

A stylized illustration of a flowering branch with teal leaves and magenta flowers with white and orange centers. Small white berries are scattered along the branch. In the bottom left, there are large, dark teal fern fronds. The background is a solid dark teal color.

Community Care Package



Pride
Foundation



Dear Community,

In a year that has asked so much of all of us, we wanted to offer a small token of our gratitude, appreciation, and love to you—those who show up day in and day out, in so many ways.

We put together this little care package that we hope will bring some comfort, nourishment, and inspiration—to help us all recharge and replenish ourselves and one another for the long path ahead.

Caring for one another, for our community, is one of our grounding values here at Pride Foundation. And it is one important way we build our collective resilience, strength, and energy in our fight for justice and liberation.



In this care package you will find:

Recipes for nourishment

Art and culture for replenishment

Words for inspiration

Activities for comfort

This collection is made up of contributions from Pride Foundation's staff, board, and community. We especially want to thank the incredible supporters, scholars, and community partners, whose words, recipes, and care we are honored to be able to share within these pages.

We hope these tender offerings bring warmth and comfort that helps sustain you through the days, weeks, and months ahead.

With love and care,

Your Pride Foundation Family



*P.S. The plant drawings in this booklet were chosen with intention. **Ferns** symbolize shelter and magic.*

Many remain green throughout the winter. They provide microhabitats, shade, and protection for other organisms. Older fronds compost quickly, bringing important nutrients to the surrounding soil.

Recipes to nourish us

Catriona's Mulled Wine—or Juice

Catriona Reynolds is a Pride Foundation supporter and leader of our grantee, Kachemak Bay Family Planning Clinic.

I first had this wine while wandering the streets of Paris on a chilly evening. It was a perfect blend of flavor and spicy comfort — ideal for Alaska's winters!

Pour **1 bottle of any robust, dry red wine** (or, a for non-alcoholic drink, sour cherry or pomegranate juice) into saucepan. Add:

- 1 sliced orange
- 1 Tbsp fresh sliced ginger
- 2 cinnamon sticks
- 2 star anise pods
- 8 whole cloves

Heat on medium-high until barely simmering. Reduce heat to low, cover, and simmer for 15 minutes. To serve, strain into mugs—or an insulated flask for socially distanced outdoor gatherings!

Season to taste with: vanilla, cardamom bitters, honey, maple syrup

Halley's Hot Cheeto Bowl

Halley Cody is Pride Foundation's Data Manager.

I love other people's elaborate meals, but sometimes I just want to dump all the things in a bowl with a balance of flavors and textures — and my favorite topping, Hot Cheetos!

In a frying pan on medium high, heat **1/2 Tbsp sesame oil** until very hot. Add to the pan **one serving of leftover rice** (that has been stored for a day or two in the fridge), and heat through until the bottom is nice and crispy. Top with:

- Soy sauce and/or chili oil, to taste
- 2-3 chicken strips, cut into bite-sized pieces → *Safeway's deli has the best chicken strips*
- Literally any leftover vegetables, warmed up
- Small dollop of a cooling element (like sour cream)
- A spicy condiment, to taste → *my go-to is Tapatio*

Finish with a delicate sprinkling of Hot Cheetos (or something else crunchy). Enjoy!

Jason's Pistachio Cranberry Cookies

Jason Bergevin is a Pride Foundation supporter, volunteer, and board member.

I grew up baking cookies with my mother for our church's annual holiday bake sale. Now I have my own recipes and bake 175 dozen cookies for friends each year. This recipe is one of my favorites!

Stir together **1 1/2 c all-purpose flour**, **1/2 tsp cinnamon**, and **1/4 tsp salt**. In a large bowl, beat **3/4 c softened unsalted butter**, **1/4 c plus 2 Tbsp granulated sugar**, and **1/2 tsp grated fresh orange zest** with a mixer until light and fluffy. Reduce speed to low and add flour mixture in 3 batches, mixing until dough just comes together. Mix in **1/2 c shelled pistachios** and **1/3 c dried cranberries**. Press dough together, then divide into 2 equal pieces. Use plastic wrap to form each piece of dough into a log 1.5" in diameter. Wrap in plastic wrap and chill for at least 2 hours.

Put oven racks in upper and lower thirds of oven and preheat to 350°. Brush **1 beaten egg** over all long sides of logs (not ends). Sprinkle **1/4 c decorative sugar** on a sheet of parchment and press bars into sugar to coat. Cut each bar crosswise into 1/4" thick slices. Arrange cookies 1/2" apart on parchment-lined baking sheets. Bake 15-18 minutes, switching position of sheets halfway through, until edges of cookies are pale golden. Cool on wire racks. Yields 3 dozen cookies.

Jimbo's 1-2-3-4-5 Pie Crust

Jimbo Worm is Pride Foundation's Director of Finance and Operations (and has been for 20 years!)

My love of numbers is rivaled only by my love of pie!

Mix **1 tsp salt** and **2 c flour** in a large bowl. Add **3/4 c Crisco** → *Don't even go trying to use a store brand. You'll be sad.* **shortening**. Blend with a pastry cutter. (Don't go wild—you still want little chunks of Crisco in it.) Add **1-2 tsp more Crisco** if it's too dry. Add **5 Tbsp cold water** and mix with your hands until it forms a ball. Again, don't go wild. The less you work it, the flakier the crust. Cook pies at 425° for 45-50 minutes. Makes a double 9" crust.

Go wild with your fillings! This crust is perfect for sweet and savory pies. Mmmm.

Art and culture to **replenish us**

We asked our staff and board for their recommendations of media that are getting them through this year—here are some of the favorites!

Movies we're watching

The Lovebirds	Trolls World Tour
Sister Act	The Trial of the Chicago 7
The Half of It	Star Trek Generations
The Craft	Strictly Ballroom

TV we're bingeing

Schitt's Creek	The Queen's Gambit
Lovecraft Country	Watchmen
The Great British Bake Off	The Golden Girls
The Good Place	Little Fires Everywhere

Podcasts we're listening to

Sunstorm with Alicia Garza & Ai-jen Poo
Getting Curious with Jonathan Van Ness
Don't Ask Tig
This Podcast Will Kill You
Nice White Parents
Still Processing
Seeing White
Hidden Brain
Slow Burn
Invisibilia

"Self-care and rest is
part of liberation."

~ Jeremiah, Staff member

Music we're dancing to

Here's a playlist of
some favorites!



Scan the code above with your
phone camera to visit:

spoti.fi/3332690

"The arts elevate my
mind, while helping
me focus to make
sense of our present
circumstances."

~ Greg, Board member

Virtual experiences we're enjoying

Virtual Animal Encounters at the Alaska Sealife Center
Seattle Art Museum Virtual Lectures
Whim W'him Contemporary Dance
Extra Tough Women Series at the Anchorage Museum
Tiny Desk Concerts on NPR

Books we're reading

Circe, Madeline Miller
This Bridge Called My Back: Writings By Radical Women of Color, Love and Rage, Cherrie Moraga and Gloria Anzaldúa
Braiding Sweetgrass, Robin Wall Kimmerer
On Earth We're Briefly Gorgeous, Ocean Vuong
The Meaning of Mariah Carey, Mariah Carey and Michaela Angela Davis
Begin Again: James Baldwin's America and Its Urgent Lessons for our Own, Eddie Glaude

Words to inspire us

Nothing Else Matters

by Kate Gray

Into a sidewalk in Brooklyn, a young tree's shadow is etched by an artist, its branches thinner than teenagers' thumbs. The tree bark blocks sunlight at a particular angle, casts delicate, dark lines, becomes something beautiful, like the kiss of a girl on a girl's palm.

In a copper beech in Connecticut, its bark smoother than elephant skin, teenage girls carved hearts, as if holding a branch and a pocketknife could stop bud and leaf fall, as if they could fix the girls they loved like constellations named in the night sky where the tree reached its highest branches.

In a garden in Portland, I tuck the names of lovers I've lost around a new tree's roots, watch the origami soften as if rain could wash away the pain etched in me. Only half this story is true. I touch each lover every day when I walk through the shadow of this young tree, feel the cut, the kiss of every touch.

Kate Gray is a writer, a poet, and a coach in Oregon. We are honored to also call her a friend and a supporter of Pride Foundation.

Camellias symbolize care and longing across distance. Camellias are evergreen and, in many parts of the Pacific Northwest, bloom throughout the winter. Their flowers are a joyful reminder of life and growth in times of hardship and scarcity.



Words from Constance

Constance was a friend, community leader, Pride Foundation volunteer, and co-founder of Trans Women of Color Solidarity Network.

Taking massive action on massive dreams
amidst massive uncertainties, is pretty much where
anyone who's ever done anything massive had to start.
And then things got way easier.

Massive love,
The Universe

To empower another, is to empower yourself.
To celebrate another, is to celebrate yourself.
And to free another, is to free yourself.
I say empower, celebrate, and free them all—

The Universe

Rise in Power, Constance Blakeley, Our Universe 7/15/1993 - 10/02/2020

Your divine heart held depths of joy, love, compassion, and cosmic care for yourself and your loved ones. The grounding presence you brought will forever breathe life into our community and movements, even as you transition too soon to be our transcestor.

*We love you forever & absolutely ALWAYS,
Trans Women of Color Solidarity Network*

Snowberry symbolizes community and togetherness. The clusters of berries bear tightly together on the stems throughout the winter, making them an important source of nourishment for many animals during tough times.



Activities to **comfort us**

Plant Care Hot Tips

Many of Pride Foundation's staff and board love a house plant (or 70). Caring for these lovely additions to our homes is a great way to remain grounded, and surround ourselves with reminders of growth, beauty, and abundance.



- Use fertilizer monthly in the warmer months to help plants grow and be more resilient year-round.
- In the damp PNW, treat mold on top of soil by spritzing with a mix of 1 Tbsp hydrogen peroxide (3%) to 1 c water.
- If you have little light available, rotate plants regularly, especially in the winter. Or consider adding a grow light!
- Neem oil is miraculous for taking care of pests in the soil and for shining up those leaves!
- The soil matters! Pot plants in soil with pumice or perlite to help with drainage.
- Share cuttings or starts from your prettiest plants with friends—it's a sweet way to feel close during COVID.

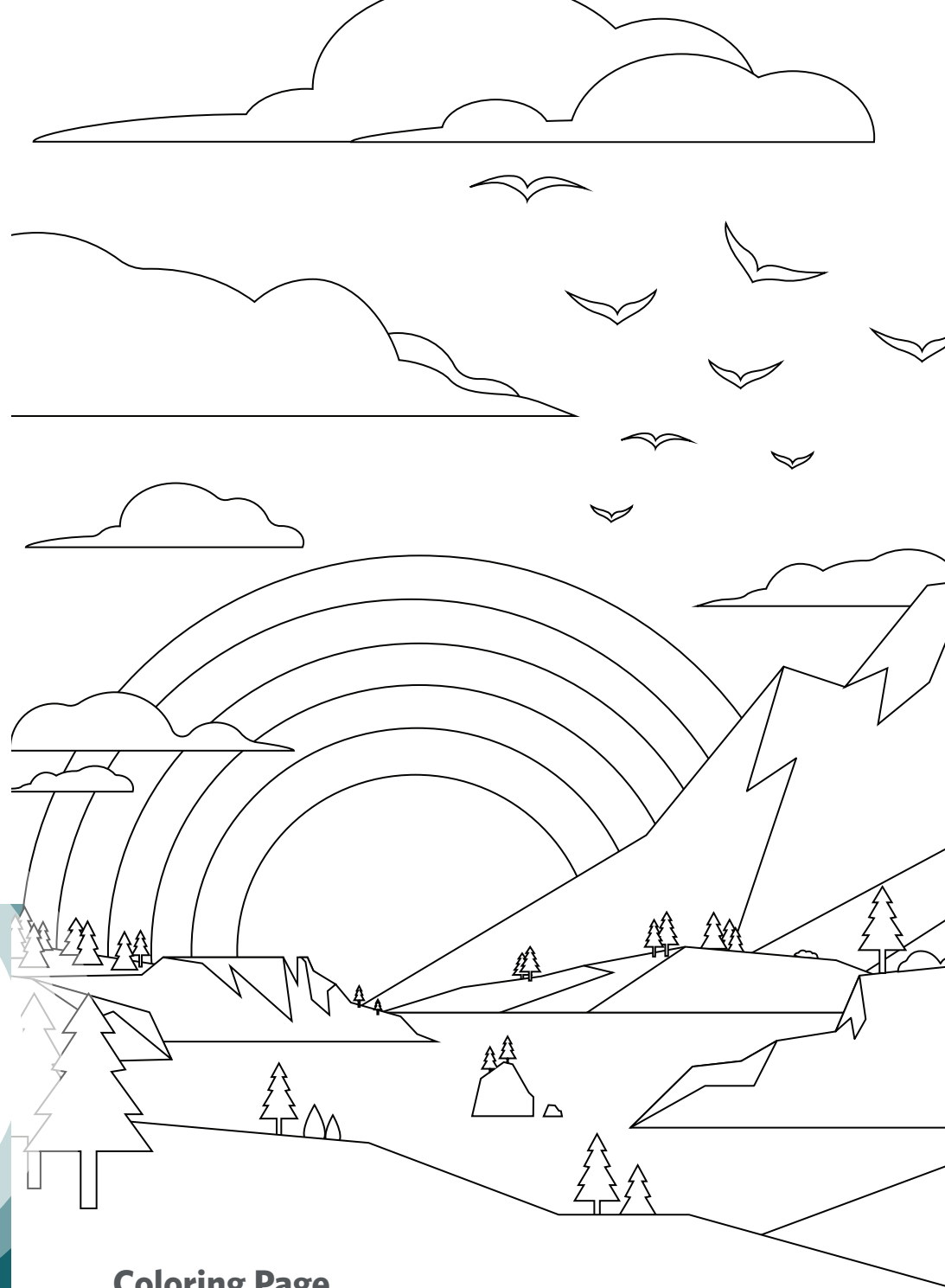


Other Activities We Love

Naps
Birding
Jigsaw puzzles
Watercoloring
Long walks
Crocheting
Dungeons & Dragons
Backyard bird feeders
Writing radical futures into existence

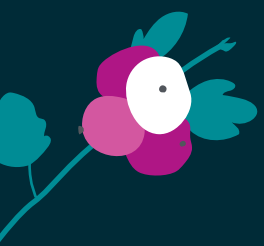

"In my makeshift dance studio, garage really... I've been able to practice movement and dance throughout this quarantine."

*~ Trisha Fey Elizarda-Miller
(she/her), 2020 Pride
Foundation Scholar*

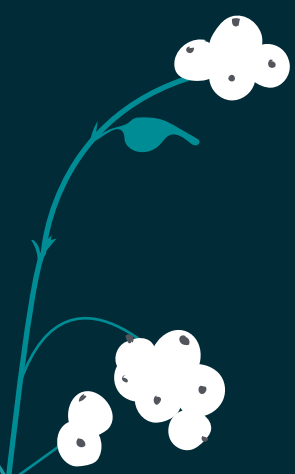


Coloring Page

Adapted from artwork created for Pride Foundation
by Xio Lugo and Story 2 Designs



The work to reimagine and rebuild our world will take all of us, but we know our communities collectively have the power, creativity, and vision to get us there.



Please support Pride Foundation to help build that world—one where all LGBTQ+ people have what we need to thrive today, tomorrow, and beyond.



Scan this code with your phone's camera to visit pridefoundation.org/give