



## The Dream of a Better World

In 1993, in the last scene of *Stolen Ground* (racism towards Asian Americans), I asked each of the Asian men in the cast: What if you were facing an all-white audience ... what would you say to them? There was a prolonged silence and eventually tears intertwined with a deep sense of sadness, anger and afterthoughts laced with bitterness and tender hope. What they each shared so honestly and heartfelt, stayed with me for the rest of my life, and became the impetus and inspiration for my lifelong commitment to giving a voice and reality to their hopes in all my workshops, trainings, writings and subsequent films.

**Joe Lucero:** Because you see me as a flip or chink or jap ... that doesn't give you the license to put me down or hurt me. Your ignorance doesn't give you the license. So, don't do it.

**Steve Suzuki:** In order to help me or other people you have to be willing to understand their community and their issues and be willing to change and take responsibility.

**Michael Wong:** First, I want white people to unconditionally accept whatever I say my experience with racism is, because they have never been Asian American. Secondly, the first thing when you wake up, I want you to think how your life is changed or affected by racism because that's basically what people of color think about all the time. We live racism every day and white people believe it or not, live racism every day. And I think they need to know that. It's not like something we own.

**Lindsey Jang:** I need to know if you want to help fight racism, too. That you would want to know my story, my experiences and to want to find out how you could help me through that.

**John Oda:** Asian people haven't historically said anything. So, whites have gotten away with being racist around Asians. So, now there's going to be more tension because we're more vocal and calling more people out: whites, black people and anyone else.

As I reflected back on what they shared, their hopes are just as relevant today as they were in 1995. Perhaps their words can be a challenge and a reminder to all of us of what it will take to truly step into the "dream" that Martin Luther King, Jr. and so many others had hoped for us, for our children and future generations:

"If you dream of a better world for your children and for yourself,  
it will require more than putting a placard on a window.

You must decide each day to make it so,  
with those you have not yet met and with those you have been taught to fear.

Until one day, when you and all those around you have changed ...  
So, too, the world."

*Lee Mun Wah*

## UPCOMING FILM SHOWING



**Wednesday, July 26, 2023**  
**7 to 9:30 pm**

**Uma Gallery**  
3630 Telegraph Avenue  
Oakland 94609

[umagalleryoakland.com](http://umagalleryoakland.com)

# **Announcing six fresh new workshops in StirFry's Seminars custom seminars and trainings offerings.**

## **Transforming Difficult Conversations into Authentic Relationships Based on Curiosity, Empathy & Respect**

So many times, difficult conversations with those from different cultures and communities leaves us paralyzed, not knowing what to say or do next. We leave feeling guilty and ashamed because of our silence and lack of authentic connection. In this unique workshop, we will explore the roots of what makes these conversations so difficult and why, as well as how we can transform these difficult conversations with those who are different from ourselves into more intimate and trusting relationships based on empathy, curiosity and respect.

## **Mindfully Working with Difficult Participants**

One of the great fears of managers, diversity facilitators, DEI trainers, educators and administrators is trying to work with difficult folks who refuse to listen and are often closed and highly critical of any point of view other than their own. There is often an escalation of emotions, with various groups and individuals rapidly becoming polarized, competitive, and disconnected. Sound familiar?

## **How to Create an Authentic Sense of Belonging in Our Classrooms and Workplaces**

So many folks from other cultures have commented how often they feel unwelcomed and uncomfortable in their workplaces/classrooms where they are underrepresented. They share how they are often seen as 'outsiders', stereotyped and treated with disrespect and ridicule.

## **What Closes Down/Opens Up a Conversation on Diversity Issues**

Having an honest conversation of diversity issues such as racism, sexism, homophobia and classism etc., is not easy and often leads to folks feeling unheard, devalued, and misunderstood. In this, our most popular workshop, we will explore they myriad of ways that open up and close down a conversation on diversity issues. We will also demonstrate how begin this conversation and how to sustain it through difficult times and when a conflict occurs.

## **Code-Switching: How to Notice When and Why it Happens & How to Respond**

In this important workshop, participants will be encouraged to share their journey through personal stories: what they have to leave at the door and why. We will also explore how to notice when someone is having to code-switch and why, as well as how one can respond in everyone feels that they can bring their full selves into the room and be embraced, valued and understood. In other words, that all of who they are belongs and deserves to be here.

## Exploring Why Folks Leave Parts of Themselves at the Door

In every workplace there are those who have to leave parts of themselves at the door in order to be accepted and welcomed. In this intimate and honest keynote/workshop, we will explore what are some of the root causes that force so many to have to leave parts of themselves at the door. We will also talk about how by only emphasizing our similarities and not our differences, often separates folks from different backgrounds from being able to bring their full selves into the room. As one Latina woman shared: When I can't speak honestly about my experience of being here and what it means to be a Latina...it's like swallowing glass.

**For Full Descriptions and Complete Info about StirFry Customized Workshops, visit <https://stirfryseminars.com/custom-workshops/>**



## Get ready to spill some tea with Lee Mun Wah! Saturday mornings 9:00am-10:30am (Pacific Time)

In this series of interactive 90-minute workshops, Lee Mun Wah will go over some of your most pressing questions or concerns around situations you've been unsure of how to address in the past.

When you register, you can submit any questions, specific topics, or scenarios you would like to discuss with the group. Lee Mun Wah will also provide his insights into the use of mindful facilitation techniques in working with clients on diversity issues, share some of his most intense and intriguing scenarios he was personally involved in, as well as a "behind the scenes" glimpse of his journey and thought processes as he approached some of the most incredibly challenging and confrontational scenarios as a diversity trainer, community therapist, educator and facilitator.

**2023 Sessions:** June 24 / July 8 / August 12 / September 23 / October 21 / November 18

Registration Fees: \$50/session price  
*If you register for 3 or more sessions: each session is \$25*

**Registration and full schedule of all StirFry Workshops including *Tea Time with Lee Mun Wah* at [stirfryonline.com](https://stirfryonline.com)**