

# Liberty Press Weekly

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

## Aerial porters take trophy at wing Fitness Challenge

**Master Sgt. Veronica Aceveda**  
512th AW Public Affairs

The 46th Aerial Port Squadron took home the team trophy from the 512th Airlift Wing's first Fitness Challenge June 12 at the base track.

The event, sponsored by the 512th AW's Company Grade Officers Council, called for each unit to field a team of competitors of varying ages to participate in contests of sit-ups, push-ups, a relay race and a walkathon.

"Winning this challenge is an awesome reward for our unit who has made a lot of improvement in the fitness arena," said Tech. Sgt. Jamie O'Brien, a 46th APS team member who did 34 push-ups in the Women Under 30 category. "While our 11-person team received the honors at the track, this trophy is a reward for all the individuals in (the 46th APS) who are making the effort towards better fitness."

The event buffed, but not in the post-maternity or challenge categories as we were not even wanted to cheer.

"It was a play of esprit de corps and I'm very proud of that," said Col. 512th AW commander. "I'm more impressed with the only their best allowing for their female relay team they finished out to represent, proud of them."

"We brought really well on some in fitness," said Col. 512th AMDS female relay team they finished out to represent, proud of them.

The team baton across the finish line first was the 512th Aircraft Maintenance Squadron which finished the one-mile relay in 4:30.

In all, there were eight squadrons vying for the team trophy as well as an individual competitor, representing the Delaware Army National Guard.

To read the rest of the story with the complete winners list, visit <http://www.512aw.afrc.af.mil/news/story.asp?id=123260483>.



Photo by Staff Sgt. Andria J. Allmond

**Staff Sgt. Coban Goertz, 46th Aerial Port Squadron load planner, performs push-ups June 12, 2011, as part of the wing's first Fitness Challenge at the track, Dover Air Force Base, Del. The 46th APS team beat seven other teams for the championship trophy.**

wasn't just for fit-for Airmen in all fitness categories. Several who were post injury were at well as many who competing at all but on their co-workers. phenomenal dis-corps and morale, impressed with Randal L. Bright, commander. "I'm even with how the units deck by having athletes on a team, more participation unit."

out people who do the fitness test as people who struggled said Capt. Ma-512th Aerospace Squadron. "The had the only all-team; and, sure last, but they came and I was really

that did bring the baton across the finish line first was the 512th Aircraft Maintenance Squadron which finished the one-mile relay in 4:30.



Photo by Staff Sgt. Andria J. Allmond

## Chief begins new chapter

**Chief Master Sgt. Suzy Florian, 512th Aircraft Maintenance Squadron first sergeant, receives her certificate of retirement from Lt. Col. Nicholas Koski-Vacirca, 512th AMXS commander, during a ceremony June 12 at the Air Mobility Command Museum. Chief Florian retires following a 30-year career which she began as an airman basic on active duty as an orderly room specialist on Dover Air Force Base, Del.**

## Online UDM course launches

As part of the U.S. Air Force Expeditionary Center's continuing goal of leveraging technology to assist in training, members of the Expeditionary Center's Mobility Operations School celebrated the launch of the online unit deployment manager, or UDM, course this month.

With no actual Air Force Specialty Code assigned to the function, UDMs are often Airmen serving in wide variety of Air Force career fields taking on these responsibilities as an additional duty.

In May, MOS officials unveiled the UDM online training course. The eight-hour course is primarily used as a prerequisite for the in-residence and mobile training courses, but also is extremely valuable as a stand-alone course for individuals waiting for formal training or as a refresher of core UDM knowledge.

Anyone involved in current deployment functions can benefit from taking the online course. The course already has 105 total users enrolled with 16 graduates since being fielded June 2. (Courtesy AFNS)