

# StirFry Seminars & Consulting

July 2017

## Someone Always Pays a Price

By Lee Mun Wah

Many years ago, when I was a first-year teacher, I attended my second faculty meeting. What happened there changed the course of my life. During the meeting, a white male teacher referred to Mrs. Wong as a “cute little china doll.” I don’t know what possessed me, but I immediately stood up and yelled at him, “She’s not a china doll. Her name is Mrs. Wong!” The entire room, including the white teacher, froze as a deafening silence engulfed the room. In what seemed like forever, but what was probably only a minute of no one talking, the white teacher continued on with what he was saying without addressing my comment. This collective silence and undeniable collusion was unbelievable. It is my belief that discrimination is a betrayal... a betrayal of our senses - of what is good and decent. In this case, I was collectively ignored. I felt an incredible sense of shame and guilt for breaking some kind of unspoken code, some traditional decorum that no one dared violate or speak out about... yet, one which demanded complete compliance and complicity. I felt so alone and embarrassed.



I, then, began a familiar litany of second-guessing myself as a person of color: *What possessed me to say what I did to a white man? What was I thinking of!?* I was just a first-year teacher of color! So, when the bell rang, I rushed for the nearest door to escape this shameful situation I suddenly found myself in. As I was about to go out the door, a hand gently tugged at my shoulder. It was Mrs. Wong. She looked at me with tears in her eyes and thanked me. She shared

that for years she had endured this white teacher’s degrading remarks, but was too afraid to say anything. She told me how appreciative she was that I had said something because for the longest time, she thought she was the only one who felt his behavior was disrespectful, racist and sexist.

From that moment on, I spoke my mind and stood up whenever I witnessed an injustice had occurred. Eventually, speaking up and supporting others to reclaim their voices became my life’s work. It is my belief that every time we stay silent in the face of an injustice, someone always pays a price. And that price can take the form of emotionally withdrawing, doubting our reality, hurting ourselves physically, raging at others, shooting someone or dropping out of school...and, the list goes on. Someone once said that courageous people are scared, too. They just hung in there thirty seconds longer.



So, when you are afraid to speak up, remember the old saying:  
*If not you, then who? If not now, then when?* -Hillel

# LET'S GET REAL

## Unlearning Racism and Internalized Racism

Facilitated by Lee Mun Wah & Rainbow Markell

Sept 29 -October 1, 2017

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](http://www.stirfryseminars.com/BTC)*



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](http://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 a 24-hour 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](http://www.stirfryseminars.com/store).

## StirFry Calendar of Upcoming Events

July 19-23, 2017 ** Berkeley, CA	Cross-Cultural Facilitation Skills for Diversity Trainers, Educators & Therpaists (all welcome): 5 Day Intensive Open to the Public
August 19, 2017 San Francisco, CA	Standing Up for Racial Justice in Times of Fear & Hatred Open to the Public
August 22, 2017 Berkeley, CA	TBD Not Open to the Public
August 28, 2107 St. Paul, MN	TBD Not Open to the Public
September 29-Oct 1, 2017** Berkeley, CA	Let's Get Real- Unlearning Racism and Internalized Racism Open to the Public
October 18, 2017 Providence, RI	An Unfinished Conversation Film Showing Open to the Public

**For StirFry's complete Calendar of Upcoming Events, please visit [www.stirfryseminars.com/events](http://www.stirfryseminars.com/events)**

Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 103 • [www.stirfryseminars.com](http://www.stirfryseminars.com) • [www.diversitytrainingfilms.com](http://www.diversitytrainingfilms.com)

*\*\* Held at the Quan Yin Training Center, 2311 8<sup>th</sup> Street, Berkeley, CA*