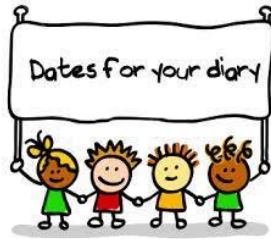


AVP WA NEWSLETTER DECEMBER 2023



Facilitator Day and AGM

Mar 9: Quaker Meeting House

Workshops for January to March 2024

Jan 6 – 8: Acacia (Mainstream) T4F
Jan 16 – 18: Karnet Advanced
Jan 22 – 24: Wooroloo Basic
Jan 27 – 29: Acacia (Mainstream) Basic
Feb 13 – 15: Bunbury Prison Basic
Feb 17 – 19: Acacia (Protection) T4F
Feb 26 – 28: Wooroloo Advanced
Mar 6, 13: Community Basic (TBC)
Mar 12 – 14: Karnet T4F
Mar 16 – 18: Acacia (Mainstream) Basic
Mar 25 – 27: Wooroloo Basic

Restructuring of AVP WA Administration and Treasury

Selene Moonbeams

With the end of the year fast approaching, I wanted to take the opportunity to wish you all a safe and peace-filled festive season.

I also wanted to let you all know that we have had a little bit of movement in the Administration and Treasury departments of AVP WA!

I am now Administrator, and can be contacted by email avp.wa1@gmail.com or by phone 0428 730 530 on any AVP matters. When I'm not in prison, I'm mostly available to deal with anything you can throw at me (non-violently of course), especially if it comes in the form of ideas for getting more workshops happening! Sadly, we have had to cancel a few workshops through 2023 due to lack of participants. I'm determined not to let that happen in 2024, but I would really love your help with marketing and promotion ideas.

Collette Chesters has returned to her job as Treasurer, so you can send all your claims for travel and other AVP related expenses to her at collette.chesters@gmail.com. Due to ongoing financial support from our wonderful anonymous donor, we can offer 85 cents per kilometre for travel to and from workshops and AVP meetings. Let Collette know if you need a claim form.

With the AGM coming up on March 9th, please consider whether you might like to have a bit more insight and input into the machinations and behind-the-scenes working of our wonderful organisation by joining our committee. We meet at 5.30 on the second Monday of every month at the Quaker Meeting House. Other than a scintillating one and a half hours in fabulous company, there is only a small amount of email obligation and input until the following meeting ... unless you decide to volunteer for extra jobs of course! 😊



Thank you to everyone who has facilitated at least one workshop over the past year, and especially to those of you who have done more than that. You know who you are, and we could not be the thriving organisation we are without you.

Love and blessings to you all. ❤️

Bouncing forward from the Chair

Jim thom

AVP is a valuable organisation with the primary purpose of helping participants find peaceful methods of resolving conflict. It has been running in WA for almost 28 years now and has grown considerably during this time. We are currently running about 40 workshops a year.

AVP facilitators are people who are willing to donate their time and energy to this worthwhile cause. Whereas we can get a sense of achievement and satisfaction on completing a workshop, there is a lot of effort and focus required and sometimes difficult situations to be navigated. We need to remember our theme of affirmation, and affirm ourselves and others as we work together in teams.

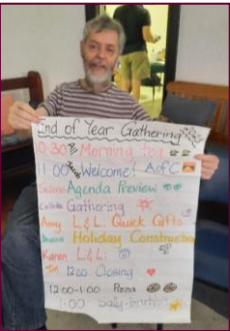
We have lots of anecdotal, and some academic, evidence that our workshops are effective in their aim and it will be great if we can continue to offer the same, or even greater, level of service into the future. However we do face a couple of major challenges as we start 2024.

One is obtaining prison clearances for facilitators from the Department of Justice. What was once a tedious process has now become so bogged down that it's almost at a standstill! We are doing our best to rectify this.

Another challenge is that some of our active facilitators have left or are winding down. It is imperative that we run some community workshops to enlist new facilitators. Also that we retain or regain interest from some of our current facilitators who have not been active recently but may once again find they have the time and energy to re-engage with the organisation.

So let's look on 2024 as a year of renewal and revitalisation. Many thanks to all the facilitators who have contributed to AVPWA over the last 28 years and any ideas or thoughts on how to "bounce forward" will be most welcome. You may even want to consider nominating for the committee at our AGM on Saturday March 9th!!

End of Year Gathering and Sally-bration at the Quaker Meeting House
Jim Thom



It was great to see a bunch of us gathered together again for the community end of year celebration on December 16.

In the first session, we shared what AVP has been to us in 2023, and some aspirations for AVP in 2024. We had six minutes to make a Quick Gift for our neighbour, and 10 minutes in a group to make a holiday construction out of recycled bits and pieces. Both activities were lots of fun.

After sharing pizza and salad for lunch, we celebrated Sally Herzfeld's contribution to the organisation since she first started in 2001.

Sally has facilitated workshops in schools, prisons and the community all around Australia and in several places overseas. She has also been involved with local, national and international AVP committees. She was our treasurer for many years and still acts as assistant treasurer. She has also used her wonderful craft skills to make attractive banners and other items for our kits.

In 2015 Sally wrote and delivered the Backhouse Lecture entitled "This We Can Do" which was about AVP - the insights it can bring to individuals and the changes it can make in communities such as prisons.



Perhaps most importantly Sally has been a positive influence, a mentor and an inspiration to other facilitators.

Rather ironically Sally was COVID positive on the day of the End of Year Gathering and, although not seriously ill, she had to attend by Zoom. This meant that she was unable to sample Collette's delicious chocolate mudcake or receive the album of photos and tributes that Selene had compiled.

We completed this session by taking turns at "performing" verses of an AVP rap that Sally wrote. Some of us were more skilled at this than others.

We stressed that this was a thank you not a goodbye, and we hope Sally will continue to be part of the group for many years to come!!



Prison End of Year Gatherings

Selene Moonbeams

This year, we decided to have End of Year Gatherings with both Protection and Mainstream facilitators at Acacia Prison, and also with inmate facilitators at Wooroloo Prison Farm.

All the gatherings were welcomed and supported by the Transitional Managers, the prison staff and of course our wonderful inmate facilitators, who helped co-facilitate three fun, interesting and heart-warming sessions.

In each of the three sessions, we trialled a new activity, which we called *Mandala Carousel Brainstorm*. We put up five sheets of butchers' paper around the room with "How can I ... (component of the mandala)?" printed at the top of each sheet.

How can I expect the best?
How can I respect myself?
How can I care for others?
How can I think before reacting?
How can I look for a non-violent solution?

In five separate groups, we moved carousel style around the room, spending a couple of minutes brainstorming at each sheet.

After all facilitator-participants had visited each sheet, we placed the 5 sheets on the floor around the mandala, read out the contributions, and had a rich discussion about them. This helped us all to consider how we use the mandala in our everyday lives, and we offer this as an option for the *TP Revisited* activity in Advanced workshops.

The following is a collation of the three sessions.

How can I... Respect myself?	How can I... Expect the best?	How can I... Care for others?	How can I... Think before reacting?	How can I... Seek a non-violent solution?
Keep fit. Setting boundaries. Personal hygiene. Being respectful to others. Being gentle with myself. Eating healthy. Keep active mentally. By not getting involved in bullshit. Accept my own imperfections. Having good character. Past experience. Care for others. Be true to self. Being assertive. Love myself. Showing empathy. Positive self-talk. Take time for myself. Appearance. Mindfulness. Total honesty. Love / Respect / Honesty. Support. Pass on knowledge. Stay true to your core beliefs / Morals. Good health. Positivity. LOVE Good food (Snickers). Aim high. Self-reflection / Meditation. Walk your talk. Find your tribe. Healthy ego. Self-dignity / pride. Ask for what I need. Gratitude. Be honest to yourself. Exercise / Sleep / Self-care. Practise mindfulness and gratitude. Find time for yourself. Good food / Diet. Respect others.	Start by "start loving myself". By seeing there's good in everyone. Trusting the process. Hope for the best. Always look for the positives – glass half full. Alter your thinking to see the good in all situations. Doing my best. Don't set unrealistic expectations. Be respectful of others' feeling and needs. I can expect the best by staying positive and good preparation. Think positive every day. Keep practising every day. Hold onto hope. Lead by example. Stay focussed. Assume the best first. Optimism. Could be worse. Hope. Set achievable goals. Understand choices and consequences. Be your best self. Believe the best can happen. Be your best / do your best / act your best. Remove expectations. Be realistic. Be open to possibilities. In conflict situation. Trying hard / push self. Self-reflection. Goal setting aim for positivity.	Listen to their problems / Talk to them. Be there for them. Generosity with your time, assumptions and emotions. Don't judge. Learn people's minds. Create boundaries. Respect other peoples' boundaries. Positivity. Do something nice for someone you don't know. Take time to get to know others. Empathy, compassion, understanding. Listening (active) Treat others the way you wish to be treated. Ask questions. By being / showing compassion. Do AVP workshops. CWA – we raise funds for need people. Community garden: we help others do things. Affirming the good things. Being a good listener. Offering support to others. Putting others needs before my own. Being generous with my time and energy. Having good communication to each other. Placing yourself in their shoes & vice-versa. Kindness / Caring. International caring. Do to others what you want to be treated. Put yourself in others' shoes. Be cooperative. Humility. Put aside time / Be available. Make the effort / Check in. No judgement. Compromise / Patience. Give help where it's needed. Chocolate. Be simplistic. Be generous. Respect them / Value them. Appreciate and affirm them. Ask for their needs.	Use techniques I've learnt. Just breathe. Sleep on it. Be aware of surroundings. Think of consequences. Talk to a friend. Ask for help or advice. Communicate. Not let things get to you. Positive self-talk and knowing triggers. Remove yourself from situation. Remember past failures. Don't put expectations on others. Be prepared to apologise / compromise. Use this moment to understand their feelings. Take time out. Build in a pause. Remove yourself from the situation. Count to 60. Remember I always regret losing it. Think of my children. Be present and cognisant. Practise. Use patience. Count to 10. Assessing the situation. Listening. Walk away. Think about how it will affect others. Taking a breath. Slowing down. Thinking about what matters. Logically over emotionally. Consequential thinking. Think of our family. Teach myself to pause. Have good intentions.	Demonstrate – lead by example. Have an open mind whilst in discussion. Thinking positively. Humour. Thinking of the consequences. Believe it's possible. Count to 60. Mindfulness. You wouldn't like being hit so don't hit first. Look for win-win. Grovel / beg for mercy. Look for a different path. Run. Try to understand. Try not to annoy other people. Take time out. Sticking to the rules. Try being patient. Agree to disagree. Listen. Communicate. By doing consequential thinking. Put myself in the other person's shoes. By choosing an alternative path like communication or walking away. By changing the way I look at the person / situation. By complimenting the other person. Be creative to defuse the situation. Assertive communication. Active listening. Listen to others. Perspective taking. Try to stay happy. Not allow others to annoy you. Awareness of triggers for self and others. Consider I may be mistaken. Calmness. Using humour. Finding common ground. Eat a snickers.

Advanced workshop brainstorm

POWER	EMPOWERMENT
Control	Wisdom
Strength	Knowledge
Leader	Religion
Boss	Positive
Money	reinforcement
Authority	Strong
Intellectual	Equality
Superior	Teamwork
Fear	Movement
Respect	Growth
Guidance	Success
Role model	Strong determined
Standover	Direction
Domination	Boundaries
Followers	Clarity
In charge	Inspiration
Influence	Power
Entitlement	Unity
Organisation	Dedication
Belittled	Powerful
Dictator	Proud
Decision makers	Sense of purpose
Religion	Affirmation
Bully	Feels good
Direction	Affirmation
Responsibility	Love

Reflections of a first time inmate facilitator

My experience of facilitating my first AVP workshop was daunting yet exhilarating. Daunting because I thought, what have I got myself into. I thought, "W, you have put yourself into deep water now", because the participants are going to know this is your first time and are going to be resistant to the process.

However, I learnt that we are all in this together and that we are all learning from each other. Anyhow it was exhilarating because the participants were great and we all had fun. I had worked myself up for nothing. I know I am now confident enough to do many more.

Thank you AVP, you have changed my life!

When I was young I just always had fun.

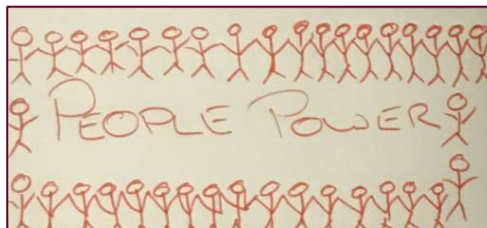
I never new this day would come

Being in jail I know I have failed

Now that I'm older, I got more weight on my shoulder

I can't wait to get out and be with my family.

~ Anonymous ~



Editor's note

An AVP WA newsletter is published monthly. If you have any news, photos, inmate contributions or new things you've tried in workshops, please send them to Selene, our newsletter editor.
selenemoonbeams@gmail.com

Need more information?

For details of upcoming workshops or facilitator days, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact Selene, our administrator.
avp.wa1@gmail.com