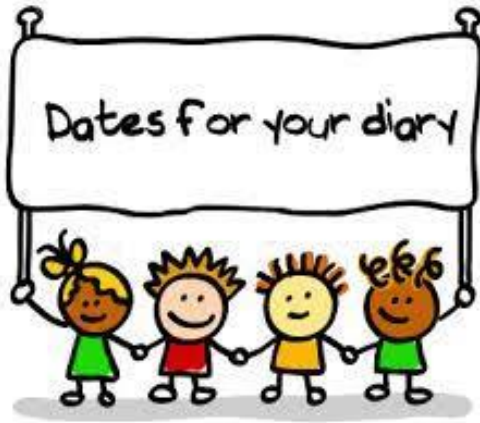


AVPWA NEWSLETTER JULY 2023



For more information on these workshops, please contact Collette, our administrator (Details end of newsletter).

August Workshops

August 1 – 3 Bunbury Regional Prison T4F

August 21 – 23 Wooroloo Advanced

August 26 – 28 Acacia Mainstream T4F

Facilitator Day at QMH

August 5 (Midday – 4.00pm)

Australian National Gathering at QMH

October 2 – 6

Australian National Gathering

AVP WA is excited to be hosting the Australian National Gathering from 2 – 6 October at the Quaker Meeting House in Mount Lawley. We are hoping to be able to visit Acaica Prison on Wednesday 4th October.

We hope many WA facilitators will be able to attend this visit and help with transport to and from the prison, as well as possibly offering to billet interstate attendees.

This is a wonderful opportunity to share with interstate as well as local facilitators so we hope you will set aside the dates and come along. There will be many opportunities to be involved, including transport to and from the airport, billeting interstate participants, co-facilitating sessions, providing sustenance etc.

We will be offering a virtual component for some of the sessions.

We are also very happy to be in the position to offer a limited number of \$500 bursaries towards costs for remote WA and interstate attendees.

Please email Jim jjathom@bigpond.com for a copy of the registration and bursary application forms.

AVP WA Committee 2023

AVP WA has recently had a restructuring of the committee which is now as follows.

Chair: Jim Thom

Deputy Chair: Sue Reid

Minute taker: Sue Mulholland

Treasurer: Selene Moonbeams

Deputy Treasurer: Sally Herzfeld

General members: Collette Chesters and Sallie Hosking

Please forward all future claims for reimbursement of AVP materials (with relevant receipts) and travel allowances to Selene at selenemoonbeams@gmail.com . If you require a claim form, please also contact Selene via email.

May Trust

AVP WA is very fortunate and grateful to have an anonymous donor who has donated a sum of money to our organisation for some years now. This enables us to pay for workshop materials as well as offer a travel allowance to facilitators, and employ an administrator.

This year, we are also offering a bursary to a small number of facilitators from interstate and remote WA who would like financial assistance to attend the Australian National Gathering in October. The fund will allow us to cover many of the other costs associated with the ANG.

Policy regarding contact with Ex-inmate facilitators

We have heard on a number of occasions that inmate facilitators feel unappreciated post release, and would like us to contact them rather than leaving contact up to them, as has been our policy. Accordingly, the committee has updated this policy as follows.

1. If we (external facilitators) are aware that inmate facilitators are to be released before the next workshop, and we have good rapport with them, we may ask the inmate if he/she would like us to contact him/her after release.
2. If the inmate facilitator would like to be contacted, we may ask for a contact email address or phone number (whichever the inmate is comfortable with), and let him/her know we will email or phone within a month post release.
3. The external facilitator who has made the agreement will undertake to email or phone the ex-inmate facilitator with a general enquiry as to how he/she is going and if he/she would like to stay in contact and/or be included on our AVP WA facilitator email list.
4. It is up to the two parties as to how much continuing contact they will have.

Peace Day 17th September

The annual Peace Day celebration will be held at Darlington Hall on Sunday afternoon from 3.00 – 4.30 pm on September 17th. Do we have some AVP facilitators who would do a little skit to show a peaceful solution to an argument, something like a role play?

We have done this before and it was very well received. Local schools and groups do items and the event is supported by the WA group of the United Nations Organisation.



After the performances, we will plant a tree nearby.

Please email sallyherzfeld@ozemail.com.au if you would like to represent AVP at this event.

Expect the Best

This is the part of the mandala that many people struggle with the most, and find difficult to explore in workshops. At our recent facilitator day at Acacia Prison, we looked at what “Expect the Best” means to us.

The following were some thoughts from the group.

“Expect the Best” is more like a trust thing. Hoping we are going to be our best.

Not going in with negative thoughts.

Expectation with someone with authority trusting yourself.

Believing in yourself (self-affirmation).

Peace and love & Harmony)

Possibility, change, win win.

The phrase "Expect the Best" may be too hard for individuals to believe, especially those who have really struggled in life.

Have had participants not fully understand what "Expect the Best" means, even in relation to non-violent situations. Struggle with responding to the statement.

Hope for non-violent outcome...

Means limited to a conflict situation, but not a rule for life.

The words expect and best are left to each to think on.

Explain it in terms relating to our current situation (prison).

Having groups talk about "Expect the Best" in small groups... sharing conflicts.

Expecting the best for yourself and not from others.

People understanding of violence differ.

Satisfying yourself instead of other people.

Thinking of it as "Hoping" instead of expecting.

Multiple opinions what expecting the best is.

Expect the best possibility.

It's the one aspect people balk at from the mandala.

It's about being open to and imaging a good outcome.

Open yourself to the possibility of the best outcome.

Glass half full.

Sometimes "the Best" is just getting thought the day.

About having imagination about how something could be different.

Taking the time to think differently.

Idea – *What does "Expect the Best" mean to you?* as a gathering in an Advanced workshop.

Execting to bring my own best to every situation.



Letter to teenage self from a Wooroloo Prison Farm inmate

To C

It's a wonderful world out there mate full of lots of opportunities, but also full of lots of pain and suffering. I really do hope that you can look at my life and learn from the mistakes I have made. As you know Dave is my best mate. He's always been there for me and I hope you can learn from the choices he has made and the loving family and bright future he has in front of himself. Please try and gain as much emotional intelligence of life as you can and set up a good solid network of positive, honest, trustworthy people in your life. It goes without saying how bad drugs and alcohol can be in your life. Look where it got me and did to my life. But I'm not going to tell you what to do. Just remember that the choices you make in life have consequences. Good and bad. Please learn from your choices. It took me way too long to learn from mine. Love you mate and good luck.

Editor's note

A newsletter is published monthly.

If you have any news, photos, inmate contributions or new things you've tried in workshops, 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 Collette Chesters

avp.wa1@gmail.com