



The Truman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

August 2016 Issue 17

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Diversity Day

Women's
Equality Day

Purple Heart
Day

Diversity Events
Around MO

*10 Tips to Get
You Ready for
Back to School*

*Back to School:
10 Ways to
Make'em Laugh*

• Recipe:
Homemade
Fruit Gummies

FOH & EAP
Spotlight

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Join Us & Spread the Word!!

Diversity Day 2016

Come experience the diversity of the Guard.

August 7th

When: 9 am to 1 pm

Where: Ike Skelton Training Center (ISTS) Drill floor

What: LU Dance Troupe Presentation
Cuisine Sampling
Cultural Displays and Exhibits
Tai Chi Demonstration

Who: All service members, families &
members of the community
are welcome and encouraged
to come

For More information
or for participation
contact SGT Robinson
573-638-9500 x 39788



MISSOURI
**NATIONAL
GUARD**
DIVERSITY





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Women's Equality Day

August 26th marks the anniversary of the Women's Suffrage Movement's GREATEST victory—women achieving full voting rights following the ratification of the 19th Amendment to the U.S. Constitution.

The woman suffrage movement began in 1848, when the first women's rights convention was held in Seneca Falls, New York, led by Lucretia Mott and Elizabeth Cady Stanton.

In 1869, under the leadership of, Stanton, Susan B. Anthony, and other women's rights pioneers, suffragists circulated petitions and lobbied Congress to pass a Constitutional Amendment to empower women.

At the turn of the century, suffragists fell into two groups: the club movement and the settlement house movement. Both groups attempted to influence reform legislation. However, many politicians were unwilling to listen to either of these disenfranchised groups.

Source:

www.deomi.org





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Women quickly realized that, in order to achieve reform, they needed to win the right to vote. The woman suffrage movement became a mass movement.

Early in the 20th century, leadership of the suffrage movement divided into two organizations.

The first, the National American Woman Suffrage Association (NAWSA), was led by Carrie Chapman Catt.

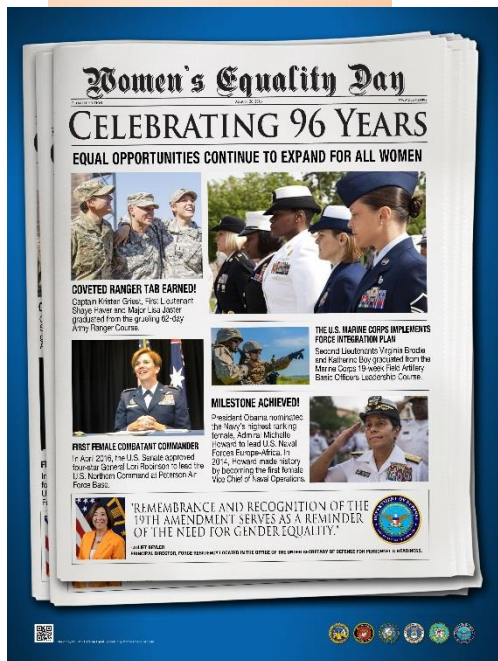
NAWSA undertook campaigns to secure individual states' support for the movement, while simultaneously lobbying President Woodrow Wilson and Congress to pass a women's suffrage Constitutional Amendment.

In the 1910s, NAWSA's membership numbered in the millions.

The second group, the National Woman's Party (NWP), was led by Alice Paul.

Source:

www.deomi.org





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Paul led activists to picket at the White House and Congress. She and her colleagues were arrested and imprisoned; they engaged in hunger strikes and endured forced feedings.

The 19th Amendment was finally proposed to Congress on June 14, 1919. The amendment could not become law without the ratification by a minimum of 36 of the 48 states.

By the summer of 1920, 35 states had ratified the amendment, one short of passage. Four states were asked to hold legislative voting sessions on the issue. Three states refused; Tennessee, however, agreed to call a special session.

Tennessee's decision came down to 24-year-old Representative, Harry T. Burn, to cast the deciding vote. Burn had originally made clear his intention to vote "nay".

However, a letter from his mother, asking him to vote in favor of the amendment, helped to change his mind.

Source:
www.deomi.org





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Dear Son:

Hurrah and vote for suffrage! Don't keep them in doubt! ...Don't forget to be a good boy and help Mrs. Catt put the "rat" in ratification.

—Your mother

Burn heeded his mother's advice, casting the deciding vote on August 26, 1920.

As a result of Burn's vote, Tennessee became the 36th state to vote "yay", ratifying the 19th Amendment into law.

The passage of the 19th Amendment is a testament to the courage and tenacity of the women—and men— who challenged the nation to live up to its founding principles.

The legacy of brave women who served—and continue to serve—our nation and the Department of Defense (DoD), further inspire us to strive for liberty and equality for all Americans.

Source:

www.deomi.org





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Women's Equality Day

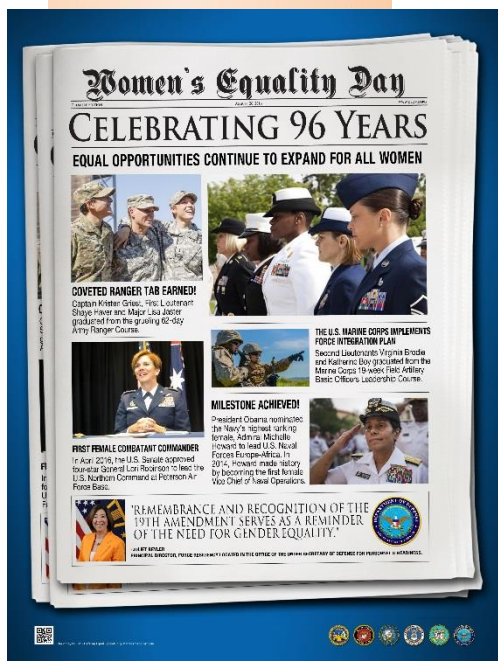
Women have been a part of the defense of our nation since the Revolutionary War, but in the early days of our country they had to cloak themselves in disguise to serve alongside men.

With the formation of the Army Nurse Corps in 1901—for the first time—women were formally recognized as valuable contributors.

On January 24, 2013, then-Defense Secretary Leon E. Panetta “lifted” the official ban that had prevented military women from serving in direct combat roles.

Since that time, the DoD has worked closely with the Services to implement the policy that, to date, has opened more than 110,000 positions to women.

Today there are more women serving in our Armed Forces than ever before.



Source:

www.deomi.org



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WOMEN IN THE MILITARY



15%

of DoD Active
Duty Personnel
are women



39,277

female officers
in DoD as of 2014



161,415

female enlistees
across all services



ALL MILITARY
POSITIONS

now open to women including
infantry, armor, reconnaissance
and special operations



3

women become
first to earn
Army Ranger tab
in 2015

http://www.defense.gov/News/Special-Reports/0316_womens-history

Source:
www.deomi.org



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Women's Equality Day

The DoD has also rolled out other initiatives to help Service Members maintain a better work-life balance, including the career intermission program, and the recent DoD announcement of extended maternity leave.

Equal opportunities continue to expand in all Service branches—and for civilian women as well.

On August 21, 2015, for the first time in its more than 65-year history, two women, Captain Kristen Griest and First Lieutenant Shaye Harver, graduated from the grueling 62-day Army Ranger course and earned the coveted Ranger tab.



Source:
www.deomi.org



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Less than two months later, 37-year-old mother and engineer Major Lisa Jaster—and first Army Reservist—earned her Ranger tab.



In April this year, Air Force General Lori Robinson was approved by the Senate as commander of the U.S. Northern Command, becoming the country's first female combatant commander.



Source:
www.deomi.org



The Trueman

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Women's Equality Day

In May 2016, Captain Kristen Griest became the first female infantry officer. She has been assigned to the 4th Ranger Training Battalion of the Airborne and Ranger Training Brigade at Fort Benning.

Nominated by President Obama, the U.S. Navy's highest ranking woman, Admiral Michelle Howard, became Commander, U.S. Naval Forces Europe-Africa and Commander, Allied Joint Force Command Naples this year. Howard made history by becoming the first woman to reach the rank of 4-star admiral.



Source:
www.deomi.org



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Women's Equality Day

The U.S. Marine Corps graduated its first female artillery officers: Virginia Brodie and Katherine Boy at the Field Artillery Basic Officers Leadership Course at Fort Sill, Oklahoma, on May 12, 2016.

Brodie and Boy, both Second Lieutenants, are the first two female Marine artillery officers to complete the course.

In the 96 years since the 19th Amendment was ratified, women have made strides in every facet of American life, and we have learned that our country succeeds when women succeed.

Investing in women's equality and empowerment can unlock human potential on a transformational scale.

"Women have done many jobs through the decades that perhaps we never dreamed possible. Certainly if a woman can do these new jobs, they ought to have the opportunity to compete."

—Deborah Lee James
Secretary of the Air Force



Source:
www.deomi.org



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PURPLE HEART DAY, A DAY TO CELEBRATE THE COURAGE AND SACRIFICE OF COMBAT-WOUNDED VETERANS

AUG 02, 2015



Most people have never heard of Purple Heart Day, which takes place annually on August 7th to commemorate the medal's origins and the more than 1.7 million combat-wounded Purple Heart recipients.

In 1782, George Washington, then the commander-in-chief of the Continental Army, created the Badge of Military Merit, today known as the Purple Heart medal. It represented Washington's respect and acknowledgement of veterans' combat valor. Today, more than 232 years later, the medal is the oldest U.S. military decoration still in use, and the inventory of veterans' stories blends both heroic and tragic distinctions.



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AUG 02, 2015

Jim Blaylock, of Military Order of the Purple Heart Service Foundation, a Vietnam veteran and three-time Purple Heart recipient says, “The Purple Heart medal represents courage, sacrifice, commitment and ‘heart.’ The Purple Heart Foundation celebrates the heart of every veteran by providing emotional, physical, educational and financial support for veterans and their families.”

These three veterans share what the Purple Heart means to them.

[Lt. Gen. Patricia D. Horoho](#), Afghanistan, on the needs of women warriors
“As the population of female Purple Heart recipients grows, we have an opportunity to build support networks and increase awareness of the unique needs and challenges of women in the service of our country ... With the recent announcement of opening combat positions to all genders, we can expect that women will take on more roles that will put them in harm’s way ... The Purple Heart medal is a testament to their heroism, sacrifice and resilience.”

[Donald Summers](#), Korean War, on surviving war

“I am proud to have had a part in the forgotten Korean War, and I am proud of the officers and men of the 1st Cavalry Division. But is with deepest humility that I share this part of my life, for I am a survivor. Every survivor leaves a part of himself with the real heroes of any war.”



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AUG 02, 2015

[Murray Simon](#), WWII, on the award and reward

“I believe that the guidelines for awards changed with each succeeding war, such as the Korean, Vietnam, Desert Storm, Afghanistan and Iraq conflicts ... Nevertheless, with or without awards, we Dogface Soldiers did what had to be done on the ground to help make the world a better place for future generations. Winning the war and living to tell the story was an awesome award.”

On Aug. 7, Purple Heart Day, instead of waving a flag, take some time to listen to and share a veteran’s story of honor and courage. Through their stories we can truly celebrate this holiday and honor the sacrifice of all our veterans.

Source:

<https://purpleheartfoundation.org/about-us/blog/2015/08/purple-heart-day-day-celebrate-courage-and-sacrifice-combat-wounded-veterans/>



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International Institute's **Festival of Nations**

Presenting Sponsor...



**Saturday, August 27,
10am - 7pm
Sunday, August 28,
10am - 6pm**

Join us in Tower Grove Park for the region's premier multicultural celebration, featuring over 40 ethnic food booths, non-stop dance and music, arts and crafts, and an international bazaar with unique gifts from around the world.





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International Institute's Festival of Nations

Presenting Sponsor...



Admission is Free!

Tower Grove Park is located near Grand and Arsenal on the City's South Side, only steps away from St. Louis' famed International District! A shuttle service will provide complimentary rides on designated routes during operating hours

Parking is available in the park and at lots and streets in surrounding neighborhoods.

**** NEW secured off-site parking this year.****





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A “Show–Me” Salute TO ALL WHO SERVE



Sunday August 14 2016 at 2 p.m.
Mathewson Exhibition Center
Sedalia, MO

FREE admission

to the Missouri State Fair for all military.
\$1.00 admission for military family members.
For more information, visit MoStateFair.com
or call (800) 422-3247.



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9th Annual Jazz by the River Presents

Saturday, August 20, 2016, 6 p.m. to 8 p.m.

Performing Arts Center, Leavenworth High School

Leavenworth, KS 66048

Door Open at 5 pm, Concert Start at 6pm.

<http://www.jazzbytheriver.com> | info@jazzbytheriver.com

RACC&M's motto, "Unity for the Love of All People," expresses our desire to bring our entire community together for an evening of musical entertainment that celebrates our shared investment in our community. This year, the **RACC&M** is celebrating its 23rd Anniversary. Over the past 23 years, the **RACC&M** has relied on the generosity of caring and compassionate individuals, businesses, community agencies and churches to power educational and character-building programs to the benefit of the entire community.

We need your continued support to reach our \$26,000.00 fund-raising goal. You can help through **sponsorship, patronage, or partnership** <http://www.jazzbytheriver.com/sponsorship-2016/> , and by **purchasing tickets** <http://www.jazzbytheriver.com/> to attend this gala event. Also, you can help us spread the word by inviting friends from church, professional networks and social circles to come together to enjoy what promises to be the best **Jazz by the River Benefit Concert** yet!



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9th Annual Jazz by the River Presents



Dr. Darryl White

Associate Professor of Trumpet & Jazz Studies
Glenn Korff School of Music
University of Nebraska-Lincoln
226 Westbrook Music Bldg.
68588--0100
402-472-2988 (office)

On line ticket sales is open.

SAVE THE DATE:

SATURDAY AUGUST 20, 2016

JAZZ by the RIVER PRESENTS

BENEFIT CONCERT



PENNY BLACK

TICKETS ARE NOW ON SALE. CALL or Email for more information:

ph# 913) 682 8772 between 11:00 a.m. - 3:00 p.m.

email: honoringa.a.vets@gmail.com

(\$20.00) 19 & OVER IN ADVANCE (\$10.00) 18 & UNDER IN ADVANCE

(\$25.00) PER PERSON AT THE DOOR

You will be able to pick up your ticket (s) at the event. Please print out a copy of your recipe and bring with you.



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Indian Council of Many Nations

54th Annual

SUMMER POWOW

August 20-21 2016

**Location: IMCA Grounds
220 E Old Hwy 40, Grain Valley, MO**

Tentative Schedule

Friday August 19, 2016

All Day—Vendor Setup

7:00-9:00 PM Bison Booster Dinner

Location: Grain Valley Community Ctr

Saturday August 20, 2016

11:00 Blessing of Arena

11:30 Princess Crowning

12:00-1:30PM Gourd Dancing

2:00 PM Grand Entry

2:00-5:00 PM Intertribals/Specials

5:00 PM Honor Dinner

6:00 PM Gourd Dancing

7:00 PM Grand Entry

7:00-10:00 PM Intertribals/Specials/etc

10:00 PM Quitting Song

Sunday August 21, 2016

10:30 Worship in Hogan w/ Elder Dan Goold

12:00-1:30PM Gourd Dancing

2:00 PM Grand Entry

2:00-5:00 PM Intertribals/Specials

5:00 PM Closing

Head Staff & Drums

Master of Ceremonies	Jerry Braluca Potawatomi Affiliated
Arena Director	Bob Woolery Cherokee/Chickasaw
Head Man Dancer	Dennis Rogers Dineh (Navajo)
Head Lady Dancer	Gaby Flores Apache
Head Gourd Dancer	Norman Johnson Cherokee
Host Southern Drum	Young Bucks Alex Esau Head Singer
Host Northern Drum	Big Soldier Creek Head Singer Trilby Wahwasuck
Color Guard	ICMN Warriors Honor Guard
Jr. Princess	Verity Collins Cherokee
Storyteller	Dragonfly Cherokee

Free Admission, Free Parking, Free Camping: RV and Tent, No Hookups, Hot Showers

Bring lawn chairs and some form of shade as well as sun screen in event of much sunshine

No drugs, alcohol or firearms allowed! Not responsible for lost or stolen items. No travel aid.

Visit or website: www.kc-icmn.org Vendor Contact: Neil Carriker (816) 223-5978 Other Needs: Dick Lanoue (816) 665-8696



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37th annual ETHNIC ENRICHMENT festival 2016



AUGUST 19 - 21
SWOPE PARK, KANSAS CITY, MO

Ethnic Foods, Music, Dance,
Crafts, Fashions and Fun!
"Kids' World" - Activities just for children!

Adults : \$3; 12 & Under : Free
Free Parking
More information: 816:513-7553
www.eeckc.net



ETHNIC FESTIVAL STAGE SCHEDULE

Friday, August 19

6:00 p.m.	CZECH AND SLOVAK	Slavic Dance Troup
6:30 p.m.	VIETNAM	Youth Group Dragon Dance
7:00 p.m.	EGYPT	Siham Ali and Company
7:30 p.m.	THAILAND	Thai Cultural Center
8:00 p.m.	GERMANY	Blautaler Folk Dancers
8:30 p.m.	CROATIA	Tamburitzen/Hrvatski Obicaj
9:00 p.m.	SAMOA	Key Polynesia Group
9:30 p.m.	ECUADOR	Danza Folklórica Ecuatoriana

Saturday, August 20

11:30 a.m.	CHINA	Chinese Dance Group
12 Noon	HAWAII	Hula Hale O'Kiahahi
12:30 p.m.	SERBIA	St. George Serbian Orthodox choir
1:00 p.m.	SWEDEN	Scandinavian Folk Dancers of KC
1:30 p.m.	REP. OF CHINA	HK Chinese Folk Dancers
2:00 p.m.	PERU	Sabor A Peru - Ayllu
2:30 p.m.	AFRICAN AMERICAN	Victory in Motion
3:00 p.m.	RUSSIA	From Russia With Love
3:30 p.m.	UKRAINE	Promo - Ukraine
4:00 p.m.	SPECIAL	PARADE OF FLAGS AND SCHOLARSHIP AWARD
5:00 p.m.	MALAYSIA	Malaysian Dance Troup
5:30 p.m.	SCOTLAND	St. Andrew Pipes and Drums
6:00 p.m.	MOROCCO	West of Marrakesh
6:30 p.m.	COLOMBIA	Grupo Quimbaya
7:00 p.m.	INDIA	India Association of KC
7:30 p.m.	Evening Entertainment Setup	
7:45 p.m.	JAPAN	Drum Roller Group
8:30 p.m.	MEXICO	Rose Marie's Fiesta Mexicana
9:15 p.m.	PHILIPPINES	Sinag-Tala Dance Group

Sunday, August 21

11:30 a.m.	INDONESIA	Gamelon Genta Kasturi
12 Noon	NICARAGUA	Nicaragua Dance Group
12:30 p.m.	PANAMA	Folkloric Group
1:00 p.m.	BANGLADESH	Bangladesh of KC Dance Group
1:30 p.m.	LITHUANIA	"Aidas" Lithuanian dancers
2:00 p.m.	Native Fashions	FASHION SHOW
3:00 p.m.	BRAZIL	Axé Capoeira & Grupo Tropicália
3:30 p.m.	ISRAEL	"Tikvah" Israeli Dancers
4:00 p.m.	ETHIOPIA	Ethiopian Dance Group
4:30 p.m.	NEPAL	Nepali Kansas City Community Group
5:00 p.m.	JAMAICA	"Jahration" Reggae Band

NO PETS ALLOWED



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Feel the 'World Beat' in the
Heart of America'



36th Ethnic Enrichment Festival

August 19, 20, 21, 2016

Swope Park - Meyer Blvd & Swope Parkway
Kansas City, Missouri

Friday, Aug. 19 Saturday, Aug. 20 Sunday, Aug. 21
6 p - 10 p Noon - 10 p Noon - 6 p

Fantastic Free KIDS' WORLD

FREE PARKING - LIVE ENTERTAINMENT - \$3 Adults

Children 12 and Under are admitted free with adult.

Food, Music, Crafts and Dance

Sorry, No Pets Allowed

FOR INFORMATION CALL (816) 513-7553
or check our website at www.eeckc.net or www.kcparks.org





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Festival Stage Entertainment

FRIDAY, August 19, 2016

6 p.m.	CZECH & SLOVAK	Slavic Dance Troup
6:30 p.m.	VIETNAM	Youth Group Dragon Dance
7 p.m.	EGYPT	Siham Ali and Company
7:30 p.m.	THAILAND	Thai Cultural Center of GKC
8 p.m.	GERMANY	Blautaler Folk Dancers
8:30 p.m.	CROATIA	Tamburitza/Hrvatski Obicaj
9 p.m.	SAMOA	Puli Tali Key Polynesia Group
9:30 p.m.	PHILIPPINES	Sinag-Tala Dance Troupe

SATURDAY, August 20, 2016

11:30 a.m.	CHINA	Chinese Dance Group
Noon	HAWAII	Hula Hale O' Kiakahi
12:30 p.m.	SERBIA	St. George Serbian Orthodox Choir
1 p.m.	SWEDEN	Scandinavian Folk Dance Group
1:30 p.m.	Rep. of CHINA	HK Chinese Folk Dancers
2 p.m.	PERU	Sabor A Peru-Ayllu
2:30 p.m.	AFR. AMERICAN	Victory in Motion
3 p.m.	UKRAINE	Promo-Ukraine
3:30 p.m.	Special	PARADE of FLAGS & Scholar Award
4 p.m.	MALAYSIA	Malaysian Dance Troupe
5 p.m.	SCOTLAND	St. Andrew Pipes and Drums
5:30 p.m.	MOROCCO	West of Marrakesh
6 p.m.	COLOMBIA	Grupo Quimbaya
6:30 p.m.	INDIA	India Association of KC
7 p.m.	Evening Set Up	EVENING ENTERTAINMENT
7:30 p.m.	JAPAN	Sinag-Tala Dance Group
7:45 p.m.	MEXICO	Rose Marie's Fiesta Mexicana
8:30 p.m.	LAOS	Laos
9:15 p.m.		

SUNDAY, August 21, 2016

11:30 a.m.	INDONESIA	Gamelan Genta Kasturi
Noon	NICARAGUA	Nicaragua Dance Group
12:30 p.m.	PANAMA	Folkloric Group
1 p.m.	BANGLADESH	Dancers of Bangladesh
1:30 p.m.	LITHUANIA	"Aidas" Lithuanian Dancers
2 p.m.	Native Fashions	FASHION SHOW
3 p.m.	BRAZIL	Axé Capoeira & Grupo Tropicália
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10 Tips to Get You Ready for Back To School

Back to school time can be both exciting and stressful for students and parents alike. Getting ready for the first day of classes is family effort. These tips from Kids.gov may help parents make this year's back to school time easier:

1. **Schedule time with teachers.** Keep an open dialog with school staff to help your children thrive.
2. **Get your shots.** Some schools require immunization records for entry. Find out if your child needs any vaccines before school starts.
3. **Ease into the school routine.** A good night sleep is key to a successful school day. Preschoolers need 11-12 hours of sleep a night, school-age children need at least 10 hours, while teens need 9-10 hours.
4. **Pack a healthy and safe lunch.** Choose a balanced meal for your children's lunchbox and make sure you keep hot foods hot and cold foods cold. Low-income families may qualify for free and reduced price school meals.
5. **Shop smart.** Some states have sales tax holidays in August. Make a list, know what you need, and shop the sales. Knowing where the bargains are will help you save.



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5. **Talk to your kids about online safety.** Identity theft, bullying or inappropriate behavior can happen online. Teach your children about online safety as use social media to connect with old and new friends at school.
6. **Plan and practice how to get to school.** If your kids' school or school system provides bus transportation, find the nearest stop to your home and the pick-up and drop-off times. Teach your kids to be safe whether by car, bus, bicycle or walking.
7. **Teach time management.** Leisure time, sports, and "screen time" can interfere with homework. Keep your family's schedule on time with these tips.
8. **Make sure kids are insured.** Your child could qualify for free or low-cost insurance through Medicaid or the Children's Health Insurance Program (CHIP).
9. **Listen to your kids.** Anxiety and nerves can take over, so provide a safe environment at home and in the classroom. Talk to kids about bullying and what to do if they encounter it.
10. Check Kids.gov throughout the year for free educational and timely information for teachers, parents and kids. We're also on [Pinterest](#)! Check out our [Back To School Pinterest Board](#).



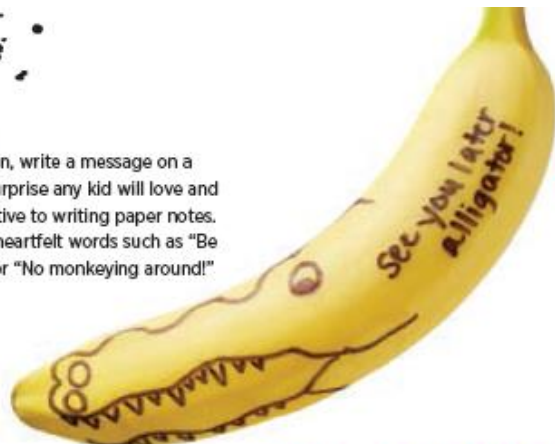
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GO BANANAS!

Using a craft pen, write a message on a banana. It's a surprise any kid will love and a clever alternative to writing paper notes. Include simple heartfelt words such as "Be kind," "Smile," or "No monkeying around!"



A PICKLE

Give this fun bun googly eyes and a pickle-slice tongue. Add pepperoni rounds and sliced olives for eyes, and a piece of lettuce.



10 WAYS TO MAKE 'EM

LAUGH

FUNNY FACES, PLAYFUL DRAWINGS AND CUTE CUTOUTS ARE JUST THE BEGINNING FOR LUNCH BOX SURPRISES. CREATE NUTRITIOUS, TASTY LUNCHES TO GIVE YOUR CHILD HEARTY MEALS AND SOME GIGGLES.

UP, UP AND AWAY!



MY OWN SUPERHERO!

Grab a cheese stick, get out the craft pens and let kids create their own characters. It's a genius way to encourage healthy snacking.

LAUGHING AT OURSELVES

Surprise your kids with fruity portraits of themselves. Cut a slice of miniature watermelon and create a face with blueberries, an orange wedge, seedless green grapes and flower-shape cutouts of melon.



SILLY SAMMIES

Turn a deli sandwich wrap into a "wabbit wrap." For the face, use cut-up berries, mozzarella cheese and deli ham. Give PB&J a "wise old owl" look with kiwi and blueberry eyes and a strawberry nose.





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PUPPY LOVE

Use cookie cutters to cut a cheese sandwich into the shape of a puppy. Add flower shapes cut from whole grain bread, and a dog bone cut from cheese.



ONE GIANT LEAP FOR FUN

NO PLACE LIKE SPACE

Start the countdown to lunch with an astronaut made mostly from sliced cheese.



READY, ROCKET, GO!

Blast into space with a turkey, cheese and lettuce sandwich shaped like a rocket. Grape tomatoes, cheese slice cutouts and small dabs of cream cheese add detail.



FRUIT ON FLIGHT

Cut strawberries, pineapple and cantaloupe into bite-size shapes and thread onto a stick. Your rocket skewer is ready to launch.



SMILING SAMMIES

Package a sandwich in a resealable bag. Using a craft pen, draw a funny face on the plastic and tell your child, "Just try not to laugh."



AWWWW NUTS!

BUSY BEAVER

Cut 2-inch- and 4-inch-diameter rounds from whole wheat flour tortillas; spread with creamy peanut butter. Decorate with whole pecans, raisins, seedless grapes and miniature marshmallows. Use miniature peanut butter cream-filled sandwich cookies for the tail.





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Homemade Fruit Juice Gummies

Ingredients

- 1½ cups of Juicy Juice® 100% juice – any of the flavors work great!
- 4 tablespoons of plain gelatin

Directions

1. Pour the Juicy Juice® 100% juice into a small pot. Gently add in the gelatin powder and allow it to absorb for a few minutes.
2. Once the gelatin has absorbed, whisk the mixture gently.
3. Turn on your stove to medium heat, getting the mixture warm but never boiling. Wait until the mixture changes from thick to runny and all of the gelatin has dissolved.
4. Once ready, pour the mixture into a shallow loaf pan and refrigerate for four hours.
5. Remove from pan and cut the gelatin into bite-sized pieces.
6. Keep in the refrigerator for up to two weeks!

Try this
recipe for
fruit
gummies
using
Juicy
Juice®

Source:
www.juicyjuice.com



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TOPIC OF THE MONTH

Immunizations

For More Information:

www.foh.hhs.gov/calendar

IN THE SPOTLIGHT - WEBINAR



TOPIC OF THE MONTH:

Parenting and Technology

VISIT: www.foh4you.com

Topic Highlights:

- *Current technology and social media
- *Promoting positive online experiences through communication
 - *Identifying risks, and strategies to keep kids safer online
 - *Monitoring software and other resources for parents and guardians



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Coming Next Month





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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



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