

the TRANSFORMER

for Workshop Leaders
March-April 1988

AVP CALENDAR

- Mar 22 Metropolitan Meeting
6:30-9:00 15 Rutherford Place
- Mar 25-26 Basic Leadership Training
Fri & Sat Plattsburgh, NY
- Mar 28 King Commission Meeting
2:30 County Office, White Plains
- Mar 30 King Commission Meeting
Time? Poughkeepsie-Hudson Valley
- Apr 15-17 Training for Trainers
Weekend Westbury Friends Meeting
- Mar 27 Barbara Angell Memorial Svc.
2:00PM Poughkeepsie Friends Meeting
- Apr 17 Education Committee Meeting
2:00-6:00 Nancy Nothhelfer's House
- Apr 23 Advanced Leadership Training
10:00-4:00 Purchase Friends Meeting
- Apr 26 Metropolitan Meeting
6:30-9:00 15 Rutherford Place
- May 9 Westchester-Fairfield Meeting
7:00-9:30 Purchase Friends meeting
- May 11 Mid Hudson Meeting
6:00-9:00 Poughkeepsie Friends Meeting
- May 20-22 Basic Leadership Training
Weekend Purchase Friends Meeting
- Jun 17-19 Training for Trainers
Weekend Purchase Friends meeting

AVP SETS RECORD

In 1987, there were 150 AVP workshops conducted for community groups and in prisons. This is a 25 percent increase over 1986!

LEADERSHIP TRAINING WORKSHOPS

In order to make the concepts of Alternatives to Violence available to more people, a goal of 35 new outside trainers in 1988 was set by the Annual Meeting in September. So far, only about 10 outside leaders have completed the training.

To help to meet this goal, two Leadership Training Workshops will be offered this Spring in Westchester County. The Basic will be held on the weekend of May 20 to 22 and the Training for Trainers will be held four weeks later on June 17 to 19. Both workshops will be held in Purchase Friends Meetinghouse in suburban Westchester. These workshops are sponsored jointly by the Metropolitan and Westchester Fairfield-Area Councils.

We need to fill both workshops to meet our goals. Please talk to your friends, tell them about the benefits of the AVP program and encourage them to register.

Please send the enclosed flyer to a friend. If each AVP Trainer can recruit just one person, the workshops will be filled.

*Before he took the
AVP Leadership
Training...
he was a mouse.*



Now that's what I call Transforming Power!!

TRAINING FOR TRAINERS IN WESTBURY

A Training for Trainers Workshop will be held on the weekend of April 15-17 at Westbury Friends Meeting on Long Island. This follows the successful Basic Workshop that was held on March 4 to 6.

If you know of people that have taken the Basic but not the Training for Trainers, please invite them to attend this workshop. For information call Roy Moger at 516 621-8883.

AVP WORKSHOPS FOR SPOUSE ABUSERS

A special AVP program for inmates who have abused their wives or girlfriends has been proposed by Chris Owens. Chris has experience in leading many workshops for spouse abusers in the community and has found that they were quite successful in reducing domestic violence. The workshops used a combination of small group discussions, films and role plays to confront the problem. The workshops were held in six weekly two hour sessions covering the following areas:

1. Community Building
2. Acknowledgement of Problem
3. Family Structure and Pathology
4. Conflict Resolution Skills
5. Assertiveness Training.

Each workshop was led by a man and woman team and the teams were supported by a clinical supervision session once a week.

A preliminary discussion of the program was held with Tony Clark of Sing Sing and he expressed interest in having this type of a workshop in the Network Unit

The Statewide Council of AVP felt that this proposal was related to AVP goals and should support the AVP philosophy. Transforming Power should be included as part of the program if it is sponsored by AVP. The Education Committee was asked to consider the project.

ADVANCED TRAINING DAY

Would you like to become a better trainer? Would you like to learn to lead some of the powerful new exercises in the Advanced Workshop? Would you like to share your leadership experiences and techniques?

The Advanced Training Day on Saturday, April 23 will be a special opportunity to learn new skills. The new exercises that will be covered are:

1. The Inclusion Exercise - a way of getting to know people on a deeper level.
 2. The Carefronting Exercise - a powerful experience of personal rights, confrontation and forgiveness.
 3. The Bargaining with Values Exercise - a way of exploring personal values.
- The program is sponsored by the AVP Education Committee and the leader for the day will be Nancy Nothhelfer.

The Program will be held at Purchase Friends Meeting and will run from 10:00 to 4:00. Please bring a bag lunch. All AVP leaders are invited as well as family and friends that are interested in the AVP program.

WESTCHESTER FAIRFIELD GOALS FOR 1988

At the Westchester-Fairfield Annual Dinner in January, the following workshop goals were set for 1988.

INSITIUTION	1987 ACTUAL	1988 GOAL
Sing Sing	15	20
Taconic	9	8
Bedford Hills	4	4
Westchester Jail	3	1
Leadership Training	3	3
Other	0	0
Total	34	37

With eight workshops completed so far this year, we are on our way to reaching this goal.

DEATH OF BARBARA ANGELL

Barbara, the wife of Steve Angell, died on Saturday, March 12 after a long battle with cancer. Members of the AVP community are saddened by Steve's loss. The memorial service will be held at 2:00PM on Sunday, March 27 at Poughkeepsie Friends meeting. Memorial gifts can be given to Bulls Head Friends Meeting.

ELEANOR ROOSEVELT AWARD

The AVP Program has again received the Eleanor Roosevelt Award for outstanding volunteer service in New York State. It is gratifying to know that the work of all the AVP leaders who contributed to the success of the AVP Program in 1987 has been officially recognized by the State of New York and we have been commended for our service. The recommendation for the award was made by the inmates and administration for Eastern Correctional Facility.

PROGRAM ON
THE HIDDEN FACES OF SHAME

Isabelle Rubin LaBelle has organized a special program on the topic of shame. Shame is emerging as an often hidden and poorly understood emotion that may dominate the emotional structure. The program is sponsored by the New York Society of Social Work Psychotherapists and will feature a leading authority, Marilyn Mason as speaker followed by a panel discussion. The program will be held on Saturday morning, March 27 from 9:00 to 1:00 at the Hudson River Museum in Yonkers. The fee is \$50.00. Call Isabelle if you are interested.



KING COMMISSION MEETINGS

A series of special briefing meetings by the Martin Luther King, Jr. Commission on the Proposed New York State Institute on Nonviolence will be held throughout the state in March. The meetings will outline the goals for the institute as well as seek suggestions about the program.

A meeting will be held in Westchester on March 28 at the County office Building, 85 Court Street in White Plains. The time of the meeting is 2:30PM. It is important that AVP members attend this meeting.

A meeting will also be held in the Poughkeepsie Area on March 30. The time and place have not been arranged but Steve Angell should have the information by March 25. Please call him if you are interested in attending.

WORKSHOP LEADERS NEEDED

There are many workshop leaders needed at Sing Sing, Taconic and Fishkill. Perhaps you would like to help. Call the prison coordinator and help to fill in the question marks on the workshop schedule on page 7.



AIRPLANE
A NEW EXERCISE

Purpose: A trust exercise designed for participants to experience both trust and powerlessness on the one hand as well as power and a sense of responsibility on the other.

For the Training for Trainers Workshop this exercise focuses on giving clear and precise instructions to participants and is a good kinetic metaphor for the role of trainers.

Time: About 20 to 30 minutes.

Materials: Blindfold and paper.

Scenario: An airliner is in trouble and the pilot is blind. The air traffic controller must instruct the pilot how to avoid obstacles and land the airliner. All participants, other than the pilot and the controller are passengers. If the pilot hits an obstacle, the airliner crashes and all passengers are killed.

Sequence: Explain scenario and ask for volunteers for the pilot and air traffic controller. Take the pilot out of the room and blindfold him or her. Then crumple up eight to ten pieces of paper and place them on the floor in a random

pattern. Do not let the pilot see the pattern before he or she is blindfolded.

The air traffic controller is placed at the opposite end of the room from the door. Lead the pilot into the room and ask him to follow the instructions of the air traffic controller precisely. The controller tells the pilot exactly where to place his feet so that he can avoid obstacles and get through to the controller. The pilot can ask questions of the controller.

After one pair either lands or crashes, ask for two more volunteers. Repeat for three or four sequences as time allows.

Process exercise focusing on feelings of trust, powerlessness and the importance of accurate instructions.

This exercise was introduced by William Carrouthers, an inmate participant at a recent Training for Trainers Workshop at Sing Sing and the exercise is from an acting class. The group found the exercise challenging and a good learning experience. It seems especially appropriate for a Training for Trainers Workshop.

BETTER AREA COUNCIL MEETINGS
RESULTS OF QUESTIONNAIRE

The following ideas were preferred in the questionnaire on area council meetings:

Things that would make area council meetings more interesting were:

1. More personal sharing of workshop experiences
2. More practice in leading exercises.

Topics that were of interest are:

1. Leadership skills techniques.
2. Conflict resolution in the family.
3. Social problems and causes of violence such as: poor education, abused children, teenage mothers, unemployment etc.

Other things I would like are:

1. Mini-workshops on Saturday to learn new exercises.
2. A training skills day where trainers can practice leading new exercises.

Perhaps area councils can incorporate some of these ideas into their meetings. Ten members responded to the questionnaire.

The Transformer needs news. If you want your workshops to be listed in the schedule or have an important article that AVP members should know about, send the information to Fred Feucht.

Newsletter editor: Fred Feucht

PERSONAL NOTES

Mary Gray Legg is glad to see the end of winter and hospital beds. In January she had surgery to correct a bladder problem and as soon as she had recovered, she was in an automobile accident. The accident occurred when she was returning from a workshop at Camp Beacon in February. She spent another week in the hospital with a concussion and broken ribs. But nothing can keep Merry Mary Gray down and she is beginning to feel like her old self again.

PERSONAL NOTES (CONTINUED)

Cynthia MacBain was recently honored as an "Outstanding Woman of the Decade" by the Connecticut United Nations Association. She was one of 100 women selected throughout the state and was one of six that were honored at a special ceremony at the U.N. on January 28. AVP is just one of the many peace organizations to which Cynthia has given her energy. Congratulations!

Aileen Steiner and Chris Owens have announced their engagement and they plan to get married in November. They met as members of an AVP leadership team at Sing Sing and they have decided to form a permanent team. As far as we know, this is the first time an AVP workshop has led to wedding bells. Congratulations and Best Wishes!!

Pat Posner and her fiance, Roger, are also planning a trip to the altar. They intend to get married this summer and move to Florida. Best Wishes!!!!

RECENT WORKSHOPS

Betty Cypser and Jane West led a Basic Workshop at Greenhaven on January 8-10.

Aileen Steiner, Chris Malmgreen, Larry Kapp and Eddie Ward led an Advanced Workshop at Sing Sing, Tappan on January 15-17.

Cynthia MacBain, Jay Leiske and Steve Bundy led an Advanced Workshop at Sing Sing on the Hill on January 15-17.

Ellen Flanders and Soon Dench led a Training for Trainers Workshop at Bedford Hills on January 20-21.

Carmel Kussman led a Basic Workshop at Arthurkill on January 8-10.

Barbara Yizar and inmate trainers led a Basic Workshop at Greenhaven on January 8-10.

RECENT WORKSHOPS (CONTINUED)

Debby Wood and John Perry led a Basic Workshop at Fishkill on January 22-24.

Pat Beetle and Carmine Immediato led a Basic Community Workshop in New Paltz on February 5-7.

Cynthia MacBain, Jane Condliffe and Jay Leiske led a Basic Workshop at Sing Sing on the Hill on February 20-22

Debby Wood, Corinne Moran, Steve Bundy and Eddie Ward led a Basic Workshop at Sing Sing, Tappan on February 19-21.

Pat Posner and Mary Gray Legg led a Basic Workshop at Camp Beacon on February 19-21.

Pat Posner led the first Advanced Work-

shop' in Colorado which was held in Denver on February 5-7.

Fran Delahanty and Jane West led a Basic Workshop at Greenhaven on March 11-13.

Pat Posner, Alan Sklar, Steve Bundy and Eddie Ward led a Training for Trainers Workshop at Sing Sing, Tappan on March 18-20.

Fred Feucht, Chris Malmgreen, Jay Leiske, and Larry app led a Training for Trainers Workshop at Sing Sing on the Hill on March 18-20.

Betty Cypser and Barbara Yizar led a Basic Workshop at Taconic on February 16-18.

AVP WORKSHOP SCHEDULE

DATE	INSTITUTION	TYPE	AC	COORDINATOR	LEADERS
Mar 1-3	Otisville Federal	Basic	MH	Lindenbaum	Lindenbaum
Mar 3-5	Rochester (c)	T/T	R	Angell	Flanders Gormley
Mar 11-13	Greenhaven	Basic	MH	West	West Delahanty
Mar 11-13	Greenhaven	Basic	MH	West	Yizar
Mar 18-20	Sing Sing Hill	T/T	WF	Feucht	Feucht Malmgreen
Mar 18-20	Sing Sing Tappan	T/T	WF	Feucht	Posner Sklar
Mar 18-20	Pius XII (c)	Basic	MH	Angell	Floyd, McCormick Abdul-Malik Ripp?
Mar 19-20	Owego (c)	T/T	ST	O'Connell	O'Connell
Mar 25-27	Eastern	Basic	D	Zybas	Zybas
Mar 25-27	Fishkill	Basic	MH	Angell	B. & R.Cypser
Mar 25-27	Fishkill	Basic	MH	Angell	Spain & ?
Apr 5-7	Taconic	Basic	WF	Cypser	Cypser Griffiths
Apr 8-10	Woodburne	Basic	D	Zybas	Zybas
Apr 8-10	Greenhaven	Basic	MH	West	Moran
Apr 8-10	Greenhaven	Adv	MH	West	Dench Moon
Apr 15-17	Sing Sing Hill	Basic	WF	Feucht	Steiner? Abdul-Malik
Apr 15-17	Sing Sing Tappan	Basic	WF	Feucht	Feucht & ?
Apr 22-24	Eastern	Basic	D	Zybas	Zybas
Apr 29-May 1	Fishkill	Adv	MH	Angell	Thompson?
Apr 29-May 1	Fishkill	Adv	MH	Angell	Angell Zybas
? Additional leaders needed		(c) Community workshop		AC Area Council	

AVP WORKSHOP SCHEDULE (CONTINUED)

DATE	INSTITUTION	TYPE	AC	COORDINATOR	LEADERS
May 13-15	Woodburne	Basic	D	Zybas	Zybas
May 13-15	Greenhaven	Basic	MH	West	?
May 13-15	Greenhaven	Adv	MH	West	West Griffiths
May 20-22	Purchase (c)	Basic	WF	Feucht	Feucht Delahanty & ?
May 20-22	Sing Sing Hill	Basic	WF	Feucht	LaBelle Abdul-Malik
May 20-22	Sing Sing Tappan	Adv	WF	Feucht	Floyd & ?
May 20-22	Owego (c)	Basic	ST	O'Connell	O'Connell
May 27-29	Eastern	Basic	D	Zybas	Zybas
May 27-29	Fishkill	Basic	MH	Angell	?
Jun 7-9	Otisville Federal	Basic	MH	Lindenbaum	Lindenbaum & ?
Jun 10-12	Woodburne	Basic	D	Zybas	Zybas
Jun 17-19	Purchase (c)	T/T	WF	Feucht	Feucht & ?
Jun 17-19	Sing Sing Hill	Basic	WF	Feucht	Steiner & ?
Jun 17-19	Sing Sing Tappan	Basic	WF	Feucht	?
Jun 24-26	Fishkill	Basic	MH	Angell	Dench Chapman
Jun 24-26	Fishkill	Adv	MH	Angell	Angell Thompson
Jun 24-26	Eastern	Basic	D	Zybas	Zybas
Jun 28-30	Taconic	Basic	WF	Cypser	?
Jul 8-10	Woodburne	Basic	D	Zybas	Zybas
Jul 11-13	Camp Beacon	Basic	MH	Angell	Angell Carroll?
Jul 15-17	Owego (c)	Basic	ST	O'Connell	O'Connell
Jul 15-17	Greenhaven Annex	Basic	MH	Angell	B. & R. Cypser
Jul 22-24	Sing Sing Hill	Adv	WF	Feucht	?
Jul 22-24	Sing Sing Tappan	Adv	WF	Feucht	?
Jul 22-24	Eastern	Basic	D	Zybas	Zybas
Aug 12-24	Woodburne	Basic	D	Zybas	Zybas
Aug 19-21	Sing Sing Hill	Adv	WF	Feucht	?
Aug 19-21	Sing Sing	Adv	WF	Feucht	?
Aug 26-28	Eastern	Basic	D	Zybas	Zybas
Aug 30-Sep 1	Taconic	Basic	WF	Cypser	?
Sep 6-8	Otisville Fed	Basic	MH	Lindenbaum	Lindenbaum & ?
Sep 23-25	Fishkill	Basic	MH	Angell	Angell & ?
Sep 23-25	Fishkill	Basic	MH	Angell	Inskeep?
Sep 23-25	Sing Sing Hill	Basic	WF	Feucht	?
Sep 23-25	Sing Sing Tappan	Basic	WF	Feucht	?
Sep 23-25	Greenhaven	Basic	MH	West	D. Wood
Sep 23-25	Greenhaven	Adv	MH	West	West Swalm
Oct 28-30	Fishkill	Basic	MH	Angell	Chapman
Oct 28-30	Fishkill	Adv	Mh	Angell	?
Nov 21-23	Camp Beacon	Adv	NH	Angell	Angell & ?
Dec 6-8	Otisville Federal	Basic	MH	Lindenbaum	Lindenbaum
Dec 27-30	Fishkill	T/T	MH	Angell	Angell Thompson

? Additional leaders needed (c) Community workshop AC Area Council



ALTERNATIVES TO VIOLENCE PROJECT, INC.
Westchester-Fairfield Area Council

Purchase Friends Meeting
Purchase and Lake Streets
Purchase, NY 10577

