

Alternatives to Violence Project Newsletter

the Transformer

for AVP Workshop Leaders
Spring 1996

WHAT'S NEW IN AVP

AVP International Conference Planned for Canada in July

The next international conference is scheduled for July 6 to 9 at McMaster University in Hamilton, Ontario. The conference will run from Saturday to Tuesday and will immediately follow then Friends General Conference meeting also being held at McMaster.

The tree lined campus of McMaster University is on the western edge of Hamilton adjacent to a nature preserve and the wooded Royal Botanical Garden with miles of hiking trails. The physical education center with olympic size pool, sauna and state-of-the-art training facilities are available for an extra charge of \$5.00 Canadian, \$3.50 US per day.

McMaster is about halfway between Buffalo and Toronto and is about a one day drive (less than 400, miles) from Montreal, New York City, Philadelphia, Washington, DC and Columbus, Ohio. There is an airport in Hamilton, served by USAir. Buffalo and Toronto airports are about 50 miles away and limousine service is available. AVP is seeking to provide transportation from the Toronto airport.

Please reserve the date on your calendar, plan to attend and send in the enclosed registration form.

Ruth Morris to Speak on Prison Reform at Conference

The conference will celebrate the 20th anniversary of the AVP program. The theme of the conference will be: 20-20 Vision. In keeping with the theme, the conference will focus on the first 20 years of AVP and look ahead at the next 20 years.

The program will feature a keynote presentation by Ruth Morris, a Quaker, social activist, university teacher, author of seven books and an AVP Facilitator. She will focus on the failure of the prison system and alternatives to incarceration. Ruth has founded two halfway houses, the Toronto Bail Program, a drop-in center for street people and advocacy groups.

A panel of AVP leaders from around the world who will discuss the many faces of violence as reflected in their countries of origin.

There will be mini-workshops on new exercises, light and livelies, new workshop approaches, youth programs and AVP's international response to violence. There will be time to network and share ideas with AVPers from around the world.

During the weekend, AVP will plan for the future with committee meetings and annual meeting of the AVP-USA Board.

AROUND AVP

AVP in Africa

by Elaine Dyer, AVP Atearoa

UN Congress in Cairo

Starting with just one workshop just 20 years ago, it was truly appropriate for AVP to reach a global audience at the UN Conference on the Prevention of Crime. Held in Cairo, a modern city sitting amid the ruins of the world's oldest civilization, this was an impressive setting. I had the privilege to address the group of governmental and non-governmental organizational delegates and hear my words being translated into five different languages simultaneously. AVP and The Quaker group was certainly one of the strongest non-governmental organizations (NGOs) attending. We ran three NGO workshops, one on AVP, another on Life Imprisonment and a third on Community Involvement in Correction chaired by Steve Angell. It was truly an experience to see all those "important" delegates doing the Affirmation Exercise.

South Africa

Sitting among man-made mountains, the mine dumps that are huge whitened stacks of pulverized and cyanide soaked earth, Johannesburg rests on the high plateau of the veld. Steve Angell, Ben Norris and I discovered that the person responsible for organizing the AVP workshop in Johannesburg had not done much. However, we were fortunate to attend a conference of the Dispute Resolution Trust, a national organization of mediators and community workers, where we did two four-hour AVP mini-workshops which were attended by 80 people. With this groundwork

we were able to organize a Basic Workshop which included whites and blacks, Christians and Muslims, unemployed and middle class people.

With some adjustment in my schedule, I was able to come back to Johannesburg to conduct an Advanced and Training for Facilitators Workshop to get the program started in South Africa. I was fortunate to have assistance in these workshops from Russell Bishop (who had spent time in Auckland) and Jeanette Schmid. We now have 16 people trained and ready to take next steps. It was a wonderful experience to work toward the independence of the group – such a wonderful range of men and women, black and white, skilled in many different ways.

Kenya

Steve, Ben, Simeon (a Kenyan Quaker) and myself left the airport at Nairobi and started off for Western Kenya. It was a good experience driving through the lush, fertile and different countryside to get away from the cities. We saw many lakes and volcanoes, wild zebra, the distant pink flush of flamingo on a lake, many people walking, donkey carts, bicycles and people crammed into trucks and buses (always room for one more).

We came to a Quaker mission settlement with an elementary school, high school and a teacher's college. The mission, named Kaimosi is in one of the remaining fragments of rain forest – towering beautiful trees, exotic plants, butterflies, birds and monkeys.

AROUND AVP

We held our first Kenyan Basic at Mantura in an incredibly dusty and rundown Quaker meeting house. Twenty-two people turned up dressed in suits and ties. It felt quite strange. Some of the ties came off during the heat of the day, but not many. There were a great many learnings. Broken Squares was full of insights for everyone on how to work together – some brilliant comments and discoveries emerged – it helped to underline the principles of conflict resolution.

A role play was designed to focus on the conflict between traditional and modern ways – it ended up being a very revealing look at the husband/wife dynamic. The process of male domination is incredible, slowly changing, but the man is definitely head of the house with many privileges and demands. Wife beating and husbands going off with other women and then infecting their wives with AIDS were common stories.

Uganda

Across the border we finally arrived at Stephen Goluba's place. Stephen is a magistrate, community peacemaker and a Quaker. We are in a new world of dirt roads and village walking tracks. The legacy of Idi Amin and AIDS is chaos. Uganda is the core of the AIDS epidemic and orphans are everywhere. Stephen's family of 11 children includes those of his brother-in-law and sister who died of AIDS three years ago. Stephen is building a center for AIDS victims.

We head off to the Quaker meeting "hall" where the workshop will be held. We follow a narrow track through the corn fields and come upon a large tin-roofed structure without

walls, set in the middle of a corn field.

The Basic workshop went well. The interface between traditional values and Christianity were important issues along with the power balance between men and women. A role play centered on a wife leaving a better paid job to go into low paying church work. The man took the wife's role and found a very creative way of obtaining permission to take the job. The role play was a big hit with people excited about finding new strategies of how to handle future conflicts. Affirmation posters became certificates and the graduation was a great celebration.

Our visit to a local prison left me stunned, upset, confused and tearful. Stephen Goluba, our host, took us to a smallish concrete building sitting on bare earth surrounded by a high hedge of thorn trees. We met the somewhat suspicious chief of the prison who reluctantly took us to one of the two "wards" in the building. A barred gate swung open and we stepped from the brilliant equatorial sun into the blackness of a room about 20" by 40" with only a few narrow windows near the roof to let in air and light. Slowly, as my eyes adjusted, I discovered about 30 black men sitting all over the floor peering at us. The only sanitary facility was a hold in the floor and the smell of urine rose up with the stifling heat.

Stephen Goluba introduced us and asked if I would sing a Maori song. This was followed by a moment of total silence and then they clapped loudly. Stephen Goluba spoke about AVP in their language and then Steve Angell told them how each is home to the divine qualities of peace, love, truth and wholeness.

AROUND AVP

AVP in Africa

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It was a beautiful statement. And it was good to be able to tell them AVP was on the way.

I still find it hard to believe what I saw. How could human beings be kept like this – no light to read, no room to, no privacy, no personal space, only the press of bodies. Although they do hard labor in the fields six hours a day, most of the time they live in this dungeon.

We conducted a Training for Facilitators in Uganda. Two people came from Kenya, Rogers and Wilson, both enthusiastic, wonderful men of great integrity. There is great hostility between the Ugandans and the Kenyans and their presence was a real practical bridge between the neighboring countries. Conversations have been very reinforcing of building understanding. Eight Ugandans completed the Training for Facilitators, three women and five men. Teaching the AVP principles of facilitation and coaching helped them to move away from the models they have been so much conditioned by – passive absorption of information – preaching/lecture type teaching. They are excited about the vision and reality of AVP in Eastern Africa.

I have been very nurtured here by women. We share precious moments around the cooking fires. I have been giving encouragement to the women around empowerment.

Coming to Africa has been both an outward and an inner journey for me. The potential for AVP in this continent is truly great and I invite other trainers to make the journey to nurture the journey to nurture the seed of AVP among these wonderful people.

AVP-USA Aids Work in Central America

Paula Wilson, an AVP facilitator from Miami is working to to expand the AVP program in Nicaragua and Costa Rica. She has made an eighteen month commitment to this effort.

Paula is fluent in Spanish and has already made several trips to assist local AVP groups. AVP-USA has provided a grant from the Ambassador Fund to help with her travel expenses.

AVP members may give to the Ambassador Fund to help spread the AVP program across the country and around the world. Contributions may be designated to specific projects, but not to a specific facilitator.

AVP facilitators who are traveling to help start the AVP program in new areas may apply to the Ambassador fund for assistance. Contact Marjorie Kerr in the AVP-USA office.

AVP-USA Provides Tax Exemption for Local Groups

The US Internal Revenue Service has granted a Group Exemption to AVP-USA. This means that any AVP group in the USA can qualify for tax exemption as a part of the national organization.

There is a \$50.00 one time application fee and a yearly obligation of filing a simple financial report. For further information or to receive an application, please contact Hal Brody, Treasurer at 12240 Corte Sabio, San Diego, CA 92128. (619) 676-0115 or halbrody@aol.com

AROUND AVP

More Than 1000 AVP Workshops Conducted in 1994-1995

More than 15,000 people took the AVP training in between July 1994 and June 1995 and a total of 1,064 workshops were conducted in the United States. Seventy percent were prison workshops, twenty-five percent were community workshops and five percent were youth workshops. Although small, the youth program is the fastest growing area of AVP.

1994 and 1995 saw the beginnings of the AVP program in the Southeast Region with programs in North Carolina, Tennessee and Florida. People were also trained in Alabama, Georgia and West Virginia.

The Northwest Region is growing with established programs in Washington, Oregon, Montana and Northern California. Workshops have also been held in Alaska and Idaho.

In New England there are prison programs in New Hampshire, Massachusetts, Rhode Island and Connecticut. Workshops have also been held in Vermont and Maine.

The Midwestern area is growing with well established programs in Ohio, Missouri and South Dakota, and newer programs in Minnesota and Nebraska.

The New York region continued to grow with a 15% increase to a total of 413 workshops last year and a 60% increase in youth workshops from 20 to 33.

The Mid Atlantic region has a strong program in Pennsylvania, Maryland, Delaware, Washington DC and Virginia. The recently established program in New Jersey is doing well.

AVP Workshops in USA



WHAT'S NEW IN AVP

Update on AVP-Nicaragua

by Marc Forget

During the first week of May, AVP came to the "Centro de Desarrollo pro la Paz." The Centro, located an hour north of Managua, is a rehabilitation center for war amputees who fought in either the Sandinista army or in the Contrarevolution. The AVP workshop was facilitated by two members of the National Police force who were trained in AVP last year, and two Americans with many years of AVP experience. The participants were members of the staff and management at the Centro who wanted to find if the workshop would be appropriate for the groups of ex-Sandinistas and ex-Contras they bring in four times a year for a three month stay. The participants experience was very positive and the Centro has decided to offer AVP four times a year.

On May 16, Karen Fogliatti and Lila Rucker arrived in Managua. Both were here a year before, along with Ken Hochstettler, to facilitate AVP Basic Workshops and the First Training for Facilitators workshop held in Nicaragua. Karen and Lila have been involved in AVP over ten years and the peace movement for many more. This year Lila brought along three of her Criminal Justice students from the University of South Dakota, all of them AVP facilitators. With the addition of Kitty Madden and myself, we had enough facilitators to form two teams, and both teams traveled to the Atlantic coast.

The Atlantic region is trying to cope with its isolation from the rest of the country, with racial tensions (there are three distinct indigenous groups, a latino population, and a

minority of African origin), with the effects of ten years of intense warfare, and the worst poverty and unemployment (80-90%) in the country.

A Basic workshop was offered at the newly opened URRACAN University in Bluefields, followed by another one in Pearl Lagoon. At the same time a third workshop was held in Tuapi, north of Puerto Cabezas. This was the first time AVP was offered in the Atlantic Coast region of Nicaragua, and the success of these workshops left people there wanting more.

Early in June we facilitated an AVP Basic Workshop at the country's largest penitentiary, Tipitapa, near Managua. The prison's administration has decided to allow AVP workshops to be offered to the inmates on an ongoing basis as part of the institution's educational curriculum.

AVP continues to be in high demand in Nicaragua, for a number of very important reasons. Our May and June 1995 experience in this country has only reinforced my belief in the tremendous power and value of the workshops. The enthusiasm for and the commitment to growth of the program that the participants have shown is most encouraging. Fortunately AVP is not perceived here as strictly a prison program, but rather as the effective personal and community development tool that it is. We help people change their lives; very few things can be more fulfilling. A big THANKS to all those who facilitated and participated.

AVP FORUM

The Writing on the Wall

by *Radames Rios, AVP-New York*

In bold black lettering, someone had scribbled "Johnny Has Full Blown AIDS" in a vestibule in one of the dorms here at Sing Sing Prison.

After complaining for five days, I got off my butt. Taking a bottle of window cleaner, a paper towel and a scouring pad, I tried to undo the damage done by an uncaring person with a black marker. I had visions of others seeing me scrubbing off the graffiti and felt a bit of fear over it. I was sure the graffiti would never come off without it being painted over. As I pointed the window cleaner and pulled the trigger, to my surprise, the cold and malicious message began to run like mascara on a rainy day. With two strokes of a paper towel, Johnny's name and HIV status were wiped clean. To my relief and shame, no one saw me.

Back in my living quarters, I questioned myself. Why did I wait five days to do something about the graffiti? I'm sure that everyone including the superintendent who passed through that vestibule must have seen it, too. I thought someone else must be doing something about it. It's not really my problem.

I was reminded of the Kitty Genovese case from the Sixties. Genovese was repeatedly stabbed as her screams went unanswered in the early hours of the morning. Her assailant took half an hour to murder her, while behind locked doors at least 38 neighbors watched from their windows. Were all these people so detached from one another that all they could say was "It's not my problem."

We let history repeat itself at Sing Sing. Would I allow another Kitty Genovese to happen today? Maybe not, because of the writing on the wall.

Most of us have some secret thought that we don't want to share with the rest of the world. Someone robbed Johnny of that choice. Even if one can not have secrets in prison, one can still have dignity and respect.

Who is Johnny? I don't know. But I wanted to share with him the pain of my own inaction, to tell him I tried, even if it wasn't as soon as I would have liked. As a person who teaches classes in HIV/AIDS, my inaction puts me to shame. I don't like that feeling and it's up to me to do my best never to feel that way again.

Later at an awards dinner, I spoke of this incident. The superintendent and his staff were present along with others who live in the building where the graffiti was written. The effect of my speech was more powerful than I expected. A man in a Con Edison (electric utility) uniform came up to me and said, "Doing the right thing is doing the right thing no matter how long it takes you to do it." The community let too many things slide that are wrong.

Sometimes just a little elbow grease can go a long way to making the world a better place.

Radical Ray Rios is the Inside Coordinator at Sing Sing Correctional Facility in New York.

AVP FORUM

Playing With Fire

A comprehensive conflict resolution program for teenagers and adults

With AVP's increasing focus on working with youth, this workshop manual for facilitators comes at just the right time.

AVP leaders can take advantage of the years of experience of Fiona Macbeth and Nic Fine, AVP facilitators in England, in leading conflict resolution workshops for high school students, school dropouts and young offenders.

Based on their skills in drama and role play, they have developed a carefully structured and intensive, 60 hour program to teach young people new ways to deal with conflict.

Fiona and Nic have a special talent in engaging and involving all of the senses in the learning experience, verbal, visual, movement, tactile and emotional.

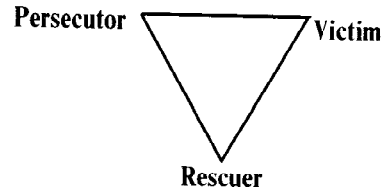
Exercises use visual aids such as Red Flags, Red Labels, Strategy Cards, Manipulation Cards, Point of View Cards, Community Cards and Profile Cards to give the material a hands on, tactile quality.

Role plays are made easy through the role play cards which are included in the text. These aids help to engage reluctant teenagers in the program.

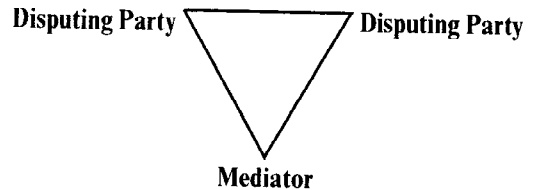
The program also makes extensive use of diagrams and symbols to communicate concepts visually as well as verbally. For example:

The Power Game Triangle. This exercise explores the dynamics of conflict. Many of us are aware of the Persecutor-Rescuer-

Victim Triangle, a Transactional Analysis concept, and realize that this dynamic underlies many conflicts. In the Power Game Exercise,

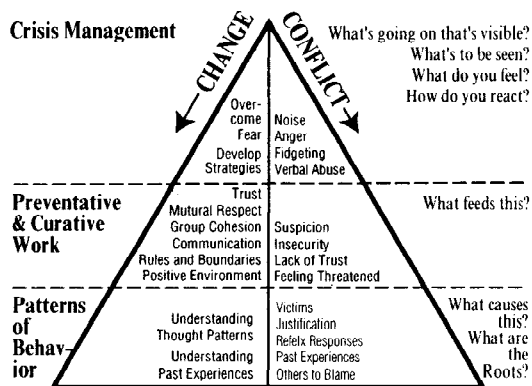


participants stand in a triangle on the floor and play the roles of Victim, Persecutor and Rescuer. Then they change roles until they have covered all three positions. However, they do not change characters, so they understand how the same character, the mother, for example, may play all three roles in a family conflict.



The Triangle of Change. This explores the dynamics of mediation and conflict resolution with the disputing parties representing two points of the triangle and the mediator on the third point. Participants role play the same situation used in the Power Game Triangle. The dynamics of the conflict are changed completely with the new roles.

 AVP FORUM



The Conflict Pyramid. This third triangle is used in the What's Going On Exercise. The exercise examines the structure of a conflict and the two paths the disagreement may take: Escalation or Change. An actual, current situation of conflict is used and participants explore interventions in three levels: Crisis Management, Preventative and Curative Work, and Patterns of Behavior. Individuals learn new strategies for dealing with old problems.

Outline of Course. The comprehensive, course covers the anatomy of a conflict from start to resolution. Using the metaphor of a conflict as a fire and mediators as fire fighters, the manual covers eight areas as follows:

- The Fuel: Ourselves & our communication
- The Spark: Responses & coping strategies
- Smoldering: Powerlessness & assertiveness
- Fanning the Flames: Anger & enemies

Stoking the Fire: Inequality & empowerment

The Blaze: Crisis management & recovery

Mediation: The ritual of reconciliation

Social Change: Community action

When a conflict has burst into flames the program teaches the courage and skill to put out the fire. And then helps individuals meet the challenge of conflict that results in growth.

The manual includes 95 step-by-step exercises which have been thoroughly tested with multicultural groups including high school students and young offenders. The program is structured into 24, two and a half hour sessions. Sessions may be used individually or as part of the overall course. The material in these two pages is just a tiny sample of the many exercises in the program.

The manual provides a wealth of new ideas and exercises that will be useful to any AVP facilitator. It provides a way at looking at conflicts in greater depth than in the Basic Workshop and provides participants with a conceptual framework for changing their approach to conflict. The exercises are a powerful combination of experiences and concepts.

The Playing With Fire Manual is available from New society Publishers, 4527 Springfield Avenue, Philadelphia, PA 19143. The 172 page manual is \$19.95 in the US and \$24.95 in Canada

WHAT'S NEW IN AVP

Marjorie Kerr Becomes New Executive Director of AVP-USA

Marjorie Kerr of Houston has stepped in to fill the vacancy left by Candace Mayer. This is a critical time in AVP-USA and it is important that the Executive Director have a vision that will carry the organization into the future.

Marjorie believes that it is an honor to have the position and is grateful for the opportunity to serve. She expects that over the course of her lifetime, this is the thing of which she will be most proud.

Marjorie sees the first job of the national organization as empowering local groups, supporting the local and regional organizations and streamlining organizational burdens. A second job is to increase public awareness of the AVP program in both the media and with government agencies.

Recently she met with a U.S. Senator and two Representatives from Texas. Marjorie views AVP as more than workshops and conflict res-

olution. She sees AVP as a foundation for personal integrity. AVP is especially timely for what is going on in the USA and around the world.

She sees the biggest challenges as how to come together as a cooperative national community with the huge distances in this country. A second challenge is to stabilize the organization financially.

Marjorie has been involved in AVP since 1993 and has been leading community workshops in the Houston area.

She is a Therapeutic Facilitator in private practice since 1982 who works with individuals, groups and small businesses. She is a mediator in civil suits and juvenile victim-offender conflicts. Her professional background includes working as an office administrator in New York and as a university administrator at the University of St. Thomas in Texas.

Candace Mayer Resigns as Executive Director

AVP is grateful to Candace Mayer for her year of service as the national director. She made great strides in setting up the AVP-USA office and helped in getting the organization off the ground.

Candace has decided to take a full-time position with another organization. She will continue to work with AVP and serves on the AVP-USA Board. Best wishes with your new job!

AVP-USA Office Moves to Houston Texas

For information about AVP or to order manuals and other materials, contact Marjorie Kerr at the address below.

The new AVP-USA office address is:

AVP-USA

P.O. Box 300431

Houston, TX 77230-0431

The new phone/fax number is:

713-747-9999.

WHAT'S NEW IN AVP

A Connecticut Yankee Speaks Up

by Susan Westring, AVP Connecticut

I went to my first AVP workshop with two gross misconceptions. The first was believing that I was going just to "give some time" to some people who had made some bad choices in their lives. I quickly found, however, that I took away much more than I gave! Since then I've realized that other volunteers I've worked with share the same belief. I have never left a workshop where some corner of my life has not been greatly enhanced because of my participating as a facilitator. And I'm hard pressed to express the feeling of seeing people who believed they were on a dead end road consider the fact that they still have options as how to choose to lead their lives.

The second misconception was that I didn't expect that anything in the workshop would really pertain to me. "Alternatives to Violence"? Violence, I thought, was someone hitting someone else over the head with a club or really inflicting bodily harm. It never occurred to me that violence might be concerned with how I react when someone (like my husband, a work associate, my children, my dog, etc.) didn't agree with me. Or, the rage I could feel when getting stuck in one lane behind a Sunday driver when I'm late for a meeting. Think about it! How do you feel when they close the check out line after you've been waiting in for 5 minutes just before your turn? And this is just the lighter side.

More than 80% of today's youth return to jail within three months of their release, in part

because they believe they have already ruined their lives. With the over crowding of prisons there are not enough programs to go around to expose individuals to another way of thinking. Young men are leaving the prisons and returning to the streets with the same negative thinking and behavior that got them there. The workshop facilitators take affirmative action to try to aid people who have made a wrong turn in the road to try to return to society as goal oriented and productive citizens.

We know the impact that the AVP workshops have in helping people to discover the different way of life that can be attainable by them, and this impact in many cases is dramatic! We now have inmates in the prisons requesting the workshops because of word of mouth from those that have completed the project. The workshop works, but it can't work without volunteers.

Human Rights Award to Bob Benefield of AVP

The Shreveport Chamber of Commerce presented the 1995 Human Rights Service Award to Bob Benefield, chairman of the psychology department at LSU-Shreveport. Benefield has been a leader of the Ark-La-Tex AVP group organizing workshops in schools, prisons and in the community. He has also been a literacy program consultant and assisted health-care workers in managing behavior problems.

WHAT'S NEW IN AVP

AVP-Ohio Uses TV to Recruit Volunteers

by Waneta K. Sweeney, AVP-Ohio



Local news programs and publications offer fertile ground for harvesting AVP Volunteers. Central Ohio Coordinator, Ed Sweeney recently secured a spot on Channel 4, NBC's Columbus station, during their evening news shows.

Channel 4 runs a community service program, "Partners 4 Peace" project, the Channel 4 evening news anchors spotlight local groups who are working for peace. On December 5, 1995, the five o'clock news anchor described AVP, explaining its purpose and method. The anchor explained that AVP volunteers were staffing the phone lines and asked viewers to dial the station's "Call 4" number if they wanted more information about AVP. Facilitators Ed and Nita Sweeney, Hazel Tuleke, and Frances Wilkin answered the "Call 4" phones for two hours. The "Call 4"

spot resulted in fifteen people being added to the Central Ohio community workshop mailing list.

Tapping into another local medium, coordinator Sweeney periodically places a free listing in the local paper, *The Columbus Dispatch* "Community Calendar." The "Calendar" lists workshops, meetings and other group events, including calls for volunteers. The listings have garnered numerous inquiries about AVP and several participants at the most recent community Basic Workshop.

Does your area need more volunteers? Look close to home and use local resources.

Presbyterians Offer Support to AVP

Each year, 12,000 Presbyterian Churches make a special offering for peace one Sunday in October. Twenty-five percent of the contributions are distributed by the local congregations and AVP is one of 25 organizations suggested for support.

Now is the time to reach out to your local Presbyterian Church and let them know about the AVP program and the work you are doing in the community and in the prisons. Perhaps you can encourage members to get involved. You may also wish to let them know that a contribution to AVP can make an important difference in the growth of the program locally and nationally.

WHAT'S NEW IN AVP

McNeil Island

by Bob Braaton, Peace Between People/ AVP-Washington State

I stand at the back of the boat watching the beautiful island recede into the sunset. And with the distance the monolithic walls, guard towers, and razor wire fences of the prison seem to shrink into the beauty of their surroundings. Strange we should have a human hell in a wildlife sanctuary.

Strange that I should be leaving that hell and wishing I were not. I have friends inside now. People who have changed me, made me look inside myself and made me grow. Yes, there were murders and thieves and dope dealers and human beings... and they changed me.

Every time I go in I am changed. Every time I come out I see the world a little differently. I am no apologist for them and they ask for none, but what happens during those three short days is powerful. I am given the privilege of participating in the transformation of human lives.

In a practical sense we change them. Our organization, Peace Between People, conducts three day conflict resolution workshops in the Washington State prison system and the local community. AVP offers a series of exercises which explore self-esteem, cooperation, problem solving and conflict resolution. With these tools, in an environment of trust, we explore the human heart.

For many men it is the first time anyone has ever helped them explore their emotions. We share the fears and joys of opening deep wounds, of facing heinous deeds. We hear

stories of them being raped and beaten as children, raised in a world where violence is equated with survival. We know the wonderment of a killer discovering the power and freedom of nonviolence, We feel love and respect for them and I find it harder and harder to distinguish between victim and offender.

We constantly receive letters from inmates which are a testimony to the depth to which they have been affected by our workshops. They explain how nonviolence has given them control of their lives and how they have successfully used conflict resolution to take control of a situation instead of being controlled by the situation. But for me, the letters let me relive for a moment those three wonderful days in hell.

And so I watch the walls recede into the sunset and wish I were back inside for just a little

Basic Manuals Available

AVP-USA has just printed a brand new order of Basic Manuals. Now is the time to stock up on Basic and Advanced manuals for your local group.

You may order the manuals in bulk through the AVP-USA office in Houston. Just call or fax (713) 747-9999.

As you may know, AVP-USA is in financial difficulty and your order for manuals will help to ease the financial crisis.

WHAT'S NEW IN AVP

New Light & Liveliess

Tossing Heads

This is similar to the Elephants and Palm Trees Light and Lively. Participants stand in a circle. One person makes eye contact with another person across the circle, puts hands to his or her head and makes a tossing motion with his or her hands. The other person makes a catching motion and the people on either side of the catcher must put their hand on their ear which is nearest the catcher to avoid being hit. Anyone that makes a mistake must sit down. The game continues until there are only four or five players left.

Musical Chair

That's right, Musical Chair! We all know the game of musical chairs but this is different. This is a cooperative game. The rule is that the game ends when there is one person that can't find a seat. Chairs are arranged in the center of the room and when the music stops everyone must find a place to sit. One chair is removed each time the music is played. Of course, people need to find ways to sit on each other's laps, shoulders etc. You may not get down to one chair, but ending up with only four chairs is quite an achievement.

Johnny, May We Cross Your River

The room becomes a river with the banks on each side a "safe zone." Johnny stands on one "bank" and all the other players line up on the other. The players ask "Johnny' may we cross your river?" Johnny answers, "Not unless you're... (wearing red, have gray hair, are

missing two front teeth, wear a watch, etc.)" Players who qualify get free passage to safety across the "River"; other players may try to bluff their way across; others may make a run for it and some may try to sneak across. Amid all this turmoil, Johnny has to try to catch the player who tries to sneak across undetected or crosses illegally. The person who is caught becomes the new "Johnny" and the old Johnny joins the players on the other side of the "River" who haven't crossed over. When all the players are on the same side of the "River" as Johnny, then Johnny joins them himself and a new "Johnny" is chosen and the play continues.

Crocodiles and Frogs

This is the cooperative version! Use large sheets of paper. Kraft paper is preferred since it doesn't tear as easily as newsprint. Let the players know that the object is for no frogs to get eaten by the crocodile. Start out with half a dozen pieces of paper and gradually reduce the pieces to one or two. The result is similar to Musical Chair!

Buzz

Players are in a circle and count off, except the word "buzz" is substituted for the number seven, any number containing seven or any multiple of seven. Thus, seven is "buzz", twenty-one is "buzz" and seventy is "buzzty". Players count as fast as they can. Anyone who misses is out of the game.

AROUND AVP

AVP-USA Needs Financial Assistance

The national office is well established and is handling a multitude of tasks from coordinating the International Conference to coordinating the needs of local AVP groups; from filling requests for facilitators in new areas to filling orders for manuals; from meeting with Congresspersons to make them aware of the AVP program to finding financial support for local and national AVP efforts (see article about Presbyterian offer).

In 1994, AVP received a major start-up grant from the Philadelphia Yearly Meeting of Friends. However, now is the time for AVP-USA to become self supporting. If the AVP-USA office is to continue its work, it will need the financial support of individuals and local AVP groups. Members of the Board will be contacting local groups to discuss ways that the national organization can assist local programs and to ask local programs to provide financial support needed by AVP-USA..

Treasurer Needed

Hal Brody has been serving faithfully as treasurer since AVP-USA was organized in 1993. He now needs to move on to other responsibilities. AVP-USA is looking for a new treasurer and would prefer someone who has an understanding of accounting and bookkeeping. Call Marjorie Kerr if you are interested.

Editor's Note

We have been very late in publishing the Transformer and were only able to produce two issues last year. We thank all the subscribers for their patience. All subscriptions will be extended for two more issues to make up for the missing issues.

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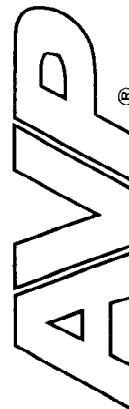
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