



JUNE SO SOON

June marks the true beginning of summer and fun days in the sun. This month is national LGBTQ+ Pride month, Father's Day, as well as Juneteenth. With such a diverse range of things to celebrate, June is shaping up to be a wonderful start to the warm weather months!



THANK YOU DAD!

June 18th we have the opportunity to celebrate the fathers or father figures in our lives. Fathers come in all shapes and sizes, and bring different things to our lives. Maybe your dad taught you how to change a tire or maybe how to give a good handshake. No matter what they have added to your life, Father's Day is a great time to let them know how much you appreciate them.



WE TAKE PRIDE IN OUR COMMUNITY

The month of June is National Pride Month. We would like to take time to highlight some of the leaders and advocates in the LGBTQ+ community. This is a small taste of the many people who champion the rights of this diverse community.

HARVEY MILK

Harvey Milk was the first openly gay politician to be elected in California



MARSHA JOHNSON & SYLVIA RIVERA

Marsha P Johnson and Sylvia Rivera co-founded the group Street Transvestite Action Revolutionaries (S.T.A.R).



AUDRE LORDE

Audre Lorde was an American writer, feminist and civil rights activist.



RACHEL LEVINE

Dr. Rachel Levine made history as the first openly transgender person to be confirmed to federal appointment by the United States Congress.



LADY PHYLL

Lady Phyll is an activist in the fight for queer liberation as well as increasing the visibility and voice of people of color within the larger LGBTQ+ community.



SUE SANDERS

Sue Sanders is a teacher and British LGBT rights activist who specializes in challenging oppression in the public sector.



SUN SAFETY FIRST!

WEAR SUNSCREEN AT ALL TIMES - SPF 50 IS THE BEST!

With the weather getting warmer, that means more fun in the sun. This also means higher risk of sun damage and heat exhaustion. We would like to share a few recommendations to stay safe while enjoying the summer weather.

STAY IN THE SHADE WHEN POSSIBLE AND/OR LIMIT YOUR TIME IN THE SUN.



WEAR SANDALS WHEN WALKING OUTSIDE (EVEN ON THE BEACH!)



WEAR SUN GLASSES TO PROTECT YOUR EYES.



DRINK WATER, IT'S EASY TO GET DEHYDRATED WHEN THE TEMPERATURE IS HIGH.



THE BEST WAY TO KEEP COOL, IS WITH A POPSICLE

DOLE WHIP POPSICLE

Ingredients

- 1 20 oz can crushed pineapple
- 1 8 oz tub Cool Whip, thawed
- juice from 1 lime
- 2 tbsp sugar

Instructions

1. Blend together crushed pineapple, Cool Whip, lime juice and sugar.
2. Pour mixture into popsicle molds and freeze



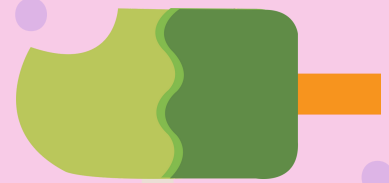
GREEN SMOOTHIE POPSICLE

Ingredients

- 1 cup milk or dairy-free alternative
- 1 cup fresh spinach 30 g
- ¼ cup parsley 7 g
- 1 banana
- 2 kiwis
- 2 Tbsp honey 30 mL
- 1 Tbsp grated fresh ginger

Instructions

1. Blend milk, spinach, and parsley until smooth. Add in the banana, kiwi, honey, and ginger. Blend until smooth.
2. Fill each mold, then freeze until hard at least 6 hours



BLUEBERRY LEMON POPSICLE

Ingredients

- 30 blueberries, hulled and cleaned
- Zest of 1 lemon
- 1 Cup (8oz/225g) Vanilla Yogurt (or add some vanilla to plain yogurt)

Instructions

1. Puree the blueberries until smooth.
2. Mix in the lemon zest
3. Alternate adding the blueberry puree and yogurt into popsicle molds.
4. Cover mold, add sticks and freeze for at least 6 hours or overnight.



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