

A BRIDGE & BEYOND

JUNE 2021

PRIDE MONTH



WHEN IS PRIDE DAY 2021?

As a sub-holiday during Pride Month, Pride Day is celebrated on June 28. The day marks the date in history when the first Pride march was held in New York City in 1970. However, different communities celebrate Pride Day on different days throughout June.

The sun isn't the only thing that comes out in June. Rainbow flags also start appearing in corporate office windows, coffee shops, and your neighbor's front yard. June has been an unofficial month of celebratory queerness for decades. Though the origins of Pride Month span back to the '50s, President Bill Clinton officially made it "Gay and Lesbian Pride Month" in 2000. President Barack Obama made it more inclusive in 2011, calling it Lesbian, Gay, Bisexual, and Transgender Pride Month. No matter what you call it, Pride Month has a rich history that informs how it's observed today.

[Click link below to learn more.](#)

JUNETEENTH



WHAT IS JUNETEENTH?

Juneteenth, also called Emancipation Day, or Juneteenth Independence Day, holiday commemorating the end of slavery in the United States, observed annually on June 19.

HISTORY BEHIND JUNETEENTH

In 1863, during the American Civil War, President Abraham Lincoln issued the Emancipation Proclamation, which declared more than three million slaves living in the Confederate states to be free. More than two years would pass, however, before the news reached African Americans living in Texas. It was not until Union soldiers arrived in Galveston, Texas, on June 19, 1865, that the state's residents finally learned that slavery had been abolished. The former slaves immediately began to celebrate with prayer, feasting, song, and dance.

The following year, on June 19, the first official Juneteenth celebrations took place in Texas. The original observances included prayer meetings and the singing of spirituals, and celebrants wore new clothes as a way of representing their newfound freedom. Within a few years, African Americans in other states were celebrating the day as well, making it an annual tradition. Celebrations have continued across the United States into the 21st century and typically include prayer and religious services, speeches, educational events, family gatherings and picnics, and festivals.

Juneteenth became a state holiday in Texas in 1980, and a number of other states subsequently followed suit. The day is also celebrated outside the United States, with organizations in a number of countries using the day to recognize the end of slavery and to celebrate the culture and achievements of African Americans.



[Juneteenth | History, Meanin...](#)

www.britannica.com

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AWARENESS DAYS & FUN FACTS



NATIONAL DRIVE-IN MOVIE DAY

National Drive-In Movie Day on June 6th each year commemorates the day the first drive-in theater opened. Richard M. Hollingshead Jr. of Camden, New Jersey created the drive-in theater and he opened the first one on June 6, 1933.

A vertical collage of three images. The top image shows a sunset over the ocean with a small hut on stilts. The middle image shows a beach with a small hut and palm trees. The bottom image shows a swimming pool with a blue sky in the background.



A vertical collage of three images. The top image shows a sunset over the ocean with a small hut on stilts in the water. The middle image shows a beach with a small hut and palm trees. The bottom image shows a swimming pool with a blue sky in the background.

While the first cameras were large and bulky, each later design evolved until some cameras were as small as a pen. Today's digital cameras have many features and variations, making them appealing to people of all ages for personal and professional use. The portable and easy to use features not only allow us to take photos quickly, but we can also edit them on the fly. Smartphones with built-in cameras include features that allow us to share photos instantly, too.



 **National Day Calendar**

nationaldaycalendar.com

The original and authoritative National Day Calendar. Use our online calendar to plan office gatherings or a reason to celebrate with friends.

Garden Update Casitas Tranquilas





Casitas Tranquilas garden is thriving! They estimate that most of the garden will be ready by this July. Casitas Tranquilas plans to create side dishes for the clients using vegetables, fruits, herbs and peppers from the garden.



Happy Anniversary

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Jorge Navarro 3 Years



Happy Birthday



Ivan Arellano

Breannnda Arguijo

Adriana Garcia

Vivian La Febre

Susana Masoa

Kaylee Rhodes

Marisela Soto



SAFETY CORNER

SAFETY



Choosing Safer Activities

What You Need to Know









- If you are fully vaccinated, you can resume activities that you did before the pandemic.
- Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

What You Should Keep Doing

- You will still need to follow guidance at your workplace and local businesses.
- If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

Examples of Outdoor Activities



Unvaccinated People	Example Activities	Fully Vaccinated People
 Safest	Walk, run, wheelchair roll, or bike outdoors with members of your household	 Safest
 Safest	Attend a small, outdoor gathering with fully vaccinated family and friends	 Safest
 Safest	Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	 Safest
 Less Safe	Dine at an outdoor restaurant with friends from multiple households	 Safest

Unvaccinated People	Example Activities	Fully Vaccinated People
 Less Safe	Visit a barber or hair salon	 Safest
 Less Safe	Go to an uncrowded, indoor shopping center or museum	 Safest
 Less Safe	Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	 Safest
 Least Safe	Go to an indoor movie theater	 Safest



COVID-19 Vaccination

www.cdc.gov

Recommendations on what activities people can do after they have been fully vaccinated, including how to gather safely with vaccinated and unvaccinated people.



COMMUNITY RESOURCES



211 LA County offers the LGBTQ+ Communities of Los Angeles County access to all types of free and low-cost health, human, and social services information and referrals that best meet their individual needs.

- Covid tests
- Groceries
- Rent assistance
- Health care
- Report a hate crime
- Support groups
- Legal referrals
- Shelter
- + More

For more information: <https://211la.org/resources/subcategory/lgbtqcatimgA>

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Electric Service Payment Assistance

The program provides utility bill assistance for residential customers of the Gas Company and Southern California Edison through the Gas Assistance Fund (GAF) and Energy Assistance Fund (EAF) programs.

The GAF/EAF programs will pay up to \$100 per household (\$200 for all electric households); assistance is available once every 12 months. Household income earnings cannot exceed the Federal Poverty Guidelines. There are no geographic restrictions.

For more information: <https://www.211la.org/resources/service/electric-service-payment-assistance-9>



SAVE THE DATE



PRIDE MONTH: PRONOUNS PANEL EVENT

When

Wednesday, June 16th, 9am

Where

This is an online event.

More information

FREE EVENT*

Play Out Apparel has teamed up with Select Health, Latino Commission on Aids, Oasis Latino L.G.B.T. S Wellness Center, Trans New York, The Gerald J Friedman Transgender Program for Health and Wellness, Northwell Health, Pride For Youth to bring you Panel events all Pride Month-long to discuss issues facing our community, educate, and celebrate who we are!

*This is a free event. All attendees must RSVP via Eventbrite to receive the zoom invite link.

For more information:

<https://www.eventbrite.com/e/ncma-tysons-dei-celebrate-pride-month-creating-equity-pronoun-usage-tickets-154866175901?aff=erelexpmlt>





Free Kids Online Break Dance Class

When

Thursday, June 10th, 5pm

Where

This is an online event.

More information

FREE KIDS ONLINE TRIAL BREAK DANCE CLASS

you can join us from your living room!

we will have games and challenges for them.

let us help grow your child in

- Discipline
- Focus
- Daily habits
- Confidence

Thursdays at 5:30 p.m. for the zoom intro class

For more information:

<https://www.eventbrite.com/e/free-kids-online-break-dance-class-tickets-152902175523?aff=ebdssbonlinesearch>

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FREE Cooking Class: Indian Butter Chicken with Coconut Rice

When

Thursday, June 10th, 4pm

Where

This is an online event.

More information

Free Cooking Class ~ Homemade Indian Butter Chicken with Coconut Rice, with our Buddies at Dawn

We're teaming up with our buddies at Dawn, making this classic Indian Dish with Homemade Chef Joel Gamoran! Things might get a little messy guys, that's why Dawn is invited, they got us covered when it comes to keepin' it clean in our kitchens!

Recipe Packet + Login Details: You will receive your recipe packet + Zoom link in your Eventbrite confirmation email, as well as directly from Homemade a few days before the event. Please make sure that emails coming from yourevent@withhomemade.com are not going to your spam folder!

For more information:

<https://www.eventbrite.com/e/free-cooking-class-indian-butter-chicken-with-coconut-rice-tickets-154484783145?aff=ebdssbonlinesearch>



FREE Health and Happiness Workshop

When

Monday, June 14th, 7pm

Where

This is an online event.

More information

Learn effortless techniques to manage your stress and increase your energy levels

The pandemic environment, personal problems and work pressure take a toll on our body and mind. The Art of Living brings you this free holistic and integrated workshop called the Health and Happiness which provide unique tools and techniques which help combat stress accumulated in our daily, modern life.

Through breathing techniques and meditation taught in this workshop one feels light, energetic and enthusiastic to take on life!

For more information:

<https://www.eventbrite.com/e/health-and-happiness-workshop-tickets-115874570961?aff=ebdssbonlinesearch>



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