

AVP WA NEWSLETTER

Spring 2015



Upcoming workshops

September 11 – 13 Acacia (protection) Advanced
September 19 – 20 Community Vic Park Basic
October 16 – 18 Acacia (mainstream) Advanced
October 24 – 25 Community Vic Park Advanced
November 7 – 8 Community Vic Park T4F
November 20 – 22 Acacia (protection) T4F
December 11 – 13 Acacia (mainstream) T4F

My AVP journey: Reflections from our recently released facilitator, Wayne Williams

My AVP journey began in 2011 when I completed the series of workshops; Basic, Advanced, and Training for Facilitators at Acacia Prison. I had already by this time completed other violent offender programmes in prison. However, it was not until I became involved in AVP workshops and I learnt how my behaviour and attitude towards conflict was affecting my life that my rehabilitation began.

I truly believe in the philosophy that there is good in everyone and that there is a power within each one of us to resolve many of our potentially violent situations peacefully; all we need to do is try.

I have now facilitated over 20 workshops at Acacia Prison. Being an AVP facilitator has provided me with the opportunity to apply the AVP philosophy and practice what I learnt from each of our workshops in real life situations in a prison environment. Many situations in prison flow from the lack of communication or willingness to communicate and if you just take that one moment to think before reacting and be willing to suffer for what is important many issues do not escalate.

Being an AVP facilitator has also provided me with a valuable insight into my own offending behaviour and attitude. Facilitating AVP workshops has provided me with the opportunity to work as part of an effective leadership team. Providing and receiving feedback about each of the workshops from my fellow facilitators within our prison community and from the more experienced facilitators from the community outside of prison has been very beneficial to me.

In July 2015 I was released from Prison after serving 21 years of a life sentence and attended my first AVP training night. I asked my sister to come with me so I could introduce her to all the wonderful people I had talked about for the past four years. I found the night to be very inspiring,



with the topic being “The Power of Processing”. I was greeted with hugs, happy faces and laughter. I met many of my fellow facilitators from the past and met some new facilitators who were just started out. We had pizza, coffee and an amazing seven layer cake.

Since being introduced to AVP’s philosophy on the inside I now have the opportunity to continue my AVP journey on the outside. I will take this knowledge and skill with me into my future.

Thank you AVP

Best wishes

Wayne Williams (Wise Wayne)

... And some words about Wayne by Peter Fry (Inspector Best) ...

One of the really important components of AVP, especially in prisons, is the support from the inside.

Staff support is essential to ensure the logistics are in place and that key staff members value what AVP has to offer.

Equally essential is the work done by inmate facilitators to ensure that the AVP message reaches those who are likely to benefit from attending the workshops, and the preparation which goes into nurturing and encouraging those who need to know in advance what they might be “in for”.

In recent times Wise Wayne has been that key person, making sure that there is an awareness of the availability of AVP workshops, and being the liaison person for the outside facilitators.

As I write I think of his reliability, enthusiasm, attention to detail, his clear concern for the participants, and a desire for them to get the most out of the AVP experience.

I think that Wayne was able to free up other people’s thinking and now he is free himself both metaphorically and actually, and what a joy it is to see him in colours other than green.

I join with others who have had the good fortune to have worked with Wayne at Acacia to wish him well for the challenges and joys which will now come his way, and give thanks for the work he has done in transforming power for himself and others.

Why Am I Talking?

In AVP, we often say Facilitator Hold Back (FHB) to remind ourselves to let the participants come up with their own answers. Here is a different take on this from Roger in Seattle.

“I always struggle with what I perceive is too much talking on my part.

“After 100s of workshops I've heard so many things I am urged to share. I work to keep those very limited (with mixed success).

“I saw this in another forum and like it and thought lots of us have this struggle - so here it is:

“W. A. I. T. - Why Am I Talking?

“Roger”

The next AVP National Gathering

The next AVP National Gathering will be held at Silver Wattle Quaker Retreat Centre near Canberra from Thursday 21st to Monday 25th April 2016. This will allow participants to be involved in the annual Peace Convergence in Canberra if they wish to.

July T4F at Association of Independent Schools WA

We facilitated a Community T4F in July this year at the Association of Independent Schools WA.

Maylands Soroptimists organized the food and Sue Mulholland the opening and closing of the building. Sue was the 'go to' person and stayed behind so the facilitation team could debrief in the building. Her helpfulness was very much appreciated.

When asked what they learnt from the workshop, these were some responses . . .



- ❖ How to hold space. To be more patient and to be more patient in a group. See my weaknesses and strengths. Resilience, courage and TRUST.
- ❖ Some of the practicalities of facilitation and a wealth of tips for effective facilitation.
- ❖ The need to value the process; the power of transformation comes from within and to look for the best in each other.
- ❖ Importance of team work; importance of letting go and trusting in the process; that underneath we are all very similar.
- ❖ How to better facilitate as part of a collaborative

team. Enhance my understanding of TP. How to be a better man, father, husband, fiend, worker, team member, leader, human being.

- ❖ That becoming a facilitator (or learning about facilitation) is an ongoing process.

These responses made me realise yet again how powerful and worthwhile AVP is. We are fortunate to have gained quite a few wonderful new facilitators from this workshop.

Simply Selene

Dates and topics for training nights / days

Sept 5 (Acacia) – Dealing with Challenging workshop situations

Oct 1 (QMH) – TBC

Nov 5 (QMH) – An exercise under the microscope: Perceptions Based on Partial Knowledge

Dec 16 (windup QMH) – AVP international



Members of Friends Peace Teams in Asia West Pacific worked with friends in the Philippines on a series of workshops this past June and July.

This visit by Sally Herzfeld and Valerie Joy (Australia) was the fourth in a series of international visits which commenced in October 2013. The aim was to enhance and expand the delivery of Alternatives to Violence workshops, which took place in association with the members of AVP Philippines, who are the decision-making body. The relationship between Friends Peace Teams and AVP International was discussed, with Sally and Kins Aparece feeling comfortable with AVPI, whilst Valerie is focused on bringing the FPT-AWP energy and message. Ludwig Quirog is relaxed in representing both.

Other facilitators, notably Frence Boiser and Siarol Divino are focused on delivery of workshops in the Philippines.

Immediately before our arrival, two Basic Workshops had been held in Bohol, so there were considerable numbers waiting for the next two levels. With the training of 12 new facilitators, the development of AVP Philippines will be a primary goal, although one person works with an international NGO and hopes to spread AVP to wider circles.

International visitors bringing AVP to the Philippines will be warmly welcomed in consultation with local organisers Kins and Ludwig.

De La Salle University (DLSU) This University is in Malate, Manila and is venue for the first workshop to be held in the capital.



It was organised by Cyril Lituanas a senior administrator of DLSU, who had completed two levels of AVP in 2014. He arranged university accommodation for all 4 facilitators, and the venue was on top of the Henry Sy Sr Hall – a very pleasant outlook.

We had our own caterer with breakfast, lunch and snacks being provided.

9 participants including Cyril finished the Basic, which is a smaller number than usual for the Philippines. All workshops were held over 20 hours and usually took 2 ½ days.

Following this, an AVP reunion was held for participants in Manila who had completed one or two levels in 2014. We enjoyed Light and Livelies all afternoon and it was good to catch up with news of these people.

College of the Immaculate Conception (CIC): This totally new venue is in Cabanatuan, about 4 hours' drive north of Manila and was arranged for us by Frence Boiser, through his Student

Catholic Action contacts. The College goes from Kindergarten to Tertiary levels, and the staff of CIC were the participants - 20 in all. We were 5 facilitators this time.

On arrival we were made very welcome by the College faculty with a very nice lunch and were shown the venue, which proved to be very suitable. We were accommodated in a motel out of town, and on the second night, were hosted to dinner there by the CIC President, Father Elmer and other senior staff, who reported they had heard the workshop was a great success. We hope there will be a continuation of AVP in CIC, and will rely on the contacts made there.

On returning to Manila, we were made welcome by Quaker Charlotte Lapsansky, who managed to accommodate all 5 of us. The next day four of us flew to Bohol to commence workshops there. Three of our 4 workshops were held at the University of Bohol (UB), where we also held a 3 hour AVP "Taster" for 30 staff.



AVP is well established here, through the work of Kins, the Dean of Research and Development. We were made welcome by the University President, Ma'am Jas, who has actively supported our work for the past 2 years. We enjoy free venues and for two workshops, lunch and snacks were provided. Administrative backup is arranged by Kins' staff.

Our final workshop an Advanced level was self-catered, which meant there were no fees charged. Administrative backup was provided by Marge Angelot, who has completed all three levels and works for the provincial government - which is where AVP started in Bohol. Sally and I stayed in a rooming house near the University and paid for our own accommodation and all meals not provided during workshops.



I am disturbed by the stories of physical violence in most of the workshops - domestic and community. Use of guns and knives in households is commonplace and I hope AVP is making a difference with our graduates. We also made a visit to two prisons in Tagbilaran. A "taster" had been held in a Women's Prison recently, and we were greeted very warmly.

We had 2 days off then and revisited Golden Links School run by the Theosophical Society and Quakers. Sally and I led singing games for one morning. There was feverish activity in Kins' office making ready translated materials into the

local language *Cebuano* ahead of our planned workshop in Loon. The arrangements were made mainly by Siarol, who comes from Loon. This town is a 1 hour drive from the capital Tagbilaran and suffered greatly in the 2013 earthquake. The venue was a chapel situated in the middle of town, with much activity going on outside - ball games etc.

We all liked this sense of being part of a community - they could see us, and we them. Accommodation, dinner and breakfast was provided by Pew Pew, who had done a Basic in 2014. The 14 participants were aged 14-27 and were so delightful. They knew more English than we expected, but the translated materials were greatly appreciated and will be filed ready to conduct future workshops in that language. Several of them cried when we left.

T4F and Advanced: The final workshops were conducted back to back, but the demand was there, so Sally, Ludwig and I ran a final workshop the 2 days before leaving the Philippines.

We are delighted with the standard of the workshops and the evaluations show how much has been learned. The "where to from here" segments were very interesting, but Sally and I did not comment a great deal.



I think that AVP Philippines will gradually become established as a legal body, with a Treasurer and legal officer, and others providing a range of skills which will take the load off Kins and Ludwig. It takes a great deal of organising to develop new places, and it was good to see the contributions of Frence and Siarol in the development of the CIC and Loon community. One of the new graduates comes from Mindanao, and expressed a desire for AVP to be taken there. This has been the wish

of AVP Philippines since its inception, but wisely they are not taking giant steps before the program is well established at its base in Bohol.

Having just run 7 workshops in close proximity to each other, they will not resume until about October this year. They are now very competent to run any of the three standard levels of AVP, without outside assistance. There is a demand each time for trauma healing workshops, and any of the other advanced topics such as Discernment.

Future Involvement: For now, Ludwig and I will continue to be part of the monthly FPR-AWP working group calls and report on AVP Philippines. We would be greatly encouraged by any outside interest, either people interested in visiting, or financial donations. Ludwig's paid employment with United Religions Initiative takes him to many parts of Asia, and he brings an international perspective to the work. They are all interested to hear about the proposed International AVP Gathering in Nepal in 2017, and I heard people say, "We must save up for this". Further training in Indonesia is an option. There are now so many people who want to take AVP to deeper levels.

Sally Herzfeld made several offers at CIC and University of Bohol, and Loon, to return to the Philippines to conduct HIPP (Help Increase the Peace) Workshops for school age participants. This is conditional on local facilitators being willing to be part of her team. The teaching of alternatives ways to respond to violence to young people and children would make a significant impact in families, schools and communities in the Philippines.

Valerie Joy



Friends Peace Teams in Asia West Pacific

Coordinators: Nadine Hoover & John Michaelis in Indonesia, Nepal, the Philippines & Australia.

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The 2015 AVPUSA Annual Gathering

This was held in Tacoma, Washington State on the North West Coast of the United States. It was a small conference with 75 facilitators celebrating the 40th Anniversary of AVP in the United States.

The Gathering began on the evening of Friday 22 May with a Welcome Plenary:

“Looking Back: AVP’s Journey.”

Saturday began with Dr Anthony Normore’s Keynote Talk “Leadership and cross-cultural collaboration in support of peacebuilding.”

Over the next two days there were:

- Three sets of breakout sessions including - Diverse Populations; Building a Better Basic; AVP for Hire; Beyond the Big Three; Diversity and Organizing; Prison Coordinators Story Swap and Knowledge Management.
- A Plenary “Action Plans for AVP’s Next Generation” led by Diligent Dawn and Tenacious Tony. This was a culmination of the Committee of Committee’s open pre-conference two-day sessions investigating – Looking Back/Looking Forward; What is the Essence of AVP? ; and What changes are needed to the AVP Organizational structure.
- The Annual Business Meeting with a review of the past year with Committee Reports, the President’s Report and the Treasurers Report.
- Two sessions of the very well attended Committee Meetings reviewing the last year and showcasing the various Committees. The Education Committee had an attendance of 27 people!!
- On Saturday evening there was an inspiring AVP documentary video “In An Ideal World” on race and power relationships in a California prison.
- A Sunday evening concert by local environmentalist singer Dana Lyons, followed by the sharing of a 40th Anniversary cake.
- A Closing Plenary on the work of AVP International with the AVP International President and members of the AVP International Board

There were three pre-conference events:

- A Friday visit to the Washington State Reformatory (WSR) Prison.
- Committee of Committee’s open Friday session investigating – “Looking Back/Looking Forward”
- A two day Peace Work Mental Health Recovery to Practice Workshop.

Calm Katherine

Roots

When I was asked to go to Israel and Palestine, I asked in return if they were doing AVP with Israelis and Palestinians together. I was told that it was a very difficult thing to do there. I told them, I am a visitor and will not put pressure on to do anything that was not right or too dangerous for them, but that peace and reconciliation takes all sides and bringing the sides together to do structured activities on nonviolence was transformative, so if it were at all possible, I was prepared and wanted to do that.

Joe DiGarbo subsequently heard about and met Ali in his home in Lancaster Pennsylvania. Ali then spoke at the Lancaster Friends Meeting. So when we arrived in the West Bank, Ali invited Joe DiGarbo and his group from Lancaster Meeting to do an AVP workshop with Roots.

When we arrived on his land, under a large black tarp because Israel does not allow him to build on his land, the group was small. The leadership was there, however, and we started a two-day workshop. They were preoccupied with their massive undertaking. Hanan and Ali were getting ready to leave to the US directly after the workshop. We began, but their concentration was not full.

People arrived late, left early, came and went. So we slowed the first day down to pay really good attention to the work.

Why do we do affirmation names? Because people who face violence drop their daily vocabularies to one-tenth of people who live in peace and the first thing to go are the positive words. Try to generate positive adjectives and your ability to do so will reflect the effects of violence on you. We spent time brainstorming positive adjectives and rather than dismissing it as trivial, they began to understand its power.

We spent most of the day on the cooperative agreement, really exploring how each would be applied in the various cultures and tensions they were engaged in. After this they said they all wanted to commit to arriving on time the next day and staying all day.

The second day we went smoothly and quickly through concentric circles, a problem I solved non-violently and transforming power. Yoni, one of the lead Israeli AVP facilitators in Tel Aviv. It was good for them to meet. They were all very grateful, as were we.

Ali asked us to do a workshop with the student leadership who are trying to create a nonviolent Palestinian movement. We were grateful for the opportunity to work with them.

We also did the trauma resiliency and recovery with Palestinian AVP facilitators in Hebron, who then apprenticed in a workshop with numerous organizations in Ramallah. The Ramallah Meeting is very small and Jean was not feeling well enough to meet us. One of the teachers from the Ramallah Friends School attended the workshops though.

The American Friends Service Committee wrote to say it was naive to bring these sides together, because dialog in this part of the world just works towards normalization and the situation is not one that should be normalized. But I don't feel that is what Roots is doing at all, so I invited them to meet with the leadership of Roots. Helen Bayes wrote to say she felt we were inflating our work by saying it's something that is nearly impossible in this setting. But I tried to reply that the gatherings at Roots are Palestinian and Zionist leaders, which is actually extremely rare, if unheard of in this region.

Nadine Hoover

The Power of Goodness Exhibition opens at Alfred University mostarts Festival

Alfred, NY (June 29, 2015) - *The Power of Goodness* is a curated exhibition of children's artwork illustrating short stories of nonviolence and reconciliation from Chechnya, Russia and around the world. These works capture the excitement of action, the joy of



seeing from new perspectives and the encouragement of witnessing small acts that make big differences.

The curators, Nadine Hoover and Dawn Bennett, collaborated on this exquisite display of children's art forged from the heightened experiences of children surviving war and the remarkable skill of young people who pour hours into creating art when war shuts down their schools. Nadine Hoover, Director of Conscience Studio and Coordinator of Friends Peace Teams in Asia West Pacific, identified an ecology of practices that create public cultures of peace that she offers through books, exhibitions and activities. Dawn Bennett, Owner of the Rogue Carrot and Freelance Curator, brings 15 years of curatorial experience in Chicago and Baltimore to producing exhibitions from paintings by monkeys to ceramics by Ruth Duckworth.

An English-language short story book, a trilingual textbook with discussion questions, workshops on nonviolence and reconciliation and a training manual accompany this exhibition. Friends Peace Teams in Asia West Pacific identifies stories from around the world for The Power of Goodness Global Story Pool.



Editor's note

Any contributions and/or feedback on the newsletter would be very much appreciated.

I intend to publish a newsletter every quarter, so if you have any news or photos you would like to share for future publications, please send them to me selene15@dodo.com.au .

In peace and gratitude,

Selene Moonbeams



Contact details

For details of upcoming workshops or training nights, volunteer to help facilitate a workshop, or just to find out more about AVP, please contact

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