



The Truman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

May 2015 Issue 2

Asian American and Pacific Islander Heritage Month

*“Many Cultures, One Voice: Promote Equality and
Inclusion”*

The United States has recognized the month of May as a time to acknowledge the achievements and contributions to the American story by Asian Americans, Pacific Islanders, and Native Hawaiians (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 was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843.

It was also chosen to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869.

The majority of the workers who laid the tracks were Chinese immigrants.

ASIAN AMERICAN
PACIFIC ISLANDER
HERITAGE MONTH



“MANY CULTURES,
ONE VOICE:
PROMOTE EQUALITY
AND INCLUSION”



MAY 2015



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A 'Fresh' Take On Asian-Americans In Television by Summer Lin

The months leading up to the premiere of *Fresh Off the Boat*, ABC's newest sitcom series, were defined by ambivalence. I feared another cringe-inducing slew of Asian-American stereotypes, from Mickey Rooney's bucktoothed Mr. Yunioshi in *Breakfast at Tiffany's* to *Sixteen Candles*' racially insensitive Long Duk Dong. And while the 2014 fall network schedule celebrated a more diverse year in television—from *The Mindy Project*, starring and created by Mindy Kaling, to ABC's *Black-ish*, to the CW's *Jane the Virgin*—the diversity gap on the small screen was far from bridged.

The first comedy series to feature an all-Asian central cast since Margaret Cho's *All-American Girl* aired for one season in 1994, *Fresh Off the Boat* follows 12-year-old Eddie Huang (Hudson Yang) and his Taiwanese family's move from Washington D.C. to a prosperous all-white suburb in Orlando, Fla. in search of the elusive "American Dream."

Based on chef Eddie Huang's memoir of growing up in Orlando with Asian immigrant parents who ran a steakhouse, *Fresh Off the Boat* is unafraid to take on issues of race and assimilation. The central protagonist, Eddie, is depicted as a misfit in many ways.

More interested in the Wu-Tang Clan and his other hip-hop idols than earning straight As, Eddie finds himself alienated from his family and struggles to fit in at an all-white school. Assimilation is a pivotal theme for the series—from Eddie's father, Louis Huang (Randall Park) who seems to embrace American culture to Eddie's brothers, Emery (Forrest Wheeler) and Evan (Ian Chen), who receive immediate social acceptance from their peers. The first few episodes focus on Eddie's difficulties with assimilation, from his "smelly" Asian food to being called a derogatory racial term during a lunchroom confrontation.

While *Fresh Off the Boat* uses humor to bring common racial stereotypes to light, the series examines racism through the lens of an all-Asian cast for the first time in 20 years—a feat in itself to be celebrated.

The character of Jessica Huang (Constance Wu), Eddie's overbearing mother who resents the relocation from D.C.'s Chinatown, has been subject to both critical praise and scrutiny. Wu has been commended in her break-out role for her fleshed-out depiction of a traditional Asian immigrant parent and critiqued for her perpetuation of the "Tiger mom" trope.



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While Jessica may cater to common Asian stereotypes—such as her frugality, her inability to tell her children “I love you,” and her inclination to push Eddie to excel in academics—she also teaches her son about consent and date rape in tandem with the traditional “sex talk,” something we rarely see on network television. Wu portrays a mother figure whose parenting style is a product of her cultural background. The important distinction is that while Asian mothers like Jessica Huang do exist, she is not meant to represent every woman of a similar ethnic background.

Fresh Off the Boat has faced pressure to both represent and give nuance to the experience of growing up Asian in America. While the show’s first few episodes rely heavily on making fun of white people for humor, the series’ depiction of how people of color were treated during the 1990s raises social commentary on race relations in America.

In one poignant scene, we watch as Eddie gains temporary social acceptance from his white peers for wearing a Notorious B.I.G. t-shirt. His black classmate then remarks on the hypocrisy of his non-black peers forming a bond with one another over a black artist while he remains friendless and sits alone at lunch.

The show’s title itself, “Fresh Off the Boat,” is that appropriation of a term that has commonly been used to demean Asian immigrants who fail to assimilate into mainstream American culture, and reclaims the phrase as its own.

Real-life Eddie Huang has lamented the show’s forfeit of genuine lived-in experiences for mainstream accessibility and “telling white American stories with Chinese faces.” *Fresh Off the Boat* is still fresh, with gimmicky themes and jokes that sometimes fall flat, and the characters should not be regarded as universal representation for all Asian-Americans, but as narrative of one specific family.

However, *Fresh* has been embraced by wide audiences and features a strong Asian cast—an impressive claim considering people of color have grown accustomed to being misrepresented on television (either through invisibility or hyper-visible stereotypes.) The show is taking a step in the right direction, albeit not without a few stumbles.



Source: www.bcheights.com 4

Image Courtesy of 20th Century Fox Television



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All Asians Are Not Quiet

Considering what stereotypes exist about those hailing from the roughly 20 countries that make up Asia.

By Kellye Whitney • September 21, 2009

Stereotypes aren't just emotionally hurtful. If they're deeply ingrained, as many are, they can actually prevent the recipients from advancing in the workplace. Consider Asians — and here we speak generally of the roughly 20 countries that make up Asia — who are often thought too quiet and meek for leadership positions. Deserving candidates may be consistently overlooked for their more vocally daring counterparts, while that perceived silence is actually a demonstration of respect for hierarchy and leadership.

Anna Mok, a partner at Deloitte; founding president of the Northern California chapter of Ascend; and current chairman and national vice president for the national board of Ascend, a membership organization focused on advancement of Asians in the workplace, said these stereotypes — being less vocal, less assertive, more technically skilled or very smart — can prove challenging and even make some Asians more critical of themselves as they attempt to adapt unique communication or management styles to a given situation.

“The perception that people don't speak up is probably not true,” Mok said. “If you ever see Asians in a home setting, there's a lot of debate, and it's a pretty loud, verbal place. In the workplace, people don't see that because there's a high regard for respect and hierarchy. And there are nuances between all of the many countries that make up the term Asian or pan-Asian, down to the individual.

“That Asians tend to believe in respect for elders and hierarchy gets morphed in the workplace. If a person's boss is talking, an Asian may be less likely to say something in a public forum that looks like it would be challenging or could be seen as not showing respect. Often in American business settings, that may be perfectly acceptable, and if you do that well it can be seen as adding value to the discussion.”



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The aforementioned workplace stereotypes — particularly around communication patterns — have become so ingrained that some young Asian professionals may actually develop them because they think society or the workplace expects them to behave in a certain way, said Sandeep Gupta, a partner at Deloitte and the founding and current president of the metro New York chapter of Ascend.

“The other challenge is the expectation they may have that the broader workforce and the leaders within that want to force people to behave like themselves. [Leaders] may not be as comfortable with the behavior pattern or the communication style or the leadership style of Asians and want to force Asians to change,” he explained. “Then the Asian-American is put under pressure to transform completely to be accepted in the work environment.”

Diversity leaders can help mitigate these misunderstandings by increasing the awareness of all parties.

“This is not [that] an individual has a problem and they need to fix it, or the company is doing something institutionally wrong and they need to fix it,” Mok said. “A lot of diversity is about programs, strategies and the importance companies place on diversity, but it’s as much around what diversity leaders [are] doing to close that potential understanding gap.”

Essentially, managers may have misconceptions about the people they’re managing. The diversity leader can ensure people look and operate through a broader lens and have a higher level of sensitivity or understanding of the workforce.

“Individual[s] also need to recognize what works, what doesn’t work, figure out what’s most important to them, make adjustments and adapt in ways that allow them to be true to themselves but also allow them to be effective in their organizations,” Mok said.



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Mok said diversity leaders also can drive advancement and retention of Asians, rather than focusing solely on boosting recruiting efforts for this group. For instance, they can help strategize succession planning and strategic deployment into different roles and functions that will develop the skills and experiences candidates need in order to take advantage when opportunities arise to step into leadership roles.

“It’s important that [those] in the leadership role embrace diversity as well as embrace challenges faced by people,” Gupta said. “But there needs to be a broader group of leaders that play a role in addressing these challenges. There is a need to create specific programs that every minority group needs to work on to help develop skill sets or help practice and get the right opportunities to make it known they have the capabilities to communicate or lead. Talent and HR personnel are good at providing solutions, but those solutions need to be tailored to a company’s people, and the solutions have to be developed with input from the field.

“Understanding Asian-Americans is a topic that’s here, it’s urgent in a growing workforce, and it’s going to increase over time. Understanding Asian-Americans, and the cultural side of it, is going to be even more important as Asia as a business destination finds its place of importance for those in the U.S.”

Kellye Whitney is *Talent Management’s*
associate editorial director |
Source: www.talentmgt.com 7



What is Feng Shui?

Feng shui offers a variety of easy and practical tips to improve your life

By Rodika Tchi • Feng Shui Expert

What is feng shui? This is a simple question that can be difficult to answer. Feng shui is an ancient art and science developed over 3,000 years ago in China. It is a complex body of knowledge that reveals how to balance the energies of any given space to assure health and good fortune for people inhabiting it.

Feng means *wind* and **shui** means *water*. In Chinese culture wind and water are associated with good health, thus feng shui came to mean good fortune, while bad feng shui means bad luck, or misfortune.



Martin Poole/Getty Images

The ancient Chinese believed that specific land's energy could either make or break the kingdom, so to speak. The theories of yin and yang, as well as the five feng shui elements, are some of the basic aspects of a feng shui analysis that come from Taoism.

The main tools used in a feng shui analysis are the Compass and the Bagua. The feng shui energy map, or bagua, is an octagonal grid containing the symbols of the I Ching, the ancient oracle on which feng shui is based. Knowing the bagua of your home will help you understand the connection of specific feng shui areas of your home to specific areas of your life.

The feng shui compass, also called Luo-Pan, is used to access deeper. It consists of bands of concentric rings arranged around the magnetic needle. **Luo** means *everything* and **Pan** means *bowl*, which can be interpreted as a bowl that contains all the mysteries of the universe.



What is Feng Shui?

Feng shui offers a variety of easy and practical tips to improve your life

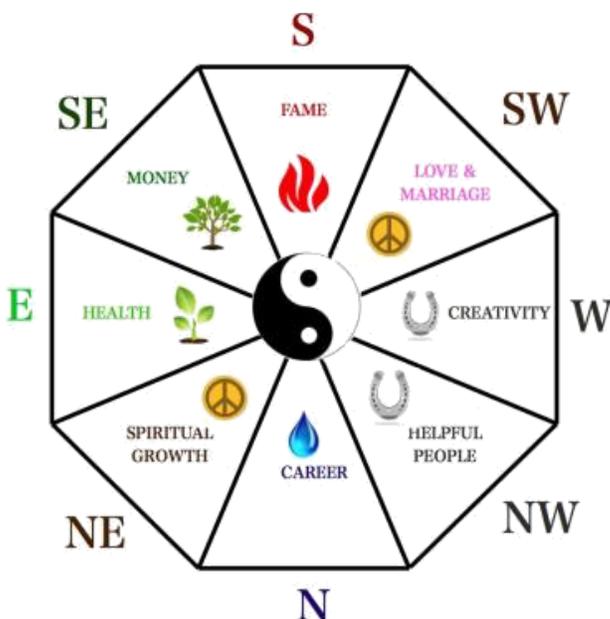
By Rodika Tchi • Feng Shui Expert

Feng shui offers a variety of cures to improve your life. From the feng shui use of aquariums to attract prosperity to the feng shui use of crystals and fountains; from the right feng shui use of colors to the feng shui use of clocks, there are many ways you can improve the energy in your home or office with solid, good feng shui.

It is important to understand that there are several different schools of feng shui, as well as a strong culturally specific symbolic aspect of feng shui that you have to use *intelligently*.

Once you master the basic level of feng shui, you will start seeing powerful results. You will also understand why feng shui is extensively used in both homes and offices all over the world.

Although some levels of feng shui are easy to understand and apply, the core knowledge takes years of study. Just like the Traditional Chinese medicine, feng shui knowledge is deep and complex. The more you know about feng shui, the more there is to explore!



Feng shui bagua (also known as Pakua or Ba-Gua) is the feng shui energy map of any space. To create good energy in your home or office, define the feng shui bagua of your space and balance its feng shui energies accordingly.

©youtube.com/rodikatchi



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FOODS OF THE THAIS

Rice is the main dietary staple of Thailand. Thais eat two kinds of rice: the standard white kind and glutinous, or sticky, rice. Sticky rice rolled into a ball is the main rice eaten in northeastern Thailand. It is also used in desserts throughout the country. Rice is eaten at almost every meal and also made into flour used in noodles, dumplings, and desserts. Most main dishes use beef, chicken, pork, or seafood, but the Thais also eat vegetarian dishes.

Thai food is known for its unique combinations of seasoning. Although it is hot and spicy, Thai cooking is carefully balanced to bring out all the different flavors in a dish. Curries (dishes made with a spicy powder called curry) are a mainstay of Thai cooking. Hot chilies appear in many Thai dishes.

Other common flavorings are fish sauce, dried shrimp paste, lemon grass, and the spices coriander, basil, garlic, ginger, cumin, cardamom, and cinnamon. Soup, eaten with most meals, helps balance the hot flavors of many Thai dishes as do steamed rice, mild noodle dishes, and sweet desserts. Many dishes are served with sauces, such as Nam Pla Prig, for dipping.

Coconuts play an important role in the Thai diet. Coconut milk and shredded coconut are used in many dishes, especially desserts. Thais eat a variety of tropical fruits for dessert, including mangoes, papayas, custard apples with scaly green skins, and jackfruit, which is large and prickly and has yellow flesh.

Thai food differs somewhat from one region to another. Seafood is popular in the southern coastal areas. The Muslims in that part of the country favor curries. The spiciest food is found in the northeast.



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About this
Recipe

Yield:
serves 4 to 6
as an appetizer

Active time:
30 minutes

Total time:
1 hour 30
minutes

Special
equipment:
Blender, Grill

THAI CHICKEN SATAY

Ingredients

- 1 stalk lemongrass, roughly chopped
- 2 tablespoons vegetable oil
- 2 tablespoons fish sauce
- 2 tablespoons palm sugar or light brown sugar
- 1 tablespoon freshly squeezed lime juice from 1 lime
- 1 tablespoon soy sauce
- 2 teaspoons freshly minced garlic (about 2 medium cloves)
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon Sriracha
- 1 pound skinless, boneless chicken breasts, sliced into 1/2-inch strips lengthwise
- Bamboo skewers, soaked in water for 30 minutes prior to use
- 1 recipe [Spicy Peanut Sauce](#)

Type of fire: Direct

Grill heat: Medium-high



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serves 4 to 6
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THAI CHICKEN SATAY

Procedures

1. Place lemongrass, oil, fish sauce, sugar, lime juice, soy sauce, turmeric, garlic, coriander, and Sriracha in jar of a blender and blend on high speed until smooth, about 30 seconds, scraping down sides as necessary.
2. Place chicken in a large resealable plastic bag and pour in marinade. Place in refrigerator and marinate 1 to 2 hours, turning bag occasionally to marinate evenly.
3. Remove chicken from marinade and thread onto wooden skewers.
4. Light one chimney full of charcoal. When all charcoal is lit and covered with gray ash, pour out and spread the coals evenly over entire surface of coal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Grill chicken until browned on both sides and cooked through, about 3 minutes per side. Transfer to a platter, let rest for 5 minutes, then serve immediately with Spicy Peanut Sauce



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About this
Recipe

Yield:
Makes about 1
1/2 cups

Active time:
5 minutes

Total time:
5 minutes

Spicy Peanut Sauce

Ingredients

- 1/2 cup creamy peanut butter
- 1/4 cup hot water
- 2 tablespoons Thai red curry paste
- 2 tablespoons palm sugar or light brown sugar
- 2 tablespoons Sriracha
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon freshly squeezed lime juice from 1 lime
- 1 teaspoon finely minced garlic
- 1/2 teaspoon red pepper flakes
- 2 scallions, thinly sliced
- Kosher salt, to taste

Procedures

1. In a medium bowl, whisk together peanut butter and hot water.
2. Stir in curry paste, sugar, Sriracha, soy sauce, vinegar, lime juice, garlic, red pepper flakes, and scallions. Season with salt to taste. Use immediately or store in an airtight container in refrigerator for up to two weeks.



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History of Cinco de Mayo: Battle of Puebla

In 1861 the liberal Mexican Benito Juárez (1806-1872) became president of a country in financial ruin, and he was forced to default on his debts to European governments. In response, France, Britain and Spain sent naval forces to Veracruz to demand reimbursement. Britain and Spain negotiated with Mexico and withdrew, but France, ruled by Napoleon III (1808-1873), decided to use the opportunity to carve a dependent empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large French force and driving President Juárez and his government into retreat.

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez (1814-1892) set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a rag-tag force of 2,000 loyal men—many of them either indigenous Mexicans or of mixed ancestry—and sent them to Puebla. Led by Texas-born General Ignacio Zaragoza (1829-1862), the vastly outnumbered and poorly supplied Mexicans fortified the town and prepared for the French assault.

On May 5, 1862, Lorencez drew his army, well provisioned and supported by heavy artillery, before the city of Puebla and led an assault from the north. The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, Zaragoza's success at Puebla represented a great symbolic victory for the Mexican government and bolstered the resistance movement. Six years later—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France withdrew.

The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico by Napoleon in 1864, was captured and executed by Juárez's forces. Puebla de Los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.



Although the roots of mole can be traced back to pre-Columbian times, the modern-day version is apparently based on a dish created in a convent in Puebla, Mexico back in the 17th century. Various stories have been offered to explain how Mole Poblano actually came into existence, but one thing is for sure – Mole Poblano has a starring role in Mexican Cuisine. A source of pride to many Mexicans, Mole Poblano continues to be a basic dish for special occasions and parties.

Mole Poblano

Ingredients

- 2 Dried Pasilla Chilis
- 15 Dried Mulato Chilis
- 8 Dried Ancho Chilis
- 1 Turkey, cut into parts; heart, gizzard and neck saved to make a stock
- 2 Sprigs Parsley
- 3 Cloves Garlic, peeled
- 1 Large Onion, chopped (about 1 1/2 Cups)
- 3/4 Cup Blanched Almonds
- 1/2 Cup Seedless Raisings
- 4 Tablespoons Toasted Sesame Seeds
- 1/2 Bolillo (French bread or Baguette), lightly toasted
- 1/2 Teaspoon Ground Cloves
- 1/2 Teaspoon Ground Cinnamon
- 1/2 Teaspoon Anise Seeds
- 1/4 Teaspoon Freshly Ground Black Pepper
- 1 Corn Tortilla, fried crispy and broken in small pieces
- 1 Chipotle Chilli
- 3 Large Tomatoes, peeled, seeded, and chopped
- 1 Teaspoon Sugar or to taste
- 1 Teaspoon Salt or to taste
- 1 1/2 Squares Unsweetened Chocolate
- 1 Cup Lard



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Mole Poblano

Directions:

*The Day Before –

Toast the dried chilis. Remove the veins and seeds, and soak the chilis in salted water overnight.

*The Following Day –

Place the turkey heart, gizzard, and neck in a small saucepan and cover with 6 cups water. Add parsley, 1/2 cup onion, and clove garlic. Cover and simmer about 1 hour. Strain stock and set aside.

Drain the chilis. Using a molcajete (mortar and pestle) or blender, combine the chilis, almonds, rasins, 2 tablespoons sesame seeds, bolillo (bread), cloves, cinnamon, anise seeds, pepper, tortilla, and the remaining onion and garlic. Blend into a smooth puree and set aside.

Grind or blend tomatoes with chipotle until smooth.

Heat lard in a large skillet or pot over medium-high heat. Add turkey and brown on all sides. Add the tomato-chipotle mixture, and then add about 2 cups of the prepared stock. Simmer until most of the stock has evaporated. Add the chili puree and cook for a few more minutes. Add another 2 cups of stock and salt. Simmer until turkey is tender. Add more stock as needed. Add the sugar and chocolate. Cook until chocolate has melted.



Serve hot, accompanied with Red Rice and tortillas. If desired, the remaining 2 tablespoons of sesame seeds are for sprinkling on the mole when served.



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Military Spouse Appreciation Day 2015

National Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in May.

This year it will be celebrated on Friday, May 8th, 2015.

On Military Spouse Appreciation Day, we celebrate military spouses contributions to keeping our country safe. America's military spouses are the backbone of the families who support our troops during mission, deployment, reintegration and reset. They are the silent heroes who are essential to the strength of the nation and they serve our country just like their loved ones.



In celebration of Military Spouse Appreciation Day the armed forces have special events and programs to inform, honor and recognize military spouses. Events range from spouse appreciation luncheons to educational workshops to spouse employment fairs that pay tribute to military spouses.

History

In 1984 President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184, dated April 17, 1984.

Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. Subsequently the Department of Defense standardized the date by declaring the Friday before Mother's Day every year as Military Spouse Appreciation Day to show appreciation for the sacrifices of military spouses.





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In 1855, a free-born black woman, Mary Meachum, believed slavery was wrong and she did something about it...

In 1863, Abraham Lincoln did too...

In 1865, General Grant brought it to an end.

Join us to celebrate as they did 150 years ago at:

The Great Jubilation!

Saturday, May 9th, 2015

12 Annual Mary Meachum Freedom Crossing Celebration

Missouri's First Nationally Recognized Underground Railroad Site

Come one, come all,

to the mighty Mississippi's banks to experience an exciting & important piece of St. Louis history!

You're invited to attend dressed in 1865 style clothing or as you are.

All ages welcome!



Recruits wanted to portray the valiant men of the 62nd & 65th USCT, founders of Lincoln University in Jefferson City. No experience needed, sign up as you arrive!

Event Details:

- 11am** 5 Mile Freedom Bike Ride *register at 10:30am*
- 11am - 5:30pm** Entertainment *music, choirs, dance, poetry*
Reenactments *Abraham Lincoln, Frederick Douglass*
Art, goods, food & drink for purchase
Games for children, education for all

Remarks from distinguished guests at 3:30pm



Take Highway 70 to Grand Ave; East toward river; North on Hall to Prairie; Right on Prairie to site & parking.

Rangers & shuttles can direct you to the event from there!

MaryMeachum.org





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Make

Mother's

Day

Extra

Special

with a

handmade

gift



🌸 Mother's Day Gift Jar

Make Mom feel extra special on Mother's Day with this "I Love You" jar. Cut 1-inch-wide strips of colorful or patterned paper and write a reason you love her on each strip. Bend the ends of the strip together to make little rings with the message on the inside. Fasten the ends together with stickers, and place them in a glass jar. Make a label for the front of the jar.



🌸 Mother's Day Flowers

Wrapping paper adds a personal touch to a classic bunch of Mother's Day flowers. Wrap paper with a fun and bright pattern around the base, using glue to secure in place. Tying the paper on with a ribbon or some lace works well, too.

Source: www.bhg.com



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Armed Forces Day • MAY 16, 2015



Many Americans celebrate Armed Forces Day annually on the third Saturday of May. It is a day to pay tribute to men and women who serve the United States' armed forces. Armed Forces Day is also part of Armed Forces Week, which begins on the second Saturday of May.

Background

On August 31, 1949, Louis Johnson, who was the United States' Secretary of Defense, announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The event stemmed from the armed forces' unification under one department — the Department of Defense. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day too.

The first Armed Forces Day was celebrated on Saturday, May 20, 1950. The theme for that day was "Teamed for Defense", which expressed the unification of all military forces under one government department. According to the U.S. Department of Defense, the day was designed to expand public understanding of what type of job was performed and the role of the military in civilian life.

Armed Forces Day was a day for the military to show "state-of-the-art" equipment to Americans. It was also a day to honor and acknowledge Americans in the armed forces. Parades, open houses, receptions and air shows were held at the inaugural Armed Forces Day. Armed Forces Day is still celebrated nationwide today and is part of Armed Forces Week.





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CAMERON VETERANS HOME WISH LIST

- Latch hook kits
- Wireless headphones for TV's
- Paint Brushes
- DVD Players
- AM/FM radio CD players
- Trivia books
- Silverware/kitchen utensils
- Construction paper
- Muffin mixes (any flavor)
- Balloons (regular Latex)
- Color Highlighter any and all colors
- White Tee Shirts M-L-XL-2XL
- Sleeveless Tee Shirts M-L-XL-2XL
- Jog pants & sweatshirts ranging from L to 4XL
- Wal-Mart gift cards
- Phone Cards
- Postage stamps
- White wash clothes
- White Bar towels



Ride Info

Registration fro 7:00 - 9:30

Ride begins at 9:30

***** FREE LUNCH BACK AGAIN AS OUR THANK YOU *****

First 200 registered riders receive a FREE lunch as our thank you!

Online registration at: <http://warrally.com/ride-registration/> and at Worth Harley-Davidson North during a few of their free Thursday Bike Night shows (shows start at 6PM).

Remember ... All proceeds go to help our Warriors and Veterans through the Cameron Veterans Home and Camp Hope - Chris Neal Farm.

We'll also be collecting wish list items and donations for the Cameron Veterans Home. Bring items the day of the ride, or come see us during pre-registration. Their wish list is to the left.

Start location is Worth Harley-Davidson North at 9400 NW Prairie View Rd, Kansas City, MO 64153. Click on the map to your right for directions.

This will be an approximate roundtrip ride of 100 miles with one stop midway at the Cameron Veterans Home. Be fueled and ready to leave prior to start time.

This is an escorted group ride to the Cameron Veterans Home in Cameron, MO, and arrives back to Worth Harley-Davidson approximately Noon where the Warrior Appreciation Rally will continue until 4:00 PM.



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Our mission is to see our Nation and its people stand united on Armed Forces Day to honor and show support to all that have ever served our great Nation. The MIA, POW, Veterans, Troops and their Families.

It's not about supporting the battles of war ~ It's about supporting those that fought the battles.

Thank You
Veterans - We
Know Our
Freedom Is Not
Free



Warrior Appreciation Rally

SATURDAY - MAY 16th (Armed Forces Day)
NOON to 4:00 PM

The 5th Annual W.A.R. - Warrior Appreciation Rally - is a one day non-profit event to honor, show support and raise awareness for our Military's Wounded Warriors. This event raised approximately \$40,000 in the first four years, benefiting the Wounded Warrior Project, Camp Hope, and the Cameron Veterans Home - three very worthy organizations that support today's Warriors and Veterans alike.

The Wounded Warrior Project provides unique services to meet the needs of our Warriors and empowers them to help others:

Camp Hope - Chris Neal Farm offers our wounded Veterans and Service Members free use of 170 acres year-round in Southeast Missouri. Camp Hope allows these Warriors the opportunity to shoot, hunt, fish, hike, explore and relax with dignity amongst friends, and was started by a Gold Star family in memory of their son, a U.S. Marine that was lost in 2006 during combat operations in Iraq.

The Cameron Veterans Home, operated by the Missouri Veterans Commission, provides a state-of-the-art facility that is a Veteran focused environment offering meals, living accommodations, and 24 hour daily care to our Missouri Veterans.

Come party with us and hang out with friends from 12:00 - 4:00 PM as we make 2015 even bigger and better while raising a few bucks for this years two organizations, Camp Hope and the Cameron Veterans Home. Bring all your friends to enjoy some good music, food, and meet some great people.

Source: 22

www.nationalarmedforcesfreedomridemissouri.webs.com



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Memorial Day ★ May 25, 2015

SALUTE TO VETERANS CORPORATION 2015 MEMORIAL DAY WEEKEND CELEBRATION AIRSHOW



**COLUMBIA MISSOURI
REGIONAL AIRPORT
SATURDAY & SUNDAY
9:00 am -- 4:00 pm
MAY 23, 24, 2015**

Poster Sponsored by

WWW.SALUTE.ORG

• **FREE ADMISSION** • **FREE PARKING** •



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Memorial Day ★ May 25, 2015

Salute to Veterans Parade

*May 25, 2015 at 9:55am, Broadway Street,
Downtown Columbia, Missouri U.S.A*

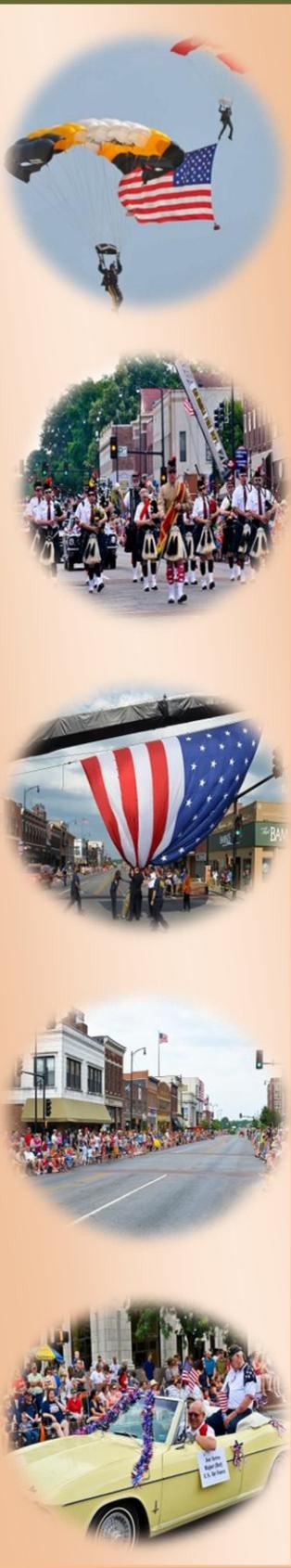
THE **FREE** 27th ANNUAL 2015 165-Unit **SALUTE TO VETERANS PARADE** begins at **9:55AM** on **Monday**, May 25, Memorial Day, in downtown Columbia, Mo and is "Jump-Started" by the Golden Knights Parachute Team parachuting into intersections on Broadway. The aircraft from the Airshow fly cover overhead as a tribute to fallen comrades.

The Parade is specifically to Honor and Remember Those Who Served and Those Currently Serving in Our Armed Forces, Guard, Reserves and Our Allies. Only members of the Military Services and related fields are allowed in the Parade. There are no politicians and there is no commercialism in the Parade. The Parade ends at the Boone County Courthouse where a Military Ceremony takes place.

27 YEARS OF HONORING AND REMEMBERING

WE HONOR AND SUPPORT OUR MILITARY NO MATTER WHERE! NO MATTER WHEN!

Source: www.salute.org/parade





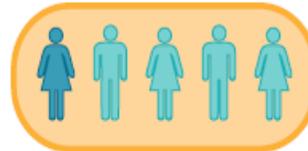
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MENTAL HEALTH MONTH 2015 **B4Stage4** Changing the Way We Think About Mental Health

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases and are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don't we do the same for individuals who are dealing with potentially serious mental illness?

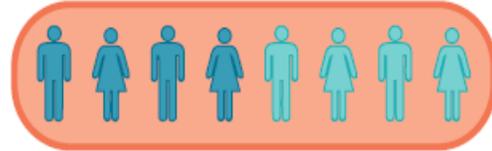


1 in 5

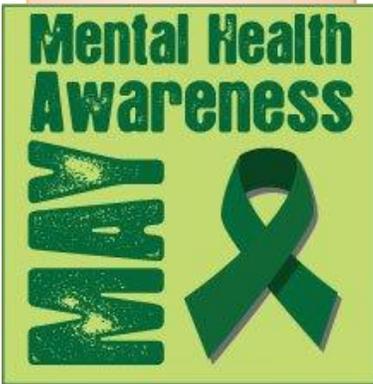
American adults will have a diagnosable mental health condition in any given year.¹

50

PERCENT



of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.²



Stages of Mental Health Conditions

Stage 1:
Mild Symptoms and Warning Signs

At Stage 1, a person begins to show symptoms of a mental health condition, but is still able to maintain the ability to function at home, work or school—although perhaps not as easily as before they started to show symptoms. Often there is a sense that something is “not right.”

Stage 2:
Symptoms Increase in Frequency and Severity and Interfere with Life Activities and Roles

At Stage 2, it usually becomes obvious that something is wrong. A person's symptoms may become stronger and last longer or new symptoms may start appearing on top of existing ones, creating something of a snowball effect. Performance at work or school will become more difficult, and a person may have trouble keeping up with family duties, social obligations or personal responsibilities.

Stage 3:
Symptoms Worsen with Relapsing and Recurring Episodes Accompanied by Serious Disruption in Life Activities and Roles

At Stage 3, symptoms have continued to increase in severity, and many symptoms are often taking place at the same time. A person may feel as though they are losing control of their life and the ability to fill their roles at home, work or school.

Stage 4:
Symptoms are Persistent and Severe and Have Jeopardized One's Life

By Stage 4, the combination of extreme, prolonged and persistent symptoms and impairment often results in development of other health conditions and has the potential to turn into a crisis event like unemployment, hospitalization, homelessness or even incarceration. In the worst cases, untreated mental illnesses can lead to loss of life an average of 25 years early.



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MENTAL HEALTH MONTH 2015

Catching mental health conditions early is known as Early Identification and Intervention. However, many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential. Even though mental illnesses may require intensive, long-term treatment and a lot of hard work at the later stages, people can and do recover and reclaim their lives.

One way to see if you may be experiencing symptoms of a mental health condition is to take a screening. Visit www.mhascreening.org to take a quick, confidential screening for a variety of mental health conditions including anxiety, depression, mood disorders or Post-Traumatic Stress Disorder. Use your screening results to start a conversation with your primary care provider, or a trusted friend or family member and begin to plan a course of action for addressing your mental health.



www.mhascreening.org
Anonymous • Free • Confidential



Remember, mental health conditions are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support, and it may take some time for a person to find the right treatment or combination of treatments that works best for them. But when they do, the results can be truly amazing and life changing.

For more information about what you should know and what you can do at each stage, visit www.mentalhealthamerica.net/may.

www.mentalhealthamerica.net/may

 facebook.com/MentalHealthAmerica

 [@mentalhealtham](https://twitter.com/mentalhealtham)
[#B4Stage4](https://twitter.com/mentalhealtham) [#MHMonth2015](https://twitter.com/mentalhealtham)

Sources
¹Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (September 4, 2014). *The NSDUH Report: Substance Use and Mental Health Estimates from the 2013 National Survey on Drug Use and Health: Overview of Findings*. Rockville, MD.
²Ronald C. Kessler et al., Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication, 62 Arch. Gen. Psychiatry 593, 595 (2005).



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Time to Enjoy Life

Make Physical Activity a Bigger Part of Every Day. May is National Physical Fitness and Sports Month.

Most of us know that there are great benefits to being physically fit. Yet, many of us are not as fit as we would like to be, usually because we have trouble making the time for regular physical activity in our busy lives.

You can find some tips for adding more physical activity to your day at

www.foh.hhs.gov/calendar/may.html.

Try these tips and you'll soon find that you've made exercise a habit that you won't want to break.

The best way to become physically fit is to find an activity you enjoy doing and gradually work it into your daily Routine. Doing something that brings you pleasure can help you stick to your fitness program and reach your goals.

Be sure to speak with your physician or other healthcare provider before starting an exercise program if you have any medical concerns.

**MAY IS
NATIONAL
PHYSICAL
FITNESS
AND SPORTS
MONTH**



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MONTH**





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May 31
is
World
No
Tobacco
Day

Clear the Air **Smoke knows no boundaries**

World No Tobacco Day aims to draw global attention and raise awareness of harmful health effects of tobacco.

Letting Go of Tobacco

Do you want to go smoke-free? Then visit the FOH's page on "What's Your Reason to Quit" for helpful information on tobacco cessation.

A Worldwide Epidemic

According to the World Health Organization (WHO), smoking kills up to half of its users. In fact, over 6 million people worldwide are expected to die this year from tobacco-related health complications. It's not just the smokers who suffer; exposure to secondhand smoke kills 600,000 people each year.

In the United States, 1 in 5 deaths are the result of tobacco use, and smokers die 13 to 14 years earlier, on average, than their non-smoking counterparts, according to the Centers for Disease Control and Prevention (CDC).

Secondhand smoke is a known cancer-causing agent. That is why 27 states and the District of Columbia have passed comprehensive laws that prohibit smoking in almost all public places, workplaces, restaurants, and bars.

Clear the Air

Smoke knows no boundaries

Created by the World Health Organization (WHO) in 1987 and celebrated annually since, World No Tobacco Day aims to draw global attention and awareness to tobacco use and its detrimental health effects.

MAY 31

World No Tobacco Day

More information and resources are available online at:

FOH.hhs.gov/SmokeFree





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May 31
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Tips to Help You Quit

- Set up a quit date.
- Get rid of your last cigarettes, and anything related to smoking—lighters, ashtrays, etc.
- Set up a support system. This could be taking a group class, going to Nicotine Anonymous, or having a friend or family member who has successfully quit who is willing to help you.
- Ask family and friends who smoke not to do so around you and to not leave cigarettes out where you can see them.
- Set up a support system. This could be a group class, Nicotine Anonymous, or a friend or family member who has successfully quit and is willing to help you.
- Don't give up. The nicotine in tobacco is highly addictive, and it may take several attempts to quit smoking.

More information and resources are available online at:
FOH.hhs.gov/SmokeFree



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National Safe Boating Week, May 16-22, Kicks Off with Reminder for Boaters to Always 'Wear It!'

Wearing a life jacket is the simplest life-saving strategy for safe boating

National Safe Boating Week is the launch of the 2015 North American Safe Boating Campaign. This yearlong campaign promotes safe and responsible boating and the value of voluntary, consistent life jacket wear by recreational boaters through the national theme, Wear It!

“What looks like a perfect day for boating can quickly become hazardous if you end up in the water,” said Rachel Johnson, executive director of the National Safe Boating Council, the lead organization for Wear It! “You can have a great time while choosing to always wear a life jacket and being a responsible boater.”

U.S. Coast Guard statistics show that drowning was the reported cause of death in three-fourths of recreational boating fatalities in 2013, and that 84 percent of those who drowned were not wearing life jackets.

“Each year hundreds of people lose their lives, and they may still be alive if they had been wearing a life jacket,” said John Johnson, chief executive officer of the National Association of State Boating Law Administrators. “You never know when there may be a boating mishap, so it’s important that everyone onboard always wears a life jacket.”

New life jackets are much more comfortable, lightweight and stylish than the bulky orange style most boaters know. There are innovative options, such as inflatable life jackets, allowing mobility and flexibility for activities like boating, fishing, paddling or hunting, and are much cooler in the warmer weather.

Throughout the campaign, Wear It! will remind boaters of the importance of boating safely, including consistent life jacket wear, boating sober, knowing navigational rules and having a proper lookout. Partners will host local events, teach classes, offer on-water training, distribute educational materials, and perform free vessel safety checks.

Follow Wear It! on Twitter at [@boatingcampaign](#), like on Facebook at [facebook.com/safeboatcampaign](#), and share your boating story at [safeboatingcampaign.com](#).



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Contact SGT
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help contribute
to this
newsletter

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39788



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We want

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- 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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STATE EQUAL EMPLOYMENT MANAGER (SEEM)

TSGT MIKE MARSDEN
EO/EEO SPECIALIST

SGT DESIREE TORRES
EO/EEO ASSISTANT

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