

the TRANSFORMER

2005 Conference Site: A Place to Care About

*Toby Laverty (Ukiah, California, USA)
Barbara Babin (Redwood City, California, USA)
Pat Hardy (Santa Barbara, California, USA)*

When the opportunity comes along to support an organization—that does good things— by holding our annual conference at their dramatic site, it was just too good an opportunity to walk away from. So we took the chance that you would agree with us

and booked the 2005 Conference at the Headlands Institute.

A Spectacular Location

In the middle of the Marin Headlands 180,000-acre Golden Gate National Recreation area is the 2005 AVP/USA Conference site, the majestic Headlands Institute Conference Center.

Minutes away, but worlds apart, from bustling San Francisco is the

See "Conference Site" on page 4

2005 CONFERENCE • AVP / USA

Through Conflict To Community

IN SAN FRANCISCO'S BEAUTIFUL SAUSALITO

2005 AVP/USA Conference

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A Free California Vacation?!

California facilitators and Quaker meetings encourage you to come before the 2005 conference or stay afterward to enjoy this great and varied state. From mountains to desert, from farmland to coastal resorts, from small towns to San Francisco, from Disney to redwoods, something is likely to entice you to add a week or two on to your visit. And the price is right. Stay free in homes of people who care that you are doing this great AVP work. To find places to stay, contact Janet Riley at 805/534-9597 or jriley@slonet.org by

See "California Vacation" on page 4

THE AIKIDO STORY

*Submitted by Stephen Angell (Smiling Steve)
Kennett Square, Pennsylvania, USA*

The train clanked and rattled through the suburbs of Tokyo on a drowsy spring afternoon. Our car was comparatively empty; a few housewives with their kids in tow, some old folks going shopping. I gazed absently at the drab houses and dusty hedgerows.

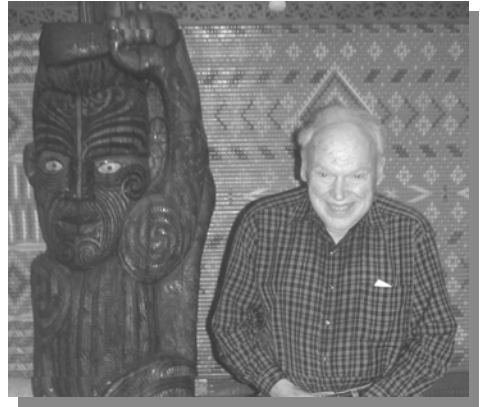
At one station the doors opened, and suddenly the afternoon quiet was shattered by a man bellowing violent, incomprehensible curses. The man staggered into our car. He wore laborer's clothing, and he was big, drunk, and dirty.

Screaming, he swung at a woman holding a baby. The blow sent her spinning into the laps of an elderly couple. It was a miracle that the baby was unharmed.

Terrified, the couple jumped up and scrambled toward the other end of the car. The laborer aimed a kick at the retreating back of the old woman but missed as she scuttled to safety. This so enraged the drunk that he grabbed the metal pole in the center of the car and tried to wrench it out of its stanchion. I could see that one of his hands was cut and bleeding. The train lurched head, the passengers frozen with fear. I stood up.

I was young then, some twenty years ago, and in pretty good shape. I'd been putting in a solid eight hours of Aikido training nearly every day for the past three years. I liked to throw and grapple. I thought I was tough. The trouble was, my martial skill was untested in actual combat. As students of Aikido, we were not allowed to fight.

"Aikido," my teacher had said again and again, "is the art of reconciliation. Whoever has the mind to fight has broken his connection with the universe. If you try to dominate people, you are already defeated. We study how to resolve conflict, not how



to start it."

I listened to his words. I tried hard. I even went so far as to cross the street to avoid the chimpira, the pinball punks who lounged around the train stations. My forbearance exalted me. I felt both tough and holy. In my heart, however, I wanted an absolutely legitimate opportunity whereby I might save the innocent by destroying the guilty.

"This is it" I said to myself as I got to my feet. "People are in danger. If I don't do something fast, somebody will probably get hurt."

Seeing me stand up, the drunk recognized a chance to focus his rage. "Aha!" he roared. "A foreigner! You need a lesson in Japanese manners!"

I held on lightly to the commuter strap overhead and gave him a slow look of disgust and dismissal. I planned to take this turkey apart, but he had to make the first move. I wanted him mad, so I pursed my lips and blew him an insolent kiss.

"All right!" he hollered. "You're gonna get a lesson." He gathered himself for a rush at me. A fraction of a second before he could move, someone shouted "Hey."

It was earsplitting. I remember the strangely joyous, lilting quality of it; as though you and a friend had suddenly stumbled upon it. "Hey!"

I wheeled to my left; the drunk spun to

(Continued on page 3)

("Aikido" Continued from page 2)

his right. We both stared down at a little, old Japanese man. He must have been well into his seventies, this tiny gentleman, sitting there immaculate in his kimono. He took no notice of me, but beamed delightfully at the laborer, as though he had a most important, most welcome secret to share.

"C'mere," the old man said in an easy vernacular, beckoning to the drunk. "C'mere and talk with me." He waved his hand lightly.

The big man followed as if on a string. He planted his feet belligerently in front of the old gentleman and roared above the clanking wheels, "Why the hell should I talk to you?" The drunk now had his back to me. If his elbow moved so much as a millimeter, I'd drop him in his socks.

The old man continued to beam at the laborer. "What'cha been drinkin?" he asked, his eyes sparkling with interest. "I been drinkin sake." the laborer bellowed back, "and it's none of your business!" Flecks of spittle spattered the old man.

"Oh, that's wonderful," the old man said, "absolutely wonderful! You see, I love sake too. Every night, me and my wife (she's seventy-six, you know) we warm up a little bottle of sake and take it out into the garden, and we sit on an old wooden bench. We watch the sun go down, and we look to see how our persimmon tree is doing. My great-grandfather planted that tree, and we worry about whether it will recover from those ice storms we had last winter. Our tree has done better than I expected, though, especially when you consider the poor quality of the soil. It is gratifying to watch when we take our sake and go out to enjoy the evening; even when it rains!" He looked up at the laborer, eyes twinkling.

As he struggled to follow the old man's conversation, the drunk's face began to soften. His fists slowly unclenched. "Yeah," he said. "I love persimmons, too..." His voice trailed off.

"Yes," said the old man, smiling, "and I'm sure you have a wonderful wife."

"No," replied the laborer. "My wife died." Very gently, swaying with the motion of the train, the big man began to sob. "I don't got no wife, I don't got no home. I don't got no job. I'm so ashamed of myself." Tears rolled down his cheeks, a spasm of despair rippled through his body.

Now it was my turn. Standing there in my well-scrubbed youthful innocence, my make-this-world-safe-for-democracy righteousness, I suddenly felt dirtier than he was.

Then the train arrived at my stop. As the doors opened, I heard the old man cluck sympathetically. "My, my," he said, "that is a difficult predicament, indeed. Sit down here and tell me about it."

I turned my head for one last look. The laborer was sprawled on the seat, his head in the old man's lap. The old man was softly stroking the filthy, matted hair.

As the train pulled away, I sat down on a bench. What I had wanted to do with muscle had been accomplished with kind words. I had just seen Aikido tried in combat, and the essence of it was love. I would have to practice the art with an entirely different spirit. It would be a long time before I could speak about the resolution of conflict.

Check out our
great new Transformer
subscription pricing:

\$15 for one year

\$25 for two years (save 17%)

\$35 for three years (save 22%)

Subscribe/Renew on page 12

("2005 Conference Site" continued from page 1)

peaceful serenity of the Marin Headlands. The sweep of the ocean as you drive up the rural road to the site takes your breath away. You will have a chance to hike over cliffs or relax on the beach while soaking in the rugged beauty of this Northern California coast.

How AVP Makes a Contribution

The Headlands Institute is a member of Yosemite National Institutes, a private non-profit organization dedicated to providing environmental education to young people, teachers and communities throughout the West. Their first institute, the Yosemite Institute, was founded almost a quarter of a century ago in Yosemite National Park. The Headlands Institute followed in 1977 and the Olympic Park Institute opened in Olympic National Park in Washington State in 1988. Together they have served more than 300,000 participants.

The Headlands Institute and Yosemite National Institutes have a long-standing commitment to make environmental and field science programs available to the diverse, multi-cultural communities. To serve these communities, a special needs fund provides scholarship assistance to students, schools and youth groups. This fund is sustained through revenues from several important sources, including:

- **Conference Revenue:** All revenue generated from our conference business is applied towards the Institute school programs.
- **Group Scholarship Fees:** Paid by field science program participants and conference participants alike. This fee is already incorporated in our conference costs.

- **Charitable Support:** Of individuals, community groups and funding institutions AVP/USA is excited to be able to help support the annual 5,000+ Headlands Institute students' education about the environment, while holding our conference in a dramatic, oceanfront setting.

Barbara Babin, Toby Laverty and Pat Hardy, 2005 conference coordinator team want your ideas or suggestions.

Contact them at:

AVPpat@earthlink.net

~ OR ~

Call Pat at 805/682-3277

("California Vacation" continued from page 1)

April 30th.

New this year:

Early-bird discounts

Late-registration Penalties

Register by March 15 – SAVE \$40...

—Pay only \$205

Register between March 15-April 24...

—Pay \$245

Register after April 25...

—Pay \$54 more or \$299

The good news is you can **SAVE \$94** by not waiting until the last minute to register.

The other news may be that early birds need to pay the full registration amount to receive the discount. The Headlands Institute requires a count for meals 30 days prior to the conference, which is why the penalty for late registration.

Headlands Institute Info

The location of the Headlands Institute is what makes it truly special. Nestled on Rodeo Beach just 20 minutes

from down town San Francisco, 40 minutes from the San Francisco Airport and 40 minutes from Oakland.

What are the accommodations like?

Pleasantly rustic accommodations in the women's or men's dorms are heated, carpeted and have shared bathrooms. Only 4 Semi-Private rooms are available (with a \$75 per person additional fee), which also have shared bathrooms, and sleep 4 or 6 to a room. Bring your own linens or else...rent them. The Headlands Institute is very economical for AVP USA to rent and one way the rental fee is kept low is that guests provide their own linens. Realizing that you might not want to lug your sleeping bag, towel and pillow across the country, you can rent linens (blankets, towel, pillow and sheets) for \$25. Just indicate your need for linens on the registration form and they will be ready for you upon arrival.

The food is memorable!

After the stunning location, the Headlands' delicious food gets the most praise. Executive Chef Thomas Dreke and two others trained at the California Culinary Academy are famous for their hearty and healthy meals. Extra touches such as homemade soup, freshly baked desserts and a wonderfully fresh salad bar make your dining experience something to remember. All meals are served in the ocean-view dining hall with both outside and inside seating. Meals are buffet style and you are encouraged to try as many different things as you like! Vegans and vegetarians love the variety.

For Headlands' Sample Menus:

- **Go to** the *Food Service* link at... www.hiconferencecenter.com
- **Scroll down** to the link for sample menus at the bottom of the page.

New Exercise "What Is A Man?"

*An Exercise Developed at
Washington CF, NY, by Brian Buff
Albany, New York, USA*

Purpose:

To develop awareness of masculine stereotypes

Time:

30 minutes

Procedure:

Setup:

1. Use newsprint or white board to set up room for three brainstorms. Do not reveal the specifics of each brainstorm until you come to it.
2. On the first sheet, have participants brainstorm what they see as society's view of "What is a man?"
3. After completing first brainstorm, post topic of second brainstorm: What kind of a man would you like your son to be?
4. After completing second brainstorm, post topic of third brainstorm: "What kind of a man would you like to marry your daughter, sister, mother or other woman you care about?"
5. Discuss similarities and differences of the three lists.

Editor's Note: Brian's "What Is A Man?" exercise was submitted by Grace McGrath, who said of the exercise: "We have many young men in the program I volunteer in, and they find this exercise very insightful. I have also posted it on the new exercise page on the AVP-USA site."

Looking for a few good facilitators for...

AVP/USA May 27-30, 2005 Conference

WHAT ARE YOUR GREATEST CHALLENGES WITH AVP?

Your insights and experiences are the heart of an AVP national gathering!

Please consider sharing your ideas with others...

FACILITATE A WORKSHOP, FACILITATE A DIALOG

WHAT: Create a 75 or 90-minute experiential workshop to be offered by your team of facilitators for other facilitators.

WHEN: Memorial Day Weekend, May 27-30, 2005

WHERE: Headlands Institute, www.hiconferencecenter.com Golden Gate National Seashore with view of SF skyline

HOW: You are encouraged to make your breakout sessions interactive—much like an AVP workshop and to facilitate in teams using the AVP model.

- We are happy to work with you on finding participatory methods.
• Explore your greatest challenges/triumphs around AVP.
• Also, consider the theme for this year in your proposal:

This Chinese saying applies to facilitators, too: Tell me, I forget Show me, I remember Involve me, I understand

Through Conflict To Community

WHO: Any facilitator planning on attending the conference is invited to submit a proposal or offer to team with others. Consider putting a call for team members on the AVP-L around a subject you want to explore or bring someone from your region to be a part of your team.

SUBMISSION OF PROPOSALS/IDEAS:

Email patmhardy@earthlink.net Or call 805/682-3277 to brainstorm ideas.

OR Simply, fill out Proposal form and email or snail mail to:

Pat Hardy, 886 Cheltenham Rd. Santa Barbara, CA 93105

DEADLINE for IDEAS: February 8, 2005

We want your workshop listed in the registration materials, which will be sent out early February to entice people to come to AVP USA this year.

----- PROPOSAL / IDEA FORMAT -----

[] We have a specific idea for a workshop. Topic: _____

[] Would like to talk with someone about an idea

[] Would like to facilitate a 45-minute dialog (Issues and Answers) on: _____

Team: _____

Contact person's phone and email or snail mail address (Please print clearly)

THE SMALL PRINT

For questions, please call Pat Hardy 805/682-3277

* **DEPOSIT: Full Payment is required in order to hold DOLPHIN Registration discounts**

For others, no later than April 25, 2005: Enclose \$50 for each participant (including sponsored ex-prisoner). Please fill out separate forms for each person attending.

CANCELLATION: For a full refund, written requests must be received by April 24, 2005. Requests after this date will be reviewed by AVP California and AVP USA.

TRANSPORTATION to and from Oakland and San Francisco airports is available with local shuttle services. You must make the arrangements in advance with these transport services. Details will be provided on shuttles with your confirmation and at www.avp-California.org.

Scholarships are available on a first-come-first-serve basis.

Request before April 1st.

Former prisoners qualify for full registration, **DOLPHIN** scholarships (the \$50 deposit will be refunded at the conference). Partial assistance on travel may also be available from AVP/USA. Please apply through your local or regional group.

Others' requests for assistance on registration or travel expenses should also be through your local group.

FOUR EASY WAYS TO REGISTER (Registration Deadline April 24, 2005):

- 1 – Print out form and mail with check or credit card via U.S. Postal Service to:
AVP/USA National Conference, c/o 886 Cheltenham Rd., Santa Barbara, CA 93105
- 2 – FAX form with credit card payment to 805/682-5837
- 3 – Go to www.AVPUSA.org to pay on line.

AVP/USA 2005 ANNUAL CONFERENCE REGISTRATION

Conference Dates: 4 p.m. Friday, May 27, 2005, through lunch Monday, May 30, 2005

Name _____ Adjective _____ Date _____ M F

Address _____ Apt # _____ Gender

City _____ State _____ Zip Code _____

Phones Home () _____ Work () _____

Cell Phone you will bring (to help us find you along the way) () _____

Email _____ @ _____

REGISTRATION OPTIONS: (One form per registrant, please)

DOLPHIN—Includes 3 nights dormitory accommodations, 9 meals, snacks and conference program.

- \$205—**Early Bird** before March 15th (**MUST BE PAID IN FULL NOW FOR DISCOUNT**)
- \$245—**Registration** from March 15th through April 24th (**\$50 DEPOSIT, must be paid in full by April 24th**)
- \$299—**Late Registration** after April 25th (**MUST BE PAID IN FULL**) **DOLPHIN Option** \$
- Semi-Private w/Shared Bath**—(Add \$75 to Registration Fee)

—Sharing Semi-Private With _____ **Semi-Private** \$

—SEMI-PRIVATE ROOMS HAVE VERY LIMITED AVAILABILITY

JELLYFISH at \$50 per day—Includes snacks and conference program, lunch only, no overnight lodging.

Saturday Sunday Monday (number of days times \$50) **JELLYFISH Option** \$

ANEMONE—Includes one-night dormitory accommodations, 3 meals, snacks and conference program.

- FRI Din.** + SAT B & L (\$100) **SAT Din.** + SUN B & L (\$100) **SUN Din.** + MON B & L (\$100)

—SEMI-PRIVATE ROOMS ARE NOT AVAILABLE

Need Linens—Sheets, towels & blankets are NOT provided to keep costs down. If you are not bringing linens, we can provide. —We provide linens for \$25. **Need Linens Option \$**

COOL T-Shirts as a memento...\$20 each (Must be ordered in advance)
 —Please specify size: S M L XL XXL **T-Shirts x (qty) \$**

Scholarship Donation—Contribute to help ex-prisoners and others attend this conference: **\$**

Dolphin Pay In Full Now—Others Pay \$50 Deposit **TOTAL \$**

Deposit* (if applicable) **LESS DEPOSIT IF REQUIRED — \$**

AMOUNT PREPAID WITH THIS REGISTRATION
 Check Enclosed (Made out to **AVP USA**)
Credit Card Payment: **Master Card** **Visa**

Credit Card Number..... Valid Through _____

Name as on card..... **AMOUNT PAID \$**

Signature of cardholder..... **BALANCE DUE \$**

BALANCE DUE UPON ARRIVAL >>

SPECIAL NEEDS

Need Accessible Room **Dietary All Days:** **OTHER:** _____ (specify)

Send Me Scholarship Information **VEGETARIAN** **VEGAN** **DIABETIC**

THIS REGISTRATION FORM
Centerfold Page

May be Copied or Removed

Send in Your Registration Today
Early Bird Registrations
SAVE \$40!

**You are encouraged to request
a scholarship to attend
2005 AVP USA
National Conference
May 27-30, 2005**

HOW IT WORKS:

Initiate your Scholarship Request with your local AVP Council, where the request will be reviewed and forwarded to the registrar of 2005 national conference California committee. Local councils are asked to underwrite a portion of these costs, but inability to do so should not prevent someone from attending.

Questions? Call 805/682-3277

WHO:

Ex-prisoners: Complete scholarships for *registration* fees (which includes room, board and conference costs) are available for all ex-prisoners, who are recommended by a local council and have taken Alternatives to Violence Project workshops. Sample letters for parole officers are available.

First-time attenders and Committee of Committee members are considered for scholarships first after ex-prisoners.

Transportation scholarships to ex-prisoner attendees and other scholarship requests are determined on an individual basis by local Conference Committee Co-Clerks and Registrar.

WHAT TO SUBMIT:

The application format is attached. Your local council will be looking for how you plan to implement upon your return what you learn at the conference. Send your scholarship request with the Registration Form.

DEADLINE: April 1, 2005...
—but, apply early!!

The Conference Committee will start reviewing scholarship requests **April 1st**. The 2005 Conference site requires a confirmation of attendee numbers by April 26th, so the chances of receiving a scholarship after that date become very small. Until the scholarship money available for this year is exhausted, applicants are urged to apply early, as scholarships are given on a **“first-come-first-serve”** basis.

Supply the following information with your registration form:

**Scholarship Request
For Amount Requested**

Name _____

Local Council _____

Address _____

Telephone _____

Email _____@_____

Ex-prisoner?

AVP experience _____

Motivation for requesting scholarship

Contribution and Recommendation by local council _____

Local Council Contact name and phone number _____

Amount Requested: \$ _____

**PLEASE PASS THIS ON
TO AN AVP EX-PRISONER
THAT YOU KNOW...**

Please Take an Opportunity to Help AVP by Subscribing!

Subscription Info



3-DIGIT 034 00010 00005
Complementary Issue
Your Name
Your Address
Your City, Your State Zip + 4

If *expired* or *expires soon* is indicated and you wish to continue to receive the Transformer, we need to hear from you! Scholarship subscriptions are available. Annual subscription is **\$15** each for individuals or **\$10** each for five or more group subscriptions. All issues are mailed to individual addresses.

I am a Facilitator Lead Facilitator
 Prison or Community Coordinator

Order:

- \$15/year** each individual subscription
Save at **\$25** for 2 years or **\$35** for 3 years!
 \$10 each for group subscriptions

Payment method:

- Check to AVP/USA for _____
 Charge my MasterCard Visa
Card# _____
Valid through month ____ year ____
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 I need a scholarship subscription

Name: _____

Street: _____

City: _____ State: _____

Zip+4: _ _ _ _ _ ~ _ _ _ _ _

Email: _____

Phone (home): _____

Phone (work): _____

Please mail info with payment to:
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844 John Fowler Road
Plainfield, VT 05667

Signing on to the AVP-L list

Peter Hoover (Persistent Peter)
Trumansburg, New York, USA

AVP-L@CORNELL.EDU is a discussion list open to certified trainers of creative conflict-resolution workshops held under the auspices of the Alternatives to Violence Project, Inc., or its approved national (U.S.) or international equivalents. It is designed to facilitate communication among these individuals, with discussions to center around facilitation techniques, workshop exercises, and other useful information pertaining to the mechanics of facilitating AVP workshops. To preserve the confidentiality of workshop participants, please make comments about such individuals generic.

To subscribe, send an e-mail message indicating where and when you obtained your AVP facilitator certification, where you currently train, and any other pertinent information you care to include to the list owner, Peter Hoover, at prh4@cornell.edu.

Signing on to the AVP-L2 list

Richard Krouskop (Rambunctious Rick)
Shreveport, Louisiana, USA

Want to share your work with, or thoughts on: restorative justice, prison reform, school violence, the (.....Insert your favorite region here) conflict between (.....side A) and (.....side B), etc.? That's what the AVP-L2 E-mail discussion group is designed for.

On AVP-L2, there are no restrictions: just "anything in which you think other AVP facilitators might be interested."

Subscription to AVP-L2 is automated and done entirely through the AVP/USA website. Be certain you are using a computer with e-mail connected to the e-mail address you wish to use for the list. You will be sending an e-mail to register and your return address must be the e-mail address to which you wish to receive list traffic.

- Go to: www.avpusa.org
- Go to the Facilitator's page (click on the AVP/USA tab)
- Login Name: "member"
- Login Password: "texashug"
- Sign up for AVP-L2 (and also AVP-L) near the bottom of that page.

Ordering AVP Manuals and Publications

Core Publications:	Price	Qty
Basic Manual (indicate loose leaf or bound)	7.50	___
Advanced (2nd Level)	10.00	___
Supplement to Basic & Advanced	10.00	___
CD-ROM edition only — paper version is "out of print"		
Training for Trainers	10.00	___
Youth Manual (indicate loose leaf or bound)	10.00	___
AVP Organizing Kit	10.00	___
AVP Video	30.00	___
(VHS Format. 1 hour including 27 minute Belly of the Beast and 12 minute segments showing AVP, HIPPI, & RAVE)		

Spanish Manuals— from PAV Mexico	Price	Qty
Basic (a translation of latest English edition)	15.00	___
Advanced	20.00	___
Training for Facilitators	10.00	___
(Older Basic Translations from Columbia & Costa Rica are still available-contact Distribution Service for ordering information)		

AVP Evaluations	Price	Qty
New Zealand AVP Evaluation (52 pp)	5.00	___
Delaware/Sloane AVP Study (24pp)	2.50	___
Testimonial Booklet -1988-AVPPNY (20pp)	1.50	___
Walrath/Maryland AVP Evaluation (16pp)	1.00	___
Rwanda AVP Evaluation (24pp)	2.00	___

Other Items	Price	Qty
Transforming Power—Stories of AVP in Action	8.50	___
Collected by Hal Brody, Ed: Gini Floyd, Martin Hattersley		
Transforming Power for Peace (Larry Apsey)	7.00	___
How to Do Good After Prison (M.B. Jackson)	8.50	___
Walking Softly in an Alien World (P.McConnel)	4.00	___
AVP & Restorative Justice (Michael Bishoff)	2.00	___
Little Book of Restorative Justice (Zehr)	4.95	___
Koosh Balls — used in Pattern Ball exercise	3.95	___

Postpaid Pamphlets:	Price	Qty
Nonviolence & Community (Pendle Hill #323)	3.00	___
Overview & Background Packet (John Shuford)	1.00	___
AVP Worldwide Contact Directory	1.00	___
AVP/USA By-Laws & Policy Guide	1.00	___
Restorative Justice Pamphlet	1.00	___

Custom Printed Items*:	Price	Qty
AVP National Brochure*	15.00/C	___
Workshop Completion Certificates*	20.00/C	___

*These items can be customized for your local group—Contact Alan Taplow for details.

All manuals supplied as loose leaf pages except the Basic Manual and the Youth Manual, which are bound paperbound books. These are often preferred in prisons—easier to keep pages together. If you would prefer the Basic or Youth Manual as loose leaf pages, please circle "loose leaf" above.

Shipping Charges: Circle "Priority Mail" or "Media Mail"

Priority Mail:	4.00 for first item
(normally 2-4 days)	1.50 for ea additional item east of Mississippi
	2.00 for ea additional item west of Mississippi or south of Virginia
	2.25 for ea additional item west of Rockies
Media Mail:	2.00 for first item
(normally 7-14 days)	.50 for each additional item

SUPPLEMENT Now On CD



Last year the decision was made to discontinue the printed version of the Supplement. It is again available, but in an Acrobat (.pdf) format. Exercises are easily searched and printed.

All Orders Must Be Prepaid:

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How I Learned to Take the Lead Through AVP

*Norman Pacheco, AVP Trainer at
Ft. Lyon Correctional Center
Ft. Lyon, Colorado, USA*

Hi. I came to AVP in the fall of 1987. For me it was the beginning of a life changing experience. Up to that point I had been involved with a variety of self-help programs, so many of them were all the same, or so I thought.

I was influenced by a friend who had been a long-time volunteer. It was 1974 when I first met Ms. Leanore Goodenow at a Quaker Friends Meeting. Her influence lead me into areas that I would never have known about. I was part of her Denver discussion group, the creative writing class, and the fine arts programs she helped to bring into the Department of Corrections facilities. I saw her as a strong person, an example to me and others that anything was possible. With a little motivation and determined dedication, things could and would happen. Her ideas were many, and we were the force to bring it about. I learned such values from her as inspiration, encouragement, friendship, and of course, leadership.

Over the years of my participation in AVP, working with those great people in New Foundations, I was offered the opportunity to learn many things about myself and others. My own personal development in AVP enhanced what I had learned through my involvement in previous programs. The conflict management, community building, conflict resolution, transforming power, learning how to be a good person, and living by example, are skills I was learning which would help prepare me for the years ahead.

I believe that AVP gave me the strength to lead when there was no one there to lead on. I went to administrations at facilities where I was housed and asked for the

AVP program to be offered at those facilities. The best information I had to offer there was myself and how the program had helped me to develop values I had never before known. I spoke about the New Foundations people, about their dedication to nonviolence, about how the workshops were valuable tools in the changing of lives. I spoke about the one person who taught me to look for the good in the bad and accept life in its simplest terms. In the many affirmations posters I have received [one of the AVP exercises], I see the words "good leader," "strong person," and "teacher." As those words have come forth, I pay tribute to my friend, Leanore, for her role in teaching me what is meant by being a leader.

I am proud to say that AVP is going strong in facilities where I helped plant the seed. Not just in Colorado prisons, but also throughout the USA, many of my friends live this new way of life and strive towards nonviolence.

Editor's note: Norm has been instrumental in starting new AVP programs for New Foundations at Kit Carson Correctional Center in January 2002 and, most recently in November 2004, Ft. Lyon Correctional Center.

Subscriptions=\$support

REMEMBER...We still have a quantity of Luther Sanders' book, "The Road to the Kingdom" available to new Transformer subscribers and to prison coordinators. See details in the Summer issue of *the Transformer*, or email or call Alan Taplow.

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Transformer **I**n Transition

Incoming Editor

Doug Couch (al)
Lancaster, California, USA

Memories of events and of how well we handled them, like stepping stones in our lives, point us toward a sometimes uncertain future. There in the balance between a fading past and our hope for a brighter tomorrow we cope from moment to moment with the present; watching a seemingly endless parade of images, points of view, methods of approach, and a fabric of world-shaping feedback and responses, ...wondering where it all will lead.

Early on in my exposure to AVP, it became clear that Transforming Power was peacefully at the core of everything good in the world, reaching far beyond AVP itself, and far beyond the intellectual and experiential processes characteristic of the workshops. Some 15 years before discovering AVP, I noticed this peaceful guide drawing me out of a fog of misconceptions and poor self-image, and today, because of it, I am happy with my life and my part in the world.

Over the years, I have offered minor support, traveling to Ontario, Canada for an



International Conference and to Tucson, Arizona while my wife, Diana Couch, presented AVP to Quakers at the Annual Friends Meeting.

Recently, Diana sent out a request for articles and activities information, and I'm pleased to say that there was good response with several articles, suggestions for resource material, and information regarding our upcoming National Conference. **More!**

Thanks for your support in this time of transition...both for *the Transformer* and for myself, and a special thanks to Charles Oropallo, who has been very helpful in making me feel comfortable with this new challenge.

Your suggestions for *the Transformer* will help to preserve and improve this important part of AVP.

Doug Couch

AVP ON THE INTERNET WORLDWIDE

<http://theTransformer.us>
<http://AVPInternational.org>
<http://AVPUSA.org>

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