

INCLUDING YOU

A Newsletter for Technology Services

A Message from Liz

Liz Gonzalez
Project Manager

What Does DEI Mean to You?

It means we are identifying that we are not all the same and we all have much to contribute. It means that we need to accept, interact with, and treat people from all walks of life with dignity, respect, and fairness. It means we are learning not to be a bystander but to promote and advocate for all people, all the time.

Recommendations

Book: *Brave Not Perfect* by Reshma Saujani

TV Show: *Latino Americans* (PBS)
Movie: *CODA* (Appletv+)

Podcast: Science Friday: brain fun for curious people

Article: 11 Books to read if you want to be a more inclusive leader

What Resources Do You Think Would Help People Learn More About the Topic?

My favorite resource is the weekly newsletter called Better Allies. The author offers 5 to 6 tips in the weekly newsletter, and it's an eye-opener.

To read more about Better Allies or subscribe to the weekly newsletter, visit betterallies.com.

Recently I discovered a list on [Forbes.com](https://forbes.com) where they gave a list of 11 books to read more about Diversity, Equity, and Inclusion.

Hmong New Year

During the New Year's celebration, Hmong dress in traditional clothing and enjoy traditional foods, dance, music, bullfights, and other forms of entertainment. A cultural tradition occurs annually in selected areas where Hmong communities exist and in a modified form where smaller communities come together. The Hmong New Year may also educate those interested in the Hmong tradition.

The Hmong New Year celebration takes place annually in every Hmong household. Traditionally, the celebration is to acknowledge the completion of the rice-harvesting season - thus, the beginning of the new year - so that a new life can begin as the cycle of life continues. Celebrations frequently occur in November and December (traditionally at the end of the harvest season when all work is done). During this celebration, every "wandering" soul of every family member is called back to unite with the family again, and the young will honor the old or the in-laws - a ritual of asking for blessings from elders of the house and clan as well as the in-laws of other clans.

There will be a celebration on campus this year, the details for which can be found on the following page. There will also be a larger celebration at the Fresno Fairgrounds from December 29th through January 1st. For more information on that event, you can visit hmongcultural.org. All are welcome to join!

Fresno State Hmong New Year Celebration

December 20, 2022
5:30 p.m. to 8 p.m.
Satellite Student Union

Dive into the rich history of the Hmong New Year and the unique culture of the Hmong community here at Fresno State!

-  Hmong Appetizers
-  Light Refreshments
-  Cultural Stories
-  New Year Activities
-  Traditional Performances
-  Free Parking



All are welcome.
For more information, please contact us at
559.278.4435 or email
ccqcapi@csufresno.edu
by Tuesday, December 20, 2022.
Smoke free & vapor free campus.

Sponsored By:

FRESNO STATE

Asian American Studies
Asian Faculty and Staff Association
Cross Cultural and Gender Center
Hmong Studies Program
Admissions and Recruitment
Technology Services



Shared Shelf

Technology Services Book Club

Better Allies®



Second Edition

Karen Catlin

In October, the Technology Services staff discussed the book *Better Allies* by Karen Catlin. Those that signed up for the group were able to join over lunch to discuss the ideas in the book and how important the lessons are.

Help pick out our next book!

4 great books have been suggested; please complete [this survey](#) to help us pick what we'll read next!

To find out more about the Shared Shelf Program and read along with us, please visit our website:

technology.fresnostate.edu/about-us/sharedshelf



Teira Wilson's Accessibility

Tips and Tricks

When creating a new document, it's a good idea to stop and imagine how someone would explain the content to you if you could not see it for yourself. How would they tell you where one section ends, and another begins? What do the images in the document mean, and if they are pertinent to the content? Most importantly, if a robot was the one reading the document aloud, would it be able to navigate the page in a logical reading order?

Below you can find some helpful Do's and Don'ts:

Do

- Use the styles to label headings and lists
- Use at least a 12pt font
- Add descriptive alt text to images
- Follow the logical reading order

Don't

- Use all caps unless it is an acronym
- Use a font that is cursive or difficult to read
- Underline text unless it is a link
- Use the enter or return key to add spaces between paragraphs or words

To elaborate on the last item in the *don't* column above, regarding spacing:

- If you are in Word, click on the *Layout* tab. There you will see a section labeled *Indent* and *Spacing*.
- Click where you would like to add some space, and instead of hitting enter or return, try adding space before or after it by using the spacing option under the layout tab.

For further information on this topic, you can check out a book called "*Inclusive Design for a Digital World Designing with Accessibility in Mind*" by Regine M. Gilbert. It does an excellent job explaining digital accessibility and sharing other essential things to consider besides documents.

Dates to Remember

December

- 18th: Hannukah
- 25th: Christmas
- 26th: Kwanzaa
- 29th: Hmong New Year
- 31st: New Year's Eve

January

- 6th: Epiphany
- 15th: Makar Sankranti
- 16th: Martin Luther King Jr Day
- 22nd: Lunar New Year

February

- 15th: Parinirvana
- 22nd: Ash Wednesday

Please let me know of any important dates you think should be included in future editions.

Recipe to Try

Pumpkin Spice Sugar Cookies

Ingredients

- 2 ¼ cups white sugar, divided, or as needed
- 1 ½ cups butter, softened
- 2 large eggs
- 2 teaspoons vanilla extract
- 3 ½ cups all-purpose flour
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking powder
- 1 teaspoon salt cooking spray



Step 1: Beat 2 cups sugar and butter with an electric mixer in a large bowl until creamy. Add eggs and vanilla; beat until smooth.

Step 2: Sift flour, pumpkin pie spice, baking powder, and salt together. Add flour mixture to butter mixture and beat until flour is completely incorporated. Cover and refrigerate until chilled, at least 1 hour.

Step 3: Preheat the oven to 375 degrees F (190 degrees C). Spray baking sheets with cooking spray.

Step 4: Pour remaining ¼ cup sugar into a shallow bowl. Fill another small bowl with water.

Step 5: Drop spoonfuls of dough 2 inches apart onto the prepared baking sheets. Moisten the bottom of a glass with water, then dip it in sugar. Gently flatten cookie dough with the bottom of the sugared glass, rewetting and dipping as necessary.

Step 6: Bake until set, 5 to 7 minutes (or longer if too soft).

Employee Recognition

The following employees have received High Fives from the campus community, please visit technology.fresnostate.edu/recognition/campuschampions to read more about them:

Provides Excellent Customer Service

Jay Fowler

Mike Garvey

Deb Reba

Travis Hegerle

Will Tubbs

Juan Torres

Robert Escamilla

Saved My Bacon!

Deb Reba

Kris Ratliff

Works Above & Beyond

Travis Hegerle

Elyse Pancotti

Kris Ratliff

Asaad Daghlas

Richard Ma

Modeled Principles of Community

Teira Wilson

