

# StirFry Seminars

---

Volume 2 Issue 1

January 2006

Newsletter

---

## Ingredients of StirFry

*"I am at StirFry because it is the only diversity program I know of which combines the education of oppression with building communication skills to deal with the emotions that come up around it. When a person of color is truly felt, heard, and believed by a European American in a workshop, and I see the look on both of their faces change; I see this work planting seeds, starting ripples, and beginning the healing. It is StirFry's work, Quan Yin, to a blooming reality. Through the training centers and training program, certifying trainers with ongoing feedback, and providing support that augments the excellent program that is offered through Berkeley and the growing training centers around the nation."*

Rainbow Markell  
Master Trainer  
Facilitator

Anthony Chavez  
Special Projects  
Facilitator

*"Unless a man of color is actively working to disrupt the impacts of racism and sexism on his family, his community, and his country, he is contributing to the oppression of his people. This is what all of my elders have shown me. Helping other people of color and our white allies come to a working understanding of this principle is a crucial piece of what must be done on behalf of the next seven generations. My personal vision inspires me to help StirFry Seminars establish, main-*

*that moves people to act in new cycles of freedom where they live and work; and to earn the trust of future generations by making a world that is ready for their emergence as whole human spirits. My pride and joy in life without question is being a Father to my grown children (ages 28 and 24) and my youngest, Levon, who is a mighty 7."*

---

## Unlearning Racism Retreat ~ A Cross Cultural Conversation

January 27-29, 2006

*\*\*CEUs Available\*\**

This is one of our most popular workshops. It provides a forum for participants to discover conscious and unconscious ways in which racism has affected their lives. This workshop is experientially based and designed to foster a deeper understanding and appreciation of our differences. Participants will explore their perceptions and issues concerning race through personal stories and a variety of diversity exercises.

*"The experience will truly enrich my teaching and my life; it has left me wanting to learn more, listen more...I was able to have an opportunity connect with. The facilitators were very skilled at digging deep, making sense of challenging, intense, raw moments, and giving it meaning - even the scary stuff."*

~ Michele Gordon  
Instructor/Early Childhood Education  
Cuesta Community College

Friday, 2 pm to 9 pm; Saturday, 8 am to 6 pm; and Sunday, 8 am to 2 pm  
Quan Yin Training Center, 2311 8th Street, Berkeley, CA  
To register, call 510-204-8840 ext. 109, or [Click Here](#) > **REGISTRATION FORM**

# SFS National Training Centers

# StirFry Calendar

It is a new year and many trainings which are open to the public are scheduled for the coming months. Some new titles have been added for spring trainings. Please note: *Mindfully Resolving Conflicts* was previously titled *The Art of Mindful Facilitation* and is offered at Beginning, Intermediate, and Advanced levels. *An Unfinished Conversation* is similar to an *Unlearning Racism Retreat*. The main difference is that *An Unfinished Conversation* is shorter in length; ranging from a few hours up to one full day.

## Upcoming Trainings - 2006

### San Luis Obispo, California

February 9 An Unfinished Conversation

### Berkeley, California

February 17-19 Mindfully Resolving Conflicts - Beginning  
 March 24-26 Film Facilitation Training  
 April 21-23 A Cross Gender Conversation

### Eugene, Oregon

February 25-26 Film Facilitation Training  
 April 1-2 A Cross Gender Conversation

### Brattleboro, Vermont

March 18-19 Unlearning Racism Retreat

### Storrs, Connecticut

March 20-21 Mindfully Resolving Conflicts - Intermediate

### Boulder, Colorado

April 7-8 Unlearning Racism Retreat

### For More Information Regarding:

- *Registering for workshops/trainings*
- *Mindfully Resolving Conflicts - Intermediate*
- *Sponsoring a SFS National Training Center*

### Contact: Lyla Diaz, Trainings Coordinator

510.204.8840 ext. 109 or [lyla@stirfryseminars.com](mailto:lyla@stirfryseminars.com)

Want Full Descriptions of All SFS' Seminars and Trainings?  
 Or, Considering Our Services?

The complete **Seminar Catalog** and **Virtual Brochure** are **NOW AVAILABLE** as downloadable pdfs on the **Services** page of [www.stirfryseminars.com](http://www.stirfryseminars.com). Hard copies can also be shipped to you upon request by contacting our office.



*Interested in Scheduling a Seminar?*

Contact:

Abbie Gibor, Seminar Coordinator  
 510.204.8840 ext. 101

**January 5, 2006**  
**Minneapolis, MN**

"Last Chance for Eden" Seminar  
 Not Open to the Public

**January 12, 2006**  
**Eugene, OR**

Facilitated Discussion  
 Not Open to the Public

**January 16, 2006**  
**Greencastle, IN**

"Last Chance for Eden" Seminar  
 Open to the Public

**January 21, 2006**  
**Moraga, CA**

Unlearning Racism Seminar  
 Not Open to the Public

**January 25, 2006**  
**Monterey, CA**

"Last Chance for Eden" Seminar  
 Not Open to the Public

**January 27-29, 2006**  
**Berkeley, CA**

Unlearning Racism Retreat  
 Open to the Public

**February 2, 2006**  
**Minneapolis, MN**

"Last Chance for Eden" Seminar  
 Not Open to the Public

**February 9, 2006**  
**San Luis Obispo, CA**

National Training Center  
 An Unfinished Conversation  
 Open to the Public

**February 10, 2006**  
**San Luis Obispo, CA**

Unlearning Racism Retreat  
 Not Open to the Public

**February 16, 2006**  
**Memphis, TN**

"Last Chance for Eden" Seminar  
 Not Open to the Public

**Feb. 17-19, 2006**  
**Berkeley, CA**

Mindfully Resolving Conflicts - Beg.  
 Open to the Public

**February 23, 2006**  
**Boulder, CO**

Keynote Address & Workshop  
 Open to the Public

**Feb. 25-26, 2006**  
**Eugene, OR**

National Training Center  
 Film Facilitation Training  
 Open to the Public

**March 1, 2006**  
**Boston, MA**

Mindfully Resolving Conflicts  
 Open to the Public

**March 2, 2006**  
**Minneapolis, MN**

"Last Chance for Eden" Seminar  
 Not Open to the Public

**March 3, 2006**  
**San Jose, CA**

An Unfinished Conversation  
 Not open to the Public

**March 16, 2006**  
**Washington, DC**

Keynote Address  
 Not Open to the Public

[www.stirfryseminars.com](http://www.stirfryseminars.com)

OHDUQBRUHDRWRUOPVGLYHUVLWSURGEWMMHPLQDUVDQGRUNVKRSV