

the TRANSFORMER

of the Westchester-Fairfield Area Council
March-April 1986

AVP CALENDAR

- March 7 AVP Statewide Council Meeting
11:00AM Albany Friends meeting House
- March 8 AVP Board Meeting
1:00PM Albany Friends Meeting House
- March 18 Westchester Fairfield Business
7:30PM Meeting - Purchase Meeting
House
- April 13 State Education Committee Meet-
3:00PM ing at Nancy Nothhelfer's House
- April 20 Westchester-Fairfield Educat-
4:00PM ional Program at Purchase
Meeting House

MARCH BUSINESS MEETING

An important business meeting of the Westchester-Fairfield Area Council will be held at Purchase Meeting House on Tuesday, March 18, at 7:30PM. Some of the items on the agenda will be:

1. Plans for Advanced Workshop on Forgiveness
2. Workshops for Head Start Leaders
3. AVP Support Group for the Homeless in White Plains
4. Plans for April Area Council Educational Program
5. Improving Area Council Administration
6. Sharing from Prison Workshops

Please circle March 18 on your calendar and come to this meeting.

PRISON ENGLISH

Question: If an inmate says "Willie has always lived on Front Street with me" what does he mean? See page 2 for answer.

THE TWO SIDES OF FORGIVENESS ADVANCED WORKSHOP ON FORGIVENESS

All of us have experienced the feeling of being hurt by those close to us, the feelings of hatred that we sometimes have toward others and the guilt that results from having done things that have caused friends and loved ones to feel hurt. The workshop will deal with the two sides of forgiveness: forgiving those that have hurt us and dealing with the guilt resulting from our actions toward others (forgiving ourselves).

The first workshop on the topic of forgiveness will be held at Purchase Meeting House on the weekend of May 2-4, 1986. The AVP State Education Committee has prepared this special program at the request of inmates and AVP Trainers. The lead trainer will be Ellen Flanders and she will be assisted by other members of the committee including Mary Gray Legg, Nancy Nothhelfer and Anna Lamp.

Fran Salant has agreed to coordinate the food for the weekend and will be contacting Quaker Meetings in the area. Perhaps you are the member of a meeting that would like to help with the food.

Caroline Lane has agreed to serve as the registrar for the workshop. To reserve your space in the workshop, please send the registration form from the enclosed flyer to her.

AVP LEADERS TRAINING
IN NEW YORK RESCHEDULED

If you have friends that would like to become AVP leaders, they will have another opportunity to take the training this spring. The Basic Community Workshop originally planned for February has been rescheduled in May. It will be held on the weekend of May 16-18 at the Friends Center on 15th Street in Manhattan. Please call Anna Levy at 718 793-6220 if you or a friend wish to register.

AVP SUPPORT GROUP FOR THE HOMELESS

Homeless ex-offenders have special problems in adjusting to the outside world. At the march Area Council Meeting, Audrey Lopes, a staff member of the homeless shelter at Grace Church in White Plains, will talk about these problems. She would like to explore the feasibility of an AVP Support Group for these ex-offenders.

"VIOLENCE - CAN IT BE CONTROLLED?"

The Westchester Alliance for Criminal and Juvenile Justice is holding a special program on the subject of violence. It will be a luncheon meeting from 12:00 to 2:00 PM on Friday, March 21 at the White Plains Public Library.

The keynote speaker will be Dr. Arthur B. Zelman, Medical Director of the Center for Preventive Psychiatry and he will speak on "Understanding Violence". This will be followed by a panel discussion covering three areas: Domestic Violence, Television Violence and the Alternatives to Violence Project. Fred Feucht will speak about AVP.

If you would like to reserve a place, please send a check for \$5.00 to the Westchester Alliance, One Prospect Ave., White Plains, NY 10607.

MEDIATION LEADERS TRAINING
IN YONKERS RESCHEDULED

Mediation is a rapidly growing area of conflict resolution and is a positive alternative to "going to court". If you would like to work with one-on-one conflict resolution, perhaps becoming a mediator is for you.

The Mediation Training Workshop originally scheduled for February has been changed to April. The program will be led by Chris Owens and will be held at the Westchester mediation center of Cluster in Yonkers. They are looking for people that are willing to make a commitment to conducting mediation sessions. The workshop sessions are as follows:

Wednesday, April 9	6:00PM to 9:30PM
Saturday, April 12	10:00AM to 5:30PM
Wednesday, April 16	6:00PM to 9:30PM
Saturday, April 19	10:00AM to 5:30PM

Call the Westchester Mediation Center at 914 963-6500 if you wish to register.

WORKSHOP FOR HEAD START LEADERS

After taking the AVP Basic Workshop last June, Carol Dowdy felt that AVP would give her leaders a real head start in dealing with conflicts. Carol is the director of the Head Start Program in Westchester.

Fran Salant and Virginia Auster are working with Carol in planning a one day workshop for her leaders. The program is tentatively scheduled for April 10, from 10:00AM to 5:00PM at Purchase Meeting House.

PRISON ENGLISH

Answer; No, Willie does not live in a house on Front Street, he has always been honest and up front with his friends about his feelings and actions.

APRIL EDUCATIONAL PROGRAM

Our two special leaders for the April Educational Program and Pot Luck Supper will be Jim O'Brien and Anne Wright. Jim will tell about his experiences with Habitat for Humanity and Anne will show how to use music and group singing in AVP Workshops. Anne has promised that she will teach even the most tone deaf and gravel voiced of us to lead group singing.

There will also be time for Light and Livelies and sharing experiences from prison workshops. The program will be held at Purchase meeting House on Sunday, April 20, starting at 4:00PM with the pot luck supper at 6:00PM.

AVP AT MERCY COLLEGE

Fred Feucht will speak to two classes in the Criminal Justice Program at Mercy College on March 6. This is a step in our program to recruit college students as interns for AVP. The arrangements were made at the request of Dr. Joseph Victor, Coordinator of the Criminal Justice Program.

*Forgive me
for stepping on your toes...*



*Perhaps it's because I have
such big feet!*

LETTER TO AVP FROM AN INMATE AT BEDFORD HILLS

"The Alternatives to Violence Project should be a part of the school's curriculum at an early age. I firmly believe it will help to motivate children's learning abilities. It will also help them to develop a 'get high on yourself' happy feeling naturally instead of turning to alcohol and drugs.

AVP is a way that will make one more aware of themselves, be able to help and reach out for help before a crisis. To know that someone is there to rely on and can lead us back to reality instead of getting high, or pretend to oneself as an escape from our frustration.

We have a lot of loners in our society; people go their separate ways; doing their so called own thing. Some of us don't know our next door neighbor, while others become withdrawn with isolation and get stucked in depressive moods.

AVP is needed in our communities to get to know myself and my neighbors too. It will help us to fulfill the commandment "Love ye another and thy neighbor as yourself."

Bernice Price
January 3, 1986

Bernice was a participant at the Basic AVP Workshop held at Bedford Hills on January 4-6. The article was submitted by Pris Prutzman. Perhaps, there are other AVP leaders that have other stories and letters to share from workshops.

WORKSHOP LEADERS NEEDED

More facilitators are needed to lead prison workshops, especially at Sing Sing and the Westchester County Jail. Please call Fred Feucht if you can help. A complete list of workshops is found on page 5.

PERSONAL NOTES

Larry Apsey is up and around again after a very serious illness. In the middle of the night on January 8, Larry was struck with a heart attack and then a week later, he suffered a second attack on January 15. As if this were not enough, he has a mild stroke following the second attack resulting in a numbness in his left hand. Fortunately, this cleared up with no lasting effects.

In spite of his ordeal in intensive care, Larry is at home and recovering well. As Virginia Apsey says "You just can't keep a good man down." Larry is in good spirits but with all his clean living, he is puzzled about why it happened. He has a low cholesterol level, has never smoked and is hardly overweight. Larry thanks all the members of AVP for their letters and cards.

Jim O'Brien is working to build a Habitat for Humanity project for nineteen families on the Lower East Side of Manhattan. As you may know, former president Jimmy Carter is one of the moving forces behind the habitat for Humanity program and worked on a project in the South Bronx last year.

Jim O'Brien is working with the nineteen families who will live in the project to build a sense of community and is also coordinating the efforts of volunteer workers on the weekends. In addition Jim has found time to lead an AVP Workshop at Taconic in April.

Jane Shapiro is enjoying her stay at the Abode, a Sufi community in New Lebanon, New York and is very busy with her work. She divides her time between a crisis intervention center and a home for the mentally retarded.

Terri Wilkinson is a neighbor of Jane Shapiro at the Kripalu Institute in Lennox, Massachusetts. Terri finds her stay in the Yoga community one of the

PERSONAL NOTES (CONTINUED)

most satisfying and fulfilling experiences life. She works in the administrative office of the 250 member community planning retreats and celebrations.

Henry Johnson and Milton Battles, two inmates who took the AVP training at Sing Sing, were recently featured in a lengthy article in the New York Times entitled "At Sing Sing, a Poets' Corner Thrives." Henry says that he is "not a prison poet but a poet who happens to be in prison at this particular time". As an example of his work, he concludes his poem about the blues musician, B.B. King with the lines "You began to croon the blues so sweet your tongue melted, forcing you to hum the rest of the words."

RECENT WORKSHOPS

Soon Dench, Fran Salant and Pris Prutzman led a Basic Workshop for the women at Bedford Hills on January 4-6.

Soon Dench, with inmate trainers, led a Basic Workshop at Greenhaven on January 17-19

Debbie McIlwaine, Isabelle Labelle, Betty and Rudy Cypser, along with inmate trainers led a Basic Workshop at Sing Sing on January 24-26.

Fred Feucht, Virginia Auster and Fran Salant along with inmate trainers led an Advanced Workshop at Taconic on February 18-20.

Pat Posner, Chris Owens and inmate trainers led an Advanced Workshop at Sing Sing on February 21-23.

Bett Cypser, Rudy Cypser, Mary Gray Legg, Steve Angell and inmate trainers led two Basic Workshops at Fishkill on February 21-23.

Debbie McIlwaine, Pat Posner and Cynthia Macbain led a Training for Trainers Workshop at Sing Sing on March 7-9.

AVP WORKSHOP SCHEDULE

DATE	INSTITUTION	TYPE	A/C	COORDINATOR	TRAINERS
Mar 7-9	Taconic	T/T	WF	Feucht	McIlwaine Posner
Mar 11-13	Otisville Fed.	Basic	MH	Lindenbaum	Lindenbaum
Mar 14-16	Arthurkill	Basic	Met	Kussman	Kussman
Mar 15-18	Owego(c)	T/T	ST	O'Connell	O'Connell
Mar 21-23	Westchester Men	Basic	WF	Feucht	Feucht Moon Griese
Mar 21-23	Eastern	Basic	D	Zybas	Zybas
Mar 28-30	Camp Beacon	Basic	MH	Angell	Angell Legg
Apr 1-3	Taconic	Basic	WF	Feucht	O'Brien Hunt
Apr 1-4	Bedford Hills	Basic	WF	DiBlasi	Salant Dench Prutzman
Apr 2-4	Taconic	T/T	WF	Feucht	Flanders Feucht
Apr 4-6	Auburn	Adv	Syr	Goodgion	Legg Goodgion Moore
Apr 10	Purchase Head Start		WF	Salant	Salant Auster
Apr 18-20	Greenhaven	Basic	MH	West	*
Apr 18-20	Greenhaven	Basic	MH	West	*
Apr 18-20	Fishkill	Basic	MH	Angell	Legg
Apr 18-20	Fishkill	Adv	MH	Angell	Angell Beetle
Apr 18-20	Sing Sing	Basic	WF	Feucht	*
Apr 19-20	Bayview	Basic	Met	Iverson	Dench Flanders
Apr 21-24	Fishkill Spanish	Basic	MH	Angell	Lugo Flanders
Apr 25-27	Eastern	Basic	D	Zybas	Zybas
Apr 25-27	Arthurkill	Basic	Met	Kussman	*Kussman
May 2-4	Purchase(c)	Adv	WF	Feucht	Flanders Legg Nothhelfer Lamp
May 5-7	Otisville Fed.	Basic	MH	Lindenbaum	*Lindenbaum
May 16-18	Sing Sing	Basic	WF	Feucht	Legg Swalm
May 16-18	Manhattan(c)	Basid	Met	Levy	Dench
May 23-25	Fishkill	Basic	MH	Angell	Angell McIlwaine
May 23-25	Eastern	Basic	D	Zybas	Zybas
May30 Jun1	Westchester Men	Basic	WF	Feucht	*B.Cypser
May31 Jun1	Westchestr Women	Basic	WF	Moon?	*
Jun 13-15	Fishkill	Basic	MH	Angell	Angell D.Wood
Jun 14-16	Sing Sing	Basic	WF	Feucht	*Dench?
Jun 21-22	Detroit(c)	T/T	MH	Angell	Angell
Jun 26-28	Taconic	Basic	WF	Feucht	*
Jul 7-9	Laramie WY Pris.	Basic	MH	Angell	Angell
Jul 18-20	Camp Beacon	Basic	MH	Angell	Angell B&R Cypser

* Additional leaders needed

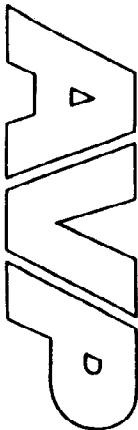
AVP TALK AT SCARSDALE CHURCH

Fred Feucht spoke to the Adult Forum at Hitchcock Presbyterian Church in Scarsdale on February 23. Approximately 25 people attended the program which included a talk about the problems of violence in our society, the AVP Prison Program, the concept of Transforming Power and a group

exercise, Concentric Circles.

Hitchcock Presbyterian has given a contribution to the Westchester-Fairfield Area Council to help support our work.

Newsletter Editor: Fred Feucht



ALTERNATIVES TO VIOLENCE PROJECT, INC
Westchester-Fairfield Area Council
208 West Old Mill Road
Greenwich, Ct 06830

The First
AVP Workshop
on Forgiveness
May 2-4

AVP
Head Start Workshop
Plans

AVP
Support Group For
the Homeless

Important
Area Council Meeting
March 18

Special
Educational Program
April 20

New
Workshop Schedule

Personal
Notes