

AVP Buds in the Bronx

Thirteen of fifteen participants graduated from the first AVP Basic Workshop 29 April-1 May at NY Metropolitan Area Dr. Martin Luther King, Jr. Center for Nonviolence (one of five Kingian Nonviolence centers begun during Mario Cuomo's governorship) in the center of Morrisania, the Bronx. Our host, Cliff Frazier, Director of the Center and Claudia Nisbett, Director of Morrisania Revitalization, Inc. invited us to return for an AVP Advanced Workshop 24-26 June 2011.

Now or Never Nurideen Islam and Lots of Love Lyn Pyle facilitated with Nonviolent Norma Ellis as apprentice. Bubba'bill Leicht coordinated. La Asociación Pro Derechos del Confinado (formerly "NETA") participated and prepared all meals.

This group was unusual because the eight members of La Asociación made a commitment to nonviolence and to becoming AVP facilitators so that they can train their entire organization.

It was also unusual in developing three workable strategies (in the Strategy Exercise) that they already have begun implementing in the Bronx. Bill Leicht in return agreed to train La Asociación in Peace Dojo techniques and operation in tandem with Alternatives to Violence methods.

—bubba'bill Leicht



AVP participants and facilitators with members and kids of Asociación Pro Derechos del Confinado

AVP/NY's Office has moved (again)!

On the morning of November 29, 2010, the home that housed the AVP/NY office was destroyed by fire.



Shirley Way

The YMCA-WEIU in Auburn, NY graciously offered us space rent-free for two months and we have decided to stay.

Our new office address:

27 William St., Auburn, NY 13021

Our new office phone: 315-604-7940.

Our 800 number remains: 800-909-8920.



Margaret Lechner

Two Extraordinary AVP Women!

Cousin Claire Cafaro (photo left) and Jumpin' Jill McLellan (photo right) have been forces for AVP for more than a decade!

Claire has served on the AVP/NY board for 10 years and was a regular AVP facilitator at Washington prison for many years. Claire and her husband Ralph moved to Colorado to be closer to grandchildren in April.

We miss you already!

Jill has been (and continues to be) a fountain of energy and encouragement for Auburn facilitators inside and out for the past 16 years. And last year, she took on being outside coordinator at Butler prison as well. She has served on the AVP/NY board for 10 years and is our current vice president.

See Jill's and other Auburn facilitators' articles pp. 2+3

Successful Steve

By Rebecca Walkley

Successful Steve is a young twenty-three year old man, an apprentice facilitator that I met at Forum Day in Auburn. He is exceptionally tall and moved around the room gracefully taping posters to the wall with a slow gentleness.

Over break, I learned that he was short, expecting to go home no later than August, going home to his toddler daughter.

I asked why he was in a max for such a short time.

He said, "I was a special case. I started at Greene when I was 19. I had anger problems, was violent so they sent me here."

"Where did AVP come in?"

"I took my basic at Greene, got into trouble and then got back with it when I came to Auburn. Then my family and friends noticed a change in me after that."

"So if you did not have AVP, you would have caught another bid?"

"Yea, I believe so."

Rebecca Walkley, a.k.a. Rashidah Rebecca is outside coordinator at Bedford Hills prison.

Successful Steve took the training for facilitators workshop in 2010 and has facilitated AVP support sessions and was on-team for Forum Day. He recently took his college entrance exam.

Forum Day, 2011 at Auburn Prison

By Khalib (Kay) Gould

[Eds. note: *Forum Day is an annual AVP New York event. Outside (civilian) facilitators from across the state visit one of our prison programs and take part in a day-long workshop facilitated by the home team.*]

On April 9, 2011, I was given an opportunity to attend my first Forum Day event after fourteen years of service to AVP. It was a memorable experience as I was finally able to put faces to names that I had heard of for many years. The theme was "Evolution of AVP: Building New Workshop Experiences". Our team (at Auburn) crafted the agenda, recognizing the needs of participants who raise issues that exceed the scope of topics presented in the Basic and Advanced Manuals.

We presented Special Topics on subjects ranging from "Parenting" to "Learning Diversity," "Trauma and Grief," and "Combined Basic and Advanced Workshops." We also got an opportunity to highlight our own local talent. Second-Chance Shane presented an exercise he created, "IALAC" (I Am Loveable And Capable). And in the spirit of AVP we received a plethora of much appreciated feedback and wisdom from many of our talented guests.

Overall, it was a great experience and a pleasure to meet and mingle with our extended AVP family. And a greater pleasure to be part of a shared circle that connects us by the threads of our journeys.

Until next time, leaving you in PEACE... Hopefully another fourteen years won't pass before we all meet again...

Khalib Gould, a.k.a. Kharismatic Kha has been a facilitator for fourteen years.

Our Auburn Program

By Jill McLellan

The Auburn "Home Team" of thirteen inside and seven outside facilitators was very excited to host volunteers from around the state in AVP New York's annual Forum Day. For a few of us, it was the third Forum Day at Auburn—we hosted in 2000 and 2004 as well.

We are very proud of our ongoing AVP program in Auburn, where the second-ever AVP workshop was held in 1975. AVP has been continuous for 35 years inside Auburn.

We have seen workshops go from different weekend configurations to our current arrangement of four consecutive weekdays. Facilitators meet weekly on Tuesday nights for planning and working on new exercises. Support group, open to anyone who has completed a Basic and an Advanced workshop, meets twice a month. These are largely facilitated by apprentices, giving them a chance to practice their skills. Inside facilitators and outside volunteers attend both support group and facilitator meetings on a regular basis.

To honor facilitators' work, in January, we held a ceremony for facilitators and handed out certificates with their total workshop hours for 2010 and if they were active in support sessions and in facilitator meetings, the certificate stated that as well. We also awarded AVP Energizer Bunny certificates.

We welcomed you at Forum Day and we welcome you to contact us and/or join us at any time.

Jill McLellan, a.k.a. Jumpin' Jill is outside coordinator at Auburn and Butler prisons and Vice President of the AVP/NY Board Council.

AVP's Evolution

By Michael Shane Hale

Whether one has thirty or three years' experience as an AVP facilitator, this year's Forum Day, hosted by Auburn's "Home Team" revealed that AVP has been and will continue to be a force thirty years from now.

Under the theme "Evolution of AVP: Growing New Workshop Experiences," Forum Day focused on adapting AVP through special topic advanced workshops to address the needs that arise in workshops. Working with a minimum of time—roughly seven hours—and five special topic workshop themes, Auburn's facilitators and apprentices led participants in a full day of insightful and thought-provoking exercises and fun.

This year's theme of evolution was especially relevant as AVP workshops have been targeted by some administrations to be cut (although often no extra state funding is required), and, here at Auburn, modified from weekend to weekday-only workshops (held over four consecutive weekdays). Refusing to be discouraged, the AVP family has embraced the changes and allowed Transforming Power—central to the AVP experience and philosophy—to flourish.

Auburn's AVP hosts planned and judiciously executed our vision to inspire and stoke the passion that defines the AVP experience. Guests and hosts were all smiles and laughter as they reacquainted with old friends and made new acquaintances before circling-up for the gathering.

Forum Day hit all the right notes on the emotional scale. From its gathering to its closing, there was always a blend of joy, introspection, friendship and wisdom. The day was filled with activity from the first sharing until the final "food for thought" closing where guests were literally rushed out the door.

Reflecting on the day, one can rest assured that AVP will weather its current challenges to become stronger and healthier to ensure the AVP family and transforming power continue to support personal growth.

Michael Shane Hale, a.k.a. Second-Chance Shane has been an AVP facilitator for three years.

We need your financial support!

With the relocation of the office and fire recovery work, we are late in getting this newsletter and our spring fundraising letter out.

As a result, contributions are down.

Our 2011 fundraising goal for direct public support is \$29,000.

To date we have received \$7,443.52.

We greatly appreciate all contributions.

Please do what you can.

Thank you very much!

Our wish list:

We are looking for an Asus EEEPC NetBook with 1 GB of RAM Memory or equivalent.

If anyone has a netbook that is looking for a home, please let us know!

Thanks much!

Mini Workshops at MLK Jr. Health Center

In December and March we held three minis with staff of the MLK Jr. Health Center in the Bronx. Bubblin'bill Leicht coordinated the workshops and Master Majestic John Flynn, TNT Haywood, Jurassic Johnny Yuen and Willing Wilson Gayton facilitated.



Jurassic Johnny Yuen and TNT Haywood facilitate.



Affirmations in two's.



Perceptions based on partial knowledge.



Crocs and frogs.

Bill Leicht



The beginnings of AVP from my point of view

By Ellen Flanders

The first workshop in AVP was called on by inmates in Green Haven prison who called themselves the “Think Tank” and they organized themselves hoping that they might find ways to be useful to young people who were at risk of getting themselves into trouble. So that workshop was pulled together by Larry Apsey and Lee Stern. And there was this lovely report on it, quite different from the reports that we now give, which told what had happened during that workshop. And the only thing I really remember was that there were quite a number of role plays. And one of the inmates said that non-violence wouldn’t work in prisons because it would look like weakness. And so the role play was done in which one of the inmates was called a mother-fucker and he said “that’s the third time I’ve been called a motherfucker today!” And people agreed that he had been non-violent and that he did not appear to be weak.

The second workshop was the one that I was on at Auburn. At that point there was a Quaker Meeting in Auburn prison. So the word had spread about the workshop in Green Haven and the people in Auburn would like to have one. The team was Larry Apsey, Bernard Lafayette, Patrick White, Ed Stabler, me and Janet Lugo. I think that’s all. And we got together for several hours in Syracuse [Friends] Meetinghouse to prepare the agenda. It leaned heavily on role plays.

The one that I remember most specifically was with Bill Sims. This was the first time I ever met Bill Sims who has remained an important person, a friend for all of these years. He took the part of the warden in the role play and I was very impressed to see that he did it not as a caricature but as a real human being with serious problems and serious things to think about. It was a very good experience.

Another thing which happened in that workshop was there was a C.O. there and one role play gave a portrait of a C.O. and the C.O. who was there said, “That’s not how a good C.O. would do it.” So then he took the part and acted out how he would have done it. Well, out of this workshop, I felt that this had to be the most interesting and exciting thing anybody had ever done, that’s why I was prepared to continue on with it.

Then Woodbourne asked for a workshop. Woodbourne is mostly fairly young people. And so then at that point

we realized that this was going to happen all the time and we had got to get ourselves prepared. So we asked some people from the Movement for a New Society in Philadelphia to come and give us some training which they did for two weekends. And at that point or shortly thereafter we added exercises from the Human Potential Movement which were brought to us by Steven Levinski, a member of the Education Committee. He had a lot to do with how the first workshop took shape.

And when it took shape then it became basically the same workshop that we do now. Of course there are changes, people change it all the time but they keep the basic form. Australia for example has made some changes and I looked over the changes and I agreed that they had kept the spirit and they managed to do a really good job of working, coming up with something that they felt was interesting and relevant for them. That kind of thing happens all the time.

During those early days the group doing the work met in Larry Apsey’s living room and I took the role of being the secretary before it got to be a not-for-profit legally. Once that happened and it had a Board and so on, then I stopped being the secretary and I never did get on the Board. I was asked to but I decided I didn’t want to—I had done my share of getting the key to things going.

The second AVP workshop leaned heavily on role plays. Later, we added exercises from the Human Potential Movement, brought to us by Steven Levinski.

At that point I had become the clerk of the Education Committee and the Committee kept the same people on it for years and we worked very specifically on the second level workshop and it took shape. We decided that people, the participants in the workshop could pick what the workshop was to be about. And we prepared an agenda for several possibilities and they were to take it from there. Then we would do this agenda, see if it worked and then it would be published in the second manual.

So, later on, many years later, we prepared a manual for [the] training for facilitators [workshop]. And I did workshops perhaps once every month or two months and I traveled with AVP. I went to Missouri and started it there. There was somebody there from California, she took it back to California. I went to England and Germany. We got it started in England; Janet Lugo and I worked together on that trip. And later on shortly after that Steve Angell came aboard and he took AVP all over the world with the assistance of Robert Martin.

This was transcribed from a recording Ellen Flanders a.k.a. Earthmother Ellen made.

A Tribute to Ellen Flanders

By Fred Feucht

I remember Sunday evenings sitting in front of the blazing fireplace at Nancy Nothhelfer's home in Greenwich, Connecticut. The circle included Ellen Flanders, Janet Lugo, Mary Gray Legg, Marge Zybas, and Soon Dench. This was the monthly meeting of the AVP Education Committee and the Education Committee was the heart of AVP. We workshopped together and shared ideas. We created exercises, built agendas, wrote copy and edited manuals.

Ideas flew around like a swarm of bees, papers littered the floor like snowflakes and the committee was like a herd of cats. The chief herder and clerk was Ellen Flanders. The committee made AVP what it is today and Ellen left an enduring mark on the AVP program. Under Ellen's gentle guidance the second edition of the Basic Manual was published in 1985, the second edition of the Advanced Manual was published in 1990, and the first edition of the Training for Facilitators Manual was published in 1992.



Julia Richards

A Celebration of Ellen's Life and Work at Albany Friends Meetinghouse, November 21, 2010. Ellen is seated center-left in blue shirt.

Ellen was one of the founders of the AVP program and she took her first workshop in Auburn Prison in 1975. She helped the program evolve from a series of talks and simple role plays to the introduction of a series of experiential exercises and other new material that makes the program that it is today.

I first met Ellen at the AVP New York Annual Meeting in 1983. Ellen and Janet Lugo were inseparable and they were the core of the Education Committee. At first they seemed like rather frightening and formidable women to me. But in time I got to know them and appreciate them. I learned to love them. They were working on the second edition of the Basic Manual when I joined the Education Committee soon thereafter.

I was the token male on the Education Committee. Ellen was my mentor and guide as I grew from a raw apprentice to a lead facilitator. Ellen was also the mentor to the dozens of other facilitators that helped the program grow from one or two workshops in 1975 to over three-hundred workshops per year twenty years later.

Women's Lib hit AVP in the late 1980s and a group of women decided that AVP was being run by an "Old Boy's Network." These women wanted to get rid of the male power structure. At the time, the Board consisted of Larry Apsey, Steve Angell, Jim Richards, Rudy Cypser, Fred Feucht and Mary Gray Legg, who was the only woman. The board did all sorts of exciting things like fundraising, writing by-laws and maintaining good relations with New York Yearly Meeting.

I had the pleasure of leading the special meeting to listen to the complaints that these angry women had about the leadership. Ellen Flanders was sitting next to me and I whispered to her, "They have it all wrong. The real power in AVP is the Education Committee because we create the exercises and the program. And the Education Committee is all women except for me." Ellen replied, "Yes I know, but don't tell them about it."

Ellen has left a permanent legacy in the AVP program. The exercises and manuals that she helped to develop have been translated into many languages and are used in more than 50 countries around the world today.

Fred Feucht a.k.a. Faithful Fred is outside coordinator at Sing Sing prison, co-clerk of the Westchester Area Council and has served on the AVP/NY Board Council for many years.

AVP/USA National Gathering

May 27—30, 2011

MOVING FORWARD!!!

Building Communities

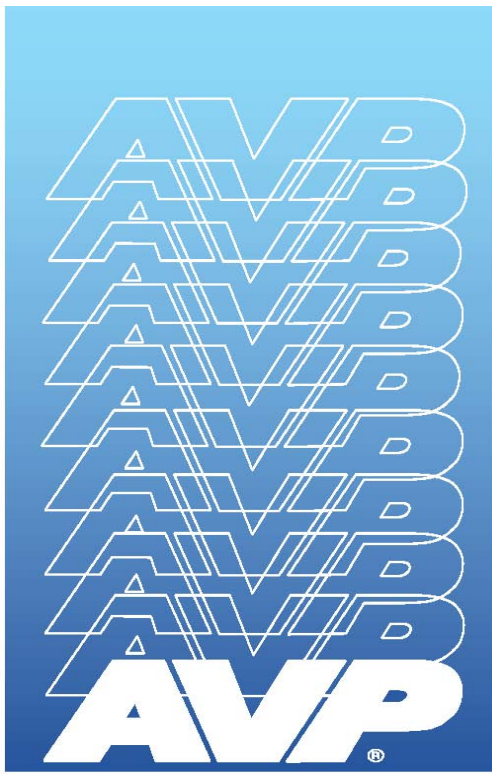
Welcoming Diversity

Exploring New Tools
for the Future



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Belmont, California

See www.avpusa.org



ALTERNATIVES TO VIOLENCE PROJECT

AVP New York
 27 William St.
 Auburn, NY 13021

Note: Printed on 100% post-consumer recycled paper.

**AVP/NY's Office has moved
 (again)!**

Our new office address:
 27 William St., Auburn, NY 13021

Our new office phone: 315-604-7940.
Our 800 number remains: 800-909-8920.

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ALTERNATIVES TO VIOLENCE PROJECT / NEW YORK
2010 Workshop Summary Report

ALBION Prison (Women's)	ELMIRA Prison	WENDE Prison	NEW YORK CITY Area Council
Workshop count: 5	Workshop count: 5	Workshop count: 5	Workshop count: 2
Participant count: 82	Participant count: 42	Participant count: 74	Participant count: 19
ARTHUR KILL Prison	Apprentices trained: 12	Apprentices trained: 13	Mini workshop count: 2
Workshop count: 2	GREEN HAVEN Prison	WOODBOURNE Prison	Mini participant count: 39
Participant count: 20	Workshop count: 21	English lang. wksp count: 6	NIAGARA FRONTIER AC
ATTICA Prison	Participant count: 211	Spanish lang. wksp count: 3	Workshop count: 1
Workshop count: 7	Apprentices trained: 28	Participant count: 124	Participant count: 12
Participant count: 80	GREENE Prison	Apprentices trained: 14	WESTCHESTER Area Council
Apprentices trained: 10	Workshop count: 1	ALBANY Area Council	Workshop count: 6
AUBURN Prison	Participant count: 7	Workshop count: 1	Adult participant count: 43
Workshop count: 15	GROVELAND Prison	Participant count: 5	Youth participant count: 20
Participant count: 180	Workshop count: 9	Apprentices trained: 5	Apprentices trained: 7
Apprentices trained: 12	Participant count: 103	CATSKILL Area Council	2010 PRISON WORKSHOPS:
BEDFORD HILLS Prison (W's)	Apprentices trained: 6	Workshop count: 4	Prisons served: 18
Workshop count: 10	MID-ORANGE Prison	Youth participant count: 55	Prison workshops: 133
Participant count: 115	Workshop count: 2	Youth apprentices trained: 26	Participant count: 1,596
Apprentices trained: 9	Participant count: 20	Mini Youth workshops: 18	Apprentices trained: 139
BUTLER Prison	OTISVILLE Prison	Mini Youth participants: 420	Inside facilitators: 210
Workshop count: 8	Workshop count: 2	GENESEEE VALLEY AC	2010 COMMUNITY WRKSPS:
Participant count: 88	Participant count: 29	Intergen. workshop count: 1	Community workshops: 16
Apprentices trained: 5	SING SING Prison	Participant count: 10	Participant count: 190
CAYUGA Prison	English lang. wksp count: 19	Mini workshop count: 1	Mini workshops: 21
Workshop count: 1	Spanish lang. wksp. count: 5	Mini participant count: 8	Mini participant count: 467
Participant count: 18	Participant count: 324	MID-HUDSON Area Council	Apprentices trained: 38
EASTERN Prison	Apprentices trained: 30	Workshop count: 1	Youth facilitators: 27
Workshop count: 5	SULLIVAN Prison	Youth participant count: 26	Outside adult facilitators: 93
Participant count: 55	Workshop count: 2		
	Participant count: 22		