



Holocaust Remembrance Day – April 16

Holocaust
Remembrance
Day
April 16

What is the Holocaust? Who are we remembering?

Days of
Remembrance of
Victims of the
Holocaust
April 12-19

The Holocaust was the state-sponsored, systematic persecution and annihilation of European Jewry by Nazi Germany and its collaborators between 1933 and 1945. Jews were the primary victims—six million were murdered; Roma (Gypsies), people with disabilities, and Poles were also targeted for destruction or decimation for racial, ethnic, or national reasons. Millions more, including homosexuals, Jehovah’s Witnesses, Soviet prisoners of war, and political dissidents, also suffered grievous oppression and death under Nazi Germany.

Sexual Assault
Awareness Month

The US Congress established Days of Remembrance as the nation’s annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. In accordance with its congressional mandate, the Museum is responsible for leading the nation in commemorating Days of Remembrance and for encouraging appropriate observances throughout the United States.

St. Louis Public
Radio Interview

The Days of Remembrance is observed in the United States for several reasons. In 1980, Congress unanimously passed legislation to establish the United States Holocaust Memorial Council, which oversees the Museum. The Council, which succeeded the President’s Commission on the Holocaust, was charged with carrying out the following recommendations:

EAP Spotlight:
Mindfulness

- That a living memorial be established to honor the victims and survivors of the Holocaust and to ensure that the lessons of the Holocaust will be taught in perpetuity

Women Veteran
Event

- That an educational foundation be established to stimulate and support research in the teaching of the Holocaust



- That a Committee on Conscience be established that would collect information on and alert the national conscience regarding reports of actual or potential outbreaks of genocide throughout the world

- That a national day of remembrance of victims of the Holocaust be established in perpetuity and be held annually

Holocaust Remembrance Day - continued

The Days of Remembrance dates change from year to year. The Israeli Parliament (Knesset) established Holocaust Remembrance Day (Yom Hashoah), to be observed on the 27th day of Nisan of the Hebrew calendar. The Hebrew calendar is a lunar calendar so the date changes each year in the United States. Observances and remembrance activities occur throughout the week of Remembrance, which runs from the Sunday before Holocaust Remembrance Day (Yom Hashoah) through the following Sunday. Please view the Museum's Remembrance Day calendar for future dates, www.ushmm.org/remembrance/dor/calendar.

The date of Days of Remembrance is different from the date of the International Holocaust Remembrance day. In 2005, the United Nations established January 27 as International Holocaust Remembrance Day. January 27, 1945, was the day that Auschwitz-Birkenau was liberated by Soviet troops. Holocaust Remembrance Day (Yom Hashoah) was established in 1951 by the Israeli Parliament (Knesset). The date was chosen to coincide with the anniversary of the Warsaw ghetto uprising and with the liberation of the concentration camps in western Europe.

-Source: United States Holocaust Memorial Museum <http://www.ushmm.org/remember/days-of-remembrance/faqs> | www.deomi.org



National Days of Remembrance

UNITED STATES
HOLOCAUST
MEMORIAL
MUSEUM

Photo: An SS man gives orders to Jews assembled in front of the Városliget (City Theater) at Kálmán Tisza Square, Budapest, October 1944. Bundesarchiv

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Days of Remembrance

Learning from the Holocaust: Choosing to Act

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

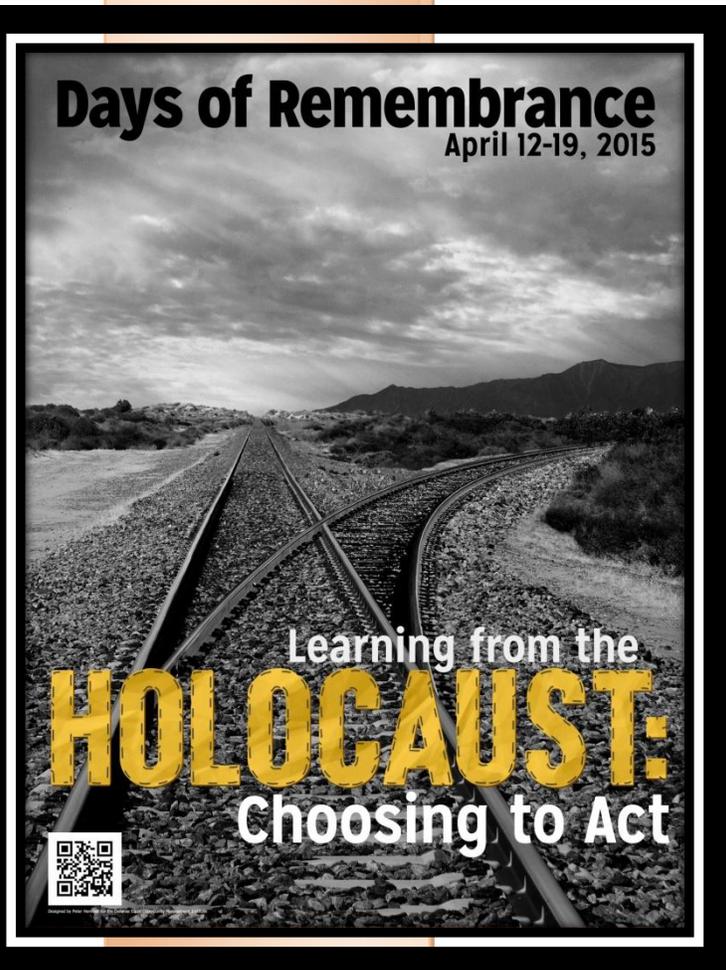
Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust—as well as the millions of non-Jewish victims—of Nazi persecution.

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

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

The victims had no control over, or choice in their fates. The rescuers, on the other hand, made *choices*. They *chose* to risk their own and their families' lives, in an attempt to intervene and help rescue those being persecuted.

This excerpt from the DEOMI 2015 presentation commemorates the actions and stories of ordinary people who, through their actions, became extraordinary.



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*"The Opposite
of love is not
hate, it's
indifference."
-Elie Wiesel*

Survivor of the
Auschwitz,
Buna,
Buchenwald and
Gleiwitz
concentration
camps

Nicholas Winton Bank Employee

Winton singlehandedly established an organization that helped nearly 700 Jewish Czechoslovakian children by bringing them to Britain for adoption.

He insisted, *"I just saw what was going on and did what I could to help. There is nothing that can't be done, if it's fundamentally reasonable..."*

An estimated 5,000 survivors and their descendants are alive today because of Winton's actions.

Juliette Usach Children's Home Director

Born in Spain, Usach fled the Spanish civil war and became the director of a children's home in Le Chambon-sur-Lignon, France.

She and other residents hid Jewish refugees and supplied them with false identification papers, birth certificates, and ration cards.

Groups of Jews also were taken across the border into Switzerland.

It is estimated that the people of Le Chambon village saved more than 5,000



Source:

www.deomi.org

www.ajpn.org

www.bbc.com/news/uk

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DoD Safe Helpline provides **live, one on one:**

- Crisis intervention
- Support

The Service is

- Anonymous
- Available 24/7

www.safehelpline.org

Or call the hotline
877-995-5247



Sexual Assault Awareness and Prevention Month

Know Your Part, Do Your Part

Know Your Part . . .

You have an integral role in preventing and responding to sexual assault

It starts with:

- **Being vigilant** for situations at risk for sexual assault
- **Knowing how** to safely intervene
- Understanding you can **safely stop** risky situations

Do your Part . . .

- Promote a healthy environment by committing to actions that stop inappropriate behavior and prevent sexual assault
- Every member of the DoD community can do something to create an environment where sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned or ignored

Source: www.deomi.org, www.safehelpline.org

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Missouri National Guard increases diversity in its ranks, cites community-based recruiting

By Stephanie Lecci • Mar 30, 2015

The Missouri National Guard [reports it has diversified its ranks by 25 percent](#) over the last year, even as some law enforcement agencies around the state have struggled to do so.

The Guard has added 188 soldiers of color to its ranks, for a total of 940 minority personnel. Meanwhile, the head of Missouri State Highway Patrol has acknowledged [its minority recruiting has fallen](#) in recent years. The St. Louis Metropolitan Police Department recently expanded its [minority recruitment program](#). It is facing a separate federal complaint over the promotion of minority officers.

The Guard's equal employment manager Major Deborah Smith said the organization is on the right track, but more improvement still is needed.

"I believe that the Guard should actually mirror the community itself, and I believe if you mirror the community you will have that trust factor," she said. "A strong effective organization is one that is very diverse, with people from all backgrounds, education, experiences, all across the board. What can you bring to this organization to make us a more effective force?"

Smith credits the increasing numbers of minority soldiers to Guard recruiters being actively involved in communities, whether by showing up at high schools or by seeking out candidates at historically black and tribal colleges.

"Just going in to the high schools and seeing them there all the time and seeing them at football games all the time," she said, "or actually going out into the community like state fairs, then you start to build that trust factor, that 'Okay, hey, well, they're coming out here where I'm at. Then maybe this is worthwhile for me to actually at least give the Guard a try.'"

St. Louis Public Radio
90.7 KWMU • KWMU-2 • KWMU-3
NEWS THAT MATTERS.

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Having previously worked with the Lincoln University Army ROTC program, Smith said she saw how Guard recruiters actively sought to get students there interested in opportunities with the National Guard.

But potential soldiers must also see that there is an opportunity to advance to higher rank in order to get them to stay, Smith said. In the last two years, the Guard said it has promoted two minority soldiers to command sergeants major, the most senior enlisted rank available.

As a black woman and a major in the Guard, Smith said she has served as an example of those opportunities for her former students at Lincoln.

"They'll say, 'Hey, in the Missouri National Guard, you don't have as many minorities in leadership positions,' but then they can look at me now and say, 'Well, hey, Major Smith is in a leadership position at the Missouri National Guard, and if she can do it, I can do it,' Smith said. "So I'm building that trust."

Smith said that visibility of minorities in higher ranks, plus an objective system for promotions to remove built-in biases, has helped retain minority soldiers - which the Guard considers key to maintaining diversity in its ranks.

The Missouri National Guard began using an automated Enlisted Promotion System in 2012, which Smith said is important for diversity in promotions.

"Before the board actually convenes to look at soldiers' profiles for promotion, first you try to have as diverse a board as you can, and then two, that making sure there's no barriers so everyone has an equal access and equal opportunity to progress," she said.

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By Stephanie Lecci • Mar 30, 2015

But Smith said the Guard acknowledges it has more work to do. She said in her role, she plans to study how other institutions across the state have been successful in recruiting and retaining minorities. Smith said she will also continue to monitor the results of soldiers' responses to surveys on the command climate to see where improvements can be made. She also hopes to work with members of the Missouri Legislative Black Caucus and the NAACP on additional diversity efforts.

Additionally, Smith said the Guard is hoping to focus on recruiting in urban areas - which can sometimes be hard when most armories are in rural or suburban areas. That's why, Smith said, the organization is hoping to build an armory in Bridgeton in order to "get more people in urban areas to join the National Guard, which would bring more money into the economy." She said the site's location near mass transportation would also give guardsmen better access to their armory.



Photo courtesy of
Missouri Army National
Guard Recruiting Office
| Facebook

St. Louis Public Radio
90.7 KWMU • KWMU-2 • KWMU-3
NEWS THAT MATTERS.

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EMPLOYEE ASSISTANCE AND WORKLIFE

solutions

The quickest and best way to contact the EAP is by calling **1-800-222-0364**



Live in the Moment

There can be plenty of distractions in your daily life. Finding time to pause and be fully present, moment by moment, may seem challenging. Yet, purposefully paying attention to the “here and now” can reward you by enhancing your productivity and creativity, while reducing stress. Learn what mindfulness means, its potential benefits, and how to put it into practice in your life.

Mastering Mindfulness

Mindfulness is the practice of becoming fully aware of your surroundings and engaging yourself in the present. Doing so can often open your eyes to a new perspective.

Additionally, mindfulness heightens consciousness of your thoughts and feelings without labeling or judging them. Let's explore some of the main tenets of being mindful.

Deliberately paying attention

First, mindfulness involves purposefully being aware of yourself and your behaviors. Attaching purpose to what you experience helps you sharpen your mind and avoid thoughtlessly going through the motions.

Awareness of the present moment

As your mind wanders throughout the day, you typically think about the past or future—not the present. Distancing yourself from thoughts concerning the past or the future allows you to embrace the present moment as you experience it fully.

Avoiding judgment

Mindlessly judging others can become a habit. By removing judgment of whether experiences—or people—are good or bad can help you appreciate how and why people behave the way they do. Being mindful involves observing and accepting whatever happens without attachment or an emotional reaction.



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PSC



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The Benefits of Being Mindful



Practicing mindfulness can produce various benefits for your physical and emotional health, along with your relationships with others. Here are a few advantages of establishing a more mindful state:

Greater appreciation of the present

Savoring life's simple pleasures is easier when you're living in the moment. Mindfulness allows you to be more engaged in your everyday activities—and better equipped to handle adversity. So, enjoy the present and learn to worry less about the future or the past.

Stress reduction

Practicing mindful behaviors, including meditation and yoga, can bolster your positive disposition while lowering anxiety and stress. Mindfulness can help you focus on becoming aware of life's stressors and observing your responses.

Improved memory and concentration

Mindfulness may strengthen your memory and focus, too. A 2013 study by University of California, Santa Barbara, found students who took a mindfulness-training course prior to taking the Graduate Record Examinations (GRE) had improved working memory capacities, heightened focus, and better reading comprehension scores than their peers.

Strengthened relationships

Being skilled at handling stress in life can also help you respond to disturbances in your relationships. Mindfulness can keep you from becoming reactive and judgmental toward your partner or coworker, for example.

Mind Exercises Made Easy

It takes almost no time to implement mindfulness into your daily life, but the impact can be profound. Try the following exercises to conveniently work mindfulness into your routine.

Mindful meditation: Find a place free from distractions, clear your mind, and bring yourself to a relaxed posture. Then, slowly exhale, leaving a slight pause before inhaling. Inhale and pause again as you finish before exhaling. Continue this cycle. As you breathe, visualize an inspiring image and let all other thoughts float away. Be sure to take your time transitioning back to your regular day.

Deep breathing: If you don't have time to meditate, simply focus on your breath. Breathe in through your nose and out through your mouth. Inhale deeply into your belly—not just your chest. Concentrating on deep breathing can have a soothing effect and keep you cognizant of the present moment.

Still stressed?

If you'd like more help managing the stress in your life, seek support from your Employee Assistance Program (EAP) for a FREE expert consultation. Contact a program specialist 24/7 for assistance in

improving your emotional health so you can feel more balanced and centered.

For more information on how you can become more mindful, or for help improving your emotional well-being or reducing stress, call your EAP today and speak to a specialist.

Employee Assistance Program

24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com

Services are offered as a **FREE** benefit to you and your family members, and are confidential within the limits of the law.

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“GI Jane ALIVE”

Women Veteran Event

April 17-18

Quality Inn

1612 N Providence Road

Columbia, MO 65202

April 17, 6-10pm
Beach Party
Music
Pool Available
Cash Bar

April 18, 8am-4pm
Vendors
Break out Classes
Free Lunch
\$15 for Guest
Guest Speaker

Event RSVP:

Calling 573-808-0000

E-mail womenvets1@gmail.com



Room Reservations

Quality Inn

1612 N Providence Road

Columbia, MO

573-449-2491

Call By March 30th

99.00 + tax for Double

Free Breakfast Buffet

A Mid-West Women Veterans Association (MWWVA) Event

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EO awareness and positive human relations are essential to mission readiness.

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EQUAL OPPORTUNITY

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EO/EEO SPECIALIST

SGT DESIREE TORRES
EO/EEO ASSISTANT

HHD, JFHQ EO STAFF

LTC MICHAEL CHIZMAR
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MSG PAUL BOOTH
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For more information, contact us at

573-638-9500
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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

