



# National Naval Officers Association

## Jacksonville Chapter Newsletter



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(Ret)

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RDML Gene Kendall, USN (Ret)

### PRESIDENT'S CORNER

Greetings and welcome to our second edition of the NNOA Jacksonville's Chapter's Quarterly Newsletter! The first three months of the New Year have passed and we (Jax Chapter) are in full stride in making our BEST year ever, as a Chapter. In keeping with our Chapter's 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 all of the above

We have been extremely busy impacting everything that we have come in contact with!

This issue will be filled with all of the exciting and creative ways that we are staying true to our annual goals. With Black History Month falling in the middle of this quarter, once again, we were called upon to represent throughout the community; and represent we did! Thank each of you in advance for your spontaneity, full-time dedication, and unyielding devotion to your Chapter. We can stand together and shout, **"YES WE CAN"** make a difference within our commands, communities and our city!

We will be ending this quarter just as we began, in full spirit with the celebration of our 3rd Annual Scholarship Charity Gold Tournament, Friday, 30 March 2012, at the South Hampton Golf Club. Since this event is our primary source for funding our Scholarship Fund, I'm calling for ALL HANDS participation! We NEED each of you for this year's event to be successful.

And finally, let me be the first to tell you, "We received our Strategic Partnership" contract from the Prudential Insurance Company of America! This partnership simply opens the doors to may thrilling and great opportunities in the future. Thank you again, for allowing me to serve as your President.

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.*



*Jan-Mar 2012*

## Chaplain's Corner



Anita Pierce, LCDR, USN  
(Ret)

### *Being Thankful and Encouraged*

Be encouraged with an attitude of gratitude NNOA members today and always. Things happen in our lives and our goal should be to stay positive as possible. A positive approach opens the door and windows for God to work. Thank God for everything you can: your job, your family, your spouse, your children, your friends, your home. Try not to be discouraged with yourself when you fall short and never, ever quit.

At all times push forward for God's blessings and favor in your situation. God believes in you and sometimes you have to encourage yourself in the Lord. God's plan for you life is perfect. May you walk in His plan and continue to be prayerful and encouraged.

*Philippians 4:4-6 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)*

### *Message from the Eastern Regional Vice President*

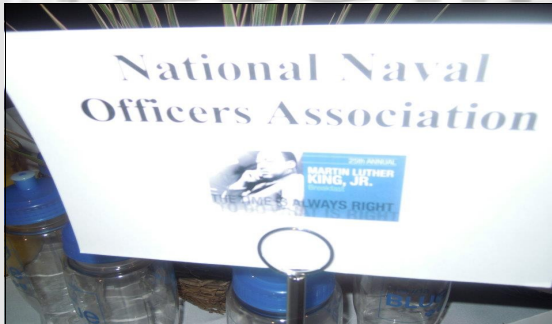


The National Naval Officers Association held its first combined Regional Summit on 21 Jan 2012 at the Roosevelt Hotel, New Orleans, LA. National President, Capt Anthony Barnes, USN (Ret) discussed the 2012 strategic plan and provided updates on the upcoming national conference. In addition he stressed the importance of the Operation Manual located on the national website for successfully executing the mission of NNOA.

The summit was a big success and those in attendance departed with innovative tools to continue executing NNOA's mission.

*Herlena Washington, USN (Ret)*

# Remembering Dr. King



NNOA Jax Chapter members attend the Martin Luther King, Jr 25th Annual breakfast. Members pictured with Alvin Brown, the First Black Mayor of Jacksonville.

Keynote Speaker: Dr. Bernice A. King

*"The pride and treasure of our nation is our youth. Any nation that neglects the teaching and the upbringing of its youth is a nation on decline."* **Dr. Bernice A. King**



RDML (Ret) Gene Kendall, Chapter Advisor was the featured guest speaker during the NAS Jax Multi Cultural Association Committee program in honor of Dr. Martin Luther King Jr.



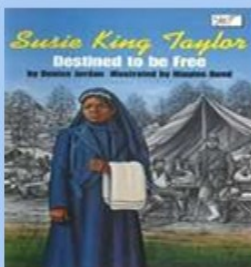
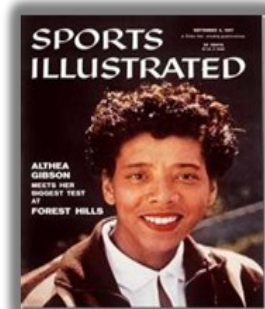
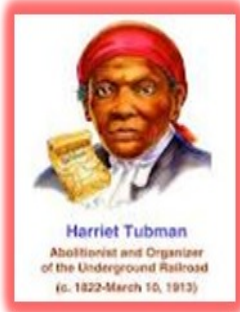
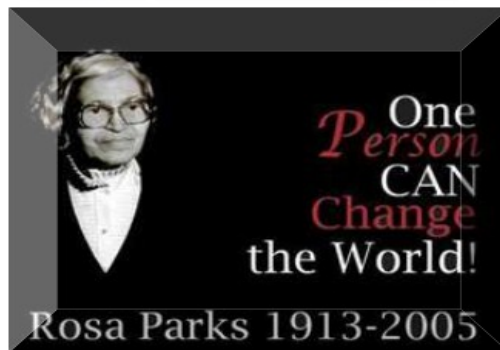
# *Celebrating Our History!*

## *Black Women in American Culture and History*

### *“Standing on the Shoulders of Giants”*



Sojourner Truth



# *NAS Jax Black History Month Observance*

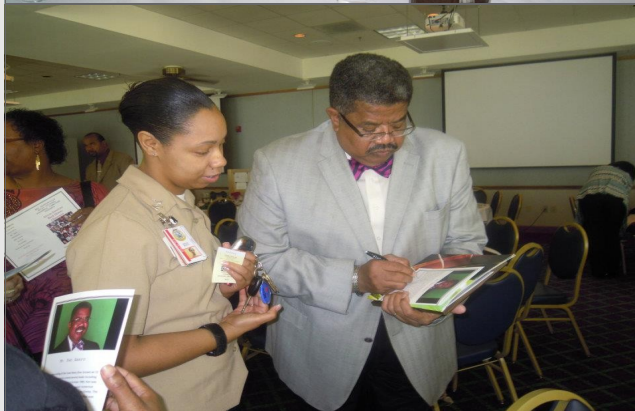


*NNOA Jax members pictured with guest speaker Mr. Ken Amaro of First Coast News.*

*Mr. Amaro's message spoke of African American women including his grandmother who instilled values of hard work and perseverance as they moved from "No Hope to HOPE"*



*LT Milligan pictured with HM2 Ashley Bostic (right) applying for the MECP Program and HM2 Sheila Williams applying for STA-21 Supply Corps.*



## *Black Women in American History and Culture*



*Rear Admiral Michelle Howard  
Chief of Staff to the Director for Strategic Plans and Policy, J-5, Joint Staff*

THE NATIONAL AND DEPARTMENT OF DEFENSE THEME FOR THIS YEAR'S OBSERVANCE IS "BLACK WOMEN IN AMERICAN HISTORY AND CULTURE."

IN 1925, HARVARD HISTORIAN CARTER G. WOODSON LAUNCHED NEGRO HISTORY WEEK AS AN INITIATIVE TO BRING NATIONAL ATTENTION TO THE CONTRIBUTIONS OF AFRICAN AMERICAN PEOPLE THROUGHOUT AMERICAN HISTORY. NEGRO HISTORY WEEK WAS FIRST CELEBRATED DURING THE SECOND WEEK OF FEBRUARY IN 1926, A WEEK WHICH ALSO MARKED THE BIRTHDAYS OF BOTH ABRAHAM LINCOLN AND FREDRICK DOUGLASS. IN 1976, THE 50TH ANNIVERSARY OF NEGRO HISTORY WEEK AND THE BICENTENNIAL OF THE UNITED STATES' INDEPENDENCE, PRESIDENT GERALD R. FORD PROCLAIMED FEBRUARY AS BLACK HISTORY MONTH.

THROUGHOUT OUR NAVAL HISTORY, AFRICAN AMERICAN SAILORS HAVE SERVED WITH HONOR AND DISTINCTION IN EVERY MAJOR WAR FOUGHT BY AND WITHIN THE UNITED STATES. THEY HAVE LED AND EXCELLED IN CHALLENGING ASSIGNMENTS, AND THEIR CONTRIBUTIONS CONTINUE TO SHAPE OUR LEGACY TODAY. THIS YEAR WE HONOR THAT LEGACY THROUGH OUR OBSERVANCE OF BLACK HISTORY MONTH, INCLUDING THE NUMEROUS CONTRIBUTIONS OF BLACK WOMEN IN OUR NAVAL HISTORY AND CULTURE.

MORE THAN 123,000 AFRICAN AMERICANS SERVE TODAY IN THE NAVY'S TOTAL FORCE - ACTIVE, RESERVE, AND CIVILIAN. THE CONTRIBUTIONS OF AFRICAN AMERICANS TO OUR NAVY CAN BE TRACED BACK TO THE REVOLUTIONARY WAR. DURING THE CIVIL WAR, AFRICAN AMERICAN SAILORS FOUGHT ON EVERY TYPE OF UNION WARSHIP, AND THEIR ACCOMPLISHMENTS INCLUDED EIGHT MEDAL OF HONOR RECIPIENTS. ENSIGN JESSE LEROY BROWN WAS THE FIRST AFRICAN AMERICAN TO BE TRAINED AS AN AVIATOR, AND HE WAS ALSO THE FIRST TO FLY IN COMBAT. IN 1948, EDNA YOUNG BECAME THE FIRST AFRICAN AMERICAN ENLISTED FEMALE TO SERVE IN THE REGULAR NAVY. CHAPLAIN THOMAS PARHAM BECAME THE FIRST AFRICAN AMERICAN CHAPLAIN IN THE NAVY AND THE FIRST AFRICAN AMERICAN NAVAL OFFICER PROMOTED TO THE RANK OF CAPTAIN WHEN HE WAS PROMOTED IN FEBRUARY 1966. REAR ADMIRAL MICHELLE J. HOWARD HAS MANY FIRSTS TO HER CREDIT, INCLUDING HER STATUS AS THE FIRST FEMALE UNITED STATES NAVAL ACADEMY GRADUATE TO BE PROMOTED TO THE RANK OF ADMIRAL, THE FIRST AFRICAN AMERICAN FEMALE TO COMMAND A COMBATANT SHIP, AND THE FIRST TO BE PROMOTED TO TWO STAR ADMIRAL. IN 1996, ADMIRAL J. PAUL REASON BECAME THE FIRST AFRICAN AMERICAN TO BE PROMOTED TO FOUR STARS. AFRICAN AMERICANS CONTINUE TO SHAPE THE LEGACY OF THE NAVY IN THE 21ST CENTURY.

# *Professional Development*

*Chapter President CDR Daryl Pierce presents a brief on NNOA during NH Jacksonville 5th Annual Officer Symposium with 112 in attendance.*



## ***Recommended Reading from CNO's Book List***

***Title:***

*Leadership is an Art*

*Leading Change*

*The 21 Indispensible Qualities of a Leader*

*The Power of Alignment*

*Good to Great*

***Author:***

*Goleman*

*Kotter*

*Maxwell*

*Labovitz/Rosansky*

*Collins*

# *Mentorship*



*NNOA Jax hosts a Mayor's Mentors Program Rally at NH Jacksonville Conference Room during a scheduled monthly meeting*





# Join Big Brothers Big Sisters!



Join our **new** Military Mentoring Program! Our program matches children of active duty family members with volunteers who support our military.

## How You Can Help:

If you or someone you know is interested in joining our military mentoring program, either as a mentor or a youth participant, please call (904) 727-9797 ext. 237 or email Marilyn Hill at [mhill@bbbsnefl.org](mailto:mhill@bbbsnefl.org).

Mentoring helps children succeed in school, avoid risky or delinquent behaviors and gain confidence. Mentors provide guidance and support for mentees to reach educational and vocational goals. We believe this is just the beginning of a much larger and more sophisticated Big Brothers Big Sisters Military Mentoring program.



**Big Brothers Big Sisters**  
of Northeast Florida



# *Community Service*



*NNOA Jacksonville Chapter with members and their children at St. Francis Soup Kitchen. A great mentoring opportunity for the young adults as we continue to lead by example!*

# Fellowship



*NNOA Jax members attend the showing of RED TAILS followed by lunch at TGIF! The Tuskegee Airmen were America's first black military airmen during WWII. The "Red Tails" never lost a bomber they were protecting to enemy aircraft fire, giving black servicemen credibility and creating a group of heroes whose legend lives on.*

# *Leadership*

## **General Colin Powell A Leadership Primer**

*“Being responsible sometimes means pissing people off.”*

*“The day soldiers stop bringing you their problems is the day you have stopped leading them. They have lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership.”*

*“Don’t be buffaloed by experts and elites. Experts often possess more data than judgment. Elites can become so inbred that they produce hemophiliacs who bleed to death as soon as they are nicked by the real world.”*

*“Don’t be afraid to challenge the pros, even in their own backyard.”*

*“Never neglect details. When everyone’s mind is dulled or distracted the leader must be doubly vigilant.”*

*“You don’t know what you can get away with until you try.”*

*“Keep looking below surface appearances. Don’t shrink from doing so (just) because you might not like what you find.”*

*“Organization doesn’t really accomplish anything. Plans don’t accomplish anything either. Theories of management don’t matter much. Endeavors succeed or fail because of the people involved. Only by attracting the best people will you accomplish great deeds.”*

*“Organization charts and fancy titles count for next to nothing.”*

*“Never let your ego get so close to your position that when your position goes, your ego goes with it.”*

*“Fit no stereotypes. Don’t chase the latest management fads. The situation dictates which approach best accomplishes the team’s mission.”*

*“Perpetual optimism is a force multiplier.”*

*Powell’s Rules for Picking People:*

*Look for intelligence and judgment, and most critically, a capacity to anticipate, to see around corners. Also look for loyalty, integrity, a high energy drive, a balanced ego, and the drive to get things done.*

*“Great leaders are almost always great simplifiers, who can cut through argument, debate and doubt, to offer a solution everybody can understand.”*

*Part 1: “Use the formula  $P=40$ , in which P stands for probability of success and the numbers indicate the percentage of information acquired.”*

*Part 11: “Once the information is in the 40 to 70 range, go with your gut.”*

*“The Commander in the field is always right and the rear echelon is wrong, unless proved otherwise.”*

*“Have fun in your command. Don’t always run at a breakneck pace. Take leave when you’ve earned it: Spend time with your families. Corollary: surround yourself with people who take their work seriously, but not themselves, those who work hard and play hard.”*

*“Command is lonely.”*

## *Officer Promotion Pitfalls*

### *Missing fitreps, photos can sink your selection*

(NAVY TIMES)...Sam Fellman

Two frequent problems can make an officer's promotion chances evaporate: erroneous fitness reports and lack of an up-to-date photo. Unlike the enlisted side—where 10,000 exams, or 5 percent of the total, were thrown out this year for problems—discrepancies aren't show-stoppers. But they can raise red flags for board members, making you less competitive against your peers.

Missing or misdated fitreps are the biggest issue. To board members, this suggests sloppiness—or worst. "Board looks at a guy's record, first thing they want to see is: service record is up to date, there's nothing missing; if he corresponded with the board, it's because something very, very recently happened, he got a new medal or a new degree or a new qualification," Capt. Leo Falardeau, director of career progression at Navy Personnel Command, explained in a Nov. 9 interview.

"But if it's documentation that is three years old," he continued. "and he's sending a letter to the board vice normally updating his record, then the board says, 'Well jeez, the guy waited until the last minute and now he's going to send all his stuff in. Why didn't he just update his record under normal process?'"

Also, missing a photo can raise questions about your military bearing and personal fitness. Falardeau outlined common problems and how officers can avoid them in time for selection board season.

### ***Fitness Reports***

Gaps in your fitness reports are the most glaring problem for a promotion board. Officers are responsible for maintaining accurate fitness reports for over the course of their career. Every day should be covered by one fitrep or another. An officer is expected to check that all fitreps are accurate and filed with the Bureau of Personnel. In the old days, verifying your service record had to be done by ordering a microfiche, said Falardeau, who entered the service in 1972. But now you can check your record online. The relative ease of the process makes errors and omissions stand out all the more. "They say, 'Well does he really care?'" Falardeau said. "And the other thing that crosses their mind is, 'What is he hiding?'" Missing fitreps should be sent to NPC, and fitrep errors should be corrected. Not all discrepancies will kill your promotion chances, but Falardeau said that a missing day or two looks sloppy. "If you end on Nov 30 and your next one says it starts on Dec. 2, and it's one day [off], it looks like it's an administrative error," Falardeau said. "The board is probably just going to move on. But when you're missing three or four months, that is a big deal, because the boards says, 'One, why is it missing? And did the officer want it to be missing? Maybe it was a bad fitrep.'" Falardeau said there was no tally of how many officers were passed over, and, as a result, he couldn't say how often this happens or whether it is the most common problem. Other than errors, what makes a successful service record? "Odds are, if your records up to date and you're doing very well in the jobs you're supposed to be doing, you'll get promoted," he said.

### ***Full-Length Photos***

Since 2007, officers are required to keep a full-length color photo of themselves on file. It has to be updated each time they are promoted. This continues to be a common discrepancy, Falardeau said. It's apparent right away. At a promotion board, when an officer's name comes up, a summary of his service record is projected onto a screen that all board members can see, as a briefer runs through the officer's performance and qualifications. The officer's photo is projected onto another screen. Still, an up-to-date photo is not a requirement for promotion, Falardeau said. But it can make board members suspicious about an officer's physical fitness. "If it's documented that he fails the [physical readiness test] and he doesn't have a recent picture, it's going to make the [board members] scratch their heads, Falardeau said. "maybe he didn't get a picture in because he doesn't look good. But if he passed the PRT, it's documented on his fitness reports [and] it's current, they move on." Fitness is not the only consideration; the pictures are included to assess the officer's bearing and uniform, Falardeau said. The 4-inch-by-6-inch image must be color and show the officer from head to toe against a neutral background, according to MIL-PERSMAN 1070-180. Service khaki is the preferred uniform.

### ***Letters of Recommendation***

Recommendation letters from third parties must be sent by you or have a letter from you stipulation that it should be included in your service record. Letters sent directly to the board without authorization are thrown out, something that happens fairly often, Falardeau said. It probably won't affect your chances at promotion, however, since recommendation letters are optional. Outside letters are often overused, Falardeau said. "It should be utilized to explain or expound on something," Falardeau said. The ideal letter is one page, from a senior officer and details something in your record. "It shouldn't be used to try and fill a void in your record," he said. The briefer is required to summarize each letter to the board, which can become an administrative hassle when an officer floods the board with letters. Now will multiple letters make up for fundamental problems with your record, Falardeau said. "More is not better," he said.

# Health and Wellness

## What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. There are things you can do something about:

**Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

**Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

**Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

**Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

**Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

These are the Major Risk Factors Than Affect Your LDL:

- Cigarette smoking
  - High blood pressure (140/90 mmHg or higher or on blood pressure medication)
  - Low HDL cholesterol (less than 40mg/dl)\*
  - Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)
  - Age (men 45 years or older; women 55 years or older)
- \*Even though obesity and physical inactivity are not counted in this list, they are conditions that need to be corrected.

Source: <http://www.nhlbi.nih.gov/health>

## RUNNING FOR A CAUSE



Capt Parker, CDR Petrovanie and CDR (Sel) Beard participated in the St. Jude Marathon Weekend 1/2 marathon to help kids with cancer.

CDR Petrovanie and CDR (Sel) Beard participated in the 26.2 with Donna Finish Breast Cancer 1/2 marathon.



# *Brava Zulu!!!*

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



*CDR Andrea Petrovanie was selected by Beta Alpha Zeta Chapter of Zeta Phi Beta Sorority, Inc. as one of the 2011-2012 Community Pearl Honorees. This award celebrates the positive accomplishments and contributions made by women in Duval, Nassau, St. Johns and Clay County communities.*



*LT Howard Milligan is NNOA Jax Chapter "MEMBER IN THE SPOTLIGHT" for his outstanding leadership, dedication and commitment in promoting and executing the mission of NNOA!*

*Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover! Mark Twain*

# NNOA Jacksonville Chapter Calendar of Events

## April

- 05 Duval Residential Facility Mentoring
- 05 NNOA Presidential Teleconference
- 06 Duval Facility Easter Egg Hunt
- 14 St. Francis Soup Kitchen
- 19 Executive Committee Telcon
- 26 Monthly Meeting
- Scholarship Committee

## May

- 03 Duval Residential Facility Mentoring
- 11 Scholarship Banquet
- 17 Executive Committee Telcon
- 18 Duval Residential Facility Scholarship/Volunteer Banquet
- 24 Monthly Meeting (Chapter Elections/Prudential)
- 27 Church Visit
- 16 Executive Committee Telecon
- 23 Monthly Meeting (Prudential)
- 27 Church Visit
- Planning meeting for "Back to School" Drive

## June

- 01 NNOA Presidential Teleconference
- 07 Duval Residential Facility Mentoring
- 09 Saint Francis Soup Kitchen
- 21 Executive Committee Telcon
- 28 Monthly Meeting (Chapter Elections)
- Deliver "Back to School" Supplies to MLK Academy

*NNOA Jax 3rd Annual Scholarship Charity Golf Tournament planning committee meet every Monday at 1700 at Panera Bread to plan the upcoming event on Friday*







## ORIGIN OF NNOA

The idea of an organization to assist with minority officer recruitment was generated in 1971. LT Kenneth H. Johnson, Advisor for Minority Affairs at the U. S. Naval Academy was assigned to improve the recruitment of qualified candidates from minority communities and to increase minority participation in the Naval Academy's Blue and Gold Program. In 1971, LT Johnson met with CAPT Emerson Emory, CAPT Claude Williams, CDR Emmanuel Jenkins, and CWO James Harris to discuss forming an organization to assist in this endeavor. The Superintendent of the Naval Academy fully supported this idea. In compiling a list of addresses, organizers noted that fewer than 100 officers of every known minority group could be identified and less than 50 of these were African American. On Saturday, July 1, 1972, approximately 45 minority naval officers met at the Annapolis Holiday Inn to discuss the pros and cons of an organization to assist with recruiting minorities. CAPT Emory, senior officer present, chaired the meeting. By the end of the meeting the name, National Naval Officers Association, had been selected by majority vote, the Association's objectives adopted, and the date for the next meeting set for July. CAPT Emory was elected NNOA's first President. The first annual meeting convened in San Diego in July 1973. RADM Charles Rauch, Assistant Chief of Naval Personnel for Human Goals and Mr. John Borroughs, Special Assistant to Equal Opportunity to the Assistant Secretary of the Navy were principal guests. The first Chapter to be chartered was the Annapolis/Maryland Chapter.

Articles of Incorporation were filed with the Washington, DC Recorder of Deeds on 9 June 1975 by CDR John Fautleroy (JAG) USNR who was also a Washington, DC Superior Court Judge and later served as National President. The organization's founding purposes were (1) improving and assisting in minority recruitment, (2) identifying minority problem areas and bringing them to the attention of pertinent cognizant authorities, (3) encouraging increased minority participation in all areas, (4) promoting camaraderie among members, and (5) assisting in establishing and maintaining a positive image of Naval Services in minority communities. NNOA's Bylaws were adopted by the Membership in 1977. The organization is a 501 (c)(3), non-profit educational organization that is governed by a Board of Directors (NNOA members) who are elected by the membership during the General Assembly of its annual conference.

NNOA's membership has always been open and "no person shall be denied membership in this corporation because of race, creed, color, sex or national origin." Our membership is diverse; composed of active duty, reserve and retired as well as former officers of all grades, Service Academy midshipmen/cadets, and civilians. NNOA is also a member of the Navy and Marine Corps Council. It is sanctioned by the Secretaries of the Navy and Department of Homeland Security (Department of Transportation).

*National Naval Officers Association will celebrate 40 years this year! 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](http://www.nnoa.org)

Save the Date

NNOA Conference  
July 23 - 27, 2012

*The Roosevelt Hotel*  
NEW ORLEANS

Check back often for more details





## *“Member in the Spotlight”*



**LT Howard A. Milligan  
Supply Corps, United States Navy**

LT Howard Milligan enlisted in the Navy, June 26, 1989 as a Mess Management Specialist. During his enlisted years he served aboard USS Saratoga (CV-60), USS Mitscher (DDG-57), USS Spruance (DD-963), USS Connolly (DD-979), and USS Bulkeley (DDG-84). LT Milligan completed only two shore assignments during his enlisted years. Those assignments included Naval Station Mayport, Florida and Recruit Training Command Great Lakes, Illinois where he was selected as Senior Sailor of the Year, and proudly initiated as a Chief Petty Officer.

In February of 2005, he was selected for promotion under the Limited Duty Officer Program, and was commissioned as a Navy Supply Corps Ensign 2006. Milligan's first tour as a Supply Officer was aboard the USS Wasp (LHD-1) where he served as Food Service Officer and Assistant Aviation Stores(S-6) Officer. He was qualified both as a Naval Surface Warfare Supply and Naval Aviation Supply Corps Officer respectively. He currently serves as Officer In Charge Aviation Support Detachment Jacksonville, Fl.

During his 22 years of service, Milligan has completed numerous deployments throughout the Mediterranean, Caribbean and the Middle East to include Operations Desert Storm/Desert Shield, and Operations Iraqi and Enduring Freedom.

Milligan is a graduate of the Ashford University of Clinton, Iowa. He is a member of the National Naval Officers Association Jacksonville, Florida Chapter.

Milligan's personal awards include the Navy and Marine Corps Commendation Medal (2 awards), Navy and Marine Corps Achievement Medal (7 Awards), and the Navy Good Conduct Medal (5 awards).