

June is LGBTQ Pride Month!

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What is LGBTQ Pride Month?

The commemorative month is meant to recognize the sweeping impact that LGBTQ individuals, advocates and allies have on history in the U.S. and around the globe. LGBTQ stands for lesbian, gay, bi-sexual, transgender, and questioning or queer.

Why is it in June?

The month of June was chosen for LGBTQ Pride Month to commemorate the riots held by members of the LGBTQ community against a police raid that took place at the Stonewall Inn in New York City on June 28, 1969. The so-called Stonewall riots were a “tipping point” for the gay liberation movement in the United States, according to the Library of Congress. The uproar also paved the way for the

modern fight for LGBTQ rights.

How do people celebrate?

LGBTQ Pride Month events draw millions of participants from around the world each year. Today, the month long celebrations include pride parades, marches, parties, concerts, workshops and symposiums across the nation. Memorials are also held for members of the LGBTQ community who have lost their lives to hate crimes or HIV/AIDS.

The rainbow LGBTQ flag is prominently displayed throughout the month. Gilbert Baker, an American artist, gay rights activist and U.S. Army Veteran, created the flag in 1978 as a new symbol for the gay and lesbian political movement. According to Baker’s website the colors of the LGBTQ flag each have a meaning: Red for life, orange for healing, yellow for sunshine, green for nature, blue for harmony and violet for spirit. Baker died at the age of 65 on March 31, 2017 though his rainbow flag remains an iconic, powerful symbol for LGBTQ rights.



Special Days in Summer

FATHER'S DAY: June 17, 2018

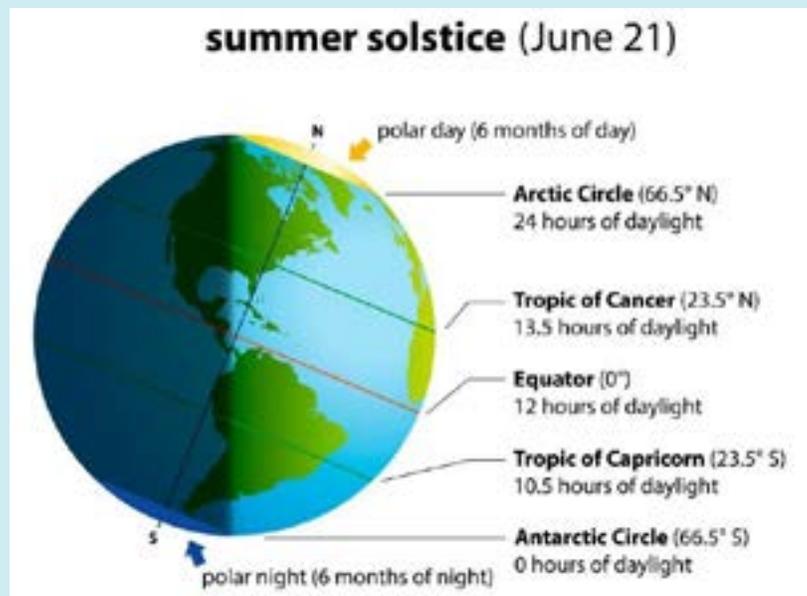
Father's Day is a festival inaugurated in the early 20th century to honor fathers and forefathers. This festival is celebrated in many countries all across the world to express gratitude for fathers. Father's Day is celebrated on a variety of different dates around the world. Previously this festival was confined to pay tribute/ gratitude to fathers only, but nowadays, people also wish a happy Father's Day to their step-father, grandfather, father-in-law, uncles or any other man who is as protective and caring as a father.



Summer Solstice: June 21, 2018

What is the Summer Solstice? The Summer Solstice is the longest day and the shortest night of the year. After it occurs the days get shorter and shorter until the winter solstice. The summer solstice occurs when Earth's axis or pole is tilted toward the sun. Planet Earth is tilted at about 23.5 degrees, this means that at

different times of the year, either the northern or the southern hemisphere is closer to the sun. When the northern hemisphere is tilted towards the sun the United States and Canada experience the longer warmer days of summer, while those in the southern hemisphere experience the shorter colder days of winter and vice versa. People from many cultures have held solstice celebrations for thousands of years. Traditionally people have celebrated renewal, life, fertility, and the potential for a good harvest on the summer solstice. Today people around the world still celebrate the arrival of summer with outdoor feasts, singing, dancing, and bonfires.



Independence Day: July 4, 2018



Independence Day is annually celebrated on July 4 and is often known as “the Fourth of July”. It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. Patriotic displays and family events are organized throughout the United States. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, picnics, concerts, baseball games, family reunions, and other events celebrating the history, government, and traditions of the U.S.

Red, White and Blue Mocktail

Ingredients:

¼ cup fresh raspberries
¾ tps. grenadine
2 tablespoons club soda
crushed ice
lemon-lime soda
fresh blueberries



Place raspberries in the bottom of a tall glass and drizzle the grenadine over them. Next add your club soda. Then fill your glass with crushed ice (all the way to the top, this separates the blueberries from the raspberries). Slowly pour in your lemon-lime soda make sure to pour slowly or the grenadine will mix into the soda too much and take away the “white” look! Add a handful of blueberries on top. Sip and enjoy! (I recommend stirring and slightly muddling the raspberries right before drinking to give the drink more flavor).

5 Summer Safety Tips

Summer fun is truly something special, but summer safety should always be a priority for you, your friends and your family. When preparing for your favorite summer activities, don't forget to follow these summer safety tips to make sure everyone has a great time without any of dangers the warm months can bring.

1. When it heats up, plan hydration carefully.

Dehydration is no fun at best and deadly at worst. If you are heading into hot temperatures, make clear plans for water. Bring along your own water storage and make sure you have a couple liters for every person, even if you are just headed out for an afternoon. If it's particularly hot, make sure you frequently stop in the shade and take a drink of water to keep from sweating out too much.

2. Protect against mosquitos and other threats.

Mosquitos carry some of summer's worst diseases (lyme, zika) but they are also very difficult to avoid without proper care. If you are going to be spending time near open water, especially standing water, protect yourself from mosquitos by covering arms & legs, and use effective repellents. Protect against wasps, hornets and other bugs by avoiding their nests.

3. Remember helmets and kneepads.

From skating on the street to nearly any other type of summer sport, protection is important. Equip your kids with helmets for extra protection, but dont stop there. Kneepads protect from scrapes and hot metal surfaces, and you should encourage their use for any wheeled or motor related activity.

4. Practice proper safety near water.

A vast number of unfortunate summer deaths are caused by drowning. If you or your family are enjoying pool activities or water sports, always go in pairs and make sure that kids are under constant adult supervision, as well as equipped with the proper floatation devices.

5. Scan for bad plants.

Learn to recognize Poison Ivy and Poison Oak, and steer clear. You should also know about other poisonous plants like Wild Parsnip. When hiking, carry a book with photos of these plants to refer to in cases of doubt.

Characteristics

Poison Ivy

- ALWAYS have leaves of 3, never more.
- Never has thorns.
- Never has saw-toothed or scalloped edges.
- It is common to find Poison Ivy as a forest ground-cover, many times mixed with ferns.



Poison Oak

- Leaf shape resembles an oak leaf, but it's not a member of the oak family.
- Leaflets are duller green and usually more distinctly lobed or toothed than poison ivy.
- Leaflets have hairs on both sides, unlike poison ivy.



Poison Sumac

- Sumac has bright red stems.
- There are several varieties of Sumac. Poison Sumac, however does not have sawtoothed edges, but instead has smooth edges.
- Poison Sumac likes to grow in wet environments.



GRANDSLAM 2018

In April of 1993, GrandSlam '93 took place at the Minneapolis American Indian Center, a show in which assisted several local wrestlers to gain national prominence, including Sean "X-Pac" Waltman who debuted with WWF just 2 weeks later. Pro Wrestling 4 Causes paid homage and tribute to this historic event, on April 21st, 2018, as a fundraiser for Women of Nations.

Here are some photos from that event:



Upcoming Events

Women of Nations 5K WALK & RUN

SATURDAY, JUNE 16th
Phalen Park Amphitheater
1600 Phalen Dr. Saint Paul, MN

Check In: 8AM

Race Starts: 9AM



**Women of Nations
5K Bandanas
Will Be On Sale For
\$15**

