



The

TRANSFORMER

Supporting and Celebrating the Facilitators of AVP Workshops

Diversity from an Inside Perspective

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Diversity from an Inside Perspective

by "Present" Pat

In reviewing the articles written by facilitating prisoners in Jessup Correctional Institution (JCI) this month, I have been hit upside the head with the repeated statements of their elimination of racism in JCI through AVP prison workshops and their amazement that our community work does not always reach such levels. (Note, I said "work," not workshops, because when we pull together a full workshop with a variety of people, AVP works there too.)

Anyone reading this knows that AVP already does soften the blow of racism between prisoner facilitators. Unbelievably, some California prisons are still desegregating cells, so we haven't yet made a universal impact. Nonetheless, JCI insiders' vision is important, relevant and valuable in this summer issue of the *Transformer*.

Sincere Shakkir Talib Mujahid (Coordinator, JCI Literacy/Reading Academy; facilitator in at-risk youth programs): I was surprised to learn [racism] was a question at last year's National Gathering. In six years of my involvement with AVP, I've seen miraculous transformations. I've seen racial bias and prejudice crumble. I've seen religious and ideological differences decline. I've seen gang rivalry disappear and be replaced by community and goodwill. I've watched young and old forge new respect and appreciation for each other. Barriers broke down in the hearts of these men despite considerable "diversity." I attribute these changes to Transforming Power.

Justice Joe Owens: As an incarcerated 40-year-old African American, raised abroad as a military brat before serving

in the Marines for three years, my life has been eye-opening. I realize we still have a stone-age mentality in this country. However, citizens of the "Incarcerated Nation," at least in the AVP community, have made progress in this area. Walls of separation have broken down. Outside facilitators, in-house participants, long-term offenders and short-timers are working for positive change. (See article "From the Stone Age..." page 6)

Spiritual Sino Alcantara: I would like to believe I speak for much of the prisoner population when I say we'd prefer to live in a utopian-like state



while incarcerated. A place where there is little prejudice, racism or discrimination. A place where no matter where you came from, you would be treated with care, honesty and respect. A place where your accent or the language you speak would not matter. A place where your skin tone could vary from Georgia Peach to Black Olive and you would be welcome. Although I can only dream of such a place, I can say that I have found a slice of that in the AVP community among incarcerated men. It would be nice to have the whole pie all

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Continued from page 1

Diversity...

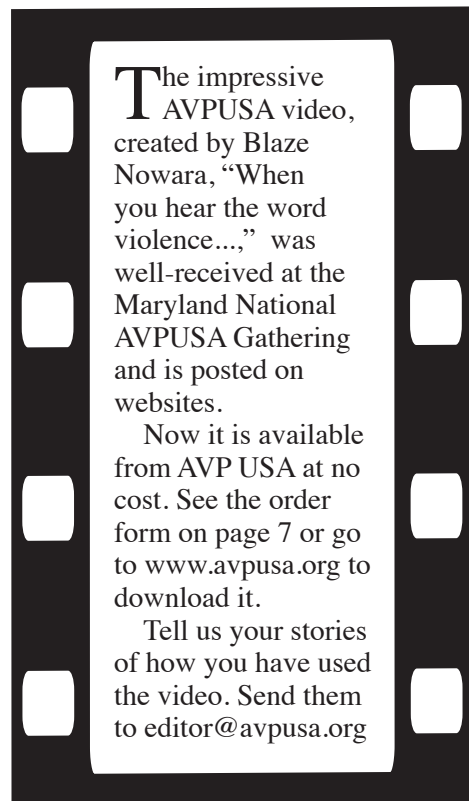
at once, but I am pleased just to have a slice for now. (See rest of article "Third World Viewpoint: Spanish Language.")

Nevertheless, AVP is still learning how to increase the diversity of those attending our community workshops, and many are working very hard at this with intention in more locations and settings than ever before. Formerly incarcerated facilitators have been valuable in making this shift in some local communities by recruiting and facilitating.

In this *Transformer*, we find practical suggestions and the vision of AVP and Transforming Power as motivating forces. We continue to explore, cherish and understand our differences and how they impact one another and ourselves.

As I write this, the National Gathering in Miami with the theme of "Different Faces: One Voice- One Vision" is happening! And a whole new focus on building AVP in local communities is arising.

Present Pat



A Third World Viewpoint: The Need for Spanish Language Workshops

by *Spiritual Sino Alcantara*

AVP has been a refuge for me throughout my incarceration—a place where I have been received and respected as an equal by my African-American and Caucasian brothers as well as by the outside AVP family. The majority of the facilitators on the inside are of darker shades, at least 80%. Nevertheless, neither color nor race has been an issue for me over the 16 years of planning and conducting AVP workshops. At the Jessup Correctional Institution, I have never experienced rejection or discrimination as a Hispanic in the AVP community

The lack of Spanish-speaking facilitators is an issue though. With an ever-growing Hispanic population, many of whom speak English as a second language, I have always believed that this need should be addressed. Fortunately, AVP has lived up to its reputation: no matter your nationality, skin color or background, you are included. This year we at JCI are conducting AVP workshops for the Spanish-speaking population. Soon we will also be providing one-day workshops for the Latino community.

Spiritual Sino Alcantara is a trailblazer in facilitating the first Hispanic workshop at JCI. Sino has the goal upon his release of introducing AVP to his home in the Dominican Republic

Insiders Reaching Out to the Community

By Michael "Tenacious" Thomas

AVP inside these walls is very diverse in regard to participants, and we all come from different lifestyles. But we have things in common such as poverty, drugs, alcoholism, and incarceration.

Our outside facilitators are white. They love coming into the prisons, but to be honest, it is hard for some inside AVPers to relate to these facilitators because of their age or race. At JCI we've been trying to find ways of bringing in more diverse outside facilitators. We're reaching out to historically black colleges such as Howard University, Morgan State and Bowie State in an attempt to share AVP with students in order to train and recruit younger black men and women to become facilitators.

We are also contacting church organizations and other religious entities. I have taken on the responsibility of writing to these institutions about AVP.

I believe that diversity can make a positive difference, not only at JCI but also outside the prison walls in urban areas—i.e., "the hood"—where these new young facilitators will begin their professional careers.

One of my ultimate goals in life is to see AVP bring people together. I remember Dr. Martin Luther King, Jr.'s "I Have a Dream" speech. I too would love AVP to bring blacks, whites, Hispanics, rich and poor together to experience the transforming power of AVP. It all starts with the facilitation teams. That is why we need diversity in all AVP communities.

I am hoping that JCI AVPers will begin this process by reaching out to the prison's young and old gang members in order to bring them together in peace. I believe we can make a difference. However, it begins with each facilitator.

Mike is a caring, helpful, transformed man, who wants to give to his community and take AVP to new heights.

SAMPLE LETTER to get your inside facilitators started:

University
Public Relations Department
Date

Dear Public Relations:

I am a (*make this personal by describing yourself: African-American, former gang member, murderer, felon, who made a serious mistake*) facilitator with the Alternatives to Violence Project (AVP) at the (*your location: Jessup Correctional Institution (JCI) in Jessup, Maryland.*) Because AVP has changed my life in the direction of non-violence, I am reaching out to universities and other institutions to invite your members to participate in our community workshops in the hope of becoming trained and certified facilitators in conflict resolution. AVP has a 37-year history of effective change within America's prison system as well as in communities around the world affected by violence and genocide—including Rwanda and Congo.

All AVP workshop facilitators are volunteers. Facilitators coming into prisons so far are primarily older white people. We would like to increase the diversity among our "outside" facilitators. Perhaps your students and even professors have asked themselves how they can turn conflicts with family members, friends, and colleagues into opportunities for growth. Perhaps the following questions have concerned them as well:

- What is the best way to open pathways to communication/
- How can I build an "empathetic bridge" with others?
- How can I handle disagreements in my family, community, and work environment where the outcome is a win/win for everyone?

(*Prison name*) AVP offers workshops where participants can find the answers to these questions and more. We invite you to participate in these workshops on conflict resolution, community building, and effective communication. We invite you to bring your diversity to our (*Prison name*) AVP community so that we can create a more multi-cultural community, where your ideas and experiences can continue to transform the lives of AVP participants in prison and outside.

If you are interested or have a special credit course to fill, (*Prison name*) AVP is the place to transform your life. Please contact:

NAME OF VOLUNTEER ACTIVITIES COORDINATOR OR LOCAL
AVP GROUP CONTACT
E-MAIL ADDRESS
PHONE NUMBER

Thank you and on behalf of the (*Prison name*) AVP facilitators' corps, we look forward to introducing you to AVP and all its Transforming Power.

Sincerely,

Voices from the Inside
Using the Proven AVP Formula

By Zakaria "Zaeed" Oweiss

History shows that a cooperative effort, born inside a prison, between inmates and the public has created the worldwide phenomenon of AVP. I believe we can continue to use the "proven formula" within our own cadre of facilitators to help reduce conflict that may lie beneath the surface around questions of entitlement because of race or class or gender. This formula is the process of open communication where everyone's feelings and opinions are exchanged. This molds the unity of the AVP facilitator corps.

This corps both inside and outside prison walls needs each another in order to prosper. New and creative ideas, the result of combining outside and inside enthusiasm with expertise, will help AVPUSA to play a leading role in conflict resolution.

AVP is a microcosm of American society. American society is diversified and undergoes countless conflicts between peoples. America is represented in our workshops inside prison, but not always without. The key that makes AVP succeed in prisons is its inclusiveness. When people are made to feel that their thoughts and feelings matter, their contributions are magnified in their minds and hearts. True AVPers know that the AVP philosophy is stronger and more important than any one individual or group who may feel entitled.

In the end, the work of AVP and Transforming Power is what matters. It is what leads the way. Think also on the following quotations:

"A great community is like a great man. When he makes a mistake, he realizes it. Having realized it, he admits it; he corrects it. He considers those who point out his faults as his most benevolent teachers. He thinks of his enemy as the shadow that he himself casts." Tao Te Ching

"One man/woman alone cannot build a single house...But 100 men/women together can build 100 houses." Egyptian Proverb

Zaeed (meaning "humble" in Egyptian) is from the Middle East. His goal is to return there in the near future to implement AVP for his people.

Light and Lively
You Got Served
 By "Awesome" Abdul Mateen

1. Create a circle. Ask for a volunteer from the participants.
2. The volunteer challenges another participant to come to the middle of the circle for a dance-off.
3. Once the challenge has been accepted the facilitator turns on the "dance music."
4. The two do their best dance moves for 20-30 seconds.
5. The facilitator raises his hand over the head of each of the two dancers. The winner is chosen by the excitement of the observing circle.
6. The loser stays in the middle of the circle and challenges another participant in the hope of regaining his "cred" by winning the next dance-off.
7. This activity continues until the facilitator is satisfied.
8. The facilitator lets the loser know that "You Got Served!"

Materials: radio or CD player and quality dance music.

"Awesome" Abdul-Mateen is co-creator of *Help Increase the Peace Project for Youth (Hippy)* and *Hip-Hop*, a one day workshop version of *Hippy*.

Hospice behind Bars

by Larry Bratt

There is redemptive power for prisoners in providing care for their dying peers.

Over the past two years, dozens of Maryland prisoners died at the hospital on the grounds of the former Maryland House of Correction in Jessup. The causes of death ranged from cancer to heart, liver and renal diseases to hepatitis and simple wear and tear on bodies damaged by decades of alcohol and drug abuse. Maladies that warrant hospice care.

The men died scared and alone. No friends or family could sit vigil with them; no hospice volunteers offered them comfort. Granted, these men were convicted of crimes against the people of Maryland. But American justice forbids cruel punishment. It is cruel to make a man face death alone. Staff members who know my concern occasionally allow me to visit them. I witnessed their fear.

Saddest for me was Willie, a fellow lifer (I'm serving two life sentences for homicide) with more than 25 years in. He and I shared a ward at the hospital when I was there for knee surgery and a hip replacement. Cancer was rapidly killing him. Bewildered as a lost child, this former boxer nonetheless fought for life, but his body failed him. After succumbing to dementia, he was transferred to an outside facility.

Before his transfer, I sat holding Willie's hand. I let him know I loved him and that he was deeply respected by many. "I'm not afraid to die," he said, "I'm just scared of the loneliness." But he died alone, handcuffed to a bed in accordance with a state policy for outside hospitals that makes no exception for the dying.

Willie's words led me to action. I proposed to the Jessup Correctional Institution Warden John Wolfe, a progressive penologist by Maryland standards, that his institution establish a prison hospice. To bring this about, Maryland need only follow the lead of Burl Cain, the warden at the notorious Louisiana State Penitentiary in Angola. In the 1990s, Cain read in the newspaper about hospice and knew that his thousands of lifers would benefit. Angola's hospice unit opened in 1998, and two years later the prison was honored with the American Hospital Association's Circle of Life Award.

I'm 61 and recently suffered a health scare when a prison doctor suspected I had throat cancer. Thankfully, a biopsy came back negative, but the experience made me think about a time when I may be in Willie's place. Prison hospice is not just for dying prisoners. At Angola, observers saw the profound effect the program had on the prisoners who serve as hospice volunteers—those who support and care for others in the final stages of incurable illness. For me, merely visiting with dying prisoners brought me face to face with the shock, despair and horror of death. It helped me better understand the loss I caused. This empathetic bridge with all victims wracks my soul with remorse. My prayers go out to my victims and their families.

Those of us living behind bars become shadows of humanity. In life, we are greatly diminished. When death beckons, the specter of fear takes hold. I ask that you permit the simple dignity of hospice care so that we don't face that fear alone.

A longer version of this piece appeared in *The Washington Post*, Sunday March 17, 2013

Larry Bodacious Bratt has been an AVP participant and facilitator since 1995. He is one of the founders of an inmate think tank, the Extra Legalese Group and a devotee of Sai Baba who teaches us to "Love All Serve All."

From the Stone Age to a Better Age

by Justice Joe Owens

When reading the article “Maryland Experience: AVP Racism? White Privilege?” by Now Noelle in the Autumn 2012 issue of *The Transformer*, several phrases like “people of color,” “white-privilege,” and “other cultures” caught my eye but hurt. Yet I applaud last year’s annual conference, which stimulated this article, for raising these questions. These are still sensitive subjects despite decades of the civil rights struggle and the re-election of America’s first bi-racial President.

As an incarcerated 40-year-old African American, raised abroad as a military brat and then as a Marine for three years, my life has been eye-opening. I realize we still have a stone-age mentality in this country. However citizens of the “Incarcerated Nation” at least in the AVP community, have made progress in this area. The walls of separation have broken down. Outside facilitators, in-house participants, long-term offenders and short-timers, are working for positive change.

I’ve learned many lessons from AVP workshops that may help in this area. For example, the Empathy exercise helped me bridge the unknown and the misunderstood by putting me in someone else’s social, economic and spiritual shoes. We in AVP unashamedly affirm the goals of uplifting humanity: *Love all serve all*, and *Each one teach one*. Take a glance at AVP Guide to Transforming Power #12: *Build community based on honesty, respect, and caring*. Sums it up, don’t you think?

How about creating a community-building workshop? I suggest using exercises like Empathy, Building a New Community, and Broken Squares, found in the *Basic AVP Manual*. The Speak Out exercise is also good for opening lines of communication between parties who haven’t had an opportunity to express themselves. The key to community building out of diversity can be found in AVP manuals. Use this universal voice for good will to embrace the beautiful world of diversity.

Justice Joe Owens became an AVP facilitator in June 2007. He enjoys being a Service Dog Handler sponsored by Canine Partners for Life Program. Joe’s dogs find a home with a disabled person after he trains them.

NEW!

FACILITATORS TRAINING MANUAL

The new *Facilitators Training Manual* (FTM) is now available from the AVP USA Distribution Service. This 256-page manual has five chapters:

Chapter One. What is the essence of AVP? This has become more important as AVP workshops continue to spread across the United States and around the World and into different community, prison, re-entry and youth settings.

Chapters Two and Three. These chapters present the second edition of the former Training for Facilitators (T4F) workshop manual. Chapter Two has an introduction to the T4F workshop and how to craft an agenda, and Chapter Three has nearly 100 pages of experiential exercises/learning activities for the T4F workshop. These exercises are divided into the ten elements of the T4F workshop.

Chapter Four. Continuing Learning. This is the first AVP manual to provide material to support the many AVP groups that offer ongoing facilitation training beyond the T4F workshop. This 80-page section starts with a Facilitation Guide that provides a six-unit structure for continuing learning with the exercises/activities, handouts and agendas for facilitator training workshops and sessions.

Chapter Five. Special Needs. This chapter has material on how to provide support to those with special needs. For an organization that is worldwide and has a history of 38 years, this is the most comprehensive AVP training manual ever to be produced, thanks to the many volunteer facilitators from around the world who took part in the process.

The Fall 2013 Transformer will feature a detailed review on this new Facilitators Training Manual. You are encouraged to send in your comments to be included in the issue.

HOW TO GET A COPY OF THIS MANUAL

The FTM costs \$10.00 plus postage. Those who buy a print copy are eligible to download a free electronic copy of the manual to use on their computer, laptop or tablet.

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AVP Transformer

Renaissance Ren Hynson

My soul's windows were once closed,
Were once enveloped in darkness.
I was looking for an alternative – 2 - violence,
A better choice than force,
Of reacting violently.

AVP gave me tools
2 - trust my inner voice,
To solve possible conflicts quietly.
In turbulent situations
I mentally go over
The Transforming Power guide
To pilot me.
Inside were answers to questions
I thought were only outside in society.

Now I'm at peace. Socrates said,
"The unexamined life is not worth living."
I agree. So I sharpened my tools
And started digging
And was reborn
As 'Renaissance Ren.'
No more dying. Everyday is trying.
But I'm trying to be better than yesterday.

No more lying in my cell.
Lying - 2 - myself.
I'm eyeing a better future. I'm surviving.
No longer lost on an island. I'm alive!
Trust the process that started
In Greenhaven prison in 1975.
Eyes open to realize the light within shines,
In time.

A facilitator gave me the tools
to pry mine open.
I started growing.
From within translucent lights started glowing.
I found myself following
A golden road.
There is no place like home.
Now behold what I hold close!
I bequeath to thee.

I give these keys to those
Still with windows closed
With the hope to learn
And in turn
Instill what they've learned to others...
So we can all do our part
To uplift humanity that fell apart.

Renaissance Ren Hynson is creative and spiritual. An airbrush artist and poet, Ren has his eyes open to the power within that we all have—the power that brings good energy to the world. We grow as we go!

Knowledge of Transformation

By "Merciful" Mark Langston

I look for innovative creative antidotes to
Help me through my life crisis so I don't choke.
Looking to rebuild what I once broke I'm hoping
To be revealed as someone renewed from old.
Longing to be strong in the knowledge of transformation
I trust these new inner senses to keep me warm.
I've ceased the violent intents I've displayed
Over the years with my taking, shaking and blatantly causing tears
I keep my latest position and begin
Build-in like a coalition steeling against offensive opposition
I admit then that my faith is the
Power needed to succeed with these affirmations
For as iron sharpens iron, so a man sharpens the
Countenance of his friend.
So I excel I to tell from this well of AVP vision that knowledgeable
Solutions is knowledgeable blessings. Touching eagle's wing.
So my How is flown in to build honest blends for stronger
Ends molding trends for transforming formulas of
Non-violence. The perseverance and courage to
Continue this struggle.... is you.

A graduate of JCI AVP Basic Workshop 10/28/12, "Merciful" Mark Langston is working towards his GED. He finds AVP exciting and wants to continue to better himself.



Inside AVP-Facilitators Underutilized

by Jeffrey "Emancipated" Ebb

When I first became acquainted with AVP in the Maryland Division of Correction in 1994, I attended the workshops to get out of my cell and talk with my homies. But after a while I sensed something different about AVP. I wanted to learn more. Little did I realize the extent to which following my curiosity would transform me into the man I became. I am a founding member of the Jessup Correctional Institution (JCI) AVP facilitators' team, where we maintain an AVP Center of Excellence. We are making a difference in this prison. Our experience needs to be utilized to a greater degree by taking AVP to another level both in prison and in society. If given the opportunity, we can make a unique and valuable contribution.

In light of the level of youth violence in this nation, AVP needs to reach out to the policymakers to let them know we offer viable alternatives to violence. One strategy would be for us to create videos that display the realities of prison life from the viewpoint of incarcerated AVPers. Using the language of today's youth would make the message of transformation more believable. Another strategy would be for us to adopt troubled schools and implement an AVP curriculum that utilizes both incarcerated AVP facilitators and those in society—in effect creating AVP academies in challenged neighborhoods. I'm sure there are other ideas out there on how to increase the impact of AVP in prisons and in the wider world.

Jeffrey "Emancipated" Ebb helped create the Help Increase the Peace Project for Youth (HIPPY) workshop at JCI. He a coordinator of in-service training for apprentice facilitators and an editor of the JCI Outback Observer Newsletter.

AVP in Two Prisons

by "Mindful Muhammad" Cain

I always had a problem with violence. But it wasn't just a problem, it was part of life—at home and on the streets. Love was violence for me as I watched my mother and stepfather dance their violent love affair.

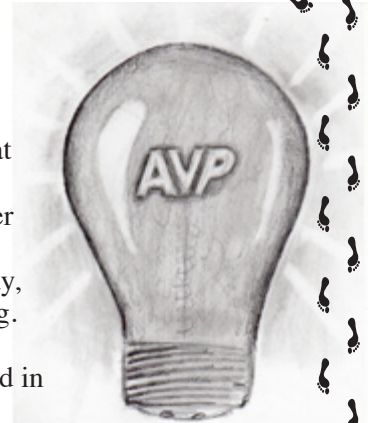
On my way to a Boy Scout meeting one day, a white boy jumped me and we began fighting. That wasn't love. The whirlwind of love and hate had begun. Everything I became involved in embraced violence.

But when I went to prison this time, I was determined to change my life for the better. Thankfully I overheard prisoners talking about AVP. I signed up for a workshop to see if it could answer my questions. I've been with AVP ever since.

I learned a lot of exercises which really helped me. What I liked most were the outside facilitators. My favorite was a white guy, Buccaneer Bill. He took me in like a son and we talked about AVP and other topics. Then I was transferred to the Jessup Correctional Institution (JCI), where I joined the AVP family and was amazed to learn they did so much directed toward the needs of the population. We do one-day workshops on subjects like fear, stereotyping, communication, and multicultural differences.

JCI inside facilitators plan everything, which allows us to have control over exercises and workshops. We learn how to use our collective judgment about when to act in the community's best interest. We believe we are making a contribution to AVP both inside and outside of JCI. As facilitators, it is our job to pass information along to the next group of AVPers so they in turn can keep the process going. The JCI AVP facilitators' motto is: "We are in charge of our attitude!"

Mindful Muhammad has been an AVP facilitator since the 1990s and is president of the JCI Veterans Organization.



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A Community Building Viewpoint

By “Blessed” Bruman Alvarez

I never knew the meaning of the very ugly words *racism*, *stereotype*, or *discrimination* until I came to America from Ecuador at the age of 18. Then I learned that America was divided by its own people’s hatred of others simply because they look different in color or ethnicity. Ecuador is considered to be a third-world Hispanic country. However, Ecuadorians promote in their schools and households equality towards other human beings regardless of physical and religious differences. They don’t see race as an issue. Whether you are white, black, Indian, Cambodian, mulatto, etc., you are equal. There is no issue of superiority, which I find to be toxic to humanity.

I recall an American kid from my neighborhood hollering at me, “Hey, you wetback....” My inability to understand English protected me from the venomous poison of his statement at the time.

Years later while in prison I found understanding English to be a curse because almost daily I am infected with stereotypical words that not only poison my soul with hatred but also insult my humanity.

Currently, after experiencing a violent prison community and after taking AVP workshops and becoming a facilitator, I feel compelled to contribute to society. I found total acceptance by AVPers despite my foreign background and accent. AVP builds community by accepting all types of human beings. I have never encountered any type of racism, discrimination, or stereotyping while in AVP.

I have concluded that prisoners are human beings. As such, we have the ability to evolve. This means to find a common ground that we are human beings and therefore equals. Equal means “of the same quantity, value, quality, number, or status as another.”

If we are the same status as one another, we owe respect for ourselves and for others. The word respect means: (1) relation to something, and (2) high or *special* regard. AVP teaches us that these words— equality and respect— when taken together help us build community. But only if we put them into practice. That is what makes us “special.”

As special human beings, we are compelled to be good examples to our children and act well in our community. Teaching younger generations love for one another, kindness, self-respect, and good principles means putting an end to hatred, stereotyping, and racial discrimination.

We as community-builders can forever be vaccinated against the toxic germs of racism and can build a more humane world.



Pondering AVP questions around “trauma” workshops

At the AVP USA Gathering there was again some discussion about whether and/or how trauma workshops fit or don't fit into AVP's work. Several AVP groups have expressed concerns about this work, while others consider it to be a valuable addition to AVP's toolbox for prison and community work.

The following letter, signed by some members of both groups that offer trauma workshops, is for your information and consideration. As an open letter, it can be forwarded to others involved in the discussion considering this work in the US. This is the beginning of a dialogue, if you have thoughts to contribute. mail them to AVP Transformer, P.O. Box 3294, Santa Barbara, CA 93130

AVP Workshops on Trauma: Following an interest group at the AVP-USA Conference 2013, we were reflecting on concerns raised about conducting AVP special topic workshops in the U.S. on trauma healing. We understand that using the title “Trauma Healing” implies to some people that we are practicing therapy, that facilitators have command of techniques outside the scope of a lay person, and that participants may come out “healed.” These misunderstandings may lead some people to lose track of the fact that AVP is for learning, not for therapy (although it may be therapeutic). Furthermore, it potentially opens facilitators and programs to legal liability.

In light of these concerns, we realize that a more apt title for our workshops may be “Trauma Resiliency” (others have suggested “Understanding Trauma”) because we are learning about what trauma is and about personal tools for understanding the effects of past experiences of violence, how they impact our daily lives, and how to prevent being traumatized by future encounters with violence. Our current AVP advanced workshops on trauma focus on strengths and resources such as self-care, self-soothing, grounding tools, empathy skills and activities for companion groups.

AVP workshops on trauma arose out of the needs of participants who were processing significant experiences of violence in AVP workshops, regardless of the topic of the workshop. The AVP-USA 2012 keynote speech highlighted data on the fact that the majority of perpetrators of violence as well as people who are incarcerated have experienced trauma.

AVP provides an ideal structure for learning about trauma because our “roadmap” or “building blocks” are already directly aligned with stages of trauma recovery: 1) creating a context of safety through empowering guidelines and activities for affirmation, 2) providing tools for communication that help people remember without reliving or reenacting, and 3) investing in cooperation, community and trust-building that reconnects people within a social fabric.

We recommend that AVP workshops on trauma in the U.S. be

- *entitled “Trauma Resiliency,”*
- *facilitated by team members who practice the activities themselves,*
- *offered in prisons where a cohesive sense of AVP community exists and/or therapeutic supports are adequate to support participants following the workshops,*
- *offered in communities along with a resource list of therapeutic resources available in the area.*

For prisons where therapeutic supports are not available, concerted attention should be invested in building a cohesive sense of AVP community and accessible therapeutic supports, which requires adequate therapeutic sensitivity on the part of the team. We feel that, as with any other AVP workshop, it is better to only undertake activities that team members have experienced and are comfortable with and to have a plan for responding to crises.

Expressive Eduardo Diaz, Serene Susan Hefty, Novel Nadine Hoover, Vibrant Val Liveoak, Germinating John Michaelis, Mindful Michael Murphy, Journeying John Shuford, Magnificent Mary Walton, Creative Cecilia Yocum



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of the Transformer as yours?*

Summer 2013 is taken by Jessup Correctional Institution in Maryland, their second issue! But the rest of the year is just waiting for your commitment. Contact AVPUSA Transformer, P.O. Box 3294, Santa Barbara, CA 93130

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