

**Violence took my freedom away.  
AVP gave it back.**

—Inmate in the California Department of Corrections and Rehabilitation

**Everytime I go into prison I learn about  
others' humanity — and my own.**

—AVP Facilitator

**Now, see how you can help.**

**Yes!—we need your help, but first meet some  
inspiring AVP/CALIFORNIA people**

We can all learn from the inspirational AVP people featured here. And, behind every one are so many others —facilitators who selflessly volunteer, inmates who courageously embrace change, prison staff who generously support our workshops, and enthusiastic community people who join in so often.



**Ruth Davis  
Community  
Partnership  
Manager  
Ironwood State  
Prison**

As the first CDCR Community Partnership Manager to recruit for, coordinate and attend an AVP community workshop, Ruth has been invaluable for handling communication between the prison staff and AVP. After being a teacher's assistant at a women's prison in the 1970s, she eventually became the vice-principal at Chuckawalla State Prison. There, she raised funds within the prison for Breakfast with Santa with Blythe children and for a local nursing home. Loving this community work, she sought her present job at

Ironwood State Prison where she continues her support of AVP.



**Alice Waco  
Volunteer  
Facilitator,  
Outside Prison  
Coordinator**

Alice always had a strong will. Moving on from being a nun, she became a teacher and community activist, and a force in Bay Area marches for peace and justice.

Alice brings this same passion to AVP, where she first facilitated in San Quentin, and now provides leadership for facilitators who travel long distances to two state prisons in Susanville, CA.

...The Alternatives to Violence Project (AVP) has demonstrated itself to have a positive impact with lasting results within many of our institutions, and its existence provides an effective measure in filling a void where prior programs have been displaced.

... AVP , a worldwide association of volunteer groups, (offers) experiential workshops in conflict resolution and personal growth...AVP is dedicated to reducing the level of violence in our society by introducing people to ways of resolving conflict...to creating successful personal interactions and transform violent situations.

—George Giurbino, Director  
of Adult Institutions, California  
Department of Corrections



**Kenya Williams**  
Principal  
California State  
Prison  
Solano Adult  
School

Kenya is a person anyone would want on their team! When the Chuckawalla State Prison warden decided to bring AVP workshops to her prison, she tapped Kenya to become the coordinator. This no-nonsense woman brings energy and wisdom to every situation.

She became an AVP facilitator, then served on AVP/California's statewide steering committee, making tough decisions on standards for facilitators in prisons. Her most recent AVP involvement: research for her dissertation on AVP's effectiveness on reducing violence in prison.



**Joaquin Gonzales**  
Academy  
Coordinator at  
Fresno Rescue  
Mission

All Jake heard for years was that he would never amount to anything, and that his belief system was twisted. But along came AVP, where Jake found people who cared—people with no agenda to judge others. Now Jake says “I’m helping those just like me to learn to love themselves using skills I learned from the loving people at



**Judy Tretheway**  
Host and Facilitator

One of the most costly budget items for a California-wide program is overnight lodging. Judy and her husband generously offer accommodations in their serene home, saving AVP/CA thousands of dollars on motels. Sharing meals from their garden is their natural way of replenishing travelers. Judy has offered Chi-Gong classes in prison and is now an AVP facilitator.



**Marcelino “Junior” Nuno**  
Business Owner,  
City Council,  
King City, CA

After taking a group of local youth into a Soledad prison under the “We Care” program and meeting an AVP prisoner facilitator,

Junior was impressed enough to take the three levels of AVP training. Now, this ball of energy is introducing King City youth to the basic tools of AVP, and hoping to “spread AVP like wildfire.” He describes AVP as “being like when you were young sitting and eating your favorite ice cream on a hot summer day. You just can’t get enough, and every bite brings you a great feeling inside. I want to spread that feeling all over.”

**Jerome Lesesne**  
Paroled AVP Facilitator

As an inmate, Jerome was an effective inside facilitator. “AVP provided a safe space,” he says, “that allowed me to explore alternatives in dealing with other inmates and staff, as well as spiritual refreshment and enlightenment.” Since being released, he’s working part time and attending college. “I’ve been out a year,” says Jerome, “and AVP still has the same impact on my life.”

I had been in administrative segregation countless times during my 11 years of incarceration. With numerous “anger management” classes taken, I was still the bitter, angry, violent man who walked into this prison system years ago. I had learned to show a calm demeanor on the outside, while inside I was a cauldron of hate and resentment.

And then, AVP found me. I walked into the room and was greeted by a woman who took my hand and refused to let it go until I met her eyes and acknowledged the caring and humanity there. She and other facilitators proceeded to chip away at all of the anger, resentment and frustration that over the years had hidden the essential goodness that all human beings, including myself, have within us.

Here I stand, over two years later, a changed man. A man of peace, but more importantly, a man at peace with himself.

—**Daring Da’Mone**  
CDCR Prisoner, AVP Facilitator

# Yes—every day, AVP people transform others and themselves. And, you can too!

**100,000**

AVP workshop graduates in California prisons and communities in 8 years.

**255,512**

total participant workshop hours since 2002

**1.2**

times a month a 20-hour AVP workshop is offered in a given CDCR prison

**757**

CDCR workshops completed in 18 CDCR prisons

**120**

the number of workshop-hours required for certification as an AVP facilitator

**114**

community workshops completed in 8 years

*Groups valued for their community support of AVP... Workshops happen outside prison, too! The Bay Bridge Council of AVP facilitators has enjoyed the contributions of four local organizations for this year's eight community workshops:*

- *St. Mary's Center gives AVP free use of their building whenever needed.*
- *The Oakland Quaker Worship Group prepares snacks, breakfast and lunches for community workshops, and most members have taken a workshop.*
- *The Metta Center, an organization committed to working toward a nonviolent world, sent 12 of their summer interns and two of their staff to take the AVP series of workshops.*
- *Catherine's Center, a women's reentry program in San Francisco, has three trained facilitators.*



## Some ways that you can help:

- Send a check to AVP/CA, P.O. Box 3294, Santa Barbara, CA 93130
  - Go online to [www.avpcalifornia.org](http://www.avpcalifornia.org) to donate by credit card or PayPal
- Give through the California State Employee Charitable Campaign (CSECC) by designating AVP/CA
  - Host a facilitator in your home
- Provide space for a community workshop in your town
  - Share this promotion with someone else
- Check Facebook: Alternatives to Violence Project (AVP) California and put on your own Facebook page

Give whatever you are moved to donate. We have gratefully received a \$5 check three months in a row from a prisoner who has taken one workshop.