



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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The 2014 Joint Base San Antonio Army ambassadors are Sgt. Doreen Suerte Fajota, Company C, Brooke Army Medical Center; Sgt. 1st. Class John Gurisko, Army South G-3 Exercises Humanitarian and Civic Assistance Branch.

Joint Base San Antonio officials announce 2014 Military Ambassadors

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The 2014 Joint Base San Antonio Marine Corps ambassadors are Sgt. Dawn Callaway and Sgt. Dustin Johnson, 4th Reconnaissance Battalion.



The 2014 Joint Base San Antonio Navy ambassadors are Petty Officer 2nd Class Luz Vazquez, Navy Recruiting District San Antonio; Petty Officer 1st Class Joseph Fountain Jr., Naval Information Operations Center Texas command.



The 2014 Joint Base San Antonio Air Force ambassadors are Staff Sgt. Kathryn North, 382nd Training Squadron; Tech. Sgt. Daniel Anderson, 323rd Training Squadron.



The 2014 Joint Base San Antonio Coast Guard ambassadors are Chief Petty Officer Wanda Tarasiuk, Coast Guard Cryptologic Texas unit; Petty Officer 2nd Class Jim Chance, Coast Guard Recruiting District San Antonio.

UCMJ UPDATE

New law brings changes to Uniform Code of Military Justice

By David Vergun
Army News Service

WASHINGTON – The National Defense Authorization Act passed last month requires sweeping changes to the Uniform Code of Military Justice, particularly in cases of rape and sexual assault.

“These are the most changes to the Manual for Courts-Martial that we’ve seen since a full committee studied it decades ago,” said Lt. Col. John L. Kiel Jr., the policy branch chief at the Army’s Criminal Law Division in the Office of the Judge Advocate General.

Key provisions of the UCMJ that were rewritten under the NDAA for Fiscal Year 2014 – signed Dec. 26, 2013, by President Barack Obama – are Articles 32, 60, 120 and 125.

Article 32

The law now requires the services to have judge advocates serve as Article 32 investigating officers. Previously, the Army was the only service in which judge advocates routinely did not serve as Article 32 investigating officers.

Article 32 hearings – roughly equivalent to grand jury proceedings in the civilian judicial system – are held to determine if there’s enough evidence to warrant a general court-martial – the most serious type of court-martial

used for felony-level offenses such as rape and murder.

Congress decided that the services needed to have trained lawyers – judge advocates – consider the evidence, since in their view, trained lawyers often are in the best position to make determinations to go forward with general courts-martial, Kiel said. Judge advocates didn’t always serve as Article 32 investigating officers in the Army “largely because we try four times the number of cases of any of the other services,” he explained – an issue of not having enough judge advocates for the high volume of cases.

Army officials asked Congress to consider its resourcing issue, he said, so the legislators wrote an exception, stating that “where practicable, you will have a judge advocate conduct the Article 32 investigation.”

Kiel explained what “where practicable” means, citing a number of circumstances where it could apply.

Many courts-martial were conducted over the years in Iraq and Afghanistan where soldiers were deployed and some of those involved war crimes, he said. In these cases, the Army found it sometimes was best to have line officers be the Article 32 investigating officers, because they could best put themselves in the shoes of

the accused.

Those line officers “understood what it’s like to make decisions in the heat of battle better than a lawyer without those experiences,” Kiel said. “They added a level of judgment that sometimes judge advocates could not.”

Another example, he said, might be travel fraud.

“In the case of complex [temporary duty] fraud, for instance, you might want to have a finance officer as the IO,” Kiel said.

Besides subject-matter experts being in the best position to be Article 32 investigating officers, he said, there simply might not be enough judge advocates in the area of the installation. For example, U.S. Army Forces Command would have enough judge advocates to do Article 32 hearings, Kiel said, but if a number of hearings came up at once at U.S. Army Training and Doctrine Command installations – a smaller major command – they might come up short.

That might jeopardize the right of an accused to a speedy trial if the clock runs out, he noted. And, if a judge advocate is flown in from another installation, travel costs would be incurred.

“Those are very real situations that could impact the

ability to get it done expeditiously and cost effectively,” Kiel said.

Other attorneys on an installation cannot always be tapped for Article 32 investigating officer work, he said. On larger installations, “we have operational law attorneys that potentially could cover down on some of these areas, but we don’t have a lot of those,” he added.

On other installations, Kiel said, administrative law attorneys might have conflicts of interest if they’ve previously rendered some kind of legal review on a case.

“And, our administrative law attorneys are always busy reviewing various sorts of investigations and helping the command deal with such things as ethics and family readiness issues,” he continued.

“Then we have our criminal law advocates, trial counsels and defense counsels,” Kiel added. “They’re all conflicted out from being IOs, because they’re actually tasked with presenting evidence during the [Article 32 hearing] as they’re acting as counsel to the government or to the accused.”

The fiscal 2014 National Defense Authorization Act gives the services one year to phase

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ON THE COVER

Joint Base San Antonio officials announce the JBSA ambassadors for 2014. For the complete story on the military ambassador program and this year’s selections, see page 8.

Photos courtesy of JBSA-Fort Sam Houston Public Affairs Office.

WINGSPREAD

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Weingarten rights – Union representation during investigatory interviews

The Labor Relations Statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action may result. If the employee requests union representation, no further questioning will take place until a representative is present. For those stationed at Joint Base San Antonio-Randolph, call Todd Dallas at 652- 4658, Joint Base San Antonio-Lackland call Patricia Chaplin at 671-4528 and at Joint Base San Antonio-Fort Sam Houston call Charles Brady at 808-0205.

Water Conservation Tips

- Choose new water-saving appliances, like washing machines that save up to 20 gallons per load.
- Turn off the water while shampooing and conditioning your hair and save more than 50 gallons a week.
- Aerate your lawn. Punch holes in the lawn about six inches apart so water will reach the roots rather than run off the surface.
- Select proper size pans when cooking. Large pans require more water for cooking than may be necessary.
- Turn off the water while shaving. This can save more than 100 gallons per week.



(Source: 502nd Civil Engineer Squadron)

NEWS

Defense Secretary thanks warriors, staff at Brooke Army Medical Center

By Maria Gallegos
Brooke Army Medical Center Public Affairs

Chuck Hagel, the 24th Secretary of Defense and the first enlisted combat veteran to lead the Department of Defense, made his first official visit to Brooke Army Medical Center Jan. 8.

Hagel was welcomed by BAMC Commander Col. Kyle Campbell and Command Sgt. Maj. Mark Pumphrey at San Antonio Military Medical Center, followed by a meet-and-greet with wounded warriors service and staff members at the medical center.

"You inspire me," said Hagel during his conversation with 1st Lt. Micah Andersen, who was rehabilitating at the U.S. Army Institute of Surgical Research burn center rehabilitation gym. Andersen was injured by an improvised explosive device while on foot patrol in Afghanistan June 1, 2013.

"BAMC offers the best care in the world," Hagel told him as they were discussing his injuries and the care he was receiving at the medical center.

"I know, this is the best place to be," Andersen replied.

Following the visit at the medical center, the secretary met with Col. Donald Gajewski, director of the Center for the Intrepid, for a tour of the out-patient rehabilitation facility.

Hagel then spoke at a town hall meeting with service members, their families and staff to thank them for their service and sacrifice.

"I'm here to first better understand the tremendous work you do here and what this place represents," he said.

"It's about hope," Hagel said. "It's about hope for a better life for you and your families and all our people. It's about how each of you are inspiring others who are with you now but will come after you - families inspire, you inspire, people who work here, docs and all of his team, they are an inspiration.

"I want to acknowledge that because we occasionally tend to drift over that element of what is done in a tremendous facility like this."

He said that even with all the advances in medical technology,

it is the people who make a difference.

Hagel also touched on the new law for future retirement benefits for veterans and assured medically disabled veterans will be exempt from the new budget cuts.

"Let me assure you that all disabled families - all of you in this room - will be exempted from any adjustments in the rate of growth," Hagel said to the group. "We're not going to do anything that would inhibit the progress of this institution."

The new law suggests that working-age military retirees would see their pensions increase at a slower pace, with cost-of-living adjustments pegged to the rate of inflation minus 1 percentage point. Once they turned 62, they would go back to receiving adjustments pegged to the full rate of inflation.

He stated that the law will not take effect until 2016 and that the administration and Congress have two years to fix the law and grant an exemption for disabled vets.

"We'll make it work - we'll fix it - and we'll do it so it doesn't hurt."



Photo by Robert Shields

Defense Secretary Chuck Hagel (left) greets Col. Kyle Campbell, commander of Brooke Army Medical Center, and BAMC Command Sgt. Maj. Mark Pumphrey upon his arrival Jan. 8 at San Antonio Military Medical Center.

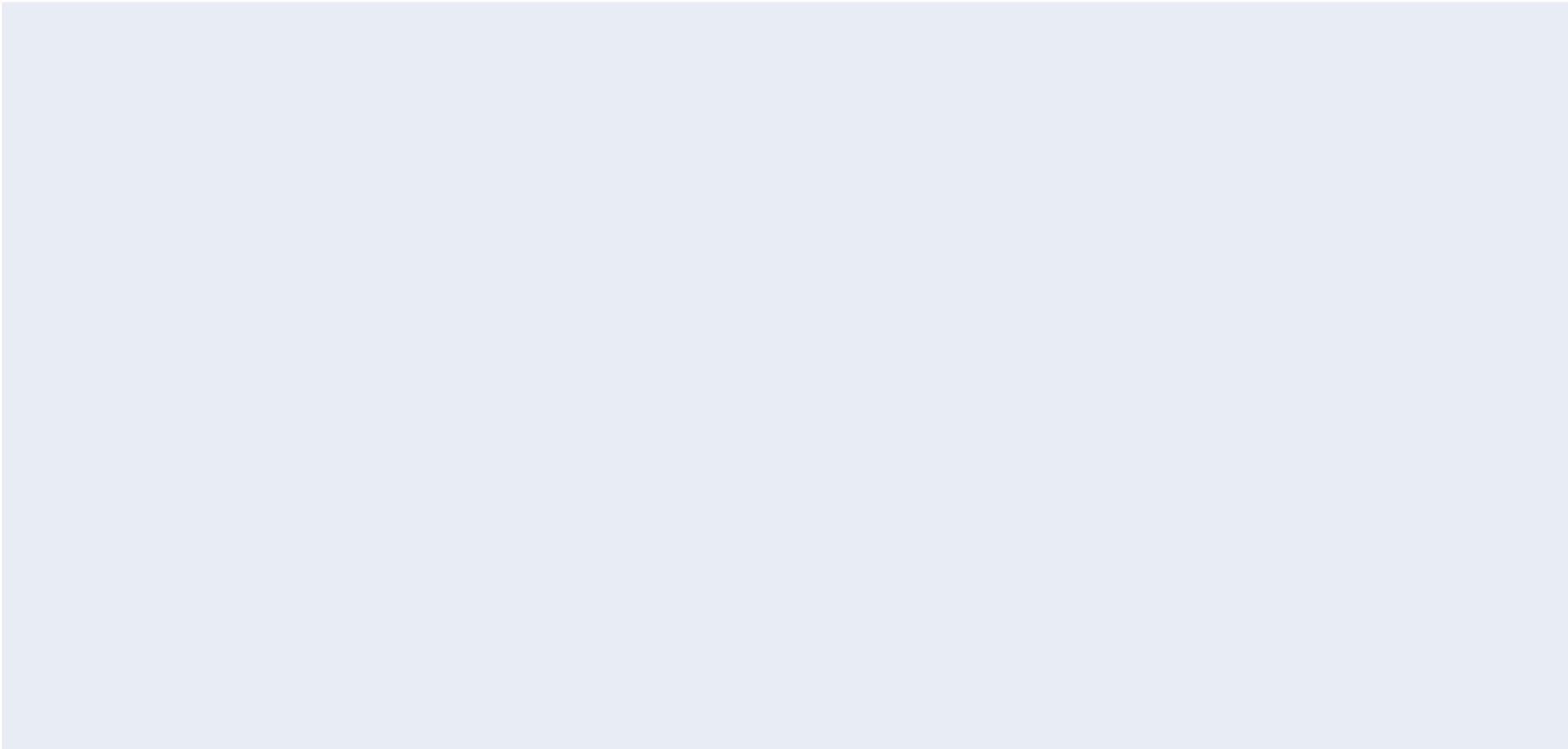
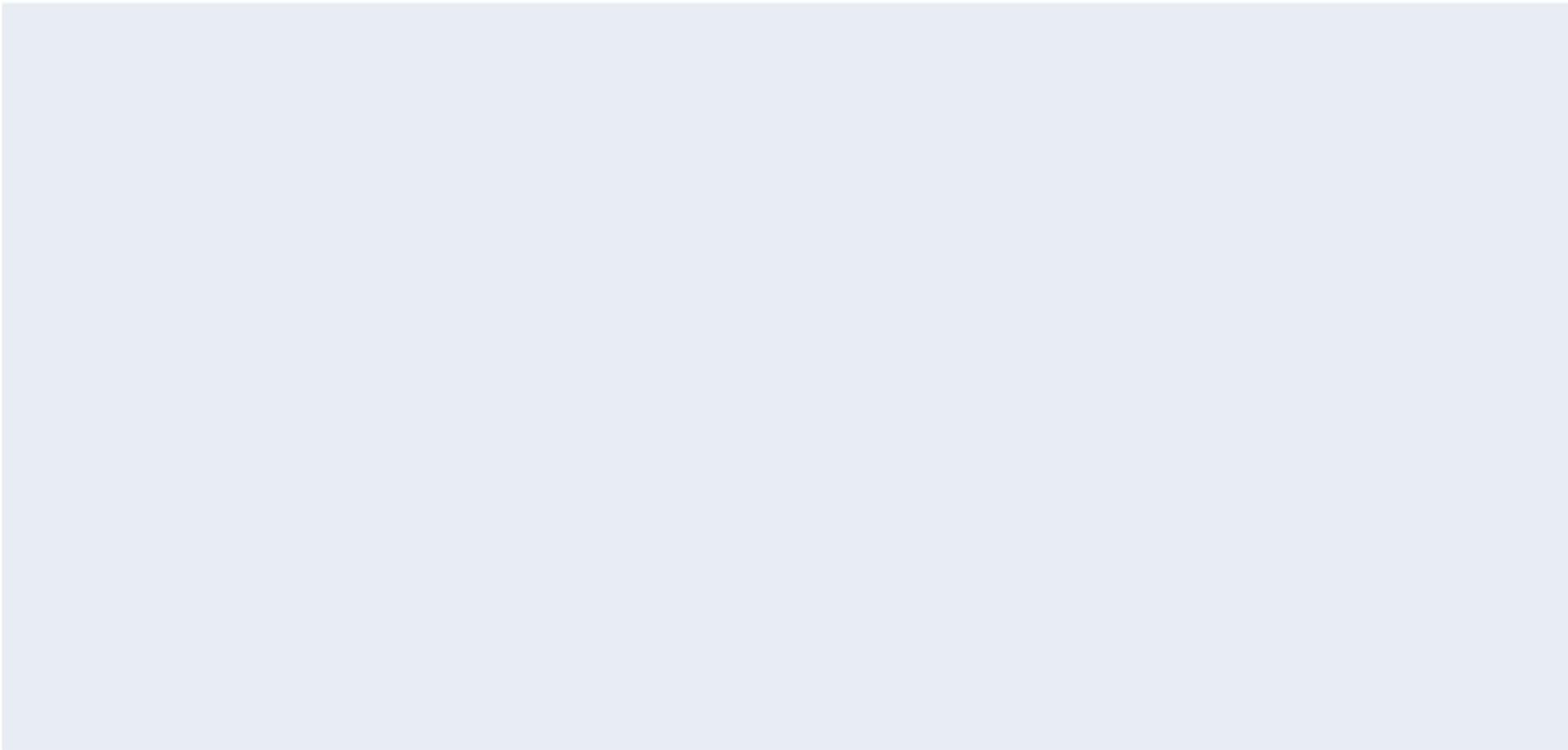


Airman promotes through STEP

Kristen Dube (center), 802nd Security Forces Squadron canine handler, is promoted to technical sergeant by Brig. Gen. Bob LaBrutta (left), 502nd Air Base Wing and Joint Base San Antonio commander, and Chief Master Sgt. Alexander Perry (right), 502nd ABW and JBSA command chief, during a commander's call Monday at the Bob Hope Theater at JBSA-Lackland. Dube was promoted under the Stripes for Exceptional Performers or STEP program, which allows outstanding Airmen to be promoted to the next rank outside of the Weighted Airman Promotion System by the installation commander. According to Perry, Dube has deployed seven times in support of various operations and is known as a stellar NCO throughout the squadron for her commitment to duty and leadership.

During the commander's call, LaBrutta recognized more than 100 stellar performers and shared information about the unit climate assessment, upcoming programs and force management.

Photo by Airman Justine Rho



Town Hall meetings

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, is scheduled to host three Community Town Halls in January to discuss issues currently affecting JBSA. The dates, times and locations for each Town Hall are as follows:

- 6 p.m. Tuesday, Jan. 21, at the Evans Theater, JBSA-Fort Sam Houston.
- 6 p.m. Wednesday, Jan. 22, at the Fleenor Auditorium, JBSA-Randolph.
- 6 p.m. Thursday, Jan. 23, at the Bob Hope Theater, JBSA-Lackland.

Joint Base San Antonio-Randolph News Briefs

12th FTW conducts month-long evening engine runs

The 12th Flying Training Wing will conduct engine runs during January from 10 p.m. to 6 a.m. in order to meet student production requirements. For more information, questions or concerns, contact the 12th Flying Training Wing Public Affairs Office at 652-1272 or email 12ftw.pa.1@us.af.mil.

JBSA-Randolph Clinic closed Wednesday, Jan. 22, for inspection

The Joint Base San Antonio-Randolph Clinic will be closed from noon to 4:30 p.m. Wednesday, Jan. 22, instead of Jan. 29, for the Health Services Inspection. For more information, call the 359th Medical Group unit public affairs representatives at 652-6075 or email 359mdg.upar@us.af.mil.

Technology Exposition at JBSA-Randolph Parr Club

The 502nd Communications Squadron hosts a technology exposition 10 a.m. to 2 p.m. Jan. 28 at the Joint Base San Antonio-Randolph Parr Club. For a list of exhibitors contact Candice Lee at 443-561-2412 or Lee@ncsi.com. To pre-register, visit www.FederalEvents.com.

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

AETC IG visits 12th FTW for CUI



Photo by Joel Martinez

Air Force Col. Ken Frollini (left), Air Education and Training Command inspector general, and Air Force Lt. Col. Dan Rohlinger, 99th Flying Training Squadron instructor pilot, review aircraft maintenance forms on a student training mission Tuesday at Joint Base San Antonio-Randolph during the 12th Flying Training Wing's 2014 Headquarters AETC Combined Unit Inspection.

Joint Base San Antonio selects 2014 Military Ambassadors

By Airman 1st Class Kenna Jackson

Joint Base San Antonio-Randolph Public Affairs



Ten service members from across the three Joint Base San Antonio locations were chosen to represent their respective military services as part of the 2014 Military Ambassadors program.

“Military ambassadors are representatives of the military community,” Bill Gaines, 502nd Air Base Wing civic outreach chief, said. “The program strengthens military relationships with the local community while educating the public about the armed services and their missions. They are chosen for their communication skills, demonstrated self-confidence and outgoing personalities. In short, they promote an outstanding image of JBSA and their service organizations.”

Throughout the year, the 10 service members represent their service and JBSA at events throughout South Texas, including nearly 50 activities associated with Fiesta San Antonio April 10-27.

According to Gaines, Fiesta, which began in 1891, is one of the nation’s premier festivals, with an economic impact of more than \$284 million for the Alamo City.

“Taking part in the event not only allows the military ambassadors to play integral roles for the installation’s community relations program, but it permits the continuation of a tradition that goes back to 1891 when the granddaddy of Fiesta events, The Battle of Flowers, began, Gaines said.

“During the event, the Army provided its band to lead the first parade in horse-drawn carriages and supplied a number of carriages for others participating in the parade,” Gaines said. “In the 1960s, both the Fiesta San Antonio Commission and local military commanders decided there should be a single point of contact – a military coordinator.”

This year’s military coordinator is Gen. Robin Rand, Air Education and Training Command commander.

Although the program is aimed primarily at Fiesta, the ambassadors are traditionally invited to parades, federal holiday ceremonies, pageants, hospital visits, and other significant events.

The ambassadors’ first event is Feb. 14, for the National Salute to Veterans Day at the Audie Murphy Veterans Hospital.

“Being named an ambassador for my service is an honor and a privilege,” Tech. Sgt. Daniel Anderson, 323rd Training Squadron military training instructor and an Air Force military ambassador, said. “As ambassador I want to reinforce public trust in the military services. I can’t wait to get started.”

2014 Army military ambassadors

Sergeant Doreen Suerte Fajota, who hails from Bacolod City, Phillipines, is assigned to Charlie Company, Brooke Army Medical Center as the NCO in charge of the Obstetrics and Gynecology Department at San Antonio Military Medical Center. Fajota’s job is to oversee the day-to-day operations of all clinical services, assist in clinical procedures for approximately 31,200 patients annually, manage placement, accountability, readiness, training and administrative actions for 168 military and



civilian staff members.

Sgt. 1st. Class John Gurisko, who hails from River Rouge, Mich., is assigned to the Army South G-3 Exercises Humanitarian and Civic Assistance Branch as the NCO in charge. Gurisko is responsible for support to the HCA Branch by planning for two operational planning teams, tracking training requirements, accountability and performance within the section, and supporting the branch chief in day-to-day functions of the branch as needed.

2014 Marine Corps military ambassadors

Sgt. Dawn Callaway, who hails from Princeton, Texas, is assigned to the 4th Reconnaissance Battalion as a financial manager. Callaway is responsible for performing accounting, budgeting and all other financial management relevant duties for appropriated funds in support of the 4th Reconnaissance Battalion. She also provides leadership guidance, supervision and counseling to junior Marines and financial guidance to outlying companies within the battalion.

Sgt. Dustin Johnson, whose hometown is Brodhead, Wis., is assigned to the 4th Reconnaissance Battalion as a battalion dive and amphibious chief. Johnson plans and executes dives and amphibious operations and also maintains the equipment relevant to those operations.

2014 Navy military ambassadors

Petty Officer 2nd Class Luz Vazquez, who hails from Lamont, Calif., is a Navy enlisted recruiter. Vazquez is responsible for the enlistment of officers and enlisted members for active service in the regular and reserve Navy components.

Petty Officer 1st. Class Joseph Fountain Jr., who hails from Callahan, Fla., is the mission NCO in charge. Fountain provides daily leadership and administration oversight for about 30 members who support the national mission.

2014 Air Force military ambassadors

Staff Sgt. Kathryn North, who hails from Greenfield, Ind., is assigned to the 382nd Training Squadron Diagnostic Imaging Section as an instructor. North provides instruction on theory of basic electricity, atomic theory, production of X-rays, radiographic technique, radiographic film and chemical processing, radiographically oriented anatomy and physiology, theory of and practice in operation of fixed and mobile radiologic equipment, routine and special radiographic positioning, theory of and practice in accomplishment of, special radiographic techniques and introduction to special radiographic procedures and the associated equipment. As an instructor, she also continues the professional development of 121 Air Force trainees.

Tech. Sgt. Daniel Anderson, who hails from Belmont, N.H., is assigned to the 383rd Training Squadron as a military training instructor, where he conducts basic military training and shifts civilians into the Air Force way of life. Anderson is also responsible for training newly assigned military training instructors who have completed the Military Training Instructor School.

2014 Coast Guard military ambassadors

Chief Petty Officer Wanda Tarasiuk, who hails from Fajardo, Puerto Rico, is assigned to Coast Guard Cryptologic Unit in Texas. Tarasiuk analyzes and reports highly technical information of strategic and tactical importance to fleet commanders and national intelligence agencies while deployed on board Coast Guard vessels.

Petty Officer 2nd Class Jim Chance is a San Antonio native and production recruiter for the Recruiting Office San Antonio. Chance’s main duties as production recruiter consist of processing applicants for accessions into the Coast Guard, marketing the Coast Guard to potential recruits and the public, representing the Coast Guard in various military ceremonies and conducting military funeral honors.

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in this change to Article 32, stipulating that where practicable, judge advocates conduct the investigations. This one-year time period provides needed time for the staff judge advocates to figure out if they have enough judge advocates to fill the requirement to cover down on all the Article 32 hearings and determine which installations are struggling to meet the requirements, Kiel said.

Another impact to courts-martial practice is the new requirement for a special victims counsel to provide support and advice to the alleged victim, Kiel said. For example, the special victims counsel must inform the victim of any upcoming hearings – pretrial confinement, parole board, clemency and so on – and inform the victim that he or she can choose to attend any of those. The victim also will be notified in advance of trial dates and be informed of any delays.

Furthermore, Kiel said, the special victims counsels may represent the alleged victims during trial, ensuring their rights are not violated, as under the Rape Shield Rule, for example. The Rape Shield Rule, or Military Rule of Evidence 412, prevents admission of evidence concerning sexual predisposition and behavior of an alleged victim of sexual assault.

Kiel provided an aside regarding the Rape Shield Law and how a high-visibility case a few months ago involving football players at the U.S. Naval Academy influenced changes to Article 32 by Congress.

In that case, the defense counsel had the victim on the stand for three days of questioning about the alleged victim's motivations, medical history, apparel, and so on during the Article 32 hearing, he related. The cross-examination was perceived by the public and Congress to be disgraceful and degrading, and potentially violating the federal Rape Shield Rule. With passage of the fiscal 2014 National Defense Authorization Act, alleged rape and sexual assault victims are no longer subject to that kind of interrogation at the Article 32 hearing, he said.

Before the new law, alleged victims of sexual assault were ordered to show up at Article 32 hearings and frequently were asked to testify during those hearings as well.

"Congress thought that wasn't fair, since civilian victims of sexual assault didn't have to show up or testify," Kiel said.

"Now, any victim of a crime who suffers pecuniary, emotional or physical harm and is named in one of the charges as a victim does not have to testify at the hearing," he added.

Article 60

Like Article 32 changes, modifications to Article 60 are to be phased in over the course of 12 months. Article 60 involves pretrial agreements and actions by the convening authority in modifying or setting aside findings of a case or reducing sentencing. A convening authority could do that in the past, and some did, though rarely.

Changes to Article 60 were influenced last year by a case involving Air Force Lt. Col. James Wilkerson, a former inspector general convicted of aggravated sexual assault, Kiel said. The convening authority, U.S. Air Force Lt. Gen. Craig Franklin, overturned the findings of guilt. "That got Congress stirred up," Kiel said.

UCMJ UPDATE



In the new law, legislators said the convening authority can no longer adjust any findings of guilt for felony offenses where the sentence is longer than six months or contains a discharge. They cannot change findings for any sex crime, irrespective of sentencing time.

One way a commander still can modify a sentence is, "if the trial counsel comes forward and says, 'This particular accused was very helpful in securing evidence or cooperating with the government in prosecuting someone who was accused of committing an offense under the UCMJ.' That is a trigger for the convening authority to be able to modify a sentence," Kiel said.

The other way a convening authority can modify a sentence, even involving rape and sexual assault, is if a pretrial agreement is in place, he said, meaning that the case could close, but the pretrial agreement would still take effect.

Congress realized that Article 60 was still needed to continue the option for pretrial agreements, Kiel said. Had Article 60 been done away with altogether, he added, that "would have likely meant all courts-martial would have gone to full contest, and that would have bottlenecked the entire process."

Voiding Article 60 also would have meant that all alleged victims of sexual assault likely would have to testify.

"Sometimes, victims supported the pretrial agreement, supported the potential sentence and supported the fact that they didn't have to testify – when it was in their best individual interest," Kiel said.

Other changes to courts-martial practice were made.

Prior to the new law, the convening authority could consider the military character of the accused in considering how to dispose of a case, Kiel said. Congress decided that should have no bearing on whether or not the accused has committed a sexual assault or other type of felony.

Also, he said, previous to new law, "sometimes the [staff judge advocate] would say, 'Take the case to a general court-martial,' and the convening authority would disagree and say, 'I'm not going forward.'" Now, he said, "if the convening authority disagrees, the case has to go to the secretary of the service concerned, [who] would have to decide whether to go forward or not."

In the case of an alleged rape or sexual assault in which the staff judge advocate and the convening authority decide not to go forward because of a lack of evidence or for any other reason, that case has to go up to the next-highest general court-martial convening authority for an independent review, Kiel said.

So if the case occurred at the division level in the Army, for example, and a decision were made at that level not to go forward, then the division would need to take the victim's statements, its own statements for declining the case, and forward them and the entire investigative file to the next level up – in this case, the corps.

At the corps level, the staff judge advocate and the corps commander would then review the file, look at the evidence and make a determination whether or not to go forward, Kiel explained.

If it's decided to move forward the case would be referred at the corps level instead of sending it back down to the division, he added. This, he explained, avoids unlawful command influence on the case's outcome.

Articles 120 and 125

The UCMJ's Articles 120 and 125 now have mandatory minimum punishments: dishonorable discharge for enlisted service members and dismissal for officers, Kiel said. Article 120 deals with rape and sexual assault upon adults or children and other sex crimes, and Article 125 deals with forcible sodomy. In addition, the accused now must appear before a general court-martial with no opportunity to be tried at a summary or special court-martial, Kiel said.

A summary court-martial is for relatively minor misconduct, and a special court-martial is for an intermediate-level offense.

Furthermore, Congress highly encouraged the services not to dispose of sexual assault cases with adverse administrative action or an Article 15, which involves nonjudicial punishment usually reserved for minor disciplinary offenses, Kiel said.

Rather, Kiel said, Congress desires those cases to be tried at a general court-martial and has mandated that all sexual assault and rape cases be tried only by general court-martial.

Prior to the fiscal 2014 National Defense Authorization Act, there was a five-year statute of limitations on rape and sexual assault on adults and children under Article 120 cases. Now, there's no statute of limitations, he said.

Congress repealed the offense of consensual sodomy under Article 125 in keeping with previous Supreme Court precedent, Kiel said, and also barred anyone who has been convicted of rape, sexual assault, incest or forcible sodomy under state or federal law from enlisting or being commissioned into military service.

What's Ahead

Congress could make even more changes that address sexual assaults in the military as early as this month, Kiel said. And later this year, changes to the Manual for Courts-Martial should be signed by the president after review by the services, the national security staff, the Defense Department and other agencies, he added. The updated manual would codify all the changes, although some already are in effect, he said.

Straight Talk Line

Call the local Straight Talk lines for current, automated information during a natural disaster, crisis or emergency.

JBSA-Randolph: 652-7469;

JBSA-Fort Sam Houston: 466-4630;

JBSA-Lackland: 671-6397.

Enlisted retention board set to convene in June

By **Debbie Gildea**
Air Force Personnel Center Public Affairs

An enlisted retention board will convene here in June to consider eligible senior airmen through senior master sergeants for retention, Air Force Personnel Center officials said.

The enlisted retention program is one of several expanded force management programs that have been or will be implemented this year, said Lt. Col. Rick Garcia, the AFPC Retirements and Separations Branch Chief.

Other fiscal 2014 programs include a chief master sergeant retention board, officer force shaping board; enhanced selective early retirement boards; a reduction in force board and officer and enlisted voluntary separation pay incentives.

Airmen eligible to be considered by the retention board can apply for

voluntary separation (or retirement if they are eligible) in lieu of board consideration. Airmen approved must separate by Jan. 31, 2015, or retire by Feb. 1, 2015. AFPC will accept applications Jan. 14 through April 3, 2014.

The retention board will review enlisted members records, consisting of enlisted performance reports, decorations and a retention recommendation form to select individuals for continued retention. The board will consider Airmen who are in overmanned Air Force specialties, Garcia said.

Senior airmen, staff sergeants and technical sergeants who are in an overmanned specialty with a Jan. 1, 2013 or earlier date of rank may be eligible for this board. Eligible Airmen may be able to apply for voluntary separation and may be eligible for voluntary separation pay if they have more than six years of

service. If they have more than 15 years of service, they may be eligible for early retirement under the Temporary Early Retirement Authority program. Airmen who apply for voluntary separation pay must agree to serve in the Individual Ready Reserve for at least three years following separation from active duty.

Master sergeants and senior master sergeants who have at least 20 years of total active federal military service by Oct. 31, 2014, in an overmanned specialty and have a Jan. 1, 2013, or earlier date of rank, may be eligible for this board. Eligible master and senior master sergeants who voluntarily retire must do so no later than Jan. 1, 2015.

"While retention boards are not uncommon for officers, enlisted boards are new," Garcia said. "So, senior raters should be aware that

See RETENTION P13

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Health experts provide tips for practicing gym rats, New Year resolutioners

By Airman 1st Class Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

After several barren winter months, many gyms experience a surge of “resolutioners” seeking to shed holiday weight gain. Though not always easy, consistency in proactive goal setting, exercise and nutrition can help individuals lose unwanted seasonal pounds.

Those who are successful at following up on their resolutions usually set small goals first instead of focusing on the big picture, Priscilla Smith, Joint Base San Antonio-Randolph Rambler Fitness Center personal trainer, said. If they have 50 pounds to lose, it helps to focus on how much they want to lose in a given time period.

“Set goals that are attainable and don’t expect drastic changes overnight,” Marvin Roberts, JBSA-Randolph contractor and gym regular, said. “Understand that it takes a lot of time, dedication and a healthy diet to attain the goals you’re looking to achieve.”

Although starting out may be difficult, Smith said motivators such as music, visible goal lists and other people in the gym or a fellow “fitness buddy” can keep people on track to achieving their objectives.

“Many people come to the gym this time of year with the goal to start working out, but never stick with it,” Roberts said. “There are so many benefits to staying dedicated though, whether you want to look or feel better. Overall, it’s better for your health and something everyone should make time for.”

Proper nutrition and constantly changing workouts that contain strength training, cardio and flexibility improve physical and emotional aspects of life, Smith said. Resting heart rate, bone density, metabolism, body fat percentage, balance and recovery from injury can all improve, along with someone’s attitude after a rough day at the office.

For the times life takes over and injury or illness occurs, Smith suggested working through a physical issue with patience and modifying exercises to still get results without stressing the injury.

No matter the temporary setback, Smith said to “always listen to your body.”

“Even if you’re physically incapable of big things, do what can be done with little effort to stay active every day and remain consistent with healthy nutrition,” she said.



Photo by Rich McFadden

George Humphrey, Air Force Personnel Center, lifts weights with spotter Larry Hawthorne, personal trainer, to get in shape Monday at the Joint Base San Antonio-Randolph Rambler Fitness Center.

2014 tax season opens Jan. 31; e-file or Free File can speed refunds

By Lea C. Crusberg
Internal Revenue Service

The Internal Revenue Service plans to open the 2014 filing season Jan. 31 and encouraged taxpayers to use e-file or Free File (<http://www.irs.gov/Filing>) as the fastest way to receive refunds.

The new opening date for individuals to file their 2013 tax returns will allow the IRS adequate time to program and test its tax processing systems. The annual process for updating IRS systems saw significant delays in October following the 16-day federal government closure.

“Our teams have been working hard throughout the fall to prepare for the upcoming tax season,” IRS Acting Commissioner Danny Werfel said. “The late January opening gives us enough time to get things right with our programming, testing and systems validation. It’s a complex process, and our bottom-line goal is to provide a smooth filing and refund process for the nation’s taxpayers.”

The government closure meant the IRS had to change the original opening date from Jan. 21 to Jan. 31, 2014. The 2014 date is one day later than

the 2013 filing season opening, which started on Jan. 30, 2013, following January tax law changes made by Congress on Jan. 1 under the American Taxpayer Relief Act. The extensive set of ATRA tax changes affected many 2012 tax returns, which led to the late January opening.

The IRS noted that several options are available to help taxpayers prepare for the 2014 tax season and get their refunds as easily as possible. New year-end tax planning information has been added to IRS.gov this week.

In addition, many software companies are expected to begin accepting tax returns in January and hold those returns until the IRS systems open Jan. 31. More details will be available in January.

The IRS cautioned that it will not process any tax returns before Jan. 31, so there is no advantage to filing on paper before the opening date. Taxpayers will receive their tax refunds much faster by using e-file or Free File with the direct deposit option.

The April 15 tax deadline is set by statute and will remain in place. However, the IRS reminds taxpayers that anyone can request an automatic six-

month extension to file their tax return. The request is easily done with Form 4868, which can be filed electronically or on paper.

IRS systems, applications and databases must be updated annually to reflect tax law updates, business process changes and programming updates in time for the start of the filing season.

The October closure came during the peak period for preparing IRS systems for the 2014 filing season. Programming, testing and deployment of more than 50 IRS systems is needed to handle processing of nearly 150 million tax returns. Updating these core systems is a complex, year-round process with the majority of the work beginning in the fall of each year.

About 90 percent of IRS operations were closed during the shutdown, with some major work streams closed entirely during this period, putting the IRS nearly three weeks behind its tight timetable for being ready to start the 2014 filing season.

There are additional training, programming and testing demands on IRS systems this year in order to provide additional refund fraud and identity theft detection and prevention.

RETENTION from P11

they must prepare and sign a retention recommendation form for each of their senior NCOs eligible for the board."

Squadron commanders must prepare and sign a retention form for all eligible senior airmen through technical sergeants.

Airmen who apply for separation or retirement in lieu of meeting the retention board may be able to use the limited active-duty service commitment waiver process, which is described in PSDM 13-64, accessible on the myPers website at <https://mypers.af.mil>.

In addition, Airmen can apply for separation or retirement if they have between 18 and 20 years of service by Jan. 30, 2015, even though they will not meet the retention board. No Airmen may apply if they are under investigation, under civil charges, pending disciplinary action, pending involuntary discharge, under appellate review, projected for separation or have submitted a separation or retirement application that has been coordinated by their commander and is pending approval.

Airmen selected for separation are authorized Transition Assistance Program benefits, including permissive temporary duty, 180 days extended medical care for themselves and their families and an identification card for two years that grants commissary and exchange privileges.

All separating and retiring Airmen must attend a transition assistance program offered at their local Airman and Family Readiness Center. The TAP includes congressionally-mandated pre-separation counseling, a required five-day TAP workshop, veteran benefits briefings, which include details on disability, one-on-one assistance to develop an individual transition plan and a capstone, which requires commander concurrence that the member has met all career readiness standards.

Other related services include employment resources, financial planning/management, spouse employment assistance, relocation assistance and general information and referral.

"We highly encourage all Airmen affected by force management programs to sign up early for a TAP class," Garcia said. "Force management coupled with routine separations and retirements activity will have a significant impact on availability. So waiting until you learn the results of the board may prevent you from getting into a conveniently-scheduled class."

For complete eligibility requirements, application instructions and retention form information, go to myPers at <https://mypers.af.mil> and enter PSDM 13-129 in the search window.

Stage II water restrictions in effect for JBSA

Stage II water restrictions are now in effect at all Joint Base San Antonio military installations.

The aquifer level at the Bexar County index well J-17 read 643.5 feet above sea level Tuesday. Stage II restrictions are enforced when water levels in the Edwards Aquifer drop below 650 feet.

Stage II restrictions include adherence to the following conservation guidelines:

Housing residents and facility managers must ensure that lawns are watered only once a week. The major difference between Stage I and Stage II restrictions is that watering is now only allowed between 7-11 a.m. and 7-11 p.m. on designated watering days.

Watering days are based on the last digit of addresses or facility building numbers:

- If address/facility number ends in 0 or 1, Monday is the watering day.
- If address/facility number ends in 2 or 3, Tuesday is the watering day.
- If address/facility number ends in 4 or 5, Wednesday is the watering day.
- If address/facility number ends in 6 or 7, Thursday is the watering day.
- If address/facility number ends in 8 or 9, Friday is the watering day.

Other major notes for Stage II restrictions include: new landscaping should be avoided unless material is already on order, government vehicles washing is allowed only twice per month and personally owned vehicles may be washed only on landscape watering days. Drip and bucket watering are allowed, but only during the times specified above.

For more information, visit the San Antonio Water System conservation website at <http://www.saws.org/conservation>. To report misuse, call the JBSA Water Conservation Hotline at 466-4420.

(Source: 502nd Civil Engineer Squadron)