

# Veterans for Peace Chapter 25

The Clarence Kailin Chapter

welcomes you to Mad City: Madison, Wisconsin, where we promote peace and confront injustice with serious effort and colorful exuberance.



Have a productive convention, enjoy our beautiful city, sample our amazing night life, return home with new energy, ideas, and friends, and come back and see us again soon.

## Peace!

The Madison Chapter is named in honor of the late Clarence Kailin, founding member, Madison peace activist and social reformer. He served in the Abraham Lincoln Brigade of American volunteers in the Spanish Civil War (1937-38).

## A message from . . .



### VFP's National President, Patrick McCann



Greetings, veterans and winter soldiers! Welcome to the 28th annual convention of Veterans For Peace. My name is Patrick McCann. I've been a member of Veterans For Peace for a decade now, and spent 4 ½ years on VFP's Board of Directors. I've been local chapter president of the DC and South Florida chapters, and hosted VFP national conventions at the University of Maryland in College

Park, MD in 2009, and in Miami in 2012. This is my 9th annual VFP convention.

I became VFP Board President in January, and have since visited chapters in Philly, Boston, Asheville, Miami/South Florida, and Raleigh (twice). I attended the Dave Cline memorial event in NYC in February, and the NoCal regional in Ukiah, CA the first weekend of March. Baltimore's on my list for next month. This is an internal focus - toward chapter and regional development, toward financial stability, and toward learning how to value each other. I invite you to invite me (or another member of leadership) to visit your chapter or region.

The VFP Board gained 4 new members this year, including myself. We joined the then-current board to help develop a programmatic strategic plan for Veterans For Peace. We wish to enlarge that discussion to include our organization strategic plan. We have begun to focus inward to build our organization, to concentrate on building a lean, green, peace machine!

We are happy to say that our financial future is looking brighter as we look to institutionalize our funding streams (planned giving, regular credit card deductions, etc.) We received a \$50K bequest just last month, perhaps the largest contribution to VFP in its history. I'm writing my will now, tithing (10%) to VFP, and encouraging others to consider doing likewise. I make regular credit card contributions, and encourage others to do that, too! This has the potential to move the goal posts for VFP, facilitating our ability to mount campaigns, hire organizers, make conventions more affordable, provide good jobs to our hard-working staff, and ultimately raise our profile and our influence beyond what it is today! Let's get to work.

## A message from . . .



### VFP's National Executive Director, Mike Reid

On the behalf of the Board of Directors of Veterans For Peace, welcome to our 28th Annual Convention!

This year's theme is "Power To The Peaceful" and we couldn't have selected a place with a more appropriate history than Madison, Wisconsin.



During the late 1960s and early 1970s, thousands of students and other citizens took part in peaceful anti-Vietnam War marches and demonstrations. These drew national attention to the city and UW campus when they ultimately were met with violent response. A 1967 student protest of Dow Chemical Company resulted in 74 injured. The 1969 strike to secure greater representation and rights for African-American students and faculty necessitated the involvement of the Wisconsin Army National Guard. Madison's three-time and current mayor, Paul Soglin began his political career as a student activist and was twice arrested in these times.

Sounds like our type of people...doesn't it?

This Convention will focus on empowering ourselves to be as effective as those courageous students from the UW campus. It's our hope that you leave this convention feeling more powerful in our work for social change.

Once again, welcome and ... **Power to the Peaceful!**



## Schedule

All events at the Concourse Hotel, 1 Dayton Street,  
Madison WI, unless otherwise indicated



### TUESDAY • AUGUST 6, 2013

- 7 - 9:30 pm            Public Gathering of Lanterns for Peace  
                              VFP Board members to speak before lighting the  
                              lanterns.  
                              TENNEY PARK SHELTER

### WEDNESDAY • AUGUST 7

- 9 am - 5 pm            VFP Board of Directors Meeting  
                              (open to VFP members)  
                              CONFERENCE ROOM 1
- 6 - 7:30 pm            Welcome Reception  
                              Hosted by Board President and VFP Staff  
                              With special guest, Lauren Traver, Curator with  
                              the Iraqi & American Reconciliation Project  
                              CONCOURSE HOTEL BALLROOM
- 8 - 10:30 pm           Poetry Event for VFP and public  
                              With Doug Rawlings  
                              ROOM OF ONE'S OWN BOOKSTORE, 315 W. GORHAM ST.  
                              *Treats supplied by the local Monday Noon Vigil*
- 10:45 - midnight     "The Good Soldier"  
                              Feature film with Will Williams and Michael  
                              McPhearson  
                              UNIVERSITY A

### THURSDAY • AUGUST 8

- 10:20 am              Opening Ceremony  
                              With Mike Wiggins and the Bad River Tribe  
                              drummers, Mayor Paul Soglin, David Newby,  
                              Carlos Arredondo, Ben Griffin and more  
                              HOTEL BALLROOM
- Noon - short film     "We Were Soldiers in the War on Terror"  
                              With film producer Elsa Rassbach of Germany  
                              UNIVERSITY A
- 1 - 2:30 pm            Workshops Session 1  
                              VARIOUS ROOMS IN THE CONCOURSE HOTEL
- 3 - 4:30 pm            Workshops Session 2  
                              VARIOUS ROOMS IN THE CONCOURSE HOTEL

## Schedule . . . continued



- 5 - 6:30 pm          Caucus Gatherings  
                                VARIOUS ROOMS IN THE CONCOURSE HOTEL
- 7 - 9 pm                “Activists Speaking Out”  
                                With Nick Turse, John Peck, John Kinsman, &  
                                Ryan Harvey. Doors open at 6:30 pm for Book  
                                Signing Event.  
                                Emcees are Diane Farsetta and Doug Rawlings  
                                CONCOURSE HOTEL BALLROOM
- 10 pm                  “Where Soldiers Come From”  
                                A feature film, Q&A with Doug Rawlings  
                                UNIVERSITY A

### FRIDAY • AUGUST 9

- 8:30 - 10 am          Workshops Session 3  
                                VARIOUS ROOMS IN THE CONCOURSE HOTEL
- 10:30 - noon          Workshops Session 4  
                                VARIOUS ROOMS IN THE CONCOURSE HOTEL
- Noon - short film    Overpass Light Brigade “Power to the People”  
                                With Lane Hall, Lisa Moline and Joe Brusky  
                                UNIVERSITY A
- 1 - 2:30 pm          Plenary  
                                With VFP Director Mike Reid and Board  
                                President, Patrick McCann  
                                HOTEL BALLROOM
- 3 - 5 pm                Plenary  
                                With Kathy Kelly, Brian Willson, Diane Wilson,  
                                Emceed by George Martin and Patrick McCann  
                                HOTEL BALLROOM
- 5 - 6:30 pm          Caucus Gatherings  
                                VARIOUS ROOMS IN THE CONCOURSE HOTEL
- 6:30 pm                Banquet  
                                With Kathy Kelly & Matt Rothschild, emceed by  
                                Will Williams and Mike Reid  
                                HOTEL BALLROOM

## Schedule



- 9:00 pm Open participation in the Overpass Light Brigade  
“Power to the Peaceful” Sign Holding -  
At Lady Forward on the Capitol Square  
Volunteers welcome!
- 10 pm “The War at Home”  
Feature film, David Williams & Chuck France  
UNIVERSITY A

### **SATURDAY • AUGUST 10**

- 8:30 am - 3 pm VFP Business Meeting and Committee Reports  
VFP Business Meeting and Committee Reports  
Opened by Chapter #27 “bell-ringing”, plus James  
Yee & Scott Olsen  
HOTEL BALLROOM
- 3 pm Special music with Bill Homans, aka,  
Watermelon Slim
- 4 - 5:30 pm Peace Parade, Rally at Capitol Square  
March down State Street to Library Mall  
With Todd Dennis, Will Williams, George Martin,  
Raging Grannies, Solidarity Singalong, Forward  
Marching Band
- 7 - 11:30 pm Social Event  
Social Event with Paul Chappell, “Honor Among  
Thieves” & Jim Wachtendonk music  
Emcees, Ron Arm and Matt Southworth  
UW-MADISON - UNION SOUTH, 1308 W DAYTON ST

*(note: free shuttle buses leave the Concourse Hotel at 6:30 pm to Union South - and return at 10, 10:30 and 11:30 pm)*

### **SUNDAY • AUGUST 11**

- 9 am Closing Ceremony  
Hosted by Lincoln Grahlf's  
“A Lifetime Devoted to Peace and Justice”  
Emcee John Carey and Patrick McCann  
CAPITOL LAKES RETIREMENT CENTER  
333 WEST MAIN ST.

# Opening Ceremony



**10:20 am to noon, Thursday, Aug 8th**

Concourse Hotel Madison and Wisconsin Ballroom

Mike Wiggins with drummers of the Bad River Tribe  
Northern Wisconsin

Introduced by Will Williams, Chapter #25 Madison

Welcome from Madison's local Chapter #25

Fran Wiedenhoft and Steve Books

Introduction of Mayor Paul Soglin and David Newby

Former Director of the Wisconsin AFL-CIO and  
founder of US Labor Against the War.

VFP Board President Patrick McCann and

Director Mike Reid will introduce

Carlos Arredondo and Ben Griffin

## ***Throughout the Convention:***

IN UNIVERSITY ROOM B

### **Veterans for Peace art exhibit:**

Wisconsin artists including painters David Giffey and James Wachtendonk, cartoonist Mike Konopacki, and silversmith Daniel Lippitt, will show work related to war, peace, and justice in University Room B during the Veterans for Peace convention. Giffey's mural-sized canvases in the "Long Shadow" series are based on photos he took as a combat journalist with the 1st Infantry Division in Vietnam in 1965-66. Vietnam veteran and singer-songwriter Wachtendonk began painting in 2002 after Agent Orange robbed him of his ability to play guitars. Labor and political cartoonist Konopacki will show "Empire Attacks," paintings parodying the 1960s Mars Attacks trading cards. Lippitt's art alters the imagery and titles of military medals to commemorate suicide among veterans.

# Banquet



Friday, 6:30-9:00 pm

Madison and Wisconsin Ballrooms

“Power to the Peaceful” Banquet

## Dinner

Keynote speakers:

Matt Rothschild and Kathy Kelly

Introduced by Will Williams

Wrap-up

### ***Throughout the Convention:***

ART EXHIBIT IN UNIVERSITY ROOM C

#### **Iraqi and Veteran Artwork:**

The Iraqi & American Reconciliation Project (IARP) presents artwork by Iraqi artists, Iraqi refugees, and US veterans to amplify underheard voices and support artistic dialogue. Artwork presented at the Veterans for Peace Convention includes:

**Iraqi and US Veteran Books:** In 2012, IARP and the Veterans Book Project hosted workshops for 10 Iraqis and Iraqi-Americans to make books about their individual stories. The Veterans Book Project is a library of books authored collaboratively between artist Monica Haller and individuals experiencing the recent American-led wars. Each individual book (as a vehicle of history and memory, stable yet mobile) re-deploys volatile images with the aim of re-articulating and refashioning memories.

**Iraqi paintings from IARP’s permanent collection:** Building on the transformative power of art, IARP helps to personalize relationships with Iraqis and bridges American communities with Iraqi artists.

**Photographs by Iraqi artist Jamal Penjweny:** Iraqi artist Jamal Penjweny’s series, *Iraq is Flying*, literally shows people soaring above their situations.





## THURSDAY MORNING OPENING CEREMONY:



### **Mike Wiggins and drummers of the Bad River Tribe**

Mike Wiggins Jr., Tribal Chairman of the Bad River Band of Lake Superior Ojibwe, has frequently been in the news over the last couple of years for comment on the contentious mining issue in Wisconsin. Gogebic Taconite Mining (GTac) has been approved by the current WI legislature to create a \$1.5 billion open pit mine in the Penokee Mountains. This land protected by federal treaties.

### **Paul Soglin, Madison Mayor**

While a graduate student in the University of Wisconsin–Madison History Department, Soglin was elected to Madison’s Common Council in 1968, 1970, and 1972. The following year, he ran for mayor of Madison and was elected.



In May 1969, Soglin, while representing the Eighth Ward, was twice arrested at the first infamous Mifflin Street Block Party. Soglin was tried and found guilty of “Failing to Obey the Lawful Order of a Police Officer.” The charge from the second day, “Unlawful Assembly,” was thrown out by a federal court. The following fall he enrolled in law school.

He served as mayor of Madison for three terms from 1973 to 1979. He returned to office in 1989, serving three additional terms as mayor until 1997. On April 5, 2011, Soglin defeated Incumbent Dave Cieslewicz in a close election. He took the oath of office for his third stint as mayor on April 19, 2011.



### **David Newby**

David Newby, founder of US Labor Against the War and former President of the WI AFL-CIO

David Newby began his role as a Wisconsin labor leader in 1982, when he won election as president of the Madison Labor Council, a precursor to the South Central Federation of Labor.



Newby went on to become the President of the WI AFL-CIO. He stresses the need for labor to build alliances with environmentalists, clergy, students, civil rights activists, peacemakers and women's groups: "What's going to help us in labor is not just bringing together our members but also bringing in the general public."

### **Carlos Arredondo**

Carlos Arredondo is a Costa Rican-American peace activist and an American Red Cross volunteer. He became an anti war activist after his 20-year-old eldest son Lance Corporal Alexander Arredondo died in action during Iraq War in 2004.



On April 15, 2013 Arredondo attended the 2013 Boston Marathon. At around 2:50 p.m. two bombs were detonated during the race in Copley Square, just before the finish line. He saw Jeff Bauman, missing both of his legs and losing blood rapidly, he knew Jeff needed help the most. Arredondo lifted Bauman and put him into a wheelchair, and created a tourniquet. Arredondo was a spectator of the race, there to support and cheer on members of the National Guard and a suicide prevention group that were running in honor of his two deceased sons.



### **Ben Griffin**

Benjamin Griffin (born 1977) is a former British SAS soldier who refused to return to Iraq and left the Army, citing not only the "illegal" tactics of United States troops and the policies of coalition forces but also that the invasion itself was contrary to international law. He expected to be court-martialed, but was instead let go with a glowing testimonial from

his commanding officer. He spoke to an anti-war rally in 2008 about UK involvement in extraordinary rendition the day before he was served with an injunction preventing him from speaking publicly and from publishing material about his time in the SAS.

## **THURSDAY EVENING – ACTIVISTS SPEAKING OUT**

### **Nick Turse**

Nick Turse (born in 1975) is an investigative journalist, historian and essayist. His writing has been included in a wide range of publications

## Speakers . . . continued



including *The Los Angeles Times*, *The San Francisco Chronicle*, *The Nation*, and *The Chicago Tribune* among others. He is the author of a number of books including *The Complex: How the Military Invades Our Everyday Lives* and the New York Times bestseller *Kill Anything That Moves: The Real American War in Vietnam*. Turse received the Ridenhour Prize at the National Press Club in April 2009 for his years-long investigation of mass civilian slaughter by U.S. troops in Vietnam's Mekong Delta, in 1968-1969, during Operation Speedy Express.



### John Peck

John E. Peck grew up on a 260 acre farm in central Minnesota, has a B.A. in Economics from Reed College and a PhD in Land Resources from UW-Madison. He has been the Executive Director of Family Farm Defenders for the last decade, and is also a part-time instructor of Economics and Environmental Studies at Madison Area Technical College (MATC). John is a strong supporter of food sovereignty as the solution to most of the food/farm problems facing our world today.

### John Kinsman

John Kinsman - has 'locked arms with Native Americans like Winona LaDuke in their struggle, founded the activist group Family Farm Defenders in 1994, and marched with his friend the French farm leader Jose Bové of anti-McDonald's fame in "The Battle of Seattle" in 1999. He's even sailed with Greenpeace. John has managed all this while running an organic dairy farm in central Wisconsin, near Lime Ridge, and raising ten children with his wife, Jean....on a fourth-generation family farm. According to a recent interview, his 'own political awakening began in World War II, when on an Army train through Mississippi, he was upbraided for waving to the black people along the track.'





## FRIDAY AFTERNOON STRATEGIC PLAN PLENARY



### **Kathy Kelly**

Kathy Kelly co-coordinates Voices for Creative Nonviolence, a campaign to end U.S. military and economic warfare.

During each of nine recent trips to Afghanistan, Kathy Kelly, as an invited guest of the Afghan Peace Volunteers, has lived alongside ordinary Afghan people in a working class neighborhood in Kabul. She and her companions in Voices for

Creative Nonviolence believe that “where you stand determines what you see.”

She was sentenced to one year in federal prison for planting corn on nuclear missile silo sites (1988-89) and spent three months in prison, in 2004, for crossing the line at Fort Benning’s military training school. As a war tax refuser, she has refused payment of all forms of federal income tax since 1980.

### **Diane Wilson**

Diane Wilson, is a fourth-generation fisher woman from the Texas Gulf Coast. This mother of five, has become legendary for her struggles to stop chemical companies from dumping devastating toxins into the Gulf Coast, as chronicled in her new book *An Unreasonable Woman: A True Story of Shrimpers, Politicos, Polluters and the Fight for Seadrift, Texas*.



Diane is also a founding member of CODEPINK.

She was recently on a ‘water and salt only’ Hunger Strike in solidarity with Guantanamo Prisoners. Earlier this month, she was arrested after chaining herself to the White House fence in a CodePink demonstration urging the President to close the Guantánamo prison.



### **Brian Willson**

S. Brian Willson (born July 4, 1941) is an American Vietnam veteran, peace activist, and attorney-at-law.

Willson served in the US Air Force from 1966 to 1970, including several months as a combat security officer in Vietnam. He left the Air Force as a Captain.



He subsequently became a member of Vietnam Veterans Against the War and Veterans For Peace (Humboldt Bay Chapter 56, California). Upon completion of Law School at American University in Washington, D.C., he became a member of the District of Columbia Bar. Willson has had a variety of jobs including penal consultant, prisoner rights advocate, dairy farmer, legislative aide, town tax assessor and building inspector, veteran's advocate, and small businessman.

### FRIDAY NIGHT BANQUET

#### **Matt Rothschild**

Matthew Rothschild, based in Madison, WI, is the editor of *The Progressive* magazine, which is one of the leading voices for peace and social justice in this country. Rothschild has appeared on Nightline, C-SPAN, The O'Reilly Factor, and NPR, and his newspaper commentaries have run in the *Chicago Tribune*, the *L.A. Times*, the *Miami Herald*, and a host of other newspapers. Rothschild is the host of "Progressive Radio," a syndicated half-hour weekly interview program. And he does a two-minute daily radio commentary, entitled "Progressive Point of View," which is also syndicated around the country.



### SATURDAY MORNING BUSINESS MEETING

#### **Scott Olsen**

Scott Olsen, a former Marine, two-time Iraq War veteran, and member of Iraq Veterans Against the War, sustained a skull fracture after being shot in the head on October 25, 2011 with a police projectile while peacefully participating in an Occupy Oakland march.



Scott joined the Marines in 2006, served two-tours in Iraq, and was discharged in 2010. Scott is one of an increasing number of war veterans who are participating in America's growing Occupy movement.

#### **James Yee**

James J. Yee (also known by the Arabic name Yusuf Yee) is a former United States Army chaplain. He is best known for being subject to an intense investigation by the U.S., but all charges were later dropped.

Yee, a Chinese American, was born in New Jersey and raised in Springfield Township. He converted from Lutheran Christianity to Islam



in 1991, undergoing religious training in Syria and meeting his wife Huda, a Palestinian, with whom he has one child.

In his appointed role as chaplain, Yee ministered to Muslim detainees held at Guantánamo Bay detention camp and received commendation from his superiors for his work. When returning from duty at the Guantanamo Bay Naval Base, he was

arrested on September 10, 2003, in Jacksonville, Florida, when a U.S. Customs agent found a list of Guantanamo detainees and interrogators among his belongings.

## SATURDAY NIGHT SOCIAL

### Paul Chappell

Paul K. Chappell is an Iraq War veteran, and Peace Leadership Director for the Nuclear Age Peace Foundation.

He graduated from West Point in 2002.

Chappell served in the army from 2002 to November 2009, was deployed to Baghdad in 2006, and left active duty in November 2009 as a captain. Part African American, part Korean, and part Caucasian, Paul K. Chappell dedicates his time to waging peace and ending war.



## SUNDAY MORNING



### Lincoln Grahlf

F. Lincoln Grahlf served in the US Navy from 1942 to 1948 during which time he served on five different vessels. Lincoln has written the story about one of them, an ocean tug which, among other things, towed a disabled destroyer all the way from Okinawa to San Francisco, encountering a typhoon on the third day out.

After the war Mr. Grahlf participated in Operation Crossroads and spent a year and a half in Micronesia. Upon discharge he completed his education and spent the next four decades as a professor of sociology. His previous book, *VOICES FROM GROUND ZERO: Recollections and Feelings of Nuclear Test Veterans*, was published by University Press of America in 1996. He lives in Madison and is part of Chapter #25.



## Honor Among Thieves

One of Madison's longest-lived and most revered bands, Honor Among Thieves excels in creating high-energy, heartfelt music that defies categorization. Like Madison itself, Honor Among Thieves is the meeting of diverse influences mixed with liberal experimentation.



The music of Honor Among Thieves is rooted in the blues, but strays into klezmer, bebop and beyond, backed with hypnotic, funk-laden grooves. Over the past three decades the band has amassed a broad repertoire and wields it with passion and spontaneity, making each performance unique and engaging.



## Jim Wachtendonk

Jim Wachtendonk is a Vietnam Veteran, singer, songwriter and artist. A guitar player in Vietnam, Wachtendonk returned home and began to write songs that reflected his service and the burgeoning Vietnam Veteran anti-war movement. Jim has produced six albums of original music, has been

featured on Vietnam Veteran programming on a PBS Vets Special in 1985 and "HBO's Welcome Home Tribute Concert" in 1987. He has performed in concert with Stevie Wonder, James Brown, Crosby, Stills and Nash and Arlo Guthrie among others.

## Ryan Harvey

Ryan Harvey has taken his powerful, insightful, and sometimes humorous songs and stories of activism, social movements, rebellion, and political analysis to 19 countries in the last 2 years, performing in some of the most infamous epicenters of the 2011 uprisings including Cairo, Athens, Madrid, and Lisbon.

A founding member of the Civilian-Soldier Alliance, he has worked with anti-war veterans and active-duty groups since 2006.





### **Solidarity singalong**

Solidarity singalong started singing spontaneously in March 2011, in solidarity with union-busting going on in Wisconsin - and this group continues to sing every noon, Monday yo Friday in the State Capitol, Madison.....over 700 singalongs, and going strong!

### **The Raging Grannies**

The Raging Grannies of Madison began as a project of the Madison chapter of the Women's International League for Peace and Freedom (WILPF), first singing to the crowds of Madison WI anti-war protesters in the fall of 2003.



Membership is open to all older women who know that “war is stupid” and that for the sake of our children and grandchildren we must sing out for peace, economic & social justice and the environment.



### **Forward Marching Band**

We believe in using music to help fuel social change, have fun and build community. Forward! Marching Band is an ever-changing group of musicians of all skill levels. We play tunes from the catalogs of folk, rock, klezmer,

polka, labor, Balkan, New Orleans and Romany music.

### **Watermelon Slim**

“Watermelon Slim”, is an American blues musician. He plays both guitar and harmonica. After his return home in 1973 from a tour of duty in Vietnam, Bill Homans had become involved with Vietnam Veterans Against the War. His first album had songs with lyrics reflecting drug use, spiritual exploration, and involvement with the emotional cost of fighting “enemies.”





## Films



### The Good Soldier

Hosted by Will Williams and Michael McPhearson

Wednesday, 10:45 pm

This disturbing, deeply affecting look at war through the eyes of American veterans provides extraordinary perspective for civilian viewers. Five men who fought variously in World War II, Vietnam, and the Middle East talk about combat in a down-to-earth, matter-of-fact way that gives horrifying new meaning to the term “brutal realities.”



### We Were Soldiers in the War on Terror

With film producer Elsa Rassbach  
Thursday, 12:00 pm - short film

This matters to us all!

21 governments have sent soldiers to Iraq.  
21 governments have sent soldiers to Afghanistan.

Now the U.S. wants to widen the war!  
For the truth about these wars, here is authentic testimony from U.S. soldiers who were there and who are building a soldier resistance movement.



Where Soldiers Come From  
Q&A with Doug Rawlings  
Thursday, 10:00 pm

From a snowy small town in Northern Michigan to the mountains of Afghanistan and back, Where Soldiers Come From follows the four-year journey of childhood friends, forever changed by a faraway war.

A film about growing up, Where Soldiers Come From is an intimate look at the young men who fight our wars and the families and



## Films



town they come from. Returning to her hometown, Director Heather Courtney gains extraordinary access following these young men as they grow and change from reckless teenagers, to soldiers looking for roadside bombs in Afghanistan, to 23-year-old veterans dealing with the silent war wounds of Traumatic Brain Injury (TBI) and PTSD.

### **Overpass Light Brigade “Power to the People”**

**Hosted by Lane Hall, Lisa Moline and Joe Brusky**

**Friday, 12:00 pm - short film**

The Overpass Light Brigade was forged in the activist climate of the Wisconsin Uprising. OLB messages shine over highways at night. We believe in the power of communities coming together in physical space, as well as the importance of visibility for grassroots and progressive causes. We are a loose and inclusive affiliation of people dedicated to the power of peaceful and playful protest.

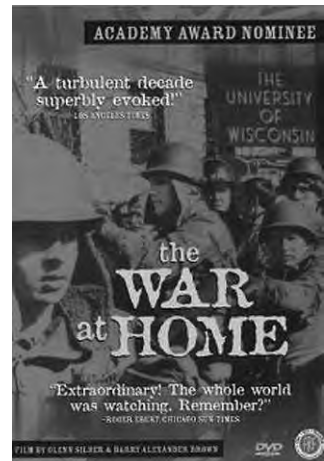


### **The War at Home**

**With David Williams and Chuck France, editor - for Q&A**

**Friday, 10:00 pm**

*The War at Home* is a documentary film about the anti-war movement in the Madison, Wisconsin area during the time of the Vietnam War. It combines archival footage and interviews with participants that explore the events of the period on the University of Wisconsin–Madison campus. The film was nominated for an Academy Award for Best Documentary Feature.



*Other films include: ‘Memory of Forgotten War’, 5 pm Thurs - and ‘Ghosts of Jeju Island’, 5 pm Friday (see CAUCUS section for details)*



## **THURSDAY, 1:00 PM – 2:30 PM — SESSION 1**

### **VETERANS FARMING: GROWING FOOD, HEALING, AND STARTING FARM BUSINESSES**

**John Kinsman, Todd Dennis, Greg Allen, Brian Igl, Janet Parker**  
UNIVERSITY A

Studies are showing how PTSD healing can occur by putting hands in the dirt and growing good food. This panel of speakers from across the country and from different cultures will tell us how this works. Tours of the Farley Center for Peace, Justice and Sustainability are available upon request by contacting facilitators of this workshop.

### **AN OUTLINE FOR NONVIOLENT BIOREGIONAL REVOLUTIONARY STRATEGIES**

**Brian Willson**

CAPITOL BALLROOM A

In this 90-minute workshop, we will be able to hear in-depth and in detail Brian Willson's strategy for a more peaceful and sustainable future. Note: Brian is also presenting at the Friday afternoon Plenary.

### **CREATING A CULTURE OF PEACE: EXPLORING NONVIOLENT SOCIAL CHANGE MOVEMENTS, PAST, PRESENT AND FUTURE**

**Joan Haan and Elliot Adams**

CAUCUS ROOM

You will join a circle of dedicated peacemakers at this session, and hear of Elliot's 'hunger strike' as part of his peace journey. You will receive handouts to take home with you - for guides on building your own peace cultures within community.

### **VIETNAM AGENT ORANGE RELIEF AND RESPONSIBILITY CAMPAIGN**

**Paul Cox, Susan Schnall, and others (and Barack Obama - invited!)**

CONFERENCE ROOM I

Barbara Lee of California is reintroducing a modified version of a bill to Congress this session, called the Victims of Agent Orange Relief Act. At this VFP workshop, there will be more information about the status of the legislation, along with a detailed description of the bill. Participants

## Workshops . . . continued



will be encouraged to get their representatives and senators to co-sponsor the bill in the Congress - and push for its passage.

### **EDUCATING THE COMMUNITY ON PEACE**

**John Carey, Norm Aulabaugh, Norm Stockwell, Steve Books, Jim Roseberry, David Giffey**

CONFERENCE ROOM III

South Central Wisconsin has a reputation for being a 'hotbed' of peacemakers - and this is not by chance. Veterans for Peace from Janesville, Arena and Madison will talk about their experience spreading the message of peace to our communities - and Norm Stockwell will talk about how WORT-fm community radio plays a vital role in all this.

### **DEBT AND DEATH: MAKING CLEAR THE COSTS OF WAR AND BRINGING OUR WAR DOLLARS HOME**

**Robert Poteat, Mitch Sanquist, Diane Farsetta and others**

CONFERENCE ROOM IV

Learn about Wisconsin's experience in passing city and county resolutions to 'Bring the War \$\$'s Home' with a team from the Wisconsin Network for Peace and Justice, as well as learning more from Robert Poteat about the war cost to us all.

### **LABOR'S ROLE IN ENDING THE WARS AND DEMILITARIZING OUR FOREIGN POLICY**

**David Newby and Barb Smith**

CONFERENCE ROOM V

In part, the VFP Convention is being held in Wisconsin this week to learn more about the Labor Movement, which is under attack in this state. David Newby, former head of the AFL-CIO and founder of US Labor Against War will address this subject, along with Madison peace and labor activist Barb Smith.

#### ***Throughout the Convention:***

In Solidarity with the VFP Convention, Ian's Pizza, 100 State Street, is offering a discount on a slice of pizza IF you're wearing your Power to the Peaceful Convention t-shirt when you order! **You'll get \$.50 off per slice!** Ian's is just across the street from the Concourse Hotel - convenient - and delicious pizza, too!





## **THURSDAY, 3:00 PM – 4:30 PM — SESSION 2**

### **ENVIRONMENTAL DISASTER: WHY IT'S A VETERAN'S ISSUE**

**Larry Orr, Helen Jaccard, Lincoln Grahlfs, Skip Oliver and others**

UNIVERSITY A

War is not healthy for the environment. Join this workshop to hear from panelists about nuclear waste and more. This discussion will continue into a Caucus presentation Friday evening at 5 pm, facilitated Skip Oliver.

### **VFP AND THE UNITED NATIONS**

**Ellen Barfield, Michael McPherson, Mike Reid**

CAPITOL BALLROOM A

The 2013 VFP Representatives to the United Nations Department of Public Information will explain how VFP relates to the UN and what value the relationship offers VFP. The UN system is complicated, so information will include descriptions of various ways VFP can relate to the UN and NGO and official representatives of other nations, how to observe protocols and avoid embarrassment, and bring political pressure to bear on the US government regarding international relations.

### **BEST PRACTICES IN HELPING HOMELESS VETERANS**

**John Spitzberg, Paul Cox**

CAUCUS ROOM

This workshop is dedicated to sharing best practices used by chapters throughout VFP in working with homeless veterans. Concentration on the role of advocacy, the needs of the homeless veteran and specific attention to the needs of women, aged and veterans with PTSD and other problems will be discussed. Attendees will develop potential programs for their chapters where none exist presently and will define and refine those already in place. This open discussion will address those issues which participants wish to discuss and share with each other possible solutions, ideas and direction.

### **CURRENT OPTIONS FOR PALESTINE**

**Jack Dresser**

CONFERENCE ROOM I

Jack Dresser has been a presenter in previous years at the VFP Conventions. All are welcome to hear this further analysis of "Current



Options in Palestine” - and then join the Palestine Caucus at 5 pm on Friday afternoon for more discussion with Eduardo Cohen and others.

### **ADDRESSING VETERAN SUICIDE**

**Alice Franks-Gray**

CONFERENCE ROOM III

As the numbers continue to rise, Alice will lead us through this topic of veteran suicide

### **FILMS: “PAYING THE PRICE FOR PEACE” ABOUT BRIAN WILLSON & “SAM’S 2013 RIDE FOR PEACE”, PLUS A PANEL ON RESTORATIVE JUSTICE**

**Ron Fisher, John Heuer, and Director Bo Boudart**

CONFERENCE ROOM IV

The workshop cover the strategies & procedures against certain senior civil and military officials, legislators, judges and corporation executives who are violating the law as outlined on [www.ProsecuteOfficials.org](http://www.ProsecuteOfficials.org).

### **VFP HOWARD ZINN FUND: WHAT MAKES A WINNING PROPOSAL?**

**Ken Barger**

CONFERENCE ROOM V

The Veterans For Peace Howard Zinn Fund is intended to provide a resource to local chapters for projects that further the VFP mission of peace and justice, particularly where a small grant can make a difference to the project’s success. Funds are made available on a two-to-one matching basis, where the applicants must collect independent resources for at least a third of the total project costs. Based on available money, the review committee may award partial or full funding to any proposal, up to a maximum of \$1,000. These application materials and process will be reviewed at this workshop.



**FRIDAY, 8:30 AM – 10:00 PM — SESSION 1**

**VETERANS HEALTH CRISIS & THE COSTS OF WAR: PTSD AND TBI, MILITARY SEXUAL TRAUMA AND SUICIDES**

**Ann Wright, David Dittimore, Eileen Ahearn, Elaine Wynne**  
UNIVERSITY A

There is an expert panel at this workshop to guide us through PTSD, TBI, and more. There will be a focus on how VA care relates to the cost of war, as well as discussion of the use of all of the known evidence-based treatments in trying to contain the costs of these treatments. Note: there is a Caucus on this topic on Thursday evening, 5pm - for more information and discussion.

**BROADENING THE POLITICAL SPECTRUM FROM GANDHIAN RESISTANCE TO ALTERNATIVE VOTING SYSTEMS**

**Clark Rieke and David Slesinger**

CAUCUS ROOM

Part 1: Gandhi, asserting he had no enemies, felt that suffering in jail to touch the heart of the adversary was where the power of nonviolent resistance lies. We will discuss why current US leadership of public arrest for a higher cause stand strongly against even discussing this option that Gandhi held so high. Part 2: Think of being empowered to give your first choice vote to the candidate that represents your highest hopes and your second choice vote to the major party candidate that worries you the least. An instant runoff voting system can be middle ground between a two-party only and a multiparty voting system.

**VOICES FOR IRAQ: RESOLUTION, RECONCILIATION, REPARATION**

**Luke Wilcox, Robert Rosser, Tamara Al-Sammarraie, Ziad Al-Shamsie, Fletcher Hinds, Joan Hinds, Joan Haan & Tom Fasy**

CONFERENCE ROOM I

There will be an opportunity at this workshop to hear from many voices - of those who come from Iraq and from those who have traveled there from Minnesota and the Iraqi American Reconciliation Project (IARP). Tom Fasy will speak on the VFP's Iraq Water Project and IVAW's "Right to Heal" Project.

## *Workshops . . . continued*



### **PANEL #1: ANOTHER NINETEEN: INVESTIGATING LEGITIMATE 9/11 SUSPECTS, AND PANEL #2: RATIONALE FOR IMPEACHMENT OF OBAMA, BUSH & CHENEY**

**Part #1; Klayt Morfoot & Kevin Ryan;  
Part #2 : Buzz Davis & Don McKeating**

Conference Room II

The panelists of this 2-part workshop will discuss: 1)The incomplete investigations of the 9/11 attacks and what should be done now. 2) To save our Constitution and the Rule of Law, we must act to impeach and prosecute presidents who conduct illegal wars, illegal torture and illegal spying.

### **VFP LEADERSHIP TRAININGS Mike Reid and Virginia Druhe**

CONFERENCE ROOM III

VFP's two recent webinars, Building Member Involvement and Keeping the Fire Alive: Keys to Effective Action - presented live.

### **THE WRITTEN WORD FOR PEACE: HAIKU- DISCOVERING INNER WORK & CHAPTER #160 IN VIETNAM**

**Don Blackburn and Paul Gessler**

CONFERENCE ROOM IV

There's some poetry and literature at this workshop you won't want to miss. Don Blackburn will speak on the Vietnam Chapter #160 project - and Paul will have us writing Haiku for Peace.

### **CHAPTER AND REGION BUILDING**

**Pat McCann and Scott Olsen**

CONFERENCE ROOM V

The President of VFP, Patrick McCann, will facilitate this workshop - on chapter and region building. He will be joined by Scott Olsen - to talk about growing VFP with younger veterans.

### ***Throughout the Convention:***

#### **Tabling:**

Stop by the Assembly Room, 1st Floor of the Concourse Hotel - and see the displays of 20 Exhibitors.





**FRIDAY, 10:30 AM – NOON — SESSION 2**

**SUPPORTING BRADLEY MANNING AND ALL GI RESISTERS**

**Jeff Paterson and Gerry Condon**

UNIVERSITY A

This workshop is a networking and learning opportunity for those involved, or interested, in the G.I. resistance/solidarity movement which is made up of organizations and people engaged in work ranging from military counseling, to legal advocacy, to political campaigns in support of public resisters and their families. The goal of this workshop is to contribute to the collective base of support for Bradley Manning and all GI objectors

**LETTING GO, LETTING IN: MEDITATION, DISCUSSION, BREATH AND MOVEMENT TO LET GO OF THE PAIN OF THE PAST AND INVITE JOY IN**

**Esty Dinur**

UNIVERSITY D

Join Esty in this 90-minute meditation training session - in the designated meditation room. This meditation room is open to all throughout the rest of the Convention. Esty Dinur, a veteran of the Israeli army, is a long-time student of spiritual traditions and experienced meditator.

**TRUTH, CONSCIENCE, AND THE PERVERSION OF JUST WAR REASONING**

**Clark Rieke and Larry Johnson**

CAUCUS ROOM

How many times have you heard - 'We had to go to war to stop that one - it was a JUST WAR' - This workshop will take this on, with two panelists sharing their thoughts - in a circle with you.

**ABOLISH WAR AS AN INSTRUMENT OF NATIONAL POLICY**

**Steve McKeown and David Swanson**

Conference Room I

Is there a way to stop these seemingly endless wars? David Swanson and Steve McKeown will tackle this question in their workshop.



### **US POLICY IN THE MIDDLE EAST - including Syria PENDING**

CONFERENCE ROOM II

Analysis of Middle East policy - open discussion. For more information, join the Palestine Caucus at 5 pm on Friday afternoon.

### **VETERANS SERVICES ADVOCATE TRAINING WORKSHOP**

**Willie Hager, Ray Parrish, and Doctor Jon Bjornson**

CONFERENCE ROOM III

In this workshop, we will hear how the Vietnam Vets against the War are expanding their Veterans Services Advocate Training work to include the younger vets - of IVAW. Dr. Jon Bjornson spearheaded the study of Vietnam Syndrome, now recognized as Post Traumatic Stress Syndrome. A decade later, empirical studies and intense lobbying has resulted in worldwide acceptance of PTSD. Join us at this workshop to learn more....

### **BEYOND AFGHANISTAN - THE "LONG WAR" FOR CENTRAL ASIA**

**Allen Ruff and Joe Elder**

CONFERENCE ROOM IV

This distinguished pair of historian and sociologist will bring their expert knowledge of Afghanistan and surrounding areas to this panel - with projections of what the future empire-builders may be planning for central Asia.

### **VETERANS BUILDING PEACE IN VIETNAM**

**Mike Kerber and Nissa Rhee**

CONFERENCE ROOM V

Mike will present his impressions from his two week trip back to Vietnam that was sponsored by VFP chapter 160 that is located in Vietnam. Mike served in Vietnam in 1969 and 1970 and will be talking about what it is like to go back. Nissa will speak on what the Vietnam Vets of Chapter 160 who live in Vietnam are currently doing.



## **THURSDAY CAUCUSES, 5 PM**

### **AMNESTY 2.0 - THE RESISTERS PATH HOME**

**Willie Hager, Jan Ruhman and Nicole Guininling**

UNIVERSITY A

The Amnesty 2.0 Plenary Workshop is a follow-up to the 2.0 Workshop presented at the 2012 Miami VFP Convention. At that workshop, we formed a list-serve of activists who would be interested in moving this issue forward in light of the recent and pending deportations of Resisters from Canada, which have resulted in them being handed over to the US Military for Courts Martial, and ultimately imprisoned. We have spent the last several months networking, and drumming up support for the idea of Amnesty, not only as an achievable goal, but as an Educational Campaign regarding the plight of Resisters, and creating a positive environment for the creation of a support network for their return whether voluntarily, or under deportation orders from the Canadian government. There is a plan to SKYPE with resisters at this workshop.

### **IRAQ CAUCUS**

**Thomas Fasy**

CAPITOL BALLROOM A

Connect with others at this Caucus who have been to Iraq - or who coordinate projects for reconciliation. For discussion - 1.) a concise summary & update on VFP's Iraq Water Project; 2.) a brief description & current status of IVAW's "Right to Heal" project; [ IVAW's participation in this will be most welcome]. 3.) a brief description of the emerging health crises in Iraq 4.) the Justice for Fallujah project.

### **DRONES AND RESISTANCE**

**Joy First and Bonnie Block**

CAUCUS ROOM

Join these Wisconsin activists, resisting the construction of a drone facility on a military base west of Madison. Hear of their work at this Caucus and share your work on stopping drones from your communities. We will meet in the Caucus room - where the DRONE Quilt, put together by Leah Bolger will be hanging throughout the Convention. Come view the quilt - and then find out more about how to stop the killing drones.



## **MEMORY OF FORGOTTEN WAR AND THE VFP-KPC VIDEO, “END THE KOREAN WAR NOW!”**

**Ramsay Liem**

CONFERENCE ROOM I

MEMORY OF FORGOTTEN WAR conveys the human costs of military conflict through deeply personal accounts of the Korean War (1950-1953) by four Korean-American survivors. Their stories take audiences through the trajectory of the war, from extensive bombing campaigns, to day-to-day struggle for survival, and separation from family members across the DMZ. Decades later, each person reunites with relatives in North Korea, conveying beyond words the meaning of family loss. These stories belie the notion that war ends when the guns are silenced and foreshadow the future of countless others displaced by ongoing military conflict today. This new documentary is part of the observation of the 60th anniversary of the Korean War Armistice Agreement this year. This film is 35 minutes, and further info is available at [www.mufilms.org/films](http://www.mufilms.org/films). Another very short film will be presented at this session, too - “End the Korean War Now!”

## **THE ROLE OF ASSOCIATE MEMBERS IN VFP AND IN THE PEACE & SOCIAL JUSTICE MOVEMENTS**

**David Williams, Don McKeating, Mike Fox, Casey Stinemetz**

CONFERENCE ROOM III

Casey Stinemetz, VFP Director of Membership & Outreach, Associate Member, and panel chair introducing the panel and speaking on “The Historical Role of Associate Members Within VFP”

Mike Fox, Vice-President of VFP Chapter 119, Associate Member, and National Staff of Progressive Democrats of America, speaking on “The Work of an Associate Member in the Political System and in the Social Justice Movements.”

David Williams, At-Large Associate Member in Madison WI, speaking on “Associate and Veteran Members Must Unite For Peace & Against Economic Austerity.”

Don McKeating, President of VFP Chapter 119, Military Veteran Member, speaking on “A Military Veteran Reflects on the Role and Status of Associate Members in VFP and in the Peace & Social Justice Movements.”



### **VETERANS HEALTH CRISIS CAUCUS**

**Ann Wright**

CONFERENCE ROOM IV

This Caucus is a prelude to the workshop scheduled on Friday morning, 8:30 am called: Veterans Health Crisis & the Costs of War: PTSD and TBI, Military Sexual Trauma and Suicides”. This Caucus period will give participants extra time to hear all voices before the panel presentation Friday.

### **ALTERNATIVE AND COMMUNITY MEDIA: WHAT, WHY, HOW**

**Esty Dinur, Rebecca Kemble, and Crystal Zevon**

CONFERENCE ROOM V

With major media owned by and serving the interests of the 1% ( and the few holdovers about to be bought by the Koch Brothers), alternative and community media become ever more important. From accurate reporting about war to organizing against mining and environmental degradation, these are the sources that serve the 99%. And, wherever you are, you can be a citizen journalist too!

### **FRIDAY CAUCUSES, 5 PM**

#### **KOREA: “THE GHOSTS OF JEJU ISLAND”**

**Regis Temblay**

UNIVERSITY A

The film places the current struggle on Jeju against the construction of a massive naval base to accommodate the “Pivot to Asia” in the broader context of America’s military expansion around the globe beginning immediately after 1945 and to the present day, even to the militarization of space as the “next frontier” or battleground.

### **WOMEN’S CAUCUS**

**Ellen Barfield**

CAUCUS ROOM

Women are welcome to join in on this special Women’s Caucus, facilitated by Ellen Barfield. During this time together, we can find similarities around which we want to organize - for a more coordinated and amplified voice in VFP and/or the world.



## **ENVIRONMENT: UPDATE ON THE GOLDEN RULE ANTI-NUKE SAILBOAT RESTORATION**

**Skip Oliver**

CONFERENCE ROOM I

This Caucus will allow more time to expand on the workshop presented earlier on Thursday, Environmental Disaster: Why it's a Veteran's issue.

## **PALESTINE CAUCUS**

**Jack Dresser**

CONFERENCE ROOM II

This Caucus will allow more time to expand on the workshops presented earlier on Thursday by Jack Dresser "Current Options for Palestine" and on Friday's workshop "US Policy in the Middle East".

## **VFP SUPPORT NAVAJO PEOPLE (DINE) TO COUNTER HISTORICAL WAR TRAUMA**

**Tarak Kauff, Crystal Zevon, Don Yellowman and JoAnn Armenta**

CONFERENCE ROOM III

In this Caucus there will be a discussion of recognizing the rights of indigenous peoples - and First Nations. "Healing the wounds of war" should start with the first war that is still continuing here on American soil. Tarak & Crystal will facilitate this Caucus, along with Navajo activist Don Yellowman and JoAnn Armenta, whose expertise is in alternative education for social, environmental and economic justice.

## **WRITERS CAUCUS**

**Doug Bradley**

CONFERENCE ROOM IV

Doug Bradley is a writer who recently published a collection of Vietnam-based short stories entitled DEROS Vietnam: Dispatches from the Air-Conditioned Jungle. He is part of a writing group -the Deadly Writers Patrol, which publishes annually. This Caucus for Writers will be an opportunity to share writing experiences.

## **VFP OFFICE STAFF: THE WEBSITE - AND FACEBOOK**

**Shelly Rockett and Casey Stinemetz**

CONFERENCE ROOM V

Join VFP staff on how the VFP website and Facebook pages work - and how you can contribute by sharing the work you're doing.

*Special thanks to. . .*



**Thank you for VFP convention packet materials:**

**Official Madison Visitors Guide**

Laura Senz, Convention & Event Services Manager  
Greater Madison Convention & Visitors Bureau  
615 East Washington Avenue, Madison, WI 53703  
www.visitmadison.com  
senz@visitmadison.com

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elambert@uwbookstore.com  
608.257.3784x5967

**Downtown City maps**

Tim Jenquin  
Programming Coordinator  
Madison's Central Business Improvement District (BID)  
tjenquin@visitdowntownmadison.com

**Free guest pass**

Wisconsin Historical Museum - Madison  
Heather Groff  
heather.groff@wisconsinhistory.org  
608.264.6428

**20 self-made easels for the Vietnam Art Exhibit Room**

Mike Boehm, Director of MQI-Vietnam - Madison  
www.mylaipeacepark.org

*And thanks to all volunteers who have contributed so much for this Convention; planning meetings, hosting, workshop support, projectors, and so much more!*

**Questions and feedback about the Convention Program are welcome.  
Contact: Judy Miner at [judeminer@gmail.com](mailto:judeminer@gmail.com)**

## Other events. . .



### **Other Madison and Wisconsin events for VFP Visitors**

**Wednesday, Aug 7th** - Open House and Tour of the Farley Center for Peace, Justice and Sustainability - 10 am to 12 noon - see <http://www.farleycenter.org/> for directions.

**Wednesday, Aug. 7th Live “Jazz at 5”** - Outdoors on State Street, near Capitol Square - 5 pm: The Rand Moore Jazz Sextet & at 6:30 pm: Randy Sabien and the Fiddlehead Band - FREE!

**Thursday, Aug 8th 5 - 7 pm** - WILPF Annual Peace & Freedom Dinner, Bethel Lutheran Church, 312 Wisconsin Ave. All welcome to share Wisconsin summer bounty, home cooked dinner in tribute to Veterans for Peace. No charge. Free will donations gratefully accepted. Info: 608-244-6595.

**Wednesday, Aug 7th - Aug 11** - Iraq Veterans Against the War Art Exhibit. Rainbow Bookstore, 426 West Gilman

**Friday, Aug 9th 12 noon** - 1 pm Outdoor Solidarity Singalong, with the Learning Curve Band - at the Capitol Square, near State St. corner

**Friday, Aug 9th** - Almanac Singers, at the Labor Temple - “The Almanac Trail Tour” - Contact: George Mann at [georgemann@att.net](mailto:georgemann@att.net)

**Friday, Aug 9th** - “Dane Dances”, Monona Terrace Rooftop (<http://www.danedances.org/content/events/dances/2012-dane-dances-schedule>) at 6 pm, Davis Family and at 8 pm, Primitive Culture - FREE!

**Friday, Aug 9th** - Jeremy Scahill film, “Dirty Wars” opens at the Sundance Theater, Hilldale Mall, Madison.

**Wednesday, Aug 7th - 10th** - Wisconsin Veterans Museum <http://wisvetsmuseum.com/>. welcomes the VFP Convention. Tours can be arranged with museum curator, Jennifer Kollath at 608-264-7663.

### ***Throughout the Convention:***

IN UNIVERSITY ROOM D

#### **Meditation Room:**

The meditation room will be open throughout most of the conference and staffed part of that time with experienced meditators. The room is available as a quiet space, a refuge, a place to meditate by yourself or with others, cry, do yoga or other exercise, dance quietly or any other silent activity that might help you ground yourself, rearrange your thoughts or mood, or simply take some quiet time.