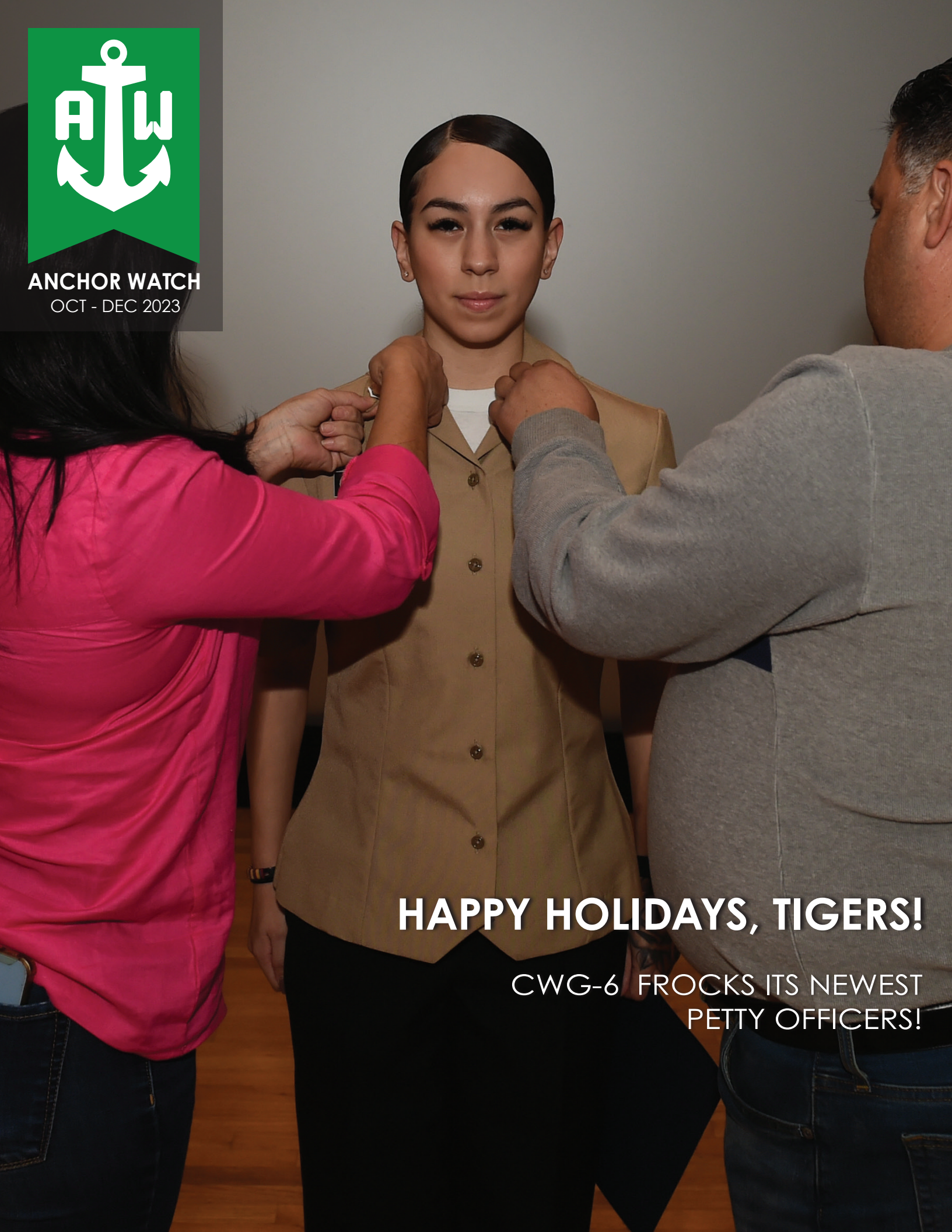




ANCHOR WATCH
OCT - DEC 2023



HAPPY HOLIDAYS, TIGERS!

**CWG-6 FROCKS ITS NEWEST
PETTY OFFICERS!**

COMMODORE'S CORNER



COMMODORE

Capt. Will Wilson

Tigers.

The fall has been a whirlwind of activity and I'm continually thankful to you for your commitment, motivation, and teamwork. Some of the items we've accomplished over this fall are:

We oversaw a battlefield circulation of our Reserve units, who are doing stellar work and aligned to our mission sets and operations. We will provide a separate Reserve article for the next Anchor Watch edition.

Our Sailors across the pond are getting after their new mission alignment and completed a successful Change of Charge. A special thank you to Cmdr. Miguel Cueva and family for their support and passion for our Sailors; and a hearty welcome aboard to Lt. Cmdr. Brandon Beckler and family.

We had 18 Sailors advance to the next paygrade in November, working to move the Fleet and Family Service

Center into their new temporary space while we remediate the garrison building, and opened the Embedded Mental Health Clinic to support our Sailors! Amazing work across the staff.

We also had our family holiday party which was planned and executed by our Recreation committee. BZ for an extreme job well done!

Finally, I'd like to close out by thanking everyone for their participation and support of our command DEOCS survey. It highlighted some areas we need to sustain and also areas we need to add focus and effort. We will approach this as a team, working together towards making this command the epitome of cryptologic and cyber excellence.

Thank you again and I'm looking forward to what 2024 has in store for us. ⚓

Commodore



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CHAIN OF COMMAND

Commodore

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Executive Officer

CDR Eric Graewert

Command Master Chief

CMDCM Kimberly Ferguson

Public Affairs Officer

MC1 Ruben Reed

Public Affairs Staff

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MC2 Angie Ramos Grullon

ABOUT ANCHOR WATCH

In its 49th year of production in 2023! 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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Sailors of the Quarter

DC2 David Marshall



- 26 years old
- 8 years in service
- About 2 years at this command
- **Favorite memory:** Planning the holiday party with DC1 Cuen.
- **Winning SOQ & what it means to you:** "I'm not a man of many words so I'll just say it feels good to be recognized."
- **Wisdom/advice:** "Pursue what you want to do, whether it's in or out of the navy. Always have a plan!"

YN3 Tiara Harris



- 20 years old
- 1.5 years in service
- About 1 year at this command
- **Favorite memory:** The holiday party.
- **Winning SOQ & what it means to you:** "It feels good to be recognized. I am grateful for my Chief who gives me good mentorship."
- **Wisdom/advice:** "Put God first. Keep your head up even though life gets difficult. He will help you through it, Amen!"

Command Highlights





Freshly Frocked Sailors



LS1 VILLALON



IT2 BURGESS



YN2 EVANS



YN2 MATILDES



IT3 CRISTOSTOMO



PS3 VARGASPREDES

Congratulations to our newest 1st, 2nd, and 3rd Class Petty Officers!



IT3 CRISOSTOMO, J. F.
PS3 VARGASPREDES, A. T.



IT2 BURGESS, J. C. L.
CWT2 BUSH, C. D.
CWT2 CARTER, J. D.
CWT2 CLEMONS, F.
YN2 EVANS, P. R.
CWT2 GRAHAM, J. A. T.
CWT2 LILKAS, J. R.
YN2 MATILDES, G.
CWT2 PECK, J.
CWT2 STAFFORD, W. R.
CWT2 TAYLOR, M. P.
CWT2 VIVINO, J. E.



CWT1 BASYE, M. R.
CWT1 NUTTER, O. H.
LS1 VILLALON, R. A.



SUICIDE PREVENTION PEER ADVOCATES: EVERYDAY HEROES



Story and Photos by MC2 Anngie Ramos Grullon

The Suicide Peer Prevention Advocacy Program at Cryptologic Warfare Group SIX celebrated its tenth anniversary on November 17, 2023. The SPPA Program is a peer advocacy program within the Group SIX's Suicide Prevention Program consisting of trained Sailors in a myriad of positions. They provide response and transportation of at-risk military members to licensed behavioral health personnel and/or facilities in case of emergencies, as well as additional peer-based support.

According to Cryptologic Technician (Interpretive) 1st Class Mike Ottlinger, CWG SIX's Suicide Prevention Coordinator, SPPAs go through a specific set of trainings in addition to a rigorous screening process to ensure they are a good fit and that they are there for the right reason – because they genuinely want to help.

“Our SPPAs are required to do two trainings,” said Ottlinger. “The first is Applied Suicide Intervention and Skills Training (ASIST), which is a 2 day course that teaches you intervention skills that are vital to helping a person experiencing thoughts of suicide. The second is Psychological First Aid Online, which is about a 6-8 hour work-at-your-own-pace course, which teaches you general principles and skills in meeting the needs of people in crisis.”

Once selected and fully trained, SPPAs are accompanied by an experienced team member on their first call to ensure they are comfortable in their ability to respond.

Lt. Shenandoah Daigle, Cyber Strike Activity 63's SPC, spoke about her passion for the program. She has been the CSA-63's SPC since 2021 and it is her favorite hat to wear.

“It's the most meaningful,” Daigle said. “The responses that we go on are so important because you really have to build the trust with that Sailor, make sure that they are comfortable enough talking to you about what's going on, accepting that you are taking them to get help, and that you genuinely exist in their universe in this moment in time



“ *It's the most meaningful.* ”

to support them. Every response is different because every person is different. You are never going to know what you are walking into nor know the exact right thing to say, so you have to be flexible. Being confident in that is key.”

Ottlinger shared the same sentiment toward the program.

“This program is the single most important thing that I have ever done with my Navy career,” said Ottlinger. “At the end of the day, there is nothing that matters more than other people. I can't stress enough that our first priority has to be our Shipmates, and that is exactly the priority of this program; caring for our Shipmates.”

CWG SIX's Resiliency Officer and SPP Manager, Laurie Hanley, also spoke about her appreciation for the SPPAs and SPCs, and all their contributions to the program.

“What I appreciate the most about the SPPAs is their willingness to get up in the middle of the night, to give up a holiday, to go on a response after working a 12 hour shift to take care of a fellow Sailor,” said Hanley. “It's



“There is something very powerful that happens when we help people we don't even know. It sends a message in a very powerful way that their life matters, that they matter.”

always someone they've never met before; they go simply because that Sailor is a fellow human being who is scared and in pain and needs to know that someone cares. There is something very powerful that happens when we help people we don't even know. It sends a message in a very powerful way that their life matters, that they matter.”

SPPAs have contributed a lot to the SPP throughout the years, but they have also found themselves growing right alongside it. Hanley spoke about some of their accomplishments with pride.

“It amazes me and fills me with pride when an otherwise shy, introverted Sailor, who at first doesn't believe they have what it takes to be a SPPA, steps into the role and shines,” said Hanley. “Their desire to help overcomes their fears and they end up becoming some of our very best. That growth spills into other areas of their lives. Even though it's not an outcome I ever predicted, to know that this program provided them with the opportunity feels great. I am also amazed that six previous SPPAs have gone on to earn advanced degrees in mental health directly because of their experience in the SPPA program. There are six more mental health professionals, two doctorates and four masters' degrees, in the world because of this program.”

The program has had many other successes, including direct recognition from the Department of Defense during the 2020-2021 Department of Defense Suicide Prevention Recognition Ceremony. Additionally, four other locations have or are attempting to set up similar programs, according to Hanley. When asked how these budding programs, or other suicide prevention programs, could attempt to replicate this program's success at other commands, Daigle outlined the first crucial steps.

“If a program exists already, find where they went wrong or how to get it to standards,” Daigle said. “Next, for the program to succeed there needs to be continuity and there needs to be policy written that supports it. Lastly, the program needs a Laurie Hanley on its team; someone who's got the credentials and experience to help the triad see the necessity of the program, and the need to run it to the standards, as they've proven to be successful here.”

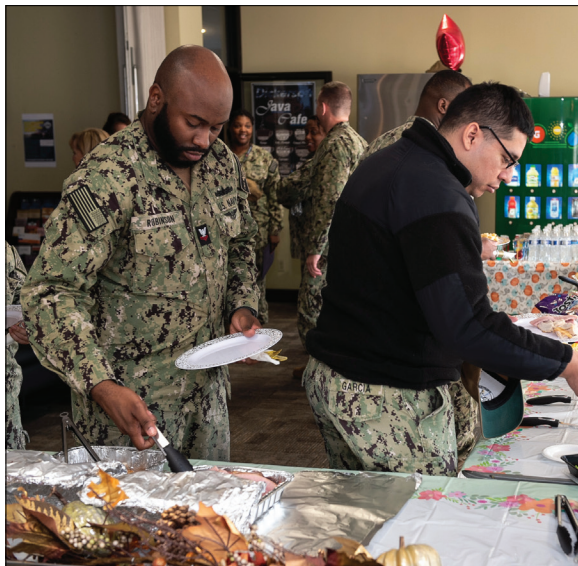
Navy's 248th Birthday



Thanksgiving Potluck



The CWG-6 Diversity Committee organized a ceremony to honor American Indian Heritage Month. After the ceremony, a command potluck was held to celebrate Thanksgiving and enjoy camaraderie before the long weekend.



STUDENTS FORGE AHEAD

Story and Photo by MC1 Ruben Reed



Cyber Warfare Technicians use state-of-the-art technology to perform offensive and defensive cyber operations, conducting computer network operations worldwide in support of Navy and Department of Defense missions. Before these Sailors can apply their skills in the fleet, they must go through a 120 day technical school after bootcamp. After that, students who apply and are hand selected to additional schooling for their technical proficiency are given the opportunity to attend the Future Operator Readiness, Growth and Enrichment.

Cryptologic Warfare Group SIX hosts FORGE students during their nearly two year-long journey to become Interactive On-net Computer Network Exploitation Operators.

For one student, the course is something he's looked forward to since before joining the Navy. Cyber Warfare Technician 2nd Class Jaethan Afleje, from Guam, explains how much he has enjoyed the challenge the course has given him.

"I became a CWT because I knew about the ION pipeline before joining and that was one of my goals," said Afleje. "I became a CWT to hopefully get to go through the ION pipeline and get the amazing experience that I'm going through now."

The ION pipeline, one of the longest technical schools in the Navy, consists of four milestones students must successfully pass before moving onto the next. Students start in an ION preparatory class where they take the Computer Network Aptitude Battery test. Their next test comes during the Computer Network Operations Qualification Course, a 90-day, self-paced course designed to prepare students for more advanced computer network operations. Last, they complete FORGE training consisting of four separate functional areas where they learn about network operations on an organizational and legal framework.

Once the student graduates from FORGE, they are

considered ION operators and can be assigned to perform computer network exploitation, capabilities testing and evaluation, data acquisition, network navigation and forensic analysis in support of special operations forces, national, fleet, and joint requirements.

"This course is one of the hardest trainings the Navy has to offer," said Donna Merkel, CWG-6 training department head. "It takes a great deal of humility and dedication to learn the subject matter and to absorb and employ it effectively in a very short amount of time."

According to Afleje, the real test of his skills will come once he joins an operational command.

"I feel like by the time I'm done with FORGE I'll be partially ready," said Afleje. "I feel that my experience through FORGE will prepare me for the fleet and contribute to the mission but the course training environments and a real-world environment are completely different. The only way to get used to real world environment is through experiencing that once I do get to the fleet."

CWG-6 helps prepare these students by acting as their administrative support, and providing leadership and mentorship before, during, and after Sailors graduate the course. Chief Cyber Warfare Technician Shane Guokas, a member of training department, says he enjoys seeing Sailors grow and describes the impact they will have once joining the fleet.

"I feel some of the best qualities a student, and operator, can possess are curiosity, willingness to ask for help, and be open for feedback," said Guokas. "The course provides the students with a foundation of knowledge and skills that need to be built upon in the coming years while at their next duty station."

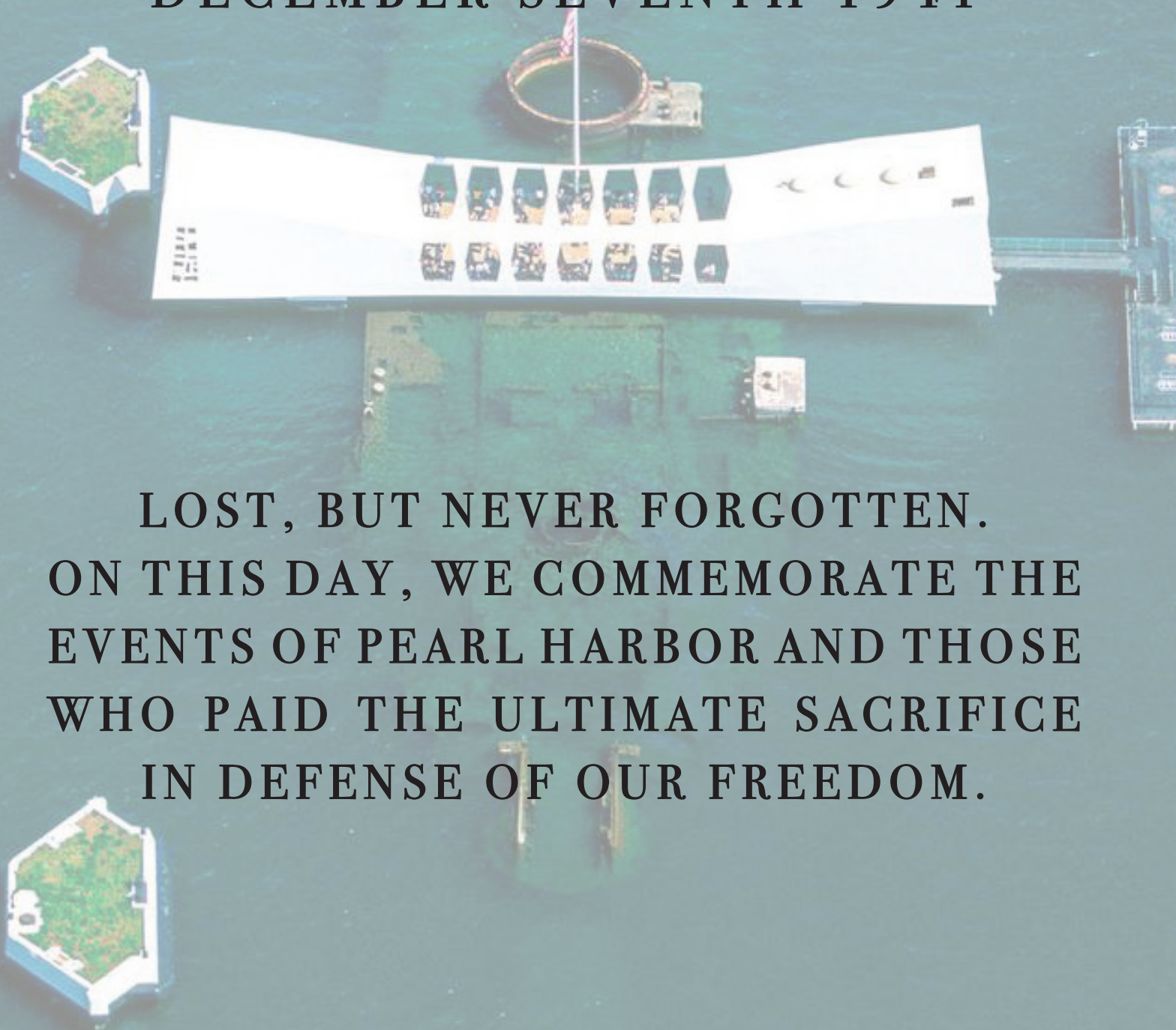
When asked to summarize his time as a student and what he's learned from his instructors and Navy leadership, Afleje responded quickly and positively.

"So far my time through FORGE has been amazing and challenging," said Afleje. "I've enjoyed how the course has challenged me. Specifically, the pace and heavy content of the course enabling me to pick up on new concepts relatively fast."

Last year, CWG-6 had oversight of 17 FORGE students and had an overall pass rate of 83%. In 2023, with the same amount of students, that pass rate climbed to 100%. CWG-6 is projected to host more than 55 students in 2024.

PEARL HARBOR REMEMBRANCE DAY

DECEMBER SEVENTH 1941



LOST, BUT NEVER FORGOTTEN.
ON THIS DAY, WE COMMEMORATE THE
EVENTS OF PEARL HARBOR AND THOSE
WHO PAID THE ULTIMATE SACRIFICE
IN DEFENSE OF OUR FREEDOM.

HOLIDAY PARTY



WHEN THE TINSEL GETS TANGLED

* How to Cope With Holiday Stress *



EXPERIENCE THE FEELS

1. Acknowledge and experience your emotions.



CONNECT WITH OTHERS

2. If your stress is high find support by reaching out to others via texts, phone calls, video chats, or visits.



IT'S OKAY TO SAY "NO"

3. Set emotional and physical boundaries. Others feel the same pressure to say "yes," too, but will understand if you don't participate.



STICK TO A BUDGET

4. Set realistic, financially reasonable expectations for your children and loved ones to include both giving and receiving gifts.



PLAN & STRATEGIZE

5. Determine, ahead of time, specific days for holiday activities or tasks such as shopping, cooking/baking, cleaning, and activities with family and friends.



EMPHASIZE SELF-CARE

6. One of the first things to go when stress increases is self-care. Try to stay on your normal sleep schedule, monitor eating habits, and get regular exercise.



TRY RELAXATION STRATEGIES

7. Find time specifically to relax. Practice prioritizing 15 minutes of alone time to unwind or engage in activity just for you.



TALK TO A PROFESSIONAL IF NEEDED

8. Even with our best efforts we can become overwhelmed. If these feelings or behavior changes are persistent, please consult with your medical provider or a mental health professional. You can start with the Psychological Health Resource Center: <http://www.health.mil/PHRC>