

# CNATRA

## HQ COMMUNICATOR

MAY 2020



## AMERICA STRONG

Honoring frontline workers  
in the fight against COVID-19



## / 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](http://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

The Blue Angels and Thunderbirds honored frontline COVID-19 first responders and essential workers with formation flights over New York City, New Jersey and Philadelphia April 28. *U.S. Navy photo by Lt. Cmdr. Aaron Hicks*

## / COMMAND INFO

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<b>SAFETY/ORM:</b> Dave Watson	Rm 310
<b>SARC:</b> Pat Capitan	(361) 523-3580
<b>SECURITY MGR:</b> James Pitts	Rm 226
<b>DoD Safe Helpline:</b>	(877) 995-5247

## / MAY IN NAVAL AVIATION HISTORY

**01-May-1951:** During the Korean War, AD-4 Skyraiders from Squadron VA-195, USS Princeton (CV-37), attack Hwachon Dam using aerial torpedoes, the only use of these weapons during the Korean War.

**05-MAY-1948:** Fighter Squadron Seventeen A (VF-17A), with 16 FH-1 Phantoms, becomes the first carrier-qualified jet squadron in the U.S. Navy.

**09-MAY-1926:** Lt. Cmdr. Richard E. Byrd and Chief Aviation Pilot Floyd Bennett report reaching the North Pole in their heavier-than-air-flight aircraft. Both receive the Medal of Honor for this event.

**15-MAY-1942:** The first Naval Air Transport Service flight across the Pacific takes place

**18-May-1969:** Apollo 10 is launched with Cmdr. John W. Young as command module pilot and Cmdr. Eugene Cernan as the lunar module pilot. The mission is a dress rehearsal for the first lunar landing.

**22-MAY-1912:** Marine Corps 1st Lt. Alfred A. Cunningham reports to the Naval Academy, where he receives flight instruction, later becoming the first Marine Corps pilot. This date is considered the Birthday of Marine Corps Aviation.

**24-MAY-1962:** Aurora 7 (Mercury 7) is launched and piloted by Lt. Cmdr. Malcolm Scott Carpenter. Aurora 7 completes three orbits in 4 hours, 56 minutes at an altitude up to 166.8 statute miles at 17,549mph.

**25-MAY-1943:** Patrol bombers from (VP-84) sinks German Submarine U-467 south-southeast of Iceland

**27-MAY-1919:** The crew of the Curtiss flying boat NC-4 arrives at Lisbon, Portugal for a stop during its transatlantic flight to Portsmouth, England, arriving May 31.

**31-MAY-1919** Curtiss flying boat NC 4 lands at Plymouth, England, concluding the first transatlantic flight.



# Student Naval Aviator Logs 2,000th trap aboard USS Gerald R. Ford off Florida Coast

By Lt. Michelle Tucker

CORPUS CHRISTI, Texas -- A student naval aviator logged a key milestone in Naval Aviation history last week when he landed a T-45C Goshawk aboard aircraft carrier USS Gerald R. Ford (CVN 78) during carrier qualifications (CQ), marking the 2,000th trap for the ship.

The first-in-class aircraft carrier employs state-of-the-art Aircraft Launch and Recovery Equipment (ALRE) unique to Ford: the Electromagnetic Aircraft Launch System (EMALS) and Advanced Arresting Gear (AAG).

Lt. j.g. Cade Warlick, assigned to the "Redhawks" of Training Squadron 21 under Training Air Wing 2 at Naval Air Station (NAS) Kingsville, Texas, completed Ford's 2,000th trap. He joined a group of 25 student naval aviators and 5 instructor pilots who carrier qualified during the training detachment conducted in the Atlantic Ocean off the Florida coast April 4-11.

Chief of Naval Air Training aviators conducted 411 traps during the detachment, pushing the cumulative total number of traps on Ford past the 2,000 mark – a significant milestone for the new flight deck technology and the ship.

"Carrier qualifications are a pivotal and most challenging phase of aviation training before students move on to their fleet platforms," Carrier Qualification Det. Officer in Charge and Commanding Officer of the "Eagles" Training Squadron 7 Cmdr. Michael Poe said. "Our students could not have moved one step closer to being combat aviators without the critical and amazing efforts of the

entire Ford team."

The detachment comprised students and instructors from Training Air Wings 1 and 2 located at NAS Meridian, Mississippi, and NAS Kingsville, Texas, respectively. Together, the two wings conduct all undergraduate strike fighter training for the Navy, Marine Corps, and selected international military partners.

**"Carrier qualifications are a pivotal and most challenging phase of aviation training before students move on to their fleet platforms."**

- Cmdr. Michael Poe

Executing CQ on Ford, known as "Warship 78," was a coordinated effort among the training air wings, the Ford crew, civilian aircraft maintainers, Chief of Naval Air Training headquarters staff, and aerial support from the "Tridents" of Helicopter Sea Combat Squadron 9 and the "Rawhides" of Fleet Logistics



**ATLANTIC OCEAN** Student Naval Aviator Lt. j.g. Cade Warlick lands a T-45C Goshawk, attached to Training Air Wing 2, on USS Gerald R. Ford's (CVN 78) flight deck marking the 2,000 trap using Ford's advanced arresting gear (AAG) April 8, 2020. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Conner Foy



**ATLANTIC OCEAN** Aviation Boatswain's Mate (Handling)  
1st Class Jawann Murray, from Detroit, assigned to USS Gerald R. Ford's (CVN 78) air department, signals a Chief of Naval Air Training T-45C Goshawk on Ford's flight deck April 7. U.S. Navy  
*photo by Mass Communication Specialist Seaman Apprentice Sawyer Connolly*

Support Squadron 40, both based in Norfolk. Aircraft operated out of Cecil Field in Jacksonville, Florida.

The ability to operate from and at sea is critical to providing a Naval Aviation force that is ready to take the fight to adversaries and win. CQ provides student naval aviators essential practical experience in daylight launch (catapult-assisted take off) and recovery (arrested landing known as a "trap") on a U.S. Navy aircraft carrier at sea. Before progressing to the aircraft carrier, students must complete field carrier landing practice (FCLP), which occurs on land.

After completing the strike pipeline, students earn their Wings of Gold and proceed to postgraduate training at fleet replacement squadrons to master aircraft including the F/A-18E/F Super Hornet, F-35C Lightning II, E/A-18G

Growler, E-2C Hawkeye, E2D Advanced Hawkeye, and C-2A Greyhound.

The mission and function of EMALS remains the same as the traditional steam catapult; however, it employs entirely different technologies. It delivers necessary higher-launch energy capacity, improvements in system maintenance, increased reliability and efficiency, and more accurate end-speed control and smooth acceleration. EMALS expands the operational capability of the Navy's Gerald R. Ford-class carriers to include all current and future planned carrier aircraft, from lightweight unmanned aircraft to heavy strike fighters.

The software-controlled AAG is a modular, integrated system that consists of energy absorbers, power conditioning equipment and digital controls, with architecture that

provides built-in test and diagnostics, resulting in lower maintenance and manpower requirements. AAG is designed to provide higher reliability and safety margins, as well as to allow for the arrestment of a greater range of aircraft and reduce the fatigue impact load to the aircraft.

As the lead ship of her class, Ford marks the first new carrier design in more than 40 years. The ship is named after the 38th President of the United States Gerald R. Ford whose World War II naval service included combat duty aboard the light aircraft carrier Monterey (CVL 26) in the Pacific Theater. 🚢

# 7 Chief of Naval Air Training squadrons earn 2019 CNO Aviation Safety Awards

By Anne Owens

CORPUS CHRISTI, Texas -- Chief of Naval Operations Adm. Mike Gilday recognized excellence in aviation safety among seven Chief of Naval Air Training (CNATRA) squadrons as part of the 2019 CNO Aviation Safety Awards program.

The seven CNATRA squadrons named in the April 14 CNO message are the “Doerbirds” of Training Squadron (VT) 2, “Tigers” of VT-9, “Vigilant Eagles” of HT-18, “Fighting Redhawks” of VT-21, “Boomers” of VT-27, “Stingrays” of VT-35, and “Sabrehawks” of VT-86.

The CNO Aviation Safety Awards program recognizes squadrons that have maintained Class A, B, and C mishap-free safety records throughout the fiscal year and that have made significant contributions to the Naval Aviation Safety Program. The program honors award recipients with a plaque and the Safety “S” marking on their aircraft, signifying exceptional professionalism in daily operations and a focus on safety.

“These training squadrons represent the best of the best in Naval Aviation,” Chief of Naval Air Training Rear Adm. Daniel W. Dwyer said. “I am proud of each individual who took that extra step toward safety, the students who double and triple checked, and the instructor pilots whose professionalism and dedication serve as an example and let future aviators know where the bar is set. This is how we create the world’s finest aviators.”

Each squadron selected brings unique training expertise to the Naval Aviation community. With recognition from safety awards like this, those squadrons can share their most effective safety techniques across the Naval Aviation spectrum. Squadrons used open-forum discussions to resolve safety issues

and provide valuable lessons learned to their personnel. The ability for our student naval aviators and instructor pilots to take that knowledge and apply it in the air in an emergency helps ensure safety and mission success.

VT-9, VT-21, and VT-2 accomplished more than 15,000 flight hours in 2019. VT-2, CNATRA’s oldest training squadron, reached 22 years of mishap-free primary flight training. HT-18 completed more than 22,000 flight hours, giving them a 5-year mishap-free record and earned “Fleet Best Practice” from the Navy Safety Center for their Operational Risk Management techniques. VT-27 accomplished more than 16,000 flight hours and implemented a checklist for human factors screening. VT-35 conducted more than 12,500 mishap-free flight hours and highlights individuals who identify and solve safety issues with a quarterly “Safety Pro” award. VT-86 continues a robust safety program with implementation of the Aviation Safety Awareness Program (ASAP), which requires aircrew to submit safety observations after every flight.

These seven CNATRA squadrons that received awards conduct primary, intermediate, and advanced phases of flight training. They are responsible for undergraduate flight training of

all Navy, Marine Corps, and Coast Guard aviators in addition to selected international military partners.

“As an organization, CNATRA imparts a foundation of safety into every aviator we train,” CNATRA Safety Officer Cmdr. Nathan Bitz said. “We are privileged to earn this prestigious award from the Chief of Naval Operations and highlight safety as a paramount component of our training.”

VT-2 and VT-27 are both primary training squadrons and fly the T-6B Texan II turboprop trainer aircraft. VT-2 is located at Naval Air Station Whiting Field in Milton, Florida, and VT-27 is located at NAS Corpus Christi. VT-9 and VT-21 conduct intermediate and advanced strike training in the T-45C Goshawk jet trainer aircraft. VT-9 is located at NAS Meridian, Mississippi, and VT-21 is located at NAS Kingsville, Texas. HT-18 provides rotary-wing training in the TH-57 Sea Ranger and is located in Milton, Florida. VT-35 conducts intermediate and advanced multi-engine training in the T-44C Pegasus and is also located at NAS Corpus Christi. VT-86, located at NAS Pensacola, Florida, is the Navy’s only strike naval flight officer training squadron and flies the T-45C Goshawk jet trainer aircraft. 

**CORPUS CHRISTI, Texas** Marine 1st Lt. Matthew Reith performs a preflight inspection of a Navy T-44C Pegasus parked on the flightline aboard Naval Air Station (NAS) Corpus Christi July 23, 2019. U.S. Marine Corps photo by 1st Lt. Pawel Puczko



# Chief of Naval Air Training Team Member Recognized for Public Affairs Excellence

By Ensign Beau Nickerson

CORPUS CHRISTI, Texas – The Navy's Chief of Information (CHINFO) recognized a Chief of Naval Air Training (CNATRA) staff member April 9 for excellence in public affairs as part of the Thompson-Ravitz Awards Program. CHINFO named Deputy Public Affairs Officer Anne Owens 2019 Department of the Navy Junior Civilian Public Affairs Specialist of the Year.

"These awards recognize exceptional work by individuals and communication teams throughout the Navy, reflecting the quality of our community, and the value our work brings to our Service,"

Chief of Information Rear Adm. Charles Brown said in the announcement message. "Just as importantly, these awards also show all of us what right looks like – it recognizes those who have set a bar for performance that we should all strive to achieve."



Owens, a native of Farmville, North Carolina, was selected based upon her work toward CNATRA's strategic communication goals in addition to her leadership, and commitment to education and professional development.

The CNATRA public affairs team provides strategic communication support for 17 training/helicopter training squadrons under five air wings, across three states in addition to the U.S. Navy Flight Demonstration Squadron, the Blue Angels.

"It's wonderful to see Ms. Owens' hard work and dedication recognized at Department of the Navy level,"

CNATRA Public Affairs Officer Lt. Michelle Tucker said. "Her outstanding contributions to CNATRA's public affairs mission have led to greater awareness about our people and programs. She has shown incredible commitment to personal professional development and mentorship of new public affairs accessions, which will have a lasting effect on the PA community."

Owens has been at CNATRA since 2017 and was previously selected as the 2018 Junior Civilian of the Year. In addition to her daily duties, Owens recently completed the Public Affairs Qualification Course-Distance

Learning with just the in-residence portion remaining.

"I'm honored to be recognized for this award," Owens said. "I am very lucky to be a part of the CNATRA team, and am proud to support our Navy and Marine Corps aviators."

The Thompson-Ravitz Awards for Excellence in Public Affairs recognizes Sailors and civilians in 28 categories split among units and individuals across the entire Navy. There are five individual award categories, one of which is Junior Civilian Public Affairs Specialist of the Year and is open to those paygrade GS-11 and below. The program is named for Rear Adm. William Thopson, the first dedicated public affairs officer selected for flag rank, and Rear Adm. Robert A. Ravitz, one of the first directors of the Naval Reserve public affairs program and special assistants to CHINFO. 🇺🇸

## Navy Tuition Assistance

Funds are available to all command approved TA applications for courses starting through 30 June 2020. Applications must be command approved 14 days or earlier before the course start date.

Region Advisors, along with the Navy College Virtual Education Center (NCVEC), are in a maximum telework situation and will not be available to take inbound calls. ESOs should continue to work with their Region Advisors (RA) for questions and support.

In an effort to keep Sailors from being financially obligated to the Navy for their TA funded course(s) NETC is requesting that whenever possible, allow Sailors to extend their course end date and post "I" grades. When a passing completion appears to be unattainable, we ask that you allow Sailors to withdraw from their course(s) with a grade of "W." In these cases, the Navy can waive their obligation for reimbursement, while your school is still able to receive payment for the course. Not only does this free the Sailor's financial obligation, it allows them the chance to re-take the class later using TA funding.

If you are changing delivery from face-to-face to online and nothing else changes, then no further action needed for an existing approved TA vouchers.

If the Sailor has an existing approved TA voucher(s) and the dates are changing on the class, have the Sailor contact NCVEC and request the dates to be changed. Do not reject the approved TA form as the dates can be corrected.

For more information, visit <https://www.navycollege.navy.mil/information-for-academic-institutions/region-advisors.htm> or <https://www.navycollege.navy.mil/contact.htm>. 🇺🇸

## N4 Det NAS Meridian

By Mark Aid, Det. Meridian QAS

Like our fellow CNATRA sites we are meeting multiple recent challenges head on, but staying singularly focused on our primary mission of training our future naval aviators. Be it T-45 engine challenges, the ongoing COVID-19 pandemic, the recent ramp-up in increased security measures, or severe weather impacts our CNATRA, Vertex, Rolls Royce team have worked in lock step to incorporate effective mitigating strategies. CNATRA Detachment Meridian continues to maintain oversight of contractor compliance with 31 NAMP programs and the multiple additional contract specific requirements in addition to adherence with current Naval Safety Center policies and instructions.

Since January 1st, 2020 TW-1 has safely conducted 3,997 sorties accumulating 4,270 flight hours with a daily average aircraft Ready for Tasking (RFT) of 24.8. While this is a decline from recent years past, because of the aforementioned challenges, we are operating at an optimum level given our current circumstances. During this timeframe CNATRA Det Meridian carefully monitored Vertex and Rolls Royce by conducting, to date, 18 CSEC based audits in areas such as Logs and Records, Tire and Wheel Safety, Tool Control, FOD, Support Equipment Operation and Training and Technical Directives. Additionally over 800 individual observations were logged while monitoring everything from flight line operations and hangar deck safety to Phase Maintenance and Strip and Paint procedures. Following the audits and observations, the results are given to the contractors for review for any correction of any discrepancies.

Like other sites our contract maintenance teams are unique in that they have both NAMP compliance and contractual obligations that need to be adhered to which can make audits and observations somewhat challenging but CNATRA will continue to ensure the contractors completely fulfill the assigned requirements of their respective contracts, the NAMP and their continued support of our mission. 🛩️

## N4 Upcoming Events

- **TBD** T45 CLS Program Management Review (PMR) slotted for May will be rescheduled
- **TBD** Quality Council NAS Whiting Field
- **TBD** NATEC Corrosion Course aboard NASM

## N4 Team Spotlight

BRAVO ZULO and many thanks to N4 Administrative Assistant Maria Alvarez. Thank you for all you do to support each one of us!

Photo by Dan Shaunessy



N4 continues to support the T45 CLS and TH-57 / TH73 contract requirements working groups with PMA 273, N3, N4 and Wing Support.

## COVID-19 Contracting Guidance

N4 wants to remind all CNATRA team members to do their part in complying with the ASN RDA Intent and Direction Withholds and Retentions COVID-19 guidance. If your section has a contract that is experiencing any type of issues in regards to processing invoices in Wide Area Workflow, please reach out to the CNATRA PIEE POC Clayton Watson for assistance. For more information, see the intent and direction letter on the following page.





**THE ASSISTANT SECRETARY OF THE NAVY**  
(RESEARCH, DEVELOPMENT AND ACQUISITION)  
1000 NAVY PENTAGON  
WASHINGTON DC 20350-1000

20 March 2020

From: Assistant Secretary of the Navy, Research, Development, and Acquisition (ASN RD&A)  
To: Navy Syscom Commanders and Program Executive Officers

SUBJECT: (INTENT AND DIRECTION) WITHHOLDS AND RETENTIONS DURING  
COVID-19

Given the National Security Declaration by the President, it is imperative we keep the Nation's, and the Navy's, defense industrial base from going into extremis during the current COVID-19 crisis. A key element of this is to ensure companies, and in particular the underlying suppliers, remain solvent and available to support the Navy.

The ship, air, weapon, ground, network/IT and associated repair industry, as part of the Defense Industrial Base, are elements of the Nation's Critical Infrastructure as defined by DHS. We need them operating now and as we come out of this crisis.

My intent is that we remove barriers to maximize efficient execution of our existing contracts and award of our pending/future contracts. This includes immediate engagement on all activities to positively impact cash flow. As such, I request your teams to:

- Immediately reduce retentions/withholds on existing efforts to an absolute minimum.
- Pay our all settled REAs immediately, submit requests for obligation of expired funds where required in support of this immediately and resolve all remaining REAs as quickly as possible, including preparing provisional payments where appropriate with reservation of right of recoup any overpayment upon final settlement. I encourage you to set up dedicated teams to do this at max pace
- Ensure retentions/withholds are at minimum allowable level for any new work placed under contract in 2020.
- Ensure all government personnel required to process inspection, acceptance, invoicing and payments and resolve these type business issues are declared mission essential
- Adjust inspection criteria where needed to enable work execution at a faster rate and/or ensure work performed can be completed provided adequacy of work is ensured
- Where possible, accelerate negotiations and award for future work including the use of UCAs as necessary, including contract changes in the pipeline or existing contracts
- Where UCAs are necessary, maximize obligations and allowable expenditures against those UCAs. Consult with DASN (P) on additional authorities up to and including obligations up to 100%.



*We Answered  
the Call!*



**HONORING THE PAST,  
SECURING THE FUTURE!**



## Fake Microsoft Teams Emails Phish for Credentials

Attackers have begun sending emails impersonating automated notifications from Microsoft Teams to try and steal access credentials of employees who use the popular collaboration platform while working from home.

According to researchers from Abnormal Security, the emails are very convincing-looking, with links that lead to landing pages that are identical to what a user would expect from a legitimate Teams page. The imagery used in the campaigns is copied from actual notifications and Microsoft emails. The attackers have been using multiple URL redirects to throw off malicious link-detection tools and to hide the actual URL of the domain that is being used to host the attacks. Researchers from Abnormal Security have observed at least two different attack campaigns involving Teams message impersonation.

One message impersonates the notification received when a coworker is trying to contact them via Teams.

The other claims that the recipient has a file waiting for them on Microsoft Teams, and the email footer contains legitimate links to Microsoft Teams application downloads.

In one of the attacks, the phishing email contains a link to a document hosted on a site used by an email marketing company. The hosted document contains an image asking users to log into their Teams account. Users that click on the image get redirected to a landing page that impersonates the Microsoft Office login page to capture the victim's credentials. In the second campaign, the link in the email redirects the user to a page on YouTube, and then again a couple more times before finally arriving on the credential phishing site.

Since Microsoft Teams is linked to Microsoft Office 365, the attacker may have access to other information available with the user's Microsoft credentials via single-sign on. The increase in teleworking has led to a surge in the use of — and attacker interest in — collaboration platforms such as Teams, Slack, and Zoom. Of these, Microsoft Teams in particular has been one of the most heavily targeted platforms. 🐟

## FBI warns about scams targeting deceased, grieving families (Bereavement Scams)

Losing a loved one can take an enormous toll—physically, emotionally, and even financially. It is hard enough on its own without also having to worry about fraud on top of it. Scammers will try to cash in on your already-difficult situation.

The fraudster could try to open new credit cards in the deceased person's name or use a phishing scheme to pressure a grieving spouse into paying for a bogus benefit. Perhaps he says that he is calling from an insurance company and is able to re-instate an expired life insurance policy if she just makes a payment to cover the last few years of unpaid fees. ID thieves may even try to use the deceased person's Social Security number to create a new identity. There are many versions of these types of scams to include: outstanding debt, funeral scams,

Medicare scams, tax fraud, romance/compassion scams, delinquent Life Insurance plays, credit card scams, and possibly specially engraved trinkets.

### **So how do you protect your family after the loved one has passed?**

Each day, thousands of deceased family members fall victim to identity theft — costing their survivors pain and financial loss. Alert the major credit reporting agencies as soon as you can as to the passing of your loved one. They will want copies of the death certificate as well as specific details about your relative, including date of birth, Social Security Number, full legal name, and recent addresses.

The agencies will flag the person's credit file and put a freeze on it to prevent others from opening new unauthorized lines of credit. Obtain a credit report for the deceased person right after death and a few months afterwards. This will help you to identify any otherwise unknown accounts and to watch out for any attempted fraudulent activity after death. Make sure to also notify any current banks, credit unions, or financial institutions that the deceased person used so that all checking, savings, investment, or credit card accounts can be flagged appropriately. The same thing for insurance companies holding auto, home, or life insurance policies. Check with the financial institution to see what access survivors' are entitled to and what protections will be put in place to keep scammers out.

Send a copy of the death certificate to the IRS so that the person's tax account can be flagged as well. Send the death certificate to the mailing address that the deceased individual would normally use to submit tax returns. You may also submit a copy of the death certificate when you file the person's final tax return. Sometimes your funeral home will notify the Social Security Administration — but if not, you should do so right away. 🐟

## **Cybercriminals Actively Targeting Work-From-Home Employees By All Possible Means**

In majority organizations, almost the entire workforce is now depending on the remote connectivity (using VPNs). Using publicly available communication or collaboration channels makes these employees and their connected networks prone to cyberattacks. In many organizations, the infrastructure was never tested for such a massive level of the remote working scenario. And cybercriminals are leaving no stone unturned to exploit the loopholes to satisfy their malicious intents.

According to a recent ThreatPost survey, around 70% of organizations are experiencing this remote working culture for the first time. Thus, the security teams can be expected to find it challenging to cope with the new challenges such as handling the massive flood of device connections, managing secure access to company resources, protecting the sensitive data, patching and securing endpoints, etc., thereby leaving them vulnerable to attacks. Moreover, a 40% increase has been observed in the cyberattacks on personal computers, routers, VPNs, routers of those companies, that have allowed their employees to work from home. The same ThreatPost Survey also suggests that Social engineering and phishing are turning out to be a major

threat, accounting for 23% of attacks, followed by various other threats like Business Email Compromise (BEC) and ransomware attacks.

Cybercriminals were found using spam emails and fake apps related to Coronavirus to lure their victims. For instance, the emails claim to contain important updates or urge users to make donations while posing as trustworthy organizations like the World Health Organization. Several cybercriminals have revamped and customized their malware (such as Trickbot, Emotet, and Lokibot to name a few) so that it could be used to take advantage of this global epidemic situation. Reports suggest that cybercriminals have been actively targeting organizations in healthcare, pharmaceuticals and manufacturing sectors, although other sectors like education, IT and Oil & Gas are also getting hit. In addition, there has been an aggressive increase in the exploitation of popular collaboration and communication products which are getting popular due to the remote working culture, not only for IT but several other sectors as well.

Organizations need to make sure that all their employees and infrastructure are protected using basic security essentials, like the use of encryption for sensitive data, strong passwords for access to corporate resources and having genuine anti-malware and firewalls installed. And on top of it, they must make sure that their employees are aware of the common security hygiene while working remotely. 🐟





## N7 MISSION:



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

### From the ACOS:

This month's "View from the Bridge" edition comes from deep inside the sanitary Training Bunker at HGR 42. We've been in "this" together for over a month. Our ability to tackle the tasks required to support mission success has required adaptation, "new" thinking, and tenacity. THIS is exactly what we do every day as Sailors and Marines. It's in our DNA – we figure it out and make it work as a team. Like RADM Jones (CNAFR) has remarked, **"SOCIAL Distancing is an inaccurate term. We are PHYSICALLY distanced but remain SOCIALLY CONNECTED."** The N7 local and distributed teams remain engaged across the spectrum spanning cockpits, conference rooms, workspaces, and in own homes via telework systems. As of this writing, all personnel are healthy, engaged, and morale remains high.

**"DIFFICULT is our specialty.  
IMPOSSIBLE just takes a little longer."**

Your N7 team has been charging hard with multiple efforts directed at modernizing the structure and delivery of aviation training. Following the direction to **increase quality while reducing the training timeline to 18 months or less**, we are dissecting the current "Industrial" model of flight school (a resource and manpower-intensive model suitable for a Vietnam-Cold War era Carrier Air Wing) and rebuilding a Competency-Based model that leverages skill set learning and mastery through "qual" and "mission" phases. In this approach, individual time to master airborne skill sets is only limited by individual rate of learning, (not by doing repeated tasks... or "jobs" found in the current blocks and stage approach).

Keep your eye on Project "Avenger" which utilizes this approach and is on track to begin late summer at TRAWING FOUR. By conducting T-6B Primary in this manner, we'll test and validate the assumptions, gather lessons, and begin to adjust all pipelines in order to meet the direction of increased quality while decreasing time spent in training. Success will be a "shot in the arm" for Naval Aviation force generation. If you are not excited about this, check your pulse, have some coffee, and read this paragraph again.

**FUN FACT:** Did you know that right now on active duty we have officers that have conducted initial Carrier Qualification on FOUR different classes of aircraft carriers?

**FACT! As of April 10, 2020, currently serving Naval Aviators have qualified on Essex, Forrestal, Nimitz, and (now) FORD-class carriers! CONGRATULATIONS** to the 25 new CNATRA-trained "electric" carrier aviators who recently completed CQ on USS Gerald R Ford (CVN 78)! No small task considering aggressive sterilization policies required for logistics and movement while adapting to a new "electric" flight deck. Yes - "Difficult" is our specialty!

We've had to adjust our routine to a world no one could have predicted a few months ago. The CNATRA Team is still getting the job done and the quality standards have not suffered. Walk tall and hold your head high ... and keep washing your hands! /Bug out.



CAPT "Bug" Hnatt is the Assistant Chief of Staff for Training and Standardization and part-time contributor to the "CNATRA HQ Communicator" (covering the Training Beat). He likes home-crafting bandana masks on weekends. He is also a part-time DJ for lit HTML5 courseware conversion parties famous for dropping the beat to open up this TSHARP pit.

## Instructional Systems Design in the NATRACOM

### Front End Analysis (FEA)

The purpose of Front End Analysis is to identify training requirement gaps; determine media types and media delivery mode recommendations to close the training gaps. When organizations develop new or revised training systems, they usually conduct a front end analysis, depending on who is

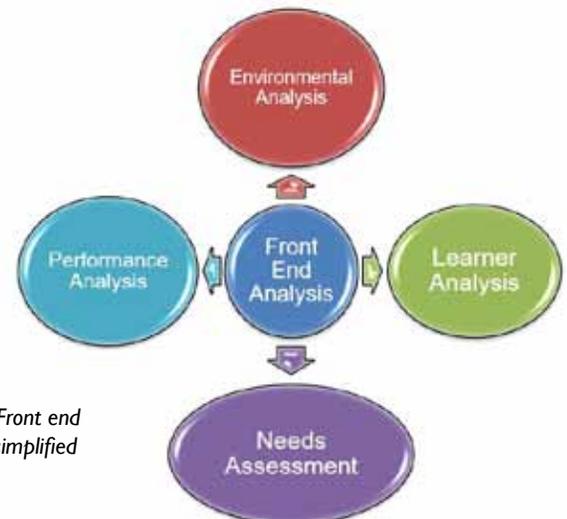


Figure 1: Front end analysis simplified

conduct the FEA the actual process can vary. A simplified chart is shown below. The typical NAVY FEA chart covers two pages with many steps.

The OPNAVINST describes a Front End Analysis (FEA) is an iterative process by which the program manager evaluates the new or modified system, to determine what manpower, knowledge, skills and abilities will be required to safely operate and maintain these systems and equipment. FEA methods are tailored to the acquisition phase and the maturity of system development. Early in the acquisition process, FEA efforts are driven by new or changed mission requirements identified in Joint Capabilities Integrated Development System (JCIDS) documents. The FEA enables acquisition professionals to project MPT requirements based on the relatively limited data available. The FEA is used as the baseline requirements document for development of training requirements planning and the Navy Training Systems Plan (NTSP)

## Innovation News

This week the N71 shop was “test driving” the TCS Learning System and platform, which is based on a unique learning method and was developed to train private pilots at Embry-Riddle Aeronautical University (ERAU) in order to obtain their private pilots licenses faster and at a lower cost. The Private Pilot course consists of 60 lessons including 73 simulations using Prepar3D (P3D), Virtual Reality and proprietary software. It follows the FAA procedures for the Cessna 172 and will support T-53 and T-6 aircraft based on USAFA procedures by Q3-2020.

## The New Normal

Our staff is adjusting to the new normal of the COVID 19 pandemic, which means many of us are teleworking, employing social spacing, and wearing our own personal protective equipment (face masks)

Below is a home workstation, dubbed the “Ruth Command Center” (RCC) and Tracey Castillo at work with her own PPE on, and many others in compliance.

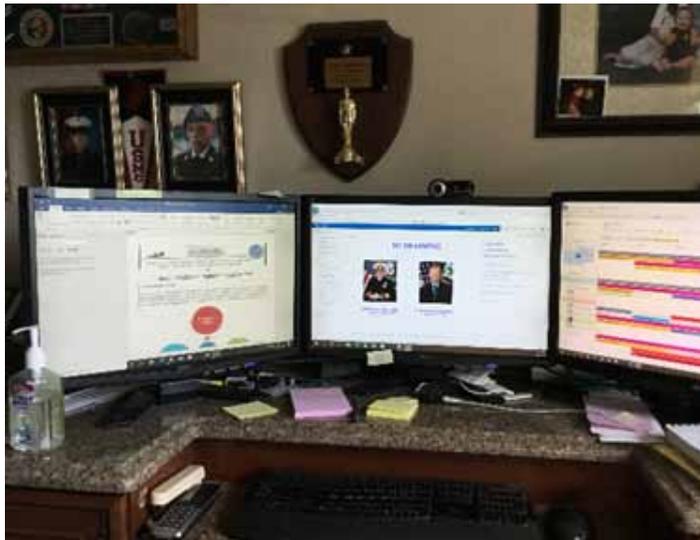


Figure 2:  
TCS Learning System



Fellow members below are: Dr. Thomas Sheppard, Ian Arvizo, Phil Stewart, Kenny Honore, LT Natali, CDR Michael Harris, Angie Hahnert, Delia Gorena, Chris Szpak and Ruth Patterson, Stu Nagel, and one of our daily cleaning crewmembers known as “Martin”, who works diligently to ensure things sanitized for all of us.



With safety and concern for fellow members, and helping in any way, masks and sanitizers were prepared and put together by Delia Gorena and CDR Bitz, all done with safety concerns in mind for their fellow workers.



## 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.

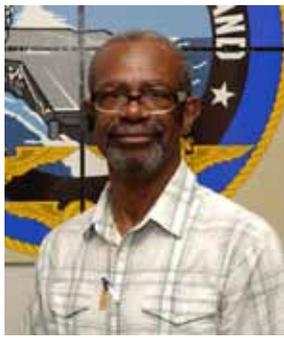
Law #8 says "Small changes can produce big results...but the areas of highest leverage are often the least obvious." In talking about Law #8 Senge says:

*"Some have called systems thinking the "new dismal science" because it teaches that most obvious solutions don't work—at best, they improve matters in the short run, only to make things worse in the long run. But there is another side to the story. For systems thinking also shows that small, well-focused actions can sometimes produce significant, enduring improvements, if they're in the right place. Systems thinkers refer to this principle as "leverage." To make things more difficult he observes "The only problem is that high-leverage changes are usually highly nonobvious to most participants in the system." Finally, "There are no simple rules for finding high-leverage changes, but there are ways of thinking that make it more likely. Learning to see underlying "structures" rather than "events" is a starting point; ..."*

## Welcome Aboard



LCDR Geoffrey "Chainsaw" Dick is our new Strike & E-2/C-2 Pipeline Training Officer. He came to us from Training Air Wing 2 where he was the operational support officer, managing the administrative and operational aspects of the TW-2 Reserve Component and also instructed in the T-45. Some of his interests and hobbies include fishing and hunting around Orange Grove and Lake Corpus Christi. He is a runner who takes part in the annual Texas Independence Relay each year from Gonzales to Houston. He manages the audio/visual department at his local church in Orange Grove, and runs the system during services.



Kenny Granville moved into the CNATRA N7 Configuration Management Specialist position. Kenny worked at the TW-4 TIMS Site Support Helpdesk, as the Curriculum Training Content Liaison (CTCL), where he had the correct and most current syllabus loaded and functioning correctly. He assisted TW4 personnel with the submission of Training Change Requests (TCR). Kenny also instructed TIMS Indoctrination Brief for Primary students, and assisted TW4 personnel (military and civilian) with Training Integration Management System (TIMS) functionality issues.

## Happy Retirement & Farewell



LCDR Eugene "Cuba" Trelles is retiring after 20 years. As the Multi-Engine Pipeline Training Officer, his mastery of the training curriculum and detailed planning for future requirements was instrumental in the creation and integration of an updated grading system, and led to the testing and development of a revised naval flight training system. We wish him well in all his future endeavors. Fair Winds and Following Seas!



# Happy Retirement & Farewell



LCDR Michael "Smokey" Harris is retiring after 20 years. As the Strike & E-2/C2 Pipeline Training Officer, he coordinated re-writing of the advanced strike syllabus master curriculum guide. His dynamic leadership and managerial abilities, along with his energetic management and involvement of representatives from four squadrons and two Training Air Wings ensured a unified document that streamlined the advanced syllabus, decreased time-to-train, and maximized training opportunities. We wish him well in all his future endeavors. Fair Winds and Following Seas!



## Results of the 2019 CNATRA Aviation Awards

AWARD	WINNER	ASSIGNED TO
CNATRA Training Excellence Award (Primary Squadron)	VT-28 "Rangers"	TW-4 NAS CC TX
CNATRA Training Excellence Award (Advanced Squadron)	VT-35 "Stingrays"	TW-4 NAS CC TX
Vice Admiral Goldthwaite Award for Training Excellence	VT-28 "Rangers"	TW-4 NAS CC TX
CNATRA Squadron Augment Unit (SAU) of the Year Award	VT-22 "Golden Eagles"	TW-2 NAS Kingsville TX
CNATRA Flight Instructor of the Year	Captain Scott W. Phillips, USMC VT-22 "Golden Eagles"	TW-2 NAS Kingsville TX
CNATRA Reserve Component Flight Instructor of the Year	LCDR Sean M. Brady, USN VT-21 "Redhawks"	TW-2 NAS Kingsville TX
George M. Skurla CNATRA Naval Flight Officer Instructor of the Year	LT Brian T. Cortell, USN VT-86 "Sabrehawks"	TW-6 NAS Pensacola FL
CNATRA Flight Surgeon of the Year Award	LT Danny S. Xu, USN VT-28 "Rangers"	TW-4 NAS CC TX
CNATRA Landing Signal Officer (LSO) of the Year	LT Scott Seago, USN VT-7 "Eagles"	TW-1 NAS Meridian MS
Reserve Officer Association (ROA) Outstanding Selecting Reserve (SELRES) Junior Officer of the Year	LCDR Sean Hovanec, USN VT-3 "Red Knights"	TW-5 NAS Whiting Field FL
Association of the United States Navy (AUSN) Selected Reserve (SELRES) Junior Officer of the Year	LCDR Parley Williams, USN HT-8 "Eightballers"	TW-5 NAS Whiting Field FL
Association of the United States Navy (AUSN) Full-Time Support (FTS) Junior Officer of the Year	LCDR Todd C. Teasdale, USN VT-22 "Golden Eagles"	TW-2 NAS Kingsville TX
Orville Wright Achievement Award (Jan-Jun 2019) Highest overall grades for the preceding six months	1stLt Jody C. Lamb, USMC Winged at HT-28 / TW5	HMLAT 303 Camp Pendleton CA
Orville Wright Achievement Award (Jul-Dec 2019) Highest overall grades for the preceding six months	LTJG Matthew J. Devlin, USCG Winged at HT-28 / TW5	USCG Air Station Atlantic City NJ
McCampbell and Foss Awards (Awarded to the top USN and USMC graduates who excelled at air combat maneuvering during the past calendar year)	USN: LTJG Joshua E. Underdown Winged at VT-21 / TW-1	VFA-106 Oceana VA
	USMC: 1stLt Tanner C. Mayberry Winged at VT-7 / TW-1	MAG-13 CAS Yuma AZ
RADM Thurston H. James Memorial Award (honors the year's top Student Naval Flight Officer Graduate)	LTJG Jared M. Hachmeister, USN Winged at VT-86 / TW-6	VFA-106 NAS Oceana VA
Britannia Award (awarded for superior performance in weapons delivery)	LTJG Ian A. Arbuckle, USN Winged at VT-21 / TW-2	VFA-106 NAS Oceana VA
National Society, Daughters of the American Colonists Award (DAC Award) (recognizes the Outstanding Female Flight Student with the highest overall flight and academic scores during past calendar year)	1stLt Carolyn F. Pushaw, USMC Winged at VT-31 / TW-4	VMMT-204 MCAS Iwakuni Japan



**JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J.** A U.S. Navy Blue Angels pilot holds up an “America Strong” sign while receiving fuel from a KC-10 Extender assigned to Joint Base McGuire-Dix-Lakehurst, N.J., May 2. The Blue Angels and U.S. Air Force Thunderbirds conducted flyovers across America to honor healthcare workers, essential employees, and other first responders on the front line of the battle against COVID-19. *U.S. Air Force photo by Staff Sgt. Stephanie Serrano*

# How to cope with the stress and trauma of the COVID pandemic

*Gary R. Proctor, MD, Senior Behavioral Health Medical Director, Magellan Complete Care of Virginia*

Anyone who has gone through a traumatic event can develop symptoms of stress disorders such as post-traumatic stress disorder (PTSD). Although the COVID-19 pandemic in general would not meet the criteria for formally causing a stress disorder, many of the same issues can result from such a widespread and overwhelming event.

The pandemic could be viewed as a long-term stress event. It has become life-changing for the whole world. As COVID-19 spreads across the globe, people may experience increased anxiety and fear triggered by the pandemic and constant news. In addition, the pandemic can be traumatizing for others: healthcare workers, people who have lost friends and loved ones, and people whose lives have drastically changed.

## **What are stress-related disorders?**

Stress-related disorders can occur after you have been through a traumatic event. A traumatic event is something horrible and scary that you see or that happens to you. During this type of event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening. These symptoms can change your behavior and how you live your life.

## **How can reaction to the COVID pandemic be similar to a stress disorder?**

When you struggle with a stress disorder, it can be hard to anticipate when anxiety or depressive symptoms may flare up. Although it may appear that symptoms come out of nowhere, in most cases they are cued by factors called triggers. Internal triggers are the feelings, thoughts, memories, emotions, and bodily sensations that you feel or experience. External triggers are the people, places, and situations that can bring back memories of the traumatic event. In the current environment this could be caused by news reports, social media or discussion with friends or family.

The first thing to realize is that many fears are unwarranted; anxiety may arise when you are in a completely safe environment. When you begin to despair or your fears consume you, try to remember that your worries and fears may be extreme because of previous experiences and not current facts. Once you've realized what may trigger these fears and anxiety, you can begin to try to deal with them.

## **How to cope with stress-related symptoms amid COVID-19**

- **Cultivate ways to be calmer.** It's understandable to feel anxious and worried about what may happen. While circumstances may be stressful and beyond your control, you can try to offset them with positive, calming activities. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, keeping the mind occupied).



# Legal and financial resources during the COVID-19 pandemic

Have your finances been impacted by COVID-19? Are you concerned about planning for the future? The spread of the novel coronavirus (COVID-19) has left many of us with more questions than answers.

As the number of businesses impacted by COVID-19 continues to rise, you or someone in your household may have been asked to work remotely, have reduced work hours, or may be at risk of being laid off. Because schools nationwide have closed, you may also be scrambling to find childcare in order to work or may not be working at all right now in order to care for them. With social distancing pushing us online more, cybercriminals are looking for new ways to hack and scam their way into your data and accounts.

Amidst the uncertainty, your program is here to provide sound legal advice, financial and identity theft support to improve your well-being and relieve stress.

## Legal assistance

- Get tips to ask for help from your creditors
- Create a will or trust to protect your family and plan for the unexpected
- Know what documents are needed if you or a loved one is admitted to a hospital
- Learn the difference between Power of Attorney and a Living Will
- Consider your options if you can't pay rent or are concerned about being evicted

*Receive one, free 60-minute consultation per issue, per year.\**

## Identity theft resolution

- Safeguard your financial details when shopping online
- Learn how to safely browse social media and avoid scammers
- Set up new apps and accounts without exposing your private information
- Protect your credentials for gaming and streaming services
- Make sure that your Alexa and other smart devices are not exposing you to cybercriminals

*Free one, free 60-minute consultation with a highly-trained Fraud Resolution Specialist™*

## Financial coaching

- Understand your options for paying monthly bills
- Know your investment opportunities and challenges
- Consult with your lenders about special accommodations
- Learn how to budget and resist the urge to buy impulse items online
- Review the government-based and nationwide resources available

*Receive two, free 30-minute consultations per issue, per year.\**

*\*Receive discounted fees if you elect to continue working with consultants beyond the initial consultations*

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**(1 844 DON CEAP)**

For TTY Users: 1-800-635-2883

Available now on LifeMart

# Discounts to help you get through the COVID-19 pandemic

COVID-19 is impacting nearly every area of our lives and disrupting our ability to live as we once did. Fortunately, you and your household members have access to LifeMart, an online discount center and mobile app. LifeMart makes everyday life a little more affordable—and a lot more manageable—with both national and local discounts from brands you know and love.

## Why spend more when you don't have to?

Discounts\* are available on the following goods and services:

- ✓ Food and home delivery with brands such as Home Chef, Grubhub, Freshly, Postmates and Instacart
- ✓ Pharmacy and prescription savings from CVS, GlassesUSA.com, DiscountContactLenses.com, HAS Store, FSA Store and more
- ✓ Home office equipment and accessories offers from Dell, Lenovo, Microsoft, GoToMeeting, and GoToWebinar
- ✓ Tutoring, training and educational resources from The Princeton Review, Rosetta Stone and Hooked On Phonics
- ✓ Grocery coupons and discounts on Costco, BJ's and Sam's Club memberships
- ✓ Download and streaming services from Amazon Prime, Roku, Hulu, Vudu, Fubo, Fandango Now, CBS All Access, Sling, Showtime and ESPN+
- ✓ Health and wellness products and services such as Fitbit, Beachbody, Men's Health and Women's Health
- ✓ Pet products and services from Rover, Bark Box, Pet Care Rx, Pretty Litter, Box Dog and Ollie

Make shopping with LifeMart a regular part of your money-saving routine and save on the items you want most!

Visit your member website to access LifeMart today!

*\*Discounts and brands change regularly, so check back often for the latest resources.*

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# The loss of normalcy: coping with grief and uncertainty during COVID-19

COVID-19 has disrupted our lives in many ways. The stress of social distancing and loss of routine, compounded with health and job concerns, has caused grief and anxiety levels to increase. What we thought of as “normal” is in transition, and we need to redefine how to cope with these changes.

## Reasons people feel grief

Grief is a natural feeling accompanying any kind of loss. Typically, grief is associated with losing a loved one to death. With COVID-19, people are experiencing grief related to the loss of routines, livelihoods and relationships. While it is always good advice to be thankful for what we have, it is also important not to minimize the pandemic or its associated losses. Also challenging is that we do not know how long we’ll be impacted by COVID-19. With no clear end in sight, feelings of grief can intensify and make people feel less in control.

## Grief shows itself in different ways

It’s perfectly normal to grieve when you can’t celebrate your child’s birthday, your friend’s graduation, your honeymoon or other important life events. It’s important to know that we all grieve differently. Some people may experience feelings more intensely than other people. We shouldn’t make judgments about how someone grieves. There is nothing wrong with having emotions; it is a common response to loss. When we don’t express our feelings, they can get stuck in our bodies, causing physical illness and/or depression.

Listed below are some of the common emotions people experience when grieving, and they may be heightened because of the pandemic.

- Shock, disbelief and denial
- Anger
- Fear
- Guilt
- Helplessness
- Anxiety and depression
- Acceptance and hope
- Relief

## Complicated grief

In the current environment, any losses experienced now have additional layers of complexity and depth. Likewise, if we’ve had previous traumas from earlier stages in our lives, the stress of the pandemic might bring up past life experiences that were painful. It’s important to be sensitive to those potential triggers.

COVID-19 has brought on many situations: not being able to say goodbye, to have a funeral service, to grieve because of taking care of others, dreams put on hold, etc. We don’t have the same levels of support due to the quarantine, such as being able to see loved ones and friends. For these reasons and others, it is important to develop coping skills to help get us through this difficult time.