



COMMISSION NEWS

“VOTING IS YOUR RIGHT AND A PRIVILEGE EARNED”

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Special points of interest:

- June is National Men's Health Month.
- National Safety Month
- National Aphasia Awareness Month
- June is PTSD Month
- June 20th is West Virginia's 153rd Birthday!!

Most all eyes are on the Presidential Race these days and there is so much tension in the air over who's in and who may be out. Here in WV, there is also quite a bit of activity on the political scene according to Hoppy Kercheval's most recent commentary. Kercheval pointed out that if anyone is interested and want an indication of Donald Trump's support in West Virginia, all we have to do is to take a look at neighboring Virginia, specifically Buchanan County, which borders the southern tip of our state.

Kercheval continues, "Demographically, Buchanan County bears a strong resemblance to large swaths of southern West Virginia. It's a coal-producing county in the heart of Appalachia, overwhelmingly white, lower percentage of college graduates, lower income, higher percentages of people on public assistance. The Journal reports that voters in Buchanan County "say Mr. Trump understands their frustration and will fight the Washington establishment on their behalf. Other commentators say we are in the midst of one of the most tumultuous political seasons

of our time and with the most uncertainty; but no matter what happens, **our nation will inaugurate a new president next January, regardless!!** The candidates who are asking voters for support have a dual obligation – to campaign vigorously and to start preparing now for the hard work of governing. Our next president will immediately face multiple challenges, including a still-fragile economic recovery, the threat of terrorist attacks here at home, turmoil across the globe and issues ranging from immigration to the massive national debt.



PRESIDENTIAL ELECTION

The *Wall Street Journal* reports that Trump won 69.7% of the vote in Virginia's March 1st Republican primary, "the highest percentage of vote he has collected in any U.S. county so far. West Virginia's Primary Election is just three weeks away, and we'll find out then exactly how deep

Trump's support runs in West Virginia. However, if the Metro News West Virginia Poll and the Buchanan County, Virginia vote are bellwethers, the Mountain State will be Trump territory this election year. Assuming the reins of power, making critical policy decisions and managing our

large, complicated government is an enormous undertaking, and one that requires extensive and detailed planning well in advance of Election Day. **Please don't forget to exercise your voting privilege!**



??? WHAT'S IN A NAME ???

"CHILVARY!!"

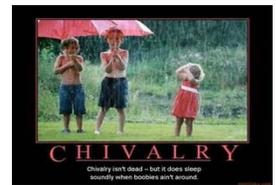
Chivalry, or the chivalric code, is a code of conduct associated with the medieval institution of knighthood which developed between 1170 and 1220.

The code of chivalry that developed in medieval Europe had its roots in earlier centuries. It arose in the Holy Roman Empire from the idealization of the cavalryman—involving military bravery, individual training,

and service to others—especially in Francia, among horse soldiers in Charlemagne's cavalry. The term *chivalry* derives from the Old French term *chevalerie*, which can be translated to "horse soldiery." Gautier states that knighthood emerged from the Moors as well as the Teutonic forests and was nurtured into civilization and chivalry by the Catholic Church.^[4]

Over time, its meaning in Europe has

been refined to emphasize social and moral virtues more generally influenced by Arabic concept of chivalry and the Code of Chivalry, as it stood by the Late Middle Ages, was a moral system which combined a warrior ethos, knightly piety, and courtly manners, all conspiring to establish a notion of honor and



JUNE 20, 2016

West Virginia, as a State will be turning 153 years old on June 20, 2016. State workers will be able to enjoy the festivities planned, as that day is designated a State Holiday!!

The holiday marks the anniversary that West Virginia was admitted into the United States of America in the year of 1863.



As such, it's a day of pride for many West Virginians, indicative of the state's independence and its moral stand against slavery.

A wide range of events will be held and you will be sure there will be plenty to do, including roadside refreshment stands, a birthday cake, displays of Civil War era crafts, exhibitions on the state's social, agricultural or industrial heritage; costume days and much more! Individually resident enjoy outdoor activities, such as

swimming, rafting and guided hikes are also popular and serve to promote the beauty of the West Virginian landscape.



WOASIS

Ready or not, here they come!!!

Why does the State need it?

The ERP system will transform the State's business processes through automation, more than any other IT initiative embarked upon by the State in the past. This system will fully or partially replace approximately 100 of the State's existing legacy business applications. Many of these existing applications and database environments are technologically

obsolete with no vendor support or security patches available. The State spends over \$35 million annually to support these highly distributed legacy business applications. Approximately 500 of these legacy business applications, which utilize over 70 different application development languages and over 40 different data repository tools, exist within the executive branch. Simply put, the State cannot sustain this business model.

The purpose of this system is to facilitate the flow of information between all business functions inside the boundaries of the organization and manage the connections to outside stakeholders, such as vendors and retirees. These systems play a vital role in centralizing transactional data that is useful in tracking, reporting, and providing transparency to State government functions.

“ALL AROUND OUR TOWN”!



Fans of the Ringling Bros. and Barnum & Bailey Circus celebrated the bitter-sweet end of an era in Charleston Wednesday night, bidding farewell to the circus’ elephants. A crowd of thousands were on hand, packing the Civic Center steps and lining the streets to see the elephants for the final time. The elephants marched down Clendenin Street and fed on a platter of fruit, lettuce and bread as the crowd

cheered and took pictures. “They’ve been out here for 18 years and I’ve been lucky to have been here for 13 of those years. I’m really sorry to see them go but I’m glad to be here for their last year.” The circus’ parent company, Feld Entertainment, is retiring the elephants as part of its circus and relocating them to its Center for Elephant Conservation in central Florida.

There will be other exciting entertainment coming into WV however; on Sunday, May 8, 2016 when **Vince Gill** and his band rolls into town. Vince will be performing at Charleston’s Clay Center,



on night only at 7:00p and tickets are on sale now at the Clay Center Box office.



Lake Street Dive is also scheduled to perform on Sunday, June 5, 2016. Lake Street Dive is a multi-genre band that was founded in 2004 in Boston, MA. They have come to the attention to many via their Jackson 5 YouTube cover of "I Want You Back" gathered around a single microphone on a Brighton, Massachusetts street corner.

REMEMBERING THE FALLEN

Monday, May 30, 2016, America and many of its families will celebrate and remember those who have served and given their lives for our country.



Memorial Day is a federal holiday, and a time set aside in honor all those who have served, it is also a very difficult time of remembering for those family members who have

lost loved ones while serving. All of us, at different times of our life, may experience loss or feelings of grief whether through the death of a loved one, a crippling accident, or the loss of something vital in life which causes the pain that follows. Grief counselors suggest the best help we can offer those individuals is to give them the time and space they need to grieve. Be supportive, and allow them to work through their feelings at their

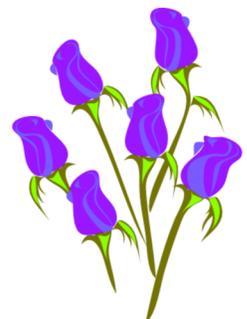
own pace. Refrain from shoeing “pity.” Don’t offer false comfort such as “you will feel better in time,” or “at least their suffering is over.” Such statements may make **you** feel better but are not usually consoling for the person who is hurting. Everyone grieves differently... there is no “set time” for healing to take place. Its best to give the individual as much private time as they need to move forward as they can .



“PATTY” JONES

Patricia (Patty) Jones recently moved from her home state of Illinois and joined the Human Rights Commission February 16, 2016. She enjoys learning and walking in the ways of the Lord, mountainous landscapes, gardening, raising farm animals, researching and experimenting with

innovative gardening techniques like aquaponics and hydroponics. She enjoys hiking, learning about natural remedies, and spending time with Jake, her Amazon parrot. Patty served in the Air National Guard for 25 years in Illinois and the District of Columbia, which included 12 years of full-time active duty. Her work experience includes finance, accounting, auditing, contract costing,



"TURN ON THE LIGHTS"

Rev. Dr. Darrell W. Cummings

On July 25, 1956, with 1,134 passengers and a crew of 572 on board, the Andrea Doria, one of the most elegant passenger liners in the world, the pride of the Italian Line, was struck by the Swedish-American liner, Stockholm, off Nantucket Island, Massachusetts. She sank the next day. The ship had left Genoa, Italy on her 51st voyage to New York, a dense fog enveloped her as she approached the Nantucket lightship. In her wheelhouse, Captain Piero Calamai maintained a speed of 22 knots. The Stockholm, which had left New York that morning, was outbound at 18 knots. At 11:45 P.M. the vessels suddenly came into view of each other. The Stockholm's bow sliced the Andrea Doria's starboard hull like a butter knife, tearing a gash into it 30-feet deep. The Italian liner dragged the smaller ship until the Stockholm, disengaged and slipped back into the fog.

To avoid panic, Calamai refused to sound the alarm and intended to save the vessel by beaching her. Throughout the night, the Andrea Doria listed closer and closer to the water. Finally, an SOS brought three ships, but they were too small to handle all the people attempting to escape the sinking liner. Another ship altered her Europe-bound course and raced through the night to answer the SOS. The Andrea Doria's passengers, beginning to feel themselves lost, cheered and wept when they saw the huge white letters of the liner, the **Ile de France**, coming to their rescue.

On board the French liner, Captain Raoul de' Beaudéan commanded, **"Turn on the lights, all the lights, let them know we're here!"** The glow from the Ile de France, lowering her huge lifeboats as she came alongside the stricken Andrea Doria, was one of the most inspiring sights ever witnessed at sea.

In one of the most dramatic ocean rescue operations ever, the Ile de France and the others saved all but 52 lives.

I read the story of a young man who needed somebody to turn the lights on in his life. The story was of Ron H., a tall, soft-spoken, 16-year-old from a notoriously rough neighborhood in a Massachusetts industrial town.

Raised by his grandparents, he had never spent any length of time with his father or mother; the streets were his school. Ron had been arrested four times, committed to the state juvenile corrections system three times; the seriousness of his offenses escalated:

For shoplifting, the state gave him probation; for stealing cars, he had to do time in juvenile facilities.

When we first read about him he was being held for assault and battery with a dangerous weapon, waiting to be sent to a secure (locked) facility.

In a "shelter care" group facility, a converted farm house in Middletown, MA, Ron says: "My grandparents tried to encourage me to go to school, but I never wanted to go. **Who cares?**

I don't need that. I'm smart enough to live by myself. I got in trouble because of the people I hang around.

Right now I'm trying to quit drugs—heroin, you name it, I did it."

"In the past," he adds, "I was arrested and committed to the state-run Department of Youth Services three times before this. I never took any of what they said into my head, so when I was released, I'd just go back and do more crime. **Who cares?** If I was released today and went back to the street, I'd still be doing drugs. My friends like to do crime, so I'm stuck in a box with no way out."

There are thousands of Rons' throughout the United States—juveniles who make up one of this country's gravest problems. It's said more than a million juveniles are arrested every year—yet Police estimate that for every arrest, five crimes are committed.

Even though that may be the case, the number of juveniles in correctional facilities is on the rise.

The FBI reports that the rate of violent crimes by juveniles is double what it was 20 years ago. It is commonly accepted that offenders less than 18 years of age were arrested in connection with nearly 2,000 murders, 7,000 rapes and 40,000 aggravated assaults. All of them are in need of someone to turn on a light for them, and perhaps that number would go down significantly, if the lights were turned on for them sooner rather than later.

Scattered around the coast of Iceland stand more than one hundred lighthouses. Also ready to help hapless seafarers are the fifty-three rescue stations offering huts for shelter from storm, ice, and shrieking winds.

Included among the equipment for rescue and first-aid in these stations, are lifeboats, long ropes, heavy blankets, and food. Rescuers stand ready to man the boats and lift water victims from the clutches of the sea. Lights from Iceland's lighthouses stave many shipping accidents; so those lights must not be permitted to go out for an instant; **the worse the storm, the more light is needed.**

So it is with our communities, churches, and non-profit organizations, as well as individuals. Scattered throughout the world, we are to show love for those who are going through storms, no matter how bad their storm may be. It is both a privilege and a heavy responsibility to "Let the lower lights be burning! To Send the gleam across the wave!"

Like the captain said on the Ile de France, **"Turn on the lights"**, let them know we're here! Many people like Ron feel as if they are stuck in a box and have no way out. The truth is if we keep shining a light hopefully we can help them find a way out.

Motivational Moments— “Belling the Cat”

Long ago, the mice had a general council meeting to discuss the problem they were having with their arch enemy, the Cat!! They met to consider what measures they could take to see if they could come up with a strategy to outwit their common enemy. The Cat was quite astute at catching mice and had caused the demise of some of their best rodent brothers and sisters. On this particular evening, a meeting was called on behalf of not only the dearly departed but also in protection of those who felt they might be in danger of becoming the next one on the menu of a “Catserrole” delicacy. Some of the counsel membership said, “We could do this” and others of the council membership said, “We could do that.” But no one seemed to have a ready answer until alas one of the youngest council members, a runt of a lad, got up and said, “I have a proposal to make, which I believe will resolve this whole Cat problem and I believe once you’ve heard it you will all agree!!!” He said,

“Our chief danger consists in the sly and treacherous manner in which our enemy, the Cat, approaches us, is that not right?” And all of the council members agreed and began to listen more intently!!! The young man continued, “Now, if we could



somehow rig a system and receive some sort of signal that would allow us to hear when she is approaching, we could easily escape from her vicious attacks. I venture, therefore, to propose that a small bell be procured, and attached by a ribbon around the neck of the Cat so that by this means we would always know when she is moving about, and from which direction she is coming.... Once we know that, we can easily retreat in another direction while she is in our neighborhood.”

This proposal met with great excitement, applause, jumping and dancing and huge sighs of relief. The entire council members were in a celebratory uproar, leaping and dancing around the room thrilled that finally their long dilemma with ye old Cat was finally going to be over and done; all of a sudden amid the dancing and celebrating, one of the older mice, who had been a member of the council for many years, was feeble and trembling when he tried to stand and speak, and had heard previous suggestions of how to tackle the problem with their arch enemy the Cat, stood up in the midst of the rejoicing group and said: “My fellow council members, that sounds like a wonderful suggestion and though all very well and good. . . but **who is to bell the Cat?**” The mice looked at one another and nobody spoke a word, somber faces veiled the whole room. **Then Moral: “Everybody always has something to SAY about it . . . but seldom want to take the responsibility to DO anything about it!”**



SOUP KITCHEN: Recipes for Healthy Lifestyles!



Sautéed Kale and White Beans

For decades, Italian country cooks have simmered greens and buttery white beans together. A quick version from

cookbook author Holly Clegg starts with Canadian bacon browned in a pan. Next, sauté an onion in olive oil. Add chopped kale, a can of white beans, chicken broth, and stir until the greens are tender. Canadian bacon adds meaty flavor with less fat than regular bacon.

You may also want to try:

Beets, Greens, and Black Licorice

He tames the bite of the greens with shavings of black licorice. it adds a kick and a false sense of sweetness, like using cinnamon or vanilla. Add a little horseradish as a final touch.



WEST VIRGINIA HUMAN RIGHTS COMMISSION



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We are a neutral agency

Congratulations, *Laura Savilla*, on being chosen to represent the WV Human Rights Commission as EX-Officio to the West Virginia Women’s Commission (WVWC)

The WVWC are dedicated to the goals and projects of the commission with representatives who advise and support the commission as ex-officio members. The Ex Officio is also the representative at the regular commission meetings held quarterly.

The West Virginia Women’s Commission is an agency of state government created by the Legislature in 1977 to advocate for women and educate on issues relating to women. As an office of the Department of Health and Human Resources, it seeks to improve the legal, social, economic, educational and political status of women by working with businesses, government agencies and non-profit groups.



June 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|------------------------------|-----------|-----------|-----------|---------------------------------|-----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 New Oasis Pay Date | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 WV Day! Holiday | 21 | 22 | 23 | 24 New Oasis Pay Date | 25 |
| 26 | 27 | 28 | 29 | 30 | | |