



The Readiness Report

New leadership at HQ RIO Det 6, 7

By Master Sgt. Timm Huffman

HQ RIO welcomed two new detachment commanders over the summer.

Col. Clifton D. Stargardt took the helm at Detachment 6 and Col. Barbara Y. Lee took the top spot at Detachment 7.

Col. Stargardt comes to Det 6 after serving briefly as chief of the Office of Program Management for Air University. He is a 2015 Air War College graduate and from 2012 to 2014 he served as commander of the 379th Space Range Squadron, Schriever Air Force Base, Colorado. Prior to that, Stargardt served as an active duty, traditional reserve, and IMA space operator and weather officer.

Col. Stargardt said he knows the Individual Reserve is the true face of total force and he intends to work towards making it easier for IRs to support the active component.

"I want to look for efficiencies wherever possible so IMAs can concentrate more on their duties and readiness, and less on administration," he said.

Col. Lee is a logistic readiness officer with unit, NAF, MAJCOM, and Headquarters Air Force experience. She has served at the AF Strategic Force Generation Policy Planning and Systems Division, the AF Concepts and Strategy Division, the AF Wargaming Division, and the AF Modeling and Simulation Division.

Col. Lee said she looks forward to working with her staff to improve support to the various federal organizations Detachment 7 serves in the National Capitol Region.

"That means streamlining processes, eliminating redundancy, improving customer service response times and ensuring open lines of communication between the detachment [and our customers]," she said.

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Annual IR suicide prevention training available online

By Master Sgt. Timm Huffman

Individual Reservists who are unable to complete Suicide Prevention training with their active-duty unit may now perform this training online.

In a memo dated May 14, 2015, Maj. Gen. Richard S. Haddad, AFRC vice commander, directed IRs to make every possible attempt to complete the face-to-face Suicide Prevention training. However, when that is not feasible due to scheduling conflicts, the online training is available to fulfill the training requirements. The memo can be accessed on the HQ RIO website under Resources.

The training is broken into several segments and includes dramatization videos, reading segments, and breakout session videos. After completing the course, IRs need to print their certificate and send it to their unit reserve coordinator or unit training manager to update their training record in ADLS.

To aid IRs who attempt to take the training over a .mil network, the embedded YouTube videos are also available for download by right clicking on the "Download Video" link below each video clip and selecting "save as".

Questions regarding the suicide prevention training should be directed to the member's Unit Reserve Coordinator (URC) or servicing RIO detachment.

In addition to the suicide prevention training, IRs may also complete their Sexual Assault Prevention and Response training online.

"Our goal is to make sure our Individual Reservists maintain a high state of readiness," said Col. Carolyn A. Stickell, the HQ RIO Commander. "By providing online training for those who absolutely cannot make the in-person sessions, we can keep readiness levels high. We are confident the member is getting the information they need to help put a stop to suicides and sexual assaults within the Air Force."

Access the training by visiting the HQ RIO public website at www.arpc.afrc.af.mil/home/hqrio.aspx and clicking on "suicide prevention training" under "Quick Links" on the right side of the page.

Connect with HQ RIO

Phone | 720-847-3RIO

Email | arpc.det1.rio@us.af.mil

www.arpc.afrc.af.mil/home/hqrio.aspx





HQ RIO Leadership



Col. Carolyn A. Stickell
Commander



CMSgt. J. Seth Perron
Superintendent



MSgt. Jerrod Kester
First Sergeant

[Enlisted leader biographies](#)

HQ RIO Quick Links

- [HQ RIO Website](#)
- [Detachment Directory](#)
- [The Guide for IRs](#)
- [IMA Travel Guide](#)
- [Wingman Toolkit](#)
- [CMSAF Roll Call](#)
- [www.Move.mil](#)
- [MyPers](#)
- [AROWS-R](#)
- [Defense Travel System](#)

Share your story!

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

“It’s a wonderful life”

By Lt. Col. David Dersch, Chaplain Consultant to the Yellow Ribbon Program



Lt. Col. David Dersch

In the classic 1946 Christmas movie “It’s a Wonderful Life,” Jimmy Stewart (who by the way flew 20 combat bombing missions in World War II, earned two Distinguished Flying Crosses, rose to the rank of Brigadier General in the Air Force Reserve, and was the Reserve Commander of Dobbins Air Reserve Base) plays George Bailey, a boy with big dreams of leaving his small town and making a name for himself.

However, due to circumstances beyond his control and sacrifices he makes to help others, he never leaves town. Instead of traveling the world, he takes over the family business after his father dies unexpectedly, marries, has four children, and supports the war effort at home while his younger brother goes to battle and earns the Congressional Medal of Honor.

George’s dreams are frustrated. On a particularly bad day he faces a series of calamities that lead him to believe the only way out is to jump off a bridge. Events on that day seem to conspire to steal his hope and drive him to an action that would have a dreadful impact on his family and community.

In the midst of his despair, Clarence, an angel trying to earn his wings, is sent to George on the bridge. Those who have seen the movie know how Clarence goes about saving him. For those who haven’t, I won’t spoil it. You’ll have to watch it.

My point in re-telling this story is simple: September is National Suicide Prevention Month and “It’s a Wonderful Life” is a movie about suicide prevention. At a critical point in the movie George’s family prays for him, and God sends Clarence the angel to the rescue.

You may be reading this right now and thinking, “I’m having trouble, my life is not so wonderful. I’ve been thinking about ending it all, and I don’t see any angels around me!” Wait just a minute—this article is pointing you to your angel. Pick up the phone and call 1-800-273-8255 (TALK). You’ll find an angel on the other end who will listen to you and offer you hope! Do it now. That angel is there for you 24/7!

While praying for folks is good, we should also consider how we can answer someone’s cry for help. During this month, and every month, if you notice someone is having a particularly bad day, be their angel. If you know of someone who is engaging in risky behaviors, struggling with finances, legal problems, or broken relationships, be a good Wingman and encourage them in some small way.

Unlike the movie, God probably won’t send an angel to prevent those around us from hurting themselves. But, if someone around you thinks things are hopeless, let your alarm bells go off, be their Clarence and give them some hope. Don’t leave them until you know they’ll be OK.

Did you know? | Tips for the Individual Reservist

Did you know Individual Reservists can gain access to their complete service record by utilizing the eBenefits website?

The automated records retrieval portal is managed by the Department of Veteran’s Affairs and expedites a member’s request for documents, which can usually be obtained in a matter of hours.

“eBenefits is simply amazing,” said Master Sgt. Amy Szpak, ARPC NCO in charge of the careering service team. “It replaced having members submit a SF 180 to request their military record and possibly waiting 14 business days to receive it.”

To access service records, IRs should log in to www.ebenefits.va.gov. They must register for a premium account and members with common access card and a card reader may use that to log on.

Questions about the system should be directed to the eBenefits Help Desk at calling 1-800-533-4558.



All TDY travel to be booked in DTS

From Defense Travel System website

As of September 1, 2015, the Joint Travel Regulations (JTR) require TDY travelers to use the Defense Travel System to book lodging, both government quarters (when available in DTS) and commercial lodging.

To support this policy, DTS automatically routes travelers to the Lodging Reservation Module to book lodging when creating an authorization for multi-day travel.

At this time, travelers can book lodging at most Air Force Inns, Navy Gateways Inns and Suites, Navy Lodge and Army lodging at foreign locations directly in DTS.

The majority of on-base Army lodging facilities (39 locations in the continental U.S., Alaska, Hawaii and Puerto Rico) have



been privatized through the Privatized Army Lodging (PAL) program and are not yet available in DTS and travelers are not required to use DTS to book lodging when staying at a PAL facility. To book lodging at PAL locations, travelers should continue to contact InterContinental Hotels Group directly at www.ihgarmyhotels.com or 877-771-8326. Additionally, Army lodging at Fort Benning and Fort Lee will be added to the PAL program by October 1, 2015. Until that time, travelers can book reservations at those locations by calling 800-462-7691.

Also unavailable in DTS is Marine Corp billeting. Travelers wishing to stay at those properties are not required to use DTS to book lodging. Reservations can be made by going to: www.dodlodging.com/html/MB-locations.html.

Per the JTR, DoD civilians are required to check availability of government quarters when traveling to a government installation, but are only directed to stay at a DoD Lodging facility when TDY to an installation at an Integrated Lodging Program Pilot site and the DoD lodging facility (at that location) is available in DTS. If TDY to a U.S. installation, Service members are required to use available government quarters when TDY for more than one night regardless of whether reservations were made in DTS.

Reservists prep first responders for Pope's visit

By Master Sgt. Timm Huffman

In July a group of Individual Mobilization Augmentees (IMAs) spent two days training Philadelphia-area first responders on how to respond in the event of a nuclear or radiological terrorist attack.

Four IMAs taught the Defense Threat Reduction Agency's (DTRA) Introduction to Radiological and Nuclear Incident Response course, July 7-8, at the Montgomery County Fire Academy, in advance of Pope Francis' visit in September, which is expected to draw 10,000 world delegates and 2 million devotees for mass.

The course is offered through the Defense Nuclear Weapons School (DNWS), Kirtland Air Force Base, New Mexico, and is managed by a group of 33 Individual Reservists who often take the course on the road and has reached more than 3,000 first responders in the past three years. Instructors who traveled to Pennsylvania were Maj. Paula Hawley, Capt. Brad Jones, Master Sgt. Lucas Avery, and Tech. Sgt. Nicholas Martin.

Hawley, a DNWS instructor, said the it is an awareness-level course that aims to calm first responder's "radiophobia," help them have a better grasp on how to respond, and what to expect when other federal agencies become involved.

The 98 attendees, mostly local and state police, learned basic radiation science and radiological terrorism realities, fundamentals of nuclear weapons and radiological dispersal devices, medical and psychological effects of ionizing radiation, radiation hazards, detection equipment, personal protective equipment and decontamination procedures, and an overview of Federal Incident Response policies and procedures.

The instructors give a hands-on demonstration to show how detection equipment works and what different types of radiation looks like.

According to Martin, many locales avoid talking about the possibilities of a nuclear or radiological attack because if you talk about it, it's an acknowledgement that it might actually happen.

Both Hawley and Martin said the goal is to reduce the fears that surround nuclear blasts and radiation by educating the first responders on what actually happens following an attack or disaster (think Fukushima). This knowledge, they say, will enable local police, fire and medical responders to save lives.

"A confident responder is a good responder," said Martin. "That is what you want."

The course also gives attendees a Department of Defense perspective and helps them understand how they fit into the big picture of a response to a nuclear or radiological event.

In the course feedback, attendees gave the course a thumbs-up, calling it practical and invaluable in preparing for major events.

"The presenters knew the material and how to present it. As a former US Army guy, I hate to give kudos to the U.S. Air Force, but this was, yet again, a great class taught by the Air Force," said one attendee.

DTRA is the sole DOD agency that conducts Radiological and Nuclear Incident Response training. The course prepares responders with two of the 15 DHS National Planning Scenarios. The course is conducted in-residence at Kirtland AFB and can also be provided to organizations via the mobile training team in the U.S. and at overseas locations. For information contact the DNWS at 505-846-0663.



IMA leads life of service

From Defense Travel System website

Growing up on the family farm in the mountains of rural North Carolina, Col. Chris Whitmire said life was all about community and supporting one another.

Today, as an Individual Mobilization Augmentee and elected member of the North Carolina General Assembly, he continues that lifestyle.

His current track of “service before self” began in 1986 when he entered the Air Force Academy. Whitmire served his country on active duty for a decade, flying aerial refuelers and very important people (VIP) airlift missions, before joining the Reserve in 2000. Shortly after his switch, however, 9/11 brought him back to the full-time fight at the United States Air Force Counter Proliferation Center where he served for one and a half years on active duty plus an additional six and a half years as a Reservist.

Now back to part-time duty, Whitmire serves as an Emergency Preparedness Liaison Officer, connecting the dots between Air Force, federal, state and local entities in emergency events.

Three years ago, Whitmire answered another call to serve. When members of his community, that same one he grew up in, needed fresh blood to stand up for them in the General Assembly, he answered the call. Whitmire won his first election in the 2012 primary by a razor thin margin in one of the biggest upsets in the state and then won the 2012 general election handily, despite only raising about \$4,200. He is now serving a second two-year term.

Since leaving “the Land of Waterfalls” for Raleigh, Whitmire has been a force for change. During his first term, he had more bills passed than any other freshman member. He’s also

an advocate for military service members and veterans, pushing through a number of bills in their favor.

Two laws he championed to passage this summer were House Bills 371 and 595. The first, a counter-terrorism act, empowers an individual affected by a terrorist act to take legal action to receive retribution and also gives the North Carolina Adjutant General of the North Carolina National Guard the power to authorize members of the National Guard to carry a concealed weapon.

Whitmire said his state has made a concerted effort to increase support for its military residents.



Col. Chris Whitmire, IMA EPLO and North Carolina legislator (left), shakes hands with Governor Pat McCrory (seated) during the signing of House Bill 371. (Courtesy photo)

“North Carolina has the third largest military population of any state and we value and appreciate them,” said Whitmire. “The governor and General Assembly have endeavored to make this the most military friendly state in the nation.”

That’s where HB 595 comes in. This bill helps former military members with security forces training translate that experience to civilian law enforcement certification. The bill goes hand-in-hand with HB 1047, Credit for Military Training, a bill Whitmire passed in the last session streamlining the process of translating military experience to college credit or professional

licensure.

He’s helping his rural community too. Fifteen years ago, the three counties under his jurisdiction lost about 4,000 jobs. In 2014, Whitmire said the counties finally gained back more than 1,000 of those jobs, with more on the way.

Whitmire still lives on the farm his family has owned for eight generations. He said what he has learned from growing up on the farm is that you have to work hard and take care of the folks around you.

“When good people are asking and expressing needs, there comes a point when someone needs to step in to make the change,” he said.

(Commanders)

Col. Carolyn A. Stickell, the HQ RIO commander, said she is excited to have the two new detachment commanders on board.

“Col. Lee and Col. Stargardt are great additions to the HQ RIO team! The experience they bring into their respective detachments is extensive, and I’m confident in the leadership they will provide for both our IMAs and the organizations they support,” she said.

Detachment 6 is located at MacDill Air Force Base, Florida, and has two geographically separated operating locations. The Det 6 staff manages IRs assigned to Central Command, U.S. Special Operations Command, Southern Command, AF Special Operations Command, and Air Combat Command.

Detachment 7 is located at Joint Base Anacostia-Bolling, Washington, D.C., and has one operating location at the Pentagon. The staff there manages IRs in the National Capitol Region, including AFR Mobilization Augmentees.



Col. Clifton D. Stargardt, Commander, HQ RIO Det 6



Col. Barbara Y. Lee, Commander, HQ RIO Det 7



United States Air Force Reserve

Integrity - Service - Excellence

Unit Training Assembly Processing System (UTAPSWEB)



Mr. Kyle Goldberg
HQ ARPC/FM
14 May 2015

U.S. AIR FORCE



0:03 / 7:21

Fly, Fight and Win...



New video from the HQ RIO Integration Cell and the ARPC/ FM office walks Individual Reservists through the process of creating an IDT schedule in UTAPSweb. Video | <https://www.youtube.com/watch?v=Y3wOagFWaTo>

UTAPSweb user lockout policy change

Individual Reservists will no longer be locked out of UTAPS after 30 days of inactivity. Accounts will now remain active during 90 days of inactivity. After that time, members must contact the UTAPS Help Desk to reactivate their accounts. IRs will no longer be prompted to answer a challenge question

The help desk can be reached by calling 1-877-294-5822, option 2.

To avoid having your account disabled, it is recommended that you log in to your UTAPSweb account once every 90 days.

Missed meals no longer reimbursable

Per AFRC/FM, per diem is no longer authorized for missed meals at locations where government meals are available. This is in accordance with the Joint Travel Regulations (JTR) which do not allow per diem at locations with government meals and/or lodging.

When generating orders, the appropriate meal and lodging statements must be selected from the menus in AROWS-R. Adding statements to the order, such as "meals not directed" or "meals not available due to mission requirements," does not generate an entitlement. If you perform AT and receive per diem when meals are available,

this will be deemed an overpayment, an adjustment will be made, and a debt established.

To determine which Air Force installations have government quarters and/or meals available review AFMAN 34-102, Directory of Government Quarters and Dining Facilities, or use the following links:

CONUS locations:

<http://www.defensetravel.dod.mil/Docs/afman34-102-c.pdf>

OCONUS locations:

<http://www.defensetravel.dod.mil/Docs/afman34-102-oc.pdf>

Reservists on their annual tour are authorized the basic allowance for subsistence. A location where Food Transformation has been implemented does not change the meal availability determination or create authority to reimburse a member while on AT.