 and under.

Nodak Speedway will have Dirt Track Auto Racing, starting at 7:00pm on Friday, September 2 and 5:00pm on September 3 and 4. Admission is \$16 for adults, \$14 for Seniors and Military, and kids are \$8.

Motor enthusiasts can visit the Dakota Cruisers Car Show for \$5 for adults and kids 12 and under are free. Attendees can also gain free admission to the Historic Military Vehicle Display, or bid on one of more than 100 classic cars at the Motor Magic Classic Car Auction. The vendor show, which is located

in the atrium, is also free to attend. There will be food vendor booths set up over the weekend located throughout the Fairgrounds. This year's food vendors include Tim Dandy's BBQ, All Rolled Up, and Fun on a Bun, and Maria Ramono's Mexican Food.

Admission to the North Dakota

State Fairgrounds is free with major events priced separately. If you'd like to stay on grounds, RV reservations start at just \$25 a night with 30amp electricity included.

For more information and a full schedule of events, visit www.motormagic.net or call 701-857-7620.





Sept. 2-4, 2022
LABOR DAY WEEKEND




2022 Schedule

Event	Friday	Saturday	Sunday
Drag Racing Magic City International Dragway Location: Dragway Adults \$10 Kids \$5 6 & under FREE	5:00 PM	10:00 AM	10:00 AM
Dirt Track Auto Racing Nodak Speedway Location: Grandstand Adults \$16 Kids \$8 Seniors & Military \$14	7:00 PM	5:00 PM	5:00 PM
Dakota Cruisers Car Show Dakota Cruisers Location: ND State Fair Center Adults \$5 Kids under 12 FREE	Set-up First Come, First Served	10:00 AM - 5:00 PM	10:00 AM - 4:00 PM
Classic Car Auction Masters Auction Location: ND State Fair Center FREE	Viewing 8:00 AM - 7:00 PM	Viewing 8:00 AM - 7:00 PM	Viewing 8:00 AM - Close Auction 11:00 AM
Historic Military Vehicle Display Location: ND State Fair Center FREE	Daylight Hours	Daylight Hours	Daylight Hours



Challenge Yourself 2
Take the Next Step

5k / 10k / 13.1 / 26.2

Minot AFB Chaplain Corps

Air Force / Bismarck Marathon Training Community

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E1-3: Full Scholarships available
[Bismarck Reg & Hotel]

Race Date:
09/17/2022
[both races]

Runners of all levels/goals welcome



Weekly Runs
(beginning 5/18):
Wed @ 1800
Bud EBert Park

Contact: Sign Up w/QR Code:
Chaplain Mark Bradshaw
723-2456 / mark.bradshaw.2@us.af.mil



Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>3816 South Broadway Minot, ND 701-858-0777 Phone: 701.858.0777 www.mimexicomino.nd</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p>Whiskey Nine</p> <p>109 Central Ave, Minot, ND 58701 Phone: 701.837.1090 www.whiskeyninennd.com</p>	

PRAIRIE GRIT

ADAPTIVE SPORTS



BICYCLE CRITERIUM RACE

SATURDAY AUGUST 27

12:00 PM

ALL AGES | \$5 YOUTH, \$20 ADULTS

Anyone with a bicycle, race chair, adaptive bicycle, or tricycle and a helmet can participate! This event is a fundraiser benefitting PGAS to purchase adaptive equipment for athletes to try before they purchase. All registration fees are considered donations, in the case of inclement weather and the event is cancelled, registration fees will continue to Prairie Grit.

STARTING LOCATION: 3916 N BROADWAY, MINOT, ND




FOR MORE INFO AND TO REGISTER, VISIT:
TINYURL.COM/YC556T32



MINOT AFB CONCERT

Airmen and families enjoy a concert featuring Skillet and Hoobastank at Minot Air Force Base, North Dakota, Aug. 13, 2022.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



<p>EVERYDAY HAPPY HOUR - 3PM - 6PM</p> <p>\$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps 1/2 Flat Bread Pizza</p>	<p>DAILY SPECIALS</p> <p>Monday \$5 Moscow Mules (all day) Tuesday \$4 ND Breweries (all day) Wednesday 1/2 Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots</p>	<p>FAMILY PACKS</p> <p>Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* *Changes Weekly - Check our Facebook Page Thursday Pasta Pack</p>
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thestarvingrooster.com

BABY ANNOUNCEMENTS

BABY GIRL BORN ON
WEDNESDAY, AUGUST 17, 2022 TO:
KAYLEEN AND ADAM SHELLEY
MINOT, ND

BABY BOY BORN ON
WEDNESDAY, AUGUST 17, 2022 TO:
MARIA AND SCOTT NESS
KENMARE, ND

BABY GIRL BORN ON
FRIDAY, AUGUST 19, 2022 TO:
ALYSSA AND CHANCLER HALL
MINOT, ND

BABY GIRL BORN ON
FRIDAY, AUGUST 19, 2022 TO:
EMELINE AND ANDREW REYNOLDS
MINOT AFB, ND

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

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- Green Mountain Grills
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Outdoor Rocket Activities Planned at Ronald Reagan Minuteman Missile State Historic Site

STATE HISTORICAL SOCIETY OF NORTH DAKOTA

COOPERSTOWN, N.D. – Visitors can enjoy “Launch Pad Oscar,” an outdoor event with free rocket-themed activities, including making foam rockets and launching model rockets, on Sunday, Sept. 4, from 10 a.m. to 6 p.m. at Ronald Reagan Minuteman Missile State Historic Site, Cooperstown.

Cold War years in North Dakota: Oscar-Zero Missile Alert Facility and the November-33 Launch Facility. They are the last remnants of the 321st Missile Wing, a cluster of intercontinental ballistic missile launch sites that were spread over a 6,500-square-mile area around the Grand Forks Air Force Base.

The site begins fall hours on Sept. 5, and will be open through Oct. 31, Monday and Thursday-Saturday, 10 a.m.-6 p.m.; Sunday, 1 p.m.-5 p.m.; and closed Tuesday-Wednesday.

The Ronald Reagan Minuteman Missile State Historic Site is managed by the State Historical Society of North Dakota. For more information, contact Site Supervisor Rob Branting at 701.797.3691. Find additional programs sponsored by the State Historical Society of North Dakota at history.nd.gov/events.

The Ronald Reagan Minuteman Missile State Historic Site consists of two sites telling the story of the

NOTES ON BEING SAFE

PLAYGROUND SAFETY IT'S AN ADULTS RESPONSIBILITY

Each year in the United States, an average of 17 children die following playground accidents and over 170,000 children are injured seriously enough to require emergency room treatment.

Is your child's playground safe? Here are some things to check:

- Surfaces around and under playground equipment should be covered with at least 12 inches of loose-fill surfacing materials such as wood chips, mulch, sand, or pea gravel, or be made of safety-tested rubber or rubber-like materials. The material should not be wet or compacted, and should extend at least 6 feet in all directions from the equipment to give plenty of safe fall zones. For swings, the safe surface should cover the ground, front and back, twice the height of the suspending bar. Unsafe surfaces include concrete, asphalt, grass, soil, and hard packed dirt.
- The fall zone around each piece of equipment should be free of all obstacles, including other play structures. For example, equipment less than 30 inches high should be at least 6 feet apart; equipment higher than 30 inches should be 9 feet apart.
- All elevated surfaces such as platforms, bridges, walkways, and ramps should have guard rails or another kind of protective barrier.
- Is any of the equipment too high? For preschool children, the highest climbing rung or platform should be no higher than 4 feet above the surface. For school-age children, 6 feet is the maximum.
- Are the swings made of hard, heavy material? Are they too close together or too close to the support structure? Swing seats should not be made of heavy rigid materials such as wood or metal. Heavy hard hitting swings are especially dangerous and should not be on the playground. These include animal swings, gliders, swinging exercise rings, and trapeze bars.
- Check for open “S” hooks, gaps, holes, protrusions and other items that could catch on your

child's clothing, possibly leading to strangulation. Be sure to check at the top of slides.

- Check for any spaces where your child's head could become trapped. Any opening should be less than 3.5 inches or greater than 9 inches.
- Check for sharp point and edges, exposed or moving parts, or other areas which could injure your child.
- Are there items your child could trip over, such as tree stumps, rocks, and concrete footings?
- Are there signs of deterioration, corrosion, or vandalism, such as

splinters, large splits, decay, rust, and peeling or chipping paint? Also check handholds, guard rails and swing seats to make sure they are still solidly attached.

Even with all the dangers present around playgrounds, we can protect our children and still have fun outdoors. Common sense and knowledge is the best defense against playground hazards. It's an adult's responsibility to identify and report unsafe playground conditions. If you find that your playground is unsafe, contact the owner or operator and let them know about the hazards.



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NCUA LENDER

Life Jacket Program Aims to Save Lives

TRINITY HEALTH

With summer winding down, many families will escape to area lakes in coming weeks. To make sure such outings don't end in tragedy, Safe Kids Minot is teaming up with Brady Martz and the Minot Park District to give families easy access to life jackets.

Amber Emerson, RN, Safe Kids Minot coordinator, says the Life Jacket Loaner Program is a community project to give families access to life jackets for short-term use.

“Drowning is the #1 cause of accidental death in preschool age children,” Emerson said. “I'm so grateful to see one of our municipal partners and a local business band

together so kids can be safe while enjoying the water.”

Accessing the program is simple. Families pick up the loaner jackets at the Minot Park District office at 420 3rd Ave. SW. They fill out some paperwork and sign an agreement to return them intact within 14 days. The loaner vests, which range in size from infant to adult, are available free of charge, thanks to a grant from Brady Martz.

According to Emerson, the life jackets can be utilized for lake trips or pool visits and are available to Minot families as well as those visiting from out of town.

FREE EVENT!

BLOCK PARTY

SUNDAY, AUGUST 28
11 AM-2 PM

Food, Games, Crafts, Jumping Castle, Obstacle Course

VINCENT UNITED METHODIST CHURCH **1024 2nd Street SE**
www.vincentumc.com

the SPOT

CORNHOLE

POOL

DARTS

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

6 2ND STREET NE, MINOT
701-852-7768
(SPOT)

Thriving into the 2022-2023 School Year

School is in session and our MAFB students! This summer has been filled with long days, outdoor activities, and occasional sightings of the Northern Lights. Over the last month, I was privileged to visit local education agencies in the Minot area, attend orientations, open houses, and teacher convocation. A common theme and thread from these experiences was creating a safe space for our MAFB students to thrive during the 2022-2023 School Year.

Adjusting to new and ever-changing environments present

challenges for students. However, our agencies, especially the School Liaison Office (SLO) at Minot Air Force Base, are incredible resources. For example, when you reach out to the School Liaison Office, not only will we provide information on the programs we manage, but will also connect you to incredible resources at Family Child Care (FCC), the Youth Center (YC), Military and Family Readiness Center (MFRC), the Resident Advocate and so much more.

Each day, week, month, and year, our goal is to be student

focused driving positive outcomes for MAFB students. Education is an essential when considering quality of life and Mrs. Sharene Brown, spouse of the Chief of Staff of the Air Force established the "Five and Thrive" initiative to address this.

Read more about the "Five and Thrive" Initiative here: <https://sites.google.com/view/fivethrive/home?authuser=0>

In what ways are you encouraging others especially students to thrive?



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
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3 AFTERNOONS PER WEEK

CLASSES BEGIN SEPTEMBER 7

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2022-2023 MPS CALENDAR

August 2022							October 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	2	3	4	5	6	7	8
7	8	9	10	11	12	13	9	10	11	12	13	14	15
14	15	16	17	18	19	20	16	17	18	19	20	21	22
21	22	23	24	25	26	27	23	24	25	26	27	28	29
28	29	30	31				30	31					

September 2022							November 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30			

August 16, 17 & 18
Workshop - All New Teachers

August 22 & 23
Workshop - Total Staff

August 24
First Day of School

September 05
Labor Day - No School

September 06
Professional Development Day - No School

October 20 & 21
Administrator Convention Days - No School

November 11
Veteran's Day - No School

November 24
Thanksgiving - No School

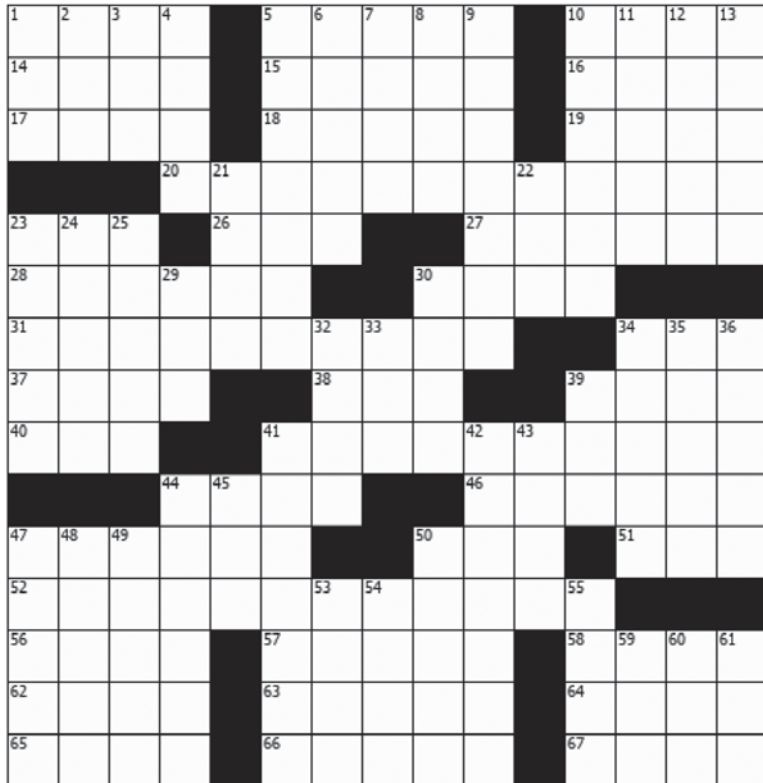
November 25
Vacation - No School

Vacation Days - not contracted day
 Holidays
 PD Days - contracted day

Early Release Days - 1:15pm
 Parent/Teacher Comp Days
 * Weather Make-up Day

CROSSWORD PUZZLE

- Across**
- Red sign
 - Blass competitor
 - Ornamental layer
 - Flight opening
 - Microsoft product
 - Origin add-on
 - Driving hazard
 - Lake near Squaw Valley
 - Strengthen, in a way
 - Tailor's parting?
 - Some drips
 - Kind of blanket
 - Word always found among the clues
 - Creep, maybe
 - In the old days
 - Round Table parting?
 - Doo follower, in song
 - Fraternal group
 - Red Guard idol
 - __ avail
 - Kinetoscope monogram
 - Hoosier State senator's parting?
 - Chance to play
 - Changes
 - Gospel Grammy winner Crouch
 - "The Chronic" rapper, familiarly
 - Job listing ltrs.
 - Shepherd's parting?
 - Miniseries, often
 - Say "y'all," say
 - Court cry
 - Coup target?
 - "Let's hear it for ..." speaker
 - One of four with 30
 - Flip
 - Staggers
 - In full bloom



- Down**
- Take in
 - Gen __
 - Something for the later yrs.
 - Best
 - Neither here nor there
 - Praise
 - Repeat
 - Light element
 - Aristocratic
 - By the truckload
 - European prefix
 - Hair
 - Hair piece
 - Hairy creature of sci-fi
 - TV watcher?
 - "Does __ any better than this?"
 - Bass relative
 - Communicated in, as a language
 - NFL stats
 - "Oops!"
 - "__ old cowhand ..."
 - Cheerful
 - "Any man's death diminishes me" writer
 - Terminal type
 - "In what way?"
 - Cremona crowd?
 - Luther Burbank, notably
 - Old schoolmasters' sticks
 - Sign
 - Pays for
 - Motor City labor gp.
 - Positive feature
 - "Groovy!"
 - "Ballet Rehearsal" artist
 - Yo-yo component
 - Weapon for Napoleon
 - Rush
 - Karate school
 - Slangy assent
 - Storm hdg.
 - Spiritual path

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

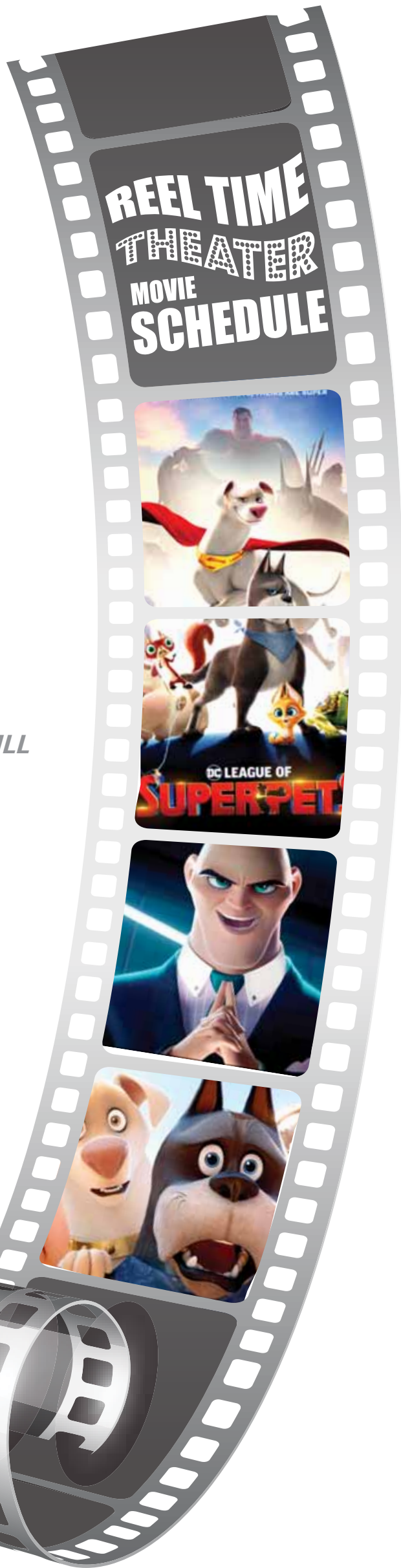
SUDOKU

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

Solution to puzzle on page C11

DUE TO MECHANICAL ISSUES THE THEATER WILL BE CLOSED UNTIL FURTHER NOTICE.

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

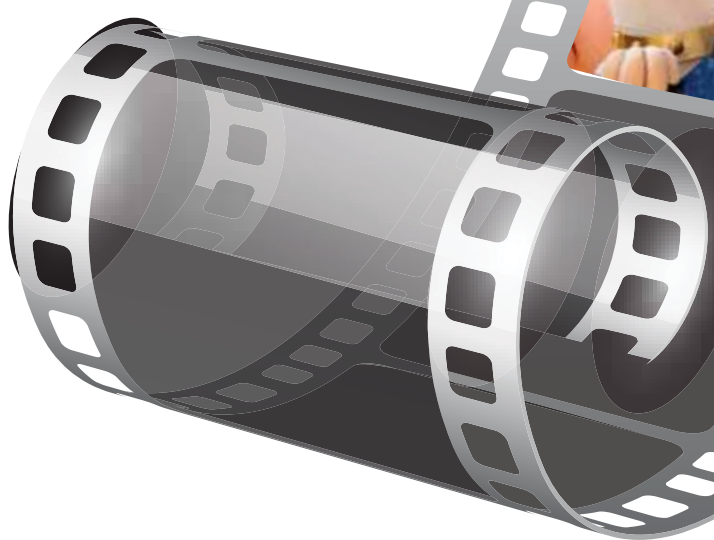




HOURS:
 MONDAY - THURSDAY
 11AM - 12AM
 FRIDAY & SATURDAY:
 11AM - 1AM

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 DOWNTOWN MINOT

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CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
0900


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

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

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

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Saturday, Aug 27
5 PM, No Vespers

Sunday, Aug 28
10AM, Congregational Prayer Service


Break Forth BIBLE CHURCH

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and Sundays 10:30am

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

www.trinitychurchminot.org


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

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


Immanuel Baptist Church

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

Sunday Worship
10:00 am

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


Christ Reformed Church

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

St. John the Apostle Catholic Church

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

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


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


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

Sunday Worship
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church

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

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

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


JOURNEY CHURCH
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Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

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

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


Cross Roads Baptist

Southern Baptist Convention

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

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

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


West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal..... 5:30p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday 7:00 - 11:00 p.m.
ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot

First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor


Grace Baptist CHURCH OF MINOT

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

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

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Rev. Heath Trampe
Rev. Brian Doel

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June 12-September 4

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

Wednesdays
6:30pm Contemporary Service

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www.ourredeemers.org


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Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org

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MINOT AFB ANNOUNCEMENTS

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Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 12 Sept-13 Nov. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

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

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MINOT STATE UNIVERSITY

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



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SUDOKU SOLUTION

PUZZLE ON PAGE C8

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

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WHAT'S GOING ON MAFB

FRIDAY 26

- World's Fare Week at the Dakota Inn Dining Facility
- Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Warhammer 40,000 Casual Game Day, 1300, ESC
- EFMP Kids: Halloween Sparkle Window Craft, 1730-1930, Arts & Crafts Center, hosted by M&FRC
- Karaoke Night, 2000, Rockers Bar & Grill

THURSDAY 01

- Banned and Challenged Books Challenge Begins at the Minot AFB Library
- Pre-Separation Counseling, 0830, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness Center
- Zumba, 1730, Fitness Center

AUG. SPECIALS

Bomber Bistro • Meatball Sandwich
Meatballs, mozzarella cheese, and tasty marinara sauce on an Italian hoagie. Served with chips and a drink!

The B-Fifty Brew • Breakfast Burrito
Burrito with eggs, cheese, hash browns, and choice of ham, bacon, or sausage!

Rockers Bar & Grill • Club Wrap
Sliced ham, smoked turkey, crispy bacon, lettuce, diced tomatoes, cheddar cheese, and ranch wrapped in a garlic herb tortilla.

SATURDAY 27

- Barre Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Magic The Gathering Un-Cube Draft, 1500, ESC

FRIDAY 02

- AFGSC Family Day
- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 03

- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Cycle & Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center



SUNDAY 28

- Sunday Escapes Book Club, 1330, Minot AFB Library

MONDAY 29

- Strength & Conditioning, 0500, Fitness Center
- Family Pilates, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Yoga for Fitness, 1830, Fitness Center

ONGOING

- Kids Drive Free: Rough Rider Golf Course – Kids Drive Free through 31 August at the Rough Rider Golf Course! Junior golfers ages 5-17 receive one free bucket of range balls every day!
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

TUESDAY 30

- Game Day, 1000-1930, Minot AFB Library
- Zumba, 1830, Fitness Center

WEDNESDAY 31

- Kids Drive Free Ends at the Rough Rider Golf Course
- Registration Closes: Youth Flag Football at the Youth Center
- Submission Close: 2022 Air Force Photo Contest at forcesupport.awardsplatform.com
- Strength & Conditioning, 0500, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

Magic The Gathering Un-Cube Draft
27 August 2022
ESC • 1500

\$5 entry fee per person. Maximum of 16 contestants. Beginners welcome!

Each contestant is given three 15 card "masks" pulled from a cube consisting of cards from the Unhinged, Unhinged, Unstable, and Unconquered sets.

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