

W I N T E R 2 0 1 3

The

# Bridge

San Diego National Naval Officers Association

## Holiday Greetings!

Best wishes for a joyous season and prosperous 2014.

It has been an OUTSTANDING year. Through teamwork and dedicated support, we accomplished amazing things. Thanks for a wonderful 2013. Thanks in advance for your support as we work together to make 2014 another banner year.

During the holiday season, relax, reconnect and reflect. Please take time to unwind, spend quality time with friends and family as well as think about the positives of 2013. As you think ahead, please include NNOA in your 2014 plans. Whatever you can do and however you can help support the mission, goals and objectives of NNOA would be greatly appreciated.

Please keep our deployed Sailors, Marines and Coast Guard personnel and their families in your thoughts and prayers.

Very respectfully,  
Cmdr. Jerome "J. R." White  
President, SDNNOA



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Vice President  
Secretary  
Treasurer  
PAO  
Historian  
Membership Chair  
Scholarship Chair  
Mentoring Chair

Cmdr. Jerome White  
Ens. Pam Johnson  
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Lt. j. g. Adonica Johnson  
Lt. Cmdr. (Ret) Richard West  
Lt. Sidacious Stephenson  
Lt. Cmdr. Brenda Morgan  
Lt. Cmdr. Sam Hoard

### Save the Date!

**January 2014**  
17: General Body Meeting and Professional Development Training

**February 2014**  
20: SDNNOA/ANSO Joint Leadership

**April 2014**  
19: San Diego College Fair

## Scholarship Fundraiser a BIG Success



SDNNOA held its annual scholarship fundraising event at Wine Steals located at Liberty Station in San Diego, CA, November 30<sup>th</sup>.

The affair featured a wine tasting and silent auction. A variety of items were auctioned, including several books from the Navy's professional development reading list, musical CDs, wine rack and a plethora of printed cultural art. Lt. Nicole Cuthbertson, who led the auction, set the bar high for donations.

Proceeds from the ticket sales and silent auction benefit SDNNOA's scholarship fund, which provides financial assistance for qualified high school seniors. Scholarships are awarded to students who meet certain selection criteria.

"Applicants must be full-time students and attend an accredited four-year college or university while working toward a degree," said Lt. Cmdr. Brenda Morgan, Scholarship Board Chairman.

"Selection is based on financial need, academics, extracurricular activities and character attributes." Last year, SDNNOA awarded three, \$1000 scholarships to local area seniors – one local scholarship and two national STEM scholarships.

Applications for 2014 scholarships are currently available via the Dollars for Scholars website.

"I would like to thank everyone for supporting our scholarship fundraising efforts" said Cmdr. Jerome White, SDNNOA President. "Investing in students today will pay big dividends in the future."





## Tis the Season for Mentoring

In his CNO Guidance for 2003 as Chief of Naval Operations, Adm. Vern Clark directed Navy leadership to help “create a mentoring culture”. NNOA’s mission is squarely in line with the direction and vision of the Navy as it pertains to mentoring. Mentoring has and will continue to be a consistent theme of our professional development training. Under the leadership of Lt Cmdr. Hoard, SDNNOA established a local mentoring program. Junior officers (O-3 & below) were paired with senior officers (O-4 and above). According to Hoard, “mentorship is the cornerstone of professional development”. In the article, “Much Ado About Mentoring” (Harvard Business Review, pg 57), having a mentor is associated with more

rapid promotion, greater productivity, and professional confidence.

For more information on the Navy’s Women eMentor program, visit

[www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy](http://www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy) Or

<http://ementorprogram.org/about>



Individuals can also log onto the national NNOA website and complete a form to be paired up with a mentor. For more information, visit the website:

[https://nnoa.memberclicks.net/index.php?option=com\\_mc&view=mc&mcid=form\\_151674](https://nnoa.memberclicks.net/index.php?option=com_mc&view=mc&mcid=form_151674)

## Shipmates in the Spotlight

### Former President, Cmdr. Katrina Pringle Retires

SDNNOA's former President and long time NNOA member retired from Naval service as a member of the Nurse Corps during a ceremony held at the Women's Memorial in Arlington, VA on Oct 11<sup>th</sup>, 2013.



### Welcome Home Lt. Nicole Cuthbertson

Lt. Nicole Cuthbertson, NC, USN returned home from duty in Afghanistan. She was deployed to Helmand Province, Afghanistan with II MLG, 2 Med Battalion from Jan-July 2013. During that time, she worked as a trauma nurse attached to the Shock Trauma Platoon at a Role 2 facility.

### Welcome Rear Adm. & Mrs. Ponds

SDNNOA members gathered at Felix BBQ and Soul Food restaurant to welcome Rear Adm. and Mrs. Fernandez "Frank" Ponds and kick off the new operational year. Admiral Ponds serves as Commander, Expeditionary Strike Group Three (ESG-3). He assumed command of ESG-3 on July 25, 2013.



### Capt. McNeal Assumes Command

On 15 November 2013, Capt. William "Ben" McNeal assumed command of Tactical Networks Program Office, PMW 160, during a change of command ceremony held in San Diego, CA.

# SDNNOA in Action!!!



SDNNOA supported the San Diego Chapter of the NAACP's 1<sup>st</sup> Annual Veteran's Appreciation Luncheon. Pictured from left to right are Cmdr. J. R. White, Maj. Gen. Anthony L. Jackson, USMC (Ret) (guest speaker) and Chaplain (Lt.) Leticia Rouser (program Chaplain).



## 2013 E-Professional Development Topics (Recap)

- 1-13: 3 Ways to Know What You Need to Know
- 2-13: Why Everyone is Lazy (Except for You)
- 3-13: 3 Reasons to Consider Dialing It Back a Bit
- 4-13: Management Promising Practices
- 5-13: Leadership Lessons from the San Francisco Plane Crash
- 6-13: How the R.E.D Model Can Make You a Better Leader (and Thinker)
- 7-13: 9 Easy-to-Steal Habits of the Super Successful
- 8-13: 10 Ways to Make Each Day a Leadership Masterpiece
- 9-13: 3 Ways Leaders Build (or Break) Trust



SDNNOA's Ens. Pam Johnson (Vice President) and Lt. Kamilah Johnson (Secretary) participated in Naval Medical Center San Diego's Multi-Cultural Day events.



SDNNOA supported the Montford Point Marine Association, Inc. 48<sup>th</sup> Annual National 2013 Convention. Pictured are Cmdr. J. R. White and family members of a Montford Point Marine, COL and Mrs. Franklin J. Henderson, USA (Ret).

## CONGRATULATIONS ON YOUR PROMOTION!

Lt. Cmdr. Brenda Morgan

Lt. Cmdr. Sam Hoard

Lt. Cmdr. Colin Larkins

# STAY CONNECTED

When: Every 3rd Thursday at 1730

Where: Naval Recruiting District San Diego Conference Room, 33055 Nixie Way, onboard Fleet ASW base



y, San Diego, CA onboard Fleet Anti-Submarine Warfare base.  
Email: [SDNNOA@gmail.com](mailto:SDNNOA@gmail.com)

Visit our website:  
<https://nnoa.memberclicks.net/san-diego?tmpl=component>

## NNOA San Diego Chapter

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