

# AVP WA NEWSLETTER Spring 2019

## END OF YEAR CELEBRATION

Wednesday 11<sup>th</sup> December – 6.30 to 9.00pm

35 Clifton Crescent, Mt Lawley

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6.30 – 7.30 *Eat, Drink and Be Merry*

*Please bring a plate of food to share if you can.*

*Soft drinks supplied.*

7.30 – 8.30 *short reports and fun activities*

8.30 – 9.00 (ish) – *more eating, drinking and being merry.*

HOPE TO SEE YOU THERE

## Upcoming workshops

Dec 16 – 18: Wooroloo Basic

Jan 4 – 6: Acacia (Mainstream) Basic

Jan 14 – 16: Bunbury Prison PRU Basic

Jan 25 – 27: Acacia (Protection) Basic

Feb 4 – 6: Karnet Basic

Feb 8 – 10: Acacia (Mainstream) Basic

Feb 15, 22: Community Osborne Park Basic

Feb 24 – 26: Wooroloo Basic

Mar 3 – 5: Bunbury Prison Advanced

Mar 7 – 8: Community Bunbury Basic

Mar 13 – 15: Acacia (Protection) Advanced

Mar 17 – 19: Karnet Basic

Mar 21, 28: Community Osborne Park Advanced

Mar 23 – 25: Wooroloo Advanced

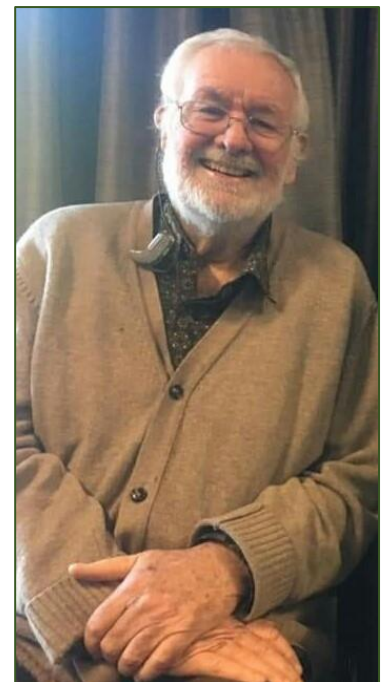
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## FAREWELL PETER FRY (“Inspector Best”)

Sadly, last month, our much-loved friend, Peter Fry, died in St John of God's hospital. Although he had struggled with hearing problems, infections and immune system for some time, his sudden collapse was a shock.

Peter has been an AVP facilitator since 2012 after being introduced to it by his wife Jo Vallentine, one of the founding members of AVP-WA. As well as community workshops in Perth, Pilbara and Kimberley, he facilitated in a range of prison facilities including Acacia, Wooroloo, Karnet and at the first ever Wandoo workshop.

Peter will be remembered for his warmth, sincerity, compassion, gentleness, wisdom and humour. Especially his humour! He was the 'pun king' and had an amazing ability to see a pun in most situations. He confessed to having to hold himself back on many occasions. He introduced us to the "round of applause!" in a truly theatrical fashion, a custom still used by those with whom he co-facilitated and remembered by many prison inmates. His regular AVP sign-off was 'Inspector Best'.



The AVP-WA community will miss him dearly. Our heartfelt condolences go to Jo, his daughters Kate and Sam, and his grandchildren who loved their Pop Pete.

We are deeply thankful to Peter for all he has given to our community. We give a sustained 'round of applause' to our beloved Inspector Best!

## AVP WA has been active for 25 years!

Jim Thom

25 years ago facilitators came over from Queensland to do our first training workshops then in 1995 Steve Angell and Ben Norris from America, along with Elaine Dyer from New Zealand, helped us run our first workshop in Casuarina prison. Since then we have gone from strength to strength and are now facilitating over 50 workshops a year.



*First AVP WA workshop at Casuarina*



*Three of the original facilitators at the celebration: Merrill, David, Jo.*

To celebrate this we had a celebration at The Rise in Maylands on 21st September. This was well attended and included three of the original facilitators from that first Casuarina workshop (Merril, David and Jo).

Rather sadly it was the last opportunity most of us had to see Peter Fry, but it was great to hear some of his AVP memories and we did manage to give him a final "Round of Applause."

The catering was provided free of charge by the Acacia prison catering workers further strengthening the link between AVP and the prison.

Thanks to Benjamin Steel for the photograph below of all who attended.



## Letters to self from inmate participants

To my younger self,

What you thought about yourself is true. You are weird. You are odd. You are somewhat of a 'special case'! You are different. Believe it or not it's actually OK to be so. You are fine just the way you are.

The journey will not come easy or easier. There will be crags, canyons, rapids and the like. Choose the narrow way, the road less travelled by. Have passion, true passion. Climb the mountain and it'll be you who reaches the peak.

Some Key Advice:

- \*Don't conform. You're just fine.
- \*Steer clear of alcohol and drugs
- \*Avoid 'fast' women & friends
- \*Never compromise when you know you're right
- \*Trust your gut
- \*Love the Lord – true Love.

All the rest is up to you. Have a good life. The choice is yours. Tony.

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Life is all about experience. At the moment you are reading this, life is travelling along at its best. You are thinking you are able to handle whatever life throws at you. Hardship and loss are something that are going to happen way, way, way down the track and because you are going to be older you will be able to cope with it. Just because you are older? Unfortunately NOT. Life is chaotic. No matter what your age, what experience and what you know. I'm not going to say, "Don't do this and don't do that", but I am going to say you're not exempt from rules. You're not in vulnerable and life will not be without devastating sadness at some point. Don't be naïve. Jim

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To Brad

I'm writing to you today with some things you should think twice before doing such as following your footy future. Stick to it and don't blame yourself for mum and dad splitting up. Because if it, things happen for a reason also to respect your now mother of two beautiful and healthy boy and not let things like drinking and seeing mates is more important becoz drinking will get you in BIG trouble. Don't let little things like arguing with dad about dumb stuff and treat him with a bit more respect and most of all make sure you ring mum every day just becoz you moved away to start your own family doesn't mean lose touch with the most important woman in your life stay head strong mate becoz there will be a time in your life when you will end up in a place you never thought you would be.

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## HANDING OVER THE HIPP KEYS

Sally Herzfeld @ Helena College Junior Campus, Darlington



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HAPPY FESTIVE SEASON FROM THE AVP WA COMMITTEE



### 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)