



The Truman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

April 2016 Issue 13

GREETINGS FROM THE SEEM

Greetings,

This month we celebrate Asian and Pacific Islander Heritage Month. “On Oct. 23, 1992, Congress officially designated May of each year as Asian American and Pacific Islander Heritage Month to recognize the achievements and contributions of Americans of Asian or Pacific Islander ancestry to the rich heritage and cultural fabric of the U.S.”

Next, I would like to ask our MONG community again to assist us in making our August 2016 Diversity Day a success. 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.

Lastly, Thank You for reading, contributing, and providing feedback to “The Truman.”

Respectfully,

MAJ Deborah Smith
State Equal Employment Manager

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Greetings

National Asian
American Pacific
Island Heritage
Month

Holocaust
Remembrance
Day/Days of
Remembrance

*Military Spouse
Appreciation Day
Recognizes
Sacrifices*

Memorial Day

Diversity Events
Around MO

Mothers Day Craft

Mental Health
Awareness Month

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 or 573-638-9500 x 39788 if you are interested in doing a display, food sampling or profile.



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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

Create a display that highlights some of these things:

- ❖ Tell Us 3 facts about:
 - What you do in the Guard
 - Where you are from
 - Community involvement
 - What most people don't know about you
- ❖ History of where you are from
- ❖ Military History of the country you are from
- ❖ What is your civilian job and what do you love about it
- ❖ How does your work in the community help others



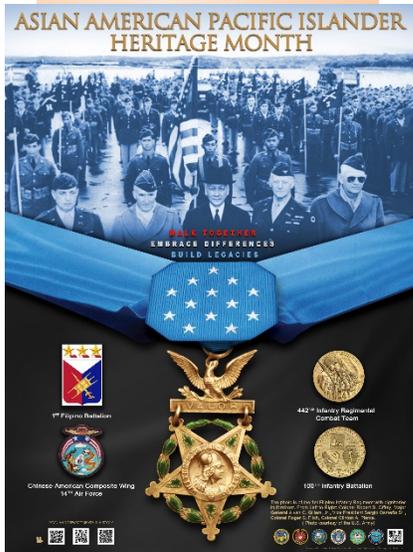
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Asian American Pacific Islander Heritage Month

2016 Theme: Walk Together, Embrace Differences, Build Legacies



Since 1977, the month of May has been designated to recognize the achievements and contributions to the American story by Asian Americans and Pacific Islanders (AAPIs).

We celebrate the cultural traditions, ancestry, native languages, and unique experiences represented among more than 56 ethnic groups (speaking over 100 languages) from Asia and the Pacific Islands who live in the United States.

The month of May denotes several events in AAPI history, including the immigration of the first Japanese people to the United States May 7, 1843. The finalization of the transcontinental railroad was accomplished May 10, 1869 by predominantly Chinese immigrants.

In an increasingly diverse nation, AAPIs stand apart as one of the most diverse communities.

While these AAPI communities have roots that span the globe, their success stories are uniquely American.



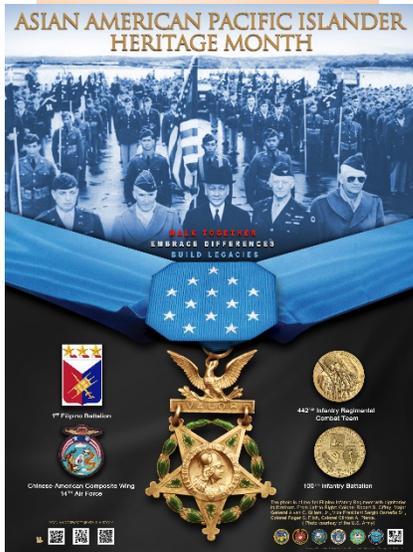
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2016 Theme: Walk Together, Embrace Differences, Build Legacies



Generations of Asian Americans and Pacific Islanders have helped develop and defend the United States, often in the face of tremendous racial and cultural prejudice.

Despite these difficulties, these men and women struggled, sacrificed, and persevered to build a better life for their children and all Americans.

This observance gives us the opportunity to honor, recognize, and celebrate the rich diversity, leadership, and enduring empowerment of all Asian American and Pacific Islanders, and their dedicated service and contributions to the betterment of our nation.

“With courage, grit, and an abiding belief in American ideals, Asian Americans, Native Hawaiians, and Pacific Islanders have challenged our Nation to be better.”

—President Barack Obama



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Days of Remembrance May 1-8 2016 2016 Theme: Learning from the Holocaust. Acts of Courage

Each year, the United States Holocaust Memorial Museum leads the nation in commemorating Days of Remembrance.

Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust—as well as the millions of non-Jewish victims—of Nazi persecution.

Millions of ordinary people witnessed the crimes of the Holocaust—in the countryside and city squares, in stores and schools, in homes, and workplaces.

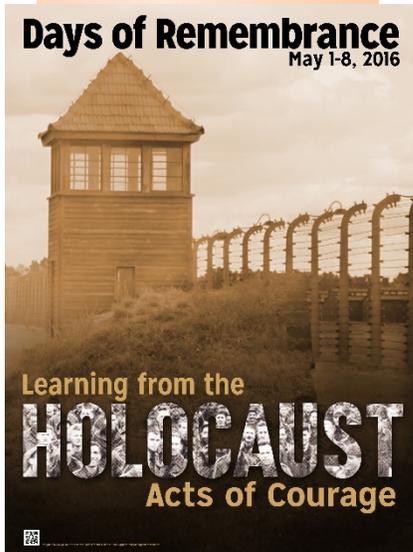
Across Europe, the Nazis found countless helpers who willingly collaborated or were complicit in the crimes through their inactions.

The victims had no control over their fates.

The rescuers, on the other hand, made *choices*. They *chose* to risk their own lives, their families' lives, and their homes to help save thousands of innocents.

In 1953, the state of Israel established Yad Vashem, the Holocaust Martyrs' and Heroes' Remembrance Authority, in order to document and record the history of the Jewish people during the Holocaust as well as to acknowledge the countless non-Jewish individuals who risked their lives to save Jews.

Yad Vashem began to award the title "Righteous Among the Nations" in 1963, and since that time—26,119 rescuers from 51 countries—have been acknowledged for their efforts.





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Military Spouse Appreciation Day Recognizes Sacrifices

By Pfc. Victoria Fairchild, Combat Correspondent | May 10, 2012

BARSTOW, Calif. -- "On Military Spouse Appreciation Day, we have an opportunity to not only honor the husbands and wives of our service members, but also thank them by actively expressing our gratitude in both word and deed," said First Lady Michelle Obama, May 5, 2011 from the Presidential Proclamation.

Military spouses are recognized each year for their hard work and dedication to the armed forces, which is why Military Spouse Appreciation Day was created.

Military Spouse Appreciation Day began on May 23, 1984, after President Ronald Reagan made a proclamation to recognize the hard work done by military spouses every day. Typically held on the Friday before Mother's Day, the eventful day is celebrated throughout the United States and on military installations worldwide.

"Being a spouse isn't always easy," said Nichole Marks, chairwoman of volunteers aboard Marine Corps Logistics Base Barstow and wife of Sgt. Jacey Marks. "He handles a lot of things at work and I do my part at home to take care of the kids while also working at the base thrift store," she said.

Military spouses have been known for their strength through deployments with the help of friends and special programs offered aboard all military installations. While their significant other is overseas protecting our freedom, spouses keep things stable and running smoothly on the home front.



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“My husband has been in for a total of 17 years and I find such pride in what he does for us,” said Melanie Morales, a Marine Corps family team building administrative assistant. Her husband is a sergeant first class now with the National Guard at Fort Irwin. “Not everyone is cut out for the job they do, but being a part of it is important.”

Morales has been through two major deployments with her husband, the first being to Bosnia for seven months. During this time, the family was stationed in Baumholder, Germany. The second deployment was to Afghanistan for 14 months. Having various means of communication made the distance and time apart from each other a little easier.

“Technology has definitely changed since his first deployment,” said Morales. “We used to only have a few phone calls and letters, but since then we were able to Skype and have phone calls more frequently. I felt better being able to hear him more often.”

Some spouses don’t particularly enjoy the moving aspect of being in the military, but Morales said she enjoys it and knows it’s not for everyone.

“Spouses do a lot for the service members,” said Sgt. Marks. “I know that while I’m gone on deployments, I can trust that everything will be fine back home. I know that my kids are being taken care of and that my wife is handling everything in the best way possible.”

One of the challenges military spouses sometimes face, is being kept apprised of military events and news, but not for his wife, explained Marks.



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“She keeps me informed on a lot of stuff that’s going on around the base,” said Marks. “If I’m busy all day at work, I know that she’ll still keep me updated on what I need to know. I’m sure not a lot of the Marines actually realize what spouses do for them as a whole. My wife keeps me grounded, helps with my uniforms, keeps my hair looking good, and cooks while I’m out.”

After 28 years of Military Spouse Appreciation Day, military spouses have become involved in many support groups; one very popular group is Operation Homefront. Operation Homefront has many events throughout the country’s military installations that focus on the needs of military families with a deployed loved one. Another accomplished group of military spouses and parents is the Blue Star Mothers of America group.

This group supports troops overseas by sending care packages and other needed supplies.

“I’ve gone on four deployments,” said Marks. “One of the main things that got me through is receiving letters and phone calls. It makes you realize it’s the little stuff that helps you get through everything. I know she’s taking care of the family back home; she’s strong.”

Source: <http://www.mclbbarstow.marines.mil/>



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Military Spouse

**Poem by
Del**

**a.k.a.
Abe Jones**

She is the real foot-soldier
On rough roads behind at home
She'll stand up for Her loved one
Who is often on the roam.

She'll raise the family, pay the bills
And do it all without complaint
Many times She's not too happy
But holds Her feelings in restraint.

She's the backbone of the Services
And holds the Line on the Homefront
She'll put Her own life on hold
With Her Spouses' on the forefront.

Those Ladies hold the "Fort" down
For their significant others
Who are off preserving Freedom
With their "Sisters" and "Brothers".

There's not enough Credit given
To those Spouses left behind
For they truly are a rare breed
Yes! She's a very special kind.



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Memorial Day

Branson, MO Saturday, May 21, 2016 - Tuesday, May 24, 2016

Branson Missouri is the perfect place to spend Memorial Day weekend! Branson offers a unique blend of neon and nature combining the Ozark Mountains with the wide variety of Branson shows, attractions, museums and water activities to create the perfect family summer vacation experience.

There are many exciting attractions and activities to see and do for the whole family! Branson Missouri is known as the Live Entertainment Capital of the World! The neon side of Branson provides the very best Entertainment found anywhere in the world. The now over 100 shows in Branson offer a wide selection of entertainment choices for children, teens, and adults including Country Music, Bluegrass Music, Swing Music, Gospel Music, Rock Music, Pop Music, Commentary Music, 50's Rock-n-Roll, Big Band Music, Jazz and Broadway Musicals.



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Memorial Day

Branson, MO Saturday, May 21, 2016 - Tuesday, May 24, 2016

Branson entertainment also includes Comedy Shows, Dinner Shows, Variety Shows, Magic Shows, Historic Shows and Patriotic Shows! For more information on Branson show tickets, attraction tickets, lodging availability, family vacation packages and area restaurants click on the Branson Memorial Day Weekend Entertainment Information link below. Have a very safe and enjoyable Memorial Day Holiday weekend while in the Branson area!

For more information about Branson shows, attractions and lodging or to make your Branson shows tickets and Hotel reservations call 417-213-5060 or click on the Branson Memorial Day Weekend Entertainment Information link below!



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Memorial Day

28th Annual Salute to Veterans



For Further Information Contact Media Chair:

Jessica Houston
media@salute.org

FOR IMMEDIATE RELEASE

**WWII DEHAVILLAND VAMPIRE, USN F/18E/F SUPER HORNET TAC-DEMO TEAM
CANADIAN FORCES CF-18 HORNET TAC-DEMO TEAM, USA GOLDEN KNIGHTS, AND
CANADIAN FORCES SKYHAWKS TO HEADLINE THE 2016
28TH ANNUAL MEMORIAL DAY WEEKEND SALUTE TO VETERANS AIRSHOW**

2016 THEME: *Honoring Those Who Risk All -- To Protect All*

Columbia, MO: Salute to Veterans Corporation invites the public to their two-day airshow at Columbia Regional Airport over Memorial Day weekend on May 28-29, 2016 from 9:00am to 4:00pm.

Admission and Parking is FREE!

DEMO TEAMS, AIRCRAFT, AND EVENTS ALREADY CONFIRMED FOR 2016

- **WWII de Havilland Vampire** – the world's first single engine jet fighter, flying its first U.S. airshow!
- **Canadian Armed Forces Parachute Team: The Skyhawks**
- **United States Army Golden Knights Parachute Team**
- **Canadian Forces CF-18 Hornet Tac Demo Team - USN F/A-18E/F Super Hornet Tac Demo Team**
- **Trojan Phlyers T-28 aerobatic demonstration team**
- **WWII BT-13 Vultee 'Valiant Echoes' aerobatic demonstration**
- **WWI Kansas City Dawn Patrol** – 19 planes flying and on display
- **WWI JN-4 Curtiss Jenny**
- **MU Pershing Rifles drill team**
- **Salute to the Nation Ceremony with military honored guests**



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Memorial Day

28th Annual Salute to Veterans

STATIC DISPLAYS OPEN FOR TOURS

- WWII B-25 Mitchell Bomber
- USN P-3 Orion
- USN C-1A Trader

STATIC DISPLAYS

- USAF A-10 Thunderbolt II, Whiteman AFB (2)
- T-6 "Radial Velocity" Reno Racer
- 1943 USA Aeronca L-3 Grasshopper, "Lil' Showme"
- 1942 PT-17 Stearman
- 1945 USA Piper L-4 Grasshopper
- 1941 Supermarine Seafire Mk. XV

MILITARY RECRUITER ELEMENTS AND ADDITIONAL MILITARY ASSETS

- USAF RAPID STRIKE MOBILE TOUR ASSET SIMULATOR
- USAFR
- USN
- USMC

OTHER HEADLINING EVENTS

- Tuskegee Airmen/ Women Air Force Service Pilots (WASP) Annual Reunions
- Annual Honored Guests and Volunteers Banquet in Southwell Arena at Columbia College Saturday, May 28th at 5:30pm. Check website for details and to purchase tickets!
- 28th Annual FREE Salute To Veterans Parade on Memorial Day, May 30, 2016, starting at 10am in downtown Columbia. Parade closed with a jump by the USA Golden Knights and Canadian Forces Skyhawks into the R. Marvin Owens Soccer Stadium at Columbia College

For additional information, visit our website at www.salute.org

Editor's Note: The Celebration should not be referred to as "the Columbia Airshow", "Columbia's Memorial Day Airshow", this "Columbia Event", "Columbia's Memorial Day Weekend", etc., or any other designation that would imply that it is hosted, organized, or anyway produced or sponsored by The City of Columbia, its Convention & Visitors Bureau, the Columbia Chamber of Commerce, or the State Of Missouri. It is presented solely by the Memorial Day Weekend Salute To Veterans Corporation, a private, 501(c)(3), not-for-profit, tax-deductible, educational, Missouri Company. The Corporation consists of over 3,000 volunteers and 100 volunteer committee chairmen, none of whom is paid.



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SALUTE TO VETERANS CORPORATION 2016 MEMORIAL DAY WEEKEND CELEBRATION

A I R S H O W



COLUMBIA MISSOURI
REGIONAL AIRPORT
SATURDAY & SUNDAY

9:00 am -- 4:00 pm

MAY 28, 29, 2016

WWW.SALUTE.ORG

• FREE ADMISSION • FREE PARKING •

Poster Sponsored by





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Memorial Day

Fort D Days Memorial Day Weekend Timeline

May 28th, 29th and 30th, 9 am-4 pm

Location: Fort D Historic Site 920 Fort Street, off of Sprigg Street, four blocks south of MO Rte 74. Cape Girardeau, MO

Cost: Free

Description: First observed after the end of the Civil War, Memorial Day honors the memory of U. S. soldiers who have died in military service. Local re-enactors will honor the memory of veterans past and present.

Contact: Cape Girardeau Convention and Visitors Bureau at 335-1631 or 800-777-0068 or visit www.visitcape.com





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Memorial Day

Monticello Singers: A Salute to Veterans on Memorial Day

The Monticello Singers triumphantly return to the rotunda of the Missouri State Capitol on Memorial Day Monday at 2 PM in another salute in song to Mid-Missouri Veterans. Come join us in this beautiful setting and be prepared to be inspired by our songs under the capitol's majestic dome.

Date: May 30, 2016

Time: 2-4:30pm

Location: Missouri State Capitol Rotunda

Cost: Free; Sponsored by Jefferson Bank of Missouri

Contact: Call (573) 690-1001 for more details or www.visitjeffersoncity.com



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Diversity Events Around MO

Heritage Weekend

May 14-15, 2016, 4-8 pm

Douglass Park

The unofficial opening of the park for the summer! Activities include balloons, table games for kids and adults, live music and family fun. Sunday will feature a domino tournament, single-elimination, for individuals and partners. Bring your lawn chair and enjoy your neighborhood park!

Family Fun Fest: Be Kind, Be Healthy

Wednesday, May 18, 2016, 6-8 pm

Cosmo Park, Columbia, MO, Free

Entertainment for the whole family, including activities, music, hands-on learning, face painting and more. Each month features a different theme. This month: Be Kind, Be Healthy

Join us for music, fun, crafts and activities promoting kindness and mental health. Sponsored by Putting Kids First and Children's Grove.

The Family Fun Fest series is sponsored by Convention and Visitors Bureau, KPLA 101.5 radio, KOMU TV8, Parent Link and Aetna.

More Information: www.como.gov



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STLFRINGE
+SENSORYOVERLOAD

five-fifths artist showcase

THE AGE OF
GLAM
FUNKSOULREVOLUTIONSTADUST

saturday
MAY 14
7-10PM

ATTITUDE'S NIGHTCLUB
4100 MANCHESTER

THE GROVE

STLFRINGE.COM

photo: Erin Renee Roberts, CLamornPhotography

Enjoy St. Lou Fringe

<http://blog.visitmo.com> | April 12, 2016

St Lou Fringe is the only performing arts festival of its kind in the Metropolitan Area. It takes place August 19-25, 2016, but is designed to have a lasting impact on the St. Louis community. One that reverberates through the streets of this city and in the hearts of artists and audiences for much longer than the set festival dates.

St Lou Fringe brings together a diverse array of more than 100 local and national, live, original, affordable shows, performances, and arts-curious audiences from all over the Midwest region.

For those 10 days in August, the blocks stretching north of Delmar and surrounding the iconic Fox Theatre and will come to life as a veritable arts hotspot. Performances involving drama, dance, comedy, music, slam/spoken word, performance art, vaudeville and circus art fill the often overlooked nooks and crannies of Grand Center between major institutions. Any given night will play host to between six and eight very unique shows; patrons will choose whether to see acrobats, a pop musical, a dance performance for the hearing impaired, an original play, or any combination of the above.



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4100 MANCHESTER

THE GROVE

STLFRINGE.COM

photo: Erin Renee Roberts, CLamornPhotography

Enjoy St. Lou Fringe

<http://blog.visitmo.com> | April 12, 2016

St Lou Fringe creates a space of wonder and whimsy, where audiences can pursue their interests and artists can share their passions, all within 30 minutes of the St. Louis County limits and at a very low cost (all individual tickets range between \$1-15, plus a \$5 badge required to get into the festival).

2016 will see the premiere of microtheater (short performances for an audience of no more than 13 patrons in an intimate, immersive setting), spin rooms (post show talk backs and workshops), and an incubator program (a specialized collaborative showcase setting with more support for emergent artists). Over half of the festival performances will focus on stories of individuals underrepresented in the mainstream performing arts based on ethnicity, gender identity, language, dialect, age, physical ability, BMI or other barriers. Past favorite programs like Fringe Family and the Artica sculpture garden will again enliven Strauss Park.



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STLFRINGE.COM

photo: Erin Renee Roberts, CLamornPhotography

Enjoy St. Lou Fringe

<http://blog.visitmo.com> | April 12, 2016

Five years ago, when Executive Director Em Piro made the decision to bring the Fringe Festival model to life on the streets of St. Louis, she had a vision of providing a support structure to connect independent performing arts with accessible, affordable showcase settings for audiences.

Inspired by the international network of Fringe Festivals, St Lou Fringe has evolved into a full five-month season... Fringe is now a program for – and by – the creative doers who define the St Louis cultural identity. In an effort to bolster cultural activity in St Louis, Fringe offers support for collegiate organizations – artistic, civic, or otherwise – to fulfill programming that they may not be able to manifest on their own. These projects stem from commitment to the importance of community driven work, aligned vision for shared long-term goals, and tangible steps towards a more cohesive and collective St Louis. The result is often surprising, always engaging, and exponentially impactful supported by the power of the strong alliances facilitated by Fringe.



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STLFRINGE.COM

photo: Erin Renee Roberts, CLamornPhotography

Enjoy St. Lou Fringe

Bronwyn Ritchie, St. Lou Fringe | April 12, 2016

Since 2011, St Lou Fringe has been named “Best Theatre Festival” and “Best Theatre Surprise” by the Riverfront Times, one of “Nine Intriguing US Fringe Festivals” by CNN, and one of “Fifty Essential Summer Festivals” by the New York Times. The 2016 Fringe Season runs April through August. For more information: www.stlfringe.com.

<http://blog.visitmo.com/st-lou-fringe/>



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Diversity Events Around MO

Saturdays in May, 11 a.m.

Hands-on History

History is brought to life in this family-friendly program in which kids of all ages are invited to handle Great War artifacts! *Complimentary with paid admission.*



Thursdays in May, 2 p.m.

Complimentary Museum Tour

Explore the Main Gallery with one of our knowledgeable Museum Guides on a tour. Space is limited on a first come, first serve basis. Sign-up on Thursdays at the Museum ticketing window. Complimentary with paid admission | Museum Main Gallery

Sunday, May 29, 2016, 1:00 PM

Bank of America Celebration at the Station

Kick off your summer with the largest free Memorial Day *weekend* event in the Midwest. The Kansas City Symphony, led by Music Director Michael Stern, performs patriotic favorites against the backdrop of Kansas City's historic Union Station. Celebration at the Station concludes with a fireworks display over the Liberty Memorial at the National World War I Museum and Memorial. *Free to the public.*

The National World War I Museum and Memorial has different exhibits and events throughout the month of March. Visit www.theworld.org for more information



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Diversity Events Around MO

Pedaler's Jamboree

Memorial Day Weekend
Live Music on the Katy Trail
www.pedalersjamboree.com



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Diversity Events Around MO

9th Annual For the People Pow Wow

May 28-29, 2016

Jefferson City Jaycees Fairgrounds
1445 Fairgrounds Road - Jefferson City, Missouri

Comfortable Indoor Facility

Native American Art Vendors – Native Food – Raffles

Fun for the entire family

Admission: Adults - \$3 – School Age \$1 – Elders & Preschoolers - Free

SATURDAY

12-2	Gourd Dancing	2:30	Grand Entry	2:45-5	Intertribal		
5-5:45	Dinner Break	5:45-6:45	Gourd Dancing	6:45	Grand Entry	7-10	Intertribal

SUNDAY

12-2	Gourd Dancing	2-5	Intertribal				
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HEAD STAFF

Head Man: Nathan Hooton – Knob Knoster, Missouri

Head Lady: Marrina Stabler – Gladstone, Missouri

Head Gourd: Bob LaRoussa – Clinton, Missouri

Host Southern Drum: Young Bucks – Alex Esau – Independence, Missouri

(All Drums Welcome)

Master of Ceremonies: Ed Smith – Kansas City, Kansas

Arena Director: Art Ryan – Spavinaw, Oklahoma

Honored Guest: Larry Sellers (Cloud Dancing) from "Dr. Quinn, Medicine Woman"

Bring your own chairs – Limited Seating Available

Sponsored by: The Society for the Preservation of Traditional Values
Jefferson City Jaycees

Saturday evening meal provided for Singers, Dancers and Vendors

DIRECTIONS TO FAIRGROUNDS:

From Highway 50, take the South Country Club Drive exit and follow South Country Club Drive west for 1.2 miles. The road changes to Fairgrounds Road and you will see the fairgrounds on the left, there will be pow wow signs.

Camping: \$10.00 per family camp for the weekend

EVENT & VENDOR QUESTIONS: Dona McKinney (816) 679-0695 donamckinney1952@yahoo.com

No guns, alcohol or drugs allowed - Pets must be on a leash at all times
Not responsible for Accidents, Theft or Damage of any kind



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How to Make Garden Stones with Kids

Supplies Needed:

- Quick Set Concrete (We used leftover Grout and Thin Set from our tile project.)
- Bucket to mix the concrete in (A wheelbarrow works great too.)
- A shovel or a drill with a mixer attachment for mixing the grout Empty Boxes (Pizza boxes are a great size.)
- Marbles

Directions

1. Prepare your concrete or quick set according to directions. Each brand is different. We mixed ours until it was like brownie batter to give you an idea of the texture.
2. Pour the concrete mixture into your box. This is fun to get the kids to help.
3. Let it sit for a few minutes until the texture is firm but you can still make an indentation. I suggest testing with your finger a few times. Too firm and it will ruin. Too soft and it will fill the hand-prints back up like water does to sand on the beach.
4. Add your kids' hands then tell them to press gently.
5. Decorate by adding decorations i.e. marbles
6. Then allow your creation to rest one to three days. The longer it sits the less likely it will break. The cardboard will just peel away or dampen with water to make it easier to tear away.
7. Place in your garden and enjoy your memory!

Other ideas:

- Use a kleenex box to make rectangle shapes.
- Use silverware or shells to preserve a memory.



Lana
June 28, 2012 |
www.thehappyhousewife.com



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SUN MON TUE WED THU FRI SAT

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|--|--|---|--|---|---|--|
| 1
Track gratitude and achievement with a journal - Include 3 things you were grateful for and 3 things you were able to accomplish each day. | 2
Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea. | 3
Set up a summer get away. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks! | 4
Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this! | 5
Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° and 67° Fahrenheit. | 6
"You don't have to see the whole staircase, just take the first step."
-Martin Luther King Jr.

Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction. | 7
Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked. |
| 8
It's Mother's Day! Show some love to someone in your life who is a mom. Close, quality relationships are key for a happy, healthy life. | 9
Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavanols, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills. | 10
"There is no greater agony than bearing an untold story inside of you."
-Maya Angelou

If you have personal experience with mental illness or recovery, share with #mentalillnessfeelslike. | 11
Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible. | 12
Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect. | 13
Take time to laugh. Hang out with a funny friend, watch a comedy or check out animal videos online. Laughter helps reduce anxiety. | 14
Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face. |
| 15
Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals). | 16
Mondays can be a little rough. Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency. | 17
Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress. | 18
Has something been bothering you? Let it all out... on paper. Writing about upsetting experiences can reduce symptoms of depression. | 19
Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter. | 20
"What lies behind us and what lies before us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen."
- Henry David Thoreau | 21
Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard. |
| 22
Try prepping your lunches or picking out your clothes for the work week. You'll save some time in the mornings and have a sense of control about the week ahead. | 23
Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria. | 24
Practice forgiveness - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives. | 25
"What appear to be calamities are often the sources of fortune."
- Dtravail

Try to find the silver lining in something kind of cruddy that happened recently. | 26
Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down. | 27
Send a thank you note - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness. | 28
It's Memorial Day Weekend! Do something with friends and family - have a cookout, go to a park, or play a game. People are 1.2 times more likely to feel happy on days that they spend 6-7 hours with friends and family. |
| 29
Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being. | 30
Enjoy Memorial Day! Make sure to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator. | 31
"Anyone who has never made a mistake has never tried anything new."
-Albert Einstein

Try something outside of your comfort zone to make room for adventure and excitement in your life. | | | | |



#mentalillnessfeelslike
Share what it's like for you by tagging your social media posts with #mentalillnessfeelslike.
See what others are saying at mentalhealthamerica.net/feel-like where you can also submit anonymously.



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The Trueman

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LIFE WITH DEPRESSION

PEOPLE WITH DEPRESSION SAY IT FEELS LIKE:

You are a burden to everyone

Your head is surrounded by a thick, black, unrelenting fog

Exhausting, like you're living in a cage

Hopeless. Like there is no person or thing that can help you forget about everything that makes you sad all of the time

An overwhelming sense of sadness about life and about all that you are and all you do

Fighting an exhausting battle against yourself

You need to hug someone. But at the same time, you don't want any human to hug you

You have a lump in your throat, as if you're about to cry at any moment, all day

Difficult to tell if you can trust your own perception of reality

A needle of pain pricking at your body at every chance it gets

Being misunderstood and ashamed

Soul sucking torture

You are numb to the world

You want your life to get better, but everything is so hard to do and you have no motivation

All you want is to go home and just curl up and fall asleep forever

Drowning and no one sees it and you feel helpless against the water around you

Really terribly lonely all of the time

A dark, empty room with no escape

It's hard to be happy, to love or accept love

You'll never be happy again, even when you know that's not true

Heavy and tired, like you're moving through quicksand



OF AMERICAN ADULTS HAD A MAJOR DEPRESSIVE EPISODE IN 2014.¹ THAT IS 15.7 MILLION PEOPLE.

ENOUGH TO FILL EVERY MAJOR LEAGUE BASEBALL AND FOOTBALL STADIUM IN THE UNITED STATES



#mentalillnessfeelslike

Share what life with a depressive disorder feels like for you in words, images or video by tagging your social media posts with #mentalillnessfeelslike.

Posts will be displayed at mentalhealthamerica.net/feelslike where you can also submit anonymously if you choose.

- ▶ Speak up about your own experiences
- ▶ Break down the discrimination and stigma surrounding mental illnesses
- ▶ Help others who may be struggling to explain what they are going through to figure out if they are showing signs of a mental illness
- ▶ Show others that they are not alone in their feelings and their symptoms

DEPRESSIVE DISORDERS ARE REAL ILLNESSES THAT INVOLVE EXTENDED PERIODS OF FEELING EXTREMELY LOW AND DISRUPT A PERSON'S ABILITY TO ENJOY LIFE. THEY AFFECT:

THE BODY

Causing: headaches, changes in appetite which cause either weight gain or loss, constantly feeling tired, body aches and pains, a weakened immune system, and sleeping too much or not enough.

THOUGHTS

Causing people to feel: inadequate (like they aren't good enough), extremely sad, guilty, irritable, lonely, empty, pessimistic (having a negative outlook), preoccupied with death or suicide, unable to focus, or unmotivated.

BEHAVIORS

Causing: withdrawal from social activities, decreased interest in sex, slowed speech, difficulty finishing (or even starting) tasks, or not keeping up with daily responsibilities.

HAVING A DEPRESSIVE DISORDER IS NOT:

- ▶ Being sad about a bad situation
- ▶ Grieving the loss of a loved one
- ▶ All in a person's head
- ▶ Overreacting or being overly emotional
- ▶ Something that everybody experiences
- ▶ Something that a person just "gets over"
- ▶ A pity party
- ▶ Being stuck in a rut
- ▶ Laziness
- ▶ A choice
- ▶ A sign of weakness
- ▶ A character flaw



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LIFE WITH ANXIETY

PEOPLE WITH ANXIETY SAY IT FEELS LIKE:

- Being so scared you're paralyzed
- You can't breathe; air is all around you, but you can't get to it
- Your heart is beating out of your chest
- Your mind is racing and you have so many thoughts at the same time that it is hard to have one complete thought
- Always worrying about the future and the possibility of disappointing others
- The worst-case scenario in any situation is the most likely one
- You're dying, because there is no way you would feel like this if you weren't
- Being so uncomfortable you wish you could crawl out of your own skin
- Not being good enough and always blaming yourself
- Your mind and body are on high alert for no obvious reason
- Everything is happening all at once
- Constant worry and fear
- Never being able to truly relax
- Being repulsed and afraid of your own body and the illnesses it could possibly have
- Being constantly aware of every single sound, sight, smell, taste, and texture
- A constant struggle for control that you will likely never get
- Having fear of what tomorrow holds
- Needing to escape, but not being able to
- Intimidating, overwhelming, and exhausting
- Pretending you're okay but really you can't breathe or think straight
- Being powerless against your own mind

OVER 21% OF AMERICAN ADULTS BETWEEN THE AGES OF 18-64 WILL HAVE DIAGNOSABLE ANXIETY DISORDERS IN A GIVEN YEAR (THAT'S OVER 42.5 MILLION)



HAVING AN ANXIETY DISORDER IS NOT:

- Just stressing out
- Being a "neat freak"
- Being excitable
- Having feelings of anticipation before a big event
- An excuse to get attention
- Being nervous with good reason
- Fear in a dangerous situation
- Being shy
- A choice
- A sign of weakness
- A character flaw

#mentalillnessfeelslike

Share what life with an anxiety disorder feels like for you in words, images or video by tagging your social media posts with #mentalillnessfeelslike.

Posts will be displayed at mentalhealthamerica.net/feelslike where you can also submit anonymously if you choose.

- Speak up about your own experiences
- Break down the discrimination and stigma surrounding mental illnesses
- Help others who may be struggling to explain what they are going through to
- Show others that they are not alone in their feelings and their symptoms
- figure out if they are showing signs of a mental illness

ANXIETY DISORDERS ARE REAL ILLNESSES THAT ARE BASED ON EXTREME FEAR. THEY AFFECT:

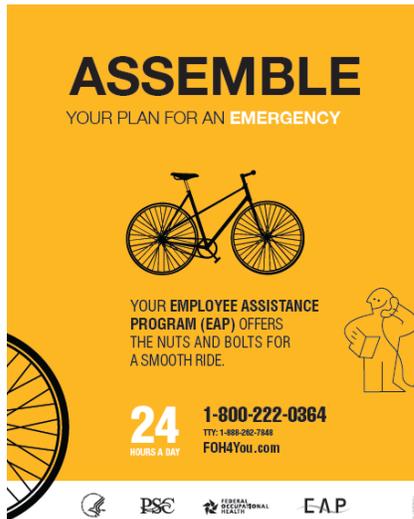
<p>THE BODY</p> <p>Causing: chest pain, heart palpitations, shortness of breath, dizziness, stomach discomfort, nausea, fatigue, trembling, muscle tension, headaches, tingling in the hands and feet, or trouble sleeping.</p>	<p>THOUGHTS</p> <p>Causing: exaggerated worry about everyday life, fear of dying, repeated unwanted thoughts, nightmares or flashbacks, irritability, anger, trouble focusing, numbing of emotions, or anticipating the worst outcome to a situation even though it is unlikely.</p>	<p>BEHAVIORS</p> <p>Causing: rituals that seem impossible to control, being easily startled, avoidance of people, places and/or things, limiting life experiences, inability to sit still, easily losing one's temper, or being snappy with others.</p>
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TOPIC OF THE MONTH

Disaster Preparedness

For More Information:

www.foh.hhs.gov/calendar

IN THE SPOTLIGHT - WEBINAR



Image Source: www.plu.edu

TOPIC OF THE MONTH:

Emergency Preparedness

VISIT: www.foh4you.com

Topic Highlights:

- *Preparing you and your family for emergency situations
- *Tips for supply kits and family emergency plans
- *Coping with the aftermath



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Coming Next Month LGBT Pride Month

Department of Defense

LGBT PRIDE MONTH JUNE 2016

Lesbian Gay Bisexual Transgender Pride Month

Celebration

#DoDPRIDE







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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.

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



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JFHQ EO/EEO STAFF

MAJ DEBORAH SMITH
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TSGT MIKE MARSDEN
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