



# The Truman

Equal Opportunity \* Diversity \* Special Emphasis Program Newsletter

November 2015 Issue 8

MISSOURI NATIONAL GUARD



Greetings from the SEEM

National American Indian Heritage Month

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## GREETINGS FROM THE SEEM

### Greetings,

This month we celebrate the rich history and heritage of our great nation's first people, Native Americans.

President Obama said it best, *"Every year, our Nation pauses to reflect on the profound ways the First Americans have shaped our country's character and culture. The first stewards of our environment, early voices for the values that define our Nation, and models of government to our Founding Fathers -- American Indians and Alaska Natives helped build the very fabric of America. Today, their spirit and many contributions continue to enrich our communities and strengthen our country. During National Native American Heritage Month, we honor their legacy, and we recommit to strengthening our nation-to-nation partnerships."*

During this month many also set aside time to gather amongst family and friends to give thanks.

I want to pause and say Thank You to all our services members and civilians for your devotion and selfless service to our Nation and Missouri National Guard.

Each and every one of you bring a uniqueness to this organizations that makes it great.

I am Thankful for your Contributions!

Respectfully,

MAJ Deborah A. Smith  
State Equal Employment Manager

Source: [www.whitehouse.gov](http://www.whitehouse.gov)



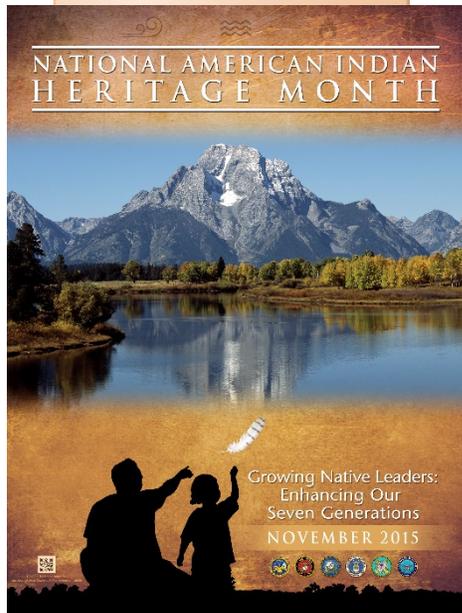
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# National American Indian Heritage Month

*2015 Theme: Growing Native Leaders: Enhancing Seven Generations*



National American Indian and Alaska Native Heritage Month celebrates and recognizes the accomplishments of the original inhabitants, explorers, and settlers of the United States.

The Society of American Indian Government Employees has chosen this year's theme, *Growing Native Leaders: Enhancing Our Seven Generations*.

*"In Iroquois society, leaders are encouraged to remember seven generations in the past and consider seven generations in the future when making decisions that affect the people."*

—Wilma Mankiller,  
First Female Chief of the Cherokee Nation

Currently, there are 566 federally recognized American Indian and Alaska Native tribes and more than 100 state-recognized tribes across the United States.

Since the arrival of European settlers in America, American Indians and Alaska Natives have fought to preserve their culture and heritage for future generations, ensuring they consider the next generations when making decisions that affect the people.

A new generation of American Indians and Alaska Natives has assumed this charge from their elders, and they continue to improve living conditions and opportunities for a better future.

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



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# Celebrate Native American Heritage Month with some practical ideas

By Jamie Melchert | Missouri Army National Guard

You may already be aware that November is Native American Heritage month each year. This may make you wonder how you can learn about your own Native American origins—or perhaps just learn about the native cultures that used to inhabit Missouri. If you know you have Native American Family ties there are some practical ideas that you can bring home to share with your spouse, children, or extended Family members as we prepare for the Thanksgiving holiday.

For my Family, we have Native American ties we can trace directly back to a band of Chippewa Indians that resides in northern Wisconsin. From my time visiting with Family members from Wisconsin, there are several traditions and practices that I can literally bring to the dinner table this time of the year. Besides sharing some stories with my children about the Lac Courte Oreilles (LCO) band that my father, uncle and great aunt shared with me during mealtimes there are also some Native American dishes that I can share with my Family at Thanksgiving.

Even though I am not a talented cook, the LCO utilized some simple ingredients to prepare dishes based on native crops. In northern Wisconsin, the Native people harvested both wild rice as well as cranberries. Over the years I have experimented with both traditional and new ways to serve wild rice and cranberries. Perhaps my favorite dish offers a new twist on traditional cranberries by serving them as relish flavored with **horseradish**. **I admittedly stole this application from a radio show I listen to frequently as a practical use for fresh cranberries, but there are dozens of other ways to serve cranberries from my limited experience in the kitchen.**



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# Celebrate Native American Heritage Month with some practical ideas

By Jamie Melchert | Missouri Army National Guard

Now, I understand that your Family may or may not have any strong ties to the Native American culture. Even if this is the case you can still learn (or perhaps share) some Native American history with your Family over the holiday. For instance, did you know that the Osage Tribe (which used to inhabit what is now Missouri and Arkansas) now live in an oil rich region of Oklahoma and they are considered one of America's wealthiest tribes?

I also understand that you might not plan to travel to Oklahoma on Thanksgiving, but there are many places throughout Missouri you can learn about the Osage Indian story to include the Bushwacker Museum in Nevada, Mo. The Bushwacker Museum charges a small fee, but it offers extensive displays as well as artifacts for patrons.

Many of Missouri's state parks include historical displays and information on Native American peoples as well. Now that the weather is cooling off in the fall, this gives visitors a chance to explore our state parks while it is less crowded as well. Even an afternoon trip to your nearest conservation area might just uncover some interesting Native American history right in your own backyard.

So going back to the tradition of Pilgrims sharing a meal with Native Americans in 1621—perhaps you might consider inviting some Native American history and traditional foods to your Thanksgiving table this year.



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# Comanche Code Talkers Comanche Code of Honor

## Numurekwa'etuu – “Comanche speakers”

During World Wars I and II, the United States military used select Native American service men to relay secret battle messages based on words from their traditional tribal languages. “Code Talkers,” as they came to be known, are twentieth-century heroes.

Although the Numunuu (Comanche) language was utilized in battle during WWI, it wasn't until WWII that an organized code was developed. Twenty-one Comanche men were hand-picked by the U.S. Government to participate in the WWII Code Talker program. Seventeen of those men went on to enlist in the U.S. Army and received training as radio operators and line repairmen with the 4th Infantry Division. During this time, the Army gave them free rein to develop secret Comanche code words that no one outside the group would be able to understand, including other Comanches. The move proved successful. It took a military machine up to four hours to transmit and decode a message, but a Comanche Code Talker could decode the same message in less than three minutes. Their codes were never broken.

Fourteen of the Comanche Code Talkers were sent overseas during WWII to fight in the European Theater. Thirteen of those men hit the beaches of Normandy with Allied troops on D-Day. When the 4th Infantry Division landed on Utah Beach, they were five miles off their designated target. The first message sent from the beach was sent in Comanche from Code Talker, Private First Class Larry Saupitty. His message was “Tsaaku nunnuwee. Atahtu nunnuwee,” which translates to: “We made a good landing. We landed in the wrong place.”

Several Comanche Code Talkers were wounded in battle but all survived the war. These valiant soldiers are credited with saving the lives of thousands of American and Allied service men. All the Comanche Code Talkers have now passed away but their heroic actions will forever be remembered by a grateful Nation.



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# Comanche Code Talkers Comanche Code of Honor

## Comanche Code Talkers of World War II:

Cpl. Charles Chibitty  
T/4 Haddon Codynah  
T/5 Robert Holder  
Cpl. Forrest Kassanavoid  
T/5 Wellington Mihecoby  
Pvt. Albert (Edward) Nahquaddy, Jr.  
Pvt. Perry Noyabad  
T/5 Clifford Otitivo

T/5 Simmons Parker  
Pvt. Melvin Permansu  
Pvt. Elgin Red Elk  
Pfc. Roderick Red Elk  
Pfc. Larry Saupitty  
Anthony Tabbytite  
T/4 Morris Tabbyetchy  
Pfc. Ralph Wahnee  
T/5 Willis Yackeschi



*Article Contributed by: Liz Hussey,  
CFMO Office*

*Source: [www.comanchemuseum.com](http://www.comanchemuseum.com)*



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### Native Americans and World War II

Some 44,000 Native Americans served in the United States military during World War II. At the time, this was one-third of all able-bodied Indian men from 18 to 50 years of age. Described as the first large-scale exodus of indigenous peoples from the reservations since the removals of the 19<sup>th</sup> century, the men's service with the US military in the international conflict was a turning point in Native American history.

The overwhelming majority of Native Americans welcomed the opportunity to serve; they had a voluntary enlistment rate that was 40% higher than those drafted. War Department officials said that if the entire population had enlisted in the same proportion as the Native Americans, the response would have rendered the draft unnecessary. Their fellow soldiers often held them in high esteem, in part since the legend of the tough Native American warrior had become a part of the fabric of American historical legend.

The resulting increase in contact with the world outside of the reservation system brought profound changes to Native American culture. "The war," said the U.S. Indian Commissioner in 1945, "caused the greatest disruption of Native life since the beginning of the reservation era", affecting the habits, views, and economic well-being of tribal members. The most significant of these changes was the opportunity – as a result of wartime labor shortages – to find well-paying work in cities, and many people relocated to urban areas, particularly on the West Coast with the buildup of the defense industry.

There were also losses as a result of the war. For instance, a total of 1,200 Pueblo men served in World War II; only about half came home alive. In addition many more Navajo served as code talkers for the military in the Pacific. The code they made, although cryptologically very simple, was never cracked by the Japanese.

#### Postwar Readjustment

By 1940, a large fraction of American Indians lived off reservations; their experiences in the war mirrored the general population. Of special interest was the enormous impact the war had on Indians living on reservations, mostly in remote western areas. The war meant the draft for young men, and high paying war jobs in far-away cities for others. Most of those who left the reservations did not permanently return there after the war.



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American Indian veterans encountered varying degrees of success in re-entering civilian life after World War II. Some returned to the reservation, where economic opportunities were bleak. The Navajo viewed their veterans as a positive force, whose service and contact in the war portended progress for the tribe.

Veterans received readjustment checks of \$20 a week for 52 weeks while unemployed, and were eligible for G.I. Bill benefits, including free high school and college education, and low-cost mortgages. Veterans moved to cities; the American Indian population in urban centers more than doubled (from 24,000 to 56,000) from 1941 to 1950. Some veterans, like Abel in the novel "House Made of Dawn," moved to California cities only to experience little success there.

More than three thousand American Indians each lived in San Francisco and Los Angeles after the war; fewer than five hundred, or a sixth of them, were able to find steady jobs. Tellingly, the median income for urban male Indians was \$1,198 a year, in contrast to \$3,780 for the white male population.

In California, many of the "Urban Indians" came from the Apache, Hopi and Papago nations in Arizona and New Mexico; others came from Oklahoma. New York city attracted Iroquois from upstate New York. Tens of thousands of Indians live in major cities including Chicago, Cleveland, Denver, Houston, Kansas City, Minneapolis, Phoenix and Seattle.



General Douglas MacArthur, Commander-in-Chief of the Allied Forces in the Southwest Pacific Area, on an inspection trip of American Indian battle fronts, met representatives of five different American Indian tribes in one United States Army unit. Left to right: S/Sgt. Virgil Brown (Pima) Phoenix, Arizona; First Sergeant Virgil F. Howell (Pawnee) of Pawnee, Oklahoma; S/Sgt. Alvin J. Vilcoan (Chitmatcha) of Charenton, La.; General MacArthur; Sgt. Byron L. Tsiguine (Navajo) of Fort Defiance, Arizona; Sgt. Larry L. Dekin, (Navajo) of Copper Mine, Arizona.  
(US SIGNAL CORPS PHOTO)



Article Contributed by: Liz Hussey, CFMO Office  
Source: [www.boundless.com](http://www.boundless.com)



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# Iwo Jima Flag Raiser

There are six Flag Raisers on the photo. Four in the front line and two in back.

The front four are (left to right) Ira Hayes, Franklin Sousley, John Bradley and Harlon Block.



The back two are Michael Strank (behind Sousley) and Rene Gagnon (behind Bradley).

Strank, Block and Sousley would die shortly afterwards. Bradley, Hayes and Gagnon became national heroes within weeks.

Ira Hamilton Hayes is a full blood Pima Indian and was born in Sacaton, Arizona, on the Pima Reservation on Jan 12, 1923. His parents Joe E. and Nancy W. Hayes were both farming people. When he enlisted in the Marine Corps, he had hardly ever been off the Reservation. His Chief told him to be an "Honorable Warrior" and bring honor upon his family. Ira was a dedicated Marine. Quiet and steady, he was admired by his fellow Marines who fought alongside him in three Pacific battles.

Ira Hayes was a noted World War II hero. Although he had a normal childhood on his reservation, his life changed dramatically when war broke out and he joined the Marine Corps. After he completed courses under the U.S. Marine Corps Parachutist School at San Diego, California. He was lovingly dubbed "Chief Falling Cloud." Ira Hayes was assigned to a parachute battalion of the fleet Marine Force.

By the beginning of 1945, he was part of the American invasion force that attacked the Japanese stronghold of Iwo Jima. On Feb. 23, 1945 to signal the end of Japanese control, Hayes and five other's raised the U. S. flag atop Mount Suribuchi on the island of Iwo Jima. Three of the six men were killed while raising the flag. This heroic act was photographed by Joe Rosenthal, and it transformed Ira Hayes' life for ever. Subsequently a commemorative postage stamp was created as well as bronze statue in Washington DC.



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# Iwo Jima Flag Raiser

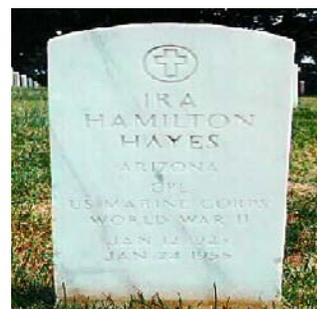
President Franklin D. Roosevelt called the brave survivors of the flag raising back to the United States to aid a war bond drive. At the White House, President Truman told Ira, "You are an American hero." But Ira didn't feel pride. As he later lamented, "How could I feel like a hero when only five men in my platoon of 45 survived, when only 27 men in my company of 250 managed to escape death or injury?" Later, they were shuttled from one city to another for publicity purposes with questionable sincerity on the part of the American military. Ira Hayes asked to be sent back to the front lines, stating that "sometimes I wish that guy had never made that picture".



The Bond Tour was an ordeal for Ira. He couldn't understand or accept the adulation . . . "It was supposed to be soft duty, but I couldn't take it. Everywhere we went people shoved drinks in our hands and said 'You're a Hero!' We knew we hadn't done that much but you couldn't tell them that."

At the conclusion of World War II Ira went back to the reservation attempting to lead an anonymous life. But it didn't turn out that way . . . "I kept getting hundreds of letters. And people would drive through the reservation, walk up to me and ask, 'Are you the Indian who raised the flag on Iwo Jima'"

Ira tried to drown his "Conflict of Honor" with alcohol. Arrested as drunk and disorderly, his pain was clear . . . "I was sick. I guess I was about to crack up thinking about all my good buddies. They were better men than me and they're not coming back. Much less back to the White House, like me."





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# War Hero Billy Walkabout passes away

Larry Mitchell | March 9, 2007 | [www.nativeblog.typepad.com](http://www.nativeblog.typepad.com)



Billy Walkabout died March 7, 2007. He was the most decorated Native American soldier of the Vietnam War. Billy, a full blood Cherokee, was living in Connecticut and lost his last fight with Agent Orange complications. He was 57 yrs old. Billy, an Airborne Ranger of the 101st, received a Distinguished Service Cross, the second highest U.S. decoration for gallantry in combat, for his actions during one such incident in November 1968. " [After] a long range reconnaissance patrol southwest of Hue... [Sergeant Walkabout's team] radioed for immediate helicopter extraction.

When the extraction helicopters arrived and the lead man begin moving toward the pick-up zone, he was seriously wounded by hostile automatic weapons fire. Sergeant Walkabout quickly rose to his feet and delivered steady suppressive fire on the attackers while other team members pulled the wounded man back to their ranks. Sergeant Walkabout then administrated first aid to the soldier in preparation for medical evacuation.

As the man was being loaded onto the evacuation helicopter, enemy elements again attacked the team. Maneuvering under heavy fire, Sergeant positioned himself where the enemy were concentrating their assault and placed continuous rifle fire on the adversary. A command detonated mine ripped through friendly team, instantly killing three men and wounding all the others."

Although stunned and wounded by the blast, Sergeant Walkabout rushed from man to man administering first aid, bandaging one soldier's severe chest wound reviving another soldier by heart massage. He then coordinated gunship and tactical air strikes on the enemy's positions. When evacuation helicopters arrived again, he worked single-handedly under fire to board his disabled comrades.

Only when the casualties had been evacuated and friendly reinforcements had arrived, did he allow himself to be extracted." Billy Walkabout was a true American Hero! Years ago my sister gave me a paper that gave an account about the life of Billy Walkabout and how he struggled when he came back from Vietnam and I was struck then with the revelation, that it must have been like this for so many other Native American Vietnam Veterans too...not just me! I then wrote this song-poem called [Like Billy Walkabout's Blues](#) . This is Billy Walkabout's step-daughter site that honors him.

*Article Contributed by: Liz Hussey, CFMO Office*



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# WWII – First USMC Native American Minnie Spotted Wolf

Jul 29, 2013 | World War II | <http://armedforcesmuseum.com>

July 2013 marks another WWII milestone - the 70th year anniversary of the first Native American woman enlisting in the USMC Women's Reserve - Minnie Spotted Wolf. Minnie - a member of the Blackfeet Indian Tribe - was born in an area just outside of Heart Butte, MT close to White Tail Creek. She grew up on a ranch and spent much of her time working as a ranch hand. Minnie learned to cut fence posts, drive a 2-ton truck and even break a horse. The physicality of ranch work prepped Minnie for the rigors of boot camp. She is quoted as noting Marine boot camp as 'hard, but not too hard'.



Minnie served a total of four years in the United States Marine Corps. She was not only a heavy equipment operator, but also drove for the visiting generals on bases in California and Hawaii.

After four years in the Marines, Minnie Spotted Wolf returned to her home state of Montana. She met and married Robert England. In 1955, Minnie earned her two-year degree in Elementary Education. Eventually, in 1976, she earned her bachelor's degree in Elementary Education. Minnie taught for 29 years before passing away in 1988.

Though Minnie Spotted Wolf was the first Native American woman to enlist in the Marine Corps, she was certainly not the only Blackfoot to give service in the US Armed Forces during WWII.



Article Contributed by: Liz Hussey, CFMO Office



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# Communities honor American Indian Heritage Month

City of Battlefield declared proclamation honoring Native Americans Tuesday night  
Dustin Hodges | November 3, 2015 | [www.ky3.com](http://www.ky3.com)

BATTLEFIELD, Mo. - November is National American Indian Heritage Month, and a huge part of that heritage; the Trail of Tears, runs through Greene County.

"It's really tragic what happened," says Kenneth Estes who is part Chickasaw Indian and the Executive Director of the Southwest Missouri Indian Center.

Kenneth Estes's Great Great grandfather was full-blooded Chickasaw Indian, and as an eight-year-old orphan made the trip from Mississippi to Oklahoma on the Trail of Tears.

"We were the last one's to be moved because we kept putting it off and putting it off and finally they said you're going to be moved, this is it, you have no recourse, we're going to forcefully move you now," says Estes.

Now more than 175 years later, Kenneth is trying to keep his heritage alive.

"A lot of them got sick along the way and didn't make it," says Estes, "My great great grandfather, if he hadn't survived that at eight-years-old I was telling my daughter and son that we wouldn't be here."

The trail of tears runs through Springfield, you can visit the site of the original trail of tears just south of Republic Road and Golden. It is the same path walked by Native Americans more than 175 years ago.

"They traveled right through Greene County and we must never forget that, we must honor that heritage and we must not forget to teach the younger generations the significance of it," says Battlefield Mayor Debra Hickey.

Debra Hickey is doing her best to make sure the city of Battlefield honors its Native American heritage; the city declared a proclamation at it's semi-monthly board meeting honoring the contributions Native Americans have made to enhance the freedom, prosperity and greatness of America.

"We're very honored that the trail of tears came through this part but very saddened at the same time because it was such a travesty perpetrated against the indians," says Hickey.

And though she knows it can never make up for the hardships Native Americans have endured; she hopes it will help honor their heritage for generations to come.



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Dustin Hodges | November 3, 2015 | [www.ky3.com](http://www.ky3.com)

The City of Battlefield will host an educational program on the Trail of Tears on Thursday, November 19th at 7pm at City Hall. Ted Hillmer with Wilson's Creek National Battlefield will speak about the Trail of Tears' designation as a National Historic Trail.

Missouri State University is also offering some programs for Native American Heritage Month:

• **Wednesday, November 4 at 7pm**

Missouri Archaeological Society Presentation - Dr. Piston  
MSU Center for Archaeological Research, 622 S. Kimbrough

• **Wednesday and Thursday November 4 & 5 from 10am to 6pm**

American Indian Student Association Book & Bake Sale, Strong Hall 1st Floor

• **Friday, November 13 from 11:30am to 2pm**

Come to the Chipotle on St. Louis Street and 50% of proceeds goes to AISA

• **Monday, November 16 from 10am to 4pm**

Osage Culture Traveling Trunk Exhibit, Plaster Student Union 1st Floor

• **Tuesday, November 17 from 7 to 9pm**

Speaker Zonnie Gorman, Plaster Student Union Theater

• **Wednesday, November 18 at 9pm**

Film: Four Sheets to the Wind, Plaster Student Union Theater

*Article Contributed by: TSgt Mike Marsden, EEO Office*



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# Missouri Military Appreciation Day

By Charles Machon

On October 3rd the Museum of Missouri Military History hosted its first Missouri Military Appreciation Day. The purpose of the event was to bring attention to the great military history Missouri has as well as to showcase the new Museum of Missouri Military History.

Approximately 30 living historians participated in the event representing American Soldiers from the War of 1812, Civil War, World War I and World War II. There were even living historians who represented World War II Russians and Germans. These living historians exhibited gear, weapons, uniforms, and other items particular to their conflict.

Other participants on that day were the Santa Fe Division of the Military Vehicle Preservation Association. Members exhibited two World War II era Jeeps, a 'Weasel' - a small tracked amphibious vehicle used during WWII, and a Vietnam era 'deuce-and-a-half' truck.



The Museum was open with its volunteer staff acting as tour guides in period World War II uniforms. The Museum has on permanent exhibit artifacts and displays from the Revolutionary War up to present day displays from the conflicts in Iraq and Afghanistan. To learn more about Missouri's military history, please feel free to visit the Museum starting in November- Monday through Saturday 1000-1600. Admission is free. Or you can view the Museums' Facebook page at <https://www.facebook.com/Museum-of-Missouri-Military-History->





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# 15<sup>th</sup> Annual Multicultural Fair

SGT Desiree Torres

On October 3, 2015 downtown Jefferson City was host to the 15<sup>th</sup> Annual Multicultural Fair coupled with the Harvest Fest. The Multicultural Fair featured different booths, vendors and entertainment representing a variety of international and local culture. Attendees were able to visit booths representing different religions such the Vipassana Buddhist Church, the Jefferson City Muslim Community and the First Presbyterian Church of Jefferson City. Other booths from around the community included the Missouri Blues Association, Peace Nook, and Master Gardeners. Kid's activities included meeting Maya and Miquel from PBS, face painting and games. Argentinean and Jamaican food vendors were also on hand to share foods from around the globe.

And don't forget about the entertainment. The fair opened with the flag ceremony and National Anthem followed by opening words from Mayor Carrie Tergin. Throughout the fair a variety of international acts entertained on the main stage. Lincoln University Dance Troupe performed and the International Student Association put on a fashion show. Other acts included a magic show, the Bulgarian Spirit Dance Group, the Second Baptist Youth Praise Dance Ministry and R2R family vocal group.





# The Trueman

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## 15<sup>th</sup> Annual Multicultural Fair

SGT Desiree Torres

I was lucky enough to be able to attend and enjoy some of the festivities. I decided to try an Empanada de Espinaca also known as “Spinach Pie” from the Tango Argentina Food for lunch and it was delicious. I really enjoyed the performance by the Bulgarian Spirit Dance Group. Each of the different groups included a variety of dances and they had their own personality. My favorite dance was performed by the kids, it was so fun to see them.



I got a chance to walk around to some of the booths and vendors and see first hand many of the goods and services that were offered. Many local businesses and organizations from around the area set up booths. And of course I had to get some kettle corn for dessert.

Since the Harvest Fest was also going on at the Governor’s Mansion I definitely had to check that out. There was a bit of a wait to get in but I could see why. Lots of local businesses and groups were doing tons of crafts for the kids, and giving away free food while listening to some music. I was even able to take a peek inside the first floor of the beautiful Governor’s Mansion. Looking forward to next year!





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### **Disability advocates celebrate ADA, seek further advancements Hands around the Capitol**

By Brittany Ruess | Wednesday, October 7, 2015 | [www.newstribune.com](http://www.newstribune.com)

Hands of those with disabilities, ranging from the deaf and blind to those with cerebral palsy and rare genetic disorders, joined together Tuesday, along with able-bodied advocates around Missouri's Capitol, forming a circle to show their solidarity as a community.

They traveled from across the state for the first Around the Capitol event, which brought speakers to the south lawn to give testimony on disability rights and celebrate the 25th anniversary of the Americans with Disabilities Act (ADA). Advocates called for changes in legislation and attitudes before holding hands in the symbolic gesture.

Chris Worth, the organizing team manager for the St. Louis-based company Paraquad, said the U.S. is in its second wave of the disability rights movement. When those with disabilities have full inclusion into society, he said, there will be ultimate success, but the disabled community must push forward to accomplish that goal.

“We have to start getting together as a community,” he said to the crowd of more than 200. “It’s not about our individual soapboxes, it’s about the power we have as a community. This is our house (referring to the Capitol). As a person with a disability, you have rights. ... Those rights are inalienable. They belong to you. You are a builder of this house. ... All of Missouri is my community, right? So that means we have a unique point, a radical point in disability rights. We’ve made it 25 years with the ADA. Twenty five years, that’s pretty amazing. But, our house still needs some work.”

Subminimum wage, Worth added, is a major challenge facing the disabled community, as they are sometimes paid less than the standard minimum wage for their work.



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# 52<sup>nd</sup> Annual NAACP Freedom Fund Dinner

MAJ Deborah Smith, SEEM

For many years our MONG has sponsored the Jefferson City Branch NAACP Annual Freedom Fund Dinner and Silent Auction. The event is an awards ceremony where the Branch pays tribute to those who have dedicated their time and energy in education, government, business, community service and more to the ideals, vision and mission of the NAACP.

This year's 52nd NAACP Annual Freedom Fund Dinner and Silent Auction was held at the Jefferson City Capital Plaza on Saturday, October 3, 2015. During the ceremony our very own SGT Desiree Torres, EO Assistant; received the NAACP Presidential Choice Award for her contributions to "The Truman."

Please join me in congratulating SGT Torres on a job well done.





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# Disability advocates celebrate ADA, seek further advancements Hands around the Capitol

By Brittany Ruess | Wednesday, October 7, 2015 | [www.newstribune.com](http://www.newstribune.com)

Employers often take advantage of disabled workers by incorrectly qualifying their work as training, Worth said, and they are paid 25 cents to \$2 per hour in jobs, sometimes for decades.

Rob Honan, director of the Governor's Council on Disability, said the ADA helped propel those with disabilities to new opportunities and advancements, especially in terms of accommodations in buildings like movie theaters and hotels.

However, the disabled still face employment setbacks and attitudinal barriers. Businesses that don't hire the disabled, he said, have a misconception that accommodations for disabled employees are expensive. Tax credits can overthrow that concern, Honan said, adding fear and ignorance need to be squashed to ensure improved employment opportunities.

Nationally, 17.1 percent of the 57 million disabled Americans are employed — compared to 64.6 percent of the population without a disability, according to the U.S. Bureau of Labor Statistics.

Opeoluwa Sotonwa, executive director of the Missouri Commission for the Deaf and Hard of Hearing, said he plans to lobby for legislation to give tax credit incentives to private companies that hire the disabled. He plans to work toward convincing private insurance companies to provide hearing aids for those with hearing loss, including veterans. In addition to those policies, Sotonwa called for the Missouri legislature to expand Medicaid.

“Going forward, we must not only focus on ensuring our own access to the world, but that the world has access to the unique talents and perspectives of people with disabilities and everything we each have to offer,” he said.

Reflecting on the 25th anniversary of the ADA, former state senator Chuck Graham, now the associate director of Great Plains ADA, remembered being on a different south lawn — the one in Washington, D.C. — as the 1990 act was signed into law. Graham, who is wheelchair bound, was one of more than 3,000 present for the historic moment, and he faced obstacles traveling there. At the time, D.C. operated no accessible buses or cabs and hotels accommodations were unpredictable.



## The Truman

Equal Opportunity \* Diversity \* Special Emphasis Program Newsletter

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### **Disability advocates celebrate ADA, seek further advancements Hands around the Capitol**

By Brittany Ruess | Wednesday, October 7, 2015 | [www.newstribune.com](http://www.newstribune.com)

“We are so far behind other movements in terms of having true opportunity and true access, but we’ve made a ton of progress in the last 25 years,” Graham said. “I was able to get on an accessible metro, get on an accessible bus, have an accessible cab, have an accessible room — all of those things the last time I visited Washington, D.C. So, we have to remember we have made progress, but there’s so much more to do.”

The disabled need better and increased health care options, Graham said, as Medicaid is their primary option. The Affordable Care Act has been helpful, he added, but it doesn’t cover the “unique issues” the disabled endure, such as the need for attendant care. If the state expanded Medicaid, Graham said the health care benefits for himself and the nearly one million disabled Missourians would improve.

“All they (the Legislature) have to do is say yes, and people can move from 85 percent of poverty to 138 percent of poverty and be able to go to work,” he said. “Why would we say no to getting our own tax dollars back and provide health care for those with disabilities and the poor to be able to go to work in this state? It doesn’t make any sense.”

Japan rests easy on the Capitol lawn as she lays by her handler, Stephanie McDowell. McDowell and Diana Wieland, on scooter, are both from Paraquad, an independent living resource center in St. Louis. Both were at the Capitol in celebration of 25 years of the Americans with Disability Act (ADA) and Missouri Disability History and Awareness Month. The Governor’s Council on Disability hosted the event Tuesday. Representatives from independent living centers were on hand to hear speakers talk about the importance of the ADA





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# History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”



Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.



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# History of Veterans Day

The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

**Whereas** the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

**Whereas** it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

**Whereas** the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.



## The Trueman

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# History of Veterans Day

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."

President Eisenhower signing HR7786, changing Armistice Day to Veterans Day. From left: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts



On that same day, President Eisenhower sent a letter to the Honorable Harvey V. Higley, Administrator of Veterans' Affairs (VA), designating him as Chairman of the Veterans Day National Committee.

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.



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*November 2015 Issue 8*

# History of Veterans Day

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people.

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



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# Missouri State University Special Event

**FREE Event**  
**Veterans/Military**  
**Campus Speaker**

SSG Travis Mills

Author of  
"Tough as They  
Come"

**November 8,**  
**2015**

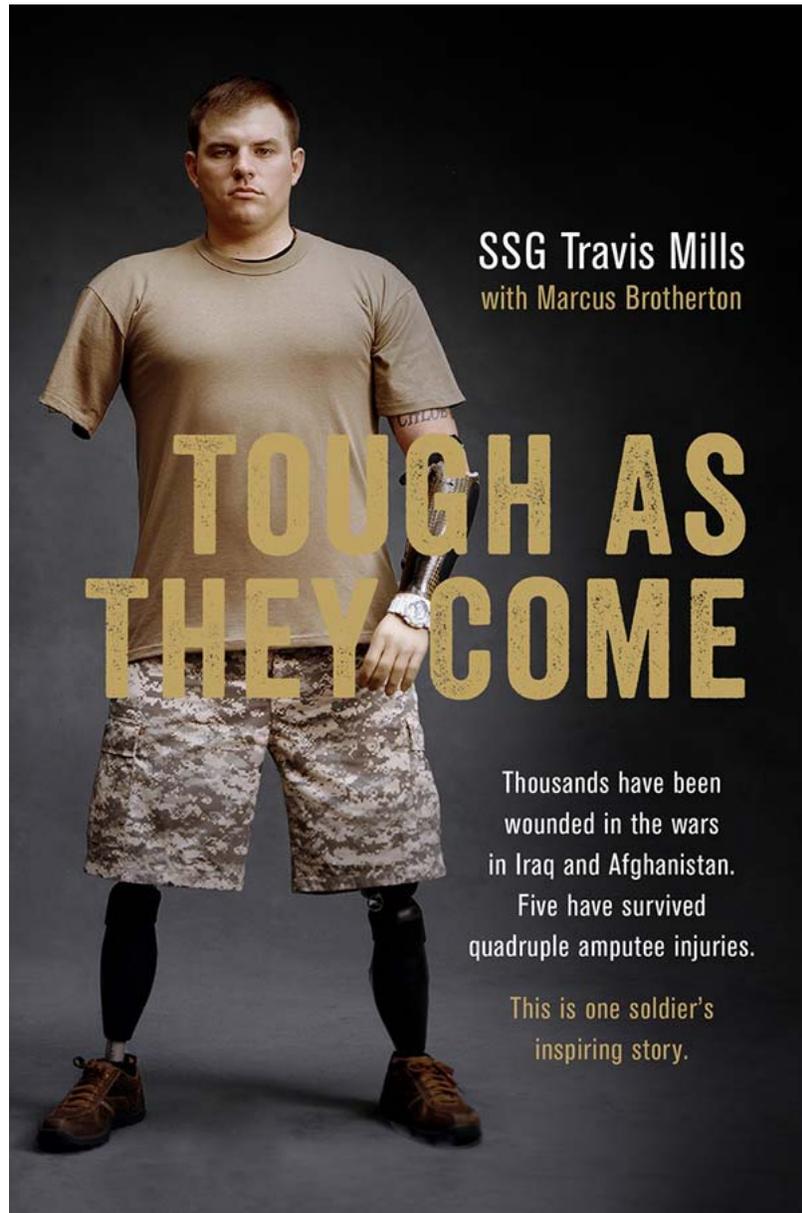
**Juanita K.**  
**Hammons**  
**4:00pm**

*Source:*

*www.missouristate.*

*edu / Image:*

*www.travismills.org*



On April 10, 2012, United States Army Staff Sergeant Travis Mills of the 82nd Airborne was critically injured on his third tour of duty in Afghanistan by an IED (improvised explosive device) while on patrol, losing portions of both legs and both arms.



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## SATURDAY, NOVEMBER 7

### MIZZOU JOINT ROTC VETERANS DAY VIGIL

11:11 a.m.

Boone County Courthouse,  
705 E. Walnut St.

Cadets and midshipmen from the ROTC units at Mizzou will form a detail to perform a vigil near the war memorials at the Boone County Courthouse. There will be a detail marching every hour from Nov. 7 to Nov. 8. Coordinated by AFROTC, Detachment 440.

## SUNDAY, NOVEMBER 8

### MIZZOU JOINT ROTC ANNUAL VETERANS DAY PARADE

10:30 a.m.

Boone County Courthouse,  
705 E. Walnut St.

The annual University of Missouri Veterans Day parade hosted by Air Force ROTC will begin at the Mizzou Columns traveling along Eighth Street to the Boone County Courthouse. Several Boone County veterans and commemorative organizations will participate. A short ceremony will be held at the Boone County Courthouse immediately following the parade. Coordinated by AFROTC, Detachment 440.



## MONDAY, NOVEMBER 9

### STUDENT VETERAN PANEL AND LUNCH

Noon - 1 p.m.

310 Memorial Student Union

Join us for a panel presentation by Mizzou student veterans as they share information on their transition to Mizzou. Free MRE lunch provided. Sponsored by the Mizzou Student Veterans Association and the Department of Student Life.

## TUESDAY, NOVEMBER 10

### BLOOD DRIVE

10 a.m. - 2 p.m.

Stotler Lounge, Memorial Student Union

Be a hero and donate blood at the Veterans Week Blood Drive. Your help is needed to make this event a huge success! Sponsored by Mizzou Student Veterans Association.



## WEDNESDAY, NOVEMBER 11

### WREATH LAYING CEREMONY

Noon

Memorial Tower, Memorial Student Union

Come recognize and honor our MU veterans. The event begins with a ceremony at the Memorial Tower which



includes a guest speaker and the annual laying of the wreath tradition. Additionally, the Remembrance Day National Roll Call will occur to remember those who, as President Lincoln described, "gave their last full measure of devotion" while serving in Iraq and Afghanistan. The ceremony concludes with a national minute of silence at 1 p.m. to honor our fallen service members. A reception in Memorial Union will follow the ceremony. Sponsored by the Missouri Student Unions.

### I SUPPORT MIZZOU VETERANS PHOTO

12:50 p.m.

Memorial Student Union Archway

All students, faculty, staff and community members are invited to be a part of the annual I Support Mizzou Veterans photo. Sponsored by MSA/GPC, the Mizzou Student Veterans Association and the Department of Student Life.



### FREE VETERANS DAY FILM: MAX

8 p.m.

Wrench Auditorium,  
Memorial Student Union

A dog that helped save U.S. Marines in Afghanistan returns to the U.S. and is adopted by his handler's family after suffering a traumatic experience. Sponsored by MSA/GPC Films Committee.

## THURSDAY, NOVEMBER 12

### THANK YOU CARDS FOR VETERANS

10 a.m. - 2 p.m.

Main Level, MU Student Center

Take a minute to say thank you to local veterans by making a card. We have all the supplies you will need to send a message of thanks and hope to veterans at the Harry S. Truman Memorial Veterans' Hospital. Sponsored by Campus Activities - Department of Student Life.

### MEDAL OF HONOR RECIPIENT RYAN PITTS

7:30 p.m.

Jesse Auditorium

Ryan Pitts was awarded the Medal of Honor for actions in Afghanistan on July 13, 2008, when a well-organized Anti-Afghan Force consisting of more than 200 members initiated a close proximity sustained and complex assault against the Wanat Vehicle Patrol Base. Free Admission, no ticket required. Sponsored by the Mizzou Student Veterans Association, the Mizzou Speakers Series, the ORG, Veterans United and the MSA/GPC Speakers Committee.



## FRIDAY, NOVEMBER 13

### MIZZOU VETERANS WEEK BANQUET

6:30 p.m. Reception

7 p.m. Dinner

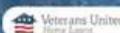
Join fellow Mizzou veterans for a special dinner to close Mizzou Veterans Week 2015. RSVP is required to veterans@missouri.edu. Sponsored by the Mizzou Student Veterans Association and the Department of Student Life.

VETERANS.MISSOURI.EDU | STUFFTODO.MISSOURI.EDU | UNIONS.MISSOURI.EDU



University of Missouri

OFFICE OF VETERANS AFFAIRS  
1000 University of Missouri Building | 1000 University of Missouri Building | 1000 University of Missouri Building



FOR ADA ACCOMMODATIONS, CONTACT KATHY MURRAY AT 573-882-3780 ONE WEEK PRIOR TO EVENT.



## The Truman

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### **MU Veterans Clinic to Host Symposium on Traumatic Brain Injury**

**WHAT:** The Veterans Clinic at the University of Missouri School of Law will host its second annual symposium, “Traumatic Brain Injury: Lessons Learned from Our Nation’s Athletes and Military,” that will feature professionals knowledgeable in veterans’ issues including the effects of traumatic brain injury. These professionals will discuss the relationship between injuries observed in athletes and in our nation’s service members.

**WHO:** Keynote Speaker:

Dr. Susan Okie, former medical reporter and national science editor of the *Washington Post*, will discuss, “The Aftermath of Traumatic Brain Injury in the War Zone.”

Panelists include:

Amy Odom, director of litigation for the National Veterans Legal Services Program

Alex Pracht, veteran of the U.S. Army and client of the MU School of Law Veterans Clinic

Shawn Lee, veteran and attorney in the law firm, Fox Stretz and Quinn

Eric Hart, associate clinical professor in the department of health psychology

Paul Anderson, attorney with The Klamann Law Firm; creator of NFLConcussionLitigation.com

Marvin Washington, member of the 1998 Denver Broncos Super Bowl team

Douglas E. Abrams, associate professor of law

Justin Trueblood, president of the Mizzou Law Sports Society

Rex Sharp, associate athletic director for sports, University of Missouri Department of Athletics

Michael Sam, former MU defensive lineman

Amelia Tapp, decision review officer, St. Louis VA Regional Office

**WHEN & WHERE:** 8 a.m.-1:00 p.m., Wednesday, Nov. 11

Room 7, Hulston Hall, MU Campus

**NOTES:** The symposium is **free** and open to the public. For a full schedule, please visit: <http://law.missouri.edu/faculty/event/program-17/>

Live streaming of this event will be available at: <http://law.missouri.edu/faculty/event/video-3/>

In the afternoon, the Veterans Clinic will host a free 3-hour continuing legal education session for attorneys and service officers discussing veterans’ benefits cases in detail.

Registration is strongly encouraged, but not required. To register, please visit:

<http://law.missouri.edu/faculty/event/registration/>

TO VIEW EVENT BROCHURE VISIT: <http://law.missouri.edu/faculty/files/2015/10/2015-veterans-clinic-brochure.pdf>



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# More Veterans Day Events Around the State

## SW Missouri Veterans Day Parade – Springfield, MO

The Veterans Day Parade this year will take place on 7 November at 10:00 AM.  
The Theme this year is "Spirit of 45" Marking the 70th anniversary of the end of WWII!  
For more information: [www.swmoveteransdayparade.com](http://www.swmoveteransdayparade.com)

## Veterans Day Breakfast – Ozark Harley Davidson, Lebanon, MO

Breakfast in appreciation for our Veterans! Bring your military I.D. and come get pancakes.  
November 11, 2015. 9:00am-11:30am. 2300 Evergreen Parkway.  
For more information: <http://ozarkharley-Davidson.com> or 417-532-2900

## Veterans Week in Branson

"Branson's Veterans Homecoming Week, America's largest Veterans Day celebration, beginning November 5 and running through November 11, is a special and exciting time for us in Branson," said Tammy Johnson, Director of Operations for Branson Tourism Center. "It gives us a special, dedicated opportunity to honor Veterans, active duty Armed Forces personnel, and their families in a way that goes above beyond Branson's recognition of them on a daily basis. We have a large number of events this year; you'll find details on each here on this dedicated web page." <http://www.bransontourismcenter.com/holidays/veterans-week>





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## St. Peter's Veteran's Day Service



### PRESS RELEASE For Immediate Release

Jerry Dunn Chairman and Jack Dayton Co-Chairman of St. Peters Veterans Day Service have announced that the Service is set for November 11, 2015 at 8: 30 A.M. Msgr. Don Lammers Pastor, Sacred Heart church in Eldon Missouri will be the celebrant. Rev. Msgr. Lammers was ordained on March 26, 1966. He served in the United States Army from 1953 – 1955 before he began his seminary training. He served as Catholic chaplain at the Newman Center Rolla, MO. and served as pastor in parishes in Salisbury, Meta and Rich Fountain, and Jefferson City. He also served as diocesan director of Religious Education for seven years and Diocesan Director of Ministry for Priest for five years.

The servers for the Memorial Mass will be Joe McGrail and Andy Fender. The Readings will be by Clarence Stieferman. Doris Kraus will read the Petitions. Jerry Dunn will read the Veterans Day Prayer and Joe McGrail will read the Veterans Day poem.

The Missouri Highway Patrol, Jefferson City Police department, and the Cole County sheriff's Department will do presentation of the gifts. The Three Volley Rifle salute will be fired by the Samuel F. Gearhart Detachment of the Marine Corp League. Combined Choirs of St. Peter Church and St. Joseph Cathedral, directed by Lisa Fender, will provide the music for the ceremony. The Dan C. Coppin and the St. Jude Fourth Degree assemblies, Knights of Columbus will be the Honor Guard. Color guard units from all Veterans organizations and Auxiliaries will be part of the ceremony.

The 8:30 A M Mass will be offered for those men and women who died in service of our country. The public is invited to attend. Veterans and service Personal are encouraged to wear their caps and/or uniforms. Join us in honoring our Veterans.

Chairman  
Jerry Dunn  
5031 Westport Dr.  
Jefferson City Missouri 65109  
573-893-4463

Co-Chairman  
Jack Dayton  
2016 Wooded Lane Rd.  
Jefferson City Missouri.  
573-353-1914



*"Take up our quarrel with the foe:  
to you from failing hands we throw  
the torch; be yours to hold it high.  
If ye break faith with us who die  
we shall not sleep, though poppies grow  
in Flanders Fields."*



# The Truman

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## My Favorite Turkey Brine



### About this Recipe

Yield: 18  
Servings

Prep: 10 min

Cook: 15 min

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

### Ingredients

- 3 cups Apple Juice Or Apple Cider
- 2 gallons Cold Water
- 4 Tablespoons Fresh Rosemary Leaves
- 5 cloves Garlic, Minced
- 1-1/2 cup Kosher Salt
- 2 cups Brown Sugar
- 3 Tablespoons Peppercorns
- 5 whole Bay Leaves
- Peel Of Three Large Oranges

### Directions

- Combine all ingredients in a large pot. Stir until salt and sugar dissolve. Bring to a boil, then turn off heat and cover.
- Allow to cool completely, then pour into a large brining bag or pot. Place uncooked turkey in brine solution, then refrigerate for 16 to 24 hours.
- When ready to roast turkey, remove turkey from brine. Submerge turkey in a pot or sink of fresh, cold water. Allow to sit in clean water for 15 minutes to remove excess salt from the outside.
- Discard brine. Remove turkey from clean water, pat dry, and cook according to your normal roasting method.



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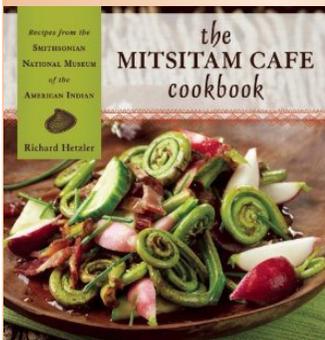


## About this Recipe

Yield: 4 – 6  
Servings

Source:

*This recipe is from Mitsitam Cafe, National Museum of the American Indian. | [www.coyotecooks.wordpress.com](http://www.coyotecooks.wordpress.com)*



# Wild Rice Salad

## Salad Ingredients

- 1/2 cup pine nuts
- 1/4 cup pumpkin seeds
- 6 cups chicken stock
- 1 1/2 cup wild rice
- 1 carrot, cut into half-inch-long matchsticks
- 3 tablespoons dried cranberries
- 1 Roma tomato, finely diced
- 4 or 5 scallions, finely chopped
- 3 bunches watercress

## VINAIGRETTE

- 3 tablespoons apple-cider vinegar
- 1/4 cup plus 2 tablespoons canola oil
- 2 tablespoons honey
- Place cider vinegar in a bowl, and slowly mix in oil. Sweeten with just a touch of honey

## Directions

- Preheat the oven to 350 degrees. Spread the pine nuts and pumpkin seeds in a small baking pan and toast them in the oven for about 10 minutes, until they are golden brown. Let cool.
- Combine the chicken stock and wild rice in a stockpot. Bring to a boil, reduce heat to low, and simmer, covered, for about 45–55 minutes, until the grains are just opened up and tender. Spread the hot rice on a baking sheet and let cool.
- When the rice is cool, scrape it into a large bowl and add carrots, dried cranberries, diced tomato, toasted pine nut and pumpkin seed mixture, and scallions.
- For Vinaigrette: Place cider vinegar in a bowl, and slowly mix in oil. Sweeten with just a touch of honey.
- Toss all of the ingredients together with the vinaigrette, refrigerate for at least 1 hour, and serve over watercress. 32



# The Truman

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## November is Prematurity Awareness Month



### Zeta Phi Beta Sorority, Incorporated Upsilon Iota Zeta Chapter presents Paint the Town Purple for Prematurity Awareness



**November 9-23, 2015**

1 in 9 Babies  
is born pre-  
mature in the  
U.S.



Prematurity is  
the #1 cause of  
infant mortal-  
ity

#### Participating Businesses

A2D Events  
Allen's Flowers  
Busch's Florist  
Boone Olive Oil Company  
Columbia Public Library  
Elly's Couture  
Kent's Flowers  
Maude Vintage  
MU Women and Children's Hospital  
Paint the Town  
Sager Braudis Gallery  
Swank  
The Heidelberg  
University Hospital  
U.S. Army Reserve

15 million  
babies are  
born  
premature  
each year  
globally

Need Info? Contact  
Khandicia Randolph  
Khandicia@mail.com  
Phone: 573-268-7809

Visit [www.marchofdimes.org](http://www.marchofdimes.org) for more info  
on prematurity





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## TOPIC OF THE MONTH

### Diabetes Awareness

For More Information:

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

## IN THE SPOTLIGHT - WEBINAR

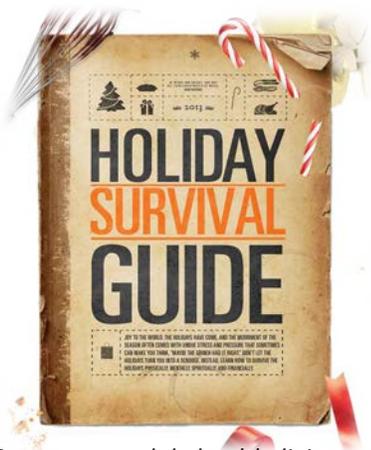


Image Source: [www.lakehealthyliving.com](http://www.lakehealthyliving.com)

## TOPIC OF THE MONTH:

### Holiday Survival

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

Live Webinar: *Holiday Survival*

### Topic Highlights:

\*Managing the holidays \*The Time Crunch \*Avoiding Holiday Stress<sup>4</sup>



## The Trueman

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# DIVERSITY DAY 2016

We want to know what YOU  
want to see at a Diversity  
Day Event?

- Ideas for
- Guest Speakers
    - Food
    - Entertainment
  - Want to share your history and culture in some way?

We need your help to make our Diversity Day  
Event GREAT!!!

We welcome your ideas, suggestions and  
comments!

Please contact SGT Desiree Torres [desiree.n.torres.mil@mail.mil](mailto:desiree.n.torres.mil@mail.mil)  
or 573-638-9500 x 39788



## The Truman

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# Coming Next Month



# DECEMBER 2015