November 2020 "National Native American Heritage Month" Volume 13 Issue 11

HOMEPORT HAMPTON ROADS

Making Waves

An informative newsletter with the latest in upcoming events, announcements and helpful information to make your stay more comfortable.

Director's Corner, Bottom Line: Up Front, Community Corner, Resident Life & Event Calendar

HOUSING OUR JUNIOR ENLISTED HEROES

HONOR COURAGE COMMITMENT

Director's Corner

Shipmates,

We are living through "history making" times and dealing with one of the worst pandemics known to man. In combatting this pandemic, we have had to change our habits and modified our social behavior not only to protect ourselves but to protect others as well.

The only thing not affected by this virus is "time." Time keeps going, keeps moving! Time has brought on the 2020 holiday season. For those of you with the opportunity to spend TIME with family and friends this holiday season, do so with caution; remember Social Distancing when appropriate, Face Masks and keep Washing Those Hands! BLUF: Protect yourselves and protect others! It's the right thing to do!

As always, stay safe!

The Director

Bottom Line: Up Front

National Cybersecurity Awareness: Defending Against Cyber Attacks at Work and at Home
From: Office of the Deputy Chief of Naval operations for Information Warfare (N2N6)

Mistakes you make in cyberspace could put yourself, others, and the Navy at risk.

In 2016, the Russians began a sophisticated campaign to infiltrate and collect information from companies responsible for our critical infrastructure. Although nothing was damaged, the intrusion could have set up future attacks of power plants and water facilities.

The tactics employed by the Russians to conduct this potentially devastating intrusion were relatively common – they sent fraudulent emails to targeted individuals and then stole key passwords once they had broken in to the network. Recommendations for defending against the Russian's tactics in the joint DHS and FBI report on these attacks were common too, including one to "…require complex passwords for all users."

Fortunately, as in this case, the steps you can take to protect yourself and the Navy from cyber bad actors are relatively simple but constant vigilance is needed to ensure safe operations in cyberspace – both at work and at home. You are the front line of Navy's cyber defense.

This article will introduce best practices for defending yourself at home and at work, starting with those that will help in both places. Further details are available in Cybersecurity and Infrastructure Security Agency (CISA) "tip sheets" (https://www.cisa.gov/national-cybersecurity-awareness-month-resources) and in materials from the National Cybersecurity Alliance (https://staysafeonline.org/resources/). These materials can also be accessed from the Cybersecurity Awareness Month announcement on the DON CIO website, https://www.doncio.navy.mil.

Home and Work Best Practices

Don't take the phishing bait. Phishing involves sending fraudulent emails that appear legitimate to obtain sensitive personal information or lure recipients to click on a link or open an attached file that infects their computer. To protect against this very effective and often used attack, always verify the source of emails and the links in them. Be wary of unsolicited emails that urge immediate action and contain misspellings or grammatical errors. If you're directed to a site for an online deal that looks too good to be true, it probably is. If you open a bad link at work, report it to your supervisor, security manager, and Information Systems Security Manager. Also, forward the email containing the link to NMCI_SPAM@navy.mil. Read the Phishing tip sheet posted on the CISA site above for more information.

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Community Corner

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When in doubt, throw it out. Delete unsolicited or suspicious emails and texts. If you think a Navy email is suspicious, forward it to NMCI_SPAM@navy.mil. Reporting ensures the sender's email address is blocked and enables the email to be analyzed for malicious code. Once you forward the email to this address, delete it and then empty your "Deleted Items" in Outlook.
Use strong passwords. Don't use easily guessed or weak passwords, and safeguard them so they can't be stolen. Strong passwords include a mix of upper and lowercase letters, numbers, and symbols, and are as long as possible. To make your password easier to remember, use a pass phrase. Have a unique password for each account so hackers don't have carte blanche access if they compromise one of your accounts. Read the Creating a Password tip sheet posted on the CISA site above for more information.
Back it up. Make electronic and physical back-ups or copies of all your important work. Data can be lost in many ways including computer malfunctions, malware, theft, viruses, and accidental deletion.

Work Best Practices
-Stay on known good websites. Avoid websites that are not work related or are known bad sites.
-Don't connect unauthorized devices to the network. Unauthorized devices, such as thumb drives, may contain software that can allow an attacker inside the Navy's network.
-Remove your CAC or lock your computer. Don't make it easy for an inside attacker by leaving your computer unlocked when you're not using it.
-Don't use systems in unauthorized ways. The Navy has established polices to protect itself from compromise. Don't put others at risk by using systems in ways that aren't authorized. Read the 25 Feb 2020 version of the Acceptable Use of DON Information Technology memo, at https://www.doncio.navy.mil, for more details.

Personal (Home) Best Practices
-Use security software. Use a firewall, spam filters, anti-virus and anti-spyware software on your personal computer. Security software with these capabilities is free for DoD employees and authorized government contractors, https://storefront.disa.mil/kinetic/disa/service-catalog#/forms/antivirus-home-use.
-Keep it current. The best defense against malicious software on all your devices is the latest version of security software, web browser, and operating system. Sign up for automatic updates, if you can.
-Secure your home network. The Wi-Fi router is the physical device that controls who can connect to your home wireless network. Buy one with at least WPA2 encryption, and enable encryption on the router. Always change the default network name and password, and configure your router so anyone who wants to join your wireless network will have to enter the password.
-Double your login protection. Multi-factor authentication (MFA) better protects your accounts by requiring more than one piece of information, such as your password and a verification text, before allowing access. If MFA is an option, use it for any service that requires logging in. Read the A How-to-Guide for Multi-Factor Authentication tip sheet for more information.
-Never click and tell. Limit what you post on social media — from personal addresses to where you like to grab coffee. These seemingly unimportant details are used by criminals to target you, your loved ones, and your physical belongings — online and in the physical world. Disable location services that allow anyone to see where you are – and where you aren't – at any given time. Read the Social Media Cybersecurity Tip Sheet for more information.

By following the simple steps in this article and the more detailed guidance in the CISA tip sheets, you will help protect the Navy and reduce your chances of being hacked at home.
You have the watch – be alert!

Resident life

HHR LEASING OFFICE 757-402-4247/48 OR 56

HHR BOOKKEEPERS 757-402-4230/33 OR 34

National Native American Heritage Month

Note from National Day Calendar: https://nationaldaycalendar.com/national-native-american-heritage-month-november/

National Native American Heritage Month during November celebrates the diverse and rich culture, history, and traditions of Native people. The observance is also a time to educate anyone and everyone about the different tribes, raise awareness about the struggles native people faced as well as in the present. American Indian pictures, words, names, and stories are a crucial part of American history and help mold our life today.

Thousands of years before Christopher Columbus and his crews landed their ships in the Bahamas, the Native Americans had cultivated lives and communities there. Native American history overflows with a variety of diverse groups and prominent leaders and figures like Crazy Horse, Sitting Bull, Sacagawea, and Pocahontas. Native Americans were always known for hard work and quick instinct. Today, there are about 4.5 million Native Americans in the United States, making about 1.5 percent of our population. Take some time to learn about and celebrate their culture this month.

Microwave Beef & Cheese Enchiladas

Courtesy of tasteofhome.com

Prep/total time: 25 minutes

Servings: 3

Ingredients:

1/2 pound ground beef

2 tablespoons chopped onion

2 cups shredded cheddar cheese, divided

1 can (10 oz.) enchilada sauce, divided

1 tablespoon canned chopped green chilies

6 corn tortillas (6 inch), warmed

Shredded lettuce and sour cream, optional

Directions:

-Crumble beef into a 2-qt. microwave safe dish; add onion. Microwave covered, on high for 2—3 minutes or until beef is no longer pink; drain. Stir in 1 cup cheese, 1/4 cup enchilada sauce and green chilies.

-Place about 1/2 cup beef mixture off center on each tortilla. Roll up and place in a greased 11 x 7 – inch microwave safe dish, seam side down. Top with remaining enchilada sauce.

-Microwave covered, on high for 5—6 minutes or until heated through. Sprinkle with remaining cheese. Cook uncovered, 1—2 minutes longer or until cheese is melted. If desired, serve with lettuce and sour cream.

RIDDLE

Courtesy of insider.com

An old man dies, leaving behind two sons. In his will, he orders his sons to race with their horses, and the one with the slower horse will receive his inheritance. The two sons race, but since they're both holding their horses back, they go to a wise man and ask him what they should do. After that, the brothers race again — this time at full speed. What did the wise man tell them?

NO MAIL DELIVERY TO PPV UNITS

All personal mail should be sent to parent commands.

Notices from the Leasing Manager

1. **A 30-Day Notice to Vacate is required leaving us; whether at EAOS, PCS transfer or for whatever reason you need to vacate your unit.**
2. **BAH STOPS for PPV residents PCS transferring to local commands. Residents must bring a copy of their stamped orders to leasing to restart BAH.**

If you have questions or concerns, please stop by the leasing office or call 757-402-4247/48/56

You Are Responsible for your Guests!

Guests must always be escorted, they cannot be left unattended. In other words, they are in your unit when you are in your unit. You leave, they leave!

Over Night Guests MUST be at least 16 years of age!

Don't be afraid to ask for help!

Don't be afraid to give help!

Riddle Answer:

To switch horses!

Explanation: After they switch horses, whoever ***wins*** the race will get the inheritance because they still technically ***own*** the losing (i.e., slower) horse.

HOMEPORT
HAMPTON ROADS

3 Ways to Submit Work Orders

1. **Online via** http://ACC.emaint.com/HHR
   - You must enter your DOD ID# in the box marked Student ID#
   - Enter your Unit# & Bed# as follows
   - _____
2. Call the 24-Hour Service Desk at 757-233-3302 / 228-5232
3. Stop by the 24-Hour Service Desk located inside Iowa Estates lobby

***New Residents** Please wait until the next business day to log into eMaint – for emergency Maintenance Please call the 24-hour Service Desk (see below)*

The online work order form is only available to leaseholders.

For your convenience, you can create a shortcut to the online work order form
http://ACC.emaint.com/HHR

4. **Emergency work orders** should be made either by calling the 24-Hour Service Desk at 757-233-3302 / 228-5232 stop by the 24-Hour Service Desk located inside Iowa Estates lobby so that a staff member can address your concern as soon as possible.

If you experiencing any issues with the eMaint system, please let us know as we may need to update system records in order for you to successfully submit a work order.

Please contact the office with any questions!