



The Truman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

June 2015 Issue 3

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Greetings from
the SEEM

News from the
SEEM – *The Great
Jubilation*

Pride Month

DEOMI
Presentation

*“Same Sex
Military Spouses
Speak of Unique
Obstacles.”*

Wings over
Whiteman

Juneteenth

Fathers Day
Crafts and
Recipes

Men’s Health
Month

Retirement and
Healthy Aging



GREETINGS FROM THE SEEM

Greetings,

Pride Month observes the gay, lesbian, bisexual and transgender service members who have served and continues to serve our country even when they could not do so openly. Let’s join the nation in celebrating “victories that have affirmed freedom and fairness.”

Respectfully,

MAJ Deborah A. Smith
State Equal Employment Manager



The Trueman

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NEWS FROM THE SEEM



As demonstration of its dedication in enhancing diversity through community involvement, the Missouri National Guard (MONG) participated in the 12th Annual Mary Meachum Freedom Crossing Celebration at the historic Mary Meachum Site in St. Louis, Missouri. The event celebrated the legacy of Underground Railroad pioneer, Mary Meachum, the Emancipation Proclamation, and the 62th and 65th Colored Infantries.

In May 1855, Mary Meachum, a free-born Black woman, orchestrated the escape of nine slaves belonging to prominent St. Louisans. This group of slaves and their guides crossed the Mississippi River from St. Louis to reach a route to freedom in Illinois.

When the Emancipation Proclamation was issued in 1863 and Black men were permitted to the join the military, the largest induction center west of Ohio was Benton Barracks, which was located in St. Louis in an area of the city where Fairgrounds Park is now. In January 1864, there were 40,000 men stationed at Benton, with over 22,000 of them being men of color who were mostly runaways.

Two units that were organized there were the 62nd and the 65th Colored Infantries. It is these two units that gave their mustering out pay to their commander to buy land to establish Lincoln Institute (now known as Lincoln University) in Jefferson City, Missouri.





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NEWS FROM THE SEEM

Participation in this momentous event constituted a team effort involving the State EEO/EO Office, the MONG State Joint Diversity Council, Recruiting Battalion and a color guard featuring soldiers of the 70th Troop Command. The overall MONG presence represented the MONG's commitment in celebrating diversity, strengthening community ties and supporting diversity initiatives throughout the state. Let us continue to work with the community in embracing diversity to maximize the effectiveness and efficiency of our Missouri National Guard. *Source: Angela da Silva*





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Pride Month 2015 Theme: Leadership

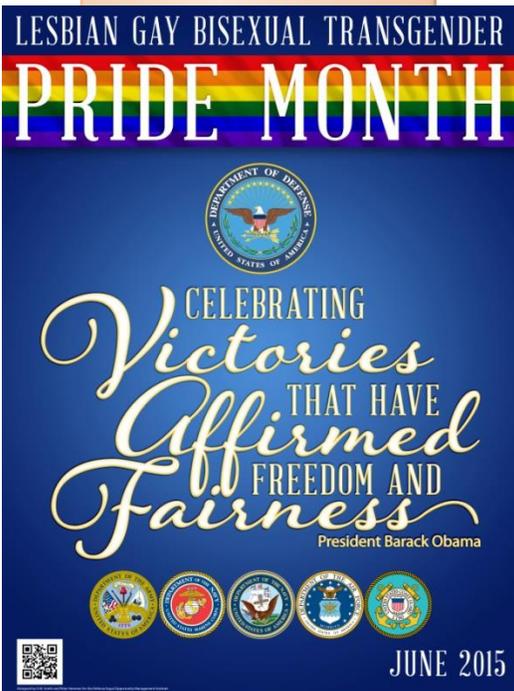
Lesbian, Gay, Bisexual, and Transgender (LGBT) Pride Month is celebrated in the month of June to commemorate the 1969 Stonewall riots in New York City.

The Stonewall riots were a tipping point for the Gay Liberation Movement in the United States.

The Department of Defense (DoD) joins the Nation in celebrating LGBT Pride Month. The DoD is committed to promoting an environment free from personal, social, or institutional barriers that prevent its workforce from rising to the highest level of responsibility possible regardless of sexual orientation.

“Our nation has always benefited from the service of gay and lesbian soldiers, sailors, airmen, and coast guardsmen, and Marines. Now they can serve openly, with full honor, integrity, and respect. This makes our military and our nation stronger, much stronger... We're very proud of everything the gay and lesbian community have contributed and continue to contribute. With their service, we are moving closer to fulfilling the country's founding vision, that all of us are created equal.”

— Secretary of Defense Chuck Hagel





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This month DEOMI's presentation acknowledges the painstaking labor of Americans—sung and unsung—whose personal sacrifices and determination were instrumental in the struggle for civil rights.

Dr. Frank E. Kameny fought for gay rights more than a decade before the Stonewall riots. He served in World War II, and later as a civil service astronomer with the U.S. Army Map Service

According to the Library of Congress, Kameny was fired and banned from federal employment in 1957 because he was gay. Not only was he released, but more than 10,000 gay and lesbian employees were forced out of their jobs during the 1950s and 1960s.

He decided to sue and lost. He appealed and lost again. He brought the first civil rights action regarding sexual orientation to the Supreme Court of the United States, arguing that the government's actions toward gays were *“an affront to human dignity.”*

The Court denied his petition. He persevered and continued to fight for civil rights for 18 years, until the U.S. Civil Service Commission reversed its policies excluding homosexuals from government employment.

Fifty years after he was fired, the U.S. Civil Service Commission issued Kameny a formal apology for being fired solely on the basis of his sexual orientation.



Before his death in 2011, he said, *“All I can say is from the long view, 50 years, we have moved ahead in a way that would have been absolutely unimaginable back then.”*

Source: www.deomi.org
Image: www.findagrave.com



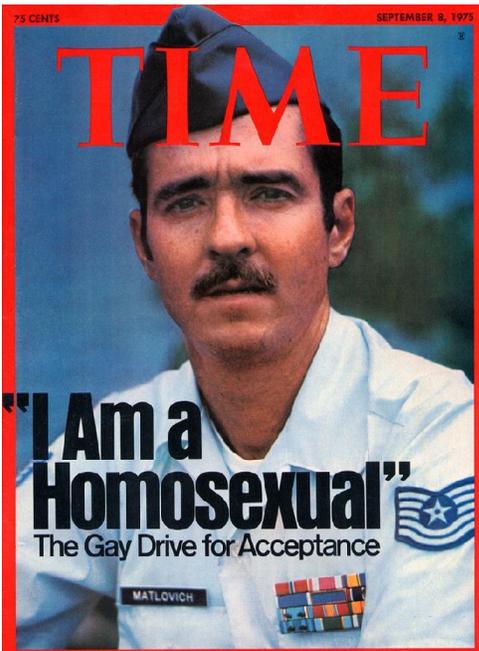
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Technical Sergeant Leonard P. Matlovich was a Vietnam War veteran, voluntarily serving three combat tours, and later as a military race relations instructor. He earned the Purple Heart and the Bronze Star Medal.

He was also the first gay service member to purposely out himself, to challenge the ban on homosexuals in the military.



Matlovich wrote a letter to his commanding officer, revealing his homosexuality and asking for an exception to be made because of his service record. The officer looked at it and said: *“Just tear it up and we will forget it.”* He refused.

His fight to stay in the U.S. Air Force after coming out became a cause that the gay community rallied around. His case was covered in newspaper and magazine articles throughout the country, numerous television interviews, and in a television movie.

His photograph appeared on the cover of the September 8, 1975, issue of Time magazine, making him a symbol for thousands of gay and lesbian service members and the Lesbian Gay Bisexual Transgender community.

In his last public speech, Matlovich said, *“...I want you to look at the flag, our rainbow flag, and I want you to look at it with pride in your heart, because we too have a dream. And what is our dream? Ours is more than an American dream. It's a universal dream. And our mission is to reach out and teach people to love, and not to hate.”*

On June 22, 1988, less than a month before his 45th birthday, he died beneath a large photo of Martin Luther King, Jr. in his hospital room.



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Same-Sex Military Spouses Speak of Unique Obstacles

Eliza Gray April 21, 2015

Frequent moves and fragile parental rights highlighted ahead of Supreme Court arguments

Ashley Broadway-Mack was living in North Carolina in 2013 when her wife Heather Mack, a Lieutenant Colonel in the U.S. Army, had their child Carly. But same-sex marriage wasn't legal in North Carolina at the time, meaning Carly, now 2, couldn't have Broadway-Mack listed as a parent on her birth certificate. Broadway-Mack eventually managed to become a legal parent to Carly after she traveled to South Carolina (where so-called "second-parent" adoptions are legal) and spent thousands of dollars to legally adopt her. Same-sex marriage became legal in North Carolina last October.

"We just want to be recognized lawfully like every other military couple and couple in the U.S.," Broadway-Mack told *TIME* in an interview this week. "We want our marriage to be recognized and our kids to be protected. Men and women in uniform are fighting for our rights and can't be given the same rights they fight for."

Stories like Broadway-Mack's are behind a legal brief that former military officials filed to the Supreme Court ahead of hotly anticipated oral arguments next week about whether states can ban same-sex marriage—arguments many think will end in the high court ruling that marriage is a constitutionally protected right.

The brief, reported by the *New York Times*, argues that the inconsistent state laws on same-sex marriage hurt same-sex married families, and ultimately military readiness. Gay couples in the military move frequently, and have little—if any—choice in deciding where they live. If they move from a state that recognizes their union to one that doesn't, they are at risk of losing protections and benefits, such as spousal veteran's benefits distributed by the Department of Veterans Affairs.



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“Those willing to risk their lives for the security of their country should never be forced to risk losing the protections of marriage and the attendant rights of parenthood,” the brief argues, “simply because their service obligations require them to move to states that refuse to recognize their marriages.”

Broadway-Mack, whose wife is stationed at Fort Bragg in North Carolina and who made headlines in 2013 when she was denied entrance to Association of Bragg Officers’ Spouses, said that for gay couples who have children, the issue becomes that much more urgent.

“Before when it was just Heather and me, we were just used to it,” she said. “Now that there are kids involved, it is extremely stressful.”

Roya and Jennifer Cintron, a couple in their early 30s who both serve in the Army, met at Fort Bragg in 2009 when they were en route to their deployments in Afghanistan. They married in New York in 2013. But in February, the couple moved from New Jersey, where their marriage was legally recognized, to Fort Sam Houston in San Antonio, Texas, where same-sex marriage is not legal.

Roya gave birth to the couple’s twin girls, who are now almost a year old, in New Jersey. And while both parents’ names are on the girls’ birth certificates, Jennifer, who did not give birth to the girls, now has to apply to legally adopt her daughters. Roya Cintron said she was optimistic about the sea change in policies and perceptions around same-sex marriage that have been sweeping the country (the “don’t ask, don’t tell” law banning openly gay people from serving in the military was repealed in 2010). But she said the patchwork of rules still makes for anxious parents, especially in military families where at least one parent could be deployed away at any moment.

“You just never know where the military going to send you,” she said, “even overseas.”

Source: www.time.com



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2015 Juneteenth Heritage Festival Celebrating the 150th Anniversary of Juneteenth Calendar of Events



June 6, 2015 & June 13, 2015	2:00 pm	“Juneteenth’s Got Talent” Auditions – Coca Cola Community Room – 605 Washington St.
June 14, 2015	2:00 pm	Father’s Day Banquet - Scruggs Student Center Lincoln University Campus
June 15-19, 2015	TBA	Footprints Project Dance & Nutrition Camp TBA – Lincoln University Campus
June 19, 2015	7:00 pm	Little Mister & Little Miss Juneteenth Pageant – Ellis Porter Riverside
June 20, 2015	12:00 noon	Juneteenth Heritage Festival – Ellis Porter Riverside Park

The Juneteenth Heritage Festival is the main event of the annual Juneteenth Celebration. Food vendors provide, for purchase, a variety of tasty “mouth watering” Juneteenth foods such as fried catfish, award winning bar-b-q, famous hot-wings, etc. Retail vendors provide a variety of interesting products for sale such as jewelry, books, art, artifacts, clothes, purses, and t-shirts, etc. Exhibitors will present displays and provide information, materials, products, services, resources, and job opportunities. Games and activities are available for persons of all ages. For the Kids - there will be many exciting games and activities to include bounce house, chalk drawing, face painting, and game competitions.

The “Grande’ Stage Event” provides a various activities on stage including greetings, presentations, music, awards, entertainment, prizes presentation and parade of Little Mr. and Miss Juneteenth and court, etc. Entertainment on the Grande’ Stage this year includes DJ Rhonda Harper, “Juneteenth’s Got Talent” Competition, and, among other entertainment and activities. The “Juneteenth’s Got Talent” Competition is the major “anticipated” event of the Grande’ Stage Event. A variety of talents in two different age categories compete for cash prizes.

MORE INFORMATION: www.juneteenthjcmo.org

Juneteenth ★ COLUMBIA
Saturday, June 20, 2015, 3-7:30 pm, Douglass Park
 Come and celebrate African-American heritage in the park with bands, choirs, speakers, games and food. Bring your lawn chair or blanket.



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Make
Father's
Day
Extra
Special
with a
handmade
gift



Boot Print Poem

Materials Needed:

- Construction paper, 9 x 12
- Washable paint, non-toxic
- Glue stick
- White paper w/printed poem, 8 1/2 x 11
- Paper Plates
- Large Sponge Brush

What's Next:

Print poem on white paper.

Glue onto colored construction paper to create a bright border. **Tip:** If you only have standard sized construction paper just scale the poem size down and cut it smaller than 8 1/2 x 11.

Now, time to paint! Add paint to paper plates. Using a large sponge brush, paint the bottom of Daddies boot with a **washable** paint and press onto the poem.

Tips: Lighter colors work well, as you're covering the majority of the poem. Also, a construction boot with minimal paint works best – tread is higher so its easier to see the poem.

Next, using another color, gently press your child's foot into the paint. Stamp over the boot print. Again, using minimal paint so it doesn't get all globby.



"Walk a Little slower, Daddy."
said a little child so small.
I'm following in your footsteps
and I don't want to fall.
Sometimes your steps are very
fast, sometimes they're hard to
see;
So walk a little slower Daddy, for
you are leading me.
Someday when I'm all grown up,
You're what I want to be.
Then I will have a little child
who'll want to follow me.
And I would want to lead just
right, and know that I was true;
So, walk a little slower, Daddy, 10
for I must follow you!!

– Bobbie Norman

Images:

www.mschicago.org

www.allpaperswala.com

Source:

<https://crayonboxchronicles.com>



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*Make
Father's
Day
Extra
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with a
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Awesome Portrait Father's Day Gift



If you want to help your kid to make an amazing gift for Father's Day here is an awesome idea for you!

Buy large "D" and "A" paper mache letters, spray them and photo shoot your kid in different cool poses.

Then take three shots that you like, print them and put them into a three opening photo frame.

Mike • May 26, 2011



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About this
Recipe

Yield:
4 Servings

Prep Time:
20 min

Cook Time:
1 hour 20
minutes

Baby Back Ribs with Jammy Glaze

Ingredients

- 4 whole racks baby back pork ribs (5 to 6 pounds)
- 3 tablespoons chili powder
- 1 teaspoon coarse salt
- 1/4 teaspoon freshly ground pepper
- 1 10 ounce jar seedless blackberry jam
- 1/4 cup ketchup
- 1 tablespoon steak sauce
- 1 tablespoon red wine vinegar
- 2 tablespoons hot sauce, or more to taste



Directions

1. Arrange the oven racks in the upper and lower thirds of the oven and preheat the oven to 375 degrees . Line 2 baking sheets with foil and arrange the rib racks, meaty side up.
2. Stir together the chili powder, salt and pepper and rub the mixture all over the ribs. Cover the ribs snugly with foil and bake on the upper shelf of the oven for 30 minutes, then move the ribs to the lower shelf and bake for 30 minutes more. Remove the foil and bake the ribs until fork-tender, 15 to 20 minutes more.
3. In a small saucepan, combine the jam, ketchup, steak sauce and vinegar. Cook over medium heat, stirring often, until the glaze comes to a boil, about 5 minutes. Remove from the heat and stir in the hot sauce.
4. Preheat the broiler. Pour off any melted fat from the baking sheets to prevent flare-ups. Brush the glaze on the ribs and broil 6 to 8 inches from the heat source until crisp, about 2 minutes. Slice the racks into individual ribs

Source:
www.rachelragmag.com
om | June 2006



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About this
Recipe

Yield:
8 Servings

Prep Time:
5 min

Cook Time:
15 min

Grilled Corn with Parmesan Butter

Ingredients

- 1 stick (4 ounces) butter, softened
- 1/2 cup finely grated parmesan cheese
- 1/2 teaspoon pepper
- 6 ears corn, husked
- 2 tablespoons extra-virgin olive oil



Directions

1. In a medium bowl, beat together the butter, cheese and pepper until creamy. Spoon onto a sheet of plastic wrap or waxed paper, roll into a log and freeze until chilled, at least 20 minutes or up to 2 days.
2. Preheat a grill or grill pan to medium-high. Cut the corncobs in half. Brush them lightly with olive oil and grill, turning occasionally, until the corn is tender and just getting charred, 12 to 15 minutes. Cut the chilled butter into small pieces and serve with the corn.

Tip - Once it's slightly blackened, move the corn to a less hot area of the grill to finish cooking.

Source:
www.rachelragmag.com
| June 2007



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MAN UP.
TAKE CONTROL OF YOUR HEALTH

JUNE IS
Men's Health Month

MORE INFORMATION AND RESOURCES ARE AVAILABLE ONLINE AT:
www.FOH.hhs.gov/calendar

 **Fedstrive**
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

For More Information:

www.foh.hhs.gov

IN THE SPOTLIGHT



TOPIC OF THE MONTH:

Healthy Aging
Be Healthy at any age

VISIT

www.foh4you.com

Articles

Healthy at Any Age

- Aging Well
- Positive Aspects of Aging
- Understanding the Aging Process

Healthy Habits

- Creating a Healthy Workplace
- Growing Older, Eating Better
- Living to 100
- Small Lifestyle Changes Can Boost Longevity



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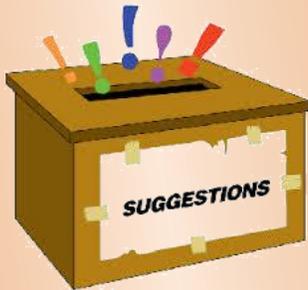
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Contact SGT
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help contribute
to this
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WE NEED YOUR HELP!!

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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STATE EQUAL EMPLOYMENT MANAGER (SEEM)

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