

THE LONNIMUK

Unload your dirty laundry. Open for discussion 24/7,365.

Instruction Manual

THE LOINIMBU

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*In Loving Memory of
Gung-gung*

*And dedicated to Po-po,
Mom & Dad, the Yees,
the Haradas, & the Quons*





Dear Reader,

Thank you for purchasing this DVD. You are about to embark on The Laundromat documentary journey, which started in 2009 for me. Making the film became a long journey, but one which I was glad to take and am so excited to share with you. My doc professor liked to proclaim that all documentaries bring their audience into a new world, and I hope the world you find here is both appealingly different and hauntingly familiar.

Contained within you will find some tears, some laughter, and a lot of Asian American folk who were brave enough to come on camera with me and share their stories. I am ETERNALLY grateful for those peers and parents and professionals who let me barrage them with questions, plumbing uncharted depths and casting wide nets to discover the things I wasn't certain I was searching for.

Of course, discussion of these issues of cultural silence and shame do not begin and end with the first frame of this movie to the rolling credits. They began much earlier than that and still continue after the lights go up. My hope is that you will use this documentary as a step towards more understanding, more discussion, and more questions.

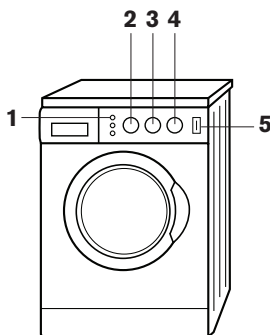
Good luck and enjoy the movie, newly minted Laundroteer.

Sincerely,

Vanessa A. Yee
Director, The Laundromat

Machine Anatomy

- 1 **Status: Rinse, Wash, and Spin**
- 2 **Fabric / Soil Settings**
Definition of The Laundromat
- 3 **Wash/Rinse Temperature**
Questions PG. 5-8
- 4 **Spin Cycle**
Mental Health Resources, PG. 9
- 5 **Coin Slot**
Kickstarter Shoutouts PG. 10



What is the Laundromat?

"Don't air your dirty laundry."

I don't remember ever hearing it so explicitly stated, but then again, a lot of the rules of family and culture are not so apparent. We pick them up when we hear the alien sound of our non-asian friends use their parents' first name, or feel it at the sharp glance of our grandparents when we bang our chopsticks together, or maybe if we're lucky, we are rewarded with a small smile from our parents when we refuse a gift three times before reluctantly accepting it from family friends.

We are frequently not given rule books or stone tablets, so we go through life navigating hot stoves, hoping we won't get burned. But the idea of learning when to speak and when not to speak is even more treacherous in a time and place when the messages are conflicting. Hushed tones and Chinese at my dinner table were indicators of secrets, while at the same time, shameful news could be used as parables, morality tales, how to do the right thing.

The Laundromat is a documentary about many of these issues of silence, shame, and family dynamics, but just as important, it is a name for the safe space I hope to create with this movie.

When your home comes equipped with a washer and dryer, you should have no problem with privately taking care of your laundry. But laundromats are for those who lack the tools to take care of the laundry themselves. I hope the film can be used as a jumping off point to reflect on your own upbringing, family dynamics, and the dynamics of the community you live in. Sometimes all you need to begin this process is some breathing room, some emotional safety, and a push in the right direction.

The Laundromat documentary became for me a place to process what I was feeling in the past and the present, as well as a place to examine what was happening in my community. Just as important are the conversations taking place between my friends, the professionals, and me. In the shared act of speaking and listening, we fostered trust and an environment of openness.

After watching the movie, I hope you find that space too. It's no substitute for a professionally-created environment of therapy, but maybe it's a start.

**Welcome to The Laundromat. Unload your dirty laundry.
Open for discussion 24/7, 365.**



How to Use the Product

General Discussion Questions

1. Which stories or characters resonated with you? Which stories or characters didn't you understand?
2. What was your family like growing up? What are some positive and negative patterns that you've observed in your family? Have your feelings about your family changed? If so, how?
3. What are some of the spoken and unspoken rules in your family? What does your family hope or expect from you?
4. What are some questions that you have always wanted to ask your parents? Your siblings? Grandparents? Children?
5. What are some things that you have always wanted to tell your parents or other family members? What are some things that you have always wanted to hear out loud from them?
6. If you don't yet have your own family or children, how do you want to raise your own family? How open do you want to be with them? If you are married and/or raising your children, what guidelines do you have for your family?
7. What are some of the problems inherent in silence and shame? Are there any benefits to growing up in that cultural dynamic? What does silence and shame mean in your life?
8. Why do you think people in Asian American communities have trouble speaking about difficult or embarrassing situations? What kind of barriers towards communication does that population regularly face? What kinds of barriers towards therapy?
9. Is the idea of therapy scary to you? Whether yes or no, why is that?
10. Do the high numbers of Asian American suicide and depression surprise you? Whether yes or no, why is that?
11. What does it mean to be Asian American?
12. What does it mean to be the model minority? Is there a connection to this phrase and some of the issues raised in this documentary?
13. What are we so afraid of?



Mental Health Resources

CRISIS HOTLINES

Suicide/Emergency

- **National Suicide Prevention Hotline**
1-800-273-TALK (24-hour service)

- **Asian LifeNet Hotline**
1-877-990-8585 (24-hr service)

- **Suicide Hotline List**
suicidehotlines.com/

- **API Domestic Violence Task Force Hotline List**
http://www.apidvtf.org/emergency_crisis_hotline.html

COMMUNITY SERVICES/ HEALTH CENTERS/ NON-PROFIT ORGANIZATIONS

Bay Area

- Asian Americans for Community Involvement
- Asian Community Mental Health Services
- Chinatown/North Beach Mental Health Services
- Richmond Area Multi-Services, Inc

Los Angeles

- Asian Pacific Counseling & Treatment Centers
- Asian Pacific Health Care Venture
- Little Tokyo Service Center
- Center for the Pacific Asian Family
- Chinatown Service Center
- Pacific Asian Counseling Services

San Diego

- Asian/Pacific Islander Community Health Network

Faith-based Mental Health Care Providers in Los Angeles

- Asian American Christian Counseling Services
- Living Grace

***Huge thanks to the Ask a Minority Model Suicide blogging column at Hyphen Magazine for the foundations of this list*



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Eric Huang

May & Tony Lew

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Don Luke

and many more