



HQ INDIVIDUAL RESERVIST

READINESS & INTEGRATION ORGANIZATION

The Readiness Report

Sexual assault prevention: know your part, do your part

By Lt. Col. Sharon Stehlik, Commander, HQ RIO Detachment 2

April 2015 marks the 14th annual observance of Sexual Assault Awareness and Prevention Month (SAAPM). By bringing awareness, recognition and training to our Airmen, this program has made great strides towards reducing sexual assaults in our Air Force. A Department of Defense survey indicated that in 2012, one in six victims of a sexual assault reported the assault. By 2014, that rate had improved to one in three. That's good news for our Air Force.



This year's SAAPM theme is "Eliminate sexual assault: know your part, do your part." Knowing your part means educating all Airmen on sexual assault and how to identify predatory behavior. Doing your part means possessing the fortitude to intervene when appropriate, to report crimes, and to support victims. Raise your voice when necessary; step in—don't tolerate sexist jokes or language; walk-the-walk and talk-the-talk.

Sexual assaults are crimes that take an extraordinary toll their victims. This, in turn, significantly degrades our mission readiness. The momentum towards reporting and preventing this criminal and predatory behavior must continue if we are to create a climate of dignity, respect, and trust needed to succeed in our mission. When every Airman, at every level, understands, internalizes, and adheres to our Core Values and standards of behavior, this will occur.

This crime will not be tolerated in our Air Force, nor will retaliation toward its victims. Our Air Force has a history of successfully overcoming challenges—solving this complex issue is every Airman's responsibility. Do your part!

Visit the [Air Force SAPR website](#) to find your local SARC, learn more or report an assault.



HQ RIO Wingman Day celebrates Air Force heritage

By Master Sgt. Timm Huffman

"Freedom is never more than one generation away from extinction. We didn't pass it on to our children in our bloodstream. It must be fought for, protected, and handed on for them to do the same."

-President Ronald Reagan

Civilian and military members of the Headquarters Individual Reservist Readiness and Integration Organization staff held a Wingman Day with 27 World War II, Korean War and Vietnam War Air Force veterans at the Heather Gardens Active Adult Community, Aurora, Colorado, April 8.

The theme of the luncheon event was "Who inspires you? Who will you inspire?" and the HQ RIO staff was able to talk with, and learn from, the Airmen who helped make the Air Force what it is today.

The organization also celebrated the Air Force Reserve's 67th Birthday.

Ms. Denise Kester, HQ RIO Key Spouse, kicked off the event with a Prisoner of War, Missing in Action table ceremony and four videos ([YouTube playlist](#)) highlighted the Air Force's heritage.

Following the videos, Col. Christopher E. Cronce, HQ RIO commander, addressed the attendees. In his comments, Cronce discussed the importance of wingman day to building resiliency, esprit de corps and reinforcing the wingman culture in which Airmen take care of Airmen. He also encouraged his Airmen to draw inspiration from the veterans who were in attendance.

"As I look around the room, to those of you who are part of HQ RIO, please know that we are in the presence of heroes. Without their sacrifices, and the sacrifices of those who served with them, we would not be gathered here today," he said.

After the presentations, lunch was served, and the HQ RIO staff had the opportunity to talk with the veterans.

Master Sgt. Melinda Wilkins, of the HQ RIO readiness office, ate with Ms. Patricia Hamburg, an Air Force nurse in the 1950s, who was discharged after her first child was born.

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HQ RIO Leadership



Col. Christopher E. Cronce
Commander | [Biography](#)



CMSgt. J. Seth Perron
Superintendent



MSgt. Jerrod Kester
First Sergeant

[Enlisted leader biographies](#)

HQ RIO Quick Links

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- [CMSAF Roll Call](#)
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Share your story!

Have an incredible Air Force story? Tell it by contacting the HQ RIO Public Affairs office at 720-847-3787.

Red ID tag required for deployers with allergies, medical conditions

By Master Sgt. Lindsay Estell, Superintendent, HQ RIO Individual Reserve Medical Office

Individual Reservists with allergies or medical conditions, who are eligible to deploy, will now be issued a Red Medical Alert Identification Tag.

Airmen must report allergies and new medical conditions to their servicing military treatment facility staff during pre-deployment medical reviews, when completing their annual PHA or when a new allergy or medical condition is diagnosed.

The conditions that require the ID tag include but are not limited to:

- Allergy to drugs, medications, insect stings (i.e. PCN)
- Sensitivity to biologic products or immunizing agents
- Convulsive disorders (i.e. Epilepsy)
- Diabetes Mellitus
- Absence of a kidney
- Implanted medical devices
- Chronic medications (i.e. anti-coagulant)
- Sensitivity to anesthetics
- Sickle cell disease/trait or G6PD deficiency

Currently, the ID tag requirement does not affect individual medical readiness status. Airmen should direct any questions regarding the Red ID tag to their servicing MTF.

Monthly IR Refresher Trainings available

By Senior Master Sgt. Tammi Soto, Superintendent, Integration Cell

The Headquarters RIO Integration Cell is now offering monthly, online training sessions for Individual Reservists. These DCO courses cover topics such as readiness, career management and more.

Upcoming trainings are:

- Topic: UTAPS; May 7 and June 11, 8:00 and 11:00 a.m. (MT)
- Topic: IR Retirement Process; July 9 and Aug. 13, 8:00 and 11:00 a.m. (MT)

These trainings are available via DCO and teleconference. Information on how to log-in to these trainings and how to obtain supporting training materials, will be available on the HQ RIO Integration Cell public webpage the week prior at www.arpc.afrc.af.mil/Home/HQRIO/IntegrationCell.

SAPR
SEXUAL ASSAULT PREVENTION AND RESPONSE
ELIMINATE SEXUAL ASSAULT. KNOW YOUR PART. DO YOUR PART.



One Airman, Global Impact

Maj. Robert Rogers, Airfield Pavement Evaluations Branch Chief, Air Force Civil Engineering Center

After six months of flying troops and supplies for Operation United Assistance into Liberia's only international airport, U.S. Africa Command members feared the heavy transport aircraft had taken a toll on the runway's decaying, 40-year-old asphalt.

To determine the condition of the tarmac at Roberts International Airport as operations in Liberia came to a close, a special group of Air Force engineers was called in to evaluate the airfield.

The Air Force Civil Engineering Center's Airfield Pavement Evaluation Team, a small, elite unit of engineers tasked with evaluating the structural integrity of the many Department of Defense airfields around the globe, received notification that their unique services were needed.

While the single-strip international airport in Liberia would be a small project compared to the mammoth military runways they normally deal with, there would be other obstacles the APE team would have to overcome.

Airfield pavements branch chief Maj. Robert C. Rogers, an Air Force Reserve Individual Mobilization Augmentee supporting the unit on a full-time basis, led the mission to Liberia. Assignment to the outfit requires years of specialized training, including a master's of science in civil engineering, with a concentration in geotechnical engineering, and up to a year of on-the-job training. So, it made sense for Rogers, a four-year airfield pavements veteran, to join his organization as an IMA when he left active duty and joined the Reserve in 2014.

The mission to Liberia came on the heels of a five-week mission to Sheppard and Dyess Air Force Bases, Texas. A busy travel schedule is nothing new to the APE Airmen, who are on the road 120 days every year. According to Master Sgt. James Dixon, APE superintendent, active duty and Reserve runways undergo an evaluation every eight years and Air National Guard runways are evaluated every 16 years; a big undertaking for the three evaluation teams the shop can field.

After returning from Texas, the team of four loaded onto a C-17, which had come to their home base at Tyndall AFB, to give them a lift to Africa. After a two day trip that included a crew rest in Senegal, they were on the ground at Roberts.

Rogers said they were particularly excited for this mission because it was outside of their normal rotation and was a way to contribute to a relevant, global cause.

The APE team brought several pieces of specialized equipment to measure the flexibility of the tarmac and to biopsy the insides of the air strip. One piece of equipment they used was the Heavy Weight Deflectometer. This compact-car sized, tow-behind trailer simulates the impact of a cargo plane, weighing up to 250,000 pounds, landing on a runway. Dixon, who is responsible for the HWD, said the machine raises a weighted package to a specified height and then drops it on the runway, while sensors collect data on the flexibility of the surface. They also used

a large, water-cooled drill to take six-inch core samples of the runway.

The total-force team faced several unusual challenges during their testing, due to the limited resources available at Roberts IAP. Their first hurdle came when they ran out of fuel for their equipment.

"Typically, at U.S. bases, we have access to fuel," but that wasn't the case at Roberts, said Dixon. "We actually had to go out into the local area and buy jars of gas from a roadside stand for about \$3 each."

Once they had fuel, they also needed water to keep the coring drill cool. To do this, they worked with the local fire department, trading meals-ready-to-eat for a couple hundred gallons of water from the fire truck.

Another obstacle the team dealt with was an unpredictable flight schedule. With only one runway to service flights in and out of the country, a complete closure of the airport was not possible. Rogers said they knew when U.S. planes would arrive, but United Nations planes would arrive unexpectedly and the team would have ten to 15 minutes to fill their six-inch core-sample holes with fresh asphalt, pack up their equipment, and clear the runway.

"It was a little frustrating," he said.

In addition to the job-related stressors, the evaluation team also had to deal with the psychological aspect of being so close to the EVD. Rogers said deploying without weapons to a location without the physical threat of

an enemy firing at you, but where instead you had to worry about what you could and could not touch, was weird at first, though the anxiety abated as time went on.

Rogers expected the testing to take about two days, and the team counted on being in Liberia for about five. However, the C-17 that was taking them home ran into some delays, which kept them in country for two weeks.

They didn't let this time go to waste, though. Once the testing was complete, Rogers evaluated the data and wrote his report. After analyzing all of the data, he determined Operation United Assistance flights did not impact the runway negatively.

Furthermore, the APE team's findings showed that previous studies of the runway overestimated the amount of repairs needed to keep the airfield operational.

"Our mission was to document the end condition of the runway following operations,"

said Rogers. "We found out that the Air Force did not cause additional damage to the airfield. Our structural testing showed that the underlying layers are stronger than previously reported and don't need a full overhaul."

The evaluation report showed fewer repairs needed, meaning less down time for the runway and a cost savings of over \$10 million for the Liberian government.

Rogers added that they actually left the runway in better condition than when operations began, since his team used leftover asphalt they brought for filling in the core-sample holes to fill craters left from Liberia's civil war in the 1990s.

With the report finalized and the good news about the runway in hand, Rogers, Dixon and the team's two other enlisted Airmen caught a Blackhawk helicopter ride to Monrovia, where they briefed the U.S. Ambassador, Ms. Deborah R. Malac, on their findings.

Reflecting on the mission, Rogers said he ranks the mission to Liberia as one of the most impactful of his career.

Dixon echoed the sentiments of his boss.

"Taking the data and going to the U.S. Ambassador to Liberia and giving her information she can use, it's pretty satisfying."



Maj. Robert C. Rogers, an Individual Mobilization Augmentee currently serving as the branch chief for the Air Force Civil Engineering Center's Airfield Pavements Evaluation team, buys gasoline in glass jars from a local gas station in Liberia. (Courtesy photo/Master Sgt. James Dixon)



What's your social thumbprint?

By Staff Sgt. Jessica Hines, USAFE-AFAPRICA Public Affairs

We've all done it; in a vain sense of curiosity to see if our social presence has made any kind of impact on the world. Just admit it - you've Googled yourself.

Since entering the golden age of social media, it seems that now it's not hard to gather a handful of information on just about anyone, even ourselves.

But isn't that the point? It's why we blast pictures of high school graduations, trips to Europe, and all our favorite music and movie "Likes" on our profiles. We want to be heard and seen, we want to share our accomplishments and victories and find support when life gets hard.

Social media has allowed us to network and reach across the barriers of time and space to share our story, build partnerships and connect with people from around the world we may never have had the chance to.

It's not hard to get caught up in the exchange of information and let our guard down, especially when we believe our information is safe. Generally, the information we share is harmless.

We start to run into trouble when the information we share across various social networks is strung together like pieces of a puzzle, creating a larger snapshot of our lives than we realize. When coupled with public records and open-source content, the information we share online can create vulnerabilities in our personal and professional lives.

But, where do we draw the line? When does information sharing become too much of a good thing?

Just as you would lock the front door of your home or secure your wallet, social media users should aim to lockup and secure their online personal information and do regular checkups of their social thumbprint.

This should include Googling yourself to not just see how awesome and popular you are, but to see what information is readily available or associated with your name. From there, you can take the necessary steps to protect or remove potentially revealing information.

Learn more about protecting your online identity by reading the full article on the [HQ RIO website](#).



HQ RIO reserve pay office open to all IRs; updated contact info

The HQ RIO RPO is now available to meet the pay needs of all Individual Reservists.

As of April 1, Individual Mobilization Augmentees and Participating Individual Ready Reservists are invited to use the HQ RIO pay office.

However, members who were on long-term orders prior to April 1 should continue using their current RPO until their orders end, or Sept. 30, whichever comes first.

Members may submit pay documents via email to arpc.riorpo.1@us.af.mil. Documents containing for official use only or personally identifiable information, must be marked FOUO/PII, and encrypted, if possible. Currently, the RPO cannot return any documents containing FOUO or PII to civilian email addresses. Reservists may also submit documents by fax at (DSN) 847-3960, or (Commercial) 720-847-3960.

HQ RIO military pay technicians can be reached by phone at (DSN) 847-3711 or (commercial) 720-847-3711, Monday through Friday, 6:30 a.m. to 5:00 p.m. (MT), except Wednesday, from 1:00 to 3:00 p.m. (MT) for training.



During the HQ RIO Wingman Day lunch, Master Sgt. Melinda Wilkins, HQ RIO readiness office, talks with Ms. Patricia Hamburg, an Air Force nurse in the 1950s, about the differences between being a female Airman then and now. (U.S. Air Force photo/Master Sgt. Timm Huffman)



SSN default set to unmasked when printing orders in AROWS-R

The default display setting for the social security number when printing orders from AROWS-R is now set to unmasked.

Individual Reservists may choose to manually mask their SSN when printing their orders.

To do this, Reservists must go to the “Approved Orders” inbox and select the “Mask SSN” check box near the top left of the list of approved orders.

When submitting documents to the HQ RIO travel pay office, members should leave their SSN unmasked and send by fax or encrypted email.

Did you know? | Tips for the Individual Reservist

Individual Reservists serving on orders for 180 days or longer are required by law to complete the Transition Assistance Program.

TAP is designed to help Airmen transition back to the civilian sector and understand all of the benefits available to them following military service. It consists of four components: Pre-Separation Counseling, the Transition, Goals, Plans, Success Workshop, Veteran Affairs briefings and the capstone.

More information on TAP can be found in [HQ RIO ARCNet message 15-004](#).

(Wingman Day, continued from page 1)

Wilkins and Hamburg engaged in dynamic conversation throughout the lunch and discussed the many differences between serving as a woman in the 1950s and in today’s Air Force. Both Airmen came away with a new perspective on the service of women in the Air Force.

“It was amazing to talk to her and learn the differences in the culture,” said Wilkins. “She told me she got out of the Air Force to start a family. Back then women were discharged at that time.”

Wilkins, in turn, shared with Hamburg about how she came into the Air Force as a married woman who already had a family; a big difference that amazed and pleased Hamburg.

“I think it’s wonderful. I know they’re enjoying it and they’re giving great service to our country,” said Hamburg.

Another member of the HQ RIO team in attendance was Mr. Jason Slagle, a military pay technician. As a civilian employee, Slagle was not required to attend wingman day but chose to “because the opportunity to interact with veterans who paved the way,” was an opportunity he couldn’t pass up.

Slagle dined with Mr. Charles Duvall, a World War II and Korean War vet who enlisted after his brother was killed at Pearl Harbor. During their conversations, Slagle and Duvall found they had served in many of the same locations, including Korea and the panhandle of Florida.

“It was awesome that we were able to connect at that level,” said Slagle.

Following the lunch, Airmen old and young celebrated the Air Force Reserve’s 67th birthday with cake. In keeping with the tradition of having the oldest and youngest Airman cut the cake, Slagle joined Lt. Col. (retired) Robert W. Elliot, a 95 year-old retired Airman who originally enlisted as an artilleryman in 1938, in the ceremony.

The Air Force Reserve was created as a separate component on April 14, 1948, when the Army Air Corps Reserve transferred to the Air Force. The Air Force Reserve’s lineage dates back 99 years, to 1916 when the Reserve was signed into the NDAA.

The Individual Reserve program, now overseen by HQ RIO, began at the same time, when Lt. Gen. George E. Stratemeyer, the first commander of the Air Force Reserve (then known as Continental Air Command), began using Reserve Airmen as Mobilization Assignees to augment the staff at Headquarters Air Force.

Today’s Air Force Reserve, built in part on the shoulders of the veterans who attended the wingman day, is a combat-ready force, composed of more than 67,000 Citizen Airmen, serving around the United States and across the globe at every Combatant Command in air, space and cyberspace.

After cake and conversation, the group of Airmen and veterans rounded out the occasion by convening outside for a group photograph around an Air Force Reserve commemorative birthday banner.

The Wingman Day event was an inspiring opportunity for both the HQ RIO staff and the veterans who attended. For Slagle, the lunch helped him realize that, regardless of age, every Airman has played a part in making the Air Force what it is today.

Wilkins added that the chance to learn from Hamburg and the other veterans was a valuable experience, and she recommended that others take advantage of the depth of knowledge and wisdom they have to share.

“If anyone has the opportunity to spend the time and speak with the veterans who paved the way for us here in the Air Force, in the Marines, in the Army, the Navy, the Coast Guard... please do it. They have such wonderful stories to tell, and they are so humble about it,” she said.

Hamburg had a similarly enriching experience.

“It’s great to see the young people,” she said. “The Air Force is more vigorous today than it was when we were in and that was a long time ago.”

Cronce added that an atmosphere of gratitude permeated the event.

“The veterans I spoke with said they appreciated the fact that we came by to spend time with them. However, it was a very small token of gratitude compared with all the sacrifices they, and their families, made for us,” he said. “We could never thank them enough.”