

# Liberty Press *Weekly*

Nov. 15, 2010, Vol. 2, No. 44

512th Airlift Wing, Dover Air Force Base, Del.



Photo by Scott M. Ash

## Fisher House complete

**The 50th and newest Fisher House, the Fisher House for Families of the Fallen, at Dover Air Force Base, Del., was dedicated Nov. 10, 2010. This house is the first from the Fisher Foundation which not only will serve families of**

**military personnel and veterans who are hospitalized, but also serve the Air Force Mortuary Affairs Operations mission, lodging families who travel to Dover AFB to witness the dignified transfer of their loved one.**

## Liberty Wing embraces fitness culture with 100-Point Fitness Excellence Club, Warrior Run

The 512th Airlift Wing now has a 100-Point Fitness Excellence Club to recognize reservists earning perfect scores on their fitness assessments.

Members of this club will receive a T-shirt and have their name placed on the 512th AW recognition board in the base fitness center for a year.

To receive a perfect score on a fitness assessment, Airmen must earn maximum points in all the fitness component areas, which include a 1.5-mile timed run or a 1-mile walk, abdominal circumference, push-ups and sit-ups.

In addition to recognizing the wing's most fit Airmen, the program is designed to highlight the need for reservists to set a personal fitness goal and participate in a year-round physical-conditioning regimen that emphasizes regular fitness training and healthy eating habits, said Chief Master Sgt. Chris Ford, 512th Maintenance Squadron superintendent.

"An active lifestyle increases productivity, optimizes health and decreases absenteeism while helping the wing maintain a higher level of readiness," said the chief, who added being physically fit is an asset for Airmen who work in deployed environments with extreme weather and harsh conditions.

Col. Randal L. Bright, 512th AW commander, further emphasized the importance of fitness.

"The Air Force encourages a culture of fitness, and it's an Airman's responsibility to be physically ready to accomplish the mission," said the colonel. "The 100-points club is just one way of recognizing those who excel at fitness. I encourage Airmen who may struggle with their fitness assessment to look to these people for encouragement and advice, so they can improve their fitness score and perhaps make it a goal to be part of the 100-points club."

Airmen who would like to jump start their 2011 fitness programs are encouraged to participate in the wing's first Warrior Run Jan. 8 at 3 p.m. at the fitness center. Unit members can register at the fitness center the day of the event. Participants may run or walk the 3-mile trek. The first male and female to finish the run as well the unit with the most participation will be recognized, said Chief Ford.

"Whether you walk or run, it's an opportunity for wing members to get outside and exercise and for the wing to demonstrate its support for fitness," he said.

*(Courtesy 512th Airlift Wing Public Affairs)*

## Open Season underway for civilian employees

Now through Dec. 13 is open season for the Federal Benefits Open Season for Federal Employees Health Benefits, the Federal Employees Dental and Vision Program, and the Federal Flexible Spending Account program.

During Open Season, civilian employees may enroll, change health plans or options, cancel enrollment, change to self-only or self and family, and waive or begin participation in premium conversion. All open season changes or enrollments will be effective Jan. 2, 2011.

There are several significant changes in benefits and rates this year, so be sure to review the Office of Personnel Management's Open Season Website at [www.opm.gov/insure/openseason/index.asp](http://www.opm.gov/insure/openseason/index.asp) and the Guides to Federal Benefits for summary information on FEHB, FEDVIP, and FSAFEDS programs at [www.opm.gov/insure/health/planinfo/guides/index.asp](http://www.opm.gov/insure/health/planinfo/guides/index.asp).