



The NNOA e-Meridian 2016 vol. 2

President's Message



Distinguished Members of NNOA,

The [2016 NNOA Professional Development and Training Conference](#) is scheduled for [July 19-21, 2016](#) at NAB Little Creek, VA. Our theme is “NNOA: Engaged and Committed to Developing Sea Service Leaders!” Planning is well underway. Mark your calendars and save the date!

In addition to the many outstanding events we have planned, we are most excited to announce our [Science, Technology, Engineering and Math \(STEM\) Outreach initiative](#) to promote awareness of these specialties within the sea services. During the conference, we will partner with Norfolk State University and a host of other organizations to engage local youth in activities geared toward illuminating STEM focus areas. Cmdr.

Katrina Pringle, USN (ret.) is our lead for this event. You can contact her and find out more about this initiative at <http://nnoa.org/retiree-corner/>.

We also expect to host a series of retiree breakout sessions during the conference to serve the needs of our members who have recently transitioned as well as to support our already robust retired community. Visit our new [“Retiree Corner”](#) to get additional information.

We are continually breaking new ground! And on tomorrow, March 5, 2016, we will come together during our [2nd Annual National Capitol Region Reception](#) to share the ongoing progress of the organization and strengthen our ties one to the other. We extend our thanks to Vice Admiral (sel) Kevin Scott, USN, for hosting this great event. He is a Life Member and supporter of NNOA. Thanks also go out to our friends at the U. S. Navy League for providing a first class venue! If you are in the area, please join us! You can find out more information about the event at <http://nnoa.org/ncr-reception/>.

Our work to promote the sea services, develop our junior officers and strengthen our relationships with the youth in our local communities continues daily. But, we need your help to do more! To join with us, please contact one of our [local Chapters](#) to get engaged.

Leadership Lesson

Rear Admiral Coy Young, United States Navy



The Principles of Leadership

Integrity, accountability and fairness are at the heart and soul of any command. They are the principles that we as leaders must emulate in both our words and actions. Whether you are a seaman or an admiral, how you conduct yourself in your day to day activities will tell all those around you who you really are, and what you are made of. It will tell them whether or not you are trustworthy, and worthy of following.

- Good leaders must be cognizant that they are in a position of trust and that others are always watching their actions. Their actions speak louder than words.
- Good leaders hold themselves and others accountable. They don't ask anyone to do what they wouldn't do themselves, and they are their own toughest critic.
- Good leaders have a "can do" spirit. They can't wait to move out, to go "engines ahead full." No one needs to tell them "engines ahead full," they are already there.
- Good leaders have a measure of toughness and resilience. They are the ones that everyone leans on in the darkest of times.

Read more at <http://nnoa.org/project/rear-admiral-coy-young-usn-principals-of-leadership/>

Members in the Spotlight

NNOA – Bridging Generations!

Captain Tom Abernethy, USN (ret.) and Lieutenant Alana Abernethy, USN - Two Chapter Presidents representing two distinct generations



Captain Tom Abernethy, USN (ret) serves as the President of the Washington, DC Chapter of NNOA. His daughter, Alana Abernethy, serves as President of the Annapolis Chapter. Both have blessed NNOA with great leadership, but as you can imagine, come with very distinct vantages. NNOA sat down with the two of them to discuss the generational differences and to learn more about their motivation to serve as NNOA members, moreover as NNOA leaders. We believe we gained great insight into what motivates our junior officers to

join and serve within NNOA as well as what keeps our more senior members and retirees engaged. [Read more here....](#)



Living History

Admiral Michelle J. Howard, Vice Chief of Naval Operations



Admiral Howard currently serves as the 38th Vice Chief of Naval Operations (VCNO). Prior to that, she served as the Deputy Chief of Naval Operations for Operations, Plans and Strategy (N3/N5). Admiral Howard was the first African-American woman to achieve the rank of three star Admiral and the rank of Admiral. She was the first African-American woman to command a U. S. Navy ship, the USS *Rushmore*.

In 2006, she was selected for the rank of rear admiral (lower half), making her the first admiral selected from the U.S. Naval Academy class of 1982 and the first female graduate of the U.S. Naval Academy selected for flag rank. On July 1, 2014, Admiral Howard became the first woman to become a four-star admiral. She is also the first African-American and the first woman to serve as Vice Chief of Naval Operations.

Admiral Howard is a strong supporter and Life Member of NNOA. Amidst all that she is challenged with daily, she still finds time to support NNOA and its mission to support the Sea Services!

Words to Live By - from our Chaplain



Let us continue to march forward with “*an attitude of gratitude.*” Recently, while I was away from my office TAD in the Memphis area, I had the “awesome and wonderful” opportunity to visit the National Civil Rights Museum located at the infamous Lorraine Motel. If you have not yet visited this Museum, you are missing out! While there, feelings of *gratitude and thankfulness* filled my spirit—I was overcome with Joy! As we go about our business this month, let us meditate on the word **JOY!** Start with this in mind daily and I know you will be blessed!

Psalms 30:5 states, “***Weeping may endure for a night, but joy comes in the morning.***” When you wake up each morning, God sends you a special delivery of *joy*. It’s like it comes knocking at the door of your heart every day. The problem is that some people never answer the door. It’s right there, month after month, year after year saying, “*Come on! Let me in! You can be happy! You can cheer up! You can enjoy life!*” The way to answer the door is to get up and choose an attitude of faith, expectancy and, of course, gratitude by declaring that “today is going to be a good day.” When you start the day like that, you are choosing to receive the gift of *joy* that God has sent you.

My fellow NNOA Colleagues, today make up your mind to answer the door to *joy*! Finally, I hope and pray that these “Words to Live By” encourage you on your daily walk with our Lord and may God bless you real good!!!