



National Naval Officers Association

Jacksonville Chapter Newsletter



Executive Board
2011-2012

President
CDR Daryl Pierce, USN

Immediate Past President
LCDR Paul Nix, USN (Ret)

Vice President
CWO3 Lionel Jeffcoat, USCG

Secretary
LT Howard Milligan, USN

Treasurer
CDR (sel) Jessica Beard, USN

Chaplin
LCDR Anita Pierce, USN, (Ret)

Historian
LT Mohenish Singh, USN

Public Affairs Officer
CDR Andrea Petrovanie, USN

Parliamentarian
LT Harold Jones, USN, (Ret)

Program Director
LT Donald Mitchell, USN

Scholarship Chair
LTJG Andrea Baker, USN

Fundraising Chair
CWO3 Frank Jordan, USN

Community Service Chair
LCDR Herlena Washington, USN,
(Ret)

Chapter Advisor
RDML Gene Kendall, USN (Ret)

PRESIDENT'S CORNER

Welcome to our third edition of the NNOA Jacksonville Chapter's Quarterly newsletter. I hope that each of you celebrated a wonderful "Resurrection" (Easter) Sunday!

THANK YOU for making our 3rd Annual Scholarship Charity Golf Tournament – the BEST event ever! **We raised a total of \$10, 670!!** BRAVO ZULU to our Tournament Chairman, LT Howard Milligan; the Tournament Committee; as well as the entire Jax Chapter!!! You once again proved that "nothing is too hard" when we come together as an organization. I am still receiving accolades about the event. Simply put – it was

A JOB WELL DONE!

During this event, we clearly exercised our faith, dedication and commitment to our 2012 annual goals:

- To increase membership and scholarship opportunities by 15% and 25% respectively.
- To develop meaningful strategic relationships with community organizations and business partners.
- To make a positive impact throughout the community.
To have FUN while partaking in each of the above.

LTJG Andrea Baker and Mr. Brian Martin, Co-Chairs for our 2012 Scholarship Committee are hard at work preparing for our scholarship banquet. We are expecting to have a record number of guest attendees and scholarship recipients. Because of your efforts, we are blessed to distribute the largest awarding of scholarships than we have ever experienced. Come out to support YOUR chapter! Thank you for allowing me to serve as your President and may God continue to abundantly bless our chapter, military and America.

Blessings,
CDR Daryl Pierce
President,
NNOA Jacksonville Chapter

*"The only limits to our realization of tomorrow will be our doubts of today."
Franklin D. Roosevelt*

OUR MISSION

National Naval Officers Association actively supports the Sea Services in the development of a diverse Officer Corps through recruitment, retention, and career development. NNOA is essential in maintaining operational readiness by providing professional development, mentoring, and support of cultural awareness. NNOA establishes and maintains a positive image of the Sea Services in communities and educational institutions.



Apr-Jun 2012

Chaplain's Message



**Anita Pierce, LCDR, USN
(Ret)**

I hope everyone had a joyous Easter (Resurrection) Sunday!

Now after Resurrection Sunday, is the story that I love to hear. About how Jesus rose and appeared to Mary Magdalene and he was seen walking with two disciples in the countryside and again appeared to eleven disciples as they were eating. Reassures us that He is yet alive and we can believe the scriptures and go and inform the world about God's good news.

We tend to be tough on ourselves and those that are close to us. Always consider that in our weakest state, Jesus is always there. At our worst times, God's blessings and favor have pulled us through. Be encouraged to yourself and others. He is able to do all things that we have yet to see in our lifetime.

Mark 16:14-16 Later Jesus appeared to the Eleven as they were eating; he rebuked them for their lack of faith and their stubborn refusal to believe those who had seen him after he had risen. He said to them, Go into all the world and preach the gospel to all creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. (NIV)

GOD Bless,
Your Chaplain

Duval Facility Annual Easter Egg Hunt

NNOA Jax Chapter sponsored the annual Easter Egg Hunt on Friday 6 April 2012 at the park dedicated to the NNOA by the Duval Facility!



Women's History Month Observance



**Anita Pierce, LCDR, USN, (Ret)
NAS Jacksonville Guest Speaker**

Military and civilian personnel at NAS Jacksonville took time to celebrate and recognize the historic accomplishments of women in the military at the NAS Jax Base Chapel March 21. The NAS Jax Multi-Cultural Awareness Committee hosted the annual event.

This year's theme of Women's Education-Women's Empowerment gave Sailors and civilians an opportunity to learn about the accomplishments and educational pursuits of women throughout history.

The event kicked off with Joi Brinson-Williams playing the national anthem on her flute, followed by the invocation by NAS Jax Chaplain Lt. Cmdr. Paul Rodgers.

NAS Jax Commanding Officer Capt. Bob Sanders opened the observance with his remarks. "Although women now outnumber men in American colleges nationwide, the reversal of the gender gap is a very recent phenomenon. The fight to learn was a valiant struggle waged by many tenacious women across years and across cultures in our country," said Sanders.

"The equal opportunity to learn, taken for granted by most young women today, did not really come about until 1977 when legislation was passed prohibiting gender discrimination by federally funded institutions," he continued. "In today's military, women are contributing in unprecedented ways to the military's mission. Through their courage, sacrifice, patriotism and great skill, women have proven their ability to serve in an expanding number of roles on and off the battlefield. This country is about equality, freedom and opportunity. We owe it to the leaders of the past and present who have paved the way."

The guest speaker was retired Lt. Cmdr. Anita Pierce, who retired in 2008 after an illustrious 25-year naval career. Pierce served with numerous Navy helicopter squadrons and was the first female limited duty officer director of Mustang University, Pensacola, Fla.

Pierce began her comments by polling the audience on who was a prominent female influence on their lives – a family member, teacher, military leader, religious counselor, or neighbor.

"Let's give everyone a round of applause for having wonderful women in their lives," said Pierce.

"Women's education and empowerment are two of my favorite subjects. Let's go back for a minute. What if Supreme Court Justice Sonia Sotomayor born and raised in a Bronx, N.Y. housing project didn't excel in school and gave up from her misfortunes? Would she still be a U.S. Supreme Court justice? What if Dr. May Jemison didn't have the curiosity to learn science and become a scientist and the first African American astronaut?"

"What if Amelia Earhart decided it was too tough for a woman to learn to fly? Would we still have all the women aircraft commanders today? What if during World War II, the 350,000 women who served in the U.S. Armed Forces both home and abroad including Women's Airforce Service Pilots, WAC Women's Army Corps, WAVES U.S. Navy corps of females were not encouraged and courageous enough to make a difference? Would we have won the war?" she continued.

"What if Rosa Parks did not inspire a generation to fight for civil rights starting with the Montgomery Bus Boycott? When would the Civil Rights Movement have started? What if women's rights activists Alice Stokes Paul and Susan B. Anthony thought it was too difficult to lead the way to passing the 19th Amendment to the U.S. Constitution in 1920 for women to vote?"

Pierce added, "Today, we should embrace our yesterdays (mishaps, misfortunes, born to poverty). Many shoulders we stand on had mishaps and misfortunes but also let us focus on our tomorrows, future triumphs, overcoming challenges and conquering our fears. Keeping our focus, keep learning and developing, keep encouraging yourself and others to succeed."

"I dare you today to go and motivate the women in your life, on your job, in your family, in your neighborhood, at your churches and during socials to excel in education and learning their profession developing mentally, morally and visually. Empower each other to you're your unlimited potential to make a difference in this world," she concluded.

After the event, Sanders presented Pierce with a plaque from the MCAC to thank her for participating. A special lunch was also held at the Flight Line Café in celebration of Women's History Month.



POWER PLAYER

LT. GEN. WALTER E. GASKIN HAS HELD SEVERAL LEADERSHIP POSITIONS during his nearly 40 years in the U.S. Marines. As only the fourth African American in Marine Corps history to earn a three-star grade, he served as the commanding general of the 2nd

Marine Division at Camp Lejeune, North Carolina, and commanding general of II Marine Expeditionary Force (Forward). During this tour, Gaskin served as commanding general of Multinational Force – West, which had 35,000 troops in Anbar Province, Iraq.

Currently deputy chairman of the NATO Military Committee in Brussels, Gaskin has a leadership role in the branch that provides military and operational advice to NATO's secretary general and North Atlantic Council.

Black Enterprise spoke to Gaskin to get his tips on effective organizational leadership. Here's what he recommends.

Be fair.

Gaskin says that any candidate looking to join the organization—be it a company or otherwise—should have a working knowledge of what they intend to do for the organization. Then that will be evaluated over time.

"But what they seek from bosses, or from those who they expect to lead them, is fairness," says Gaskin.

"Now, you can be firm because there are different types of leadership, whether it is persuasive or what we call dogmatic: the stern taskmaster. But they do expect to be evaluated fairly for what they do."

Know your people.

"You've got to get out and see who [your team members are], what they do, and what they expect from you," Gaskin says. "They expect for you to know the business." Gaskin also states that while the people within your organization may not expect you to be as technically proficient as they are at their level, they do expect for you to have an understanding of how they contribute to the whole. "Some persons can motivate by explaining how disappointed they are in what you haven't done. Then there are others that you could say that to them and it will just roll off their backs like water and not even faze them." Gaskin says it's important to understand the right leadership approach for each individual.

Get the buy-in.

The ability to communicate a vision and have that vision shared within an organization is one of the fundamentals of effective leadership. "We have seen over and over again, when you are able to convey that people are a part of a team, that organization excels at whatever mission is assigned," Gaskin says. "It's rapidly developing that buy-in, that loyalty, that interdependency, that they are a part of a team that has to accomplish the objectives. When you fail to get everybody sure of where they fit in and how everybody is dependent on each other to do their part, then you have kind of a bumpy road."

Don't fear the competition.

Competition can cause you to excel, according to Gaskin. "But it's often based on what motivation and ambition you have for yourself within that organization. You extend that type of attitude that competition is OK and bring it on," he says. "The best teams in the world don't run from competition. They invite it because they get a chance to demonstrate their own skills, their own teamwork, and their own ability to adapt to whatever problems, adversity, and those things that may confront them."

The best motivation is building a winning team.

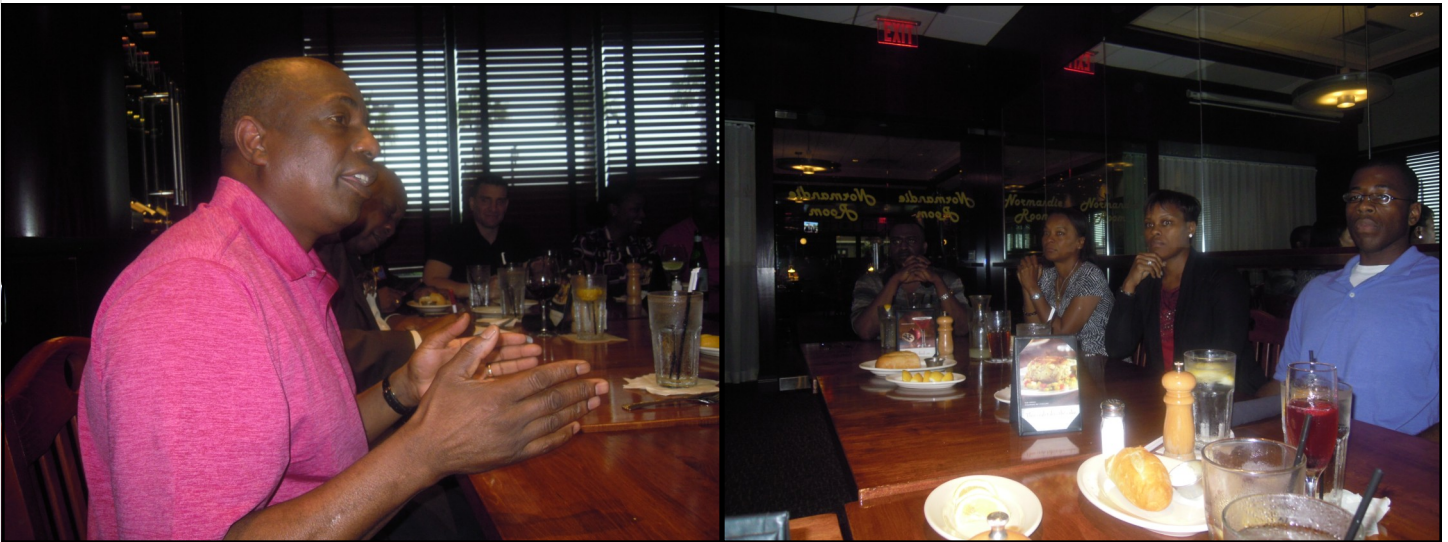
"Everybody likes a winner. Everybody wants to be a part of a winning organization," says Gaskin. "So, the motivation here is the maintenance of traditions." He says that an organization should be able to embrace everybody and that that everyone should have the same opportunities. "Then you are getting into the motivation part, [becoming an organization] where everybody wants to be."

By: Alan Hughes

Featured in Black Enterprise 1 March 2012

Pearls of Knowledge

Lt. Gen Walt Gaskin, USMC



1. Too often you may contact your mentor or someone senior to you when you need an autopsy. Instead you need to have regular check-ups and routine appointments, identify any problems before they become career threatening.
2. Evaluations: You have to be real with yourself. Your performance should match what is written in your Evaluation.
3. Be informed of current events and how they could affect you:
 - Budget impact
 - i. Selective Early Retirement
 - ii. Cuts in end strength
 - iii. Lack of TAD funds to support training and PCS
 - iv. Reduction of educational opportunities
4. Four social issues that will impact the Naval services and need to be discussed and understood based on Service culture
 - a. The repeal of DADT
 - b. PTSD/TBI
 - c. Women in Combat
 - D. Sexual Assault

Lt Gen Walt Gaskin, USMC



Mentorship

Mayor's Mentors Program



Big Brothers Big Sisters



LT Tenitha Ramsey, CDR (sel) Jessica Beard, LCDR Paul Nix (Ret) and CDR Andrea Petrovanie are certified mentors for Big Brothers Big Sisters of Northeast Florida

Community Service

Urban League Community Wide Event



NNOA Jacksonville members participated in the 21st Annual Jacksonville Urban League Community Wide Event on 25 April 2012 at the Ritz Theater, Jacksonville, FL.

Topics included Crime Prevention, Bridging the Gap, Law Enforcement and the Community, Community Resources, Guest Speakers Workshops and Empowerment Summit.

“EMPOWERING COMMUNITIES, CHANGING LIVES” Jacksonville Urban League



Fellowship



NNOA Jacksonville quarterly church visit to Evergreen Missionary Baptist Church, Kingsland, GA on 26Feb 2012.

DEPART TO SERVE. "Go ye therefore and teach all nations." Matthew 28:19

Below Left Picture: Members fellowship after church service at Aunt B's Soul Food Restaurant



3rd Annual Charity Scholarship Golf Tournament

Lt. Gen Walt Gaskin, USMC and CAPT Tony Barnes, USN (Ret), NNOA President with NNOA Jacksonville Chapter.
The event raised \$10,670 towards the annual chapter scholarship fund!



3rd Annual Charity Scholarship Golf Tournament



CDR Daryl Pierce (Chapter President and LT Howard Milligan, Chapter Secretary and Chairman, Scholarship Golf Tournament Committee present an award to members of Prudential our partnership sponsor.(Photo above).

Chapter members and guests enjoying a beautiful day at South Hampton Golf Club.



Scholarship

Jacksonville Chapter Memorial Scholarship is awarded to deserving senior high students who have demonstrated academic excellence, community service, and involvement in extra-curricular activities. The organization utilizes official grade point averages, SAT/ACT scores, work history, a special topic essay, and volunteer history to select diverse and best qualified scholarship recipients. Our goal is to select students who reflect the mission of the organization and to help promote a positive image of the Sea Services. The scholarship is targeted for students planning to attend a two-year college or four-year university.



2012 National Naval Officers Association Memorial Scholarship Banquet

Friday, May 11, 2012

1830-2130

The Hilltop Club

2030 Wells Road

Orange Park, FL

(904) 272-5959

**Military - Dress Blues Uniform or
Dress equivalent**

Civilian - Business Formal



Keynote Speaker:

**Rear Admiral (ret) Victor G. Guillory
Director, Military Affairs, Veterans &
Disabled Services Department
City of Jacksonville**

RSVP NO LATER THAN 1 MAY 2012. For additional information, please contact the following:

LTjg Andrea Baker Andrea.Baker@med.navy.mil

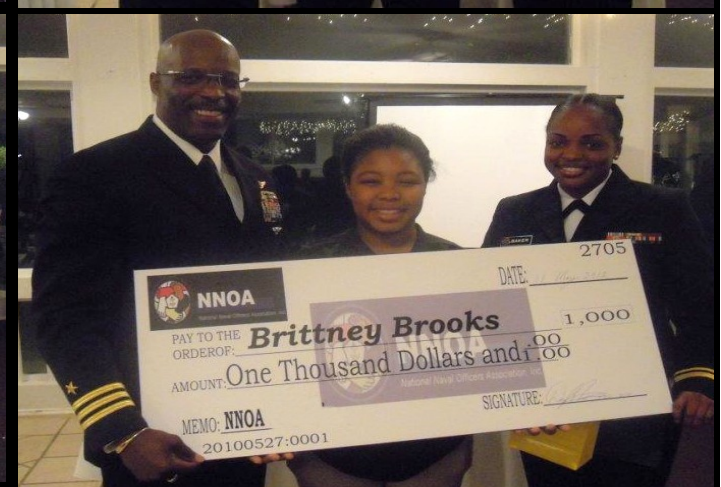
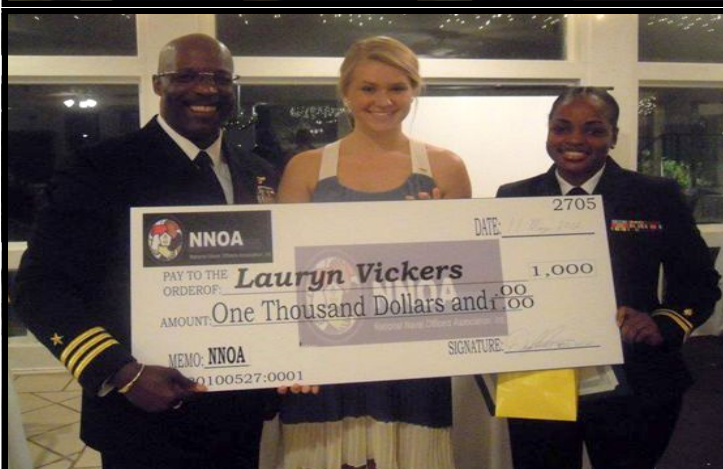
Brian Martin Brian.K.Martin@med.navy.mil



*Memorial Scholarship Banquet
Awarded \$10,000!!!
Scholarship Recipients*

*Vernisa Allen
Jolen Briggs
Brittney Brooks
Alyssa Egnew
Victoria Evans
Brianna Falcon
Christina Gay
Howard Milligan Jr.
Lauryn Vickers*







NNOA President CDR Daryl Pierce USN and Mr. Ken Johnson recently appointed by Major Alvin Brown of Jacksonville as Senior Policy Advisor for Military Affairs represented RDML (Ret) Victor G. Guillory as the Keynote Guest Speaker for the annual Memorial Scholarship Award Banquet.

Top right picture: Mr. Matt Campbell of our partnership Prudential delivered motivational words of encouragement to the scholarship recipients.





NAVY ROTC

\$180,000

Scholarship Opportunity



Congratulations College Bound Student!

Univ. of Arizona, Auburn Univ., Northeastern Univ., Univ. of California at Berkeley, California Maritime Academy, Univ. of California at L.A., Duquesne Univ., The Citadel, Univ. of Colorado, Univ. of Colorado Health Sciences Center, Cornell Univ., Univ. of Florida, Florida State Univ., George Washington Univ., Georgetown Univ., Univ. of Maryland College Park, Southern Polytechnic State Univ., Hampton Univ., Worcester Polytechnic Institute, Univ. of Idaho, WSU Intercollegiate Center for Nursing Education, Illinois Institute of Technology, Howard Univ., Univ. of Illinois, Iowa State University, Univ. of North Florida, Univ. of Kansas, Washburn Univ., Univ. of Maine at Orono, Marquette Univ., Harvard Univ., Univ. of Memphis, Miami Univ., Eastern Michigan Univ., Macalester College, Univ. of Mississippi, Columbia College, Clark Atlanta Univ., Univ. of New Mexico, Fordham Univ., Boston College, Stanford Univ., Tulane Univ., Dillard Univ., Univ. of Houston, Univ. of New Orleans, Drexel Univ., Louisiana State Univ., Morehouse College....

You are invited to submit an application for the Naval Reserve Officer Training Corp (NROTC) \$180,000 Scholarship. The scholarship pays full tuition and fees, provides an allowance for books and monthly stipend of \$250-\$400 for 4 years of college.

You choose your own major!

You choose from over 150 colleges & universities nationwide!
No obligation to accept the scholarship if selected!

The NROTC Nurse Scholarship offers the same benefits for applicants wishing to work in the health care field and receive their Bachelor of Science Nursing (BSN).

Electronic Application Process makes applying fast & easy. Just visit our website for the most up to date information:

<https://www.nrotc.navy.mil>
or fill out an application at:
https://app.nrotc.navy.mil/candidate_app/login.aspx

NOTE: If you have problems with the web site try using Safari, Mozilla or Firefox as your web browser.

Applicant Requirements

- U. S. Citizen
- Between Ages 17 and 23
- Be a High School Junior but No Higher than 30 Semester or 45 Quarter Hours of College Credit.
- Be in the top 10% of your class
- OR
- Minimum ACT Scores: **Math 21 & Verbal 22**
- Minimum SAT Scores: **Math 520 & Verbal 530**
(Release Scores to Code: 0656)

With the NROTC scholarship, you can...

- Study at the College of Your Choice
- Receive your Bachelor Degree
- Earn a Commission as a Navy Officer!

For more info, contact our Scholarship Coordinators at (1-800-999-6289X.1172/1134) or e-mail

justin.vallencourt@navy.mil OR arrica.parker@navy.mil

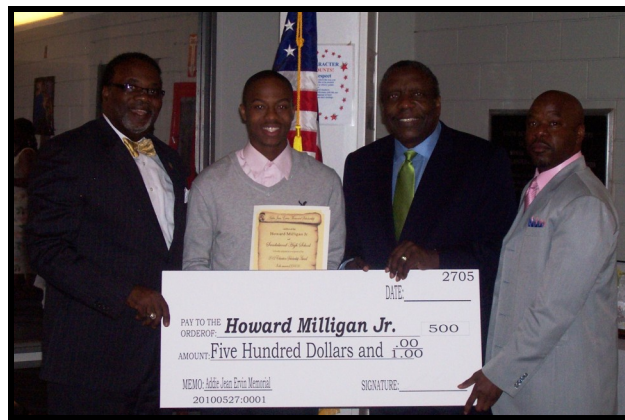
**NROTC Scholarship Office Navy Recruiting District
Jacksonville**

4070 Boulevard Center Drive

Jacksonville, FL 32207

Northwestern Univ., Purdue Univ., Univ. of Notre Dame, Boston Univ., MIT, Univ. of Michigan, Rensselaer Polytechnic Institute, Univ. of North Carolina, Duke Univ., Carnegie Mellon Univ., Univ. of Pennsylvania, Villanova Univ., Vanderbilt Univ., Rice Univ., Texas A&M Univ., Univ. of Virginia, Univ. of San Diego, Univ. of Southern California, Florida A&M Univ., Jacksonville Univ., Georgia Institute of Technology, Savannah State College, Southern Univ. and A&M College, Maine Maritime Academy, Univ. of Washington, Virginia Military Institute, Ohio State Univ., Oregon State Univ., Spellman College, Univ. of Texas, Univ. of Oklahoma, Univ. of Nebraska, Pennsylvania State Univ., Norwich Univ., Old Dominion Univ., Univ. of Minnesota, University of Memphis, Norfolk State Univ., Prairie View A&M Univ., Univ. of Utah, Univ. of South Carolina, Univ. of Rochester, North Carolina State Univ., Univ. of Missouri, College of the Holy Cross, State Univ. of New York Maritime College, Seattle Univ., Tennessee Univ., Temple Univ., Union College....

Duval Juvenile Residential Facility Scholarship Banquet



NNOA Jacksonville members pictured with scholarship recipients Crisellyson S. Soliman and Howard Milligan Jr.

NNOA Jacksonville Awarded \$10,000 in Scholarship Awards

The National Naval Officers Association (NNOA) Jacksonville Chapter hosted their 4th Annual Memorial Scholarship Award Banquet on May 11th at The Hilltop Club in Orange Park. This year the chapter awarded \$10,000 in scholarships to nine deserving Jacksonville area high school seniors. CDR Daryl Pierce, Chapter President delivered the opening remarks and highlighted the advances the chapter has made during the past four years. "We have been able to double our scholarships and increase our giving by 100%," stated CDR Pierce.

LTJG Andrea Baker, Chair, Scholarship Committee and chapter members LCDR Rodney Robinson, LCDR Brian Martin, USNR, CWO4 Jerry Yost, and LT Harold Jones, USN (Ret), planned and coordinated the most successful banquet yet! Ken Johnson, Senior Policy Advisor for Military Affairs for the Mayor of Jacksonville was the keynote speaker. Mr. Johnson inspired the graduates and attendees with words of encouragement and stressed the value of hard work, commitment and perseverance. He used humor to highlight his message and kept the audience engaged and listening intently to his inspiring delivery. He concluded by challenging the graduates to be diligent in all that they do and to seek every opportunity to excel.

Matt Campbell, manager of Financial Services with Prudential Insurance Company of America spoke of his humble beginnings and shared testimonials of his life experiences leading to an enriching personal and professional career. He credited his parents for paving the way and his spouse for her unwavering support. The evening was both inspiring and educational, filled with laughter and great dinner conversation.

The NNOA Jacksonville 2012 Memorial Scholarship Award recipients are:

Brianna Falcon in the sum of \$2,000 will graduate from Duncan U. Fletcher High School and plans to pursue Pharmacology

Vernisa Allen in the sum of \$1,000 will graduate from Clay High School and plans to study Theatre and dance

Jolen Briggs in the sum of \$1,000 will graduate from Bartram Trail High School and plans to study Business Administration

Brittney Brooks in the sum of \$1,000 will graduate from William M. Raines High School and plans to study Biomedical Engineering and Pathology

Alyssa Egnew in the sum of \$1,000 will graduate from Ridgeview High School and plans to study Engineering

Victoria Evans in the sum of \$1,000 will graduate Duncan U. Fletcher High School and plans to study Architecture

Christina Gay in the sum of \$1,000 will graduate from Clay High School and plans to study International Relations

Howard Milligan, Jr. in the sum of \$1,000 will graduate from Sandalwood High School and plans to study Graphic Design and Business Administration

Lauryn Vickers in the sum of \$1,000 will graduate from Mandarin High School and plans to study Communication and Broadcast Journalism

NNOA Jacksonville Chapter extends heartfelt congratulations to the graduates and their families and wish continued success in their future endeavors. The chapter will continue to mentor the awardees and look forward to another successful year in 2013!

Montford Point Marine



LT. GEN WALT GASKIN GREETSS SSGT ALPHA P. GAINOUS ONE OF TH E ORIGINAL MUNT福德 POINT MARINES! (Pictured above Left) and with RDML GENE KENDAL, USN, (Ret) in photo above (right).

Below: Members of NNOA Jacksonville Chapter with Lt. Gen Walt Gaskin, Ssgt Gainous and RDML Gene Kendall (Ret) during a Professional Development luncheon at Mitchell's Sea Food, Jacksonville, FL





Scholarship Announced in Honor of “First Five” to Integrate Duke

Durham, NC - Last weekend, as thousands of Duke alumni returned to campus to celebrate, it was a very special reunion for the class of 1967. They were admitted in 1963, the same year Duke desegregated with the admission of five African-American undergraduates.

Saturday morning Duke University President Richard H. Brodhead announced that a classmate of the first five, Jack O. Bovender Jr., T'67, MHA'69, a member of Duke's Board of Trustees, and his wife Barbara, would fund a \$1 million scholarship named in their honor, marking a major university milestone. This scholarship will support Duke's enduring commitment to the benefits of diversity.

The gift was a surprise for Wilhelmina Reuben-Cooke, **Gene Kendall** and Nathaniel "Nat" White, the three surviving members of the first five students. They had assembled in Page Auditorium Saturday morning for what they thought was the usual presentation of reunion class gifts and a speech by Brodhead.

Brodhead interrupted the class roll call just after the Class of 1967 presented its gift to the annual fund to make the announcement. Reuben-Cooke and the Bovenders embraced on stage to standing applause.

"I was completely taken by surprise," said Reuben-Cooke, an emerita member of the Board of Trustees, law professor and former provost at the University of the District of Columbia. "Little did I expect that President Brodhead would announce such a gift, made more special because it came from a classmate."

The full impact of the gift "floored" Gene Kendall, a retired Rear Admiral in the U.S. Navy.

"The applause from the group and subsequent tumult probably saved me from showing the tears that welled in my eyes," said Kendall who arrived at Duke in 1963 with a full scholarship to attend the engineering school.

"I think it's so special to have a classmate give such a gift on behalf of others in the class," Brodhead said, noting that the university will kick off a yearlong celebration of the 50th anniversary of Duke's desegregation starting in Jan. 2013.

"Barbara and I are fortunate that we could honor Wilhelmina, Nat, Gene, Cassandra and Mary for their courage and persistence," said Bovender. "Their bravery changed Duke forever, and we are especially pleased to recognize them at our 45th reunion, surrounded by many of our classmates who were fortunate to know them during their time at Duke."

Bovender is the retired chairman and CEO of the Nashville-based Hospital Corporation of America. He was elected to the Board of Trustees in 2007. Last December it was announced that the Bovenders established a bequest of \$25 million to support Duke's Fuqua School of Business, Trinity College of Arts & Sciences and the School of Nursing.

The two deceased members of the first five to integrate Duke as undergraduates are Mary Vashtie Mitchell Harris and Cassandra Smith Rush.

Health and Wellness

HYPERTENSION AND STROKE

Strive to keep your B/P under 130/80

STROKE STATISTICS/ FACTS:

- *Each year, approximately 795, 000 suffer strokes: 610,000 are 1st attacks, 185, 000 are recurrent.*
- *Every 40 seconds an American has a stroke*
- *Every 4 minutes an American dies from a stroke*
- *Stroke is the 3rd leading cause of death and leading cause of long-term disability*
- *87% of strokes are Ischemic (Clots), 13% are hemorrhagic (Brain Bleeds)*
- *High blood pressure (Hypertension) is the leading cause of stroke.*

STROKE SIGNS: *Time = Brain. Call 911 if any of these symptoms occur**

- *Numbness of face, arm, leg, especially on one side of the body, trouble walking*
- *Dizziness, confusion, trouble speaking, understanding or seeing, loss of balance or coordination, severe headache with no known cause*

HOW TO AVOID STROKES AND CONTROL HYPERTENSION:

- *KNOW YOUR NUMBERS! Monitor your B/P with your doctor at least once a year*
- *Exercise aerobically 5-7 times a week for 30—40 minutes with doctor supervision*
- *Eat plenty of fruits, vegetables and high-fiber food. Avoid fatty foods*
- *Check your cholesterol, don't smoke, limit alcohol and manage your Diabetes*

U.S. HIGH BLOOD PRESSURE (HYPERTENSION) STATISTICS:

74.5 million in the U.S. age 20 and older have high blood pressure. (1 in 3)

- *Of those with high blood pressure, 25% are unaware of their condition*
- *Of all people with high blood pressure, 56% do NOT have it controlled*
- *Stroke is a silent killer. Hypertension is easily detected and controllable*

Source: NeverQuitNever.com



Bravo Zulu!!!

NNOA Jacksonville Chapter extends a warm congratulations to the following members on a job Well Done!



Commander Andrea Petrovanie was selected as the Senior Nurse Executive, Branch Health Clinic Jacksonville. She will transfer in May 2012.



Lieutenant Junior Grade Andrea Baker promoted to the rank of Lieutenant 01 June 2012 by Rear Admiral Eleanor Valentin

Fair Winds and Following Seas



Above Left: LT Howard Milligan, USN, Chapter Secretary is presented with a farewell gift by CDR Daryl Pierce, USN Chapter President. LT Milligan will transfer to USS George H. W. Bush (CVN-77), Norfolk, VA in June.

Above Right: LT Andrea Baker, USN is presented with a farewell gift by CDR Daryl Pierce, USN, Chapter President. LT Baker will transfer to Marine Corps University/Duty Under Instruction (Expeditionary Warfare School, Quantico, VA in June.

We wish you both all the best in your next assignment.

NNOA Jacksonville Chapter

Calendar of Events

July

- 05 Duval Residential Facility Mentoring
- 14 St. Francis Soup Kitchen
- 19 Executive Committee Telcon
- 23-27 Professional Development Conference, New Orleans
- 26 General Body Meeting

Aug

- 02 Duval Residential Facility Mentoring
- 11 Saint Francis Soup Kitchen
- 16 Executive Committee Telcon
- 23 Monthly Meeting (Prudential)
- 26 Church Visit

Sept

- 06 Duval Residential Facility Mentoring
- 08 Saint Francis Soup Kitchen
- 27 Annual Bowl-A-Thon
Deliver "Back to School" Supplies to MLK Elementary (TBD)



National Naval Officers Association will celebrate 40 years!

Thank you to the pioneers who have paved the way . Let us remember their contributions and continue to promote the mission of NNOA.

www.nnoa.org