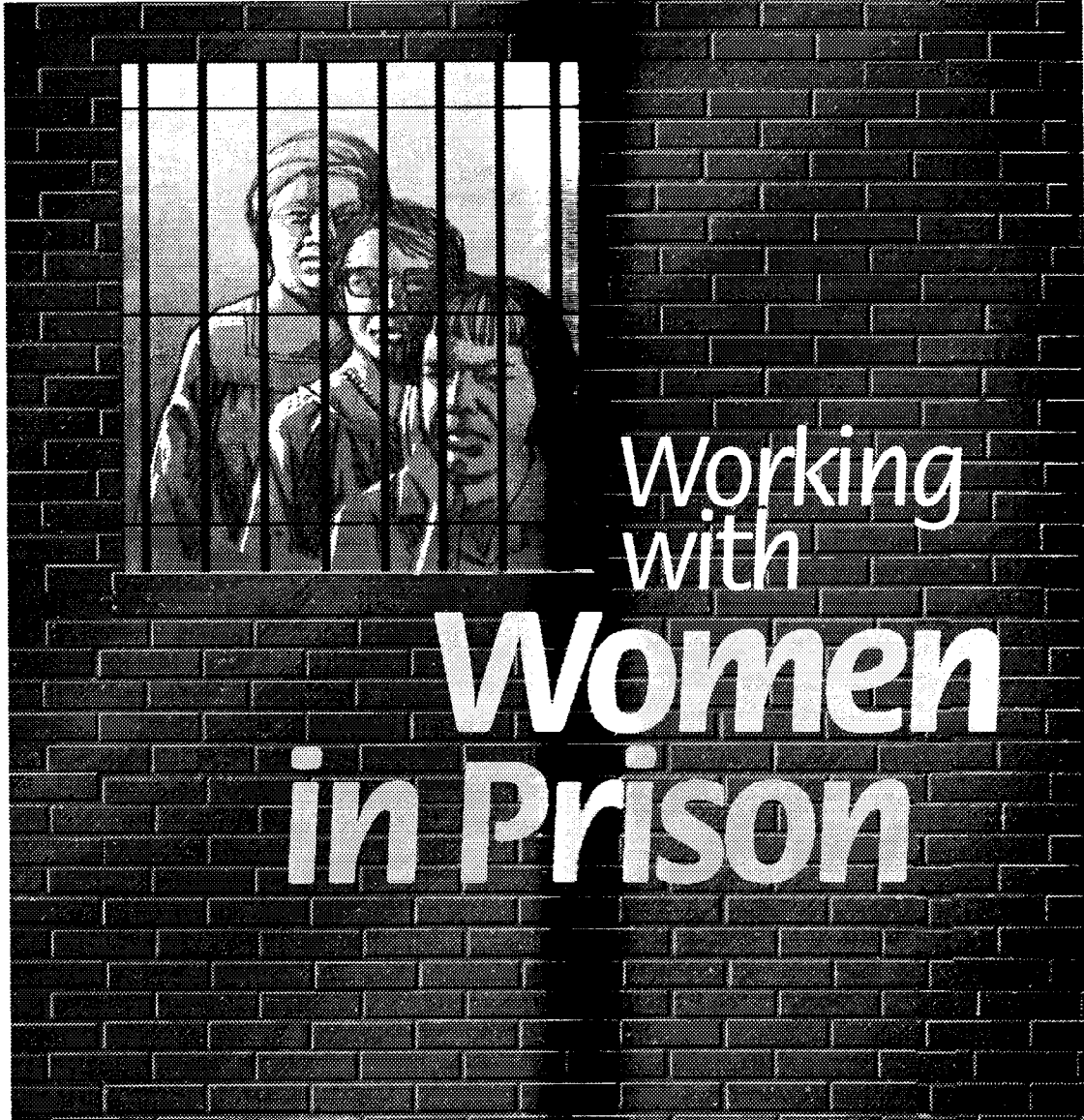


Spring 2000

Alternatives to Violence Project Newsletter for Facilitators

# the TRANSFORMER



Working  
with

Women  
in Prison

# Doing AVP at a Women's Facility

by Betty Cypser.  
AVP-New York

**A**s Coordinator for AVP at Taconic, I have settled into a fairly comfortable routine of workshop facilitation. My support team consists of two faithful helpers, our AVP poet Lucky Luther Sanders, and my husband Radiant Rudy, plus many other excellent outside facilitators who do one or more workshops a year. Our teams try to do two workshops every second month.



The women who are the participants come in two different categories. Some are from the Comprehensive Alcohol and Substance Abuse Program (CASAT). This is a good state-run drug rehabilitation program which should be available to all the prisoners in the New York State corrections system who have a crime connected with the misuse of drugs. Unfortunately, if your crime is labeled as "violent," you are considered to be ineligible for the CASAT program. Thus the other half of the AVP participants at Taconic are the ineligible. When asked if they are in the CASAT program, they will look uncomfortable and say, "I can't be in CASAT because of the nature of my crime." These women who have committed the crimes

that are legally defined as violent are often the ones who need drug rehabilitation treatment most urgently.

The CASAT women pass through Taconic rapidly, and may only get to do a Basic workshop. The second group of women have longer sentences, and most of my inside facilitators are members of the group that is called "General Population" whose members cannot partake of the state program of CASAT but may receive help from members of Narcotics Anonymous and volunteer religious programs.

Even though many of our participants are "mandated" to come to our AVP program (which is against AVP regulations), when I give them the freedom to leave, they usually stay and enjoy building community with others. It seems that anti-violence programs are few and far between, and the state encourages its counselors to recommend anti-violence to their charges.

The women in our workshops have many forms of violence in their lives. Listening to their stories leads me to believe that more than half have endured rape as children or teens. Others have suffered under abusive husbands. Guns have taken the lives of many who were near and dear to them. Yet they can still tell jokes and sing like angels. The song that they sing that I like the best, has the line, "There's trouble in this jail. Oh, I could cry sometimes!"

The women miss their children deeply. They worry about what is going on, particularly if the children are in foster-care.

A highlight of many of our workshops is the dramatic presentation of poetry by Luther Sanders. His poems tie in with many of our

workshop exercises. Luther has a poem on "Transforming Power," another called "I Love My Enemy," and another called "A Friend." All are inspiring, and the women read his book "The Road to The Kingdom" over and over.

Recently our role plays have focused on different methods of solving community violence. We have watered down some newspaper situations, such as the event at Columbine High School, and used Restorative Justice Circles and mediation to find solutions that build positive community.

When we do a Training for Trainers workshop, we not only hope to prepare the women to be facilitators in the prison setting, but we hope to give them the tools to take AVP out into their home communities. We want them to do AVP exercises and Light and Livelies with children and friends.

One of our favorite inside facilitators was a woman we nick-named the "Mother Theresa of Taconic." She helped those who were HIV positive, and was called upon to sit with the dying. Spanish was the language where she was most comfortable. If there was a difficult situation in a workshop, I knew that I could count on Caring Carmen to comfort those who wept, or to pray for those who lashed out angrily. I have met many wonderful individuals doing AVP workshops. I am so thankful that somewhere along the way AVP came into my life and enabled me to meet the women at Taconic.



*Luther Sanders*

# Mother's Day in TUCSON

*by Wanda Poindexter, AVP-Arizona*

It seems appropriate (and somewhat ironic!) that I am sitting down on Mother's Day to write about the Alternatives to Violence Project program in Tucson women's correctional facilities. Appropriate because the bond that developed between the inmates and facilitators had lots of mother energy, and ironic because many of the women inmates are mothers, painfully separated from their children and families while in prison. Few inmates will have the opportunity to be with their families on Mother's Day.

Let me meander a moment through the process of AVP coming into the women's prisons in Tucson. Approximately 4 years ago, Amanda Phillips, a long-time Creative Response to Conflict Committee Clerk and AVP facilitator, teamed up with Karen Willis to offer Alternatives to Violence workshops at the Southern Arizona Corrections Release Center (SACRC), a minimum security unit housing a hundred women in west Tucson in various stages of pre-release. Amanda and Karen offered 8 week AVP Basic workshops on Thursday evenings for 2 hours. At the conclusion of one 8 week workshop they would

*continued on next page*

# Mother's Day in TUCSON

*continued from page 3*

take a break and then begin another. Eventually, health and family needs led them to give up their AVP facilitation at SACRC.

Approximately a year later, Julie Urbanik, a University of Arizona graduate student in Women's Studies and I discovered that we had a shared goal to facilitate AVP workshops in women's facilities. Julie and I were both trained as AVP facilitators, but neither of us had a lot of experience facilitating AVP. Amanda and Karen agreed to give us the benefit of their experience and wisdom; and Nancy Shiley, a devoted AVP community facilitator, agreed to work with me and Julie to recommence the AVP workshops at SACRC.

On the first night of our first AVP workshop at SACRC the three of us were giddy with excitement as we carted in posters, supplies, props and an easel. We set up in the prison dining room where the cooling fans, kitchen exhaust fans, 2 constantly running ice machines, and a squawking public announcement system made communication seem like a yelling match. The tables and chairs in the dining hall were bolted to the floor so we asked for folding chairs in order to make a circle at the far end of the hall away from the noisy appliances. An inmate who was finishing after-dinner cleanup told us there 7 folding chairs leaning against the wall and more in a nearby closet. We asked the corrections officer to please open the closet and let us have more folding chairs. The officer unlocked the closet looked in (from our van-

tage we could see rows of folded chairs), promptly announced, "There are no chairs available except those seven." Then she slammed and locked the closed door.

Hum, we thought, interesting place. Undaunted we managed to place the 7 folding chairs in a semi-circle with some of the bolted chairs. How our excitement renewed as the women inmates began to sign-in for the workshop. Except—except we were mystified when two of the women signing in grumbled and greeted us with strings of profanity. "I don't see why in the #@#@ I need to be here. I didn't #@#@ sign up for this @## program. I ain't gonna say a ##@@ thing. You can't @## make me."

Unbeknown to us, the unit warden had told the corrections counselors to sign up their most angry, difficult inmates for the Alternatives to Violence workshop, sometimes against their will. After about 5 minutes of recurrent angry sign-ins, I wanted to go home and crawl under the covers. Fortunately Nancy—experience counts!—began to empathize with the women who had been forced to attend, and about an hour into the first night the energy shifted from a room of 25 inmates, where at least half were angry to be there, to a group who began to understand and appreciate AVP.

Over the course of 2 years, we expanded from the 100 women minimum security release center to a 500 women medium security unit at the South Wilmot Arizona state prison complex. During that time over 200 inmates (voluntarily!) attended AVP workshops—approximately 35 inmates became facilitators. Many more attended monthly reunions and quarterly advanced training for

facilitators. Outside facilitators Cathy Amaniti, Kristi Hof and Joseph Sprietsma, who had done his AVP Basic at the Manzanita unit, joined the team. It would not be an exaggeration to say that the inmates ran the show at Manzanita. For each workshop there were more inmates volunteering to facilitate than could be accommodated. The women inside worked with the prison staff to schedule and manage AVP workshops. They recruited and maintained waiting lists. They took on the responsibilities of facilitation with heartwarming enthusiasm. Of course there were glitches and misunderstandings, hurt feelings and arguments. However, the outside facilitators witnessed the fruition of the inmates' respect and love for AVP as the kinks were worked out.

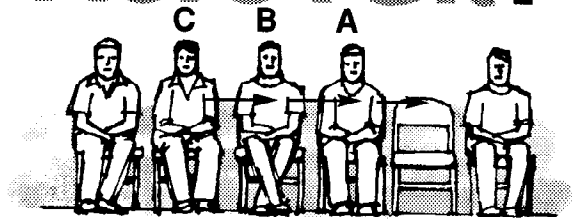
Manzanita AVP facilitators, both the women inmates and the outside participants, envisioned years of blooming AVP there. However, in late 1999 we began to hear rumors that Manzanita would be closing as a women's facility and all the women would be transferred to Perryville near Phoenix. The prison administration, for security reasons, would not confirm or deny the rumors we heard. We continued scheduling Basics, T4Ts and reunions, not knowing if they would actually happen.

In March of this year, it was finally confirmed that by April all of the women inmates would be moved to other facilities, mostly to Perryville, and that it would become a men's facility. Our last few AVP activities at Manzanita were bitter-sweet. The inmate facilitators going to Perryville have written a proposal to begin AVP workshops there. Kitty Ufford-Chase, Tucson AFSC Coordinator, has contacted AFSC members in the Phoenix

area to start an AVP program at Perryville.

The AVP seeds of affirmation, cooperation, communication, problem solving, and transforming power were abundantly sown, watered and grown to fruition in the women's prison facilities in Tucson. Women inmates shared their plans to continue with AVP in prison and to take it to their families and communities upon release. They appreciated the skills they learned through AVP and the new way of life it opened for them.

## Here I Sit!



Here is a new Light & Lively from the AVP-L e-mail discussion list:

The exercise starts with everyone sitting in a circle and only one empty chair. There are three steps to the exercise:

- A. One of the people next to the empty chair sits in it and says, "**Here I sit.**"
- B. The person next to the newly vacated chair then sits in it and says, "**In this chair.**"
- C. And then the third person sits in the newly vacated chair and says, "**With my friend...**" (and names a person from across the room)."

As the person from across the room occupies the new chair, people scramble to occupy his newly vacated chair and the process repeats itself on the other side of the room.

# Justice for Women in New York

by Rudy Cypser,  
AVP-New York

**N**ewsday for May 6, 2000, headlines the fact that "Wife of US Colonel Gets 5 Years." This is a sentence from a federal court. She smuggled \$700,000 in heroin from Colombia while her husband headed the US anti-drug efforts in that country. This contrasts with the women in New York State who get a sentence of 15 years to life for much lesser amounts of drugs. There seems to be an injustice somewhere.

Quoting from the Correctional Association of New York, Women in Prison Project, Women Prisoners and Substance Abuse: "Sentences for drug offenders in New York State are among the most punitive in the country. A person convicted of a single sale of two ounces of cocaine in New York State faces the same mandatory prison term as a murderer - fifteen years to life."

Over 90% of the inmates in NYS prisons for drug offenses are there because of mandatory sentencing laws. On December 31st, 1996, approximately 91 percent of women under custody for a drug offense were women of



color: 50.4% were African-American and 40.4 percent were Latina. Over 70% of women with substance problems have been victims of violence sometime in their lives. Quoting from Justice Works Community, Women of Substance ... Fact Sheet: "Today, 65% of all women incarcerated in New York prisons were convicted of nonviolent drug law violations. Addiction, which shatters families and costs taxpayers billions of dollars, is a health crisis that can be solved only through treatment - not incarceration."

Quoting from the Correctional Association of New York, Women in Prison Project, Battered Women in Prison: "Battering is the number one cause of injury to women in the United States."

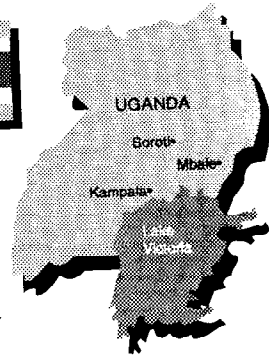
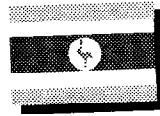
Attacks made by husbands on wives result in more injuries requiring medical treatment than rapes, muggings, and auto accidents combined. In 70% of domestic violence cases, a male batterer abuses not only his wife but his children as well.

Battered women who are in prison for assaulting or murdering their abuser are denied eligibility in the Temporary Release Program (work release), regardless of the circumstances surrounding their crime. Battered women who are in prison for assaulting or murdering their abuser are denied eligibility in the medical-parole program, regardless of the circumstances surrounding their crime.

These facts raise serious questions about whether these women are offenders or victims? Is there justice for women in New York State? There is currently an effort to repeal the punitive drug laws in New York State.

# AVP-Uganda:

## A Joint Effort



*from the AVP-Uganda Report*

It would be hard to find a part of the world that needs conflict resolution than the Great Lakes Region of Africa including Uganda, Rwanda and Burundi.

In the last few decades, Uganda has seen more than its share of violence. Lying on the equator in the heart of Africa, it sits on the shores of Lake Victoria, a major source of the Nile. The British called it "The Pearl of Africa" because of its prosperity and the well organized kingdom of Buganda.

Then came six years of misrule, egotism and genocide by the dictator Idi Amin in the '70s. When Amin invaded nearby Tanzania he was defeated and fled the country. The vacuum was filled by several guerrilla armies. Recently, some political stability and economic prosperity has returned under the present government, and the former armies have been given amnesty. However, there is still a rebellion in the North and marauding Hutu rebels in the South.

As you may remember, AVP was introduced in Uganda by Steve Angell and Elaine Dyer about five years ago. Visits by Bill and Rosemary McMechan last year strengthened the local organization.

In February, facilitators from Uganda were joined with an international team of Bob Barnes (USA), Theresa Edlmann (South Africa) and Crazyna Bonati (England). The joint teams

conducted eight workshops where the lead facilitator in each workshop was a Ugandan.

Three workshops were in Ugandan prisons, two for men and one for women. Three other workshops were held for former soldiers from the defeated armies who are trying to make the transition to civilian life. The last two were community workshops in the villages of Bubulo and Soroti as AVP-Uganda expanded its influence in the country.

After the workshops, the international facilitators reported,

---

*"We gained immensely as facilitators. We learned from Ugandans from all walks of life... We also learned from each other."*

---

The workshops were a joint effort of the African Great Lakes Initiative and AVP-Uganda.

Three Quakers from Rwanda attended two of the workshops to see if they could introduce AVP to Rwanda. Since then, they have written to David Zarembka, Coordinator of the African Great Lakes Initiative, asking for help in establishing AVP in Rwanda.

# AVP 2000 CONFERENCE

*September 15 to 17, 2000 in Oxford England*

The conference is filling up with more than 130 people from 17 countries already registered. The program begins at 9am on Friday and runs through 4pm on Sunday. Send in your registration today and make airline reservations!

The program will include:

- Steve Angell as the keynote speaker,
- An evening in Grendon Prison with inmates
- Performance of the Bristol Playback Theater,
- Elaine Dyer leading a workshop on Cultures and Conflict.
- Mini-workshops on a wide variety of topics.

This is a priceless opportunity to find out about AVP in other countries and network with other facilitators from other cultures

*A complete program for the conference is shown on the AVP International website*

The place is Walden Hall College, Oxford University. This will include two nights accommodation in one of Oxford's oldest colleges and all meals. For those who would like to stay longer, several options are available. (See below)

The cost for the conference will be £145 (about \$220US). Additional night's B&B accommodation is available at about £30 (about \$45US).

To register, just get an international money order for £145 from your bank, fill out the registration from below and mail it to the registrar.

Oxford is very easy to get to directly from London Heathrow (we will provide travel directions from all major points of entry upon receipt of registration).

---

## 2000 AVP International Conference Registration Form

Wadham College, Oxford, England • September 15-17, 2000

Name \_\_\_\_\_ Adjective name \_\_\_\_\_ Sex \_\_\_\_\_

Street \_\_\_\_\_ Apt. No. \_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Postal code \_\_\_\_\_

Fee enclosed \$ \_\_\_\_\_ (£145) *Make International Money order payable to: AVP*

I am interested in one of the following options:

Option of B&B accommodation before or after the conference in Oxford.

Option of staying in central London at very competitive rates before or after the conference at the Quaker International Centre

Option of participating in a prison workshop as a facilitator (limited availability only)

The possibility of networking with other AVP facilitators across Britain who may provide hospitality.

Send to: **Tony Gross, AVP Conference Administrator, Partners in Evaluation, PO Box 245 Amersham, Bucks HP6 5RP UK** or e-mail: [tony@evaluation.u-net.com](mailto:tony@evaluation.u-net.com)



An exercise  
from the new  
Youth Manual...

# Garbage Bags



**Purpose:** To provide a lively cooperative game with a lot of versatility, to explore ways to use what's at hand and perhaps change a situation from useless to positive.

**Time:** About 30 minutes

**Materials:** 4 or 5 paper bags, each containing a variety of 4 or 5 odds and ends; e.g. a groups of five will need one bag with five objects (one for each member of the group) such as an empty toilet paper roll, a light bulb, a toy hammer, a small doll and a colorful scarf.

**Procedure: Set Up:**

1. Explain that people will work in groups of 4 or 5. Each group will get a bag of "garbage" with which to work. The task of the group is to work together to create something positive out of this "garbage."
2. They might perform a skit using the objects; they might create a special arrangement (collage) of the "garbage" that is exciting, they might tell a story about the objects.

3. You might give an example of what one or two things might become. For example, the empty toilet paper roll might really be a spyglass, or an old drain pipe where a family of field mice might live. Ask the group for further suggestions.
  4. Say that when each group gets its bag, each person in the group, without looking, will reach into the bag and pull out one object. Since each has an object, each will take part in what the group creates.
  5. If there are no questions, divide everyone into groups of 4 or 5. Assign work areas as far apart as possible. Say that they have about 10 minutes to plan their creations. Encourage them to be extravagant. Just create something positive. Suggest that they have a go-around to get everyone's input.
  6. When the groups are ready (don't let planning go on too long) have them come back to the circle to display their creations, act out their skits or tell their stories.
- Processing:** Questions that might be asked are:
- Was it easy, difficult or frustrating to cooperate while being creative?
  - Might one person's ideas have inspired others' ideas?
  - Do we ever use the "garbage" we collect in our lives like this?
  - What kinds of "garbage" might we pick up as we go through our lives?
  - Is our garbage always physical? Are we ever handed other people's garbage?
  - Do we have to carry our garbage forever? How might we cope with it?

by Casey Leikas, AVP-North Dakota

# Thank You AVP

I'm an ex-Marine who had such a hunger for violence, it would – and still does – make me ashamed to think of what I wished on other human beings. I was introduced to the Alternatives to Violence Project at the North Dakota State Penitentiary. It was here that my thinking became sharper, more in-tune, more tolerable. My "old" thinking used to come around full circle to violent outbursts or else it would stay a constant internal explosion which I calmed with liquor and drugs. I don't know how one would say this to strangers, but through the AVP workshops I've been able to calm my personal storm, and for that I thank AVP and thank my God.

There are two special people here in North Dakota who have been working for years towards a peaceful resolution of this awful thing called violence. Their names are Therman and Peggy Kaldahl. They have brought so many inmates to a new level of thinking. We all know there are many others that devote their time and energy here at the penitentiary.

The whole AVP project has opened my eyes, my mind and soul to something positive I wish to continue. I've made many large mistakes, and hopefully, with this new focus, I'll continue to learn, continue to grow and continue to "Be still and know that he is God."

# Discovering a Hidden Space

by Curtis Glendraw, AVP-Massachusetts

I'm Curious Curtis, and AVP facilitator and an inmate at MCI Concord awaiting trial. After completing the Basic, Advanced and Training for Trainers, I facilitated my first workshop last weekend. My co-facilitators were two of the most beautiful people I have met in my life, Caring Carolyn and Joyful Jean. Both of these women have literally changed my life 100 percent.

I believe this program is a gift from above, and I want to share it with others in the hope it will help them have a better, more fulfilling life. I thank God for AVP and for the process of learning a new way of dealing with my life, which was broken and riddled with alcohol and drugs, but today I see hope for the hopeless and life for the lifeless. I owe it to AVP and my two friends who have helped me discover the hidden place in my heart where there was a lonely man crying in secret, ashamed of the life he had lived but afraid to come out and speak about his pain to others. AVP invited him to come in their community with open arms and say "It's all right for you to come out and join us." I know AVP works!

I also want to thank other members of AVP-Massachusetts who have come in here to MCI Concord, Funny Phyllis, Sincere Sybil, Delightful Dianah and Valiant Vivian.

## AVP ..... *by Curtis Glendraw*

AVP reached out with love,  
to a man who was hungry and you gave him  
food to eat.

to a man who was thirsty and you gave him  
water to drink.

to a man who was confused and angry and  
you gave him peace and happiness.

AVP with love as your light and you went to  
the deepest and darkest part of this man's  
heart, where no one else had dared or even  
cared to go.

But despite the long journey and the rough  
and tough roads, you were determined to  
complete your mission to build and restore  
and lift up and encourage and leave the mes-  
sage of AVP in the heart and mind of the  
darkest man or woman.

In the hope that they will will see the light of  
love and experience the Transforming Power  
and the freedom it brings.

## Forgiveness

*by Dave Williamson*

I am a 34-year old man who, at one time,  
had a successful managerial career, three  
bright children and a loving wife. Today, I  
am serving a 23-year sentence for a violent  
crime triggered by alcohol and drug use.

When I came to jail four years ago, I was  
angry and felt betrayed by a former friend  
who testified against me. I felt justified in my  
rage and wanted revenge. Not just any re-  
venge. A life for a life would only suffice. I  
realized that my anger was not hurting him  
but only hurting me. I knew that I had to let  
this poison out of my system and forgive the  
other person. I just was not ready.

On January 7, 2000 I was baptized as a  
Catholic and shortly thereafter I facilitated  
and Advanced Workshop as I had done be-  
fore. But this time the section on forgiveness  
struck me with a new meaning and clarity.  
This poem is the result:

I'm held in bondage, by a wrong-doer,  
His sin long since passed – still holds a  
power,  
The links forged by pride, revenge and ha-  
tred,  
Full of resentments – peace has abated.

Was once the victim of a transgression,  
bound now by thought of retribution,  
Cheated, betrayed, I'm righteously angry,  
Yet my troubled soul yearns to be free.

At a crossroads with much indecision,  
Seek reprisal... or another option,  
I ponder the cost of serenity,  
A sign of weakness... or true victory.

But the actor knows not my misery,  
There has to be a better strategy!  
Vengeance may not be the best course to take,  
A risk, could be to just... exonerate.

And so it goes – the battle I must face...  
Is a struggle between hatred and grace.  
Then it came... a most wonderful vision,  
My relief will be through absolution.

Letting go isn't a gift to others...  
It's not based on the wrongs of our brothers.  
It's a decision I must make for myself,  
It's a choice to live and regain my health.

I pray for strength, courage, humility,  
For these chains require a special key.  
Forgiveness is the gift I give to thee...  
Spiritual wellness – is my gift to me.

# AVP-USA

## Update...

by Fred Feucht, AVP New York

A little over a year ago, AVP-USA began experiment with a new organizational structure. Would a more decentralized, grassroots organization work? Could we function without a national office?

The answer is that AVP-USA is alive and well! The organization is getting the job done and moving ahead. Certainly, there is room for improvement, but manuals are available and are shipped promptly, final touches are being put on the new youth manual before it goes to the publisher, three versions of the Spanish basic manual are available, professional quality AVP videos are now available and the national organization is in good financial condition.

More than 40 AVPers from California, Wyoming and Louisiana and from Virginia to New Hampshire on the East Coast met at Garrison, New York over the Memorial Day weekend. A deep and moving guided meditation led by Susan Hefte of Maryland opened the program on Friday evening.

Saturday morning began with a celebration of 25 years of progress in AVP. More than 50 outside facilitators and 40 inside facilitators held a festive picnic in the yard at Green Haven prison. Successful ex-prisoners spoke about the ways that the AVP program had helped them change their lives. Participants shared their AVP experiences in small groups.

On Saturday evening AVPers learned that the criminal justice system can be changed and the Restorative Justice really works. John Perry,

Director of Planning for the Department of Correction in Vermont gave the keynote talk. He showed ways that our personal values can relate to the criminal justice system. He showed how the new Restorative Justice approach had reduced recidivism significantly. In a time of rising prison populations, Vermont has been able to reduce the prison population. Instead of incarcerating people for minor felonies and misdemeanors, offenders meet with a community board and victims to decide on a resolution. This is a process that enables offenders to learn from their mistakes and allows Transforming Power to work. For example, instead of sending a woman to jail for passing 31 bad checks, she was asked to write letters of apology to the 31 people involved and to deliver the notes personally. She was asked to report back to the community board a month later. There will be more details about this remarkable program in the next issue.

On Sunday AVPers had a choice of a dozen mini-workshops. This included AVP in Drug Recovery Communities led by Sister Margaret McKenna of the outstanding New Jerusalem Program in Philadelphia. Dick Nethercut told how his friend, Robin Cesarjian, was turning prisons into Houses of Healing in Massachusetts. Betty and Rudy Cypser led a role play on a Restorative Justice Family Conference. Other workshops covered the Anatomy of an Apology, Avoiding Facilitator Burnout, Social and Emotional Learning and Racebusters.

The weekend also included committee meetings, planning for the future and approval of the budget. The next AVP-USA Annual National Gathering will be held west of the Mississippi next Memorial Day. If anyone has sites they would like to suggest in the Rockies or West Coast, please contact Richard Nethercut of the Conference Committee with details.

# CAVP-USA Contacts

**New AVP-USA address and phone:** To reach the AVP-USA gatekeeper for information: Write to: AVP-USA, 821 Euclid Avenue, Syracuse, NY 13210 Phone: 713-747-9999 or E-mail: [avp@avpusa.org](mailto:avp@avpusa.org)

**Manuals and Publications:** To order manuals and publications, please contact Alan Taplow at the AVP Distribution Service, 844 John Fowler Road, Plainfield, VT 05667, 802-454-4675, [ataplow@bigfoot.com](mailto:ataplow@bigfoot.com)

**Regions** Now that AVP-USA has decentralized, regional representatives have been established to provide information. Please contact the representative for your area:

**New England:** Robin Willits: 603-431-7258, [rdwillits@mindspring.com](mailto:rdwillits@mindspring.com)

**New York:** Candace Mayer: 315-457-1374, [candacemyr@aol.com](mailto:candacemyr@aol.com); Grace McGrath: 802-388-6576, [gmcgrath@sover.net](mailto:gmcgrath@sover.net)

**Mid Atlantic:** George Sinnott: 301-963-9245, [gsinnott@his.com](mailto:gsinnott@his.com); Tom Truitt: 410-810-3646, [tomtruitt@intercom.net](mailto:tomtruitt@intercom.net); Ann Ward: 814-234-4978, [ajw109@psu.edu](mailto:ajw109@psu.edu)

**South East:** Eduardo Diaz: 305-255-5817, [avpmiami@aol.com](mailto:avpmiami@aol.com)

**Midwest:** Mike Bischoff: 612-321-9787, [fnvw@mm.com](mailto:fnvw@mm.com); George Brose: 937-293-0357

**South Central:** Jan Krouskop: 318-797-1412, [jankrouskop@usa.net](mailto:jankrouskop@usa.net)

**Rocky Mountain:** Chelsea Kesselheim: 307-332-6518, [ouzel@rmisp.com](mailto:ouzel@rmisp.com)

**Northern California:** Diana Bracy: 510-524-3665

**Pacific Northwest:** Jim Williams: 503-246-7345, [jovialjim@aol.com](mailto:jovialjim@aol.com)

**South West:** to be determined

## Take a trip to the AVP Web Sites

The best way to find out what's happening in AVP is to log onto the AVP-USA website.

There you will find links to local AVP websites in the USA including Delaware Valley, New Hampshire, Miami, Tallassee, Minnesota, Bay Area and Washington State.

There are also links to the AVP International website and connections to more than a dozen countries around the world.

### AVP/USA Web Site

<http://www.avpusa.org>

*The AVP/USA Website has a new Members only Area. To enter the Members Page, you need:*

*User Name = member*

*Password = texashug*

*(NOTE: The above are case-sensitive).*

*This page is for AVP Facilitators only. Please maintain the confidentiality of the Password.*

### AVP-International New Web Site Address

<http://www.avpi.freemove.co.uk>

### AVP-New Hampshire Web Site

<http://www.avpnh.org>

### AVP-Miami Web Site

<http://www.homestead.com/avpmiami>

### AVP-Minnesota Web Site

<http://www.fnvw.org> (new address)

### AVP-Bay Area California Web Site

[www.webcom.com/~peace/PEACTREE/avp/homepage.html](http://www.webcom.com/~peace/PEACTREE/avp/homepage.html)

# Working with Women

**A**fter working with both men and women in prison, including medium and minimum facilities, I find there is a difference. In my experience:

- Women are less likely to cling to an image or mask.
- They tend to focus on their prison experience and families rather than the outside world.
- Backbiting and gossip are left outside
- They tend to be compassionate with each other and they empathize with each other's feelings and problems.
- Women are more likely to take responsibility for the pain they have given their families.

# How to order AVP Videos

**N**ow you can show people about the AVP program. A professional-quality, hour-long video tape is available on the AVP prison and youth program. This has been assembled from the original beta tapes through the efforts of Tom Truitt. Copies of this for sale to AVP groups as well as individual facilitators.

The contents include the following segments:

**AVP- A Step Toward Peace** produced by AVP/NY in 1989. An introduction to the Alternatives to Violence Project. 12 Minutes

**Belly of the Beast** produced by the Canadian Broadcasting Company in 1990. An AVP prison workshop lead by Steve Angell. 27 Minutes. (This section is for use by AVP/USA and AVP affiliates worldwide for educational exhibition. Our group license limits the showing to non-broadcast and non-commercial showings.)

**Help Increase the Peace** produced by the American Friends Service Committee, Middle Atlantic Region, in 1999. An introduction to the HIP Youth Program. 12 Minutes

**Scenes from a HIP/RAVE Youth Workshop** - produced by Community Peace Trainers of the Delaware Valley in 1997. RAVE (Real Alternatives to Violence for Everyone) workshops are a combination of HIP & AVP exercises geared to high school youth. 12 Minutes.

**The price for this excellent Video is \$30**

### Shipping and postage:

1-2 copies, 3.20      3-4 copies, 4.30

5-6 copies, 5.30      7-8 copies, 6.50

Above 8 copies - Contact Alan Taplow for shipping cost.

### It is available from:

AVP Distribution Service

844 John Fowler Road

Plainfield, VT 05667

802-454-4675 [ataplow@bigfoot.com](mailto:ataplow@bigfoot.com)

Checks should be made out to AVP/USA

Visa and Master Card are accepted -

E-mail or phone the following information :

Name - as printed on credit card,

Shipping Address, Phone #,

Card Number, Expiration Date

# How to order Manuals & Publications

Now that AVP-USA has decentralized, manuals may now be ordered from the AVP Distribution Service in Vermont.

- \* **Basic** \$ 7.50 \_\_\_\_\_
- √ **Spanish Basic (NJ abridged)** \$ 5.00 \_\_\_\_\_
- \* **Spanish Basic (Colombia)** \$15.00 \_\_\_\_\_
- \* **Spanish Basic (Costa Rica)** \$20.00 \_\_\_\_\_
- \* **Advanced (2nd Level)** \$10.00 \_\_\_\_\_
- \* **Training for Trainers** \$10.00 \_\_\_\_\_
- \* **Supplement to Basic & Adv.** \$10.00 \_\_\_\_\_
- \* **AVP Organizing Kit** \$10.00 \_\_\_\_\_
- √ **Background Packet** \$ 2.00 \_\_\_\_\_
- + **AVP Brochures** \$15.00/c \_\_\_\_\_

Can be customized for your group - \$15 one-time setup on first order.

**Custom Printed Certificates \$20.00/c** \_\_\_\_\_

Call for information & samples of Certificate.

## Packaging and Shipping

- \* \$4.00 first item, \$1.00 each additional \_\_\_\_\_
- √ \$1.00 first item, .50 each additional \_\_\_\_\_
- + \$3.20 first 100, \$1.00 additional 100s \_\_\_\_\_

Call for rate on orders of more than 10 items.

**Total** \_\_\_\_\_

Add 5% Sales Tax - (Vermont Orders Only)

All orders must be prepaid

Make checks payable to: AVP/USA

For credit cards:  MC  VISA

Card # \_\_\_\_\_ Valid thru \_\_\_\_\_

Name as on the card \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send orders to: AVP Distribution Service,  
844 John Fowler Road,  
Plainfield, VT 05667

For inquiries or additional information:  
Alan Taplow, 802-454-4675 ataplow@bigfoot.com

# Has your Transformer Subscription Expired?

Subscription Expiration Date (If blank, subscription is expired)

John Smith Exp: 6/00  
1234 Maple Street  
Middletown, KS 60000-0000

If you wish to continue to receive the Transformer, we need to hear from you! Scholarship subscriptions are available.

- Individual subscription \$15.00 per year
- Group subscriptions for \_\_\_\_\_ facilitators at \$10.00 each. (Five or more in group. Issues are mailed to individual addresses)

Make checks payable to: AVP/USA

For credit cards:  MC  VISA

Card # \_\_\_\_\_ Valid thru \_\_\_\_\_

Name as on the card \_\_\_\_\_

I need a scholarship subscription.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone: Home \_\_\_\_\_

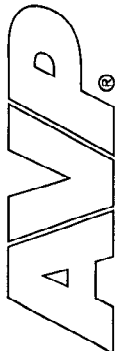
Work \_\_\_\_\_

Facilitator  Lead Facilitator

Prison or Community Coordinator

Please mail this subscription form to:

Diana Couch  
43343 West 16th Street, West 11  
Lancaster, CA 93534



**ALTERNATIVES TO VIOLENCE PROJECT - USA**

*Purchase Friends Meetinghouse  
Purchase and Lake Streets  
Purchase, NY 10577*

Non-Profit Organization  
U.S. Postage  
**PAID**  
White Plains, NY 10604  
Permit No. 14

---

Articles inside...

## **AVP at a Women's Facility**

---

## **Mother's Day in Tucson Tucson Women's Facility**

---

## **Justice for Women in Prison**

---

## **A New Exercise Garbage Bags**

---

## **AVP International Conference in Oxford**

---

## **AVP-USA Update**

---

## **New Light & Lively**

---

## **Poems From Inmates**

---

The Transformer is the AVP-USA newsletter for facilitators. Articles are welcome.

Transformer Editor: Fred Feucht

Please send any articles or letters to:  
Fred Feucht, 88 Mountain Road  
Pleasantville, NY 10570

Facilitator Mailing List: Janet Lugo

Please send any address changes to:  
Janet Lugo, 46 Main Street, Apt. 9  
Mechanicsville, NY 12118

Subscription Manager; Diana Couch

Please send any subscriptions to:  
Diana Couch, 43343 West 16th Street, West 11  
Lancaster, CA 93534

---