

# the TRANSFORMER

for AVP Workshop Leaders  
May-June 1988

## HELP!

WE NEED MORE TRAINERS  
BASIC WORKSHOP - MAY 20-22

There are still nine spaces open in the Leadership Training Workshop scheduled for Purchase Meetinghouse on the weekend of May 20-22. Perhaps one of your friends would be the perfect AVP Trainer. Please pick up the phone today and share your experience as an AVP Trainer with one friend. Let them know what a satisfying experience it has been for you to be a workshop leader. It is important that we fill this workshop. Thanks!

## ADVANCED TRAINING DAY

Thirteen AVP Leaders met at Purchase Meetinghouse on April 23 to learn new exercises and share leadership experiences. The day was scheduled in response to requests for more training in the area council questionnaire. The agenda included three exercises that will appear in the new Advanced Manual, the Inclusion Exercise, the Carefronting Exercise and the Bargaining with Values Exercise. In the Carefronting Exercise trainers learned how to confront others without anger and in a caring manner. The day served as a learning laboratory to test new ideas, give feedback and make suggestions for improvement. The exercises were led by Nancy Nothhelfer and Fred Feucht. Those present said that they enjoyed the day and would like to schedule Advanced Training Days about every three months. The next time the topic will be the Advanced Prison Workshop focusing on AIDS. Following this, a day will be devoted

## ADVANCED TRAINING DAY (CONTINUED)

to learning some of the fifteen new exercises in the Advanced manual. Those attending were:

Mary Attanasio	Alan McKenney
Allison Dench	Nancy Nothhelfer
Carol Dowdy	Pat Posner
Fred Feucht	Alan Sklar
Fred Gustavson	Aileen Steiner
Isabelle LaBelle	Doris Wall
Chris Malmgreen	

## AVP CALENDAR

May 9	Westchester Fairfield Meeting
7:00-9:30	Purchase Friends Meeting
May 14	Statewide Council Meeting
11:00-5:00	Zybas House, Walton, NY
May 15	State Board Meeting
1:00-5:00	Zybas House, Walton, NY
May 15	Education Committee Meeting
3:00-6:00	Anna Lamp's House, Bethel, CT
May 18	Mid Hudson Meeting
6:00-9:00	Poughkeepsie Friends Meeting
May 20-22	Basic Leadership Training
Weekend	Purchase Friends Meeting
May 24	Metropolitan Meeting
6:30-9:00	15 Rutherford Place, NYC
Jun 17-19	Training for Trainers
Weekend	Purchase Friends Meeting
Jun 28	Metropolitan Meeting
6:30-9:00	15 Rutherford Place, NYC
Jul 11	Westchester Fairfield Meeting
7:00-9:30	Purchase Friends Meeting
Jul 13	Mid Hudson Picnic
6:00-9:00	Bulls Head Friends Meeting

THE KING COMMISSION  
AND THE NON-VIOLENCE INSTITUTE

Non-violence training has taken a giant step forward in New York State and in Westchester County. The bill setting up the New York State Non-Violence Institute has been passed by the State Legislature with funding of 1.5 million dollars for 1988. New York is the first state to take such a step and this makes non-violence training part of the official policy of the State of New York.

One major focus of the institute will be to develop non-violence training at the college level and one million dollars of the institute budget will go to SUNY for the development of a non-violence training curriculum. The remainder of the budget will be used to operate the institute.

Davis Jensen, one of the two consultants responsible for setting up the Institute has said that they wish to work with and provide financial support for volunteer organizations. He also said that they intend to "give contracts to voluntary organizations and educational institutions to provide training". Thomas Cooper, the president of the Dr. Martin Luther King Jr. Commission has said that he sees two of the functions of the Non-Violence Institute as "making groups familiar with Kingian Methodology" and "certifying trainers".

The challenge for AVP seems to be how we will relate to the Non-Violence Institute and how we can make this relationship mutually supportive.

Two meetings have been held in Westchester. The first in White Plains on March 28 was led by David Jensen, the Commission Consultant from the King Institute in Atlanta. He explained the process by which the Non-Violence Institute was being established. The New York State King Commission had requested proposals from five organiza-

tions and the David Jensen/Bernard Lafayette proposal from the King Institute in Atlanta was accepted. Their task is to (1) conduct a feasibility study, (2) provide orientation in non-violence training for the N.Y. King Commission members and (3) conduct introductory seminars. All members of the King Commission have been sent to the King Institute in Atlanta to take a one week training program.

Part of the task of the Institute will be to reach out to various types of organizations in the state including:

- Voluntary Organizations
- Religious Groups
- Educational Institutions
- Government Agencies
- Youth, Women and Minority Groups

The Non-Violence Institute will select a board of directors and six of the directors will be community members.

The introductory seminar in White Plains was hosted by Phillis Shearer, the Duputy Commissioner for Social Services of Westchester County. Fifteen people attended including representatives of government agencies such as Human Rights and Mental Health, the NAACP, Black religious and community leaders, etc. A special interest in getting non-violence training into the school system was expressed by group members. Another concern expressed was that the selection of the board members for the Non-Violence Institute not become politicized. In addition, an interest was expressed in setting up a local non-violence committee in Westchester.

A second meeting was held in Wainwright House on April 28 including eight of those that had attended the previous meeting. The meeting was organized by Phillis Shearer and facilitated by Peter Lawrence of Wainwright House. Thomas Cooper, the president of the

## NON-VIOLENCE INSTITUTE (CONTINUED)

King Commission came down from Albany for the meeting. He reported that the Institute was working with SUNY to develop a curriculum model which will be completed in nine months. The State Education Department will develop primary and secondary education materials. The Institute also intends to offer Training for Trainers Workshops for community leaders in the fall. The workshops will be 2½ days each and no fee will be charged for the initial workshops. One of these workshops will be scheduled for Westchester.

It was agreed that a Westchester Non-Violence Committee would be desirable for networking, coordinating activities and sharing information. An effort will be made to reach out to all organizations in Westchester County that are interested in reducing violence. It is important that AVP be involved in this process.

## PERSONAL NOTES

Maya Wallach has been working with the Alvin Ailey Dance Company and one of her special projects has been the New Visions Dance Project. This is a project to teach blind and partially sighted people to dance. In addition, Maya is writing articles about dance and the dance world.

Ruth Griffiths is taking a forced vacation from AVP. At the end of March, she fell and broke her leg. She is getting around well in her wheel chair but may be tied up for two more months. Ruth would appreciate cards and phone calls.

Gus Zybas also took a spill while visiting in Maine. He has a broken wrist, torn shoulder and facial fractures as the result of a fall down the stairs. In spite of this, he is on the mend and in his usual good spirits.

## AVP TRAINING IN WESTBURY LONG ISLAND

Nine new leaders completed the Training for Trainers held on the weekend of April 15 to 17, and they are interested in working on Prison workshop teams. The new leaders are:

George Brehm	Steve Pastor
Vincent Buonocore	Jim Pepler
Robin Ertl	John Stamm
Michael Fitzpatrick	Toni Swalgen
Roy Moger	

## RECENT WORKSHOPS

Betty and Rudy Cypser led a Basic Workshop at Fishkill on March 25 to 27.

Virginia Floyd and Charlie Spain also led a Basic Workshop at Fishkill on March 25 to 27.

Betty Cypser and inmate trainers led a Basic Workshop at Taconic on April 5-7.

Mary Gray Legg and inmate trainers led an Advanced Workshop at Taconic on April 5 to 7.

Corinne Moran and inmate trainers led a Basic Workshop at Greenhaven on April 8 to 10.

Allison Dench and Liza Moon led an Advanced Workshop at Greenhaven on April 8 to 10.

Jay Leiske, Mary Attanasio, Yusof Abdul-Malik and Billy Griffin led a Basic Workshop on the Hill at Sing Sing on April 15-17.

Fred Feucht, John Perry, Neil Hassenbein and Rich Medina led a Basic Workshop in Sing Sing, Tappan on April 17 to 19.

Steve Angell and Allison Dench led a Basic Workshop at Bedford Hills on April 25 to 28.

Newsletter Editor: Fred Feucht

## OVERCOMING HATRED WITH LOVE

At the end of the second World War one of the jobs that fell to the U. S. Army in Europe was the rehabilitation of Nazi concentration camp survivors. George Ritchie, a tall, skinny twenty-two year old who worked as a medic for the 123rd Evac unit was part of a medical team giving liberated prisoners a new lease on life. The concentration camp he worked at was a place in Germany called Wupperfal.

Wupperfal was a shocking experience for Ritchie. Although he had earlier been exposed to battlefield deaths and injuries, the cumulative effects of slow starvation were a new kind of horror. There were times when little could be done for the prisoners. Many died daily despite the food and medicine that was provided. Years of physical and mental deprivation were just too much for their malnourished bodies to overcome.

For a kid from Virginia, full of idealism about winning the war and whipping the Nazis the experience at Wupperfal was an ugliness almost too great to bear. Then one day, while he walked from one end of the barbed wire enclosure to the other studying the worn faces, his eyes lit upon the unusually alive features of Wild Bill. Wild Bill was an inmate with a handlebar mustache and a Polish name so unpronounceable that American soldiers had bestowed him with the nickname of the American Western figure he resembled.

Ritchie assumed Wild Bill was a relative newcomer to the concentration camp. "His posture was erect, his eyes bright, his energy indefatigable," he recalls. Fluent in English, German, Russian, French and Polish, Wild Bill became the unofficial camp translator. The work of resettling inmates was staggering. All sorts of logistic problems were encountered when trying to relocate men whose entire families and even communities has disappeared during the ravages of war.

Wild Bill was a major contributor to the task. He consistently worked 16 hours a day with no signs of either discontent or weariness. While the

others were dropping from exhaustion he seemed to gain strength. "His compassion for his fellow prisoners glowed on his face," said Ritchie.

One day Wild Bill's papers landed on the young medics desk. Interested in the background of this seemingly selfless man, Ritchie read Wild Bill's records and was astounded. He had been held captive in Wupperfal since 1939 which meant that for six years he had been subjected to the same starvation diet, the same filth, the same diseases, as the other prisoners yet to Ritchie's amazement, was without any mental or physical deterioration. Even more amazing was the fact that in the camp, where hatred between nationalities was almost as strong as hatred against the Nazis, nearly everyone considered Wild Bill to be a friend and confidant.

During the period of liberation, there were many feelings of revenge. Freed prisoners were known to reach a town, acquire guns, and kill at random the first Germans they encountered. Wild Bill was called upon to help counsel on the need for forgiveness, a task which he entered into wholeheartedly.

One day Ritchie, in sympathy with the liberated inmates, commented to Wild Bill that it was not easy to forgive when so many had not only endured personal injury but had lost members of their family. It was then that Wild Bill gave the details of his own life for the first time.

"We lived in the Jewish section of Warsaw," he began, "my wife, two daughters and our three little boys. When the Germans reached our street they lined everyone against a wall and opened up with machine guns. I begged to be allowed to die with my family, but because I spoke German they put me in a work group."

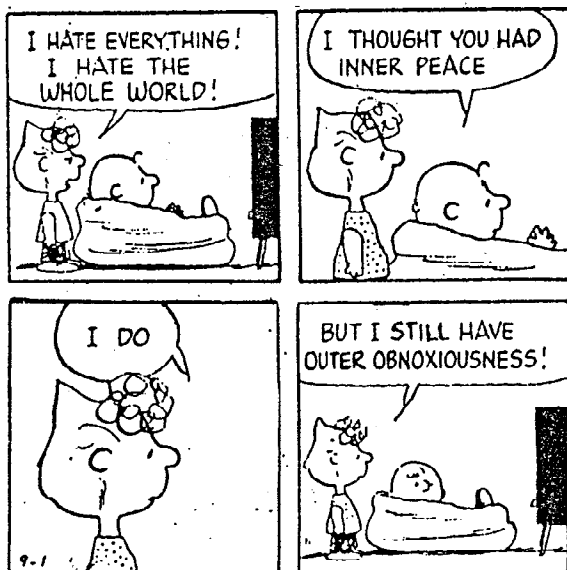
"I had to decide right then," he continued, "whether to let myself hate the soldiers who had done this. It was an easy decision really. I was a lawyer. In my practice I had seen too often what hate could do to people's minds and bodies. Hate

## OVERCOMING HATRED WITH LOVE

has just killed the six people who mattered most to me in the world. I decided then that I would spend the rest of my life whether it was a few days or many years loving every person I came in contact with."

Loving everyone this was the power that kept a man well in the face of every deprivation. The story of Wild Bill, who was able to overcome hatred with love, demonstrates that a loving disposition even under the most horrible conditions, can be chosen. It illustrates that although everything can be taken away from us, one thing cannot be taken away: the freedom to choose what our attitude will be. We can choose to be hurt inside by a wrong attitude of hatred or revenge, or we can experience great spiritual blessings by choosing to love.

Reprinted from the "Friends of Peace Pilgrim Newsletter."



## SYMPTOMS OF INNER PEACE

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

### Some signs and symptoms of inner peace:

- \* A tendency to think and act spontaneously rather than on fears based on past experiences.
- \* An unmistakable ability to enjoy each moment.
- \* A loss of interest in judging other people.
- \* A loss of interest in interpreting the actions of others.
- \* A loss of interest in conflict.
- \* A loss of the ability to worry. (This is a very serious symptom.)
- \* Frequent, overwhelming episodes of appreciation.
- \* Contented feelings of connectedness with others and nature.
- \* Frequent attacks of smiling.
- \* An increasing tendency to let things happen rather than make them happen.
- \* An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

## AVP WORKSHOP SCHEDULE

DATE	INSTITUTION	TYPE	AC	COORDINATOR	LEADERS
Apr29-May 1	Fishkill	Adv	MH	Angell	Thompson?
Apr 29-May 1	Fishkill	Adv	MH	Angell	Angell Zybas
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 14-15	Wallkill	Adv	MH	Legg	B.Cypser Legg
May 20-22	Purchase (c)	Basic	WF	Feucht	Feucht Delahanty Daniels
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	Angell Greenberg
May 27-29	Fishkill	Basic	MH	Angell	Yizar Martin
Jun 7-9	Otisville Federal	Basic	MH	Lindenbaum	Lindenbaum Goodwin
Jun 8-10	Toronto	Basic	MH	Angell	Angell Bishop Hudson
Jun 10-12	Woodburne	Basic	D	Zybas	Zybas
Jun 10-12	Wallkill	Basic	MH	Legg	McCormick Legg Daniels
Jun 16-18	Albion	Basic	MH	Angell	Angell Longabaugh
Jun 17-19	Purchase (c)	T/T	WF	Feucht	Feucht Apsey Daniels
Jun 17-19	Sing Sing Hill	Basic	WF	Feucht	Steiner Goodwin
Jun 17-19	Sing Sing Tappan	Basic	WF	Feucht	Owens
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	Cypser Goodwin
Jul 8-10	Woodburne	Basic	D	Zybas	Zybas
Jul 11-13	Camp Beacon	Basic	MH	Angell	Angell Doumbe Goodwin
Jul 15-17	Owego (c)	Basic	ST	O'Connell	O'Connell
Jul 15-17	Greenhaven Annex	Basic	MH	Angell	B. & R.Cypser Angell
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 Moon Doumbe
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	Chappman Beetle
Oct 28-30	Fishkill	Adv	Mh	Angell	Angell Joffee
Nov 21-23	Camp Beacon	Adv	NH	Angell	Angell Carroll Legg
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