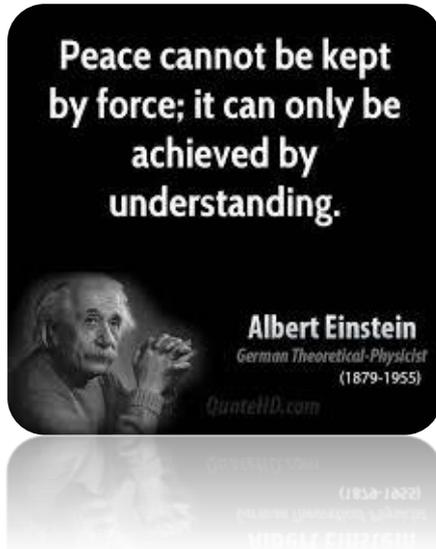


AVP WA NEWSLETTER

Winter 2016

<http://avpwa.org>



Upcoming workshops

August 5 – 7: Acacia (protection) – Basic

August 6 – 7: Peel Youth Services Staff – Basic

August 13 – 14: ASeTTS – Basic

August 17 – 19: Wooroloo – Advanced

August 20 & 27: Community Osborne Park – Basic

August 22, 24, 25: Karnet – Basic

August 31 – September 2: St Pat's, Fremantle – Basic

September: Bunbury Regional Prison – Advanced

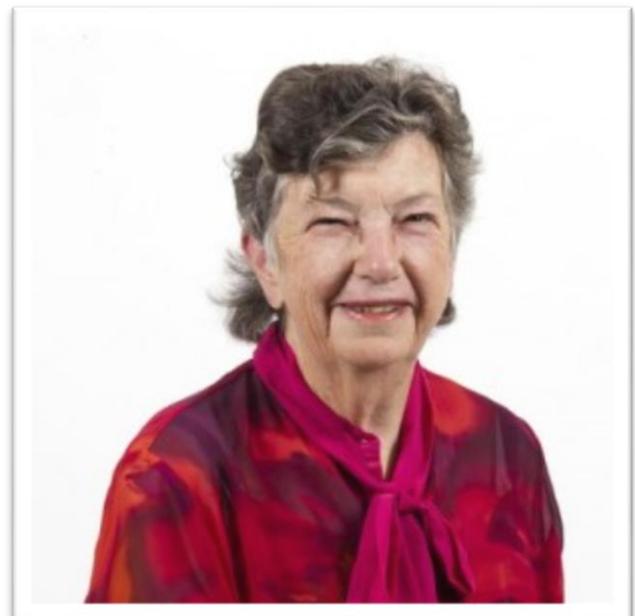
Farewell to our friend and very much valued fellow AVP facilitator

It is with great sadness that we say farewell to our loved and respected team member and friend Anna Alderson. Those of us have co-facilitated workshops, and attended committee meetings and training nights with Anna over the years, appreciated her gentle humour and wisdom.

Anna had a wonderful ability to see the lighter side of life and to laugh at herself whilst always maintaining the integrity and serious nature of the work of AVP.

She was an ambassador for peace and will be very much missed by us all.

PEACE ANNA



**AVP National Gathering
Silver Wattle Quaker Centre
21-25 April 2016
Selene Moonbeams**



From back left - Mark, Wayne, Malcolm, Michael, Leesa, Selene, Myra (our cook extraordinaire), Sabina, Wanda, Katherine, Diana, Sally, Vidya and Tanya.

Four delegates from AVP WA attended the National Gathering at the beautiful Silver Wattle Retreat and Conference Centre in New South Wales in April. The Centre is located about half an hour's drive from Canberra on the banks of the currently dry Lake George. On the other side of the lake, the Capital and Woodlawn Wind Farms (consisting of dozens of wind turbines) provide renewable energy to thousands of homes.

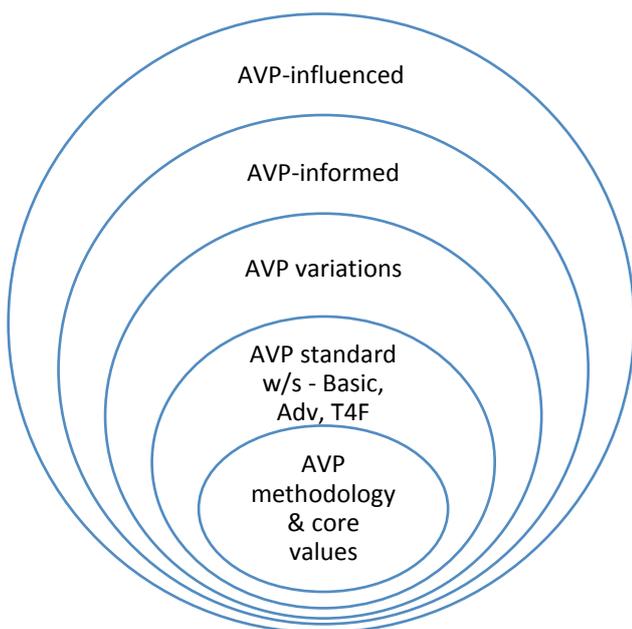
During the gathering, all attendees co-facilitated at least one session, while everyone else participated.

exploring *What is Addiction* ultimately led to a group definition that *Addiction is something that controls us rather than us controlling it*. Small groups then got together to formulate possible agendas for the topic. Activities such as *Gathering* (An addiction I am familiar with is...), *Brainstorm* (What is an addiction?), *Pair Share* (An addiction which has impacted me is...), and *Armchair Roleplay* were considered to be effective possibilities.

Sally and Selene facilitated a session on *Addiction* as a possible Advanced topic. A brainstorm

Katherine led a session on manuals in which we looked at the types of learning activities that fitted into different sensory categories such as *Art, Music, Movement, Reflection / Feelings* and *Deductive Learning*. It was clear that many of the activities could be used across the range of themes and sensory categories.

Katherine also talked about AVP circles which illustrated how AVP is used in various situations, sometimes with a slightly different form, while still keeping the integrity of AVP principles.



Core Values of AVP

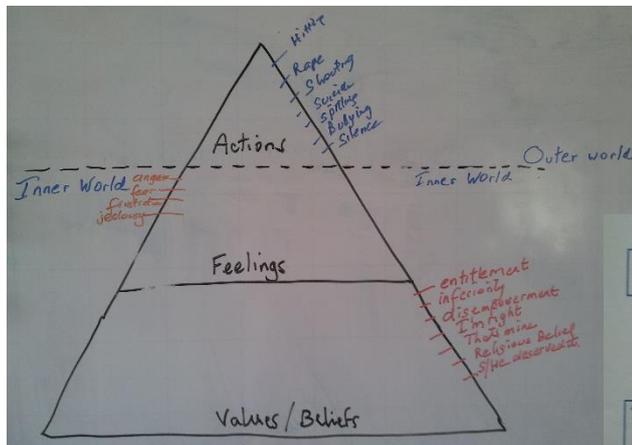
1. AVP trained team
2. Shared power through teamwork
3. Inclusiveness
4. Personal journey
5. Experiential learning
6. Community
7. Non-violence
8. Consensus
9. Voluntary involvement
10. Replicable processes
11. Transforming Power

Sally, Selene and Mark gave a report on some spin-offs in which they have been involved in Western Australia, including HIPP (Help Increase the Peace Program), the Young mothers' program at Midvale primary school, and the youth program.

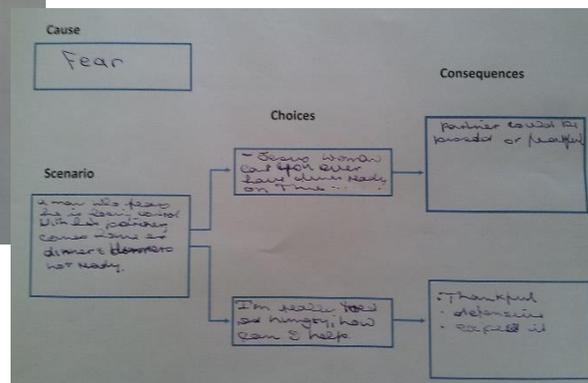
Mark also presented an alternative way of facilitating Causes, Choices and Consequences which stimulated a lot of discussion about different ways of presenting various exercises.



HIPP session agenda



Another way of presenting CCC.



Sabine facilitated a session on roleplays in which some alternative types of roleplays were explored as well as some different ways of debriefing.

In small groups, Wayne & Mark guided us to consider some common workshop challenges, specifically situations where participants question the value of the mandala, with comments such as...

"If you'd done the things I've done, you wouldn't respect yourself either. Face up and see yourself as you really are. That's my motto." (Respect for self),

"I wish I could. I wouldn't be in here. But time after time I lash out. I can't control the anger. I think about it later" (Think before reacting),

"Huh! You do that in here and you are a wimp. You've got to show that you are prepared to defend yourself." (Ask for a non-violent path),

"My old man said be prepared for the worst and you won't be disappointed. I've always lived that way." (Expect the best), and

"I have cared for him/her for 20years and look what he/she has done to me! And it's not the first time." (Care for others).

Mark and Wayne also led a Carousel Brainstorm in which we looked at challenges such as a *dominating participant / facilitator, a dysfunctional team, triggering during workshop*, and participants claiming *Violence is only physical*.

Everyone found this a very worthwhile session, and all agreed it is prudent for facilitators to consider possible responses to such situations prior to doing workshops so that we are prepared with potential effective responses.

A highlight of the NTG was participating in a silent lantern Peace vigil down Mount Ainsley to the War Memorial on the eve of ANZAC Day.

If anyone wants to know more about any of the sessions, including the national business meeting, please contact Selene.



Bunbury Regional Prison and other “firsts”



- Selene, Amy, Jim and Darryl facilitated the first Basic workshop with 20 participants in Bunbury Regional Prison. A follow-up Advanced is being planned for September.
- Sally and Damien trained the first three men facilitators in WKRP in Derby.
- Mark, Wayne and Selene facilitated a set of two 1 ½ hour

workshops for Salvation Army Soup Van volunteers at Salvation Army HQ in Northbridge. Many of the participants wish to do a Basic workshop in the future.

- Sally and Elizabeth Kwan did the first Basic in Darwin prison.
- Sally, Selene and Trevor facilitated the first HIPP Basic workshop for 29 Year 4s at Helena Junior School, with two Year 5 facilitators, Aiden and Sarah who completed their T4F in Year 4 last year.

Letters from prisoners to their teenage selves

Letter to 15 year old self.

Well Craig, you're 15 and it's time to man-up. Don't be going out all of the time getting drunk and stoned and partying. You have to think of your future and get into a position where you can do a job that you enjoy. Stick with school and do subjects that you really enjoy. Be selective about what people you hang out with. It's not that important to be cool. It's more important to grow intellectually to get to a point where you are able to be happy within yourself. You are not going to die young. It's not necessary to make the most of your early years by having fun all of the time. Get set up emotionally for your 3 children. If you drink and smoke, you will lose some of your strength and sharpness of mind. You want those things. They are more important than you know now. Be good to your family. Blood is thicker than water. It's ok to be stubborn, but only once you know that you're making the right decision. Don't assault police officers or drive drunk. Stay off the gear. Save money for travels instead of parties. Get into the arts because it's what you want. Don't do high paying jobs that you hate for the short term gain. Spend quality time with your children.

Dear Gregory John

I would like you to listen more to your elder's even though you show love and respect for them. Remember education is more important. Knowledge is power. Get as much as you can. Wisdom is more valuable than any gold or jewels. Get insight as well. Remember our lives is shaped by our thoughts. What we think and do is what we will receive.

Listen up dickhead it's you or me your future self about to truly fuck your life up in certain areas with lifelong consequences when you find Olivia next year hold on to her you will have a perfect wife and life together and raise your kids well get off the drugs and booze stay away from the club keep going in your plumbing traineeship open your own business in Albany buy a block of land in the ranges. Know Olivia will never wrong you so never wrong her she is the key to your future being out free with the world as your oyster at 25 years of drug sluts and junkies taken you for whatever thy can get and starting over fresh out of jail again with \$200 in your pocket.

P.S. Sub Zero wins the Melbourne Cup in 2000.

Yours sincerely yourself,

Brian

A F M L T R

l a e o r e

l m m y u s

I b a s p

l e l t e

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To Madskills

Don't allow your kids in later life to have the same outlook in life as you have had be there for your kids as a parent and a friend unlike yours teach them as a father and a best friend. Give them self-worth with love and respect not with violence and abuse.

From Madskills

A F M L T R

To my 15 year old self

I'm writing to you as a 31 year old in jail! My advise to you to make changes so this does not happen is to get off the pot and focus more on a sport or and fitness. Find some disaplan activatys & aim to reach your goal of being in the Army! There is no need for violence in your life unless its to do with Combat training while's your in the army.

Aaron

Hi there mate,

Listen, you don't know me but I know you. I know you so well in fact probably better than you know yourself. I know what you have been through and I know you think it hasn't effected you but I want to tell you that it has. Mate you have alot of potential and right now you could be whatever you wanted to be. I must warn you that if you don't talk to someone and confront your past now that there lays a dark road ahead for you, one that involves you getting involved in a life of crime all because you are so angry about things that happened with Mum and Dad. Now is the time to start thinking about what you want in your life. Don't just be a passenger on the train of life, be the driver and set your own path. Seek out your Dad and listen to him. Don't treat school lightly because you have the ability to be a pilot and make it to university trust me you do. Believe in yourself and listen to your gut feel on things because when you don't do that the outcome will be bad each and every time. If you are going to listen to anyone make sure they have your best interest at heart. And mate respect yourself please. I only say these things because I love you and you deserve better things in life than what you will face if you don't make smart choices. Life is too short to live with hate and anger, ego and pride. Be humble, love, be happy, live life, abide by the law, be a good person and build your life on good morals and values. Never do drugs, sell drugs or be around people who do drugs. Love you mate, Good luck.

im in Jail for the 2nd time now and serving a four year sentence i have a five year old son and beautiful partner and although you dont realize it now a great mom, dad and family do well at school and try learn all you can only have people around you that respect you and others i know your probly going to try drugs like most people do but dont stay on them they kill your brain and stop you from being who you really are work hard and be smart with your money the price of houses wont be cheap when your older so buy one that you like when you can maybe even a couple if you can afford it please don't waste your life as i have enjoy all it has to offer nature sports cars bikes gardening landscaping friends and family if you get a trade and a good job and work hard you will be successful and be able to afford to do all the things life has to offer dont stress and be positive

To my younger self, you know you enjoy all the healthier things in life and sports is a big part of it. Id like to make a suggestion that you stick with it. You have already seen what bad choices can do to a person even at your young age and I can tell you living your life this way ain't no picnic. Everything can fall apart quite quickly and it can cause a lot of pain and sadness to a lot more people than you think. Everyone suffers. So I suggest when you get offered that first taste of wine or that first puff of a joint, thinking that its all innocent fun, think of your future and give it all a mess, you'll be glad you did. Live a healthy and strong life and hopefully only good things will become of it.

Hey Buddy,

I know life seems all ok at the moment to u but it is all going to change big time in October 2010 and there aint nothing u can do about it but when it happens dont turn back to drugs and achole cos it will only make the next few years a lot worse ok anyway you have been clean for six years clean now just think about that so when u do get so sad and angrey about it cos u will lose every thing you have earnt and worked for and ur children so think clearly and stay at work and there will be a better out come then you wont get back on drugs and go to jail so hang in there a stay strong and ull be supried wot u can achive cos I know that ur better than taken a path like this.

Transforming Power

TP stories from teenagers

1. A guy had called me a cheater in Halo. Rather than cause more conflict, I tried to be polite as possible, so I could discover why he had called me that. It was a misunderstanding and we became good friends.
2. A friend and I were talking about something and it came down to I offered to sew some patches on to a jacket for her. Now I felt that her choice of patches weren't really well thought out but I said nothing of it. At around the same point in time a lot of other bad things had happened and I eventually spilled this to another friend. However, it was overheard and rumours passed back to my friend. Names having been said, allowing it to find its way back. My friend was angry and we didn't talk for a few weeks. Finally she and I met up and talked it out. She had heard it inaccurately. She, herself claiming to have over reacted and I had mentioned names and was not aware of my situation/surroundings. We talked and the problem was solved.

Presenting TP

At our April training night, the gathering topic was: "How I would explain transforming power in two sentences." Here are a few responses:

- TP is within each of us and starts with an honest examination of our own attitudes, beliefs, assumptions and behaviours. Confronting our fears and prejudices is the first step to enabling us to react to a potential conflict situation from a position of compassion and connection to the humanity in all of us.

- TP is a spiritual power within every person which enables us to make choices which transform a situation from potentially negative outcomes to positive outcomes.
- To me TP is having the wisdom, commitment and strength to turn negativity energy into something positive.
- TP is an ever-present power that permeates everyone and everything. We may experience it in moments of grace, when we are open and in truth.
- TP is the process to change a conflict situation by a caring attitude and persistence. TP is the application of moral & spiritual strength.
- A nebulous, inert mist that penetrates everything including human beings. When activated in a conflict situation by a person using any of the mandala attitudes, it becomes infectious and can then activate in others.
- I see violence occurring when there is an imbalance of power (*Power over* as opposed to *Power with*), and I see TP as a process whereby power is transformed so that balance and harmony can be restored, resulting in a win / win outcome.

TP from Linda

When I learned about, through experience, the idea of transforming power, I felt like a name was being given to something very true, something I had suspected to be a truth for some time. AVP is a practice of ethics itself and I maintain it is the most powerful group experience I have been through.

Editor's note

Any contributions to 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 selene15@dodo.com.au.



Need more information?

For details of upcoming workshops or training nights, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact Mark Newhouse (administrator) 0400 231 151 or marknewh@inet.net.au.