Happy Birthday Navy!

November’s Featured Photos
Showing off what we do best here at CFAS!

Capt. Stallings arm wrestles a local child at the annual Saikai City-CFAS softball game held in Saikai City.

Hunter Hayes joined us this October for quite the show at Nimitz Park!

Japan Ground Self Defense Force members tour Avenger-class mine countermeasures ship USS Pioneer (MCM 9). The tour was done as part of a Basic English Enlisted course, used to help JGSDF members hone their English speaking abilities.

Notes from Security

Crime Prevention
Most acts of theft are opportunity related and are unplanned and occur because the individual was presented with the right place at the right time to take something without notice. With the upcoming holidays and the shopping that goes with it, please ensure that you are keeping items that you have purchased out of sight to those passing by your homes. When purchasing a large quantity of items, please ensure they are not visible through the windows. Do not post your recent purchases on social media, ensure you are breaking down the boxes, and take them to the proper receptacle and do not leave them in the gated areas by your front doors. These simple steps can help to ensure you have a successful holiday!

Holiday Travel Arrangement for Vehicles
Long term parking is provided at Akasaki. Please do not leave your vehicle on main base while you are visiting family and friends during the holiday season. In the event a vehicle is found unattended, after consecutive days without being moved, the vehicle may be towed, booted, and ticketed upon your return. Please remember to be courteous to others as parking on CFAS is extremely limited.

Foreign Travel Guidance-
*For up to date guidance on your destinations current clearance (restricted travel or unrestricted travel) and specific entry requirements for foreign country travel visit https://www.fcg.pentagon.mil/.
*The US State Department has travel tips and advisories for your prospective vacation at https://www.travel.state.gov for more information.
*The IATP website for travel restrictions for your destination will be available at https://iatp.pacom.mil/ click on “pre-travel requirements” and read this section thoroughly as it will have the most up to date information.

Training Requirements
*AT Level 1 needs to be completed on NKO or JKO website (expires 1 year after completion).
*SERE 100 needs to completed, the ONLY acceptable online training can be found at the JKO website: https://jko.jten.mil/ (expires 3 years after completion).
*Complete or update your ISOPREP with your command AT Representative. The ISOPREP expires 1 year after the date of completion.
Notes from CFAS

Inflammation Tidbit
Today’s Tidbit examines the nutritional management of inflammation, the body’s self-protective immune response that aims to remove harmful stimuli and begin the healing process. Foods that are generally considered bad for our health have been associated with an increased risk for chronic diseases and weight gain, both of which are also associated with excess inflammation. So, there is a theoretical argument to be made for a dietary approach to inflammation management.

Branch Health Clinic

CFAS COMREL

Thanksgiving Meal Fellowship Hall in the CEC Sunday 12 NOV 1200 after Worship Service

SafeTALK Workshop Suicide Awareness Training in the CEC Thursday 9 NOV 0800-1100 in the CEC

Just get promoted? Change office? Have a new phone number? Did you know you can update your rank and contact information on One-Net yourself? You can!

Here’s how you do it. From your workstation:

Click on Start (the little Windows globe in the lower left) > Click on Computer > Click on Network > Click on Search Active Directory (menu bar) > Type In Last Name > Click Find Now > Double Click Name > In Properties box make the updates > Click Apply > Click OK

Done! Note that you can only update your own information. No demoting your friends!

If your command would like a note in the CFAS newsletter, simply give the CFAS Digital Media Center a call at 252-3204!

AFN’s Transition to HD TV

AFN’s new satellite transmission system enables the military broadcast network to deliver the eight-channel Direct-to-Home (DTH) and Satellite Network (SATNET) services in HD and improve the video quality for audience members receiving the three-channel Direct to Sailor (DTS) service. HD may not be available in all areas as some installation cable infrastructures may not be able to distribute the HD signal under their current configuration. The transition will be handled in phases to ensure total operation of its new broadcast systems. The transition is phased as follows:

Nov. 14, 2017 - DTS Pacific
Nov. 28, 2017 - DTH/SATNET Pacific Japan, Korea
Dec. 5, 2017 - DTS Atlantic and Indian Ocean Region
Dec. 12, 2017 - DTH/SATNET Europe, the Americas, Southwest Asia and Africa

All AFN satellite radio and television services in a transitioning region will be off the air for approximately two hours while equipment is reconfigured to accept the changes. The transitions are scheduled during overnight hours to minimize the impact to viewers in the region.

Scams in a Time of Need

Phishing is a type of social engineering where cyber criminals use online communications or emails to lure individuals into providing Personally Identifiable Information (PII) or sensitive information. These phishing attempts can seem very realistic and often look like they are addressed from legitimate companies, colleagues, friends, or family members. Cyber criminals use a variety of tricks to get personal information and can build targeted requests that seem legitimate but they are not perfect, so how do you recognize a scam?

1. Unnecessary sense of urgency, ex. “Update your profile NOW!”, “Don’t Wait”, “Your account will be locked if you do not reply!”
2. Suspicious URL, ex. the e-mail is from Navy Federal Credit Union but the URL is just a bunch of numbers, or generic terms
3. Bad grammar and spelling, ex. improper tenses, misspelled words, or texting short hand will not be included in professional e-mails
4. Improper use of copyright symbols or incorrect branding, ex. copyright symbols before a word

What to do if you receive a phishing attempt? Verify the information. Contact the source directly by phone or through a verified website (do not use the link from the e-mail). Then report the information. You can get more information or file a report with the Department of Homeland Security at https://www.us-cert.gov/report-phishing. Or if you don’t trust this link, go to the Department of Homeland Security’s Cybersecurity tab and select the “Report” button.

KT Justice, Security Manager

Foods that combat inflammation
- Tomatoes, garlic, broccoli, and green leafy vegetables (spinach, kale, collard greens)
- Olive oil and avocado
- Quinoa
- Nuts (e.g., almonds and walnuts - no more than an handful a day) and omega-3 eggs.
- Fatty fish (e.g., salmon, mackerel, tuna, and sardines - at least twice a week) or fish oil supplements
- Whole grains (e.g., oatmeal, brown rice, whole-wheat bread)
- Fruits (e.g., strawberries, blueberries, cherries, apples, blackberries, raspberries, and oranges)
- CoQ10
- Vitamin D supplements

Foods that inflame (to be avoided)
- Refined carbohydrates (white bread, pastries)
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- Margarine, shortening, coffee creamers, and tart (trans fats)

Supplements that MAY combat inflammation
- Harpagophytum procumbens - also known as devil’s claw, wood spicer, or grapple plant
- Hyssopus officinalis - from the plant family Lamiaceae is mixed with other herbs. Beware of the essential oils of hyssop, as they can lead to life-threatening convulsions in laboratory animals.
- Ginger - has been used for hundreds of years to treat dyspepsia, constipation, colic, other gastrointestinal problems, as well as rheumatoid arthritis pain.
- Turmeric (Curcuma longa) - also a plant of the ginger family, contains a substance called curcumin that may be helpful for inflammation and pain management.

If you have a question, please turn your page for more information on how to deal with scams and other threats.

KT Justice, Security Manager

SafeTALK Workshop Suicide Awareness Training in the CEC Thursday 9 NOV 0800-1100 in the CEC

AFN’s Transition to HD TV

AFN’s new satellite transmission system enables the military broadcast network to deliver the eight-channel Direct-to-Home (DTH) and Satellite Network (SATNET) services in HD and improve the video quality for audience members receiving the three-channel Direct to Sailor (DTS) service. HD may not be available in all areas as some installation cable infrastructures may not be able to distribute the HD signal under their current configuration. The transition will be handled in phases to ensure total operation of its new broadcast systems. The transition is phased as follows:

Nov. 14, 2017 - DTS Pacific
Nov. 28, 2017 - DTH/SATNET Pacific Japan, Korea
Dec. 5, 2017 - DTS Atlantic and Indian Ocean Region
Dec. 12, 2017 - DTH/SATNET Europe, the Americas, Southwest Asia and Africa

All AFN satellite radio and television services in a transitioning region will be off the air for approximately two hours while equipment is reconfigured to accept the changes. The transitions are scheduled during overnight hours to minimize the impact to viewers in the region.

Scams in a Time of Need

Phishing is a type of social engineering where cyber criminals use online communications or emails to lure individuals into providing Personally Identifiable Information (PII) or sensitive information. These phishing attempts can seem very realistic and often look like they are addressed from legitimate companies, colleagues, friends, or family members. Cyber criminals use a variety of tricks to get personal information and can build targeted requests that seem legitimate but they are not perfect, so how do you recognize a scam?

1. Unnecessary sense of urgency, ex. “Update your profile NOW!”, “Don’t Wait”, “Your account will be locked if you do not reply!”
2. Suspicious URL, ex. the e-mail is from Navy Federal Credit Union but the URL is just a bunch of numbers, or generic terms
3. Bad grammar and spelling, ex. improper tenses, misspelled words, or texting short hand will not be included in professional e-mails
4. Improper use of copyright symbols or incorrect branding, ex. copyright symbols before a word

What to do if you receive a phishing attempt? Verify the information. Contact the source directly by phone or through a verified website (do not use the link from the e-mail). Then report the information. You can get more information or file a report with the Department of Homeland Security at https://www.us-cert.gov/report-phishing. Or if you don’t trust this link, go to the Department of Homeland Security’s Cybersecurity tab and select the “Report” button.

KT Justice, Security Manager

Foods that combat inflammation
- Tomatoes, garlic, broccoli, and green leafy vegetables (spinach, kale, collard greens)
- Olive oil and avocado
- Quinoa
- Nuts (e.g., almonds and walnuts - no more than an handful a day) and omega-3 eggs.
- Fatty fish (e.g., salmon, mackerel, tuna, and sardines - at least twice a week) or fish oil supplements
- Whole grains (e.g., oatmeal, brown rice, whole-wheat bread)
- Fruits (e.g., strawberries, blueberries, cherries, apples, blackberries, raspberries, and oranges)
- CoQ10
- Vitamin D supplements

Foods that inflame (to be avoided)
- Refined carbohydrates (white bread, pastries)
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- Margarine, shortening, coffee creamers, and tart (trans fats)

Supplements that MAY combat inflammation
- Harpagophytum procumbens - also known as devil’s claw, wood spicer, or grapple plant
- Hyssopus officinalis - from the plant family Lamiaceae is mixed with other herbs. Beware of the essential oils of hyssop, as they can lead to life-threatening convulsions in laboratory animals.
- Ginger - has been used for hundreds of years to treat dyspepsia, constipation, colic, other gastrointestinal problems, as well as rheumatoid arthritis pain.
- Turmeric (Curcuma longa) - also a plant of the ginger family, contains a substance called curcumin that may be helpful for inflammation and pain management.

If you have a question, please turn your page for more information on how to deal with scams and other threats.

KT Justice, Security Manager

SafeTALK Workshop Suicide Awareness Training in the CEC Thursday 9 NOV 0800-1100 in the CEC

SafeTALK Workshop Suicide Awareness Training in the CEC Thursday 30 NOV 0800-1100 in the CEC

Just get promoted? Change office? Have a new phone number? Did you know you can update your rank and contact information on One-Net yourself? You can!

Here’s how you do it. From your workstation:

Click on Start (the little Windows globe in the lower left) > Click on Computer > Click on Network > Click on Search Active Directory (menu bar) > Type In Last Name > Click Find Now > Double Click Name > In Properties box make the updates > Click Apply > Click OK

Done! Note that you can only update your own information. No demoting your friends!

If your command would like a note in the CFAS newsletter, simply give the CFAS Digital Media Center a call at 252-3204!