

StirFry Seminars & Consulting

October 2017

IN THE MIDST OF HISTORY

The constant barrage of Donald Trump, his minions and policies is often overwhelming and hard to bear. It would be easier to succumb to depression and just drop out or tune out altogether by medicating ourselves or secluding ourselves at some meditation retreat or gated community. But, life and history will not let us escape so easily. This is an unfinished journey that affects us all and will continue to for generations to come.

Each time you are on the “brink of exiting” keep in mind that others bear the brunt of your departure. In some cases, people may lose their lives, be deported, be denied healthcare, hurt themselves or others, drop out of school, go hungry or perish in the streets from the ravages of being homeless and without prospects.



Civil rights and women's advocate Dolores Huerta is presented with a Presidential Medal of Freedom by U.S. President Barack Obama

I, along with many others, lived through similar periods of despair during the 1960s as we confronted issues of women's rights, war and poverty, abortion and civil rights. But, there have always been such moments throughout history and each time when all seemed lost, good people have arisen and made a difference. Those changes did not happen overnight or with the passing of some single legislation. Each hero that we now celebrate was labeled a traitor and unpatriotic. That hero was called a troublemaker and maybe even was imprisoned, beaten and threatened and all too often, assassinated. Their names are engraved in our hearts and in our communities: Dolores Huerta, Harvey Milk, Nelson Mandela, Martin Luther King Jr., Mahatma Gandhi, Muhammad Ali, Billie Jean King, Cesar Chavez, Robert F. Kennedy, Rosa Parks, Coretta Scott King, Malcolm X,

Mother Teresa, Thich Nhat Hanh, the Dalai Lama, Thurgood Marshall and so many, many others. Each stood up, not for financial gain or fame or power, but because it was the just and decent thing to do. They did not wait for someone else to stand up first or to lead them before they acted. They began their struggles in small churches, farm fields, discarded and poor neighborhoods, amongst the lepers and the disenfranchised. Through their actions and commitment to social justice, they inspired us to choose compassion over fear and violence, change instead of despair.

Today, we are again in the midst of history. How will our children remember us? What will be *your* defining moment? As someone once wrote:

Even when there is violence and threats and endless denial by those who are filled with hatred and fear, the voices of those who speak from a place of love and integrity are always remembered, even if it is only in a whisper or a prayer...because throughout history it has always been known by one word: the "truth."

Lee Mun Wah

LET'S GET REAL:

Unlearning Racism and Internalized Racism

Facilitated by Lee Mun Wah & Rainbow Markell

February 23-25, 2018

This retreat is about confronting some of the issues that keep us all from talking to one another about race/racism. It is also about discovering new ways to begin that conversation, how to create a bridge to talk about our differences, exploring what opens us up and what closes us down, and finally, 101 ways to become culturally competent in our relationships and workplaces.

We hope that you will join us in making this not only a better world for our children, but for ourselves—not by starting tomorrow, but by beginning that conversation today.

For More Information: 510.204.8840 ext. 103 or www.stirfryseminars.com/BTC

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Diversity Documentaries Available for Online Rental!

DiversityTrainingFilms.com

StirFry Seminars & Consulting has made its acclaimed diversity documentary films available on-demand for individuals and students via digitally-streamed video at: www.DiversityTrainingFilms.com. There, you can view Director Lee Mun Wah's latest film, *If These Halls Could Talk* as well as *The Color of Fear*, *Last Chance for Eden* and *Stolen Ground*.

Your rental fee allows you to access each film for your chosen time period. Please note StirFry Seminars' Copyright and Use Agreement prior to purchase.

If you would like to own a DVD copy of our diversity training films, you can purchase them on the StirFry Seminars & Consulting website at: www.stirfryseminars.com/store.

StirFry Calendar of Upcoming Events

October 18-19, 2017 Providence, RI	An Unfinished Conversation Not Open to the Public
October 20, 2017 Des Moines, WA	The World is All Around Us: Creating a Culturally-Responsive and Sustainable College Community Not Open to the Public
October 24, 2017 Ames, IA	What Stands Between Us Not Open to the Public
November 1, 2017 Golden Valley, MN	Cross-Cultural Facilitation Techniques for Educators, Administrators & Staff (Level One) Not Open to the Public
November 2, 2017 North St. Paul, MN	Resolving Cross-Cultural Differences in a Responsive Learning Environment: PART ONE Not Open to the Public

For StirFry's complete Calendar of Upcoming Events, please visit www.stirfryseminars.com/events

Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 103 • www.stirfryseminars.com • www.diversitytrainingfilms.com

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