

# the TRANSFORMER

of the Westchester Fairfield Area Council

July 1985

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## AVP PICNIC AND REUNION

It wouldn't be July without cold watermelon and hot corn on the cob.

All AVP members and friends are invited to the Westchester-Fairfield Picnic on July 21 at Purchase Meeting. This will be a reunion for all that participated in the Leadership Training Workshops and a chance for all the old AVPers to meet the new members. The program will begin at 4:00PM and will conclude with a pot luck picnic at 6:00PM.

The educational program will include new exercises, light and livelies and games. Bring your partners and friends and join the fun. In case of rain, the picnic will move inside.

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## AVP BUSINESS MEETING

The August Meeting for Business of the Westchester-Fairfield Area Council will be held at Purchase Meeting on August 18 from 4:00 to 6:00PM. Important items on the agenda will include decisions on:

1. Planning for Advanced Community Workshop.
2. Discussion of Staff Training Workshops for The Division for Youth (see the separate article for details)
3. Discussion of Staff Training Workshops for the Forensic Unit at the Westchester County Jail (see separate article)
4. Sharing and reports on Prison Workshops
5. Planning Fall Prison Workshops.

Please mark August 18 on your calendar and come to this important meeting.

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## LEADERSHIP TRAINING WORKSHOPS

Participants came from the Pine Barrens of Southern Jersey and from the Mountains of the Catskills. They were Peace Corps workers, Head Start Leaders, ministers, social workers, lawyers, ex-inmates, homeless shelter residents and a poet.

The program was a grand success, with 24 participating in the Basic Workshop on the weekend of May 31 to June 2 and 12 completing the training for Trainers Workshop on June 14 to 16.

High points includes a poem by Ruby Reeves in the Basic (see Meeting the Challenge) and Anna Lamp's Trust Leap in the Training for Trainers (she trusted one of the tables at Purchase Meeting which now has a ventilated design.)

Friends Meetings in the area provided their best Quaker cooking for the participants including help from Croton Valley, Purchase, Stamford-Greenwich and Wilton Meetings.

The leadership team for the basic included Charlie Spain, Anna Lamp and Jane Shapiro. For the Training for Trainers, the leaders were Joan DiBlasi, Fred Feucht and Anna Lamp.

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## SAVE THIS WEEKEND NEW YORK STATE AVP ANNUAL MEETING SEPTEMBER 21 AND 22

Imagine, spending a weekend with other AVP leaders from all over New York State, sharing the joys, the humor and the problems of being a workshop leader. The two day program will include new exercises, reports from past workshops and planning for the future. More details about the location and agenda will be available soon.

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DIVISION FOR YOUTH  
STAFF TRAINING WORKSHOPS

The New York State Division for Youth operates seven homes for youthful offenders in Westchester and Nassau Counties. They have heard about the Alternatives to Violence Training and believe it would be helpful for their child care workers and field-work staff. One of their staff attended the recent AVP Workshop at Purchase and was very enthusiastic about the results.

The program would include the Basic, three day workshop with two follow up days, one and two months after the Basic. The follow up sessions would focus on sharing problems and discussing results of the AVP method. The workshop sessions will be held on weekdays from 10:00AM to 6:00PM. The Division for Youth staff consists of about 100 employees, so that a series of five workshops will be required.

Since the State AVP Program is only able to fund prison workshops, a special grant is being requested from the Hudson River Presbytery to fund this program. Two planning sessions have been held between the Division for Youth, the Hudson River Presbytery and AVP to discuss scheduling, funding, leadership, voluntary participation and other matters. If you are interested in helping to lead this exciting new program, please call Fred Feucht.

WESTCHESTER FORENSIC UNIT  
STAFF TRAINING WORKSHOP

The Forensic Unit serves as the psychiatric ward of the Westchester County Jail. They work with emotionally disturbed inmates and also conduct "outpatient" programs for inmates in the Jail and Penitentiary. This includes counseling and groups for alcohol and drug abuse. The staff or 40 psychiatric nurses sometimes encounters conflicts with correctional officers, inmates and other staff members. They believe that the AVP training may help them to deal with these conflicts in a better way. If you are interested in helping to lead this program, please contact Fred Feucht.

HELP FOR ANNA LAMP

Anna Lamp has been responsible for much of the success of the AVP Program at Sing Sing. Last year, Anna led twelve workshops and she has been one of AVP's most active lead trainers. Unfortunately, the health of Anna's mother has deteriorated and it has been necessary for Anna to stay at home and care for her mother. Without Anna's leadership this year, the workshops at Sing Sing have suffered.

Help has come in two forms. First, Pat Tappan made it possible to lead the two Leadership Training Workshops at Purchase in June by staying with Anna's mother during the workshops. Thanks for your valuable contribution to the AVP Program, Pat.

Secondly, Housitonic Friends Meeting has generously given AVP a grant of \$400.00. This is to be used to pay for care for Anna's mother while Anna leads prison workshops. This grant should enable Anna to lead at least two workshops. If you of someone who would like to spend three days caring for a sweet and gentle lady in a spacious home near Danbury and would like to make a little extra money in the process, please call Anna Lamp.

Thank you, Housitonic Friends!

WORKSHOP FOR STAFF AT  
RED CROSS SHELTER FOR THE HOMELESS

Shelters for the homeless are prone to problems with violence and in response to this problem, the Red Cross has decided to train its staff workers for their shelter in New York City. A Basic AVP workshop was conducted by Lee Stern and Judy Wernick on June 25 and 26. Judy is the Coordinator of Volunteer Services at the Westchester County Jail and has been instrumental in getting the AVP program started there.

PRISON ENGLISH

Question: When an inmate says "I'm looking for some "short eyes", what does he want? See page 5 for answer

## MEETING THE CHALLENGE

In the face of discontentment  
Or the state of rivalry  
Will you give thanks for your blessing  
Or ask yourself...why me?

In the state of mass confusion  
Do you madly rush about  
Or take a firm position  
As you calmly think things out?

And in lieu of your resentment  
You see your mental war begin  
Do you bless this as a challenge  
And with knowledge turn within?

Do you know just what is happening  
And your mind, what shall it do?  
Will you help it toward the answer  
And not the thing possessing you?

For the surface facts are blinding  
At this time you must release  
Let Divine Mind compute them for you  
So the errors don't increase

In the presence of aridity  
As the pressure seems to mount  
And things may just be piling up  
Too immeasurable to Count

Is it time to sympathize  
Or upset yourself with this?  
What I see here is a challenge  
Though this part we sometimes miss

Sure a challenge can distress you  
It's a trying situation  
You can run and you can hide  
It's a tempting invitation

But I tell you if you stand up  
And you face this obligation  
You will learn that you are stronger  
From this challenging situation

For as tough as things might get  
Even frightening it can be  
You can face this challenge knowing  
It's not as big as you and me.

Ruby Reeves  
Participant in AVP Workshop  
Purchase meeting, June 1985  
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## A THREE DAY AFFAIR

We have gathered for the three days of the special event.  
A positive mental journey of becoming non-violent.  
Many things have appeared quite odd and strange,  
But we gathered in a hope that something might change.

We focused our attention upon all that was worth seeing,  
And were rewarded with knowledge from the core of our being.  
This knowledge of discovery helps in many ways,  
Because it was gathered with insight in just three days.

We were all able to simply feel... as in touch  
Hidden aspects of our personalities that mean so much.  
We shared in our open honesty of being very sincere.  
We explored inner-visions of characters that others  
wouldn't dare.

I acknowledge performance and choose the expression...star.  
It is my gesture of appreciation for what we've become and are.  
A journey of a thousand miles begins with a first step.  
Of the inner ground we've ventured upon, I have no regret.

In contemplation we were able to ponder, and mentally stare  
At those past blissful moments both wonderous and rare.  
We were all able to focus upon being honest...really care  
About each others feelings, opinions, and the experiences  
we share.

In many of our sessions I learned a better understanding  
of why,  
Some things slip by our minds faster than a blink of an eye.  
In this very room an ego trip never took journey.  
Instead, we stayed down to earth and concentrated on  
being able to see.

Many things we accomplished by myself and all of you.  
In essence we succeeded, because we had the desire to.  
In departing this last day, always keep in mind  
That this three day affair was not a waste of time.

As I look around, I see your individualism at its peak  
expression.  
For the experience of it all, I offer my sincerest  
appreciation.  
From within my very core I extend to you, and openly share,  
My pleasure at being part of this three day affair.

Joyous Jade  
Participant in AVP Spring Seminar  
April 1985, Sing Sing Correctional Facility

## RECENT WORKSHOPS

Joan DiBlasi and Allison Dench led a Basic Workshop for the women at Bedford Hills on April 1 to 3.

Jim O'Brien, Carol Boyer and Betty Cypser led a Basic Workshop at Taconic Prison on April 8 to 10.

Jane Shapiro, Debbie McIlwaine and inmate trainers Curt Vigfusen and Ansar Vaughn led an Advanced Workshop at Walkkill on April 12 to 14.

Fred Feucht, Debbie McIlwaine, Marge Schmitt along with inmate trainers, David Massey and Joel Johnson, led a Basic Workshop as Sing Sing on April 26-28.

Pat Posner, along with inmate trainers, led a Basic Workshop at Fishkill on May 1 to 3.

Mary Gray Legg, Ty Griese and Roma Bernstein

led a Workshop for men at the Westchester Penetentiary on May 11 to 13.

Rudy and Betty Cypser, along with Ron Inskeep led a second Basic Workshop for men at the Westchester Penetentiary on May 18 to 20.

Allison Dench and Don Iverson led a Basic Workshop for the women at Bayview Prison in New York City on May 25-27

Debbie Wood and Steve Angell led a Basic Workshop at Fishkill on May 31 to June 2.

Allison Dench along with inside trainers, led a Basic workshop at Greenhaven Prison on June 14 to 16.

Fred Feucht, Allison Dench, Virginia Auster and Charles Swalm led a Basic Workshop for the men at Taconic Prison on July 1 to 3.

## AVP WORKSHOP SCHEDULE

DATE	INSTITUTION	TYPE	A/C	COORDINATOR	TRAINERS
* Jul 12-14	Bedford Hills	Basic	WF	DiBlassi	Spain Schmitt McIlwaine
* Jul 12-14	Sing Sing	Adv	WF	Lamp	Posner Assing Owens
Jul 19-21	Camp Beacon	Basic	MH	Angell	+ Angel B.&R.Cypser
Jul 26-28	Eastern	Basic	D	Zybas	Zybas
Aug 23-25	Eastern	Basic	D	Zybas	Zybas
* Aug 23-25	Sing Sing	Basic	WF	Lamp	Apsey McIlwaine Rubin Brown
* Aug 26-28	Taconic	Adv	WF	Feucht	+ Dench Lindenbaum
Aug 30-Sep 1	Fishkill	T/T	MH	Angell	+
Sep 27-29	Eastern	Basic	D	Zybas	Zybas
Sep 27-29	Fishkill	Basic	MH	Angell	+
Oct 5-7	Poughkeepsie(c)	Basic	MH	Angell	
Oct 25-27	Greenhaven	Basic	MH	Smythe	+
Oct 25-25	Eastern	Basic	D	Zybas	Zybas

\* Coordinated by Westchester Fairfield Area Council

(c) Leadership Training Workshop in the community

? Tentative or unconfirmed schedule

+ Additional leaders needed

## LARCHMONT SCHOOL PROGRAM

A special program called "Walk in my Shoes" was held at the Murray Avenue Elementary School in Larchmont on June 5. The program was designed to help students understand different walks of life and it included an AVP mini-workshop. Beati Roggenbach spoke about the lives of prison inmates and led AVP exercises for the children. Beati is a social worker from Germany and participated in the April Workshop at Sing Sing. She has been working as a leader in the Childrens Creative Response to Conflict Program for the last six months and is part of the Fellowship of Reconciliation exchange program.

## WESTCHESTER MEDIATION CENTER PROGRAM

An introduction to the AVP program was conducted for mediators at the Westchester Mediation Center in Yonkers on June 11. The one hour program, led by Allison Dench and Fred Feucht, included background on AVP, Concentric Circles, Hand Pushing Demonstration and Quidk Decisions Exercises. Chris Owens, the new director of the Mediation Center, invited AVP to be part of his monthly staff meeting program. Chris took the AVP Leadership Training at Purchase and plans to be part of the leadership team for the Advanced AVP Workshop at Sing Sing on July 12 to 14.



*Now Anna, that's what I call real trust!*

## PERSONAL NOTES

Congratulations to John Hewitt. He plans to get married before the end of the summer and will be moving to Vermont after the wedding. Best wishes from AVP.

Jane Shapiro is spending the summer with Sufi Community in New Lebanon, New York. The community is called "The Abode."

Terri Wilkinson is spending the summer with a yoga community in Lenox, Massachusetts called the Krapalu Institute.

## WORKSHOP LEADERS FOR 1985

In the first six months of 1985, there were 14 workshops coordinated by the Westchester-Fairfield Area Council. In addition, many members of the area council helped to lead workshops in New York City and Upstate. The success of the program is due to the help of the 27 workshop leaders listed below:

Roma Bernstein-2	Liza Moon-1
Carol Boyer-1	Nancy Nothhelfer-1
Betty Cypser-4	Jim O'Brien-3
Rudy Cypser-1	Rosa Packard-1
Allison Dench-7	Pat Posner-3
Joan DiBlasi-3	Ned Roesler-1
Fred Feucht-4	Frances Salant-1
Ty Griese-1	Marge Schmitt-1
David Hunt-1	Jane Shapiro-5
Ron Inskeep-2	Charles Spain-1
Anna Lamp-2	Judy Wernick-1
Mary Gray Legg-1	Debbie Wood-1
Mary Link-1	Bill Wood-1
Debbie McIlwaine-2	

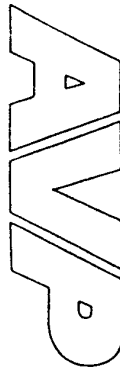
The number after the name indicates how many workshops each leader participated in.

## PRISON ENGLISH

Answer: No, he's not looking for an old friend, he's looking for the latest copy of a man's magazine such as Playboy, Penthouse and others.

Newsletter Editor: Fred Feucht  
Newsletter Mailing: Rosa packard

If you have items for the next newsletter, please send them to Fred Feucht.



ALTERNATIVES TO VIOLENCE PROJECT, INC.  
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HIGHLIGHTS

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AVP Picnic and Reunion  
July 21

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Leadership Training Workshops

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Poetry

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Staff Training Workshops

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New Workshop Schedule

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