

StirFry Seminars & Consulting

January 2009

It is a strange process watching time pass by so quickly, even more so at certain points in one's life. When I was younger, I wanted to grow up as fast as I could because I was afraid of what I might be missing. I was impatient and everything was dramatically important and, of course, all about me. When I graduated high school, I went onto San Francisco State University for two reasons. I wanted to be away from home and I wanted to find out who I was, apart from my father and my family. I did not know it then but what was awaiting my generation was our destiny—the incredible sixties, Vietnam, and all the endless possibilities to do something great and meaningful. At that one moment in time I wanted to stay forever young. I was filled with so many dreams and hopes of how I could change the world and help those around me.

Now at the age of sixty-two, those hopes and dreams didn't quite turn out as I had thought. I became more than I had envisioned and more of service than I could have ever dreamed. I started out to be a lawyer, and ended up a special education teacher, poet, storyteller, tarot reader, filmmaker, diversity trainer and author. In between those pursuits I also became a father and a husband a few times—all important experiences that enriched and humbled me.

In looking back, there has been so much I have learned—that life is more about giving than taking, that friends are more valuable than riches, that love has always been more powerful than hate, that helping others is good for the heart, and that the secret to staying forever young is to be good listener, a faithful student and a kind friend.

And so, as this new year 2009 unfolds, I wish that each of you find what you are looking for and hold dear to what you already have. Life is precious in so many ways and an incredible journey if we so choose. We have so much to be thankful for and many challenges ahead that will test our goodness and our honor as a country and as a people. In the coming year, may we remember to take care of each other and our precious planet, and may there finally be peace on earth.

Lee Mun Wah

Happy New Year!
Lee Mun Wah & Staff

Unlearning Racism

February 20-22, 2009

Friday 2pm - 9pm • Saturday 8am - 6pm • Sunday 8am-2pm

Quan Yin Training Center • 2311 8th Street, Berkeley, CA

Facilitated by Lee Mun Wah

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.

Through the use of films, role plays and a variety of diversity exercises, participants will learn to

- Understand the effects of personal history, on behavior and attitude of individuals
- Listen to and explore personal experiences and perspectives from participants of diverse ethnicities
- Understand how differences in race can affect relationships, communication and behavior
- Observe facilitation of racial conflicts and misunderstandings
- Compassionately listen to, validate and acknowledge the emotional impact of racism on an individual, group and community

StirFry Calendar

January 7, 2009 Berkeley, CA	Last Chance for Eden Film Showing & Discussion 7:30 pm La Peña Cultural Center Open to the Public
January 9-11, 2009* Berkeley, CA	Mindfully Resolving Conflicts for Diversity Issues - Intermediate/Advanced Level Open to the Public
January 13-14, 2009 Salem, OR	Cultural Competency for Leaders Not Open to the Public
January 16-18, 2009* Berkeley, CA	Mindfully Resolving Conflicts-- Beginning Level Open to the Public
January 22, 2009 Holland, MI	Mindfully Resolving Conflicts & Unlearning Racism Not Open to the Public
January 23, 2009 Mankato, MN	Last Chance for Eden Film Showing and Discussion Open to the Public
January 25, 2009 Mankato, MN	Mindfully Resolving Conflicts Not Open to the Public
January 26, 2009 Mankato, MN	Unlearning Racism Open to the Public
January 27, 2009 Middletown, PA	Mindfully Resolving Conflicts for Diversity Issues & Film Showing/Discussion Not Open to the Public
January 29, 2009 San Francisco, CA	Cultural Competency for Leaders NCHRA Conference - Not Open to the Public
January 30, 2009 Los Altos Hills, CA	Creating Community in a Diverse School Environment Not Open to the Public
February 2, 2009 Mountain View, CA	Creating Community in a Diverse School Environment Not Open to the Public
February 10, 2009 Myrtle Beach, SC	Cultural Competency for Leaders Intro APPA Conference Open to the Public

* Held at the Quan Yin Training Center, 2311 8th Street, Berkeley, CA

For more information, registration and links to conference workshops, visit <http://www.stirfryseminars.com/events>

Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 101 www.stirfryseminars.com