

OUT *tyxe*

December 2019

2019

A YEAR IN REVIEW

2

VEGETARIAN MEALS
TO KEEP YOU WARM
IN DECEMBER

A HOLIDAY
GREETING
FROM OUR
EXECUTIVE DIRECTOR

*happy
holidays!*

OUT
SASKATOON

Happy Holidgays from OUTSaskatoon

OUTSaskatoon is sad to say farewell to Sean Ryan who served as our Community Engagement Officer for more than three years. Sean has played a central role in OUTSaskatoon's sharp graphics and our fun-filled community events, and is moving on to start his own branding and communications company. We wish you well!

OUTSaskatoon is also saddened to share the departure of our Older Adult Program Coordinator, Rob Grant. Rob helped us strengthen our older adults programming and peer support services. We wish Rob the best on his journey going forward!



This semester we were lucky to have five practicum students fulfill their placements at OUTSaskatoon. They assisted us with weekly programming, peer support, resource creation, and event planning. We are so grateful for their energy, commitment, time, and skills. All the best as you each finish your studies!



Meaghan Dagenais
College of Social Work
University of Regina



Kaylyn Hinirichsen
College of Social Work
University of Regina



Shayla Dorval
School of Nursing
Saskatchewan Polytechnic



Sydney Targerson
School of Nursing
Saskatchewan Polytechnic



Ellery Lewis
Mental Health Worker Program
SIIT

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Jess Fisher

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Tiff Strachan

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Wendy Li

fYrefly Saskatchewan Coordinator
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Chance Briere

Sexual Health Coordinator
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Board of Directors

Troy Boyenko (Chair)	Natalya Mason
Dave Culleton (Vice-Chair)	Amy Rees
Sean Homenick (Treasurer)	Jennifer Boyle
Meoldy Wood (Secretary)	Sanjay Sthankiya
Martha Smith	Adam Stacey
Shannon Mason	Kevin Seesequasis



OUTSASKTOON'S Weekly Groups

M

Bi/Pan/Poly Group

for anyone who is bi/pan/polysexual
held bi-weekly, alternating with Ace Space

Ace Space

for anyone who is asexual
held bi-weekly, alternating with Bi/Pan/Poly

Partners Support Group

for people whose partner is Transgender
held the 1st Monday of every month

All Monday night groups start at 7:00pm

T

Women's Group (returning January 2020)

a group for women who love women
held weekly
structured programming + discussion

Women's Group starts at 7:00pm

W

Rainbow Coffee - Youth Group (15 - 19 years)

a weekly group for youth
hot meal provided
structured programming + free time

4:30PM

7:00PM

Parent Support Group (monthly group)

a group for parents of queer children
held the first Wednesday of every month

Th

Rainbow PYY - Youth Group (10-14 year olds)

a weekly group for Proud Younger Youth
snack provided
structured programming

4:30PM

7:00PM

Gender Revolution - Trans + Gender Diverse Group

a weekly group for trans folks of all ages
structured programming + free time

F

Friday Nights OUT - Two Spirit Programming!

a weekly group for the Two Spirit community
hot meal provided
structured programming + free time

Friday Nights OUT starts at 6:00pm

Welcome
to
our
new
space



213 Avenue C South

Photos by Emma Love

All groups are held at OUTSaskatoon and facilitated by staff or volunteers. For more information on our groups, email: Krystal_services@outsaskatoon.ca

The cool new way to recycle...



SARCAN
RECYCLING
A DIVISION OF SARC

Saskatoon Faithfull Ave

2327 Faithfull Avenue

Drop and Go Entrance:

On the north side of the building



SARCAN
RECYCLING
A DIVISION OF SARC

Saskatoon Sutherland

350B 103 Street East

Drop and Go Entrance:

To the right of the main doors



Thur & Fri until 9pm Saturday until 6pm

SARCAN
RECYCLING
A DIVISION OF SARC

Cooking Corner with Krystal

Vegetarian
Nut & Feta Loaf
.....

Ingredients:

- 2 cups walnuts, crushed
- 3/4 cup celery ribs, chopped
- 2 cups onion, chopped
- 2 green onions, thinly sliced
- 10 garlic cloves, minced
- 8 oz firm tofu
- 1 1/4 oz feta cheese, crumbled
- 3 cups quick cooking oats
- 2 tblsp soy sauce
- 2 tblsp ketchup or BBQ sauce
- 1 tblsp Dijon mustard
- 2 tblsp italian parsley, chopped
- 1 tsp poultry seasoning

Directions:

Preheat Oven to 350°F. Grind walnuts to powder and set aside. Sauté celery, onion, green onion and garlic over medium heat until tender (about 4 minutes). Remove veggies from heat and let cool while you do the following steps. Mash tofu in a bowl and stir in walnuts, feta, oats, soy sauce, ketchup, mustard, parsley, and poultry seasoning. Once mixed stir in veggies. Season with salt and pepper. Coat 9X5 loaf pan with cooking spray. Add mixture and pack in tightly. Top with a thin coat of ketchup. Bake for 55 minutes. Allow to cool and then top with extra ketchup/bbq sauce and remaining crumbled feta.

TIP: remove feta to make the recipe vegan and add brown sugar to ketchup/bbq sauce for extra depth.

Vegan
Caramel Monkey Bread
.....

Ingredients:

For the dough:

- 1/4 cup warm water
- 2 1/4 teaspoons dry active yeast (1 packet)
- 1/4 cup granulated sugar
- 1 cup soy milk
- 2 tablespoons vegan butter
- 3 1/2 cups all purpose flour
- 1 1/2 teaspoons salt

For the Vegan Caramel:

- 1/2 cup vegan butter
- 1/2 cup full fat coconut milk (the thick white part)
- 1 1/2 cups brown sugar
- pinch of salt, optional

Directions:

Preheat Oven to 350°F and grease a pie pan. **Make the dough:** In a mixing bowl add warm water and yeast. Let sit for 5 minutes, until a bit foamy on top. Add the rest of the dough ingredients and mix. Knead with your hands to combine until sticky. Cover with a towel and set aside for about 2 hours, then transfer to fridge to cool. **Make the caramel:** Melt vegan butter in a small pan over medium heat. Add coconut milk and brown sugar, and stir. Bring to a boil and stir constantly for 5 minutes. Remove from heat. Add a sprinkle of salt, if desired.

Assemble: Punch cold dough gently to release air bubbles. Pull apart and shape into 1 1/2 inch balls. In prepared pan, layer 1/4 cup caramel, dough balls, 1/4 cup caramel, dough balls and pour 1/4 more cup caramel on top. Reserve remaining caramel. **Bake for 25-30 minutes**, until top pieces are golden. Cool for 5-10 minutes, then invert carefully onto serving plate. Drizzle extra caramel on top - Enjoy!



'Tis the Season of Giving . . .

Dear friends,

Happy holidays to all! We hope that you have had a tremendous year and that you have had many opportunities to connect with the people that you love. OUTSaskatoon's most significant accomplishment of the last year was moving to a new location, just a short 140 meters away from our previous home. OUTSaskatoon is now street front at 213 Ave C S where we are better able to serve our community with an entirely accessible main floor, increased community space, and room for our growing staff. If you haven't been by to visit, we hope you get a chance to join us for a coffee and a tour in the New Year.

As the holidays approach, we ask that you remember OUTSaskatoon in your holiday plans. While shopping for gifts and gathering with loved ones, please consider setting aside part of your holiday budget to support the work we do. This work includes free counselling for 2SLGBTQ people and their families, diversity education for thousands of people every year about how to make our schools and businesses welcoming and safe, and most recently, putting on the fifth annual Two Spirit feast and round dance at White Buffalo Youth Lodge.

Not only does your generosity help OUTSaskatoon continue our good work for Saskatoon's 2SLGBTQ community, but it helps us to fundamentally improve the health and well-being of many people that we work with, such as the youth that live in OUTSaskatoon's Pride Home. Pride Home has supported nine 2SLGBTQ youth between the ages of 16 and 21 over the past year through weekly programming that includes yoga, budgeting, cooking and food prep classes as well as counselling, social events, and education. We recently got a message from one of the young people that lived in Pride Home during its first year:

"I've been thinking about lately how much you folks helped me grow. I now have a two bedroom apartment to myself and I work full time as management in a retail store, and I'm studying to get my GED. I've done so much this past year with my life and I'm happy to say that OUT definitely had a part in pushing me to be this person I am today. Thank you for seeing the potential in me that I definitely had. I miss you all lots!"

Thank you for the role you have played in helping our community thrive. We invite you to continue to be a part of our work as we serve our 2SLGBTQ community young and old and as we lead Saskatoon toward a braver and more accepting future for all. Thank you for your time, generosity, and good will. We wish you a holiday season filled with love.

Season's greetings,



Rachel Loewen Walker
Executive Director, OUTSaskatoon

Please consider giving to OUTSaskatoon

\$50



To support the cost of sending resource bundles to Gay-Straight Alliances in Northern SK

\$500



To provide one evening of free and affirming sexual health testing at our weekly sexual health clinic

\$100



To provide a weekly supper to queer youth during our weekly youth groups

\$250



To provide three sessions of free counselling for queer people and/or their loved ones

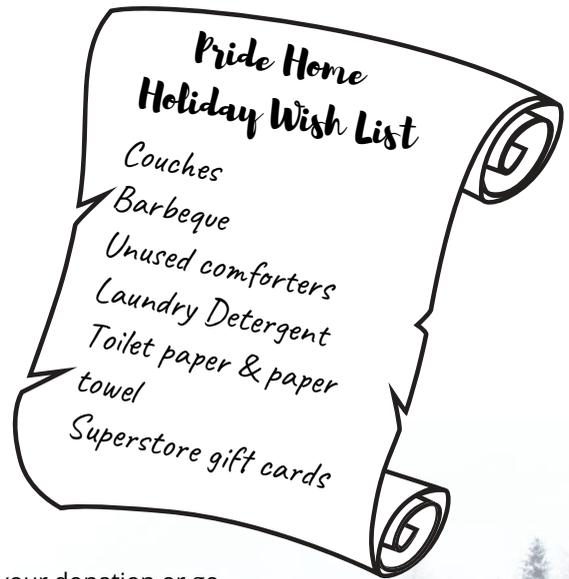
Donate:

Please use the included donation form to make your donation or go to outsaskatoon.ca/donate. OUTSaskatoon is a registered charity and all donations over \$20 will receive a donation receipt.

Also, for any donations of \$500 or more, you will receive a special-edition bag of RAINBOW COFFEE, brewed by our partners at Road Coffee.

Additional bags can be purchased for \$20 at OUTSaskatoon or through our website - and will make great Christmas gifts!

Interested in supporting Pride Home directly?



2019 A YEAR IN REVIEW



151
HOURS OF COUNSELLING

9
**YOUTH HAVE CALLED PRIDE HOME
THEIR HOME**



117
**WEEKLY MEALS FOR OUR YOUTH
& TWO SPIRIT GROUPS**



559
**VISITS TO OUR WEEKLY
SEXUAL HEALTH CLINICS
& MONTHLY PrEP CLINIC**



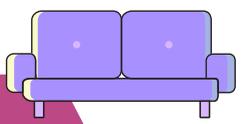
3,881
**VISITS TO OUR SOCIAL
& SUPPORT GROUPS**



4,102
PEOPLE CAME TO OUR EVENTS



7,190
VISITS TO OUR DROP IN



8,987
PEOPLE EDUCATED



*We can't wait to see
what's in store for 2020!*

GLITTER

Rainbow Unicorn Party!



Thank you to our host
Omayra Issa

Congrats to our OUTShine Award winners!



Riley Knock
Recipient of the
KnocOUT Award for his
work in advocating for
trans rights within the
RCMP



Autumn LaRose-Smith
Recipient of the
BreakOUT Award for her
advocacy work for Two
Spirit and LGBTQ people



Mike McCoy
Recipient of the
OUTstanding Award for
his decades of work
advocating for the
2SLGBTQ community



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Gold Sponsor

Handy
special
events

Silver Sponsors



Bronze Sponsor

Rely-Ex
Contracting

SteelMet
Supply

Photos by Amanda Kowalyk

Champagne Sponsor

Jon Aschenbrener
REALTOR®

OUTShine Awards
Sponsor



STAY IN TOUCH

SUBSCRIBE TO OUR E-NEWSLETTER

Every two weeks we publish our **OUTBurst E-Newsletter**. It's full of upcoming programming, events, educational opportunities, and any and all exciting news we may have to share with you

To subscribe:
outsaskatoon.ca

VOLUNTEER

OUTSaskatoon wouldn't exist without the energy and efforts of dozens of volunteers. Interested in volunteering? You can:



**Make
Buttons + Pamphlets**



**Help
Run Events**



**Facilitate
a Group**



**Run our front desk
+
Answer Phones**

To get the latest updates

FOLLOW US ON SOCIAL MEDIA

[@outsaskatoon](https://www.instagram.com/outsaskatoon)





Join us!

A 2SLGBTQ HOLIDAY MEAL FOR ALL

OUTSASKATOON HAS HOSTED HOLIDAY MEALS FOR MANY YEARS. IN ORDER TO MAKE OUR HOLIDAY MEALS MORE REPRESENTATIVE OF OUR COMMUNITY WE ARE GOING TO HOST MEALS IN RECOGNITION OF MULTIPLE RELIGIOUS AND CULTURAL HOLIDAYS

THIS YEAR HANUKKAH STARTS ON DEC 22 AND ENDS ON DEC 30. JOIN US ON DEC 21, TO RECOGNIZE THE BEGINNING OF HANUKKAH!

OUTSASKATOON HOLIDAY MEAL

SATURDAY DECEMBER 21, 2019
SUPPER IS SERVED AT 6PM

ALL ARE WELCOME

FOR MORE INFO CONTACT:
HELLO@OUTSASKATOON.CA

OUTSASKATOON
213 AVENUE C SOUTH



OUT
SASKATOON

JOIN US FOR OUTSASKATOON'S ANNUAL SPIRIT WEEK

"We've got spirit, yes we do! We've got spirit, how 'bout you?"

MONDAY

Dec 16

Pajama Day



TUESDAY

Dec 17

Dress like an OUTSaskatoon Staff Day



WEDNESDAY

Dec 18

Dress as your Favourite Holiday Movie Character Day



THURSDAY

Dec 19

Throwback Thursday



FRIDAY

Dec 20

Flannel Friday



MONDAY

Dec 23

(Ugly) Holiday Sweater Day



TWO SPIRIT SWEAT LODGE

Sunday,
December 15th

Free - registration required
Open to All

The Two Spirit Sweat Lodge Ceremony is intended to affirm people in their spirit, rather than their physical bodies, in order to decolonize our understanding of gender. This Sweat Lodge Ceremony is vital in revitalizing sacred teachings for and by Two Spirit peoples.

Transportation provided
Shuttle leaves at 11:00 am
Sweat ceremony at 12:00 pm

Information session for first timers and the public:
Friday's December 6th and 13th
7:00 pm at OUTSaskatoon

Space is limited, please register through email
at: twospirit@outsaskatoon.ca

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