

## Sunshine, Strawberries & Sweet Summer Traditions

June has officially arrived in the Pacific Northwest, bringing longer days, warmer weather, and much-needed sunshine after months of gray skies. Many Seattleites are low on Vitamin D by the end of winter, making this the perfect time to get outside, soak up some fresh air, and enjoy a little sunshine. Experts say just 10-30 minutes of midday sunlight a few times a week can help restore healthy Vitamin D levels, so every little dose counts (just don't forget your SPF!).

Here are a few easy ways to enjoy the extra daylight this month:

- Take your lunch break outside
- Walk through a nearby park or along Seattle's Downtown Waterfront Overlook Walk
- Enjoy your morning coffee on the porch
- Open the office blinds and let the sunshine in
- Pack a blanket and catch live music at the Ballard Locks Free Summer Concerts every weekend in June at 2 PM

And while you're out enjoying the sunshine, don't miss one of the sweetest signs of summer: strawberry season! June is peak strawberry season in the Northwest, bringing fresh berries, festivals, pies, shortcake, jam, and plenty of family recipes that everyone swears are "the original."

Here are a few Strawberry Festivals to check out this summer:

- Richmond Beach Strawberry Festival — June 6–11th | 11:00 AM–3:00 PM
- Marysville Strawberry Festival — June 18–21st
- Siemers Farm Strawberry Festival — June 18–21st
- Vashon Island Strawberry Festival — July 17–19th



### The Perfect Summer Dessert: Strawberry Pretzel Salad Recipe

And speaking of strawberries, here's one recipe that disappears from every summer gathering almost instantly:

#### Pretzel Crust

- 2 cups crushed pretzels
- 3/4 cup melted butter
- 3 tablespoons sugar

#### Creamy Layer

- 8 oz cream cheese, softened
- 1 cup sugar
- 8 oz whipped topping

#### Strawberry Layer

- 2 small boxes of strawberry Jell-O
- 2 cups boiling water
- 2 packages fresh strawberries, sliced

#### Directions

- Preheat oven to 400°.
- Mix pretzels, butter, and sugar. Press into a baking dish and bake 8–10 minutes. Cool completely.
- Beat cream cheese and sugar until smooth. Fold in whipped topping and spread over the crust, sealing all the edges.
- Dissolve Jell-O in boiling water and cool slightly. Stir in strawberries.
- Pour over cream layer and refrigerate until set. Serve chilled and prepare to explain the recipe at least four times.

Here's to sunshine, fresh strawberries, blue skies, and the official kickoff to summer in the Northwest. Happy June!

## Make the Most of June



FIFA World Cup, June 11



Pride Month  
June 1-29th

Kick off Pride Month with Seattle Pride in the Park at Volunteer Park on June 6th and the Seattle Pride Parade (Downtown Seattle) on June 28th.



FIFA World Cup  
June 11-July 19th

Check out official fan zones to watch live matches (free entry) at Pacific Place, Pier 62, Seattle Center, and SODO Victory Hall.



Sunday, June 21st



## 79 Years of Business: Keeney's Office Products — An Eastside Story

**S**ome companies measure success in revenue or square footage. Bob Keeney measured it in paper clips, pens, and pencils...and a whole lot of handshakes.

In 1947, Bob loaded office supplies into the back of his station wagon and began selling them across what was then a sprawling pasture of Bellevue. The Eastside was barely waking up, families were streaming to the suburbs after World War II, and Bob saw an opportunity. He even commuted across Lake Washington by ferry to reach his Eastside customers, back before the floating bridge made the trip easy. Keeney's became one of the very first tenants of Bellevue Square, opening its retail shop in 1947 next to the famous Crab Apple restaurant.

As the Eastside grew, Keeney's grew with it. By the late 1970s, Bob was operating three stores and a thriving commercial delivery business across the region. In 1983, his daughter Lisa joined the company, bringing the second generation into the business. Under Lisa Keeney McCarthy's leadership, Keeney's expanded to seven Puget Sound retail stores and 80 employees. The company also grew beyond retail, investing in commercial furniture and a government sales division.

Then came the big box era of the 1990s. Rather than compete with Office Depot and Staples aisle by aisle, Lisa made a bold and deliberate pivot. Keeney's gradually moved away from retail and focused more deeply on business-to-business service, the area where it had always been the strongest through relationships, reliability, and local support. The last retail store, located on Redmond Way, closed its doors in 2004.

Today, Keeney's is a leading independent, woman-owned distributor of office supplies and office interiors in the Puget Sound region. It is also home to bluespace interiors, a contract furniture division specializing in government, workplace, healthcare, and education interiors.

Keeney's has grown far beyond paper clips, pens, and pencils. Nearly 80 years later, the station wagon is long gone, but what Bob started in 1947 never left: serve people well, earn their trust, and keep showing up.

Visit our website: [keeneys.com](https://www.keeneys.com)

