

“THE BUSTER BEAT”



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

Upcoming:

Check out the online community recreation brochure at www.lakebdd.org/community-recreation-program/ for upcoming events, such as:

- Softball,
- Putt-Putt Golf,
- Disc Golf,
- Captain’s Game,
- Canoeing,
- Movie Nights,
- Weight Room Workouts,
- Bingo,
- And more!

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

Happy Independence Day, and welcome to July! Despite a few rainy days sprinkled about, June was a beautiful month full of good times. The Recreation Department had a blast with everyone that joined us for various activities and enjoyed seeing so many new and old faces!



Fishing and Special Olympics were a classic hit! We tried out some fun new activities as well, such as making strawberry jam to eat and practicing precision skills with our very own shooting gallery. For those following Buster News Network (BNN) team on social media, it was a rollercoaster of emotions as they worked to solve the mysterious disappearance of Buster. It turned out that Buster was busy doing all of the upcoming Community Recreation Brochure options!

Birthday Board



- Princess Diana-1st Thurgood Marshall-2rd
 George W. Bush- 6th Tom Hanks- 9th
 “Curly Stogie”- 12th Harrison Ford-13th
 Ernest Hemingway- 21st Amelia Earhart – 24th
 Arnold Schwarzenegger- 21st Lisa Kudrow - 31st

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?

The term “Dog Days” of summer was inspired by a star, not the weather. In ancient times, it was believed that the hot and humid weather in summer was due to the rising of Sirius, the Dog Star. Sirius, also the brightest star in our sky, was thought by Greeks and Romans to create a “combined heat” with our sun and make temps rise, while Egyptians used the star’s rising as a “watchdog” since it coincided with the Nile River’s flooding season. Sirius, being part of the Canis Majoris or “Greater Dog” constellation, coined “Dog Days!”



Our Favorite Dad Jokes

Q: **What do you call an American drawing?**
A: "A Yankee doodle!"

Q: **Why does the Statue of Liberty stand in New York Harbor?**
A: "Because she can't sit down!"

Q: **What was the most popular American dance move in 1776?**
A: "Indepen-dance!"



Teacher: **Who can tell me where the Declaration of Independence was signed?**
Student: "Right at the bottom of course!"

Q: "Did King George III like the colonists?"
A: **No! He thought they were revolting.**

Recipe of the Month:

Hawaiian Pork Pull-Apart Rolls



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Hawaiian Pork Pull-Apart Rolls

Prep: 20 minutes Cook: 1 hour

Ingredients

- 1 ¾ lb. pork shoulder, trimmed and cut into 4 pieces
- 1 Tbsp olive oil Salt and Pepper
- 1 small pineapple ½ small red onion
- ¼ cup lime juice 8 oz. of red cabbage
- 1 cup fresh cilantro Package of Hawaiian rolls

Directions

1. Set an Instant Pot to sauté. Add oil to pot, season pork with 1 tsp each salt and pepper, and cook, turning occasionally, until browned on all sides, about 7 minutes. Press Cancel.
2. Meanwhile, peel pineapple. Cut half into 1 inch pieces and add to Instant Pot. Cover and lock the lid. Cook at high pressure 35 minutes. Let release naturally 10 minutes, then manually release any remaining pressure.
3. Meanwhile, in a large bowl, toss onion, lime juice, and ¼ tsp each salt and pepper. Core cabbage, then finely shred and toss with onion. Thinly slice remaining pineapple into rounds, then cut crosswise into matchsticks and reserve.
4. Transfer pork and pineapple to a bowl and shred pork into pieces. Add 1/2 cup cooking liquid and toss to coat.
5. Cut slider rolls horizontally (do not break apart) and place bottom halves on a platter. Toss pineapple with cabbage mixture, then fold in cilantro. Spoon pork mixture on rolls, then top with slaw. Sandwich with top halves.

NOTE: If you do not have an instant pot to use for Steps 1 and 2, use a crock-pot to cook pork and pineapple together on low for 8 hours, or on high for 6. Add beef broth or water to cover pork so it doesn't dry while cooking. Season as steps 1 and 2 call for, throwing everything together to cook.

July is the National Month of:

Cell Phone Courtesy,

Culinary Arts,
Blueberries,

Baked Beans,

Hot Dogs,

Ice Cream,

Picnics,

and more!

