

“THE BUSTER BEAT”



Lake County Board of Developmental Disabilities - Community Recreation Services
June 2021

Upcoming:

Check out the online recreation brochure at www.lakebdd.org/community-recreation-program/ for the latest in events headed your way like:

- Fishing,**
- Spring Sports,**
- Weight Room Workouts,**
- Movie Nights,**
- Jam Making,**
- Nerf Gun Hunting,**
- Saturday Workouts,**
- Bingo,**
- And more!**

Please contact Recreation with any questions at (440) 350-5165 or info@lakebdd.org

Happy Summer Lake County! While the official start of summer falls on June 20th with the summer solstice, we've been lucky to enjoy summer weather all May long! All that beautiful weather meant lots of opportunities to get outside, so we did; biking, having campfires, running track & field, playing soccer, putt-putt golfing, disc-golfing, going for hikes, and more!



The Buster News Network team was busy keeping up with Buster and all his antics, and brought you the latest in Recreation events and updates. Our craft night produced some adorable bumble bee decorations, and we rocked out to May's musically themed movie nights! Recreation can't wait to see all the fun that summer brings, and hopes to see more of our friends join us for activities!

Birthday Board



- Morgan Freeman-1st Josephine Baker-3rd
- Frank Lloyd Wright- 8th Hattie McDaniel-10th
- Gene Wilder- 11th Tim Allen-13th
- Harriet Beecher Stowe- 14th Venus Williams – 17th
- Chris Pratt- 21st Aubrey Plaza- 26th

Interested in seeing your name here?

Send in your birthdays to info@lakebdd.org to get a shout out in our monthly newsletter!



Did you know?

While Sonora Dodd is recognized as the founder of Father's Day after starting Spokane's annual celebration in 1910, the first official ceremony actually took place 3 years earlier!

Grace Clayton held a service in Fairmont, West Virginia in 1907 to honor fathers who had died in a tragic mining explosion earlier that year. Despite the early beginnings of Dad's Day, it wasn't until 1972 that Father's Day was officially signed into law as a national holiday-nearly 62 years later! This year, Father's Day is June 20th!



Our Favorite Dad Jokes

Q: When does a joke become a dad joke?

A: "When it becomes apparent."

Q: What do you call a fake noodle?

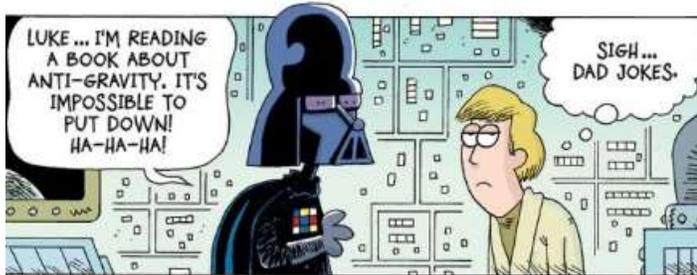
A: "An impasta!"

Q: What did the ocean say to the beach?

A: "Nothing; it just waved!"

Q: How do you make a tissue dance?

A: "Put a little boogie in it!"



Comic by: Scott Nickel

Dad: I don't trust stairs.

Daughter: "Why?"

Dad: They're always up to something.

Son: "Do you wanna box for your leftovers?"

Dad: No, but I'll wrestle you for them!

Recipe of the Month:

Grilled Vegetable Flatbread



June is the National Month of:



Zoos and Aquariums,

The Great Outdoors,

Homeownership,



Camping,

Soul Food,

LGBTQ Pride,



Safety Awareness,

and more!



NATIONAL SAFETY MONTH

Recipe of the Month:

Grilled Vegetable Flatbread with Muhammara

Prep: 1 hr 10 minutes

Cook: 20 minutes

Ingredients

3 sourdough bread slices	1 ½ cups olive oil
1/3 cup extra-virgin olive oil	3 medium bell peppers
3 lbs mixed vegetables (squash, zucchini, broccoli, etc.)	
6 TBSP lemon juice	1 ½ TBSP sweet paprika or Aleppo
6 garlic cloves	1 ¼ cup smoked almonds
6-9 TBSP water	2 ½ TBSP pomegranate molasses
1 cup mixed herbs	Sea Salt (to taste)
4 tsp kosher salt	1(30x14 inch) sangak flatbread or
	4(11x8 inch) lavash flatbreads

Directions

1. Preheat a charcoal or gas grill to medium-high (450°F to 500°F). Drizzle sourdough bread with 2 tablespoons oil. Place bread and bell peppers on oiled grates, and grill, uncovered, turning often, until bread is toasted, 2 to 3 minutes, and peppers are blackened on all sides, 18 to 20 minutes. Transfer bell peppers to a medium bowl, and cover tightly with plastic wrap; let stand 10 minutes. Cut peppers in half, and peel peppers, reserving any juices in bowl. Discard skin, stems, and seeds. Set peeled peppers and toasted sourdough aside.
2. Cut squash and zucchini into 1/2-inch-thick slices. Cut onion into 1-inch-thick wedges, leaving root end intact. Cut baby bell peppers in half. Toss vegetables with 3 tablespoons olive oil in a large bowl. Grill vegetables until slightly charred and just tender (see Note for cook times). Remove vegetables from grill, and place in an even layer in a 13- x 9-inch baking dish; sprinkle with 2 teaspoons kosher salt. Whisk together 1 cup oil, 2 tablespoons lemon juice, 1/2 tablespoon Aleppo pepper, and 3 garlic cloves in a medium bowl; pour over vegetable mixture. Cover and let stand at room temperature at least 30 minutes or up to 3 hours.
3. Reduce gas grill temperature to low (250°F to 300°F), or let charcoal burn down to low. Place sangak on grill grates (if using lavash, brush both sides lightly with olive oil). Grill flatbread, covered, flipping and rotating often, until lightly toasted, 6 to 10 minutes. Set aside.
4. Tear sourdough bread into small pieces; place in a food processor. Add bell peppers and juices, 1/3 cup oil, 3/4 cup almonds, 6 tablespoons water, 1 1/2 tablespoons pomegranate molasses, remaining 1/4 cup lemon juice, remaining 1 tablespoon Aleppo, remaining 2 teaspoons kosher salt, and remaining 3 garlic cloves; process until mostly smooth, about 45 seconds. Let mixture stand 10 minutes. If needed, add remaining 3 tablespoons water, 1 tablespoon at a time, pulsing to incorporate, until a thick but spreadable consistency is reached. Season with kosher salt to taste. Roughly chop remaining 1/2 cup almonds; set aside.
5. Spread muhammara on flatbread. Arrange marinated vegetable mixture on flatbread. Drizzle with 3 tablespoons marinade from dish and remaining 1 tablespoon pomegranate molasses. Sprinkle with chopped almonds. Season to taste with flaky sea salt. Sprinkle with herbs. Drizzle with remaining 3 tablespoons olive oil just before serving.