

StirFry Seminars & Consulting

June 2010

Let's Get Real - What People of Color Can't Say & Whites Won't Ask

By Lee Mun Wah

I began this book to help dispel some of our fears when asking the hard questions about racism that I believe keep us apart. These fears often surface while hearing the answers, because they can provoke deep emotions such as anger, hurt and grief. However, if we are ever going to heal as a nation, then we must find a way to engage each other in a more intimate and honest conversation about what separates and divides us. Here are some excerpts from the book, which will be released this summer:

What would you say to whites if you could tell them the truth about racism?

(Question by Whites for People of Color)

"I would tell them that racism is not just about putting some at an unearned disadvantage – but about putting others (whites) at an unearned advantage. And that this unearned advantage is a form of oppression that silently kills the hopes, dreams and futures of our children. I would tell them my story of how as a little girl, what I wanted to be when I grew up was "white". I thought white was something I could earn or be given. Once I realized that my color was something I had no control over – and that it would never change, I fully grasped what my experiences of being treated and looked at differently than my white friends were all about: racism in its most subtle and disguised form." —Sonya Littledeer-Evans

"Stop feeling sorry for yourself and your white guilt and shame and do something about it! Your denial and indifference is killing me; slowly and surely I die a little each day when I'm stared at because they haven't seen someone black before or in their circle. I die a little each day when I'm followed in the store and asked repetitively, "Can I help you?" I die a little each day when you feel comfortable telling me a black joke or make derogatory comments about blacks because, "I'm different and not like 'other' blacks." Stop feeling sorry for yourself and complaining about the discomfort you are experiencing from me as I adjust to get your foot off my neck." —Carol Walsh

How does guilt keep you from dealing with racism?

(Question by People of Color for Whites)

"Not long ago, I saw a black man at the end of the street I was walking along. Automatically, I assumed he was homeless and was going to ask me for money. When I passed by, I realized this man was only waiting for food he had ordered as take-out from a restaurant. Upon this realization, I felt ashamed and embarrassed. "Damn it!" I thought, "I did it again!" I have learned to keep what I call a "second movie reel" in my head for editing purposes; one reel plays all of what I have learned to-date, the other lets me create a new version of truth based on my own critical inquiry and tough lessons learned. I prize my second movie reel and will always make it a point to use it to "unlearn" white supremacy. But, that doesn't mean that people of color don't pay the price along the way. For that, I do feel guilty." —Melissa Sweeney

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Cross-Cultural Facilitation Techniques for Diversity Trainers, Therapists & Educators

Training Intensive Facilitated by Lee Mun Wah

July 14-18, 2010

Wednesday - Saturday 9 am-5 pm , Sunday 9 am-2 pm

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Facilitating a group with many cross-cultural perspectives and experiences requires a keen understanding and knowledge of how cultural differences can impact group dynamics, relationships and their sense of safety.

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StirFry Calendar

June 3, 2010 Washington, DC	Let's Get Real About Racism Workshop National Conference on Race & Ethnicity (NCORE) Conference / Open to the Public
Starting June 10, 2010 ** Berkeley, CA	The Art of Embracing Change Group (Facilitated by Lee Mun Wah & Naraya Stein) Open to the Public / For More Information Contact (510) 704-1986
June 11-13, 2010 ** Berkeley, CA	Mindfully Resolving Conflicts for Diversity Issues: Part One Open to the Public
June 28, 2010 New Orleans, LA	Cultural Competency for Educators Open to the Public / National Education Association's Human & Civil Rights Dept Conference
June 29, 2010 Chicago, IL	Cultural Competency for Educators Open to the Public / National Charter Schools Conference
July 12, 2010 Minneapolis, MN	Cultural Competency for Educators Open to the Public / Society for College and University Planning (SCUP-45) Conference
July 14-18, 2010 ** Berkeley, CA	Cross-Cultural Facilitation Skills for Diversity Trainers, Therapists and Educators (5-Day Intensive) / Open to the Public
July 20, 2010 Seattle, WA	Closing the Academic Achievement Gap through Cultural Competency Open to the Public / National Staff Development Council (NSDC) Conference

** 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