

Pride at SAIT Newsletter

Welcome! Pride at SAIT works towards building a community on campus that is inclusive of and accessible to all individuals regardless of gender expression, gender identity or sexual orientation. We hope to share resources and important information for our 2SLGBTQ+ community through our monthly newsletter and effect positive change!

Pride over the holidays!

As we close out an eventful year and step into the vibrant embrace of December, Pride at SAIT continues to stand tall in celebrating diversity, inclusivity and access. Here's a glimpse of what's to come in the heart of our community:

Universal washroom coming to Aldred Centre




The men's washroom on the first floor of the Aldred Centre near Second Cup will be closed for renovations from Monday, Dec. 18 until mid-February 2024. The space will be converted into a universal washroom that is barrier-free and gender-neutral. We look forward to adding another inclusive space to campus and thank you for your patience.

4 Tips for communication over the holidays

With holiday dinners and a new year approaching, we thought it would be helpful to share a few tips for communication over the holidays!

We know that most people avoid hot topics with family and friends because they fear losing relationships. But in order for our society to function, we need to be able to have healthy discussions.

Here are some tips for how to engage in respectful conversation around the issues that matter most *and* build human connection:

1.  **Facts don't change hearts and minds. Stories do.** Use the power of your personal story to share why an issue is important to you, and how it impacts you, your family or your community.
2.  **Seek to learn the other person's perspective, before sharing yours.** When you lean in with curiosity and a learning mindset, you can separate your own beliefs from the other person's and not take their perspective as an attack on yours. It's simply their perspective based on their lived experience.
3.  **Connect with their feelings.** They say you don't truly know how someone feels until you've walked a mile in their shoes. How would you feel if you were experiencing what they were? Try to make a connection and extend empathy.

4. 🙏 **Thank them for sharing.** It takes courage for someone to share how they feel on a particular topic, so thank them for sharing and for providing a new perspective, especially if it's a different perspective than yours.

If you come to a point where someone shares something false or harmful, instead of reacting with blame or shame, just listen and allow them to explain more.

Here are some phrases you can use when you disagree

- I like what you said about _____, but I'm struggling with your statement about _____.
- I can see _____, but what about _____?
- When I hear you say _____, it makes me feel _____.
- I would like to understand. Can you tell me more about what you mean by _____?

Sometimes, three simple words can be the difference between shutting someone down, and understanding where they're coming from: *"tell me more."* ✨

These are just a few of our favorite tips that come from Inclusivv's **Civil Dialogue Workshops**, which have been created for organizations and communities looking to prepare for the year ahead by training leaders on civil discourse.

🚩 Spreading warmth through treats

The holiday season is a time for coming together, sharing stories, and indulging in delicious treats. To add some sweetness to your festivities, here's a tested recipe from our Pride at SAIT committee member, Lukas Valentine:

Millionaire's Shortbread

With a layer of shortbread, a layer of soft caramel and a layer of chocolate, these bars taste like gourmet Twix bars.

Servings: 20-25 squares

Cook Time: 30 Minutes

Total Time: 2 Hours

INGREDIENTS

FOR THE CRUST

1 cup all-purpose flour, spooned into measuring cup and leveled-off

¼ cup dark brown sugar

2 teaspoons cornstarch

¼ teaspoon salt

1 stick (½ cup) cold unsalted butter, cut into ½-inch cubes

1 tablespoon ice water

1 large egg yolk

FOR THE CARAMEL LAYER

1 (14-oz) can sweetened condensed milk

½ cup dark brown sugar

6 tablespoons unsalted butter

2 tablespoons golden syrup (such as Lyle's Golden Syrup) or dark corn syrup

1 teaspoon vanilla extract

Generous pinch salt

FOR THE CHOCOLATE LAYER

6 ounces semi-sweet chocolate, broken into small pieces, best quality

3 tablespoons heavy cream

INSTRUCTIONS:

FOR THE CRUST:

Preheat the oven to 350 degrees. Line a 9-inch square pan with aluminum foil. Spray the foiled pan with nonstick cooking spray or grease with butter.

Combine the flour, brown sugar, cornstarch and salt; mix until well combined and no lumps of brown sugar remain. Add the butter and mix until a coarse meal forms. Add the ice water and egg yolk and blend until moist clumps form. Dump the dough into the prepared pan and press with your fingers into an even layer. Pierce the dough all over with a fork and bake until golden, about 20 minutes. Set aside to cool.

FOR CARAMEL LAYER

Whisk the sweetened condensed milk, brown sugar, butter, golden syrup, vanilla and salt together in a medium saucepan over medium heat until the sugar dissolves, the butter melts and the mixture comes to a boil. Pour the caramel over the warm crust; cool for about 15 minutes, or until caramel is set.

FOR CHOCOLATE LAYER

Place the chocolate and cream in a microwave-safe bowl. Microwave in 20 second intervals, stirring in between, until the chocolate is about 75% melted. Stir, allowing the residual heat in the bowl to melt the remaining chocolate, until smooth. Spread the chocolate over the caramel layer. Refrigerate the bars until the chocolate is set, at least 1 hour. Using the foil overhang, lift the bars out of the pan and transfer to a cutting board. Cut into small squares and store in the refrigerator until ready to serve!

For full instructions, visit here: <https://www.onceuponachef.com/recipes/chocolate-caramel-shortbread-squares-a-k-a-millionaires-shortbread.html#tabrecipe>

PERS 148: Introduction to Effective Intercultural Communication

PERS 148: Introduction to Effective Intercultural Communication Course has been revamped with a user-friendly interface, and registration for the Winter session is still open. This free, six-week online course enhances intercultural understanding and communication skills. Upon completion, you'll earn a valuable micro-credential badge. Don't miss this opportunity for personal and professional growth – secure your spot today! Register [here](#) for the Daytime class starting **Jan 17 – Feb 21, 2023**.

Have a great December and January!

Pride at SAIT Committee