

CNATRA

HQ COMMUNICATOR

DECEMBER 2019

35,000th Rotary Wing Pilot Graduates

TW-5 hits milestone at NAS Whiting Field

New Sabrehawks Boss

Reeves leads NFO jet training at NAS Pensacola



/ MISSION BRIEF

To safely train the world's finest combat quality aviation professionals, delivering them at the right time, in the right numbers, and at the right cost to a naval force that is where it matters, when it matters.

/ WE ARE TEAM CNATRA

- We are "all in" for the mission
- We are professionals dedicated to improving ourselves, our team, and the naval services
- We lead with integrity, moral courage, and discipline
- We are accountable to the nation, our service, each other, and our families
- Integrity is our foundation

/ ADMIRAL'S SUGGESTION BOX

Got a suggestion? There are several ways to submit your suggestions to Rear Adm. Dwyer or COS:

1. Go to: <https://adss.navy.mil/applications/00sb.aspx>
2. Visit www.cnatra.navy.mil and click on "Contact" then "Contact Us" to find a link to the suggestion box.
3. Use the link on the SharePoint portal.
4. Use the suggestion box at the CNATRA quarterdeck.

/ ON THE COVER

PENSACOLA, Fla. -- Civilian contractor Larry Zavada, a survival technician, custom fits Student Naval Aviator Ensign Brooke Houle for T-6 flight gear at VT-10's parachute loft, Nov. 15. *U.S. Navy photo by Lt. Michelle Tucker.*

/ COMMAND INFO

CNATRA: RDML Daniel Dwyer	Rm 233
COS: CAPT Scott Starkey	Rm 232
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CMEO: LT Michelle Tucker	Rm 121
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HR: Becky Sousa	Rm 225
Ombudsman: Anne Owens	(361) 533-2200
SAPR POC: LT Rick Robley	Rm 130
SAFETY/ORM: Dave Watson	Rm 310
SARC: Pat Capitan	(361) 523-3580
SECURITY MGR: James Pitts	Rm 226
DoD Safe Helpline:	(877) 995-5247

/ DECEMBER IN NAVAL AVIATION HISTORY

Dec. 1, 2013 - Pilots and Sailors of VP-16 arrive on station at Kadena Air Base Okinawa for the first deployment of the P-8A Poseidon aircraft. The P-8A eventually replaces the P-3 Orion.

Dec. 4, 1950 - While serving with VF-32 from USS Leyte (CV 32) during the Korean War, Lt. j.g. Thomas J. Hudner crash-lands his plane near the Chosin reservoir in an effort to rescue Ensign Jesse L. Brown, another VF-32 pilot whose plane had been shot down. Hudner is awarded the Medal of Honor for his heroic actions.

Dec. 6, 1959 - Cmdr. Lawrence E. Flint, Jr., piloting a McDonnell F4H-1 Phantom II powered by two GE J-79 engines, betters the existing world altitude record by reaching 98,560 feet above Edwards Air Force Base, Calif. The previous record of 94,658 feet was reached in the USSR by a TU-431 jet.

Dec. 7, 1941 - A date which will live in infamy. The Japanese attack the U.S. Pacific Fleet and nearby military airfields and installations at Pearl Harbor, Hawaii. The U.S. is brought into the World War II.

Dec. 10, 1941 - A PBV aircraft piloted by Lt. Harmon T. Utter is attacked by three Japanese Mitsubishi A6M2 Type 0 carrier fighters. Chief Boatswain Earl D. Payne, Utter's bow gunner, shoots one down, scoring the Navy's first verifiable air-to-air kill of a Japanese plane in the Pacific War.

Dec. 12, 1972 - Capt. Eugene A. Cernan, commander of Apollo 17, walks on the Moon and raises the U.S. flag. Cmdr. Ronald E. Evans is the Command Module Pilot and Harrison H. Schmitt is the Lunar Module pilot. The mission lasts 12 days, 13 hours and 52 minutes.



Dec. 19, 1944 - PB4Y-1s (VPB 104) attack a Japanese convoy in the South China Sea and sink transport Shinfuku Maru.

Dec. 21, 1951 - The first helicopter lands on USS Consolation (AH 15) during Operation Helicopter, where casualties are directly evacuated from the battlefield to a hospital ship for the first time.

Dec. 22, 1960 - HS-3 and HU-2 helicopters, operating from USS Valley Forge, rescue 28 men from oiler SS Pine Ridge breaking up in heavy seas off Cape Hatteras, N.C.

Dec. 23, 1910 - Lt. Theodore G. Ellyson becomes the first naval officer sent to flight training when he was ordered to report to the Glenn H. Curtiss Aviation Camp at North Island, San Diego.

Dec. 26, 1942 - SBDs, F4Fs, and P-38s attack Japanese transports at Wickham Anchorage, New Georgia and sink the freighters Takashima Maru and Iwami Maru.

Dec. 27, 1944 - Task Group 94.9, commanded by Rear Adm. Allan E. Smith, bombards Japanese installations on Iwo Jima. USS Dunlap (DD 384), USS Fanning (DD 385), and USS Cummings (DD 365) sink Japanese fast transport T.7 and landing ship T.132.

NAS Whiting Field Milestone: 35,000th Helicopter Pilot winged

By Lt. Kaila Millis, Training Air Wing 5

MILTON, Fla. – Training Air Wing (TRAWING) 5 celebrated a milestone in Naval Aviation when the 35,000th rotary wing student naval aviator walked across the stage at Naval Air Station Whiting Field to receive his coveted “Wings of Gold” Nov. 22.

Lt. j.g. Robert Woods, a native of Northlake, Illinois, walked off the stage at Lassen Auditorium as the Navy’s newest helicopter pilot. He joined 22 other students in achieving the greatly sought after designation.

While he recognizes being the milestone pilot was largely a matter of luck, it is still a hallmark he cherishes, Woods said.

“I feel incredibly honored and lucky to have the distinction of being the 35,000th winger,” Woods said. “We all work extremely hard to earn our Wings of Gold and this milestone is a reminder of all who have gone before us.”

After his wife, Nikki, pinned Woods with his wings, the guest speaker for the ceremony, Commander, Naval Education and Training Command Rear Adm. Kyle Cozad, who hails from Las Vegas, also congratulated him. TRAWING 5 Commodore Capt. Doug Rosa, from Garden City, Michigan, paused the ceremony for a moment present Woods with a plaque to celebrate the milestone event.

Exemplifying typical aviator wit, the plaque read: “Through no



MILTON, Fla. Lt.j.g. Robert Woods, Training Air Wing 5's 35,000th student aviator to receive his Wings of Gold at NAS Whiting Field is pinned by his wife, Nikki Woods. U.S. Navy photo by Lt. j.g. Nick Wren

great effort of your own and by no selection means other than being near the bottom of the alphabet during your winging class, you are hereby selected as the 35,000th rotary wing aviator. Congratulations, this number should be easy to remember.”

Although humorous, the plaque relates that the true achievement in reaching this milestone is the 76-plus years of naval helicopter training, of which the last 46 years have been performed at Naval Air Station Whiting Field in Milton.

Woods will go on to fly the MH-60R Sea Hawk helicopter with the Airwolves of Helicopter Maritime Strike Squadron Forty in Jacksonville, Florida.

“Reaching this milestone, the 35,000th helicopter pilot trained

right here at Naval Air Station Whiting Field in Milton, Florida, is a great achievement for rotary wing aviation and highlights the important world class training we do every day,” Rosa said. “We are meeting the ever increasing need for Navy, Marine Corps, and Coast Guard helicopter aviators who perform a wide array of warfighting missions: search and rescue, anti-submarine warfare, vertical replenishment, anti-surface warfare, humanitarian and disaster relief, medical evacuation, mine counter measures, and electromagnetic warfare, just to name a few.”

“It’s always inspiring to stand witness to the next generation of naval aviators as they take a critical next step in their careers,” Cozad said. “As the father of a helicopter pilot on deployment today, I know first-hand that the rotary

community has a long, proud, and storied history in Naval Aviation. This latest production milestone is a call; a reminder that as these newest aviators prepare to enter the fleet, our Navy is depending on them to join in as an integral part of the carrier air wing, or to conduct expeditionary operations forward. These newest rotary aviators will provide one of a kind capabilities that will help underpin future victory in today's great power competition."

TRAWING 5 conducts primary flight training and advanced rotary training at NAS Whiting Field. The wing flew 129,937 hours in fiscal year 2019, which accounts for 46% of all of Chief of Naval Air Training (CNATRA) hours and 15% of all United States Navy flight hours. It is responsible for training 100% of all Navy, Marine Corps, and Coast Guard helicopter pilots and winged 457 rotary wing aviators in FY 19.

TRAWING 5 is awaiting the arrival of a new helicopter trainer in the Advanced Helicopter Training System. The new helicopter will replace the aging TH-57 Bell Jet Ranger, which has been in use at NAS Whiting Field for more than 35 years. A contract award is expected to be announced in fiscal year 2020.

As important as the various helicopter platforms are, they are useless without the pilots who fly them, or the instructors who train the students. TRAWING 5's core of instructors are all fleet-experienced pilots who bring a wealth of knowledge to the task of molding talented young men and women into warriors.

"I am extremely proud of the Training Air Wing 5 team for their unrelenting drive to accomplish our aviator production mission and send trained and ready rotary wing aviators to the fleet," Rosa said.

“We all work extremely hard to earn our Wings of Gold and this milestone is a reminder of all who have gone before us.”

- Lt. j.g. Robert Woods

Naval Air Station Whiting Field, home of Training Air Wing Five, is the backbone of Naval Aviation Training, supporting approximately 60 percent of all primary fixed-wing flight training and 100 percent of all initial helicopter training for the Navy, Coast Guard and Marine Corps. NAS Whiting Field is the busiest aviation complex in the world with roughly 1 million flight operations flown at the installation annually. It is comprised of two main airfields and 12 Navy Outlying Landing Fields across four counties in Southeast Alabama and Northwest Florida. Training Air Wing Five flies an estimated 43 percent of the Chief of Naval Air Training Command's total flight time and more than 15 percent of Navy and Marine Corps' flight time world-wide. More than 1,200 personnel receive their essential flight training through TRAWING 5 annually. 🇺🇸



MILTON, Fla. Twenty two U.S. Navy and Marine Corps student aviators received their Wings of Gold at NAS Whiting Field Nov. 22. U.S. Navy photo by Lt. j.g. Nick Wren

Training Squadron 86 Holds Aerial Change of Command at NAS Pensacola

By Lt. Michelle Tucker

PENSACOLA, Fla. -- The “Sabrehawks” of Training Squadron (VT) 86 held a change-of-command ceremony at Naval Air Station (NAS) Pensacola, Nov. 14.

Cmdr. Eric “Cheese” Reeves relieved Cmdr. Joshua “WITS” Fuller as commanding officer during an aerial ceremony that followed a ground-based segment.

Fuller, a native of Orlando, assumed command of VT-86 in June 2018 after serving as executive officer since April 2017. During his tenure, Fuller oversaw a cadre of around 60 instructors dedicated to training Navy and Marine Corps, and international military naval flight officers (NFO). More than 224 NFOs received their Wings of Gold under his leadership,

together accumulating more than 19,000 hours in T-45C Goshawk jet trainer aircraft. He also facilitated the integration of live, virtual, and constructive training capabilities with simulator assets while successfully advocating for the acquisition of the first T-45C simulator at the base.

“This was by far the most rewarding tour of my career,” Fuller said. “As I make my final approach toward the end of my career I am honored to have helped shape the future of Naval Aviation and that’s something I will treasure. The Navy’s mission success depends on the exceptional men and women among its ranks and there are none greater than the Sabrehawks I served alongside here.”

Commodore, Training Air Wing 6 Capt. Scott “Mongo” Janik presided over the ceremony, attended by staff, family members, and guests.

“Having the right leadership here is critical,” Janik said. “Cmdr. Fuller brought a real sense of family to the squadron and a tremendous focus on training the next generation of warriors. He had the intangibles that make a difference between a good tour and a great tour. A consummate professional, I could always trust him to make the right decisions for the good of the mission. He will be missed at TW-6 and we wish him and his family the best.”

The ceremony began in VT-86’s hangar and transitioned to the flight



PENSACOLA, Fla. Commanding Officer of the “Sabrehawks” of Training Squadron (VT) 86 Cmdr. Joshua Fuller gives remarks as he prepares to relinquish command to Cmdr. Eric Reeves during a change-of-command ceremony at NAS Pensacola, Nov. 14. U.S. Navy photo by Lt. Steve Smith.



PENSACOLA, Fla. New Commanding Officer of the “Sabrehawks” of Training Squadron (VT) 86 Cmdr. Eric Reeves breaks left in a T-45C Goshawk to take lead of the formation during an aerial change-of-command ceremony at Naval Air Station Pensacola, Nov. 14. *U.S. Navy photo by Lt. Steve Smith.*

line. Three T-45C Goshawks took to the air with Fuller, Reeves, and Janik in the backseats. During the flight, Reeves’ aircraft took lead of the formation, signifying the transfer of leadership.

Fuller, a graduate of The First Academy and Samford University, earned his Wings of Gold in December 2001. He served with various fleet squadrons including the “Lancers” of Electronic Attack Squadron (VAQ) 131, the “Eagles” of Strike Fighter Squadron 122, and stood up the Growler wing of VAQ-129. He reported to Carrier Air Wing 3 in 2010, where he deployed as the electronic warfare officer. After a tour at the Naval War College, Fuller reported to the Joint Staff where he oversaw war planning for the U.S. Pacific Command and U.S. Northern Command areas of responsibility. Over the course of his career, Fuller has accumulated more than 2,100 flight hours and 360 arrested landings.

Reeves is a native of Baldwinsville, New York. A Rensselaer Polytechnic Institute graduate, he earned his commission through the Navy ROTC program. He earned his Wings of Gold in 2003 as a naval

flight officer. He has accumulated more than 2,300 flight hours and 400 arrested landings in the S-3 Viking, EA-6B Prowler, and EA-18G Growler.

Cmdr. George “COB” Zintak, a native of Chicago, will assume the role of executive officer. Zintak, a prior enlisted chief petty officer, earned his Wings of Gold in 2005 as a naval flight officer. He has accumulated more than 2,500 flight hours and 700 arrested landings in the F/A-18F Super Hornet.

VT-86, located at NAS Pensacola, trains the world’s finest combat-quality naval flight officers, committed to global security and prosperity, and projecting naval air power worldwide. Graduates complete follow-on training with fleet replacement squadrons to prepare them for future fleet aircraft including the F/A-18 Hornet/Super Hornet and E/A-18G Growler. 🛩️



PENSACOLA, Fla. Commodore, Training Air Wing 6 Capt. Scott Janik, left, congratulates the new Commanding Officer of the “Sabrehawks” of Training Squadron (VT) 86 Cmdr. Eric Reeves, right, and new Executive Officer Cmdr. George Zintak, center, after an aerial change-of-command ceremony at Naval Air Station Pensacola, Nov. 14. *U.S. Navy photo by Lt. Steve Smith.*

N4 TEAM SPOTLIGHT

Chris “Cornbread” Poth



Chris arrived Nov. 12 and will assume the role of Aviation Life Support Systems Specialist for N4. He enjoys going for motorcycle rides, and spending time with family and friends. Chris served in the Air Force for 12 years and completed multiple deployments, worked as an aircrew flight equipment

specialist in the Middle East (Abu Dhabi, United Arab Emirates, and Khamis Mushayt, Saudi Arabia) for the past five years. He brings with him 19 years of aviation life support knowledge. When not at work, he enjoys golfing, working on his motorcycle and just relaxing at home.

Rufino “Roof” Gonzalez



Fair Winds and Following Seas!

Farewell to Aviation Life Support Systems Specialist Rufino “Roof” Gonzalez. He has been with CNATRA since April 2019. He has done an outstanding job in all facets of Aviation Life Support Systems, but his superb efforts in the management of the CAD/

PAD Program is especially noteworthy. During his tenure, he succeeded in managing the logistical support that resulted in zero downed aircraft for CAD/PAD; an extremely difficult accomplishment to achieve. ROOF will be missed. Fortunately, he is not going far; he will be working at CNATRA Det Kingsville as a Quality Assurance Specialist! We appreciate all the hard work, and devotion to the CNATRA mission. Farewell and Following Seas teammate.

Dave McNutt



The Logistics Management Specialist for N4. Dave McNutt is the local representative for the Fleet Support Team (FST) in Jacksonville, Florida. He is a recently retired Navy supply officer commander with over 33 years of active service. Dave has been stationed overseas in Japan, Korea and Italy for over ten

years, and recently completed a Shore-Command tour with the Defense Logistics Agency (DLA) in Hawaii. He is married and has three children. Dave enjoys fishing and a variety of other outdoor activities.

Roger Abrajano

Fair Winds and Following Seas

Congratulations, Roger Abrajano, on your retirement! Roger will retire with over 35 years of combined, dedicated service to the U.S. Navy. Upon retirement from active duty as a Supply Corps officer, he spent 10 years in the private sector, five of which he served the Navy as a contractor before joining the Navy civilian team. Roger has worked with both CNATRA N4 Contracts and NAVAIR Policy Division. Since his return from NAVAIR he has served as an administrative contracting officer and supported the CIS, COMS, TC12, NAPP and Legacy Flight contracts. Roger’s dedication to the Navy has been most admirable and he will be greatly missed. Thank you for a job well done.



N4 News

Objective: To assist in providing “top-notch” logistics support to CNATRA Staff, Training Wings, Detachments, and Contractors across 5 different operating sites.

Lines of Effort:

Aircraft Maintenance Material Readiness List

- Local Asset Management System (LAMS) integration to Support Management Information System for all CNATRA sites Integration will improve accountability and reduce workload.
- Briefed PMA 260 leadership regarding Support Equipment that requires APN-7 funding. All assets required will be briefed at final APN-7 meeting in March 2020

Government Property Management

- Working on T-45 Performance Work Statement to “fine-tune” Government property management
- Working with Rolls Royce and Vertex to obtain required equipment to support increased engine production

Aviation Life Support Systems

- T-6 operating in “Command Eject” at NAS Whiting Field is at 68%, and working with site to ensure 100% by 30 Nov
- Working with Naval Academy/Fleet Logistics Center to identify and issue flight suits to new cadet aviators for the upcoming “Aviation Community Dinner”

Metrology Calibration (METCAL) Program

- Working closely with NAVAIR METCAL/PMA 260 to expedite the development of Instrument Calibration Procedures for various CNATRA Support Equipment .

T-45 Logistics Specialist

- Conducting detailed analysis of Not Mission Capable Supply and Awaiting Parts to identify trends and implement stocking objectives.

Data Analyst

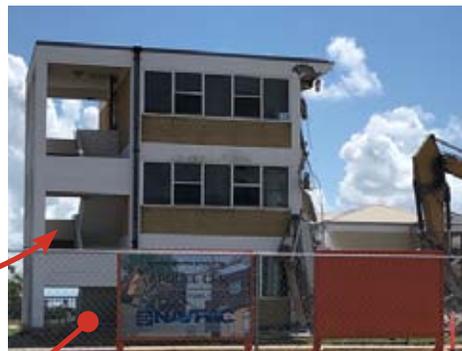
- Provide NAVAIR PMA-273, CNATRA sites, and other organizations detailed information on aircraft maintenance and supply support trends. 🐟

N4 Detachment Kingsville

Season’s Greetings from CNATRA Det. Kingsville! Farewell to the former home of CNATRA Det. Kingsville and Training Air Wing 2. Bldg 2741 was demolished in October. We’ve moved to Bldg 760 on the flightline and CTW2 is now in renovated bldg. 3741.

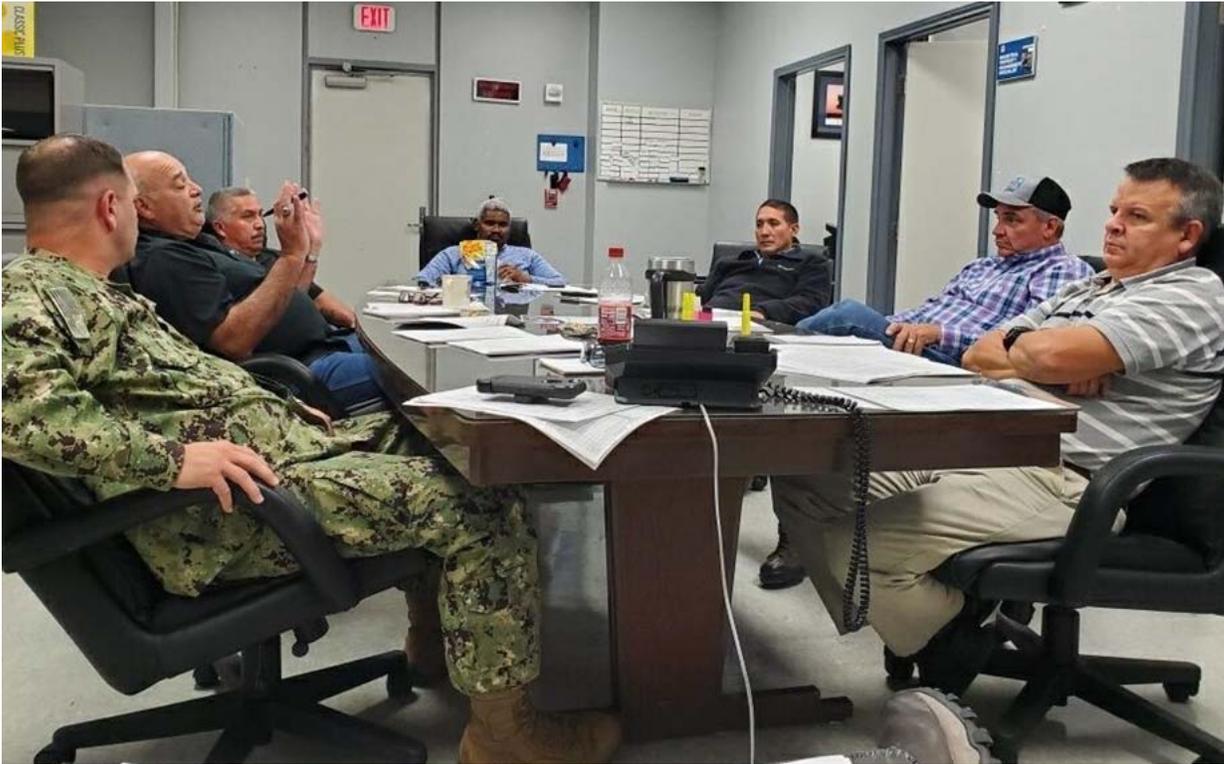


BLDG. 2741



Photos by Don English





KINGSVILLE, Texas
 CNATRA Det. Kingsville QAS team conducts a teleconference with CNATRA HQ, and NAVAIR. *Photo by David Boston.*



Welcome Aboard! Roderick Dubose is our newest QAS at Det Kingsville. A Navy Retiree with Aircraft Maintenance and DCMA experience



Farewell!
 Omar Quintanilla departed for the greener fields of Georgia.



KINGSVILLE, Texas Well, here's a Motley Crew! CNATRA Det. Kingsville, out to lunch bidding Fair Winds and Following Seas to Omar Quintanilla. Pictured L to R: Janet Richardson, Office Automation Tech; Donald English Det AOIC; Marc Blair, QAS; Ronald Orr, QAS; Sergio Chavira, IPMS, Jeffrey Almanza, QAS; Roderick Dubose, QAS; David Boston, IS; Omar Quintanilla, QAS; Ann Darkis, Supply Tech; Not pictured, Lt Kevin Sauer, Det OIC. *Photos by Janet Richardson.*

Dormant Accounts

You may ask yourself, why is it that when you go on leave for over 30 days, your NMCI or TRANET account has been disabled. Well here is a bit of information to help you understand the why's of it and how to prevent that from happening.



Dormant accounts are accounts that are not being used but are still active. Dormant accounts present a security risk, constrain network storage and other resource capacity, and increase total cost of operations to the Navy. These accounts have the potential of being a doorway into a network. Many of the Cyber-attacks in the news not so long ago were as a result of a dormant account that a hacker was able to gain control of and use for his own nefarious purposes. Fleet Cyber Command (FCC) has ordered all accounts that have not been logged into for over 30 days to be disabled so they don't leave the opportunity out there on the network. As for the 45 day deletion, FCC figures that if you don't use it after 45 days, then it really isn't needed and it must be removed.

There are few exceptions to these rules but the window is very narrow. If a user is a reservist, they should have a 45/90 day period before accounts are removed. The caveat to that is the reservist account must be owned and managed by NAVRESFOR. If you are a reservist and you are concerned about your account being disabled/removed, check with your local NOSC ISSM/ISSO to see if you are protected. If your account does not "belong" to them, ask them to "move" the account under their control so the account will inherit the extended dormancy rules.

If you know that you will NOT be able to log in to your accounts for an extended period of time; due to an extended deployment, Detachment without NMCI access, extended temporary duty (TAD/IA), or medical/Family Medical Leave Act (FMLA) absence, you need to reach out to your local ISSO to have them help you keep the account preserved. They have a process that, on a case-by-case basis, can place the account on an exception list for a certain amount of time. You must check back in with the ISSO when you return so they can return your account to normal status.

One other exception to the deletion rule is in a case of litigation and the Legal Offices have determined that they need to be able to retain all records generated, stored or mailed for a particular individual or groups of individuals. They will initiate the request to NETWARCOM to ensure these specific accounts are marked to prevent deletion and tagged for Litigation purposes. When the process for those has completed and the files are no longer needed, the legal teams will contact NETWARCOM and remove the litigation hold from those accounts.

In order to prevent your account being disabled, Outlook Web Access (OWA) is always an option. All you need to access the OWA

is a CAC card reader on your computer (external or internal). These card readers are available at many of your local electronics stores or Amazon and the like. NMCI Homeport has the links for the East and West OWA sites. Use your CAC Card and login to one of those sites, select your EMAIL certificate and you will gain access to NMCI email. This activity alone, will reset the "Last Logon" counter and greatly reduces the risk of you losing your entire NMCI account and data.

ISSMs, CTRs, and command admin shall enforce all user checkout procedures to identify and delete accounts that are no longer required. These accounts will be disabled the next working day following the last day with the command. 🐛

References:

REF A IS NAVY TELECOMMUNICATIONS DIRECTIVE (NTD) 01-19, MANAGEMENT OF DORMANT ACCOUNTS

REF B IS NTD 06-13, MANAGEMENT OF DORMANT ACCOUNTS.

REF C IS CJCSI 6510.01F, INFORMATION ASSURANCE (IA) AND SUPPORT TO COMPUTER NETWORK DEFENSE (CND).

REF D IS DODI 8500.01, CYBERSECURITY.

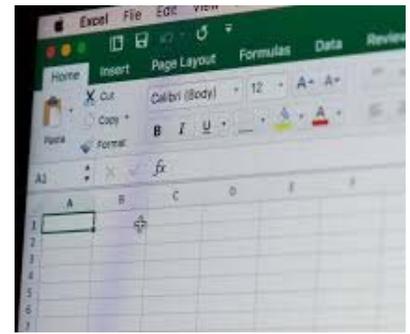
REF E IS SECNAV MANUAL 5239.1, DEPT OF THE NAVY INFORMATION ASSURANCE MANUAL.

REF F IS DDCIO(N) MEMO, ENFORCEMENT OF CRYPTOGRAPHIC LOGON.

How the NYPD's fingerprint database got shut down by a computer virus

The NYPD's high-tech fingerprint database was temporarily brought down by a bumbling contractor with a virus-infected mini-computer. A contractor was setting up a digital display at the police academy in Queens, when he plugged in a tainted NUC mini-PC — and it transmitted an unidentified virus to 23 machines linked to the department's LiveScan fingerprint-tracking system. The NYPD realized within hours that there had been a breach, according to Deputy Commissioner for Information Technology Jessica Tisch, who said the department's cyber command and the Joint Terrorism Task Force were notified of the contamination. The ransomware "never executed," but the NYPD shut down LiveScan that night and reinstalled software on 200 computers citywide out of an abundance of caution, she said.

The vendor, who was not identified, was questioned but not charged with wrongdoing. A department spokeswoman said the breach impacted .1 % of the department's computers. While the NYPD dodged a bullet in this case, experts say breaches in public databases are a serious security issue and a growing concern. The NYPD database is tied to the Statewide Automated Fingerprint Identification System, which contains about 7 million files, according to the state Division of Criminal Justice Services. Until this month, the NYPD also maintained an illegal database of juvenile fingerprints that it was required to expunge years ago. In January, hackers broke into the Oklahoma Department of Securities database, leaving millions of government files unprotected, including records pertaining to FBI investigations dating to 1986. In May, U.S. Customs and Border Protection acknowledged that photos and license plates of travelers were compromised due to a breach of a subcontractor's network.



Phishing Spotlight: Login to Unblock Microsoft Excel

As part of our ongoing series to educate users about some of the more silly phishing scams out there, we bring a new one that states Excel is blocked unless you login and verify your details. Such is the case with this new phishing email that states you won't be able to use your Excel due to a "system delay" unless you first login.

The full text of this email is: "YOU WILL NOT BE ABLE TO OPEN EXCEL OR ANY DOCUMENT FILE DUE TO SYSTEM DELAY. KINDLY CLICK BELOW AND COMPLETE THE DETAIL TO VERIFY YOUR ACCOUNT. CONFIGURE EXCEL AND PDF SETTINGS."

If a user clicks on the "Configure Excel and PDF Settings", they will be brought to a login form hosted on SharePoint that pretends to be an Excel shared document. If a user enters their credentials, the information will be saved so that attackers can access and use it for BEC scams or take over other accounts the victim owns.





N7 MISSION:



To plan, analyze, design, implement, evaluate, and maintain the training that safely delivers the world's finest combat quality aviation professionals.

From Our Family to Yours.....

Merry Christmas

...and Happy New Year!



From the ACOS:

“Merry Christmas!” from your Training and Standardization Shop! 2019 seems to have flown by like a Mach 2.0 reindeer in ‘burner as the “South Texas Gold Wing Workshop of Wonderment” has been diligently working on tools, policies, and processes to ensure 2020 is a banner year for CNATRA. Deputy Sheppard and myself certainly commend EACH member of the N7 team as well as the other HQ Directorates, TRAWINGs, and NASC for the recent coordination and teamwork.

In the last issue, I mentioned a few of the significant training accomplishments in the last year. In this issues “N7 Spotlight” section, we highlight the service of a legendary shipmate going ashore. But first, I would like to speak a little “Shipmate.”

This will feel like a compressed holiday season. Since Thanksgiving falls on the 28th this year, our first full work day back from Thanksgiving weekend is December 2nd. We have 22 days to tackle the typical end-of-year requirements and stay on top of our daily requirements at work. In your off time, we will meet our social engagements, string the lights up, shop/wrap the perfect gift for our loved ones, and travel to the gathering place that will culminate in moments of joy as you sip hot cocoa in your jammie-jams on the morning of the 25th. 22 days is going to go by fast. Before you can blink, there will be New Year’s celebrations on your mind. **Because you are professionals and because your family is important, you will experience stress.** 2020 is going to be a VERY big year for the CNATRA team. Each one of us will have a

part in mission success. Christmas 2019 is a VERY big time for you and your family, and each one of us has a part in that mission success too.

If you remember ANYTHING from this issue of the Communicator, remember this:

- 1) If either internal or external pressures begin triggering your personal “Caution” light during this brief holiday season, sound off. You do not have to explain yourself ...just tell someone and step aside. We can figure out the admin portion (leave/liberty) as needed – that is easy. Replacing someone on the cusp of a big year is NOT easy.
- 2) Look left. Look right. Keep an eye on your shipmates. This team already does an impressive job of taking care of each other, and doing it with a smile on your face. It is contagious and more appropriate than ever this holiday season.

From the Training and Standardization shop, THANK YOU for your continued service to our nation! Have an exceptional holiday season with your friends and loved ones! -/ Bugg Nogg



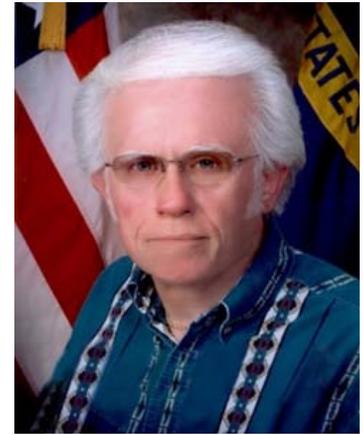
CAPT “Bug” Hnatt is the Assistant Chief of Staff for Training and Standardization and part-time contributor to “HQ Communicator” (covering the Training Beat). He enjoys South Texas wassailing and all-weather intercept geometry projects involving active and semi-active weapons engagement zones.

N7 SPOTLIGHT

Rick Middleton: CNATRA Flight Training Support Systems (FTSS) Manager (N73)

The FTSS Manager is responsible for management and execution of all Naval Air Training Command (NATRACOM) training policies associated with changes, upgrades and configuration management of curricula, technology based training support material and corporate training management systems across each of the five Chief of Naval Air Training (CNATRA) Training Air Wings (TRAWING), 17 Flight Training Squadrons and the CNATRA headquarters. This position oversees the Flight Training Support Center (18 positions), a Support team at each Wing (24 Positions), the TMS Operations Manager, the Reports Manager, and the Curriculum Systems Support Manger. As the FTSS

Manager, he oversaw multiple transitions including the insourcing of over 50 positions from contractor to government employees, the transition to a single Training Integration Management System (TIMS), and most recently has led the way for the transition from TIMS to its successor system, the Training Command Sierra Hotel Aviation Readiness Program or T-SHARP. Mr. Middleton is a retired United States Air Force Winged Aviator with 58 years of combined service to the Nation.

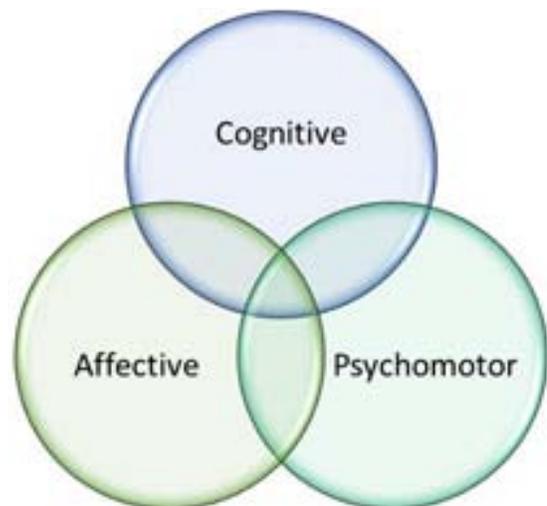


Instructional Systems Design in the NATRACOM

The NAVEDTRA 134 Navy Instructor Manual Chapter 7's topic is Learning Objectives. What are learning objectives? An objective is a description of the performance standard you want students to demonstrate before you consider them competent in that performance. Objectives provide a road map for the delivery of course content. Objectives provide direction for instruction, guidelines for testing, and convey instructional intent. Objectives provide the foundation upon which course curriculum is built as well as the road map for the delivery of course content. They define what you will teach and how you will measure student accomplishment.

LEARNING OBJECTIVE CLASSIFICATION

Learning Objectives (LOs) are founded on job analysis data and describe what the learner must achieve to successfully complete the course of instruction. Learning objectives are broadly classified as either knowledge or skill objectives. Bloom's "Taxonomy of Educational Objectives" was developed in 1956 to help identify and define learning objectives. This classification system is based on the assumption that learning outcomes can best be described as changes in student behavior. The taxonomy is divided into three main parts or domains: (1) the cognitive, (2) the affective, and (3) the psychomotor.



Taxonomy domain

THE COGNITIVE DOMAIN

The cognitive domain contains the following six major categories.

Knowledge (Level 1)

Knowledge is defined as the remembering of previously learned information. All that is involved is the recall of the appropriate information. Knowledge represents the lowest level of learning outcomes in the cognitive domain. Objectives at this level require students to demonstrate their knowledge of the subject, but not their understanding of it.

Comprehension (Level 2)

Comprehension is defined as the ability to grasp the meaning of material. These learning outcomes are more complex than simple recall of information and represent the lowest level of understanding.

Application (Level 3)

Application is the ability to apply learning in new and concrete ways. Application differs from comprehension in that application shows that students can use (apply) learning correctly.

Analysis (Level 4)

Analysis is the ability to separate material into its component parts to arrive at an understanding of its organizational structure. Analysis requires a higher level of understanding than either comprehension or application. Learning outcomes that involve decision-making, problem-solving, or troubleshooting skills normally require this level of understanding.

Synthesis (Level 5)

Synthesis refers to the ability to reason from the general to the particular. Synthesis stresses creative behavior that combines many parts into a meaningful whole.

Evaluation (Level 6)

Evaluation involves the ability to judge the value of material based on defined criteria. Learning outcomes of this category contain elements of all the other cognitive categories in addition to value judgments. This category represents the highest level of understanding within the cognitive domain.



Cognitive domain

THE AFFECTIVE DOMAIN

The affective domain defines learning outcomes associated with emotions and feelings such as interest, attitudes, and appreciation. Measuring the accomplishment of objectives in the affective domain is generally more difficult than in the other domains. In this domain, we are not only interested in a “correct response” but also in determining students’ feelings, values, attitudes, and interests toward the subject.

THE PSYCHOMOTOR DOMAIN

In Navy training, a large percentage of course objectives are associated with the cognitive domain, while a relatively small percentage of objectives are associated with the affective domain. Because of the nature of technical training, the Navy also places a great deal of emphasis on learning outcomes of the psychomotor domain.

Perception (Level 1)

Perception concerns the students’ use of their sensory organs to obtain cues that guide their motor activity. It involves the students’ learning from sensory stimulation (awareness of a sight, sound, or scent) and from recognition of the stimulus (identification of the object, sound, or scent) to perform certain actions.

Set (Level 2)

Set refers to the students’ being ready to perform a particular action. Perception of cues serves as an important prerequisite for this level. This category includes mental set (mental readiness to act), physical set (physical readiness to act), and emotional set (willingness to act).

Guided Response (Level 3)

This level involves the early stages of learning a complex skill. It includes learning through imitation and trial and error. Students are guided by their instructor as a role model and their own experience. The adequacy of their performance is normally judged by another person or by the use of pre-defined criteria.

Mechanism (Level 4)

This level concerns performance skills of which the learned responses are more practiced than in the previous level, but are less complex than in the next higher level. You expect the student to be able to perform these skills with some degree of confidence and proficiency.

Complex Overt Response (Level 5)

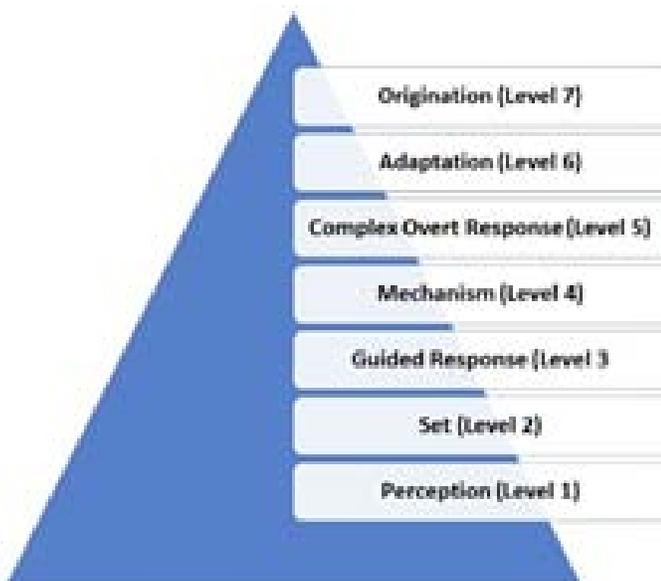
At this level within the domain, you should expect the student to demonstrate a high degree of proficiency. This level includes highly coordinated motor activities.

Adaptation (Level 6)

Adaptation concerns highly developed skills. Transfer learning is associated with this level in that students use previously learned skills to perform new but related tasks.

Origination (Level 7)

Origination refers to a student's ability for new and creative performance after having developed a skill. Learning outcomes at this level emphasize creativity in responding to a particular situation or specific problem.



Psychomotor domain

N7 Words of the Day

Taxonomy: the branch of science concerned with classification, especially of organisms; systematics.

Cognitive: of, relating to, being, or involving conscious intellectual activity (such as thinking, reasoning, or remembering)

Affective: relating to, arising from, or influencing feelings or emotions

Psychomotor: of or relating to motor action directly proceeding from mental activity

A Learning Organization

The Fifth Discipline: The Art and Practice of the Learning Organization (Senge 1990) is a book by Peter Senge (a senior lecturer at MIT) focusing on group problem solving using the systems thinking method in order to convert companies into learning organizations. There are 11 laws of the Fifth Discipline.

1. Today's problems come from yesterday's "solutions."
2. The harder you push, the harder the system pushes back.
3. Behavior grows better before it grows worse.
4. The easy way out usually leads back in.
5. The cure can be worse than the disease.
6. Faster is slower.
7. Cause and effect are not closely related in time and space.
8. Small changes can produce big results...but the areas of highest leverage are often the least obvious.
9. You can have your cake and eat it too ---but not all at once.
10. Dividing an elephant in half does not produce two small elephants.
11. There is no blame.
12. Law #4 says "The easy way out usually leads back in." In discussing Law #4 Senge says:

In a modern version of an ancient Sufi story, a passerby encounters a drunk on his hands and knees under a street lamp. He offers to help and finds out that the drunk is looking for his house keys. After several minutes, he asks "Where did you drop them?" The drunk replies that he dropped them outside the front door. "Then why look for them here?" asks the passerby. "Because," says the drunk, "there is no light by my front doorway."

We all find comfort applying familiar solutions to problems, sticking to what we know best. Sometimes the keys are indeed under the street lamp; but very often they are off in the darkness. After all, if the solution were easy to see or obvious to everyone, it probably would already have been found. Pushing harder and harder on familiar solutions, while fundamental problems persist or worsen, is a reliable indicator of nonsystemic thinking -- what we often call the "what we need here is a bigger hammer" syndrome. 🐘

BREAKFAST

Cool weather upon us – and it seemed like the perfect day for N7 to host their breakfast. CNATRA folks came and gathered for a little while and caught up and had fellowship time. It was another successful breakfast – thank you everyone for joining us and strengthening the bonds the tie us together as a highly effective team. 🐟



2K20



BASKETBALL TOURNAMENT

DECEMBER 19, 2019

E-STREET GYM, BLDG. 102

3 POINT SHOOTING CONTEST: BEGINS AT 1730

Contestants have sixty seconds to shoot twenty-five balls. Five in each spot.

Each player must go around the entire arc before the time runs out.

3 ON 3 TOURNAMENT: BEGINS AT 1830

The first team to score 21 points wins first or the most points after 15 minutes. Single Elimination Tournament. Must sign-up to participate.

- ◊ Cost: FREE
- ◊ Max 3 people per team
- ◊ Must sign-up to participate.
- ◊ Registration opens December 1, 2019 at E-Street Gym.



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FOR MORE INFORMATION CALL: 961-2401/2057

12 DAYS OF FITNESS FUN...

DATE

- December 13
- December 14
- December 15
- December 16
- December 17
- December 18
- December 19
- December 20
- December 21
- December 22
- December 23
- December 24

DAILY CHALLENGE

- 1:00 Minute Wall Squats
- 2:00 Minute Push-Ups
- 3 Laps Around the Track
- 4 X 12 Reps Pulldowns / Chin-Ups
- 5 Minute Rowing Machine
- 6X Reps Barbell Deadlift
- 7X Reps Chest Press
- 8X Reps Bicep Curl
- 9X Reps Tricep Press
- 10X Reps Overhead Squats
- 11 Minutes Cycling
- All of the Above + 25 Squats

COUNTDOWN TO CHRISTMAS: FITMAS 2019 CHALLENGE

Instructions: *Must register before you start the program.*
 Each day complete the daily challenge. Each consecutive day layer on the next challenge including each previous days.
 On the 12th day you will be doing the entire 12 day workout.
 Complete every day of the 12 Days of Fit-Mas Challenge!
 Complete 3 Fitness Incentives within a year
 and earn a Navy Fitness Command Coin!

REGISTER AT FITNESS EXPRESS/CALL 961-3164 OR 961-2401 FOR MORE INFORMATION.



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Create your own Salt Dough keepsake Ornament



Catalina Club, bldg. 1283

Saturday, December 14, 2019

3:00 pm - 5:00 pm

Cost: Free

This craft event will take place during the Army vs. Navy Football Viewing Party at the Catalina Club!

For more information, please call 361-961-1293.



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Families, strollers and children welcome!

Ugly Sweater 5K

December 20, 2019

Start Time: 3:00 pm

Location: Protestant Chapel Parking Lot

Registration: 2:30-3:00 PM (START TIME 3:00)

(or pre-register at Fitness Express)

This is a FREE family fun 5K event open to all eligible MWR patrons.

Dress up in your Ugliest Christmas sweater to win a prize!

Prizes for Top 3 Ugliest Sweaters

Special Category for Kid's Best Ugly Sweater!

Fitness Express, BLDG 103 · 961-3164/2401



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Wine Glass Painting

Catalina Club, bldg. 1283
 Wednesday, December 18, 2019
 5:30 pm - 8:00 pm
 Cost: \$10.00

Wine Glasses and Paint will be provided.
 Participants will be shown how to paint
 festive holiday wine glasses.

Register and pay at the
 Community Recreation Office,
 building 1757.

For more information, please call 361-961-1293.



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CATALINA CLUB MWR EVENTS

December 2019

Revised 11/6/19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 NFL Sunday Ticket 1100 - 1900 	2	3	4 Wednesday Social Hour 1530 - 1900	5	6 Winging ***** Friday Social Hour 1200- 1900	7 Breakfast with Santa 0900 - 1300
8 NFL Sunday Ticket 1100 - 1900 	9	10	11 Wednesday Social Hour 1530 - 1900	12	13	14 Club Closed
15 NFL Sunday Ticket 1100 - 1900 	16	17	18 Wednesday Social Hour 1530 - 1900	19	20 Winging ***** Friday Social Hour 1200- 1900	21 Club Closed
22 NFL Sunday Ticket 1100 - 1900 	23	24 Club Closed	25 Club Closed Merry Christmas	26 Club Closed	27 Club Closed	28 Club Closed
29 NFL Sunday Ticket 1100 - 1900 	30	31 Club Closed				Catalina Club, Building 1283 961-2541 or 961-1155 Office Hours: Monday - Friday 0900 - 1300



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Holiday Dinner

Free and Open to all
 Unaccompanied
 Active Duty Military and
 "On Duty" or working
 on Christmas Day
 NAS Corpus Christi Employees.

*Families of "On Duty" Active Duty Military
 Members are welcome to attend with
 their family member.*

at the Catalina Club
 December 25, 2019

Dinner will be served from
 1300 - 1700

Holiday Menu will include:

Turkey, Ham, Dressing, Gravy,
 Green Beans, Yams, Buttered
 Corn, Rolls, Tea and Desserts.

For more information, please call 961-1293.



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2019 MWR Facilities Holiday Hours of Operation

Facility	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27	Tuesday, December 31	Wednesday, January 1
Administration	Closed	Closed	0800 - 1700	0800-1700	0800 - 1700	Closed
Auto Skills Center	Closed	Closed	Closed	0800-1700	Closed	Closed
Catalina Club	Closed	Closed	Closed	Closed	Closed	Closed
Child Development Center	Closed	Closed	0700 - 1600	0500 - 1830	0700 - 1600	Closed
Community Recreation Center	1100 - 1700	Closed	1400 - 2000	1400 - 2200	1400 - 2000	1400 - 1800
Community Recreation Tickets & Travel	Closed	Closed	0830 - 1630	0830 - 1630	0830 - 1630	Closed
Community Recreation/ Marina/RV Office	0900 - 1600	Closed	0900 - 1600	0900 - 1600	0900 - 1600	Closed
E-Street Gym	Closed	Closed	Closed	1200 - 1700	1200 - 1700	1200 - 1500
<small>The E-Street Gym will be open 1200 - 1700 December 27 - 31, 2019.</small>						
Fitness Express	Closed	Closed	0800 - 1700	0800-1700	0800-1700	1000 - 1700
Library & Resource Center	Closed	Closed	Closed	Closed	Closed	Closed
Library Coffee Shop	Closed	Closed	Closed	Closed	Closed	Closed
Gulf Winds Golf Course	0700 - 1500	Closed	0700 - 1800	0700 - 1800	0700 - 1800	0700 - 1800
Lighthouse Lanes Bowling Center	Closed	Closed	1100 - 2000	1300 - 2200	Closed	Closed
Subway	Closed	Closed	1000 - 2000	1000 - 2000	Closed	Closed
Youth Activities Center	Closed	Closed	0700 - 1600	0500 - 1830	0700 - 1600	Closed

Revised 10/16/19



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**The CFC season will run
from now until 12 Jan 2020.**

All DoD Military and Civilian employees
are eligible to make donations.

<https://cfcgiving.opm.gov/welcome>

See LCDR Ansel Cox for details.



**I care about
so much that
I change it up
every year.**

Give to a cause *you* care
about through the CFC.
You can even volunteer.
It's that simple.

Ebony Boger
U.S. Postal Service



Choose your cause and *Show Some Love* today.
opm.gov/ShowSomeLoveCFC

SACRAMENTO, Calif. Logistics Specialist 1st Class Kwame Kusi-Appiah, assigned to The U.S. Navy Flight Demonstration Squadron, the Blue Angels, takes part in a ground demonstration during the 2019 California Capital Air Show in Sacramento, Oct. 5. U.S. Navy photo by Mass Communication Specialist 2nd Class Timothy Schumaker

