

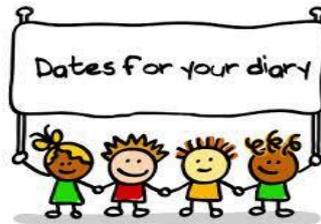
AVP WA NEWSLETTER SUMMER 2021



Upcoming workshops

- Jan 9, 16: Community (Subiaco) – Basic
- Jan 12 – 14: Bunbury Prison PRU – Advanced
- Jan 23, 30: ASeTTS (Wanneroo) – Basic
- Jan 23 – 25: Acacia Protection – Basic
- Feb 2 – 4: Karnet – Basic
- Feb 13 – 15: Acacia Mainstream – Basic
- Feb 20, 27: Community (TBA) – Advanced
- Feb 20, 21 – Community (Denmark) – Basic
- Feb 23 – 25: Wooroloo – Basic
- Mar 9 – 11: Bunbury Prison – Advanced
- Mar 13 – 15: Acacia Mainstream – Basic
- Mar 20, 27: Community (TBA) – T4F
- Mar 20 – 22: Acacia Protection – Basic
- Mar 29 – 31: Wooroloo – Basic

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



Annual General Meeting and Training Day

When: Saturday 6th February 2021 - 10.00am till 3.00pm

Where: 41 Walters Dr, Osborne Park.

THE ANNUAL GENERAL MEETING will be held after the lunch break from 1.00 to 1.30pm.

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.

Planning Day for ALL Facilitators

When: Saturday 28th February 2021

Where: 41 Walters Dr, Osborne Park.

More information soon.

Christmas Gathering at Eton Farm

Many thanks to Mary and Wayne for their hospitality at their beautiful Eton Farm property for our final gathering of 2020. It was wonderful to connect with so many facilitators and some partners too. There were even a few young children to share in the frivolity and good cheer.

Greg and his Elf assistant Liz conducted a fabulous variation of “The Wright Family”, with Christmas crackers instead of pencils, and had us not only passing right and left, but also crossing the circle at various times in the story to exchange our crackers with someone over the other side. The resulting chaos was tremendous fun.

Of course, lots of great food and chatter was shared.

Thanks to Fergus and Amy for the photos.



NAIDOC at Acacia 10th November 2020.

Sally Herzfeld

If only we could have videoed this!!

Greg and I felt privileged to have been able to take part in the NAIDOC celebration in the gym at Acacia.

The corroboree dancing done by the Aboriginal men was amazing and showed lots of rhythmic movement which represented stories of animals hunting and eating plus other activities by humans. They were well covered in the typical coloured paint and wore black nargas. One dance I had never seen before was about wartime. The click sticks were beating a rhythm and men danced and moved in corroboree fashion while shouldering, pointing and holding down imaginary rifles according to shouted commands by a lead dancer.

Next, it was scary as a group of about 20 New Zealand men who were also painted but wore dark green shorts danced in and did some fearsome looking dancing facing the Aboriginal men. These men sort of retaliated with active dancing, boomerangs and frightening noises, then both groups stopped. Their two leaders then danced towards each other and swapped gifts that were typical of their cultures. After some more dancing by both groups, they then lined up. The NZ men one by one greeted the Aboriginal men then touched foreheads and noses together with each one, all down the line as they walked off 'stage'.

One Aboriginal man then pointed to the white board on which he had written, "Always was", then drawn a car, then "Always will be". He told the story of how the car was precious and proudly owned by a man. It was then stolen, altered a bit, smashed a bit and passed down through a few generations with each one doing something to it. He added bits and rubbed out bits on the drawing as he spoke. Finally, it was recognised from photos by a descendant of the first owner, who claimed it. They discussed this. Then the story teller asked any lawyers in the audience to make a comment.

He then explained, "To our people, our country is like our mother. We don't own her, but we care for, and respect her."

Of course this was followed by very meaningful speeches, NAIDOC award presentations and a sincere thanks and presentation to Kay Buck who is the staff member in charge of our indigenous men.

Next it was afternoon tea time and someone tried to indicate that the visitors should go first. One of the visitors shouted, "No! We're all equal!", so the rush was on. The food was award winning. I was waited on by inmates and loved chatting with anyone. They were all so happy and interested, even those who we didn't know through AVP.

Greg was very good at chatting to people in the audience about AVP and handing out our business cards. We have both come home with a small cultural type gift and a 2020 NAIDOC badge.

I just wished the dancing could be done, (or even a movie shown) at Kings Park on ANZAC Day.

It was brilliant and demonstrated such deep feeling! I will never forget it.

From Year 4 Assembly at Helena College Junior School after HIPP workshop

Scenario 1 – Child being bullied

Violet (Imrie) and Louise (Matilda) are standing being mean about Lotti (Sian).

Louise: Hey Violet. Did you see what Lotti was wearing to the dance last Friday?

Violet: I know! Her dress was so babyish!

Girls laugh. Lotti comes skipping along.

Louise: Shhh! Here she comes now! Watch this!

Louise trips Lotti over. She falls and cries out.

Louise: I bet you're gonna cry now aren't you?

Violet: Yeah she's such a cry baby!

Lotti looks sad, and runs off. She sits down alone and cries.

Lotti: Why are they always picking on me? Is there something wrong with me?

Reece (Holding Blue key): I can help you. You need to respect yourself. Keep me with you and I'll help you. Let's try that again.

Play repeats from beginning but this time Lotti is followed by the key.

Louise: I bet you're gonna cry now aren't you?

Violet: Yeah she's such a cry baby!

Reece (to Lotti): Remember to respect yourself!



Lotti: Hey girls. You need to stop that. I don't like it. Imagine what you would feel like if you were being bullied.

Louise and Violet look shocked because Lotti stood up for herself.

Violet: Come on Louise, let's go.

Violet and Louise slink off in shame.

Lotti: Respecting yourself means being assertive and standing up for yourself.

Scenario 2 – Running Race Gloating

Rosie: Ready. Set. Go! Wow! Look at them fly. Mackenzie is about to win. But wait, here comes Charlotte...It's Charlotte for the win!

Mackenzie (Luna) and Charlotte (Summer) are running in a race. Mackenzie is about to win but then Charlotte overtakes her at the last second. Charlotte wins and puts her arms up in joy.

Mackenzie looks upset and bends over hanging her head out of breath.

Summer: Hey Luna. I won! How good was I? I'm so much faster than you hey?! Man it feels so good to be a winner. I guess you'll never know what that feels like!

Luna gets angry immediately.

Luna: Yeah! Well you're ugly and your breath stinks! Don't talk to me again!

Summer: Fine. I won't. See if I care!

Harry (Holding Green Key): Stop! If you react angrily you'll never make peace! Take me with you this time.

Play repeats. This time just as Mackenzie is about to get angry.

Harry: Wait. Take a breath and think before reacting. What could you do differently?

Luna: I know. I'll say something nice to her. You sure did run fast. You are such a good runner. Perhaps you could give me some tips sometime?

Summer is shocked. She wasn't expecting Luna to be kind.

Summer: Oh. Yes. I suppose I could give you a hand. Hey you are a pretty good runner too. Let's practise next recess?

Luna: Sure! That'd be great.

Harry: That's better! By stopping and thinking before you reacted you were able to come up with a peaceful solution!



Scenario 3 – Apologising when you've done the wrong thing.

Isaac has hidden Cruz' pencil case as a joke. He tells Ashton, Ethan and Ryan to watch.

Zac: Hey guys! I'm playing a trick on Craig. I've hidden his pencil case. Let's watch him it'll be funny.

Craig hunts for his pencil case. Zac and the boys point and laugh and whisper to each other. Craig notices the boys sniggering at him and begins to get sad.

Craig: Where is it? I don't remember losing it.

Craig bursts into tears.

Zac: Grow up Cruz. It's here!

Anna (Holding Yellow Key): Stop Zac! That's not peaceful. Try again and this time keep me with you.

Play repeats

Anna: This time Isaac you need to Care for others. You can see he's upset. What would be the caring thing to do?

Zac: Hey Craig. I'm sorry it was me that hid your pencil case. I did it as a joke and thought it would be funny. I didn't mean to upset you.

Craig: That's okay Isaac. Please don't play tricks on me again. I don't really like them.

Zac: No problems! Friends?

Craig: Yup!



Anna: To help increase the peace you need to be caring to other people.

Scenario 4: Dodge Ball – someone gets hit but doesn't think they are out

Students playing dodge ball. Dan throws the ball at Lana.

Lana: Missed me!

Dan: No! It hit your leg.

Lana: Nope. I would have felt it!

Aaron: No! I saw it brush your shorts. I say that still counts as a hit.

Lana: No way it didn't touch me at all.

Dan: Lana it definitely hit you!

Lana: I would know if it hit me.

Simon: We all think it hit you.

All: Yeah!

Lana: Well I don't. I'm not out.

Dan: It's no fun playing with you Lana. You never admit you're out.

Aaron: You're out Lana!

Simon ditches ball at Lana really hard from close up.

Lana: Ouch! That hurt!

Simon: Well you're definitely out now!

Lana goes over to Simon and pushes him over. Shirl jumps in to help Simon and pushes Lana over.

Shirl (Holding Red Key): Stop! To help create peace you need to work together for a non-violent way. Let's try that again!

Play repeats but this time after everyone says, "Yeah!" Shirl says...

Shirl: Right Lana. What is more important, winning or having fun? Try working with the group.

Lana: Okay, I thought it missed me but I could have been wrong. I'll sit out.

Aaron: Good on you Lana!

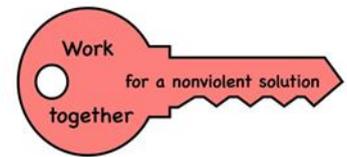
Simon: Perhaps we make the rules clear. If it touches your clothes you are still out.

Dan: Or maybe we could have a referee to help with tricky decisions.

Lana: Good idea guys. I'd like that.

Aaron: Perfect. Let's play!

Shirl: Work together for a non-violent way is all about talking instead of fighting to solve our disagreements.



Scenario 5: Peer pressure to do the wrong thing

Year 4 kids are playing in their base.

Kim: This is the best cubby we have ever made!

Henry: Yeah, we worked so hard on it!

Kim: We just need one more thing!

Henry: What?

Kim: Wouldn't it be good if we built a Theatre Room too?

Henry: But we don't have any sticks left!

Kim: We could take some from the Year 3 cubby!

Henry: I'm not so sure.

Kim: Yeah come on. What are you a scaredy cat?

Henry: Okay I'll do it but only if you don't call me names.

Henry and Kim go off and steal sticks from Year 3 cubby. Year 3s come back to discover their broken cubby.

Dolly: Oh no! Look at our cubby!

Alia: Someone had stolen our sticks.

Lois: Who would do such a thing?
 Dolly: The kitchen has been destroyed.
 Alia: Never mind the sticks! They've taken our Thermomix!
Year 3 walk over to Year 4s to confront them.
 Dolly: You stole our sticks!
 Alia: Give them back!
 Lois: Now! Or else!
 Kim: Well you weren't using your cubby.
 Henry: It was Kim's idea!
 Lois: We don't care. They are our sticks!
 Dolly / Alia / Lois: Give them back!



The children have a fight over the sticks.
 Harris (holding Black Key): Stop Fighting! Try that again but this time keep me with you.
 Play restarts but stops when Kim says, "We could take some from the Year 3 cubby." Then Harris says...

Harris: Okay Henry time to use the key. You need to expect the best from yourself and your friends.
 Henry: Hang on Kim. We are better than that. It wouldn't be nice to just take them. The right thing to do is to ask first.
 Kim: Okay.

Go over to Year 3s.

Kim: Hey guys. We ran out of sticks. Would we be able to use some of yours?
 Alia: Sure we have a pile over here we haven't used yet.
 Dolly: You can use those! Thanks for asking!
 Harris: See, much better. To help increase the peace you need to expect the best from yourselves and others.

Alice Springs Mandala

Selene Moonbeams

A couple of years ago, my son Pete made a set of wooden mandala pieces for Diana to use in her prison workshops. I painted the pieces with standard colours on one side and indigenous colours on the reverse side. Diana has used the pieces interchangeably in her prison workshops ever since.

Last year, she asked if Pete could make another set for Freddie, one of her First Nations inmate facilitators, to paint. Pete made the set and sent the pieces to Diana.

The following is the result of Freddie's magnificent artwork.

Many thanks to Pete for his work in creating the wooden pieces and to Freddie for sharing his artwork.

The original wooden mandala is now being used in Alice Springs Community workshops.



Sharing a Conflict that was Solved Peacefully

This story was shared by an inmate during the “share a conflict that was solved peacefully” session.

Two Sides to Every Story

There are always two sides to every story. Thankfully, I learnt this lesson without there being long lasting consequences, but things could have turned out quite the opposite.

One afternoon around five years ago, I was contacted by the ten year old son of an acquaintance of the family. He was crying uncontrollably and eventually calmed down enough to explain that his father had gone crazy, had attacked a number of people and had smashed up the house. On hearing this, I went straight to his house at high speed and armed with a loaded glock 9mm as I was aware his father was no stranger to firearms himself. I located Alex (not his real name) in the backyard of the house and saw he was in a highly agitated state. At this point I showed him I was armed and marched him through the house to the front yard. It was there that I told him to drop to his knees while I pointed the gun to the back of his head. I had a long history with Alex and was often looking for a reason to get back at him for what I saw as past injustices.

In that moment I was blinded by my own rage and was more than ready and willing to pull the trigger. Alex then pleaded with me to give him a few minutes to explain what had happened. I told him to lay on his stomach and make it quick.

Alex explained that he came home to find his step daughter’s boyfriend at his house, which was something he forbade as her boyfriend was a meth user and dealer. Alex had seen numerous friends over the years destroy their life through use of meth and had become hyper vigilant in trying to protect his son from the influence of the insidious drug. Upon confronting his step daughter, he was set upon by her boyfriend and members of his own family. This resulted in an ugly incident in which a number of people were injured including Alex himself.

Having heard Alex’s side of the story, I started to calm down myself and immediately felt ashamed of myself for so willingly and impulsively being ready to take a life with little hesitation. In the weeks that followed, I assisted Alex in picking up the pieces and acted as a liaison between him and his family until they were prepared to reconnect with him again. His step-daughter’s boyfriend was arrested a number of days after the incident for unrelated, though violent offences.

Upon reflection I can see how this could have all ended so differently and the ripple effect would have devastating and long lasting consequences for so many people. To rob a man of his life would have affected his family and cause much heart ache for his friends. His son had called me for assistance, not to take his father’s life. My intentions were far from pure. My motivation being due to harboured resentment and anger resulting in a serious error of judgement. My actions could have landed me in prison for many years and would have had my daughters grow up knowing that their father was a murderer. It is so important to get the full picture before laying judgement. I try to remind myself of this whenever I feel someone has done wrong by me.

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

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