

# Liberty Press Weekly

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

## Construction complete: New base gym open for fitness

**Airman 1st Class Samuel Taylor**

436th AW Public Affairs

Let's face it - many Team Dover members were fed up with the old fitness center. They were sick of the smell of more than 50 years of accumulated sweat, tired of the dilapidating facility, and bewildered by the labyrinth of hallways. They were ready for a change.

On Dec. 16, the much-anticipated, brand new \$11 million fitness center is set to open. According to Mindy Rolkowski, fitness center director with the 436th Force Support Squadron, the new facility is the answer to many service members' wishes.

If someone can find an excuse not to come to the new facility I'd love to hear it - I can't think of one, said Rolkowski. The facility is brand new, the equipment is top of the line, and there's enough space so you don't have to hold hands with the person next to you.

Few rocks were left unturned when it came to planning the new facility, especially when it came to improving on the minor details that too often go unnoticed.

There is at least a two-foot space between machines for increased safety and comfort. Some machines are also wheel-

chair accessible. The building's humidity and heat governor is automated to adjust to ambient temperature outside. Each machine is man-powered to reduce energy usage, with the exception of treadmills, each of which is equipped with a miniature television. Locker rooms are a far cry from its

predecessor, sporting digital locks that eliminate the need to keep track of a physical key.

The floor plan also received much needed changes. The maze-like layout of the former facility has been replaced by an open workout area with high ceilings. From the fitness cell to the children's play area, each area has benefitted from increased space. The building faces true north, allowing for maximum exposure to sunlight from the large windowed wall.

No more are the days when Zumba class was interrupted by the left over equipment from Spin classes. There are dedicated rooms for fitness classes, the Health and Wellness Center and equipment rental and storage.

From the front desk, fitness center staff can observe nearly all areas of the gym through windows or cameras - an innovation done for safety, not security concerns, said Rolkowski.



Photo by Roland Balik

**Gym equipment sits in the new fitness center Dec. 8 on Dover Air Force Base, Del. The \$11 million fitness center's grand opening was Dec. 16.**

## Air Force Reserve Command announces new command chief

Lt. Gen. Charles E. Stenner, Jr., chief of the Air Force Reserve and AFRC commander, selected Chief Master Sgt. Kathleen R. Buckner for the Air Force Reserve Command's top enlisted position Dec. 23.

Before being selected, Buckner served as the command chief master sergeant for the 349th Air Mobility Wing, Travis Air Force Base, Calif. She replaces Chief Master Sgt. Dwight Badgett, who was recently selected as the senior enlisted advisor for Joint Task Force North, Fort Bliss, Texas.

Chief Buckner will advise General Stenner on readiness, training, utilization, morale, professional development and quality of life for all enlisted members in the Air Force Reserve. She will also be the functional manager for all Reserve first

sergeants, the senior noncommissioned officers responsible for the morale, welfare and conduct of enlisted members at the squadron level throughout the command.

She has been the command chief for the Travis Reserve wing since May of 2009. A native of Gary, Ind., she enlisted in the Air Force in 1987. While on active duty, she served at various levels in the operations resource management field and was an Airman Leadership School instructor. Her assignments included positions in California, Utah, Spain and the Netherlands.

Since leaving active duty in 1997, she has served as both a traditional reservist and an Air Reserve Technician. In 2007, she deployed to Southwest Asia in support of the wars in Iraq and Afghanistan.



**Chief Master Sgt. Kathleen R. Buckner is the new command chief for Air Force Reserve Command. She was assigned to Travis Air Force Base, Calif.**