



# The Trueman

Equal Opportunity \* Diversity \* Special Emphasis Program Newsletter

March 2016 Issue 12

## GREETINGS FROM THE SEEM

Greetings!

Our Diversity office will host the MONG Diversity Day Sunday, 07 AUG 16 and we request your assistance. We want Diversity Day to be about you, so tell us about your heritage, background, and alter ego (you outside the MONG) through an exhibit and/or storyboard. Showcase a food dish of your choice that tells the MONG about you and your culture. Please, join us as we celebrate you and the diversity that makeup our MONG ranks.

This month we celebrate Women's History Month as well as International Women's Day which is celebrated globally the week of March 8<sup>th</sup>. Women have contributed and sacrificed tremendously for equality for all and the advancement of our great nation.

When adopting its resolution on the observance of International Women's Day, the United Nations General Assembly cited the following reasons: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security."

Respectfully,

MAJ Deborah A. Smith  
State Equal Employment Manager

Source: [www.history.com](http://www.history.com)

MISSOURI NATIONAL GUARD . COM



Greetings from the SEEM

Diversity Day 2016

Women's History Month

*Diane Nash Discusses Student Activism, Nonviolent Action*

*Easter*

*Paint and Eat Easter Waffles*

Diversity Events around MO

National Nutrition Month

Recipes: Celebrate National Nutrition Month and Lent

FOH & EAP Spotlight





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# DIVERSITY DAY AUGUST 7, 2016

This year's Diversity Day will highlight the Diversity in the Missouri National Guard

## Tell Your Story

- ❖ Tell Us About Your Heritage or Background: Make a display that can be presented during Diversity Day showcasing your background and feel free to make a food dish to be sampled.
- ❖ Alter Ego Profiles: We want to know what you do outside the Guard such as your civilian job or community involvement

We want to showcase and highlight the heritage, backgrounds and accomplishments of the Missouri National Guard we need your help to do that!!!

Please contact SGT Desiree Robinson [desiree.n.robinson2.mil@mail.mil](mailto:desiree.n.robinson2.mil@mail.mil) or 573-638-9500 x 39788 if you are interested in doing a display, food sampling or profile.



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## Women's History Month

2016 Theme: Working to Form a More Perfect Union: Honoring Women in Public Service and Government

Each year, the National Women's History Project (NWHF) selects a theme that highlights achievements by distinguished women.

This year's theme, *Working to Form a More Perfect Union: Honoring Women in Public Service and Government*, highlights 16 women who have shaped America's history and its future through their public service and government leadership.

The NWHF 2016 Honorees have dramatically influenced our public policy and the creation of viable institutions and organizations.

From championing basic human rights to ensuring equal access and opportunity for all Americans, they have led the way in establishing a stronger and more democratic country.

Each of these brave women succeeded against great odds. Together, their stories demonstrate both the daunting challenges they have faced, and the extraordinary successes they have realized.





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## Women's History Month

2016 Theme: Working to Form a More Perfect Union: Honoring Women in Public Service and Government

The tenacity of each Honoree underlines the fact that women from all cultural backgrounds in all levels of public service and government are essential in the continuing work of forming a more perfect union.

Below is a list of the 2016 Honorees  
For more information go to [www.nwhp.org](http://www.nwhp.org)

Colonel Oveta Culp Hobby	Inez Milholland
Sister Mary Madonna Ashton	Karen Narasaki
Daisy Bates	Nancy Grace Roman
Sonia Pressman Fuentes	Bernice Sandler
Isabel Gonzalez	Nadine Smith
Ella Grasso	Judy Hart
Suzan Shown Harjo	Dorothy C. Stratton
Barbara Mikulski	Betty Mae Tiger Jumper



*Pictured Right:  
Colonel Oveta  
Culp Hobby*

Source: [www.deomi.org](http://www.deomi.org)



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# Diane Nash discusses student activism, nonviolent action

**Nash: “We were trying to bring about the best society we could for (this generation) to be born into and come of age into. Future generations are going to look to you to do the same.”**

By Lily Cusack | January 21, 2016 | The Maneater Student Newspaper



Diane Nash reflects on her experiences as a civil rights activist Jan. 20, 2016. The keynote speaker at the annual Dr. Martin Luther King Jr. Commemoration followed the announcements of the 2016 Dr. Martin Luther King Jr. Service Award recipients William E. Gene Robertson and the Youth Empowerment Zone.

Kaitlin Washburn/Photographer



## **Diane Nash discusses student activism, nonviolent action**

**Nash: “We were trying to bring about the best society we could for (this generation) to be born into and come of age into. Future generations are going to look to you to do the same.”**

By Lily Cusack | January 21, 2016 | The Maneater Student Newspaper

Even before Diane Nash walked on stage in the Missouri Theatre on Jan. 20, she received a standing ovation. In honor of Martin Luther King Jr. Day, Nash was invited to give a speech about her life as an activist during the Civil Rights era.

Nash’s speech focused on her experiences leading nonviolent civil rights campaigns throughout the 1960s.

Senior Kaiya Brown, who has been coming to the Martin Luther King Jr. Day lectures for four years, said this past semester at MU was historic, though many students might not realize it. Brown believes Nash’s speech is relevant to what’s going on now.

Last semester, protests led by multiple student organizations such as Concerned Student 1950 culminated in national media coverage and the resignations of UM System President Tim Wolfe and Chancellor R. Bowen Loftin.

Addressing some of the problems concerning our university system, Nash offered her support to the students by emphasizing the importance of facing challenges in everyday life.

“When I’ve had decisions to make, I’ve always tried to make the decision that would make me admire the person I see in the mirror,” Nash said. “Every individual and every generation has challenges and I hope they step up and accept the challenge.”



## **Diane Nash discusses student activism, nonviolent action**

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By Lily Cusack | January 21, 2016 | The Maneater Student Newspaper

Graduate student Khalilah Henderson agrees with Nash’s call for action. “We are the change and we have to step out and do something,” Henderson said.

Nash credits a nonviolent method of fighting for civil rights for her many accomplishments.

“Nonviolence is one of very few effective methods of struggle available today to people who want to make social change,” she said.

Nash first began to get involved in activist work as a student at Fisk University in 1959. In 1960, she led a student sit-in in Nashville and was a founding member of the Student Nonviolent Coordinating Committee.

The next year, she helped coordinate the Freedom Ride from Birmingham, Alabama, to Jackson, Mississippi. Nash was an influential instructor in teaching new generations the basics of a nonviolent campaign, but she was imprisoned in 1961 for her teachings. She has won many awards for her work in the civil rights movement, including the Distinguished American Award presented by the John F. Kennedy Library.

Nash and her companions looked to Mahatma Gandhi’s teachings of nonviolent warfare to combat issues in society.



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“What Gandhi invented was a way of waging war without weapons of violence,” she said.

However, they were often dissatisfied with the word “nonviolence” to describe their civil rights movement. The word in itself has a negative connotation, and the group did not want to align themselves with negativity, Nash said.

Nash eventually decided on “agapic energy” as the new name of their movement. Agapic energy comes from the combination of the Greek word agape, which means brotherly love or love for humankind, and energy, or a power or force. Therefore, agapic energy is “the power produced by love of humankind.”

“It is not just the absence of violence; it is the use of a power,” Nash said. “It is not passive; it is active. Users of agapic energy are not pacifists; we are activists.” Agapic energy can be further explained by two basic principles. The first principle is “people are never your enemy.” Nash urges campaigners to love and respect people as humans while attacking their prejudiced attitudes.

Nash gave an example of this first principle by her experience desegregating lunch counters in the 1960s. For two years, her team targeted six different lunch counters per year. In the second year of their project, one of the managers from the first year visited all the owners and managers of the new lunch counters and urged them to desegregate their counters because they would not lose profits.



## **Diane Nash discusses student activism, nonviolent action**

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In this case, Nash said: “It was not the person that was the enemy. It was the racism.”

The second principle Nash explained was “oppression always requires the cooperation of the oppressed.” When the oppressed opt out of an oppressive system, the system will dismantle, she said.

For the Montgomery bus boycott, Nash pointed out that in order for there to be segregated buses, black passengers had to segregate themselves by sitting in the back of the bus.

“The day the blacks decided there would be no segregated buses in Montgomery, there were no longer segregated buses in Montgomery,” Nash said.

Nash’s campaign has constantly been looking toward the future, and she encouraged students to do the same.

“We were trying to bring about the best society we could for (this generation) to be born into and come of age into,” Nash said. “Future generations are going to look to you to do the same.”



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# Easter



Easter, which celebrates Jesus Christ's resurrection from the dead, is Christianity's most important holiday. It has been called a moveable feast because it doesn't fall on a set date every year, as most holidays do. Instead, Christian churches in the West celebrate Easter on the first Sunday following the full moon after the vernal equinox on March 21. Therefore, Easter is observed anywhere between March 22 and April 25 every year. Orthodox Christians use the Julian calendar to calculate when Easter will occur and typically celebrate the holiday a week or two after the Western churches, which follow the Gregorian calendar.

The exact origins of this religious feast day's name are unknown. Some sources claim the word Easter is derived from Eostre, a Teutonic goddess of spring and fertility. Other accounts trace Easter to the Latin term *hebdomada alba*, or white week, an ancient reference to Easter week and the white clothing donned by people who were baptized during that time. Through a translation error, the term later appeared as *esostarum* in Old High German, which eventually became Easter in English. In Spanish, Easter is known as *Pascua*; in French, *Paques*. These words are derived from the Greek and Latin *Pascha* or *Pasch*, for [Passover](#). Jesus' crucifixion and resurrection occurred after he went to Jerusalem to celebrate Passover (or *Pesach* in Hebrew), the Jewish festival commemorating the ancient Israelites' exodus from slavery in Egypt. *Pascha* eventually came to mean Easter.



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# Easter



Easter is really an entire season of the Christian church year, as opposed to a single-day observance. Lent, the 40-day period leading up to Easter Sunday, is a time of reflection and penance and represents the 40 days that Jesus spent alone in the wilderness before starting his ministry, a time in which Christians believe he survived various temptations by the devil. The day before Lent, known as Mardi Gras or Fat Tuesday, is a last hurrah of food and fun before the fasting begins. The week preceding Easter is called Holy Week and includes Maundy Thursday, which commemorates Jesus' last supper with his disciples; Good Friday, which honors the day of his crucifixion; and Holy Saturday, which focuses on the transition between the crucifixion and resurrection. The 50-day period following Easter Sunday is called Eastertide and includes a celebration of Jesus' ascension into heaven.

In addition to Easter's religious significance, it also has a commercial side, as evidenced by the mounds of jelly beans and marshmallow chicks that appear in stores each spring. As with Christmas, over the centuries various folk customs and pagan traditions, including Easter eggs, bunnies, baskets and candy, have become a standard part of this holy holiday.

### Did You Know?

Over 90 million chocolate Easter bunnies are made each year.



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# Paint and Eat Easter Waffles

1. Gather Materials: Food coloring, milk, a paint brush, waffles (lightly toasted) and an Easter egg cookie cutter



2. Mix food coloring with a splash of milk



3. Cut waffles with cookie cutter



4. Start painting

5. Toast and Serve



Source:  
[www.notimeforflashcards.com](http://www.notimeforflashcards.com)



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# Diversity Events Around Missouri

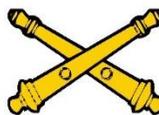
## Museum of MISSOURI MILITARY HISTORY PRESENTS

### WOMEN'S HISTORY MONTH DISPLAY

The museum will be exhibiting the collection of SGT Lillian James of Mexico, MO. SGT James was a WAC who served during WWII. The display will include her uniform, photograph, numerous papers and certificates and other artifacts in appreciation of Women's History Month.

### **MILITARIA** **IDENTIFICATION DAY**

**10:00 - 4:00 on Saturday**

 **March 5, 2016**   
**At the Museum**  
(Rain or Shine)

**Bring your medals, uniforms, gear,  
edged weapons, insignia, etc.**

**NO FIREARMS PLEASE**

**Experts in several historical eras will  
be available to help with artifact I.D.  
and preservation tips.**

**2406 LOGISTICS ROAD  
JEFFERSON CITY, MO 65101  
(573)638-9603 or 638-7031**



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# Diversity Events Around Missouri

### Event Title

Traces in the Wind

### Location

Historic Senior Hall Recital Hall

### Date and Time:

Tuesday March, 1, 2016 at 7 pm

dream up.



Traces in the Wind is a tone poem of remembrance, which will be presented as a staged reading. Four women from Stephens College will perform the words of female survivors of the Holocaust—women who embraced the arts as a strategy for survival, spiritual resistance or just because of who they were as individuals. The stories of these three female survivors, along with a narrator, remind us of the deep power of the arts. Their voices are shared across time through their writings in a dramatic and musical presentation, as a tribute to their courage and creativity, with words and music as their testimony and a conduit to each of us.

Contact: Box Office

Phone: (573) 876-7199



### Event Title

Culinary Tour of Diversity

### Location

Kimball Ballroom, Lela Raney Wood Hall

### Date and Time:

Tuesday March, 15, 2016 at 6:30pm

Join us for an evening filled with food, music, dance and celebration of the diversity within our community and beyond.



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## Diversity Events Around Missouri University of Missouri Discussion Series



Ain't I a  
**Black**  
Woman  
2016

WOMEN'S CENTER | G108 | STUDENT CENTER | 5PM - 6:30PM



**THE PRESIDENTIAL ELECTION** | FEBRUARY 23rd 

 **#SHEROES** | MARCH 1st

**BLACK WOMEN IN MUSIC** | MARCH 8th 

**CONCEPTUALIZING THE MOVEMENT** | MARCH 15th

 **DATING WHILE BLACK** | MARCH 22nd 



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# Diversity Events Around Missouri



### Event Title

Women in the Arts 2016

Reception

### Location

518 Hitt Street, Columbia, MO 65211

### Date and Time:

Thursday, March 3rd, 4 p.m. – 6 p.m

### Exhibit Running

Monday, February 29th – Friday,  
March 25th

The 23rd annual Women in the Arts show highlights talented women artists. In conjunction with Women's History Month at the University of Missouri, the Craft Studio presents this exhibit as a tribute to women, past, present, and future whose artistic creations are often overlooked and forgotten.

**Juror:** Hannah Reeves is a Missouri native, artist, professor, and gallery director. She earned her BFA in 2005 and MFA in 2008 from the University of Missouri- Columbia, with emphases on Fibers, Sculpture, and Drawing. She currently teaches at MU and Missouri Valley College and directs the George Caleb Bingham Gallery at the MU Department of Art. At MU, she also co-chairs Artifact (the association of campus galleries and museums), sits on the planning committee for the Visual Art & Design Showcase, and advises Undergraduate Research scholars. Reeves works in a variety of artistic media and methods; her current work deals with memory and record-keeping.

*The annual Women in the Arts show highlights talented women artists. Join us tonight as we celebrate this year's featured artists with refreshments, live music, and great conversation.*

### Location Description

N12 Memorial Union, located in the NORTH tower of Memorial Union. LOWER LEVEL, at the bottom of the staircase (exit LEFT from elevator). You'll see our gallery behind the windows, just come on in.



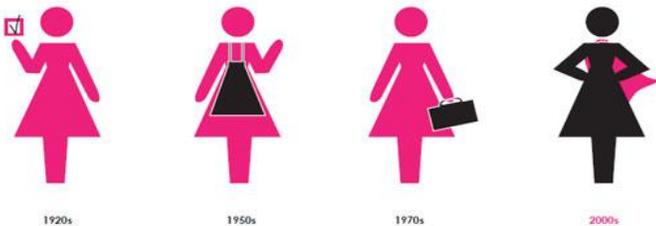
## The Truman

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# Diversity Events Around Missouri

OUR STRENGTH  
IS IN OUR HISTORY



### Event Title

Women's History Month Keynote

Address

### Location

Columbia College

1001 Rogers St. Columbia, MO

Launer Auditorium

### Date and Time:

Wednesday, March 9, 2016, 6 – 9pm

Join us for the keynote speech for Women's History Month by artist, director, photographer, writer, film maker, activist and actor, I.O. Tillet Wright

### Event Title

Women's History Month: Creativity in  
Community Extravaganza

### Location

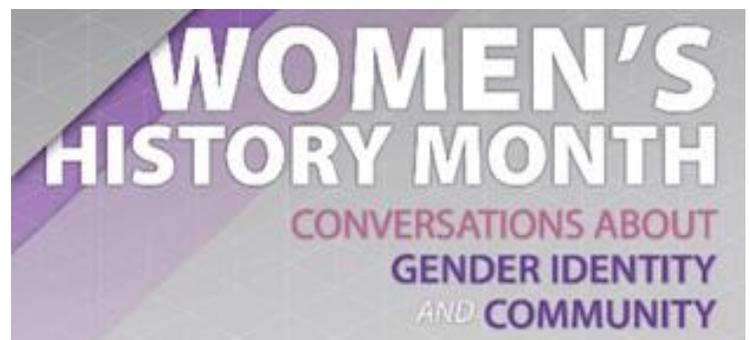
Columbia College

1001 Rogers St. Columbia, MO

Dorsey Gym

### Date and Time:

Tuesday, March 22, 2016, 4 – 6pm



Join the Columbia College campus and Columbia community for our Women's History Month finale as we celebrate creativity and expression. Featuring stand-up comedian Hartbeat, local artists, photo booth, free food, games and prizes!



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# Diversity Events Around Missouri

### Event Title

Women's Leadership Conference

### Location

Memorial Union

University of Missouri

### Date and Time:

Saturday March 12, 2016

8:00am – 7:00pm

### Registration Information

<http://leadership.missouri.edu/wlc/>

2016 Women's Leadership Conference



The Women's Leadership Conference is an event held to coincide with Women's History Month and is designed to bring female leaders from Mid-Missouri together to discuss the past, present, and future of women's leadership on a global level. The conference is built upon four pillars: networking, education, empowerment and diversity.

This year's theme is "We Women" and incorporates students, staff, alumni, and community members as speakers and presenters. The content highlights issues focused on women leaders in a collegiate setting and beyond

The conference incorporates students, staff, alumni, and community members as speakers and presenters. The content highlights issues focused on women leaders in a collegiate setting and beyond. These issues will be discussed through a keynote speaker, various breakout sessions, and special presentations. Topics we hope to cover include but are not limited to visioning, work/life balance, leading with passion, feminism, self-awareness, strengths-based leadership, and professional development.

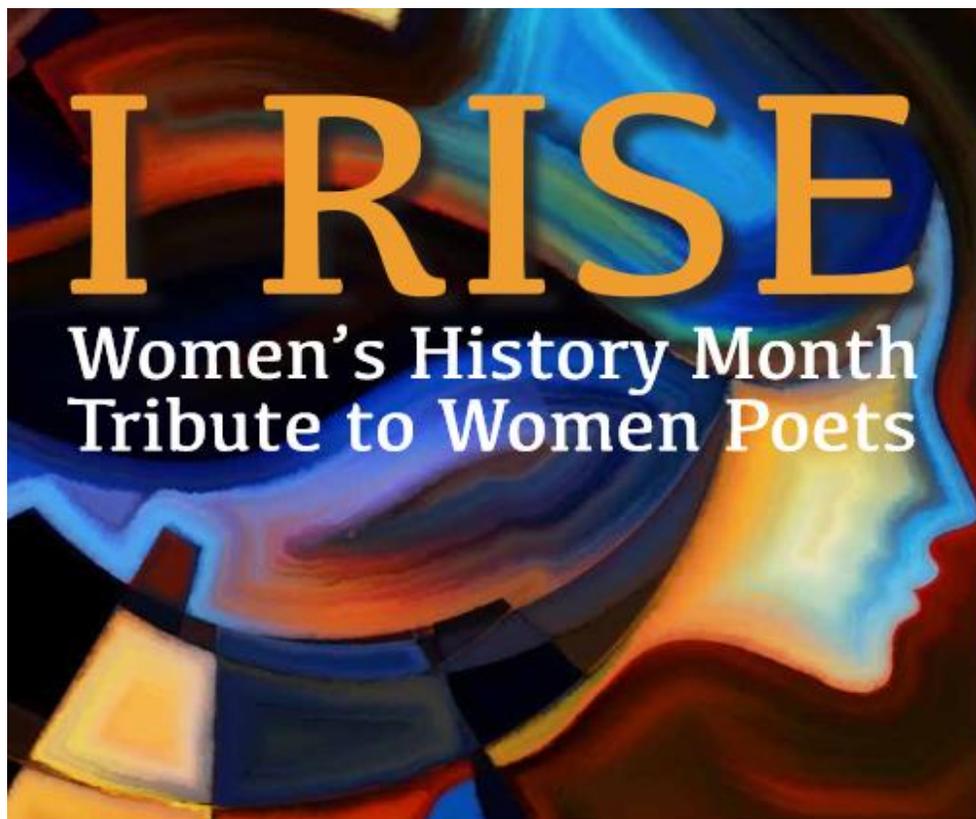


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# Diversity Events Around Missouri



**Tuesday  
MAR 15**

6:30pm:  
Reception

7pm:  
Performance

Museum's  
Lower Level

**FREE**

St. Louis poet **DuEwa Frazier** hosts a special tribute to women poets, including Sonia Sanchez, Nikki Giovanni, Maya Angelou, Rita Dove, and others. Frazier and other poets will perform a selection of poetry with live musical accompaniment by **David A.N. Jackson** and guest musicians. Join the performers for an informal reception prior to the performance.

Poets include:

•Darlene Roy

•Treasure Shields Redmond

•Pacia Elaine

•Zaire Imani

•Sahara Sista SOLS

•Honored Poet,  
Shirley Lefore

**MISSOURI HISTORY MUSEUM**

Lindell and DeBaliviere in Forest Park  
314.746.4599 | mohistory.org

2016 PROGRAMS/EVENTS

**Missouri  
History  
Museum**



# The Trueman

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## Diversity Events Around Missouri

### #SayHerName:

Black Women and State Violence in the Case of Missouri v. Celia, A Slave

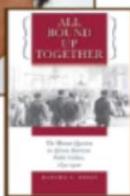
presented by

**Martha S. Jones**

Arthur F. Thurnau Professor of History,  
University of Michigan

*Exploring Missouri's past  
as we prepare for our future*

Continue exploring Missouri's past with Martha S. Jones, author of *All Bound Up Together: The Woman Question in African-American Public Culture, 1830-1900*. She will share the powerful and tragic story of Celia, who was purchased by a local man in Callaway County and suffered tremendously for years before she stood up for her basic human right to decide her own fate. In addition to her own scholarship, Jones is also the co-director of the Michigan Law Program in Race, Law, and History as well as the Celia Project, which generates new research on the history of sexual violence, women, and slavery.



A collaboration of The State Historical Society of Missouri and University of Missouri's, Division of Inclusion, Diversity, and Equity

THE  
*African-American  
Experience*  
IN  
Missouri  
Lecture Series



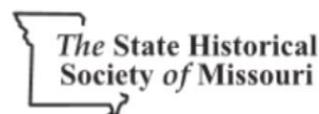
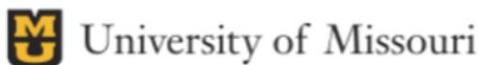
**MARCH 23, 2016**

6:00 PM Reception  
7:00 PM Presentation  
8:00 PM Book Signing

Jesse Auditorium,  
Jesse Hall

University of Missouri  
Free parking available in  
Turner Avenue Garage

*Free and Open to the Public*





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## Diversity Events Around Missouri



All images from Wikimedia Commons. Left to right: Maya Angelou reciting her poem, "On the Pulse of Morning" at President Bill Clinton's inauguration in 1993. Via NPR, courtesy of the White House, PD-USGov-POTUS | Maya Angelou visits YCP Feb. 2013 by York College ISLGP | President Barack Obama presenting Angelou with the Presidential Medal of Freedom, 2011

Thursday  
MAR 24  
7pm

Lee  
Auditorium

FREE

PRESENTED IN PARTNERSHIP WITH THE **Washington University Libraries**  
as part of the **Henry Hampton Minority Documentarian Film Series**

 Washington  
University in St. Louis  
UNIVERSITY LIBRARIES

# MAYA ANGELOU

## *And Still I Rise*

*Maya Angelou: And Still I Rise* is the first documentary about Dr. Maya Angelou, offering a look at how the events of history, culture, and the arts shaped Dr. Angelou's life, and how she, in turn, helped shape our own worldview through her autobiographical literature and activism. Watch a screening of the film, followed by a conversation with one of the film's co-directors, **Rita Coburn Whack**.

**MISSOURI HISTORY MUSEUM**  
Lindell and DeBaliviere in Forest Park  
314.746.4599 | mohistory.org  
2016 PROGRAMS/EVENTS

**Missouri  
History  
Museum**



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# Diversity Events Around Missouri



Presented in partnership with the  
Saint Louis LGBT History Project



## She Went 14,000 Miles as a Boy

**Monday  
MAR 28**

7pm

Lee  
Auditorium

**FREE**

“Hobo girls,” women who donned men’s clothing and passed as men while riding the rails, were among the most elusive of all hobos. Beginning in the 1870s, St. Louis law enforcement saw these cross-dressing hobos as a real threat to the community and did all they could to prevent and “correct” their lifestyle. This presentation explores the lives of these queer figures and their place in the wider history of St. Louis. Join **Nathan Tye**, doctoral student at the University of Illinois at Urbana-Champaign, for this presentation exploring the lives of these queer figures and their place in the wider history of St. Louis.

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## Diversity Events Around Missouri



Presented in partnership  
with FOCUS St. Louis

**FOCUS**  
St. Louis

### Women's History Month Forum

Join us for a panel discussion hosted by **FOCUS St. Louis** on women's issues in the workplace. We will explore today's issues with an historical perspective to determine next steps toward equity in the American workforce.

Women working on the Curtiss A-25 Helldiver assembly line, January 1943. Missouri Historical Society.

**Tuesday  
MAR 29**

5:30pm

Lee  
Auditorium

**FREE**

**MISSOURI HISTORY MUSEUM**

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314.746.4599 | mohistory.org

2016 PROGRAMS/EVENTS

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History  
Museum**



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**NATIONAL NUTRITION MONTH® 2016**

SAVOR THE FLAVOR OF EATING RIGHT



# March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Nutrition can have a big impact on your overall health. Smart nutrition is about making food choices that produce a positive, rather than negative, impact. In fact, making smart food choices can help you maintain a healthy weight, lower your risk for a number of diseases, and even strengthen your immune system.

## 2016 Theme

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right!

Source: [www.eatright.org](http://www.eatright.org) |  
[www.foh.hhs.gov](http://www.foh.hhs.gov)



SAVOR  
THE FLAVOR  
OF EATING  
RIGHT

NATIONAL NUTRITION MONTH® 2016



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## Chocolate Zucchini Cupcakes

### Ingredients



- 1 cup grated zucchini
- 1 cup applesauce, unsweetened
- 1 teaspoon vanilla extract
- ½ cup agave nectar, divided
- ¼ cup brown sugar
- 1 cup whole-wheat flour
- ½ cup all-purpose, unbleached flour
- ¼ cup flaxseed, ground
- ½ teaspoon baking powder, low sodium
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon, divided
- ½ teaspoon ginger, ground
- ¼ teaspoon cloves, ground
- ¼ teaspoon nutmeg, grated
- ½ cup cocoa, unsweetened

### About this Recipe

Yield: 12

Cupcakes for breakfast? Yes, if they have zucchini! This breakfast treat will be sure to get the whole family up and energized to start their day.

Stacy Antine, MS,  
RD |  
[www.eatright.org](http://www.eatright.org)

### Directions

1. Preheat oven to 350°F and line muffin cups with paper liners.
2. Put grated zucchini in paper towels and squeeze out as much water as possible. Set aside.
3. In large mixing bowl, add applesauce, vanilla extract, ¼ cup agave and mix thoroughly.
4. Add flours, baking soda, baking powder, flaxseed, 1 teaspoon cinnamon and other spices, and mix well. Add cocoa and mix thoroughly.
5. Add zucchini mixture and stir thoroughly.
6. Fill paper liners with chocolate zucchini batter to ¾ full. Bake for approximately 20 minutes or until a toothpick comes out clean from the center of cupcake.
7. Mix ¼ cup agave with ½ teaspoon cinnamon in small bowl. Before serving, drizzle agave mixture over cupcakes as icing and enjoy!



# The Truman

Equal Opportunity \* Diversity \* Special Emphasis Program Newsletter

March 2016 Issue 12

## Baked Salmon Dijon



### About this Recipe

Easy and Healthy Fish Recipe for Lent.

### Ingredients

- 1 cup(s) sour cream, light or fat-free
- 2 teaspoon dill weed, dried
- 3 tablespoon scallion(s) (green onions) finely chopped
- 2 tablespoon mustard, dijon-style
- 2 tablespoon lemon juice
- 1 1/2 pounds fish, salmon fillet with skin, cut in center
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper, black

### Directions

1. Whisk sour cream, dill, onion, mustard, and lemon juice in a small bowl.
2. Preheat oven to 400 degrees F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin-side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in the center, about 20 minutes.

Brianna  
Steinhilber |  
[www.everydayhealth.com](http://www.everydayhealth.com)



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## TOPIC OF THE MONTH

National Nutrition Month

Share your best—and healthiest—recipes for this year's FOH recipe contest. You can send your recipe today to the Center for Health Communications. The final deadline for submission is March 31.

The recipes will then be posted on the website so that you can vote for your favorite.

For More Information:

[www.foh.hhs.gov/calendar](http://www.foh.hhs.gov/calendar)

## IN THE SPOTLIGHT - WEBINAR



### TOPIC OF THE MONTH:

Budgeting Basics

VISIT: [www.foh4you.com](http://www.foh4you.com)

### Topic Highlights:

- \*Overview of budgeting strategies
- \*Tactics for saving
- \*Recognizing Debt
- \*Expense Reduction



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# Coming Next Month

## Sexual Assault Awareness Month

2016 Theme: Prevention is Possible



# April 2016



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## WE NEED YOUR HELP!!

Help us make *The Truman* even more interesting!

We want

- To hear **your** ideas
- See **your** articles
- Know about **your** community events
- Learn how Diversity plays a role in **your** life in and outside of the Guard



## KNOW YOUR EO

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\*Note: The MOARNG and the EO/EEO Office does not officially endorse any particular business or event. The articles provided are for informative purposes only.