

the TRANSFORMER

for Workshop Leaders
September-October 1988



LEADERSHIP TRAINING WORKSHOP OCTOBER 21-23 IN POUGHKEEPSIE

This is a special opportunity for your friends to have the "AVP Experience" and take the first step toward becoming an AVP Workshop Leader. The Basic Workshop will be special because it will be led by Larry Apsey, the founder of AVP and Steve Angell.

Please speak to your friends, tell them how much the AVP Program means to you, and encourage them to register. We need more leaders so that we can provide programs for the thousands of prison inmates in New York that are on waiting lists to get into AVP Workshops.

The workshop will be held at Poughkeepsie Friends Meetinghouse on the weekend of October 21 to 23. Call Steve Angell or Larry Apsey for further details.

TRAINING FOR TRAINERS WORKSHOP IN POUGHKEEPSIE ON NOVEMBER 18-20

The Training for Trainers Workshop will be held in Poughkeepsie on November 18 to 20. This is an opportunity for those that have taken the Basic but have not had a chance to take the Training for Trainers to complete their training to become workshop leaders.

AVP CALENDAR

- | | |
|------------|-------------------------------|
| Oct 1 | AIDS Workshop |
| 10:00-3:00 | Purchase Friends Meetinghouse |
| Oct 21-23 | Basic Leadership Training |
| Weekend | Poughkeepsie Friends Meeting |
| Oct 24 | Westchester Fairfield Meeting |
| 7:00-9:30 | Purchase Friends Meetinghouse |
| Oct 25 | Metropolitan Meeting |
| 6:00-9:00 | 15 Rutherford Place |
| Nov 2 | Mid Hudson Meeting |
| 6:00-9:00 | Poughkeepsie Friends Meeting |
| Nov 12 | Statewide Council Meeting |
| 11:00-5:00 | Purchase Friends Meetinghouse |
| Nov 13 | State Board Meeting |
| 1:00-5:00 | Purchase Friends Meetinghouse |
| Nov 18-20 | Training for Trainers |
| Weekend | Poughkeepsie Friends Meeting |
| Nov 22 | Metropolitan Meeting |
| 6:00-9:00 | 15 Rutherford Place |
| Dec 5 | Westchester Fairfield Meeting |
| 7:00-9:30 | Purchase Friends Meetinghouse |

AVP ANNUAL MEETING IN HIGH FALLS, NY, SEPTEMBER 9-11

More than 25 AVPers gathered at Epworth Conference Center in High Falls for a weekend of sharing and planning for the future of AVP. Members came from all over New York State including Buffalo, Rochester, Syracuse, Albany and New York City as well as New Jersey, Connecticut and Maryland.

AVP is expanding in Western New York to

serve prisons such as Auburn, Attica and Groveland. Two new area councils are being established, one in Buffalo and the other in Perry City. In addition, with the help of new trainers, ambitious prison workshop programs are underway in the Genesee Valley and Syracuse Area Councils.

Among those that attended the annual meeting were:

Steve Angell	Mary Gray Legg
Larry Apsey	Elaine Levy
Jo Clayson	Janet Lugo
Frank Cortes	Robert Martin
Betty Cypser	Nancy Nothhelfer
Rudy Cypser	Joe Paquette
Fred Feucht	Denise Patti
Ellen Flanders	Jim Richards
Virginia Floyd	Lee Stern
Ann Goodgion	Nettie West
Bruce Hotchkiss	Debbie Wood
Ann Kerniski	Gus Zybas
Carmel Kussman	

NEW PROGRAM

AVP APPROVED AS SOCIAL WORK TRAINING

This exciting new program will train social workers as AVP leaders and at the same time enable ex-inmates to take free courses at Syracuse University. AVP has been approved as a clinical field placement for students earning a Master of Social Work degree. This new program has been set up through the efforts of Ann Goodgion, a social worker and a longtime AVP leader in Syracuse. Ann leads the Syracuse Area Council, coordinates workshops at Auburn Prison and provides AIDS counseling. Ann will have the supervision for students that choose AVP Field Placement.

In exchange for each semester that a student is supervised, Syracuse University will provide tuition credit to AVP for any three hour course at the university. This will enable AVP to offer free courses at Syracuse for ex-inmate AVP trainers.

AVP GOALS FOR 1988-1989

Members of AVP set eleven important new goals for the year as follows:

1. Recruit 35 new trainers
2. Develop 10 lead trainers
3. Develop 5-10 new prison coordinators
4. Recruit 2-5 new Spanish Trainers
5. Develop Training for Trainers Manual
6. Develop method for inmate trainers to participate in the AVP decision making process
7. Involve inmates and outsiders who have disabilities
8. Define leadership skills and include them in manuals
9. Increase participation in the Black Community
10. Improve circulation of new exercises
11. Prepare for a 1990 National AVP Networking Meeting

NATIONAL AVP CONFERENCE IN 1990

The AVP program has now spread to fifteen states. Regular prison workshop programs have been established in the States of Washington and Colorado. Prison workshops are being started in Massachusetts and Rhode Island. AVP is working in mental health institutions in North Carolina.

As AVP spreads to other states, there is a need for members to share problems, experiences and new developments. There is also a need to build a network of AVP organizations throughout the country.

As a celebration of the fifteenth anniversary of the first AVP workshop at Greenhaven, a national AVP Networking Meeting is planned for 1990. The planning committee will keep members informed of their progress.

AIDS IN PRISONS

Members of AVP are concerned about the devastating impact that AIDS will have in New York State Prisons in the next five years. Inmates suspected of carrying the AIDS virus are often subjects of ostracism and sometimes the victims of brutality and violence.

According to Ann Goodgion, AVP Trainer and AIDS Counselor, 25% of all new inmates in New York State are HIV positive with nearly all the cases due to intravenous drug use. Since the virus may spread in prison through drug use of sexual activity, it is estimated that in some prisons, as many as 30 to 50% of inmates may be HIV positive. Current medical evidence indicates that nearly everyone infected with the virus will eventually develop AIDS. The average survival rate after diagnosis in prison is three months as compared to more than 24 months in the community. It is felt that this is a problem that AVP must address.

ADVANCED WORKSHOP ON AIDS

One step that AVP can take is to provide AIDS education and training for inmates. Through Ann Goodgion's help, an Advanced Workshop on AIDS has been developed. This will provide basic information (AIDS 101) as well as exercises to help inmates deal with stereotyping and to assist them to be peer counselors. The goal of this workshop will be to help inmates change their behavior.

An AVP AIDS Miniworkshop will be offered by the Education Committee on Saturday, October 1 at Purchase Friends Meetinghouse. The workshop will run from 10:00AM to 3:00PM. The workshop will be led by Ann Goodgion and is open to all AVP members. Contact Janet Lugo if you wish to attend.

AIDS EDUCATION ON VISITORS BUSES

A second step that AVP can take is to educate the families and friends of inmates that are at risk of becoming infected with the virus. Families and friends usually travel by bus from New York City to visit inmates in up-state prisons. Forty to fifty of these busses leave New York City each weekend and the trips take from two to eight hours each way. These bus trips would be an ideal time to provide AIDS education.

It has been proposed that AVP set up a program to hire former inmate trainers as AIDS Educators and Counselors. They would ride the busses from New York City to upstate prisons. AVP plans to write grant proposals to fund this project. Anne Goodgion and Steve Angell will keep members informed of further developments.

INMATE PARTICIPATION IN AVP DECISION MAKING

At the Annual Meeting there was an interest in enabling inmate trainers to become more involved in the AVP planning and decision making process. Members felt that it is important that the needs and ideas of inmate trainers be included in the AVP goals and policies. Inmates should feel that they are fully part of the AVP organization.

Since it is not possible to bring inmate trainers to the annual meeting, it has been decided to set up a pilot project of bringing the annual meeting to the prison. It is planned that outside AVP Trainers will meet with inside AVP Trainers from one to four times each year to discuss AVP plans and policies. The outside trainers will then bring these inmate recommendations to the annual meeting.

WHAT'S NEW IN AVP

Some of the new developments that members shared at the Annual Meeting were:

1. In Buffalo, AVP members have become part of a SUNY Buffalo conflict resolution group composed of students and faculty. The group plans to deal with conflicts on campus.
2. The Advanced Workshop on Power that was held in Albany in August was a very meaningful experience to the participants and one of the most helpful experiences was the sharing of the power structures in the families of participants. A great deal of personal insight resulted from the workshop.
3. An AVP Program is starting in Maryland. It is being organized by Lee Stern with the help of the Sandy Springs Friends Meeting. Lee is finding a great deal of interest in AVP there and is able to make contacts within the prison system.
4. The Trust Lift is one of the high points of the AVP Workshops in Owego. Some of the things that contribute to the experience are that the lights are turned off during the exercise and the participants are asked to hum "Come By Ya" throughout the exercise.
5. In the AVP-AKIDO Workshop held in New York City, members found a real connection between the principles of AKIDO and Transforming Power. They both rely redirecting aggressive energy away from yourself. The "Iron Arm" Exercise used in the workshop is a physical demonstration of Transforming Power and may be appropriate for general AVP workshops.
6. The new "Speak Out" Exercise has been a highlight of workshops in Syracuse and will be part of the AIDS Workshop. It is a powerful way to bring out feelings of oppression and stereotyping. The exercise will be in the new Advanced Manual.
7. Some members have found difficulty in leading the "Masks Exercise" and other trainers seem to be afraid to lead it. It is one of the most powerful and dramatic experiences in the AVP agenda, however it is important that participants be ready for the exercise. Leaders should explain the purpose before the exercise and plan a community building exercise after "Masks". Members are encouraged to gain experience in leading this exercise and to be willing to take new risks as leaders.

AVP CONFLICT OF INTEREST POLICY

Many AVP leaders are professional staff members in social agencies. If AVP workshops are held in these agencies, some conflict of interest issues may arise. One of the basic principles of AVP is not to compromise the confidentiality of participants. For this reason, the guidelines for workshop leaders are:

1. AVP leaders are not to serve on workshop teams within the institutions in which they are employed.
2. AVP leaders are volunteers and are not to be paid for leading workshops or lead workshops while they are on the job.

The use of AVP Exercises and Materials with outside groups is permitted and teaching conflict resolution techniques in workshops outside of AVP is even encouraged. However, a workshop may not be called an AVP Workshop unless it conforms to the guidelines above and is approved by an area council.

"LISTEN"

by Anonymous

When I ask you to listen to me and you start giving me advise, you have not done what I have asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampelling in my feelings.

When I ask you to listen to me and you feel that you have to do something to solve my problems, you have failed me, strange as that may seem.

Perhaps that is why prayer works for some people.

Because, God is mute and he doesn't offer advise or try to fix things. He just listens and trusts you to work it out for yourself.

So please, just listen and hear me.

And if you want to talk, wait a few minutes for your turn and I promise I'll listen to you.

PERSONAL NOTES

Chris Owens was hospitalized for three weeks in August and September. After minor surgery, Chris developed a major internal infection and ended up with a close to record setting temperature of over 106°. We are all happy that he has recovered and is on his feet now, but no one is happier than his fiancée, Aileen Steiner.

Did you know that Debbie and Bill Wood have had a secret urge to become globe trotters. They spent the month of August touring the Far East and visiting friends in Tokyo, Hong Kong, Singapore and several cities in Indonesia as well as Bangkok.

Frances Delahanty is becoming a serious student of Eastern Religion and will go to India for three months in October to study yoga.

**AVP IS PART OF THE WESTCHESTER
MARTIN LUTHER KING INSTITUTE**

AVP has joined the non-violence group that is being established in Westchester County. This is in response to the New York State Non-Violence Institute. The State Institute sees the Westchester organization as a pilot program of local involvement in non-violence training.

The program has been spearheaded by Westchester's Deputy Commissioner for Social Services, Phillis Shearer, and the Director of Wainwright House Conference Center, Peter Lawrence. The local organization is independent of the state and county government and will be sponsored by Wainwright House.

The purpose of the organization will be to reach out, coordinate and promote non-violence training in the schools, local government, religious, community and corporate groups. Black leaders and this may provide AVP with a method to connect with Black church and community groups. This may also help AVP to connect with the educational and political power structure.

**NEW YORK NON-VIOLENCE INSTITUTE
WORKSHOP IN WESTCHESTER**

The New York State Non-violence Institute has scheduled a training workshop in Westchester on December 1 and 2. The workshop will be led by Bernard Lafayette and David Jansen from the King Institute in Atlanta. The workshop will be held at Wainwright House Conference Center and will be limited to 50 participants. AVP will be represented at the workshop.

We would appreciate any contributions to the Transformer including new exercises, poetry, personal items and workshop schedules. Any contributions about AVP activities in Western New York and from inmate leaders will be especially welcome.

PERSONAL NOTES (CONTINUED)

Steve Angell and Marge Zybas went to Hawaii in August to practice the hula. They has also planned to lead an AVP workshop but unfortunately (or fortunately) not enough participants showed up.

Fred Feucht and his wife, Katie, enjoyed Quaker history and the warm beaches of Nantucket in August.

Pat Posner and her fiance, Roger, moved to Florida in the begining of August and they are getting happily settled in their houes in Tallahassee. We will miss her.

Did you know that Mary Attanasio is also known as Mary Dauphinais? This is Her professional name as a painter and she has a show at the Beagle Gallery in Peekskill. It seems that prison inmates are not the only AVPers with aliases.

RECENT WORKSHOPS

Carmell Kussman led a Basic Workshop at Arthurkill on July 1-3.

Ginny Floyd led a Basic Workshop at Bayview on July 8-10.

Marge Zybas led a Basic Workshop at Woodburne on July 8-10.

Steve Angell, Veronique Doumbe and Jenny Goodwin led a Basic Workshop at Camp Beacon on July 11-13.

Pat O'Connell led a Basic Workshop at Owego on July 15-17.

Betty and Rudy Cypser and Steve Angell led a Basic Workshop at Greenhaven Annex on July 15-17.

Carmel Kussman led a Training for Trainers at Arthurkill on July 15-17.

Ellen Flanders, Joy Bennett and Joe Paquette led a Training for Trainers workshop in Rochester on July 15-17.

RECENT WORKSHOPS (CONTINUED)

Fred Feucht, Mike Grunebaum, Larry Kapp, Jimmy Higgins and Frederick Johnson led an Advanced Workshop at Sing Sing on July 22-24.

Marge Zybas led a Basic Workshop at Eastern on July 22-24.

Cynthia MacBain, Alan Sklar and Billy Griffin led an Advanced Workshop at Sing Sing on July 29-31.

Ellen Flanders and Pat Beetle led an Advanced Workshop on Power in Albany on August 12-14.

Steve Angell and local trainers led a Basic Prison Workshop in Colorado on August 12-14

Marge Zybas led a Basic Workshop at Woodburne on August 12-14.

Cynthia MacBain, Robin Ertl and Billy Griffin led an Advanced Workshop at Sing Sing on August 19-21.

Steve Bundy, Jenny Goodwin and Vince Buonocore led an Advanced Workshop at Sing Sing on August 19-21.

Steve Angell led a mini-workshop in Tokyo, Japan on August 19.

Soon Dench and Caroline Lane led a Basic Workshop at Bedford Hills on August 22-25.

Marge Zybas led a Basic Workshop at Eastern on August 26-28.

Betty Cypser led a Basic Workshop at Taconic on August 30-September 1.

Ruth Griffiths and Mike Grunebaum led a Basic Workshop at Taconic on August 30 - September 1.

Ginny Floyd, Bill Leicht and Carmel Kussman led a Training for Trainers Workshop at Bayview on September 16-18.

Steve Angell, Liza Moon and Veronique Doumbe led a Training for Trainers Workshop at Fishkill on September 16-18.

AVP WORKSHOP SCHEDULE

DATE	INSTITUTION	TYPE	AC	COORDINATOR	LEADERS
Sep 16-18	Bayview	T/T	Met	Floyd	Floyd Licht Kussman
Sep 16-18	Fishkill	T/T	MH	Angell	Angell Moon Doumbe
Sep 16-18	Fishkill	Basic	MH	Angell	Malmgreen Pepler
Sep 23-25	Sing Sing Hill	Basic	WF	Feucht	Yizar Stamm
Sep 23-25	Sing Sing Tappan	Basic	WF	Feucht	Kapp Grunebaum Monaghan
Sep 23-25	Greenhaven	Basic	MH	West	D.Wood Perry
Sep 23-25	Greenhaven	Adv	MH	West	West
Sep 30-Oct1	R.I. ACI	Basic	RI	Houllahan	Angell Houllahan Morris
Sep30-Oct2	Wallkill	Basic	MH	Legg	Martin & ?
Sep30-Oct2	Wallkill	Basic	MH	Legg	?
Oct 1	Purchase (c)	AIDS	WF	Lugo	Goodgion
Oct 6-8	Arthurskill	Basic	Met	Kussman	Kussman
Oct 14-16	Fishkill Spanish	Basic	MH	Angell	Moss Flanders
Oct 14-16	Framingham MA	Basic	MA	Draz	Angell Draz
Oct 21-23	Poughkeepsie(c)	Basic	MH	Angell	Angell Apsey
Oct 21-23	Greenhaven	Basic	MH	West	West McCormick
Oct 21-23	Greenhaven	Adv	MH	West	Legg
Oct 21-23	Sing Sing Hill	Basic	WF	Feucht	Abdul-Malik Grunebaum Pepler
Oct 21-23	Sing Sing Tappan	adv	WF	Feucht	Malmgreen Scanlon
Oct 21-23	Bayview	Basic	Met	Floyd	Floyd Moed
Oct 28-30	Wallkill Spanish	Basic	MH	Legg	Legg Cortes
Oct 28-30	Wallkill	Basic	MH	Legg	?
Oct 28-30	Fishkill	Basic	MH	Angell	Beetle Chapman
Oct 28-30	Fishkill	Adv	MH	Angell	Angell Martin Wolf
Nov 14-16	Camp Beacon	Adv	MH	Angell	Angell Carroll Doumbe
Nov 18-20	Poughkeepsie (c)	T/T	MH	Angell	Apsey Martin McEachin
Nov 18-20	Wellsley, MA (c)	Basic	MH	Angell	Angell Draz
Nov 18-20	Greenhaven	Basic	MH	West	B&R Cypser
Nov 18-20	Greenhaven	Basic	MH	West	West Griese
Nov 18-20	Sing Sing Hill	Basic	WF	Feucht	MacBain Vorchheimer
Nov 18-20	Sing Sing Tappan	Adv	WF	Feucht	LaBelle Bush Cortes
Nov 21-23	Camp Beacon	Adv	MH	Angell	Angell Carroll Legg
Dec 2-4	Wallkill	Basic	MH	Legg	McCormick Mulliken
Dec 2-4	Wallkill	Basic	MH	Legg	?
Dec 6-8	Otisville Federal	Basic	MH	Lindenbaum	Lindenbaum & ?
Dec 9-11	Sing Sing Hill	T/T	WF	Feucht	MacBain & ?
Dec 9-11	Sing Sing Tappan	T/T	WF	Feucht	Feucht & ?
Dec 16-18	Greenhaven	Basic	MH	West	?
Dec 16-18	Greenhaven	Basic	MH	West	?
Dec 16-18	Greenhaven Annex	Adv	MH	Angell	Angell Legg Doumbe
Dec 27-29	Fishkill	Basic	MH	Angell	Angell Thompson
Dec 28-30	Taconic	Basic	WF	B.Cypser	?

? Additional leaders needed (c) Community Workshop AC Area Council

AIDS
IN PRISON

AVP GOALS
FOR 1988-1989

NATIONAL
AVP CONFERENCE
PLANNED

LEADERSHIP TRAINING
IN POUGHKEEPSIE

AVP APPROVED
AS SOCIAL WORK
CLINICAL TRAINING

AVP NEEDS HELP

Our treasurer, Gus Zybas, reports that AVP income has not been as high as was expected this year and additional financial support is needed to make our budget. Perhaps you have friends that would like to support the AVP Program. They may send their tax deductible contribution to AVP care of Gus Zybas, R.D.3, Box 426, White Hill Road, Walton, NY 13856.

RECENT WORKSHOPS (CONTINUED)

Chris Malmgreen and Jim Pepler led a Basic Workshop at Fishkill in September 16-18.

Barbara Yizar, John Stamm, Billy Griffin and Rovell Washington led a Basic Workshop at Sing Sing on September 23-25.

Larry Kapp, Mike Grunebaum and Therese Monaghan led a Basic Workshop at Sing Sing on September 23-25.

Debby Wood and John Perry led a Basic Workshop at Greenhaven on September 23-25.

Nettie West led an Advanced Workshop at Greenhaven on September 23-25

Newsletter Editor: Fred Feucht
Mailing Coordinator: Janet Lugo

ALTERNATIVES TO VIOLENCE PROJECT INC.
Westchester-Fairfield Area Council
Purchase Friends Meeting
Purchase and Lake Streets
Purchase, NY 10577

