



ANCHOR WATCH
APRIL - JUNE 2022

FITNESS AFTER THE PRT

Under the Navy's latest guidance, the PFA is currently once a year, but that doesn't mean your fitness journey has to be!

COMMODORE'S CORNER



COMMODORE

Capt. Holly A. Yudisky

CWG-6 Warfighters,

We are currently in the season for retirements and Changes of Command. As we say “farewell and following seas” to friends, mentors, and shipmates, it is an excellent time to remember that although their absence will be felt, we must now look to the next generation who will carry on in their footsteps.

Each and every one of us has the responsibility to build the Navy the Nation needs and that means each and every day we must serve with pride, dedication, and professionalism that inspires others. While in uniform or not, remember that every Sailor is a Recruiter.

Even though the Navy has thousands of recruiters nationwide, there is much to be said for a personal connection between a potential Sailor and someone they already trust who is able to convey their good experiences and personal and collective successes.

In this edition of the Anchor watch we focus on a few of the things that enable us to achieve those personal and collective successes, including continuing fitness after the Physical Fitness Assessment (PFA) as well as resilience and the important role our Resiliency Officer plays in keeping our command and Sailors ready to perform at our best.

This year also marked the 80th anniversary of the Battle of Midway. As we reflect upon this key battle in our Navy and Nation's history, it is important for us to remember

the pivotal role played by the OP-20-G, the Navy radio intelligence organization that was tasked with providing intelligence on the Japanese Navy.

But as we reflect upon the past, it is equally important to recognize the current role of our modern information warfighting organizations and the increasingly central role they will play in future conflict.

As I always say, our work has never been more important than it is today, and our relevance will only continue to grow.

With our knowledge of the past and current ongoing events, it continually highlights the importance and value of our ENTIRE CWG-6 team.

We need each and every one of you to continue our success. I want to personally thank you for your outstanding work, dedication and commitment to our Navy, and to ensuring we remain the greatest Navy on the planet.



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CHAIN OF COMMAND

Commodore

CAPT Holly Yudisky

Executive Officer

CDR Henry Gilbert

Command Master Chief

CMDCM Allen Keller

Public Affairs Officer

MCC Thomas Miller

Public Affairs Staff

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MC2 Kenneth Rodgers

MC2 Brianna Thompson

ABOUT ANCHOR WATCH

In its 48th year of production in 2022! The "Anchor Watch" is produced by Cryptologic Warfare Group SIX.

Opinions are not necessarily those of the Department of the Navy nor the U.S. Government. We reserve the right to correct, edit and omit material. Photos are official U.S. Navy unless otherwise indicated. Story ideas are due the first working day of each quarter to the Public Affairs Office.

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BATTLE OF MIDWAY

80th Year of Rememberance

The OP-20-G was established in the early 1920s by Laurence F. Safford, the “Father of Navy Cryptology,” and was key to Admiral Chester Nimitz’s planning. In addition to his earlier cryptologic efforts, Safford had played a major role in placing Commander Joseph Rochefort in command of Station Hypo, the Navy’s codebreaking organization at Pearl Harbor.

In 1942 Rochefort and his staff began to make progress with the JN-25, the Japanese Navy’s operational code, and based on the information available, logic dictated that Midway would be the most probable place for the Japanese Navy to make its next move.

In an effort to alleviate any doubt, the commanding officer of the Midway installation was instructed to send a message indicating the installation’s water distillation plant suffered serious damage and fresh water was needed immediately. Shortly after the transmission, an intercepted Japanese intelligence report indicated that “AF is short of water.” Armed with this information, Nimitz began to draw up plans to stage a decisive nautical ambush of Japan’s massive armada.

Dive bombers from the USS Enterprise appeared over the Japanese invasion force and after a brief but effective attack, three of the four Japanese carriers, were on fire and about to sink. Later that day, Navy dive bombers located and attacked the fourth and last major carrier in the invasion force, sending her, like the previous three, to the bottom.

CWVG-6 HIGHLIGHTS





24/7 Fitness

Making Fitness a Lifestyle

Story by MC2 Brianna Thompson

It's summer, the temperature is finally over 80 degrees and the sun does not set before 4 p.m. The pollen count is low and your allergies are under control. Local businesses stay open longer and the thing that makes this summer especially sweeter is this year's Physical Fitness Assessment (PFA) cycle is over.

June 28th marked the end of Cryptologic Warfare Group SIX's (CWG-6) FY22 PFA cycle. Over 150 Sailors were put to the test to meet the Navy's fitness standards. Logistics Specialist 1st Class Adebayo Adepoju, CWG-6's command fitness leader (CFL), said he was pleased with this year's results.

"I was really impressed with how our Sailors performed during this year's PFA," said Adepoju. "A large majority of our Sailors passed [the PFA] this year, however there is always room for improvement."

As a CFL it is Adepoju's responsibility to provide guidance in the realm of physical readiness. He ensures Sailors complete the PFA's prerequisites and administers the PFA according to Navy guidance.

He has observed many assessments over the years and noticed some Sailors do themselves a disservice by only striving for fitness during the PFA cycle.

"I have observed people who seem really

in-shape, but fumble during the PFA," explained Adepoju. "Some people just don't take this assessment seriously, they don't even know their own standards."

He stressed that Sailors should be able to answer these questions: What should my weight and height be? and What are the minimum scores required for my age?

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"People need to remember that the Navy does not require us to do high impact workouts such and cross fitness or powerlifting," said Adepoju. "I have nothing against those that do. However, we can do our own little piece and still be good, it can be at the gym or at home three times a week for 30-45 minutes. Do a little bit of cardio to get your heart pumping and listen to your body."

Yeoman 1st Class Takeisha Dennis, one of CWG-6's assistant command fitness leaders, has been at the command for nearly four years and has seen many Sailors' physical changes from before the pandemic up until now.

"A lot of people think they have time,

[Sailors] need to remember that [time] will always catch up to them," said Dennis. "Those individuals are usually the ones that are the most stressed out about the PRT. Even though [working out at the last minute] might have worked out for them in the past they run the risk of becoming complacent."

Dennis says the time after the PFA cycle is a really good opportunity to take a keen look into your lifestyle and make gradual adjustments in order to break bad habits and create healthier ones.

Dennis also wants to remind Sailors that this is not a competition between others this is a completion with yourself.

"Remember there are many ways to workout," said Dennis. "You don't have to go to the gym for an hour and compete with others who are already in shape. If you can only sustain a run for only five minutes it's ok. Build up your endurance and you will be able to attain greater goals as long as you consistently challenge yourself."

The Navy and its fitness leaders can suggest that before you have those endless wings, drink sugary beverages, sleep in or skip gym days remember, your choices will impart your results in the future.

"As exciting as it may seem to finally have a somewhat normal summer our members have to remember to keep up with their physical health," said Dennis. "It will be really tempting to work out less and eat out more however in a matter of time the next season will be upon us and it's best to be prepared."

For more information on physical readiness visit <https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/> or contact your command ACFL.



Warrior Toughness

Meet Your Resiliency Officer

Story by MC2 Kenneth Rodgers



In the summer of 2021, Cryptologic Warfare Group SIX (CWG-6) created a new position. One designed to improve the quality of life of Sailors, to help them to be happier, healthier and more resilient.

Laurie Hanley, with her many years of experience as the counseling and advocacy supervisor and the Suicide Prevention Program (SPP) manager of the Navy Fleet and Family Support Center at Fort Meade, was hand-picked for the new position “Resiliency Officer.”

As the behavioral health subject matter expert to the command and activities, she provides advice and guidance to leadership on behavioral health matters including overall stress

and morale levels as well as assistance navigating behavioral health resources.

“I provide a number of trainings including “Warrior Toughness”, “Emotional Intelligence for Leadership”, and “Finding Purpose and Meaning,” said Hanley.

Hanley also has the ability to create customized trainings to fit specific needs. She created and oversees the Suicide Prevention Program Advocates (SPPA) program which provides Sailors with trained peers to help them through the toughest days of their lives. She works to create relationships with the other branches, as they are all working toward similar goals and the more they work together and pool their resources, the more likely they are to be successful.

Right now, primarily because of COVID, behavioral health resources are very scarce, so she regularly checks in with Kimbrough Ambulatory Care Center, Walter Reed and Annapolis Behavioral Health Clinics, Fleet and Family Support Center, TelemYnd, and Military OneSource to determine their status. Allowing her to direct Sailors to the resources that are able to provide services the fastest.

“The impact I would like to have is to create a culture that is unafraid of discussing behavioral health issues, and are open to seeking help.”

Hanley said one of her favorite parts of the job is being able to walk around workspaces and talking directly to Sailors about how they’re doing and the challenges they are facing to see if there is anything she can do to help them.

She works closely with CWG-6 leadership like Command Master Chief(CMC) Allen Keller to give them a better feel of the command’s morale. Keller was a propelling force and advocate in the creation of her role.

“Having a Resiliency Officer on staff has given CWG-6 the ability to better understand and more quickly provide mental health resources to our Sailors,” said Keller. “Miss Hanley is well known within the Fort Meade Navy Cryptology community and her ability to connect with and be an advocate for Sailors is truly remarkable.”

If you or a loved one are suffering from thoughts of harming yourself or suicide, please seek help immediately by calling the National Suicide Prevention Lifeline at 1-800-273-8255.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text “HELLO” to 741741



www.nimh.nih.gov/suicideprevention



EVERY SAILOR IS A RECRUITER

TEXT **NAVYNOW** TO **764764**

