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EURAFSWA *Reader*



Cyber Security

OCTOBER 2015 VOLUME 2 ISSUE 10

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EURAFSWA READER VOLUME 2 ISSUE No. 10 - OCTOBER 2015

"CYBER PROTECTION"

REGION EURAFSWA PUBLIC AFFAIRS OFFICER

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REGION COMMANDER'S PERSPECTIVE



Dear Friends and Family,

The President has designated October 2016 as Energy Action Month. Ashore, every kilowatt hour we save makes a difference to our bottom line operating costs, and enables us to better support the warfighter. Changes to how the Navy sources and consumes energy are on the horizon, and we can help lead the way. By focusing on transforming our energy culture, we free up resources to enhance energy security and resiliency at our shore installations. For the last two years, Region Europe, Africa, Southwest Asia has supported the Navy's energy initiatives through our annual Energy Biggest Loser Competition. However, our one-month annual competition is not enough to establish good energy conservation habits. We must remain focused on energy use on a day-to-day basis, change the culture from consumption to conservation, and encourage innovative ideas from all levels on how we can find efficiencies. Energy Action Month provides us such an opportunity. Please join me in continuing the effort to reduce our consumption and raise awareness about this critical resource. The Navy's Energy Warrior app, which is an outstanding resource, can be found at: <http://greenfleet.dodlive.mil/energy/energywarrior/>.

October is also National Cyber Security Awareness Month. As individuals, cybersecurity risks can threaten our finances, identity, and privacy. Since our way of life depends on critical infrastructure and the digital technology that operates it, cybersecurity is one of our country's most important national security priorities. To be successful in our approach, we must view it as a shared responsibility. From managing personally identifiable information on social media to carefully screening emails at work, cybersecurity is a daily task that requires daily focus and diligence. Scammers, hackers, and identity thieves are looking to steal your personal information – and your money. But there are steps you can take to protect yourself, like keeping your computer software up-to-date and safeguarding your online identity. I encourage you to contact your IT department for more information.

USS Carney (DDG-64), the fourth and final Arleigh Burke-class guided-missile destroyer assigned to Forward Deployed Naval Forces (FDNF) Rota, arrived in Rota, Spain on September 25, thus completing a significant and historic transformation in our global naval posture. These critical assets, in combination with the construction of the first of two Aegis Ashore Ballistic Missile Defense sites in Romania, are part of the U.S. Navy's contributions to the European Phased Adaptive Approach to ballistic missile defense. Region EURAFSWA has been on the leading edge of these efforts from their inception, both with our expansion in Rota to support the DDGs, the crews, and their families; and the construction of NSF Deveselu, Romania, the first new overseas installation built by the Navy in over two and half decades. Thank you for your individual contributions and the hard work you put forth to make the FDNF transition a success for both our nation and the Navy.

Happy 240th Birthday Navy! October 13, 1775 is the recognized birth of the United States Navy. After taking the bold steps towards self-determination, the United States quickly recognized that naval power would be necessary to maintain and defend our national sovereignty. A mere four years later in 1801, despite rising domestic political opposition to the cost and burden of a standing navy, U.S. warships began operating in the Mediterranean to combat piracy. As you operate forward, and stand the watch around the globe, you embody the characteristics of the patriots that went before us to answer our nation's call to service. Our greatest traditions began with their courage and perseverance and have been carried forward by the men and women who have served in their footsteps. In commemorating the anniversary of our Navy's birth, I would like to take this special opportunity to express my gratitude and appreciation to all of the host nations who support our overseas installations. The enduring support we have received has been, and continues to be, a critical enabler to our success as a forward-deployed, global maritime power, and an important part of our Navy's history.

As I look at all of the work that goes on at our installations, I am inspired by how we continue to work closely with our allies to ensure safety and stability in our Region and around the world. Keep up the great work.

As always, take care of yourself, take care of your shipmates and take care of your families!

Rear Adm. Jack Scorby

Commander, Navy Region Europe, Africa, Southwest Asia

Cyber Security: The Threat is Closer Than You Think

By LT Adam Yarochowicz
EURAFSWA Reader Contributor

Cyber security is something that everyone needs to practice all the time. Despite all of the Navy's efforts to maintain security of its networks, the individual is still the greatest threat. It comes down to each and every one to ensure they are taking the appropriate measures to protect themselves, their systems at home and the systems they work on. From managing personally identifiable information on social media to carefully screening emails at work, cybersecurity is a daily task that we all must focus on.

While at work, we are constantly inundated with information about cyber security. Countless hours are spent learning how to keep networks and information safe. With all of these man hours; a person may begin to turn a blind eye to the training, treat it as unimportant because it is so often and adopt the attitude of, "It won't happen to me." Despite all of this training, breaches still occur like the recent the Office of Personnel Management breach. This is a prime example of the constant threat of attack. All it takes is for one user to click on a malicious link or open the wrong email and the system can be compromised. It is up to each one of us to practice good habits in the cyber world every day to keep information safe.

Now, if we spend so much time on this training at work, this triggers the question, "What are we doing to protect our families and what are they doing to protect themselves?"

The answer is, it is our job to protect them and help them protect themselves. This type of training needs to be practiced at home. The biggest threat could be the rise of social media and its access by a younger and younger audience. It is amazing these days at the age that children are effectively using cellphones, tablets, and social media. They seem to operate these things with ease, dangerously combined with the youthful innocence can be dangerous.

"Teach your children good Cybersecurity habits and skills so that they may protect and defend their personal information and cyber reputation throughout their lifetime," said Julie Weinstein, Information Systems Security Manager (ISSM) for Region Europe, Africa, Southwest Asia.

With the new age of technology, it is important that cyber security techniques are added to the list of things children are already taught. There are several tools out there to help get information to help kids understand the threat and how to defend against it, here is one prime example [https://www.](https://www.raspberrypi.org/)

[raspberrypi.org/](https://www.raspberrypi.org/). The site not only has several tools, games and gadgets to teach kids and their families. Another good resource is <http://www.onguardonline.gov/>. The site gives steps to secure a person's life from a cyber-threat.

Everyday there are new developments in technology, new threats and new vulnerabilities. It is important that people stay on top of these changes, ensuring protection from themselves but protecting their families from the ever-changing threat lurking in the cyber world.



Cyber Security Threats and Tips

THE CYBERCRIMINAL UNDERGROUND:

HOW CYBERCRIMINALS ARE GETTING BETTER AT STEALING YOUR MONEY

Your online activities make you a cybercriminal target.

Online Banking

Transactions get riskier as cybercriminals use cheaper, more sophisticated tools

Prices (in US\$):

140. LATIN AMERICA: PriceBOT, crimeware kit for stealing banking data

2-25. RUSSIA: copies of credit cards, passports, work permits

Facts: **13,737** Spyware victims in North America

US\$ 225,334

Amount made by China's Toplox Case-Gang on online banking theft

Email

Even with advanced spam filtering, you're still prone to spam

Prices (in US\$):

30. Email spamming and flooding tool

3. Email flooding service per 1,000 emails

10. Spamming service per 1,000,000 emails

Facts:

5.2 BILLION

Spam messages sent every month worldwide

Online Gaming

The popularity of in-game purchases have made gamers prime cybercriminal targets

Facts:

5.3 BILLION

Game credentials stolen by China's Blandness Gang in 2009

US\$225 M

Online game assets stolen by cybercrime groups in 2011

Bad Patching Practices

With how exploit kits are being traded, users who forgo patching put their data in danger

Prices (in US\$):

3,000. Rental of STYX Exploit Pack per month

25. Rental of exploit kit bundles per day

2,500. Minimum price for individual exploit kits

Facts:

JAVA Most targeted software platform in 2012

WINDOWS COMMON CONTROLS Most exploited vulnerability in targeted attacks in 2012

Cybercriminals steal money from their victims in many different ways. Here's how you can keep yourself from becoming their next victim.



PHISHING

Cybercriminals send thousands of emails instructing recipients to click on a link which will lead them to a bogus but authentic-looking website that asks for personal or financial information to be entered such as your username/password, SSN, credit/debit card, or PIN. In a *spearphish*, personalized email is sent to target specific individuals.

Protect Yourself by never responding to unsolicited requests to obtain your personal information, only visiting websites by typing the URL directly into the browser, and not using the same password on all your online accounts.



VISHING

Vishing combines voice and phishing. It is phishing over the telephone in which cybercriminals may use an automated voice system to call unsuspecting individuals and claim that their account will be closed if they do not provide their account number, credit/debit card, PIN, or some other valuable data.

Protect Yourself by being aware that calling numbers can be easily forged and by being suspicious of requests for your personal or financial information.



SMISHING

SMiShing is phishing via SMS text messages in which cybercriminals send thousands of text messages instructing recipients to call a telephone number. When called, an automated voice system will prompt individuals to enter their personal or financial information.

Protect Yourself by never sending personal information in response to a text message and only contacting your financial institution using the number on the back of the credit/debit card or your banking statement.



CRIMEWARE

Crimeware is malicious software that is secretly installed on a user's computer when a malicious website is visited or when a fake game or utility program is downloaded. Once installed, crimeware steals login credentials and gives cybercriminals access to the user's online accounts.

Protect Yourself by ensuring your operating system, browser, and third party software all have the latest security patches and your security software is working properly and updated regularly.



ONLINE SCAMS

Cybercriminals constantly come up with new ways to trick users into divulging their personal or financial information. Free offers, foreign lotteries, high yield investments, and work-at-home opportunities are just some of the ploys being used by cybercriminals today.

Protect Yourself by avoiding offers that are too-good-to-be-true, never disclosing login or banking information on suspicious websites, and always staying vigilant.

HOW TO PROTECT YOURSELF

- ✓ Install antivirus and antispyware programs from a trusted source — they warn you and help you when something goes awry.
- ✓ Use strong passwords (that only you know).
- ✓ Never turn off your firewall — turning it off for even a few minutes can increase the risk that your computer will be infected with malware.
- ✓ Be careful when using flash or thumb drives — if they're infected, it's likely your drive will be too.
- ✓ Keep all software up to date — subscribe to automatic updates.
- ✓ Beware of suspicious links even when they come from your friends.



FORCE PROTECTION

By CNREURAFSWA Public Affairs

Force Protection (FP) are the actions taken to prevent or mitigate hostile actions against Department of Defense (DoD) personnel, resources, facilities and critical information.

With more than 25,000 DoD military members and civilians, and their dependents serving and living within Navy Region Europe, Africa, Southwest Asia's (CNREURAFSWA) intercontinental arena, Region FP is both critical and complicated.

"We provide force protection of designated assets and infrastructure in seven different geographical areas and three continents against Level I and II threats in coastal areas outside the U.S. in support of national policy," explained Lt. Jose Selles, CNREURAFSWA Departmental Region Security Officer.

Typical Level I threats include enemy agents and terrorists whose primary missions include espionage, sabotage, assassination, and subversion. These include a potential for insider attacks by elements or individuals of host nation partners and security forces.

Level II threats include small-scale forces conducting irregular warfare that can pose serious threats to military forces and civilians.

Attacks by Level II threats can cause significant disruptions to military operations and the orderly conduct of local government and services.

In order to coordinate and conduct FP on such a broad spectrum, CNREURAFSWA works with installation commanders, who are responsible for the governance of their areas of responsibilities and the delivery of base operating support (BOS) within their assigned operational area.

"We rely heavily on our Anti-Terrorism/Force Protection (AT/FP) professionals assigned to the individual installations," said Chief Master-at-Arms (EXW) Brennon N. McClure, CNREURAFSWA Assistant Anti-terrorism Officer. "In addition, we convene quarterly Anti-terrorism (AT) Working Groups to address and issues or concerns."

The Region also provides guidance and assesses installations, ensuring they develop, maintain and implement protection plans and programs like AT plans, physical security programs, law enforcement programs, and standard operating procedures, Selles added. Similar to how Region guidance and standard operating procedures enable coordination and

easily understood communication between the Region installations, FP is broken up into different threat levels, or conditions, with clearly-defined situations and circumstances.

There are five levels of Force Protection Conditions (FPCON): Normal, Alpha, Bravo, Charlie, and Delta. They describe the minimum security level required to protect against threats, and range from a situation where no terrorist activity is present to one where a terrorist activity is taking place or has just occurred in the area.

"In anti-terrorism operations, threat analysis and examining all available information concerning potential terrorist activities by terrorist groups that could target an installation plays the biggest role in determining FPCON levels," Selles said. "A comprehensive threat analysis will review the factors of a terrorist group's existence, capability, intentions, history, and targeting, as well as the security environment within which friendly forces operate."

While the majority of the responsibility to uphold and provide Region's FP falls to our Security Departments, Anti-Terrorism Watch Officers (ATWO), and our AT/FP teams, it is

also the responsibility of all Sailors to support FP.

"Force Protection is a team effort," McClure said. "Do your part by training your Shipmates and family members on what to look for on a day-to-day basis. Stay on top of current events to ensure you know where the threat is and what their tactics are. 'If you see something, say something.'"

"All personnel, both military and civilian onboard Navy installations, have a responsibility in protection of personnel and assets," Selles added. "Perfect or absolute security is always the goal of those responsible for security of a facility or activity, but such a state of absolute security may never be fully achieved. It is the obligation of each member to maintain situational awareness to minimize the risk of becoming a victim of terror."

With the pervasive presence of growing violent radicals, as well as the global threat of terrorism, force protection is more important now than ever.

For more information go to www.cnic.navy.mil/om/operating_forces_support/force_protection.html

An aerial photograph of an aircraft carrier's deck, filled with numerous fighter jets lined up in rows. The carrier's superstructure is visible on the left side. The ship is moving through the ocean, leaving a white wake. The text is overlaid in the upper right quadrant.

HAPPY 240TH BIRTHDAY

U.S. NAVY

1775-2015

NOT YOUR *Average* FORCE PROTECTION *Partner*

By MC2 (SW) Grant Wamack
NS Rota Public Affairs

Walking along the red path leading to the Naval Exchange, you most likely have passed by a green fence enclosing Rota Security Department's Military Working Dog (MWD) Compound.

The relatively small building is home to eight highly-trained dogs and the ten Sailors charged with serving as their handlers.

"We provide physical security, force protection, anti-terrorism countermeasures throughout the base," said Master-at-Arms 2nd Class Mark Davis, a MWD handler. "If there's ever a bomb threat or unattended baggage, we would respond and search the bag. Nothing we search is ever cleared by us; we cannot clear or make the final determination to whether or not something is an explosive. That's [Explosive Ordnance Disposal] EOD's job. We can go through rooms, offices, and buildings to help EOD pinpoint where the bomb threat may be."

The dog handlers are required, by instruction, to get 150 minutes of detection training per week. Also, they have to put in 40 hours of utilization, which includes sweeping gates, buildings, and making sure they're safe and free of illicit substances. Additionally, they have to conduct patrol training, which can be up to five hours a week.

"Our dogs in general can be trained to find just about anything," said Davis. "The dogs we use here are able to identify an assortment of explosive compounds and narcotics. If we were ever to have an instance of a home or building break-in and someone were to hide, our dogs would be able to find people who are in the rooms. That's called a building search. They also have the ability to scout where we train by going out into a field or a forest and we have an individual out in the middle of the area and the dog finds the individual. It's different from tracking like you would see in prison movies. We don't train our dogs to track for miles and miles, but they can pick up on scent from a minimum of 100 yards away. Those are things we can also help in arrest or apprehension. If someone tries to run away from us and they become unruly, a military working dog is an effective alternative to using deadly force."

Davis has worked as a MWD handler for the last five years and attended a dog handler "C" School

at Lackland Air Force Base, Texas for 11 weeks. He currently works with a dog who is still relatively "green" and fresh out of Dog Training School named "Chippi."

"I have a brand new dog straight out of Lackland [Air Force Base] where they have to meet a minimum criteria of picking up a few odors," said Davis. "The basic stay, sit, lay down, things of that nature. The difficulty with a brand new dog is taking it from the basic level of kindergartener and training it to be a more effective, certifiable dog. It's like sending a child from preschool to middle school all in the matter of a couple of months."


Despite being stationed in Rota for a short amount of time, Davis loves being a dog handler and enjoys the newness that comes with the job.

"I love just about every day of it," said Davis. "Every day is something new. With dog handling, you have something new that's going to happen every day. Your dog has a personality. You can tell some days when the dogs don't feel like working and they have days they absolutely love their jobs. The dogs have days where they want to do detection work and some days they want to play and not do patrol work. It's interesting because you never quite know what your dog is going to be like when you get there."

Dog handlers are assigned one dog to train and usually stay with that dog for an extended period of time, sometimes up to 12 months or more.

The relationship between the dog handler and their dog is vital to the mission's success.

"The rapport that we build between handler and dog is very important," said Davis. "The dog will go out and do the detection part of their job for just about anyone and they find an odor, they know they will get paid with their toy. Basic obedience, basic patrol work, things like that takes a bond between the dog and the handler otherwise the dog might not trust the handler or the handler might not trust the dog. It can be very difficult if the dog doesn't trust or respect you because if you tell them to sit and they don't sit they have to respect you as their handler or else they won't really care."



Master-At-Arms 2nd Class Mark Davis poses with his military working dog, Chippi, in front of Rota Security Department's Military Working Dog Compound, Aug. 21. Military working dogs provide physical security, force protection and anti-terrorism countermeasures throughout the base. Rota has eight highly-trained dogs and ten Sailors that are charged with serving as their handlers.



Master-At-Arms 2nd Class Mark Davis poses with his military working dog, Chippi, in front of Rota Security Department's Military Working Dog Compound, Aug. 21. Military working dogs provide physical security, force protection and anti-terrorism countermeasures throughout the base. Rota has eight highly-trained dogs and ten Sailors that are charged with serving as their handlers.



SAVED BY THE BELT

By Jerry Hollenback,
NSA Souda Bay Safety Director

Petty Officer 2nd Class Cleveland Brown (nom de plume) slowed his van down for the checkpoint. His wife Lisa, who was seven months pregnant, and his two-year old daughter Siena, were asleep in the van and he did not want to disturb them.

California has several immigration checkpoints; this one was about 25 miles east of San Diego on Highway 24. Brown was returning home to San Diego after a long weekend visit at his parent's house in Arizona. The checkpoint officer was about to wave Brown through the checkpoint when made a hand gesture toward Brown indicating to fasten his safety belt. Relieved that he did not need to stop and wake up his family, Brown fastened his safety belt and continued toward San Diego.

The smooth van ride suddenly, without warning, went from smooth to bumpy. Brown had fallen asleep for a brief moment, and was shocked awake by the violent movement of the van. He jerked the wheel to the right which only made matters worse. Vans and other top heavy vehicles tend to flip over during erratic maneuvering. The van lurched to the right and flipped over twice before landing in an upright position.

Although the entire mishap was over in seconds, Brown later stated that it seemed to last forever. All of the windows were shattered. Everything inside that was not secured, including an ice chest and two suitcases, had been violently ejected from the van.

However, thanks to the checkpoint officer, Brown, his wife, and daughter had all been restrained by their safety belts.

His daughter fared the best. Secured in her approved car seat, she was only startled awake by the violent movement and received no injuries.

Brown was alert, but somehow received a small cut to his forehead. His pregnant wife was unconscious. Help arrived within minutes. Lisa soon became responsive and seemed fine, but would be airlifted to a nearby hospital out of concern for the unborn baby.

Lisa gave birth to a healthy seven pound baby boy eight weeks after the rollover mishap. The entire family owes their lives to safety belts and to the child car seat. Brown remembers the mishap, but does not remember falling asleep. The van was completely totaled. The ice chest that was ejected with the suitcases was more than 100 feet from the van and completely destroyed.

Before safety belt laws became mandatory, more than 50,000 people in the U.S. were killed annually in motor vehicle mishaps. That number has been reduced to nearly half that due to safer cars and better occupant protection.

Now a Petty Officer 1st Class, Brown never goes anywhere without his safety belt, and says he will not put the car in drive until every passenger is wearing their safety belt.

Arguably, driving in Crete is more hazardous than driving in the US. And this summer will see more cars on the road. Drivers visiting from different countries will make any trip more challenging. BUCKLE UP ... EVERY TIME - not just in the busy summer months, but all year round.

For more safety tips and resources visit www.safetycenter.navy.mil

Navy Energy Action Month
2015

Navy Energy Action Month
2015

POWER. PRESENCE.

Navy Energy Action Month
October 2015
facebook.com/NavalEnergy



Look for Energy Warrior
in the App Store



SUPPORTING the FLEET one **KILOWATT** at a Time

Designed to inform and educate personnel about energy consumption and conservation, the Energy Action Month campaign also hopes to encourage energy conservation and responsible usage by bringing awareness to the forefront.

The campaign began in 1981 with American Energy Week. President George Bush expanded the effort in 1991 when he proclaimed October as Energy Awareness Month. The Department of the Navy has long been conducting energy awareness campaigns that promote the wise and efficient use of energy. The goal of 2015 Navy Energy Action Month efforts is to bring about cultural and behavioral change that enables energy security and resiliency. The Navy's energy initiatives are highlighted in October, but continue throughout the year.

Daniel Lougen, Naval Facilities (NAVFAC) EURAFSWA Assistant Regional Engineer and Regional Energy Manager, said to accomplish the goal of responsible use of resources all personnel must take it upon themselves to use energy wisely.

"Everyone bears the responsibility for being good energy stewards," said Lougen. "Our objectives include creating awareness throughout every tenant command and raising commitment to energy excellence."

Energy is a strategic resource; Region EURAFSWA leadership is reaffirming its commitment to continued awareness in conserving energy and operating more efficiently.

"It is the right thing to do," said Lougen. "Every kilowatt of energy or gallon of fuel that we can avoid using while still meeting our full mission -- allows us to stretch limited resources for mission success."

Throughout the month of October installations throughout Region EURAFSWA are doing their part to contribute to this month's focus, but realize that energy action is a daily effort year-round and not just a one-month drill.

"Using energy efficiently takes fuel convoys off the road and reduces the amount of time our ships are tied to oilers at sea, reducing vulnerabilities of American service members," said Lougen. "This will mean better operational capability for the warfighter."

The Navy's website <http://greenfleet.dodlive.mil/energy/energywarrior> also offers a free Energy Warrior app, which allows individuals to view videos and discover what Sailors, civilians, and others Navy-wide are doing to lead change and increase combat capability.



Energy Action Month
POWER. PRESENCE.

Save 3-5 gallons of water by turning off the faucet when you brush your teeth or shave.

Reduce your thermostat by 2 or 3 degrees to make a significant difference in energy use.

Lighten the load by plugging electronics into a power strip and turning it off when not in use.

Use window blinds and sunlight to naturally heat or cool a room.

Take shorter, colder showers to save energy by as much as 15%.



Energy Action Month
POWER. PRESENCE.

Use small task lighting or natural light instead of overhead lights.

Use a ceiling fan along with the A/C to allow you to raise the thermostat setting about 4°F with no reduction in comfort.

Set the thermostat at 68 F for maximum energy efficiency when the home is occupied for heating.

Don't place lamps or TVs near the air-conditioning thermostat because their heat causes inaccuracies in temperature readings, resulting in unnecessary energy use.

Run your air conditioner at 78°F instead of 72°F during warm months to save between 6 and 18 percent on your cooling bill.



ENERGY SAVING TIPS



Energy Action Month
POWER. PRESENCE.

Don't let your vehicle idle—idling can waste half a gallon of fuel per hour.

Avoid dramatic stop-and-go driving, which wastes 33% more fuel.

Drive slower because for every 5 mph driven above 50 mph, you waste \$0.19 per gallon of gasoline.

Use flow-through ventilation instead of the A/C to reduce fuel costs by 8%.

Accelerate gently to improve gas mileage by 5%.



Energy Action Month
POWER. PRESENCE.

Don't leave your computer on all day because it costs 21 cents per day, or about \$75 per year.

Don't block air vents to avoid using 25% more energy to pump air into a workspace.

Use the automatic sleep switch or turn the computer monitor off instead of using screen savers.

Refrain from using personal fans, heaters, and refrigerators at work because it increases the cost of energy.

Open the blinds for natural light instead of using overheads.



Energy Action Month
POWER. PRESENCE.

Reduce the use of large equipment during peak energy hours, between 3 p.m. and 7 p.m., when energy costs more.

Seal leaks regularly to avoid wasting water and energy.

Close bay doors if possible when using A/C or heat.

Identify opportunities to shut down large machinery and equipment.

Conduct a simple retro commission of your facilities by repairing controls, enabling features to improve system efficiency, and repairing insulation, this can save about 15% annually in energy.



Cashing In

For those of us old enough to remember the dawn of the computer age, at least for private use, the Disk Operating System (DOS) command line was king. The computer and its programs did little without being told to do so. When Microsoft changed the interface to windows, a menu, icon-based interface, it took time for me to embrace the computer automatically performing functions for me. But before long, I couldn't imagine going back to the archaic typed commands of DOS. So it was with a mild pang of nostalgia and a sense of disbelief that I recognized the DOS prompt on the register in the Navy Exchange (NEX) prior to the recent upgrade.

The new system did not come without its challenges. Once installed, it was necessary to upgrade the external data lines to the NEX. Nature and a few other elements of "Murphy's Law" conspired to hinder the timely completion of the installation, but through a concerted, around-the-clock, effort between Naval Support Activity (NSA) Bahrain Navy Exchange (NEX), Naval Computer and Telecommunications Station, Base Communications Office, and the Public Works Department (PWD), NSA Bahrain was able to overcome these challenges and bring the new Oracle Point-of-Service system online to full capacity before the arrival of USS Essex and USS Theodore Roosevelt, ensuring the most expedient and complete service possible.

The new systems offers a number of enhancements at the registers to include: touch screen monitors, more sensitive and extended reach scanners as well as the ability for customers to verify their purchase while reducing paper waste. Both customers and sales associates have benefited from the new capabilities with the greatest among them being the ability to process a return and repurchase during an exchange in one transaction.

"It's a huge time saver for the customer and the associate," said Courtney Jackson, store manager for the NSA Bahrain NEX. "It's a win for all of us! Reducing transaction time for the customer and frustration for the associate."

Previously, sales associates had to manually input return information into the system and then the customer needed to

By Scott Ghiringhelli
Staff Writer

purchase the exchange item in a separate transaction. With the new system it's as easy as scanning the barcode on the receipt to do both.

Some customers feel that simple transactions are now slightly slower than with the old system, and that may be the case for those who do not immediately benefit from the enhancements. Whereas the process was largely manual before, the new system is performing many operations automatically to enhance services, and may, therefore, take an extra few seconds.

For example, the new receipts inform customers about their savings on each individual item and can identify gift purchases creating a receipt that does not disclose the price. In addition, refunds and credits are processed back to the customer much quicker than before.

"Credits in the old system took two to three days to go through," said Joy Lomod, a customer service clerk. "Now they are automatically credited the same day."

Perhaps the biggest benefit of the new system, though not one customers will recognize on a daily basis, is that if the NEX loses connectivity and goes offline, the registers are still able to function. All the price information for items in stock is stored on a local CPU. With the old system, sales associates would have to use manual price scanners to read price and department information, and then manually load that information into the register for each item. One can only imagine the chaos that would ensue if that were to happen while two ships were in port.

While the upgrade from a DOS to a more automated touchscreen interface might have had some initial challenges, and even take a little more time to gain full acceptance, one might predict that in the very near future there will be few who would be willing to see the DOS prompt come back up on the screen.



Logistics Specialist Petty Officer Third Class Tyshaun Ezell and Mail/File Clerk Hussain Sayed Ali sort through the days incoming mail for delivery at the NSA Post Office.

A Streamlined Post Office

By Carole Stringfield
Public Affairs Specialist NAVSUP FLC Bahrain

Parcel shipping is making a change this coming October and it will affect overseas military post offices, including Naval Station Activity (NSA) Bahrain.

According to Jill Contreras, U.S. Postal Service (USPS) senior sales executive, beginning Oct. 1, 2015 packages requiring customs declaration forms that are shipped from overseas locations must have the customs data submitted electronically.

The mandate comes as the U.S. Customs and Border Protection tightens rules to meet Global Trade Compliance for safety and security requirements worldwide.

"Due to current and increasing international security risks facing the United States and other nations worldwide, aggressive and mandatory steps are being implemented to provide additional safeguards for parcel servicing," said Senior Chief Logistics Specialist Larry Hobson.

In order for the post office to submit the customs data electronically, they must scan a barcode label when the package is accepted and processed.

Customers are able to fill out the electronic customs form online, print it and bring it with them to the post office. This provides the scannable barcode label for mailing but what does this mean for the customer?

This means a shorter wait time in line at the post office. Customers who fill out and print their customs form prior to shipment will have head of the line privileges when they come to the post office to drop off their parcel.

If a customer forgets or is unable to fill out the form electronically, paper customs forms are still available for use. When the handwritten form is brought to the counter with the parcel, the post office personnel will electronically enter the form while the customer waits.

"Complete your forms online for faster service," advised

Hobson.

If you forget or are unable to fill out the form electronically, paper customs forms are still available for use.

The NSA Bahrain Post Office services more than 5,000 service members, civilians, and families located in Bahrain.

This mandate provides a means to pre-screen parcels for non-mailable items. When a customer fills out the electronic form, prints it and turns it in with the parcel, the USPS computer system monitors all incoming packages for "red flag" or non-mailable items.

This means if a parcel contains a "red flag" item, the system will block shipment and the parcel will not be transported. If items in a parcel are determined to be non-mailable, the post office personnel will attempt to contact the customer so that they may retrieve the parcel.

When the parcel is cleared, the item is then transported to the airport where it is scanned and travels through customs and then continues the journey to its final destination.

The USPS electronic customs form can be completed by going to the following link and clicking on the create forms button:

<https://www.usps.com/international/customs-forms.htm>

NAVSUP FLC Bahrain has more than 160 military and civilian personnel providing logistics support in the region. The command is one of eight FLCs worldwide in the NAVSUP GLS enterprise.

NAVSUP FLC Bahrain is part of NAVSUP Global Logistics Support (GLS), which provides global logistics for a global Navy. The organization is made up of more than 6,500 military and civilian logistics professionals operating from 105 locations worldwide providing an extensive array of integrated global logistics and contracting services to Navy, Marine Corps, joint operational units, and allied forces across all warfare enterprises.



Service members stationed at Naval Support Activity Bahrain can now benefit from a more streamlined Point-of-Sale experience at the Navy Exchange.

Enchantment at Night

A Walk Through Pompeii

By MCC Travis Simmons
NSA Naples Public Affairs

For many visitors to Naples, a trip to Pompeii to see the resurrected city is toward the top of their 'must do' list of places to go. To highlight something a little rarer, Pompeii is opening its gates at night for a second year in a row and escorting visitors on a walking tour. Even if you've been before, there's a mysterious atmosphere that you can only get at night.

After meeting at the amphitheater gate entrance (40.749689, 14.495280) depending on your chosen time, wait for your night walking tour to begin. Your first stop will be at the Pompeii Amphitheater. Hidden inside is a pyramid hosting the exhibition "Pompeii and Europe" with an additional 20 human casts and a historical photo display. Scattered lights and possibly moon light will

lead you to Vigne del Foro Boario, a vineyard recreated based on findings in several areas of Pompeii. The grape vines are lit up as you walk through to learn more about the project and of course for a wine tasting.

The guides hand out small lights from the vineyard for the dark walk through the streets to get to the House of Menander, attempting to recreate the mood of traveling by oil lamp along the cobbled Via di Castricio. There is much to see with lights strategically placed in the back of random buildings to get a glimpse of gardens, houses and shops. The gardens of the House of Menander are lit up and visitors will be guided around to peer into the various rooms.

The tour then heads to Odeion, the

small musical theater located towards the southern entrance. Candles were placed throughout the seats as the guide described the types of performances the theater was accustomed to. During my visit, a classical quartet concert happened to be taking place in the nearby gardens, which greatly enhanced the end of the tour.

A bus will take visitors back to the amphitheater entrance to conclude the tour. For tickets or more information, visit www.pompeinotturna.it. Night Walk tours are still available for Sept. 13, 16, 17, 18 and 20. I felt the experience was definitely worth the full price of 16 euro, but you can call 06 39967650 to arrange a group price of 10 euro and for those with families, children under 14 are free.



Establishing Permanence

Story by Lt. Cmdr. Mike Billips,
NSF Deveselu Public Affairs

The exterior of the new command headquarters building at Naval Support Facility (NSF) Deveselu lacks only final landscaping, while work continues to finish up the interior. Established in October, 2014, NSF Deveselu is the first Aegis Ashore Missile Defense System (AAMDS) base, and used temporary buildings while the permanent base and weapons system were both under construction.



The humble shipping container has proved its worth at the Navy's newest installation, filling a housing gap to allow work on the European missile-defense shield to go forward.

Thirty new containerized housing units (CHUs), became ready for occupants in late July at Naval Support Facility (NSF) Deveselu. The 8-by-20-foot units, furnished with the essentials, will be used to house officers, senior enlisted leaders, civilian employees and contractors.

The need for housing became serious as organizations installing critical systems and assessing their readiness arrived in the late spring, including the arrival of the Aegis Ashore Missile Defense System (AAMDS) Sailors who will operate the weapon system.

The U.S. Missile Defense Agency (MDA), which

began working with construction contractors in 2013 at Deveselu, realized that permanent housing wouldn't be available in time to meet demand, and ordered thirty additional CHUs to meet the need.

"We needed more capacity for housing," said Col. Angela Holmes, MDA program manager for global deployment. "With the additional watch team from AAMDS arriving, and the INSURV inspection team, we were not only out of space but were reaching capacity for local hotels."

Originally consisting of 45 housing units and an admin facility built of 45 additional containers, MDA's site activation camp saw 20 CHUs added by the U.S. Army Corps of Engineers early in 2015.

"We learned some lessons from the ones the Corps put in," she said. "It went a lot

smoother."

Later, eight "dry" Containerized Living Units (CLUs) without water-sewer connections were added by the Navy to its temporary living camp. Like the larger "wet" CHUs, the living units are all built from the same basic shipping containers that are used to move goods around the world. The units fit neatly on a rail car or truck, and can be stacked on a container ship or port.

Established in October 2014, NSF Deveselu is the first new installation to be built since Naval Station (NAVSTA) Everett, Wash., in 1987. Security needs for the under-construction AAMDS led the Navy to build a temporary camp of open-bay barracks, but even that is now filled to capacity. The Navy will retain 23 CHUs after MDA departs later this year.

"We'll be able to operate it as swing space, to

provide flexibility to accommodate visitors for the next two years," said Capt. William Garren, NSF Deveselu's commanding officer.

The new CHUs, weighing about three tons each, were dropped into place by crane beginning in late May, and connected to new water and power lines installed in June and July. As completed, the units include air conditioning, Internet, phone and TV service, along with a mini-fridge and microwave, and can accommodate one or two people.

Costing about \$30,000 per unit, the CHUs will spend a brief time in Romania while the permanent housing and dining facility is completed and occupied, currently planned for September. After that, they'll move with most of the rest of the MDA site activation camp to Poland, where a second AAMDS base is scheduled to begin construction in time to be completed in 2018, Holmes said.

Founding Principle: The Right to Bear Arms

Story by Lt. Cmdr. Robert Johnson
CNREURAFSWA Public Affairs

2nd Amendment

The Founding generation of our United States mistrusted standing armies. Many Americans believed, on the basis of English history and their colonial experience, that central governments are prone to use armies to oppress the people. One way to reduce that danger would be to permit the government to raise armies (consisting of full-time paid troops) only when needed to fight foreign adversaries. For other purposes, such as responding to sudden invasions or similar emergencies, the government might be restricted to using a militia, consisting of ordinary civilians who supply their own weapons and receive a bit of part-time, unpaid military training.

Using a militia as an alternative to standing armies had deep roots in English history, and possessed considerable appeal, but it also had some serious problems. Alexander Hamilton, for example, thought the militia system could not serve its purpose effectively, primarily because it violated the basic economic principle of the division of labor. And even those who treasured the militia recognized that it was fragile. The reason it was fragile was the same reason that made Hamilton disparage it: citizens were always going to resist undergoing unpaid military training, and governments were always going to want more professional—and therefore more efficient and tractable—forces.

This led to a dilemma at the Constitutional Convention. Experience during the Revolutionary War had demonstrated convincingly that militia forces could not be relied on for national defense, and the occasions requiring a defense of the nation might not always be foreseen very far in advance. The Convention therefore decided to give the federal government almost unfettered authority to establish armies, including peacetime standing armies. But that decision created a threat to liberty, especially in light of the fact that the proposed

A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

Constitution also forbade the states from keeping troops without the consent of Congress.

This massive shift of power from the states to the federal government generated one of the chief objections to the proposed Constitution. James Madison, for one, responded that such fears of federal oppression were overblown, in part because the new federal government was structured differently from European governments. In Federalist No. 46, he wrote:

Besides the advantage of being armed, which the Americans possess over the people of almost every other nation, the existence of subordinate governments, to which the people are attached and by which the militia officers are appointed, forms a barrier against the enterprises of ambition, more insurmountable than any which a simple government of any form can admit of. Notwithstanding the military establishments in the several kingdoms of Europe, which are carried as far as the public resources will bear, the governments are afraid to trust the people with arms. And it is not certain that with this aid alone they would not be able to shake off their yokes.

The Second Amendment left that disagreement unresolved, and it therefore did not satisfy the Anti-Federalist desire to preserve the military superiority of the states over the federal government. But that inadequacy also prevented the Second Amendment from generating any opposition. Attempting to satisfy the Anti-Federalists' desire would have been hugely controversial, and it would have entailed amending the original Constitution. Nobody suggested that the Second Amendment could have any such effect, but neither did anyone suggest that the federal government needed or rightfully possessed the power to disarm American citizens.

We honor the intentions of the founders out of respect for the role of the constitutional founder, not out of respect for any particular founder. It is commonplace that we distinguish between the office and the officeholder, between institutional and personal authority. We respect the actions of the President and the Congress out of regard for the offices, not out of regard for the individuals who hold those offices. Likewise, those who drafted and ratified our present Constitution occupied a political role. It is a role that we do and should respect, not least because it is a role that we could ourselves play.

If being smart or “right” was the sole lodestar for our judgments about constitutional meaning, there would be plenty of aspirants who could claim that we should follow them rather than the founders. We should respect the substance of choices of the founders because only they spoke on the basis of the “solemn and authoritative act” of the people. We should respect their choices because we should take seriously the idea of constitutional deliberation and choice through democratic means, of constitutional founding’s as conscious, real-time political events. We should act so as to preserve the possibility of constitutional self-governance.

George Washington

Firearms stand next in importance to the Constitution itself. They are the American people’s liberty teeth and keystone under independence. To secure peace, security and happiness, the rifle and the pistol are equally indispensable. The very atmosphere of firearms everywhere restrains evil interference - they deserve a place of honor with all that is good.



The Raven

as read by Christopher Walken



REGION VOICES

What steps do you take to protect yourself online?



MC3 Amber Porter
NAS Sigonella
To protect myself online, I disable my location services and I don't include my contact information like phone number or address in any of my social media platforms.



GM2 Ronald Clark
NSA Naples
When I am online I protect myself by using known websites. When I post on social media I use broad information and try and avoid specific dates. If someone really needs to know something I will send them a private message.



SWC Michael Ramey
NSA Souda Bay
I use the proper websites. I have Apple products (iPad, iPhone) that only allow me to visit trusted websites. I constantly check my online banking sites and have an alert system set up to warn me about unwanted users. I am vigilant because I am close to retirement and because my finances are important to my two teenaged daughters."



CMCN Danny Rosian
NAVSTA Rota
I'm smart about what I post on Facebook. I disable the geo-tagging on all my social media apps. I also have anti-virus software on my laptop and I pay attention to what I learned in the NKO Cyber Awareness Course."



IT2 David Gunwaldsen
Camp Lemonnier
I would remember that seeing is not always believing. Information is easy to fake online, so you have to question everything to some degree. If your bank emails you asking for your password, browse to your bank and log in that way. Ask yourself why would someone ask for something they already have?



Lt. Cmdr. Mike Billips
NSF Deveselu
I am careful about privacy setting for social media and aware all of the types of phishing and spearphishing that is out there.



CLDJ Japanese English Discussion Group

