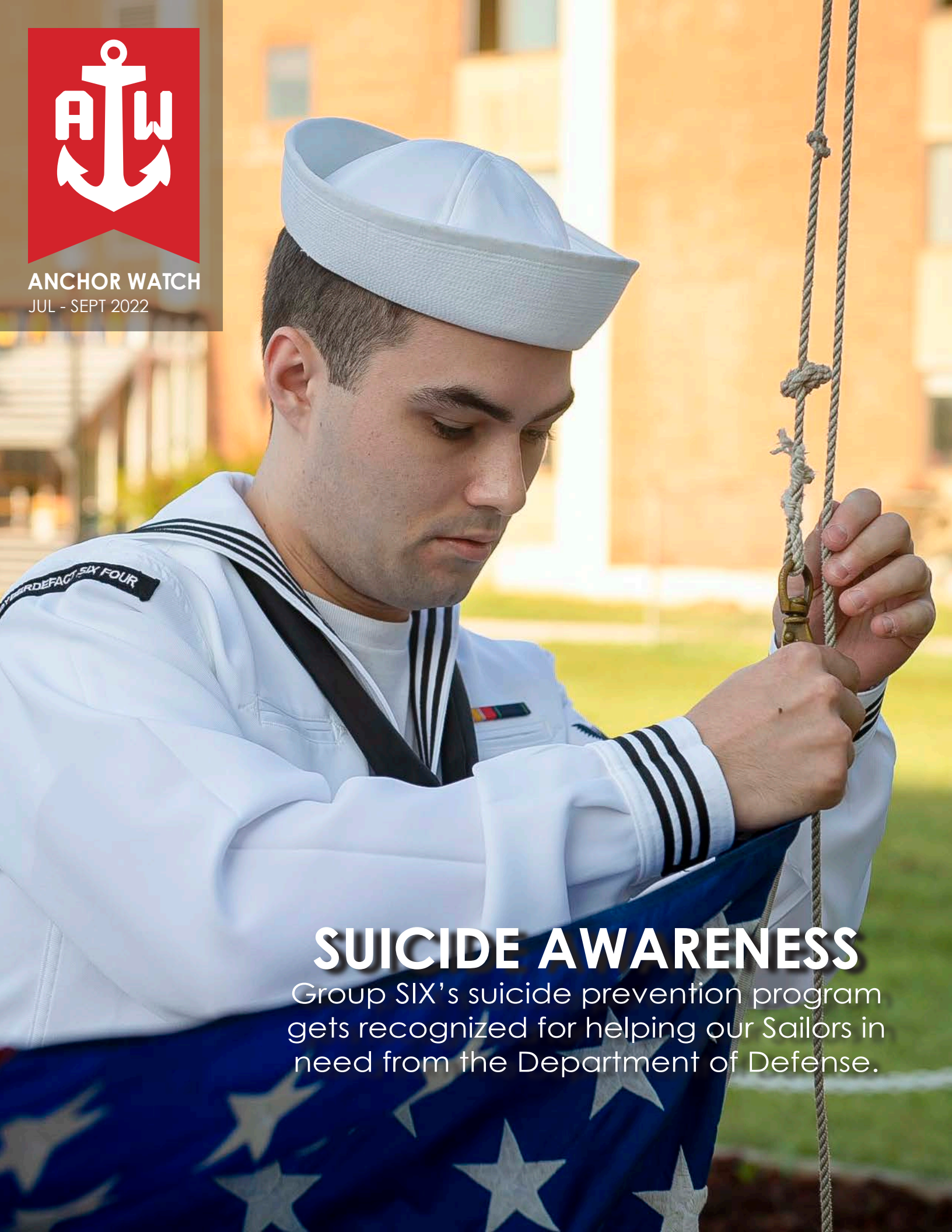


**ANCHOR WATCH**

JUL - SEPT 2022



# SUICIDE AWARENESS

Group SIX's suicide prevention program gets recognized for helping our Sailors in need from the Department of Defense.

# COMMODORE'S CORNER



**COMMODORE**

Capt. Holly A. Yudisky

## CWG-6 Warfighters,

As summer came to an end and fall began, we took some time to reflect on this quarter's accomplishments. With all your hard work and dedication we accomplished a lot, and were recognized for and took part in some pretty extraordinary things.

A big thank you to the recreational committee and all who assisted with the organization and execution of our first command picnic since COVID began.

It was especially fun watching Sailors and their families taking turns trying to dunk their leadership and while getting pied in the face was fun, my favorite part of the day was still our FORGE students vs. our kids in the impromptu battle of water guns vs. water balloons. It was epic!

We also got to witness firsthand why we were recognized as having the best suicide prevention program in the Navy.

The dedication and organizational skills of our Suicide Prevention team and Warrior Toughness team were on full display as they put on a fantastic Wellness Stand Down for Group as well as a Health and Wellness Fair that not only assisted our command but the entire base and their families.

As the weather turns colder and the holidays quickly approach remember to take care of yourself and each other

and to let those you appreciate know how much they mean to you.

In that spirit, I would like to highlight one very special individual who I appreciate more than I could ever express – CMDCM Allen Keller. CMC Keller will retire this November after 30 years of service

to our Navy and Nation. He has been a phenomenal leader, mentor, and friend to us all and he is the perfect example of why our Navy is the most dominant maritime force in the world today.

His uncompromising standards, firm yet approachable leadership style, and genuine care for his people have been a driving force behind the success of not just CWG-6, but every command he has touched.

I can honestly say I learned something new from him every day, and he has helped me – as he has helped all of us - understand how to be a better leader, a better Sailor, and a better person. As we wish CMC Keller fair winds and following seas, I am confident that our Navy is in more than capable hands thanks to the legacy he has left behind.

To CMC Keller and to all of you... thank you all for all you have done and will continue to do as warfighters in the greatest Navy on earth!



### IN THIS EDITION

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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

MC1 Ruben Reed

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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A large American flag is shown waving, with the stars and stripes clearly visible. The flag is positioned on the left side of the image, with the stars in the upper left and the stripes flowing down towards the bottom.

# 9.11

## PATRIOT'S DAY

**WE WILL NEVER FORGET.**



# SAILORS *In the* SPOTLIGHT



**CWA-67**

CTRSN Owen Jackson

**Q: Where are you from?**

**A:** South Glens Falls, NY

**Q: Why did you join the military?**

**A:** I joined to further my education.

**Q: What is a lesson that the military taught you?**

**A:** One lesson the military has taught me is the benefit of working hard to achieve my goals and dreams.

**Q: What is an activity you do to help you decompress from work?**

**A:** The gym helps me decompress from work.

**Q: Who is your favorite leader?**

**A:** I Favorite leader is Erwin Smith. He is recognized as a brilliant strategist, who created new tactics to achieve mission objectives.

**Q: If you were stuck on an island and you could have one meal everyday what would it be?**

**A:** If I had to have one meal everyday on an island it would be pizza.



**CWA-65**

CTI2 Peyton West

**Q: Where are you from?**

**A:** Tuscaloosa, AL

**Q: Why did you join the military?**

**A:** I was not sure what I wanted to study in college. I thought the Navy would give me a sense of purpose while I figured out what I want to do as a career

**Q: What is a lesson that the military taught you?**

**A:** Just persevere. We often want to push ourselves to achieve great things. I know I am guilty of that as well, but one thing I've learned in military is that not quitting is half the battle. If you can just hang in there a little longer, in whatever it may be you're trying to accomplish, you can achieve more than you thought you were capable of.

**Q: Who is your favorite leader?**

**A:** As a die-hard Alabama football fan, my favorite leader has to be Alabama's head coach, Nick Saban. I know choosing a football coach as my favorite leader may sound silly, but it's for good reason. Saban was once ranked in the list of the world's top 50 leaders. He has created a culture of success and coined certain phrases such as "the process."

**Q: If you were stuck on an island and you could have one meal everyday what would it be?**

**A:** Chicken stir fry. That's the tastiest meal I can think of that would give me all the necessary nutrients to survive.



# CROSSFIT CONNECTION

## *Building muscle for a life time*

Story by MC2 Brianna Thompson

Every year the physical wellness of Sailors is tested to see if they are able to meet the Navy's fitness requirement. There are many ways to maintain one's readiness such as: attending gyms, calisthenic areas, team sports and group PT. However, some personnel like Chief Logistics Specialist Michele Scates, go beyond these provisions and participate in a practice called CrossFit.

"My journey in fitness started with playing sports," said Scates. "It not only kept me fit, it maintained my mental health. I loved participating within a community of people that were working towards a goal larger than myself."

She started with softball and eventually moved on to rugby, however she had to put her involvement in the rugby community, which lasted over 10 years, on the backburner while she enlisted into the military as a storekeeper. After completing "A" school she applied and got accepted into the Naval Special Warfare Development Group (DEVGRU) after completing a series of tests and screenings.

"When I got to DEVGRU I started to challenge myself more," said Scates. "They ran a lot and I hated running. So in order to keep up and improve my endurance I began running on a daily basis and signing up for marathons."

Scate's first goal was to train for a 5k. During the work week, she would run 1.5-3 miles a day and run 5-7 miles on the weekend. This took her 1.5 mile run from an average 12 minute-per-mile pace to a 9.5 minute-per-mile pace.

During one of her usual workouts she observed her shipmates performing some rigorous exercises that would change her outlook on fitness forever.

"I was tired of doing the same old workout," said Scates. "It felt like my physical gains were starting to plateau and I was getting tired of the routine where I ran everyday, did arms on one day, legs on another, and then started over again. One day I saw my shipmates doing these workouts at the gym and wondered, what are they doing? And when I asked they told me it was called CrossFit."

CrossFit is a strength and conditioning program geared around performing the 10



fitness domains: stamina, strength, flexibility, power, speed, cardiovascular and respiratory endurance, balance agility and accuracy. Participants use a variety of disciplines which can range from powerlifting to gymnastics to build a person's strength and power in order to perform functional movements at high intensities.

"During my first year of CrossFit I learned almost everything on my own," said Scates. "I began online where I read articles, watched videos and participated in daily challenges. Looking back I realized that I neglected many of the basics such as warming up and using the proper form."

While on deployment with DEVGRU she was doing one of the daily workouts and in the middle of the session one of her shipmates stopped her.

"I was doing what I thought to be cleans," said Scates. "But then one of my peers came up to me and let me know that I was doing the movement incorrectly and tried to explain to me how it was supposed to work. At that moment I did not completely understand everything he was trying to tell me but I understood that I needed to change."

After this interaction Scates realized that if

she wanted to continue to do CrossFit, she needed to learn how to do it the right way. So as soon as she got the opportunity she attended her first CrossFit class.

"[The gym] was called Gene's CrossFit," said Scates. "It was a three-day, woman-led course. During our consultation I told her my journey and she took the time to help me rectify some of the bad habits during those three days."

Scates continued to do CrossFit on her own due to her command's deployment schedule but gained a new sense of confidence and understanding.

Scates would go on to join her first CrossFit gym when she transferred to her next command, Fleet Air Reconnaissance Squadron (VQ) 3 in Tacoma, Wa. During this time Scates saw herself increase the amount of weight that she could handle, her technique was becoming cleaner and she was finally able to do things like pull ups with little to no assistance. She attributed most of her success to her newfound community of "CrossFitters" and really began falling in love with the CrossFit lifestyle.

"Having other people pushing you helps so much," said Scates. "It helped me gain more confidence to do different things. I accomplished things that I did not think I was able to do. This helped me outside of CrossFit by giving me the confidence to believe that I am strong and can accomplish anything I put my mind to."

Despite her rough beginnings Scates would go on to join a Crossfit gym at every command she was stationed at, run multiple marathons, 5ks and other various physical challenges. Also she would go on to max out her push ups and plank during the Navy Physical Fitness Assessment (PFA) and got outstanding times during the cardiovascular test.

"Changing my diet and incorporating Crossfit into my daily routine created a lifestyle where I did not have to worry about my fitness all the time," said Scates. "Take the time to find the things that you will enjoy and keep you active, if you don't like what you tried, move on to something else, but don't give up on your physical fitness." ↓

# SILENT WARRIORS



Story by CWG-6 Public Affairs



On January 16, 2019, 19 lives were lost to a suicide bomber in Manbij, Syria. One of those lives was a Cryptologic Warfare Activity Sixty-Six (CWA-66) Sailor, Chief Cryptologic Technician (Interpretive) Shannon Kent, who was on deployment with an armed task force at the time.

She was posthumously promoted to the rank of senior chief petty officer, in addition to receiving the Bronze Star, Purple Heart, Defense Meritorious Service Medal, Meritorious Service Medal, and a Combat Action Ribbon.

To honor her sacrifice and reflect on her legacy, Kent's former command, CWA-66 held a remembrance ceremony in her honor on Sept. 29.

"Today we honor and acknowledge our sister Sannon's life, career and sacrifice. We held a ceremony so that her legacy will never be forgotten," said Senior Chief Warren Martin.

In the day-room of Quick Hall, the barracks for Cryptologic Warfare Group SIX and its subordinate command, Sailors took time to remember Kent's life.

Kent wore many hats, she was a mother, wife, sister, companion, artist, leader and cancer-survivor. She was fiercely ambitious and wanted to become a psychologist in order to help her shipmates. However, the Navy denied her due to her past diagnosis of cancer and instead of moving on she used her voice to petition for change. She was not able see the changes, but waivers were eventually allowed for Sailors to have the opportunity to get commissioned even with past medical diagnoses.

During the ceremony, a wooden sculpture titled "Silent Warriors", was presented to CWA-66, Kent's former command. This sculpture was hand crafted by retired Cryptologic Communications Branch Petty Officer Third Class David Fournier who served in the armed forces in 1960. Fournier was unable to attend this ceremony so retired Master Chief Cryptologic Technician (Collection) J. W. Smith presented it in his stead.

"When [David] heard that Shannon was killed in action, he really wanted to honor her and all [Cryptologic Technicians]," said Smith. Fournier titled his piece "Silent Warriors" to give homage to all the Sailor's that paid the ultimate sacrifice while serving in the intelligence community.

This sculpture will be on display at CWG-6's barracks, Quick Hall, where Sailors, new and old, can view it upon their arrival and remember Kent's legacy.





# CWG-6 HIGHLIGHTS









# SUICIDE PREVENTION

## *DOD recognizes CWG-6 Sailors for suicide prevention*

Story by MC1 Ruben Reed

**C**ryptologic Warfare Group SIX (CWG-6) received one of six awards aimed at recognizing suicide prevention programs across the Department of Defense from 2020 to 2021. Deputy Secretary of Defense Kathleen Hicks presided over the ceremony held on September 7th in the Pentagon.

Capt. Holly Yudisky, Commodore, CWG-6, and Laurie Hanley, CWG-6 resiliency officer, accepted the award on behalf of the command.

“The units and installations that we are recognizing today have been exemplary in their promotion of suicide prevention awareness, and not only by doing so to prevent suicide, but also to minimize the stigmas associated with suicide and reaching out for support,” said Hicks. “They’ve helped people understand how to ask for help. They’ve helped others learn how to listen, and they’ve spread the word in some remarkably creative ways, including at the height of pandemic restrictions in order to reach people where they are.”

CWG-6 was recognized for their suicide prevention program for such events and campaigns as the illuminating the darkness walk, an ugly sweater campaign, a CALM campaign on access to lethal means, and enterprise wide training reaching every Sailor.

“What SPPA’s [Suicide Peer-Prevention Advocates] share is a passion for making a difference and a belief that it’s worth their time to go and take care of someone they’ve never met simply because that person is in pain and is a fellow human being,” said Hanley.

The Navy’s Suicide Prevention Program’s goal is to minimize suicide risk by enhancing Sailor psychological health and resilience to fortify a mission-effective force through unrelenting individual & team



responsibility and prevention practices.

Commands are required to maintain robust and engaging local suicide prevention programs, helping to equip Sailors with the knowledge, skills, and resources to proactively navigate stress, support one another and respond appropriately in the event of a crisis.

SPPA’s are volunteers from within the command and are responsible for ensuring suicide prevention materials, resources and leadership messages are accessible throughout the command; schedule and announce annual suicide prevention general military training to the command; ensure the crisis response plan is current and tailored to their command’s unique characteristics; and be familiar with the Navy’s reporting procedures.

Cryptologic Technician (Interpretive) 1st Class Yanikka Morgan, a suicide peer-prevention advocate assigned to Cryptologic Warfare Activity-SIXTY FIVE, has been volunteering as a SPPA for over two years. She describes how she felt when she heard CWG-6 was recognized for the program and reflected on what the program means to her.

“Knowing that my friends and colleagues are getting the help they deserve is fulfilling because we believe every human deserves that right,” said Morgan. “Being part of a group that helps people in their darkest moments is what we strive to do and what I think everyone’s purpose is and that’s to

look after on another.”

Navy Suicide Prevention launches its efforts for the upcoming fiscal year each September during Suicide Prevention Month. While the month itself is used to reenergize engagement at the deckplate, tools and messages launched during Suicide Prevention Month are designed to support sustainable local efforts to educate Sailors, foster supportive environments and enable

early intervention all year long.

If you, your shipmate, or a loved one are having trouble navigating stress or experiencing a crisis, help is always available. Seeking help is a sign of strength and a sign of the good judgment and reliability needed to thrive in your Navy career. You can reach out to your local Fleet and Family Support Center, Deployed Resilience Counselor, mental health provider, or any of the following free and confidential resources:

**MILITARY CRISIS LINE:** Connects active duty service members and veterans in crisis with Dept. of Veterans Affairs. 24/7 days a week. Call 1-800-273-TALK (8255, Option 1) or text 838255.

**MILITARY ONESOURCE:** A free and confidential non-medical counseling via phone and live chat, 24 /7. Call 800-342-9647 (CONUS).

**NAVY CHAPLAIN CARE:** Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7. Communications with Navy Chaplains are 100% confidential.

**REAL WARRIORS LIVE CHAT:** Go to <https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign> ↴





WHEELS

ALL

BLEN

THE BLE



# A FINAL FAREWELL



Story by CWG-6 Public Affairs



It was November third, a brisk and sunny day on Fort George G. Meade, Maryland, Sailors and civilians, friends and family gathered in the auditorium of McGill Training Center. The air was crisp, and filled with anticipation, the room somber and quiet. For at this gathering, one Sailor from Cryptologic Warfare Group SIX (CWG-6) was wearing the uniform of a master chief petty officer for the last time.

Capt. Holly Yudisky, commodore, Cryptologic Warfare Group SIX, presided over the once in a lifetime ceremony. She spoke in a quiet but powerful tone, attempting to hold back her emotions, the audience hanging on every word as she explained what this master chief had done for her, and meant to her and her command.

"It's not just about what he did for me, more importantly what he did for the crew and the 2,400 people across CWG-6," said Yudisky. "You've led, you've mentored, you've coached, you've counseled, you've consoled, you've inspired, and you've left us better than you found us. You are the finest Command Master Chief with whom I've ever served."

Command Master Chief Allen Keller originally from Long Island, New York, enlisted in the Navy January 1993, and reported to recruit training in San Diego, Calif. Followed by Data Processing Technician 'A' and 'C' schools before reporting to his first command Forrestal-class aircraft carrier, USS Independence (CV-62).

Throughout his career he served on many platforms and in different geographic locations. Of all those tours he feels his biggest accomplishment was earning his Enlisted Surface Warfare Specialist

qualification (ESWS) onboard Nimitz-class aircraft carrier, USS Nimitz (CVN-68) in February 1997.

"The reason this was my biggest accomplishment is that back in the 90's warfare qualifications were not mandatory and achievement of ESWS was extremely rigorous," said Keller. "I became the first ESWS qualified Sailor in ADP and subsequently upon qualifying EAWS in December 1997, the only dual-warfare qualified Sailor in the division."

Getting qualifications and being at several commands was only a part of his success during his 30 year career. He attributes his success to two main factors, being bold and going outside of his comfort zone.

"It's easy for anyone to be comfortable in their current environment. It's only when you start pushing yourself, just a little more, that you realize all that you can do," said Keller. "From going to locations far and away, or jumping out of airplanes, to applying to be a Command Master Chief, I wouldn't have accomplished any of those if I hadn't gone out of my comfort zone."

When the Navy instituted the Command Senior Chief program, he knew it was out of his comfort zone but looked into applying. He decided he wanted to wait until he became an Information Systems Master Chief before submitting a package. He got selected for ITCM in 2012, and decided it was time for him to finish and submit his CMC package, leading to his selection as a CMC in February 2013.

"There were two reasons I decided to convert to a CMC, one was expanded opportunities at sea, as ITCMs are on large deck platforms

only," said Keller. "The second was to have a larger impact on Sailors across the entire Navy, not just IT Sailors."

He accomplished his goal of being able to impact more Sailors with his first CMC tour aboard the Arleigh Burke-class destroyer, USS Porter (DDG-78).

"Over the years, I spent much of it in the Surface, Joint or Special Operations world. I never had the opportunity to be in the Information Warfare environment until CWG-6," said Keller. "There is a sense of pride in knowing that the Sailors at CWG-6 have been the reason my final command tour has been the greatest of all command tours."

At the end of the ceremony Keller smartly approached the side boys, the honorary bos'n ordered the bell to be rung, and piped Keller ashore for the last time.

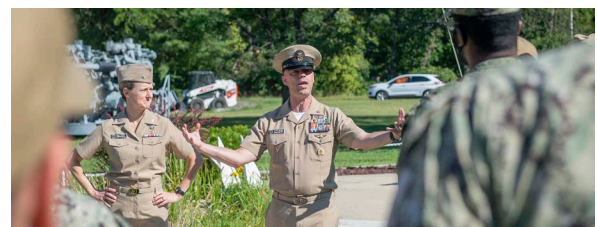
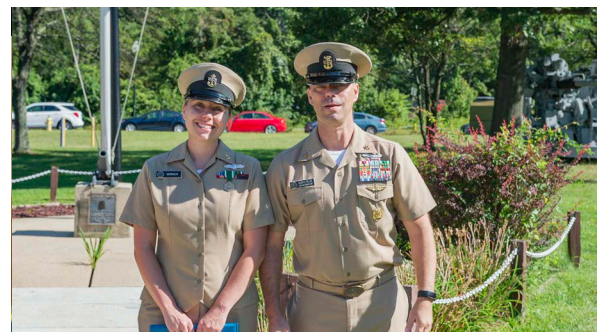
Following his retirement, Keller is planning to do the one thing that brought him into the Navy and has been doing in some aspect these past 30 years. He's going to continue putting his information technology and cyber security skills to work within corporate America.

Even though Keller is putting the uniform away, he wanted to remind all service members everywhere that serving isn't easy.

"Each of us is blessed everyday with the honor of wearing the cloth of our Nation," said Keller. "Only one percent of our population will ever wear the uniform of this nation, you are that one percent! Wear the uniform with pride, as all of us, one day we will have to set it aside for someone else to step in our footsteps, Fair Winds and Following Seas to each of you."



# FAIR WINDS AND FOLLOWING SEAS!









# THE PRINCIPLES OF RESILIENCE

## Bending without Breaking

Predicting challenges, maintaining a sense of control, strengthening relationships, fostering trust and finding meaning are critical to building resilience and navigating stress.



### Controllability

#### Keep An Even Keel

Controllability is about making choices that help restore a sense of empowerment during adversity – from emotional responses to problem-solving actions.



### Trust

#### Know Who to Turn To

Presence of trust increases willingness to confide in others, utilize resources and address concerns before stress injuries occur.



### Predictability

#### Be Ready

Negative outcomes are less likely when we prepare for expected challenges and plan for the unexpected.



### Relationships

#### Stay Connected

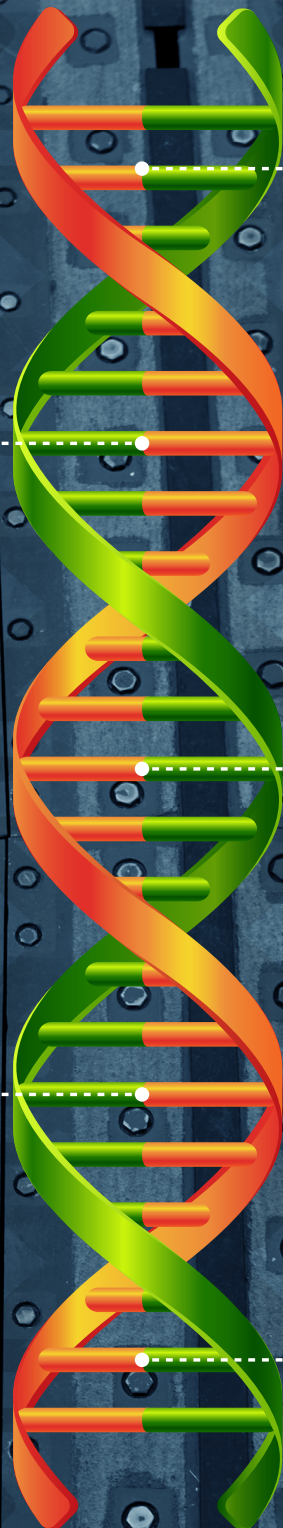
Loss of important relationships and a sense of belonging can increase stress and lead to cracks in one's foundation of resilience.



### Meaning

#### Find Purpose

A sense of purpose promotes healthy stress navigation, thoughtful decision making and better performance.



1 Small  
ACT

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