

StirFry Seminars

September 2007

On August 17th, we had our first StirFry retreat at Mun Wah and Laura's new home in Albion, California. Surrounded by six acres of beautiful redwoods and pine trees, we slept, laughed, shared stories, and ate scrumptious gourmet meals prepared by Korey and Lydia. We reviewed the latest new film, *Last Chance for Eden 3*, and stayed up until one in the morning discussing its impact on us all. The next day was spent talking about what we envisioned for StirFry for the next five years, things we felt the company did well and things that needed improvement on. It was an incredible experience and one that brought us all closer together.



The Group

"Every moment of the retreat strengthened my resolve to engage in this courageous work with the Stir Fry community. The dialogue around power, privilege, and oppression has left me thinking more deeply to understand the necessary and vital "reactive power" of oppressed groups as compared to the "oppressive power" of groups that dominate..."

John Lenssen

"It was an honor and privilege to spend the weekend with incredible individuals who use their breath, wisdom, compassion, heart, and energy to help remove racism from existence... A good thing to have extinct. Everyone's energy was warm and embracing and collective in passion. Very Validating and Refreshing!!

Korey Matlock & Lydia Nobello



David and Roberto

*"It was special to spend time with Mun Wah and David Lee in this setting. It recalled the retreat we had been part of fourteen years ago when *The Color of Fear* was made...I felt wonderful, enthused, and peaceful as we worked together. I loved the beauty present in the myriad diversity of our group."*

Roberto Almanzan



Mun Wah, Master Chef

*"As I watched *Last Chance for Eden III*, I was struck by the emotional vulnerability and vocal energy of some of the cast members, and how much admiration there was for them; that such free expression of anger and hurt signified power. But just as powerful to me was the silence of some other cast members, whose eyes showed understanding and empathy. And through this silence, I was better able to perceive truth."*

David Lee

September Worldwide Celebrations

Worker's Day (Marshall Islands) • Labor Day (United States, Bahamas, Bermuda, Canada, Puerto Rico)
Rosh Hashanah Begins (Jewish) • Stepfamily Day (United States) • World Gratitude Day (International)