

# AVP WA NEWSLETTER WINTER 2020



## Upcoming workshops

*Aug 6, 13: Midland Women's Health Care Place - Basic*

*Aug 8, 15: Community (Subiaco) – Basic*

*Aug 15 – 17: Acacia Protection – Basic*

*Aug 24 – 26: Wooroloo – T4F*

*Sept 2 – 4: Bunbury Prison PRU – Advanced*

*Sept 12 – 14: Acacia Mainstream – Basic*

*Sept 12, 19: Community (Osborne Park) – Advanced*

*Sept 14 – 16: Wooroloo – Basic*

*Sept 22 – 24: Karnet - ?*

*Oct 5 – 7: Wooroloo – Advanced*

*Oct 10, 17: Community (Osborne Park) – T4F*

*Oct 17 – 19: Acacia Protection – Advanced*

*Oct 31 – Nov 2: Acacia Mainstream – Advanced*

**If you would like to be involved in any of these workshops, please contact our administrator Mark (Details at the end of this newsletter).**

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## Training Day

**When: Saturday August 1<sup>st</sup> 2020 - 10.00am till 3.00pm**

**Where: 41 Walters Dr, Osborne Park.**

**Themes: Mentorship and Practising exercises.**

Lunch and morning tea will be supplied.

There is plenty of free parking at the front of the building or on the street and Glendalough train station is not far away.

*The value of gathering together for a training day is to develop a sense of community and to extend our learning about the practices and principles of AVP.*

**Please come if you can.**

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## Virtual Australian National Gathering (VANG)

Selene Moonbeams

The Australian National Gathering which was to be held in Launceston, Tasmania in April this year could not go ahead due to border restrictions, so several of us decided to hold some Virtual sessions and invite all Australian facilitators. These sessions have become known as VANGs and have been very successful in extending our AVP community both nationally and also further afield with connections with facilitators in the Philippines, Indonesia and South Korea.

The facilitation of the VANGs has been shared AVP style, on the following themes: AVP in troubled times, Benefits and Challenges of Virtual workshops, Collaboratively creating our ongoing VANG sessions, Reflections and Training for Basic AVP Online Workshop, Exploring AVP on Zoom: creating

safety and being playful, Online HIPP, Sharing the AVP style with non-AVP facilitators, AVP for workers for Justice and Peace, Online “Break Out of the Box”: An invitation to come & explore with us. Nowhere is Now Here: Experimenting with new activities to build connection online, and a Conversation Café.

Each session was repeated to give people an opportunity to choose a time that suited them best.

If you are not receiving notifications of the VANG sessions and other exciting Australian AVP news, please register for the Australian AVP network at [katherineasmithau@gmail.com](mailto:katherineasmithau@gmail.com) .

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## Guilderton facilitator weekend – 27<sup>th</sup> to 29<sup>th</sup> November 2020

Selene Moonbeams

We are very fortunate once again, to have the use of Jo and Peter’s beautiful Guilderton retreat for our bi-annual facilitator weekend.

This weekend is a chance for connection, community building, reflection and beach walking.

Further details will follow, but if you have any questions in the meantime, please contact me. [selenemoonbeams@gmail.com](mailto:selenemoonbeams@gmail.com)



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## World’s first online Basic workshop

Selene Moonbeams



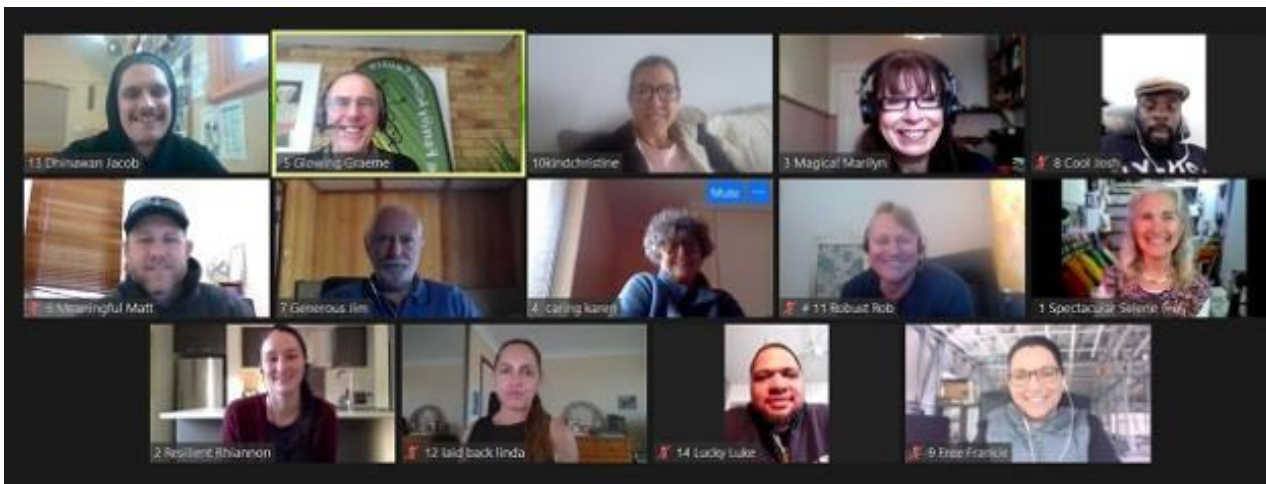
In May this year, Jim and I joined Graeme and Rob from Newcastle, NSW in conducting the world’s first online Basic workshop.

We had a mix of participants from Newcastle, Perth and the South-west of Western Australia. We were very pleased with the success of the workshop on the Zoom platform during a time when face-to-face workshops were not possible.

We were confident that the group built a good sense of community and are convinced of the value of offering AVP online. While the workshop was different and some aspects were probably not as successful, there were other advantages and we believe offering workshops online will make it possible for people who would otherwise not attend a face-to-face workshop, to do so.

It was also wonderful to share knowledge, skills and different facilitation techniques with facilitators on opposite sides of the country, which we do not often have the opportunity to do in a face-to-face situation.

This month, we will be conducting a Basic workshop at the Midland Women’s Health Care Place. This workshop has eventuated from our contact with one of the participants of the online workshop. Two participants from the online workshop will also be attending the MWHCP face-to-face workshop so they will be in a great position to evaluate and provide feedback on both forms of workshop.



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## The May Trust

Selene Moonbeams

AVP WA is very fortunate and grateful to have the ongoing financial support of an anonymous donor known to us as The May Trust. It is this support that allows us to contribute to facilitators’ travel allowances and other necessary expenses.

In a recent letter from the liaising lawyer, “The May Trust has commented that once again, it is a picture of great accomplishment and dedication from the Committee and volunteers. It would be understandable if the measures preventing the spread of COVID-19 affect AVP planning for the year ahead, but with the innovative use of proven technology such as Zoom for meetings, the Trust is very optimistic that solutions are being developed. In recent weeks, events demanding justice around the experience of violence have made the need for alternatives more visibly important here in Australia and beyond. As for last year, the Trust believes that it is an honour to be able to support AVP WA. With best wishes for stamina and hope, the Trust sends thanks to each and all at AVP, whether Committee member, trainers, facilitators and volunteers for your work towards skilled peace keeping in our community.”

All travel and out-of-pocket expenses for AVP WA can be claimed by filling in a form which is available by emailing our treasurer Collette [collette.chesters@gmail.com](mailto:collette.chesters@gmail.com) .

# Waltzing Matilda

Sally Herzfeld

In 1981, my Year 5 class at Helena College sat on logs between the buildings and the creek and made up this song which is sung to the tune of Waltzing Matilda. They won a United Nations School Peace prize for it. It was filed away for a few years, but for many years now it has been sung as The School Song at assemblies. Maybe this message helps when we do the junior AVP program (HIPP) with these children.

Once a jolly group of kids sat down in the hills near Perth.  
They wanted to settle all their fights,  
So they thought and they talked and they wrote about their squab-ables  
And how they could have put them right.  
Think about each other. Understand each other.  
See the other's point of view and try to compromise.  
This solution they tried and it worked amongst that group of kids.  
Couldn't the world try it too and unite?

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## Make your own Mandala

DB - Wooroloo Prison Farm



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## LETTERS TO SELF AS A TEENAGER from Wooroloo Advanced June 20

Hey Mate,

Just touching base to give you some advice. Life is short so don't waste it. You will always be able to get a quick result by cheating but take into account the actual cost. It may be more than you are willing to pay. If you work hard for the things you want you will appreciate them more when you achieve them, but more importantly, you will be able to enjoy them freely.

Be yourself always. Buy shares in Apple. Always back winners. BT

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To my 15yr old self,

First off, believe me when I tell you, You Don't Know it All! In fact in relation to life what you want, when you want it to be, you are not to make that final choice. Adult life is fast approaching and from some years away, that stale life becomes a bit of a rotten coaster. People will come and go in your life. Some of them are people who will call themselves friends, will inadvertently steer you down a path that may be for you. Take the time in your early adult life, to find the real you because later in your adult life, the real you might have been already lost a long time ago. Be true to yourself and life will be easier to navigate.

Yours thoughtfully,

The adult you.

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To my 15 year old self,

- \* Listen to your elders
- \* Don't think you know best
- \* Watch who you hang out with
- \* Respect
- \* Learn and glow
- \* Don't waste time.
- \* Build your education and party less
- \* Stay fit and healthy
- \* Be yourself

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At 15, you might think you know it all... You don't. That's not saying that you know nothing, but know that this is just the start of the journey. Look... it ain't going to be easy boy! There's goin' a be high highs, low lows, twists, turns, peaks and canyons. Remember... Be clever. Play it smart and use what you've learned along the way. This fast life might appeal but use it for what it is. At the end, it has no answers. Avoid drugs, drink moderately, marry... No..don't get married. Respect women. They're not to be toyed with.

Trust that no matter what, that with time it'll work out. Don't worry about what other people think about you as that's none of your business. After saying all that, remember, if it's you who'll climb this mountain. It's you who'll reach the summit. Be willing to suffer for what is important. It doesn't make sense right now, but it will.

P.S. Stay away from Caltex in Maddington. 😊

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#### Editor's note

A newsletter is published every quarter. If you have any news, photos, or new things you've tried in workshops, including inmate contributions, please send them to our newsletter editor Selene Moonbeams. [selenemoonbeams@gmail.com](mailto:selenemoonbeams@gmail.com)

#### Need more information?

For details of upcoming workshops or training, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact our administrator Mark Newhouse. 0400 231 151 [avp.wa1@gmail.com](mailto:avp.wa1@gmail.com)