

the TRANSFORMER

of the Westchester-Fairfield Area Council
May-June 1986

JUNE BUSINESS MEETING

One special issue at this meeting is to evaluate our need for additional workshop leaders and to discuss plans for recruitment and scheduling Leadership Training Workshops. Business meetings are vital to the success of the AVP program and the next meeting of the Westchester-Fairfield Area Council will be held at 7:30PM on Tuesday, June 17 at Purchase Meeting House. Key items on the agenda will be:

1. Plans for AVP Picnic in July
2. Discussion of Leadership Needs
3. Plans for Possible Leadership Training Workshops in the Fall
4. Sharing from Recent Workshops
5. Planning and Administration for Prison Program

New Basic AVP Training Manuals are now available. Pick up your free copy at the June 17 meeting.

AVP PICNIC AND PLAYSHOP

Spend an afternoon playing with your old friends from AVP Workshops and make new friends!

All AVP members and their friends are invited to the Westchester-Fairfield Picnic on Sunday, July 20 at Purchase Meeting House. The games will begin at 4:00PM and the pot luck picnic will begin at 6:30PM. In case of rain, the picnic will move inside.

Bring your appetite and the playful child inside you.

AVP CALENDAR

June 17 7:30PM	Westchester-Fairfield Business Meeting at Purchase Meeting
July 20 4:00PM	Westchester-Fairfield Picnic & Playshop at Purchase Meeting
Sept. 12-14	AVP Annual Meeting at Powell House in Old Chatham, NY

A QUERY FROM FROM THE FORGIVENESS WORKSHOP



*Have you considered letting go
of the string?*

PRISON ENGLISH

Question: If an inmate says "He did heavy work on his homeboy." what does he mean? See page 5 for answer.

FORGIVENESS WORKSHOP

On the weekend of May 2 to 4, nineteen AVPers assembled at Purchase Meeting House for the first workshop on the topic of "Forgiveness". They were not disappointed; the workshop was packed with exciting new exercises created by the leaders, Ellen Flanders, Anna Lamp, Mary Gray Legg and Nancy Nothhelfer. Some of the new exercises were called "St. Peter" and "Carefronting".

The workshop was also packed with participants including:

- | | |
|-----------------|-------------------|
| Virginia Auster | Caroline Lane |
| Roma Bernstein | Chris Malmgreen |
| Mary Louise Cox | Deborah McIlwaine |
| Allison Dench | Liza Moon |
| Fred Feucht | Lee Stern |
| David Hunt | Anne Wright |
| Don Iverson | Bob Zimmerman |
| Carmel Kussman | |

There was time for trainers to share AVP experiences on breaks and over meals provided by Croton Valley, Wilton and Purchase Friend's Meetings. Fifteen participants left with new insights about themselves and new ideas about the meaning of "forgiveness". The AVP Education Committee will write up the new agenda and exercises which will be included as a supplement to the Advanced Manual.

APRIL EDUCATIONAL PROGRAM

A dozen AVPers assembled at Purchase in April and were fascinated to hear Jim O'Brien tell about his work for Habitat for Humanity on the Lower East Side. Then everyone enjoyed Anne Wright's excellent presentation on ways to use group singing in AVP workshops. As a result, the group agreed to meet again to learn more and to develop a special AVP Songsheet for workshops. A pot luck supper followed and we discovered that one way to identify an AVPer is by the fact that they have one very large sweet tooth. Nearly half of the dishes brought were deserts. Yum-yum!

NEW BASIC AVP TRAINING MANUALS

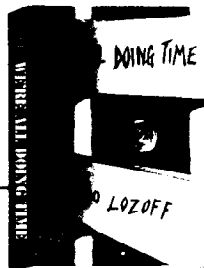
Fresh new Training Manuals for the Basic Workshop are now available. Many new exercises and materials are available and everything is set in beautiful, easy to read type. Although the cost of the manual is \$25.00 to anyone outside of AVP, the AVP Board has decided that they will be given free to all AVP Trainers. Pick up your copy at the next area council meeting. Thanks to the AVP Education Committee for all their work on this excellent manual!!!

WE'RE ALL DOING TIME

This is the title of a new book by Bo Lozoff. The subtitle "a guide to getting free" expresses something of what the book is about. It is a guide to emotional and spiritual freedom. This easy to read book describes his path to freedom and focuses on a no nonsense approach to meditation and yoga. If you are interested in meditation and yoga, this is a very easy way to get started.

Bo has been spreading the word in prisons throughout the country and his 400 page book contains over a hundred letters from inmates telling about their personal experiences with meditation and how it has changed their lives. Issues of dealing with violence are important concerns in these letters.

If you would like to get a copy, send \$10.00 to the Prison-Ashram Project, Rt. 1, Box 201-N, Durham, NC 27705. If you happen to be a prison inmate, you can leave out the \$10.00 because this valuable book is available free to all prison inmates!



Newsletter Editor:
Fred Feucht

WORKSHOP FOR HEAD START LEADERS

The one day workshop led by Virginia Auster and Betty Cypser on April 10 was well attended. Betty stepped in at the last minute to fill in for Fran Salant who was ill with the flu.

In the words of Carole Dowdy, the West-Rock Head Start Training Coordinator, "Virginia and Betty... were successful in offering a different and rewarding experience to the participants. The group relaxed, became involved and discovered the connection between community, communication and conflict. I sincerely feel the sensitivity of those involved was raised. I think they look at themselves and others more positively."

Head Start has made a donation to AVP in appreciation for the workshop.

LETTER FROM AN INMATE AT BEDFORD HILLS

I have just shared some wonderful loving experiences with other women in the Alternatives to Violence Project Workshop.

One of the things I have learned in the workshop is a sense of assertiveness which leads into self-improvement and communicative awareness.

We were able to take time for listening to each other and putting ourselves on the spot by wearing another person's shoes. We understood each other better and had those feelings of belonging. We also felt important.

These qualities are very necessary for our growth as people, and will lay a foundation to build better communities.

Human understanding is the best thing in the world. Each step taken forward will take us a long way in life. Again, AVP can help us to bring to life our deferred dreams.

Bernice Price 4-3-86

HELP WANTED - PRISON COORDINATORS

Facility Coordinators are vital to the AVP program. We need help with Sing Sing, Taconic and the Westchester County Jail. Perhaps the job description below fits you.

JOB DESCRIPTION

FACILITY COORDINATOR

The job of Facility Coordinator is basically an administrative type of responsibility rather than program.

Qualifications:

- * Completed Basic Course and Training for Trainers
- * Capacity to work well with others
- * Demonstrated ability to meet time schedules and execute necessary clerical tasks, e.g. prepare letters to prison administration

Duties:

- * Arrange dates with correctional facilities for workshops
- * Maintain contact with inside coordinators
- * Designate outside lead facilitator
- * Establish requirements to be met by facility in hosting AVP workshop
- * Provides for gate clearance for outside facilitators and workshop supplies
- * Arranges hospitality for any team members requiring it
- * In consultation with lead facilitator sets time and place for team building session
- * Checks to see that workshop evaluation reports have been sent in.
- * Maintains contact with prison administration and works out any administrative problems

Please call Fred Feucht if you would like to help the AVP Program by becoming a Facility Coordinator.

"HIGH FIVE"
A NEW LIGHT & LIVELY



This Light & Lively was contributed by the inmate trainers at Sing Sing. It helps people to remember names and it is active. It is a good way to remind participants of names in the third or fourth session.

The person leading the Light & Lively asks every one to stand in a circle. The leader starts by looking at someone across the circle, calling his name, and saying "High Five", for example, "Jazzy Joe, High Five". The two then, raise right hands, exchange places and slap right hands as they cross in the center of the circle. Jazzy Joe then calls another name and repeats the process.

Debbie McIlwaine introduced this Light & Lively to the participants at the Forgiveness Workshop.

PERSONAL NOTES

Bob and Eunice Zimmerman from Scarborough, NY are among the newest AVP Trainers. They are both psychotherapists and are committed to humanistic and wholistic therapy. They attended their basic workshop in Poughkeepsie and took the Training for Trainers at Sing Sing and Taconic. Welcome to AVP.

PERSONAL NOTES (CONTINUED)

Chris Malmgreen has just returned from a two month trip to Mexico where she traveled extensively. She has now moved to Brooklyn where she intends to work as a nurse.

Mary Louise Cox attended the Forgiveness Workshop and plans to become an AVP Trainer. Mary Louise formerly worked on the program planning staff at both Taconic and Bedford Hills. She has been a speaker at national correctional conferences. She feels that AVP has been a vital and effective program in the prison environment.

Lee Stern plans to retire in the near future and he and Ruth are considering moving to a Quaker retirement center in the South. He will be leaving AVP and FOR where he is on staff. Lee has been one of the key power sources behind AVP from the beginning and we will miss his energy. Best wishes, Lee!

Debbie McIlwaine enjoyed her April vacation in California where she visited her daughters and grand children.

RECENT WORKSHOPS

Liza Moon, Ty Griese and Fred Feucht led a Basic Workshop at the Westchester Penetentiary for Men on March 21-23.

Jim O'Brien, David Hunt and Juan Torres led a Basic Workshop at Taconic on April 1-3.

Ellen Flanders and Fred Feucht led a Training for Trainers Workshop at Taconic on April 2-4.

Allison Dench, Fran Salant and Pris Prutzman led an Advanced Workshop at Bedford Hills on April 1-4.

Allison Dench and Ellen Flanders led a Basic Workshop at Bayview on April 5-7.

RECENT WORKSHOPS (CONTINUED)

Virginia Auster and Betty Cypser led a Community Workshop for Head Start Staff on April 10.

John Perris and Maya Wallach led a Basic Workshop at Otisville Federal Prison on April 25-27.

Ellen Flanders, Anna Lamp, Mary Gray Legg and Nancy Nothhelfer led an Advanced Workshop on Forviveness at Purchase on May 2-4.

Fred Feucht, Mary Gray Legg and Chuck Swalm, along with inmate trainers, led a Basic Workshop at Sing Sing on May 16-18.

PRISON ENGLISH

Answer: No, he does not mean that he was employed in house construction or home repairs, he means that he beat up one of his friends or acquaintances from the street.

AVP WORKSHOP SCHEDULE

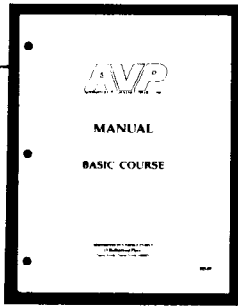
DATE	INSTITUTION	TYPE	A/C	COORDINATOR	TRAINERS
May 16-18	Sing Sing	Basic	WF	Feucht	Legg Feucht Swalm
May 16-18	Manhattan(c)	Basic	Met	Levy	Dench
May 19-21	Fishkill	Basic	MH	Angell	Lugo Flanders
May 16-18	Owego(c)	Basic	ST	O'Connell	O'Connell
May 23-25	Fishkill	Adv	MH	Angell	Legg & ?
May 23-25	Fishkill	Basic	MH	Angell	Angell McIlwaine
May 23-25	Eastern	Basic	D	Zybas	Zybas
May30-Jun1	Westchester Men	Basic	WF	Feucht	B.&R. Cypser
Jun 13-15	Wallkill	Basic	MH	Veseley	Veseley Ripp
Jun 13-15	Fishkill	Basic	MH	Angell	Angell Zimmerman
Jun 13-15	Fishkill	Basic	MH	Angell	?
Jun 13-15	Sing Sing	Basic	WF	Feucht	Dench?
Jun 21-22	Detroit(c)	T/T	MH	Angell	Angell Paisley Martin
Jun 20-22	Eastern	Basic	D	Zybas	Zybas
Jun26-Jul 1	Bedford Hills	T/T	WF	DiBlasi/Salant	?
Jun30-Jul 1	Taconic	Basic	WF	Feucht	Feucht Auster
Jul 11-13	Sing Sing	Basic	WF	Feucht	?
Jul 18-20	Camp Beacon	Basic	MH	Angell	Angell B. & R.Cypser
Aug 1-3	Owego(c)	Basic	ST	O'Connell	O'Connell
Aug 15-17	Sing Sing	Basic	WF	Feucht	<i>BAR Cypser</i>
Aug 25-28	Taconic	Basic	WF	Feucht	?
Aug 29-31	Camp Beacon	Adv	MH	Angell	Wallach
Sept 19-21	Owego(c)	Adv	ST	O'Connell	O'Connell
Sept 26-28	Westchester Men	Basic	WF	Feucht	?
Sept 26-28	Sing Sing	Adv	WF	Feucht	<i>Posner</i>
Sept 26-28	Fishkill	Basic	MH	Angell	?
Sept 26-28	Fishkill	T/T	MH	Angell	Angell D. Wood
Oct 24-26	Fishkill	Adv	MH	Angell	Angell West Zybas
Nov 7-9	Owego(c)	Basic	ST	O'Connell	O'Connell
Nov 21-23	Camp Beacon	Basic	MH	Angell	B. & D.Wood

? Additional leaders needed

NEW! AVP MANUALS
FOR THE BASIC COURSE

Available FREE to
all AVP Trainers!

(See inside for
details)



WE, THE PEOPLE

(Poem shared by an inmate)

Ah! You and me,
And I, an I
Dat mek us,
We, the people:
Generated from our ancestors yesterday,
We are able to mek choices today,
Rallicing, marching, protesting,
Struggling to ward off
The hustles, and bustles
To mek de way clear,
Filled with choices, and chances for
The future generation.

Ah! say, some kinfolk
Might not understand
De changes, and chances dat cause
De Big Generation Gap.
Yesterday was for de Man,
But today and tomorrow is for
You and I,
Dat meek us,
We, the people.

We, the people
Must struggle to educate ourself,
Metaphysically,
Scientifically,
To intelligently
Interlectually
Defeat and conquer, victoriously,
All negative forces
That debar us from
Regenerating with mind, matter and forces,
To become one in unison
With Peace, Love and Harmony,
To be
We, the people.

Bernice Price Spring 1984

ALTERNATIVES TO VIOLENCE PROJECT INC
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AVP