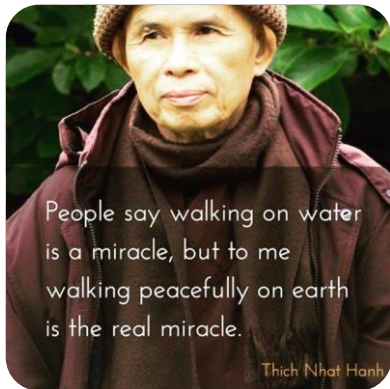


AVP WA NEWSLETTER

Summer 2015



Upcoming workshops

- Dec 3 – 4: HIPP – Helena College Year 4s – T4F
- Dec 11 – 13: Acacia mainstream – T4F
- Jan 9 – 11: Acacia mainstream – Basic
- Jan 21 – 22: Community Helena College – Basic
- Jan 22 – 24: Acacia protection – Basic
- Feb 6 – 8: Acacia mainstream – Basic
- Feb 19 – 21: Acacia protection – Advanced
- Mar 12 – 14: Acacia mainstream – Advanced

Summary of 2015

Mark Newhouse – AVP WA Administrator

We have been involved in 37 workshops this year.

Type	Basic	Adv	T4F
Acacia	7	4	3
Karnet	1	1	
Wooroloo	1		
Community	3	2	1
Special community	3	1	1
Kimberley	1	1	
HIPP (school)	5	1	1

32 facilitators were involved. Most did 1 workshop, with 11 facilitators highly engaged in doing 4 or more workshops.

No. of workshops	No. of facilitators
1	16
2	4
3	1
4	6
>4	5

Prisons

At Acacia prison the number of inmate facilitators has declined due in part to a number of them being released. However the demand for the program remains very high and we have run more workshops there than in the previous year. I have been the liaison person and communication has been with Rochelle in the Resettlement Office, who has been new to this role.

At Karnet prison, communication has been difficult. James Mumme has been away for much of the year and I have taken up the liaison. They haven't had a Transitional Manager for some time. Roode began a few months ago and while he appeared enthusiastic about AVP, nothing has been arranged. He has indicated that re-commencing workshops on weekends is viable.

Sally has been the liaison person at Wooroloo prison and communication has been difficult due to inaccessibility of the Transitional Manager. The future of workshops there is uncertain as rooming and staff supervision remain issues. However, some recent contact has been promising and we may recommence workshop early next year.

Community

Four Basic workshops were planned for the general community – two in Fremantle (The Meeting Place, A Place to Just Be) and two in Victoria Park (Girl Guides House). The second Fremantle workshop had to be cancelled due to insufficient registrations. The other three Basic workshops each had 8 participants.

The sourcing of participants and publicity for community workshops remains a concern.

We were fortunate to have the Maylands Soroptimist club sponsor three of our community workshops. This involved making a financial contribution, securing a free venue, providing a few participants and supplying catering.

Murdoch Murray

Spontaneous Selene

In October this year, we were all delighted to welcome Murray to his first training night at the Quaker Meeting House. Reflecting on the evening, he said, "I was, and felt, welcomed. My place in the broader AVP community has been shown to be real and I look forward to doing community workshops."

Murray has been facilitating AVP workshops for many years both in Acacia and more recently, Wooroloo Prison. Personally, I have always enjoyed being on a team with him, and appreciate his open, insightful and inclusive approach to facilitation.

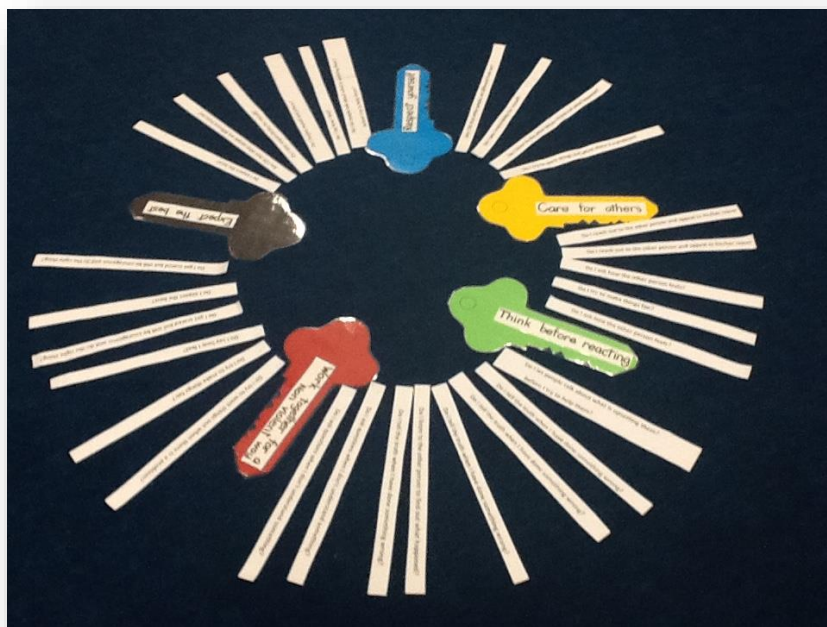
Despite the fact that full-time employment is now taking up much of his time, Murray is also continuing his studies in Sustainable Development at Murdoch University, where he has recently enrolled in a summer unit.

HIPP T4F Helena School

Year 4s

Spontaneous Selene

Great workshop with 8 budding young HIPP facilitators in early December. All the year 4 participants were enthusiastic, fun loving and beautifully supportive of each other. Their teamwork and mature ability to fully participate were outstanding...a pleasure to work with. We expect to see a lot more of these children. 😊



HIPP keys and guides

Our mentorship programme for new facilitators

Elizabeth – AVP WA Mentorship Programme Co-ordinator

A formal Mentorship Programme has been designed by the Management Committee to ensure that all new AVP-WA facilitators receive maximum support during their apprenticeship, in acknowledgement that there can be many challenges and trials in this period.

When a new facilitator has been appointed, he/she will be assigned an experienced facilitator to be his/her Mentor.

The programme has been devised to provide support and assistance to both Mentors and Mentorees. It is expected that the Programme will:

- Assist in the creation of a healthy, productive partnership between the Mentoree (the new facilitator) and the Mentor.
- Provide opportunities for Mentors to be able to address any concerns they experience as mentor in a safe environment with the Co-ordinator of the Mentorship Programme.

The Management Committee continues to explore and implement practises that contribute to the continued development and success of the workshops provided by AVP-WA.



MASKS in the Philippines

Some comments from a recent T4F in Vic park

Generous Jim

- A very inspirational learning experience. A workshop packed with interesting and interactive exercises.
- A better understanding of how to approach potential conflict situations, how to listen better and the importance of hearing and understanding.
- An understanding of how fear effects our lives and how to resolve it using communication.
- I gained insights, soul-searching and knowledge.
- The home baking was a nice touch.

And rather poignantly from the Acacia T4F:

“Thank you once again for giving me the opportunity to be reminded that I am a member of the human race still and that I have a contribution to make that is welcomed and heard.”

Peace Day 2015 in Broome was a booming affair

Astrid - AVP Kimberley - Peaceful Pathways

Very few in our town would not have been aware that Monday 21 September was International Peace Day (global cease fire and non-violence day) in response to the effort of the Kimberley Alternatives to Violence Project.

AVP Kimberley incited initiatives all over town and ran a conflict resolution workshop in St Marys College high school in the days leading up to Peace Day.

The Broome Library has a display on Peace books, audiobooks and movies and was beautifully enhanced with peace quotes from those wise people we share our planet with.



Photo courtesy of Vanda Francke.

Sarah Mullineux had people up at the break of dawn to get into peacemaking with one's own body by offering a free fitness session with Fun 'n Fit in Broome North.

A BYO lunch and Peace Meal was organised at the Kimberley Family Relationship Centre where a Peace of Cake was shared by DJ Vanda.

Both ABC and Goolarri radio played peace songs and raised awareness of this day to their audiences.

Last but not least, a collaborative celebration turned Cable Beach into a festival of light, sound and movement. Justine de Bruyn from Hotfitness and her dancers moved gracefully and gorgeously onto Wasamba Broome's Carnival Drummers beats that could be heard at Gantheume Point! Coco Popping was dressed up (or down?) in appropriate attire and danced along with her Brazilian samba dance moves. Both dancers and drummers where literally alight with pleasure whilst making many tourists and locals aware of the importance of Peace. A small informal 'after party' included some tourists who brought along their instruments into a spontaneous jam session. People were delighted. A big Thank You to all those involved.

Feedback from a participant at St Patrick's T4F

"Thank you for seeing my potential and pushing my eyes open so that I can see it also. XXX"

(Ed's note: Presumably the participant is referring to being "encouraged/invited to open her eyes" ☺)

Some "Letters to my teenage self" from a recent workshop

Dear future ~~self~~ James.

In the past you have been hot headed and quick to react. If I could offer you some advice it would be to, take the time to reflect on the situation and how your actions will affect not only yourself but others around you and in your life. Be patient and don't be too quick to judge those you encounter in the future, if situations get out of control ~~always~~ remember there is always a better way to deal with things other than violence.

A LETTER TO MY TEENAGE SELF

You crazy bitch. Mum was right. You are simply the most defiant child (Koz 14 yrs old is a child!). Go for it.. break ALL the rules.. be yourself. Get tattoos and piercings its all good.. live your teenage years like a teenager should.

I need to tell you just one or two things that genuinely will help you on your way.

You've given birth to 5 beautiful little souls. Not one of them is with us right now. That's 5 broken hearted little ~~children~~ children out there right now all alone wondering where the fuck mum is. You a monster you've become a courageous street wise potty mouthed overweight undesirable jerk. Do some things wrong. Yes. That's life. but the pain inside my heart right now is nothing compared to what our babies are thinking & feeling. Please think about them don't ever let them go now you get a chance

"How I see myself in 12 months" from a recent workshop

How I see myself in 12 months?

I hope to see myself completing parole without any problems, moving on with my life and never ever returning back to prison. Completing my goals of buying a house having a baby boy and girl and being able to live comfortable. Comfortable.

Not returning to jail ~~otherwise I have~~ otherwise I have wasted 12 months of my life and 12 months of those around me.

I see myself in 12 to 6 months out of jail and working in the community. I feel I have ^{the} tools to deal with conflict and drama. I know what I did was a mistake. I know ^{now} what life is really about being free family, and taking care of others. I know I would never come back to this shit hole -



[Signature]
2015

Update on 'Peace Pilgrimage' to South Korea

Subhash Chandra Kattel, Friends Peace Teams AWP in Nepal

I came back home after a very warm two-week long Peace Pilgrimage visit to South Korea. The visit included two parts. During the first week, I participate in the War Resisters' International (WRI) Council Meeting and international conference organized by WRI UK, World Without War Korea, and Women Making Peace Korea. During the second week, I facilitated a one-day AVP Discernment workshop with local peace workers in Korea and meeting with long time peace activists and Friends.

The visit became more public when a well-respected local online media published my interview just before my travel there. The interview is in Korean; sad for non-Korean speakers. The interview includes significant positive influence of Friends in my journey as peace worker and, my involvement in Friends Peace Teams AWP and our grass root peace work.

The first week was highlighted by our nonviolent direct action. We protested against the war profiteers who were also gathered in Seoul at the same time to sell their arms. The title of our conference was "Stop the War Business".

The second week began by facilitating a one-day workshop on Discernment hosted by Nonviolent Peaceforce Korea. Before my visit, Nadine established my friendship with Friend Dr Sung Yong Park who I found inspiring and deeply committed to the idea and power of Circles. Dr Park coordinated the workshop where 19 people from different walks of life came to participate.



AVP discernment workshop participants at the Nonviolent Peaceforce Korea office on 20th October 2015

One of the participants Dr Nami Lee, Research Professor at Hanyang University reflected on the workshop at the end by saying, "I did not know how to stop and discern, and I was making my life hell putting myself in such a crazy mess of workloads. Now I feel calm and better. I am very happy to learn how and why I need to stop and discern. I hope I will have a happier life ahead."

Afterward, meeting with an 85 year-old elder Friend and Peace Veteran Hang Woo Lee remained an encouraging experience. Mr. Lee has been working for the reunification of Korean Peninsula for many years. He encourages us to get connected with the Korean Friends to promote peace in the region.

During the last night of my visit, I asked Dr Park, "What motivates you to work hard for peace?" He said, "My anger inside about what is happening in the world. I translate my energy of anger to my peace initiatives." We concluded our meeting with the hope that Dr Park will be visiting Nepal during the AVP International Gathering in 2017.

Some AVP Facebook pages you might like to check out

Alternatives to Violence Program "AVP" Nepal

AVP Asia West Pacific page titled: AVP AWP

AVP Kimberley Peaceful Pathways (AVP Kimberley is a sub branch from AVP WA)

Alternatives to Violence Project Queensland

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 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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