

The

TRANSFORMER

Supporting and Celebrating the Facilitators of AVP Workshops

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2016 GATHERING

AVP-USA goes to Denver 8-10

Landing Strip

By JUST JOSH

Landing Strip is a community-based program that developed from the Alternatives to Violence Project. The program offers a place for formerly incarcerated people to land upon their release. Reentry is a trying and daunting process full of unique challenges that few understand if they have not experienced them. We meet weekly to share our experiences and help one another. The men who attend our meetings also get credit for the anger management component of their parole conditions. Landing Strip acts not only as a landing pad; it also can be a launching pad by which returning citizens begin a new life.



AVP-USA Gathering September 2015 (Just Josh, far right)

 Continued on page 7

THE TRANSFORMER Interviews AVP-USA President and Vice-President

During the 2015 AVP-USA national gathering, participants echoed calls heard in previous years: calls for greater diversity in the leadership of the organization. TRANSFORMER staff asked AVP-USA President **Diligent Dawn** and Vice-President **Meditative Martin** several questions about diversity. The following is a summary of

their answers:

The leadership of AVP-USA has sought more diversity on the Board of Directors by developing additional positions, including Co-Clerks of the CLARG (Committee on Local and Regional Groups), the Finance Committee and the Research Committee. We follow up with new members to encourage them to attend meetings though we need to do more to support these people in participating actively in the organization. We would like someone to chair a Schools/Youth Committee. We would like a young person to be a Co-Clerk of that committee. We have been working with formerly incarcerated individuals to get more of their involvement in the organization (this leads us to the economic issues of being able to pay people to be active in the organization).

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The TRANSFORMER

THE TRANSFORMER is a quarterly publication of the Alternatives to Violence Project of the United States of America.

Editorial Coordinators: elżbieta putrycz and Ed Sabin

Copy Editor: Joan Cowan

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If no internet capability, mail to: THE TRANSFORMER P.O. Box 295, Franklin NY 13775.

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First year as new facilitator is free (submitted by local coordinator).

Back issues may be found at www.thetransformer.us

This newsletter is printed on recycled paper.

Editor's Note: Diversity—More than a Celebration?

It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.

- Audre Lorde

AVP has given thousands of people the tools to celebrate our differences creatively and nonviolently. Our focus on diversity in this Winter issue reflects conversations in AVP-USA and AVP-International about how to use these tools, from interpersonal relationships to the structure of our organization.

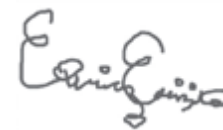
We see and hear the word "diversity" almost daily. Colleges and universities, organizations and schools, all wave the word around like a banner. Seems like we've got this "celebrate differences" thing down. So what's the problem? Well, it is this: Why are we as a society willing to "celebrate" diversity in our advertisements, scientific publications and education brochures while our country remains highly segregated in terms of wealth, race and religion? People in the United States and across the world continue to stigmatize, discriminate against and murder each other over differences of gender, skin color, faith and other forms of identity and culture. Maybe we need to do more than celebrate diversity.

THE TRANSFORMER wants to explore tough, bold and meaningful questions about AVP. For example: Does your regional group provide a stipend to low- or no- income, community-based facili-

tators? Why, when the ratio of people doing AVP in this country is hugely weighted toward people of color, are our conferences, retreats and governing bodies hugely weighted toward white people? Facilitators on the email list-serve have discussed AVP's usage of the term "mandala," which has deep spiritual and religious meaning for many cultures and in Spanish means, "command her." Can we use a more neutral term such as "circle"? How can we recruit new people to AVP? Send us your answers to these questions and share challenges your group has faced.

In Spring 2016, we will publish reader responses to the above questions, report on Tameka the Transformer's travels around the country, share submissions for AVP-International's logo, debut AVP-USA's new brochure and continue reflecting on diversity with submissions from the Franklin School and Graterford Prison Communities.

Peace,



EQUALIZE-IT ELŻBIETA



• AVP is. . .

• a cheaper way than imprisonment

• an old/new approach to building community and addressing harm

• AVP can be better for me by. . .

• being more inclusive

• moving into neighborhoods and schools

• I can be better for AVP by. . .

• contributing to THE TRANSFORMER

• sharing experience, strength and weaknesses which bring about hope

• Read more in Spring 2016

Student facilitators seen filming "AVP in Schools": (L-R) Glorious Gloria, Super Stacey, Jammin Jessie and Eloquent Ali





Continued from page 1

Interviews...

The Board is more diverse now than it was in 2013 before the current President (Dawn) and Vice-President (Martin).

Groups Represented		2013 (12 members)	2015 (18 members)
AGE	60+	73.5%	50%
	50+	8.5%	16.5%
	Under 50	8.5%	33.5%
RACE	Black	0	22.5%
	White	91.5%	77.5%
	Other	0	8.5%
GENDER	Male	58.5%	50%
	Female	41.5%	50%
RELIGION	Quaker	75%	66%
	Non-Quaker	25%	33.5%

Each year we need to improve these numbers as much as possible while making sure our board is comprised of dedicated volunteers. Board members have been asked to keep their eyes open for additional members to bring in greater diversity. We need to represent better the total membership of AVP-USA. Through diversity we stay fresh, meet the needs of our members more effectively and increase our ability to expand. As President, I want to recognize barriers to diversity and remove them; for example, the traditional way we have defined "volunteer" in AVP. It is classist and exclusionary. We need to figure out ways to support returning citizens as they come home. We need to stay in touch and offer them opportunities to facilitate. We need to come up with stipends to support that. Without diversity, AVP will die. It will not have the vitality that makes all of us love it so much. Visit www.avpusa.org.

Diversity and AVP-International

TRANSFORMER staff asked AVP-International about diversity in the international organization. The following is a statement submitted by AVP-I President Bronwen Brillante and Vice-President Rad Ray:

As in many volunteer-run organizations, diversity generates the energy that is the heart of AVP-International. Local and national AVP groups worldwide work to open access to workshops in a wide variety of settings and communities. Workshops are currently being held in over 55 countries, divided into 5 AVP regions on 6 continents. Settings include displacement camps, refugee camps, faith communities, schools and universities, prisons and detention centers, orphanages, professional associations and non-government organizations.

Maintaining and increasing diversity is a priority within AVP-International. We want to continue to have broad representation on working committees and our Coordinating Committee or Board.

The AVP-International Board at a glance:
18 people
11 countries represented
10 women and 8 men
4 do not speak English as a first language
3 under 30 years of age

8 are between 30 and 50 years of age
7 are over 50 years of age

The AVP-International Nominating Committee keeps diversity in mind when preparing recommendations for officer positions and committee mem-



bership. Consideration is given to gender, age, nationality, language and AVP experience. We offer an inviting environment to all AVP people who choose to participate in the organization. The AVP-International website is being developed into several languages to provide a common platform for AVP facilitators around the world to communicate and share resources.

AVP facilitators everywhere are invited to bring their diversity of experience

and energies to AVP-International. Visit www.avp.international.

"I appreciate the diversity of AVP-International, being a part of this organization means we all have the same status, although we are all different."

-Natuli, AVP-Georgia, representative for Europe on the AVP-International Board

"The way we share personal experiences in our workshops shows how diversity is at the core of AVP."

-Marie, AVP-South Africa, clerk of the AVP-International Regional Committee

"Diversity at AVP-International means bringing together people with different and varied perspectives, sharing their different cultures and ideas."

-Tino, AVP-Mexico, AVP-International webmaster

Mental Health and AVP

By WISDOM WILL

My name is Wisdom Will. I am an inmate at Graterford Correctional Facility. I am a member/facilitator in the AVP community here. I am also a Certified Peer Support Specialist. My job is to work with those who have mental health issues. Because I suffer from mental health problems myself, this job has special meaning for me. I've enjoyed a warm welcome from AVPs in doing this work.

AVP can promote mental health by developing workshops that keep mental health issues in mind. We need to be aware of learning differences and possible behavioral problems that may occur in a workshop. If we truly believe in honesty, respect and caring, then we

must take the first step and welcome people with mental health issues into our circle. It is important to rid ourselves of judgments, bias and misunderstandings when dealing with mental health problems. We need to use empathy and remember that each person could be our mother, father, brother, sister or child.

This is why a group of dedicated individuals and I plan to produce a manual for a workshop to include the mentally ill. If anyone would like to help, please contact me: William J. Reseigh HU 4717, P.O. Box 244, Graterford, PA 19426. No matter who or what you are, we need to stand for bettering others and ourselves.



Now is the time to stand up and say our lives matter.

Wisdom Will is an AVP facilitator at Graterford Prison in Pennsylvania.

Different Learning Abilities

By CARING CYNTHIA & SURPRISING SUSAN

We usually focus on school-related differences in learning abilities. We often don't stop to consider that different learning abilities affect social learning as well. With attention deficit/hyperactivity disorder (AD/HD), the distractions that prove so frustrating for students in learning situations also affect social situations. AD/HD interferes with picking up and processing social cues such as voice tone, facial expressions and body language. Children and adults with these issues struggle socially as well as academically.

In the video "*FAT City*" (meaning Frustration, Anxiety and Tension), Rick LaVoie takes a group of teachers, guidance counselors and parents through a simulation of what it feels like to be



learning disabled in a classroom with mainstream students. Rick explains that the person with AD/HD doesn't have difficulty in paying attention; it is that he pays attention to EVERY-

THING at once. All stimuli are equal. I had a student in my Alternate Learning Program with severe AD/HD. I was teaching Tommy to write essays by having him write in rap. I then met with him at a table in a corner and had him explain to me as though I were his elderly grandmother what he was saying in the rap. We were very intent on doing this, but when friends walked by talking, Tommy simply got up and followed them. He wasn't being rude; it was simply that the conversation of the passersby was as strong a stimulus to his brain as was the discussion with me. Imagine the stimuli in an AVP workshop and how it may affect someone with AD/HD!

It is very important that anyone who cares about AVP and wants to participate as a facilitator should be able to do so. I tell facilitators with different learning abilities to inform the workshop group. When a facilitator says he has dyslexia and needs his co-facilitators to help with exercise directions, it sends a message to every participant that AVP is open to all and that, perhaps, they also can become facilitators.

Caring Cynthia facilitates AVP workshops in Massachusetts. Surprising Susan serves as Outside Coordinator at Elmira Correctional Facility.

Donate to AVP every time you shop! Use the Amazon tab at the bottom of www.avpusa.org, and Amazon will donate 5% of your purchase to AVP. Tell your friends!

Five Minutes with . . . Glorious Gloria

Interviewed by equalize-it elżbieta

Adjective Name: Glorious Gloria

Favorite AVP activities: Role Plays, Mrs. Mumbly, Trust Walk, Rainbow Lunch and Broken Squares

How did you find AVP? I was walking down the hallway, and Nurturing Noelle said, "Hey, do you want to do AVP?" I said, "What's AVP?" So a bunch of my classmates and me did it. They all left after the Basic saying: "That's no fun." I said, "No, I like it; I'm gonna stay." And it just blossomed. I went through the whole thing--Basic, Advanced, T4F--in 8th grade.

What works well in your school AVP program? And what could be improved? We have a sense of community. We bring different grade levels together and have good discussions, so it's a community-building experience. We could do better at getting kids to open up more. I hope the program gets stronger. I hope kids always have an interest in it and help it flourish.

What are your hopes for the future of AVP? Get it into more schools. I think it's really an effective program. There are a lot of schools where bullying is a big issue, and they don't have it. If we could bring AVP there, it would be really good.

Advice for people who want to do AVP in schools: Be open-minded. You have to do AVP with a love of other people, embracing and celebrating their differences. To bring it to other schools, just talk to the principals and superintendents and say: "This is a really cool program that has been effective with a lot of kids. If you would like it in your school, we can bring some kids over and do workshops."

Advice for young people who do AVP: Just do it. Just be AVP. Try to practice what you preach. We're not perfect, we're not all gonna think of 'Use surprise and humor' when we get in a conflict, but if you're making a conscious effort to go a more positive way, we will make a better world. AVP is awesome!!!



Glorious Gloria and Eloquent Ali give away "Free Hugs" at a fundraiser for AVP in Schools



Broken squares at the first-ever AVP Summer Camp (NJ, 2015)



"Fire on the Mountain" Light & Lively at a high school AVP workshop

Diversity in our AVP Group

By SEMPER FI STEVE

There is beauty in the diversity of our AVP group. When doing so much to inspire others to better themselves (as well as ourselves), it is hard to believe we are in prison. We bring out the best in each other and inspire those who take a chance to come in from outside the walls.

Our outside guests, who range in age from the late thirties to the late sixties, bring knowledge from many different backgrounds. They show a non-judgmental attitude, even while being fully aware of mistakes that people can make. There are no secrets--we use mistakes to help others and ourselves. We don't allow mistakes to destroy us.

The range of beliefs, races, sexual orientations and educational backgrounds seen in our outside people is matched by just as much diversity on the inside. Yet we all seek to build positive relationships and do the best we can. We are trying to show the human face to ourselves and to the world.

AVPers go into outside communities to speak with and model for the young about a better way of living where anger does not rule and where better ways of dealing with hurts are uncovered. We share a message of hope to those who may otherwise end up here. We want to see fewer and fewer of our young seek refuge in places such as this.

Semper Fi Steve is an AVP facilitator at Graterford Prison in Pennsylvania.

SPRING FUNDRAISER
Together we can raise
money for YOUNG
FACILITATORS to participate
in the May 2016 Gathering!!
 Donate NOW to our Tameka the
 Transformer Scholarship Fund!

Diversity: The Ongoing Struggle

By RESILIENT RICH

America always has had a civil rights struggle. Our history is one of extending rights to ever more diverse groups. Our nation was born in an age of kings, colonies, concubines and human chattel. Democracy was rare. In our country only white male landowners were allowed to vote.

The abolitionist movement was a civil rights struggle leading up to the Civil War, which ended slavery. The suffragist movement brought (white) women the vote by 1920. The Freedom Riders and federal action in the 1960s finally brought voting rights to all Americans over age 18. Legal segregation was ended in the last half of the 20th century by a combination of individual action, mass marches and federal actions like *Brown v. Board of Education*.

Ethnic diversity in this country increased as the early settlers from the British Isles were followed by Germans, Italians, Slavs, Asians, Jews, Hispanics and, ultimately, people from virtually every religious and ethnic group on the planet. There often have been immigration restrictions targeting certain groups. There are still politicians cashing in on anti-immigration sentiment. There was a time when no humans lived in the Americas. We all came from somewhere else, so let's not shut the door behind us.

When I understand that our history is a long series of civil rights struggles, I ask myself: Where is it now? Gay rights is one of the latest struggles. I got myself on the right side of history on this issue. Maybe the next struggle is the new abolitionist movement, which

seeks to end prisons by using restorative justice and other tools to reconcile the victim and offender. If we address social problems that drive crime, we can prevent much of it instead of just punishing someone after the fact.

What I love most about being an AVP facilitator is diversity within the small communities that we build in three days. We bring together college students and convicts, young and old, black and white, gay and straight, inside and outside. The pleasant surprise is that everyone finds how much we have in common.

Resilient Rich is an AVP facilitator at Graterford Prison in Pennsylvania.

Diversity as Strength

By JOVIAL JON

The AVP community at Graterford has much diversity. We have members of different ages, races, faiths, educational backgrounds, occupations and genders. AVP provides an excellent set of tools to help diversity become more invisible. I used to do behind-the-scenes stage work. My job was to be not seen or noticed. I think that is what we need to do with diversity. We need to get to know a person and understand that each is unique, a beautiful jewel. Sure, we may need to be shaped, polished and cleaned off. But no matter what type of jewel we are, when the light hits us, we shine. AVP helps recognize the shine in others through many of its exercises.

It's our job to choose exercises to accomplish this.

Examples: We can present a workshop on mindfulness, doing activities that are non-strenuous, such as yoga. We adapt for those who may not be able to flex as much due to ability, age or injury. We can do a workshop on gender roles where we focus on how we feel about specific roles. We focus on the discrimination that happens between different genders and the stereotypes we encounter. We have done both workshops here at Graterford.

Jovial Jon is an AVP facilitator at Graterford Prison in Pennsylvania.



**LAST CHANCE to submit
your idea for
AVP-International's
LOGO**

Submit to PO Box 295,
Franklin NY 13775 or
editor@avpusa.org BY
FEBRUARY 15, 2016.

WHO IS THE YOUNGEST AVP FACILITATOR?

Submit the name and age of the youngest facilitator in your community by February 15, 2016. We will announce results in *THE TRANSFORMER* Spring 2016 and on AVP-USA Facebook!



Reach Out!

Work together to sustain & spread AVP

Introducing: Tameka

Turn on the TV. Scroll through the news. Another shooting. Another murder. Another unjustified loss of life, and what can anyone do about it? Now more than ever we need a hero. She won't have super-strength. She won't fly. She'll be a peacebuilder.

Meet Tameka the Transformer--transforming conflict, transforming power. She's fed up with violence and she's fed up with hate. But she can't save the world by herself. She needs your help.



Tameka is searching for a team of peacebuilders: young, bold, daring and diverse. She is traveling around the country to recruit AVP facilitators to join her team, and teach her about transforming power. In May, Tameka's team will travel to AVP's Annual Gathering, where they'll make a presentation about how to involve more of tomorrow's leaders in the struggle for peace today.

Invite Tameka to visit your prison, school or community

Send your name/ mailing address to:

avpusaoutreach@gmail.com

or PO Box 295, Franklin, NY 13775

Follow Tameka's journey on Facebook

Support Tameka's team

Donate online or by mail to AVP-USA, c/o "Tameka the Transformer Scholarship Fund"

Meditative Martin and Mysterious Monica serve as National Outreach Coordinators for AVP-USA.



Continued from page 1

Landing Strip...

In New York City, Landing Strip has assisted people with the basics of life such as applying for assistance, finding housing, navigating the system to get licenses and returning to school. Partnered with AVP-Westchester, we participated in youth workshops where we brought the message of nonviolent conflict resolution to young people in Yonkers. We have been part of the Cure Violence movement that mediates street violence and helped the SNUG (guns spelled backwards) staff plan events and provided training for their team. We also participate in community events such as the Rockaway Health Festival and

Transition Convergence where members learn how to plant raised gardens in the inner city. Some members have returned to college and some are developing a chaplain corps among our ranks. These accomplishments would not be possible without a community based on honesty, respect and caring.

But that community is in jeopardy. An active group in Brooklyn meets at the Redemption Center (1187 Herkimer Street) every week, but the Landing Strip in Manhattan is in danger of closing due to lack of participation. We would like to bring AVP to the city's public schools

and to expand to other boroughs, but we need a cadre of seasoned facilitators to plan and lead meetings. Landing Strip is a worthy program that eases the stress of reentry; but if we do not support it, the landing pad will disappear.

Just Josh facilitates AVP workshops in NYC and surrounding areas and serves as Co-Clerk of AVP-USA's Committee of Local and Regional Groups (CLARG).

The 2016 AVP-USA National Gathering

May 27 – May 30, 2016

Denver, Colorado

www.avpusaconference.org

CONFERENCE THEME:

Envisioning Alternatives to Violence—From Retribution to Restoration

The subject of the gathering will be the role the Alternatives to Violence Project (AVP) has in moving the criminal justice system from a focus on punishment and warehousing to a focus on rehabilitation and restoration. Who are our dedicated partners in ending mass incarceration and creating a new vision of a criminal justice system? Join us in exploring how AVP can contribute to this vision of restorative justice to help those incarcerated and their loved ones on the outside.

Featured Plenary Speaker:

Lisa M. Calderón is the Director of the Community Reentry Project, which works for the successful reintegration of formerly incarcerated persons. Lisa is adjunct faculty at CU Denver's Ethnic Studies Department and has taught courses in Women's Studies, Sociology and Criminal Justice. Lisa is also involved with community-based initiatives, including serving as Co-Chair of the Colorado Latino Forum, Denver Chapter. The forum helps to create opportunities for marginalized women, youth of color and justice system involved persons.



Conference Location: Regis University, 3333 Regis Boulevard, Denver, CO 80221

Regis University, located in northwest Denver, was founded in 1877 and is the only Jesuit Catholic University in the Rocky Mountain West. The mission of Regis University is to educate men and women to make a positive impact in a rapidly changing global society. Regis encourages their students to seek truth, live purposeful lives and continually examine and answer the question: "How ought we to live?"



PRE-CONFERENCE WORKSHOPS:

AVP-USA Planning Session & AVP at Denver Women's Correctional Facility

Thursday, May 26, 2016
AVP-USA Planning Session

Join us in discussing how to move our organization forward to be more inclusive and more responsive to the needs of local groups. Diligent Dawn, President of AVP-USA will lead a discussion on AVP's involvement in prisons, communities and schools and will explore what the greatest barriers are for each. We also will take time to strategize the role of AVP-USA in supporting these efforts. Note: session will be held at Regis University. Check in on Wednesday from 3:00 – 5:00pm.

Friday, May 27, 2016
AVP at Denver Women's Correctional Facility

The AVP facilitators inside Denver Women's Correctional Facility will present an all-day workshop. Registration requires Guest Clearance Requests that need to be submitted by **April 22, 2016**. Email your request to maire@nfnc-avp.org as soon as possible. Note: Transportation will be provided from Regis University to Denver Women's Correctional Facility, 3600 Havana Street, Denver, CO 80239. Check in on Thursday from 3:00 – 5:00pm.

Prison Arts Festival:

The Prison Arts Festival is collaborating with the 2016 AVP-USA National Gathering to showcase the work of imprisoned artists from around the nation. Each evening, artists, activists, and allies in the movement for social justice will gather to lend a voice—outside the prison walls—to incarcerated men, women, and youth through theater, poetry, music, short stories, and visual art.



Registration:

Register online at www.avpusaconference.org by **March 28, 2016** to receive our low rate of \$320 for a 3-day conference and a double room. Conference rates include all program costs and meals unless otherwise noted. On-campus parking passes are \$3/day and can be purchased on site. Email registrar@avpusa.org for help registering.

	Early Bird Rate	Regular Rate	Late Registration
Registration Deadline:	3/28/2016	4/29/2016	5/13/2016
Conference Rates			
Double Room	320	345	370
Single Room	380	405	430
Commuter Daily*	45	45	45
* Includes lunch			
Pre and Post-Conference Rates*			
Double Room	80	85	90
Single Room	100	110	120
* Per night Wed and Thur. Mon is slightly less due to fewer meals			



Scholarships:

Up to \$320 per person is available as scholarships for people with financial need. Please apply for a scholarship when registering for the conference www.avpusaconference.org. Scholarship applications must be completed by **March 28, 2016**. Preference will be given to those who are formerly incarcerated, members of underrepresented groups, conference presenters, AVP/USA committee members, current facilitators, conference workers, and first time attendees. There are separate funds for people 18 to 30 years old, so please indicate your age if you are in that group.



Accommodations:

Choose between single- or double-occupancy rooms. Each room includes linens, free laundry facilities, a microwave-refrigerator unit and free Wi-Fi access. Please indicate roommate preferences. The number of single rooms is limited. Double and single room rates include meals from Friday evening through Monday lunch. Check in on Friday from 2:00 – 5:00pm.



Transportation:

RTD A Line

Cost: \$9.00. Be one of the first to use the new commuter rail from Denver International Airport to downtown Union Station. Transfer to the 52 bus to Regis University at 3333 Regis Boulevard.

Super Shuttle

Cost: \$45 for one person; \$12 for each additional person one-way. Contact www.supershuttle.com.

Cab Fare is approximately \$72 one way (including gratuity) for one person.

Uber and Lyft services also are available in Denver. Please note that you must create an account and install their app on your phone to access this service.



LEAD A CONFERENCE SESSION: Share your insights and experiences

Help make the 2016 Annual Conference a success by submitting a proposal or idea for a conference session.

- Explore your greatest challenges and triumphs in AVP
- Share creative ideas and new exercises
- Lead a session related to the conference theme: Envisioning Alternatives to Violence--From Retribution to Restoration

Conference sessions are 75 to 90 minutes. A session can be an interactive workshop, a panel presentation, a roundtable discussion or a format of your choice. Please keep in mind it is a good idea to make your sessions interactive, using the AVP workshop model. We are happy to work with you in developing your unique session.

How to submit a Proposal/Idea:

Provide the following information in your submission:

- Session Topic
- Session Objective or Benefits
- Session Format (interactive workshop, roundtable discussion, panel presentation, etc.)
- Presenter Contact Information, including phone, email and mailing address
- Email to conferenceprogram@nfnc-avp.org.

PROPOSAL DEADLINE: January 29, 2016.

We would love to have your workshop included in the conference agenda before early-bird registration, so respond today.

SHARE YOUR STORIES: Local AVP groups

Send pictures and videos from your local group to be shared during the conference. Email conferenceprogram@nfnc-avp.org by May 13, 2016.

Things to Do While in Denver:

Around Town--Denver is home to many beautiful museums and cultural sites, including the distinctive Denver Art Museum, the Clifford Still Museum, the Museum of Contemporary Art, the Museum of Nature and Science, the Denver Mint, the Denver Botanic Gardens and the Denver Zoo. There are also numerous small theaters, art galleries and regional parks.



Northwest Denver--There are three lively commercial districts a short bus or cab ride from Regis University: Lower Highlands, Highlands Square and Tennyson Street. Enjoy a lovely stroll around the quaint streets and browse the many boutiques, galleries and eateries.

Day Trips--Visit the beautiful Rocky Mountain National Park, drive to the top of Mount Evans (the highest paved road in North America at 14,000 feet above sea level) or take the Lariat Loop that connects the foothill towns of Golden, Morrison, Lookout Mountain and Evergreen. Take a tour of the famous Red Rocks Outdoor Amphitheater just outside the town of Morrison to get spectacular views of Denver.



***NEW***

Online AVP Store located on the RESOURCES page at www.avpusa.org. Purchase by Check, Paypal or Credit Card: MC, VISA, AMEX, Discover.

Donate to AVP today! Order Manuals, Videos, Books and TRANSFORMER Subscriptions!

**AVP on SOCIAL MEDIA**

The Public Relations/Outreach Committee is interested in coordinating social media efforts. If you keep up some form of AVP social media—Facebook, web site, hash tag, whatever—please contact outreach@avpusa.org.



Letters to the Editor

Share your responses to the newsletter, and ask questions!

To the Editors:

This is a great newsletter! How do people get it? Could more people outside of AVP access it? It is really fun to read, and I think people would really like it even if they aren't facilitators or don't know much about AVP.

-J., a new reader



DISTRIBUTION SERVICE ORDER FORM

1050 Selby Avenue, St. Paul, MN 55104 * 1-888-278-7820 * manuals@avpusa.org

REFERENCE MANUALS (English)

		Qty	Total Price
CB	Basic	11.50	_____
CA	Advanced	17.75	_____
CT	Facilitator Training Manual (2013)	11.50	_____
CY	Youth	14.95	_____
CO	Organizing Kit	14.95	_____

MANUALES DEL COMPAÑERO (Español - Traducido por PAV Mexico)

SB	Básico	16.50	_____
SA	Avanzado	25.75	_____
ST	Capacitación de Facilitadores (2015)	16.50	_____

ADDITIONAL MANUALS & BOOKS

HI	HIPP Manual (AFSC 2009)	30.00	_____
AT	Trauma Healing Manual (Hoover 2013)	12.50	_____
AU	Sydney Concise Manual (Australia 2012)	14.00	_____
TA	Transforming Power - AVP in Action	11.00	_____
TP	Transforming Power for Peace (Apsey)	6.50	_____
Lpp	Little Book of RJ for People in Prison	4.95	_____
PH	Nonviolence & Community (Pendle Hill)	4.00	_____

THE TRANSFORMER (Quarterly Newsletter)

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