The Old School House, Eglington Rd.
Bray. Co. Wicklow
Ph: 01 2022694,
E: info@lakers.ie www.lakers.ie



# LAKERS
## NEWSLETTER

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**Can you spot Cupid through the pages?**



My name is Fionn and I am almost 17. I have been a member of Lakers for 12 years and I do loads of activities in my club.

When did you go to the Lakers Ball?
I went to the lakers ball. On the 20th of january.

Who went with you?
My mum and dad. And my anuties and uncle came with me.

How did you get there?
By taxi mini bus

What did the hotel look like?
The ball was in druids glen hotel and it looked amazing

How did everyone look?
Everybody was all dressed up. I wore a suit and dickie bow and some men wore shirts and a tie and the women had lovely dresses and sparkly jewellery

What did you have to eat?
We had a 4 course dinner. I had pork belly then I had soup, then steak and vegetables and for dessert I had ice cream with cream and chocolate. The food was very good.

Was there music and dancing?
There was a band called The Bentley Boys who played music all night. I was dancing all night to all kinds of music. Everyone had a brilliant time dancing.
Later there was also a DJ.

What time did you go home?
I went home at about 1;30 in the morning. I was really tired after all the dancing.

What was the best part of the night?
The best part of the night was the music and dancing with all the other members and my family.

Will you go again?
I really want to go to another Lakers Ball with my family and friends.

















# Oh the classes I do!

**Mandy Finlay**

My three favourite classes in Lakers are Table Tennis, Cookery and Drama. I love Table Tennis, it's brilliant. I do it with my friends. Graham is our coach and he is great at it. Table Tennis is on Mondays at 1pm. We do skills and matches every week. I have been doing it for a long time. I have done a lot of competitions and even got a silver medal in Limerick.



My other favourite class is cookery with Niamh. She is a wonderful teacher. This week we made fish pie and shortbread. My favourite is when we make pizza, it's so fun. Drama is my third favourite class. We did 'The Greatest Show' last year and I sang 'A million Dreams' and 'I have nothing' By Whitney Houston. It's great fun and I have so many friends in it. They're like my family.

## Joke Spot

What did the dustpan say to the broom?

You sweep me off my feet!





# These are a few of our favourite things

I Love Running!
-- Pierce

Meeting people is one of my favourite things
-- Cillian

I Love Bowling
-- Marian

I love Skiing
-- Gary

Playing Bocce
-- Luke

My favourite thing to do is sailing
-- Lisa

Coming to Lakers
-- Nigel

Meeting New People
-- Ciara G

Going on outings
-- Nathan

Leinster Rugby Team
-- Mandy

Liverpool and The Martello
-- Ciara F



# Red Velvet Cupcakes

## Ingredients

- 3 eggs at room temperature for 30 minutes
- 3/4 cups butter at room temperature for 30 minutes (170g)
- 3 cups Self Raising flour (360g)
- 2 teaspoons unsweetened cocoa powder
- 3/4 teaspoons salt
- 2 ¼  cups sugar (225g)
- 1 ½  teaspoons vanilla
- 2 Tbsp red food colouring
- 1 ½  cups buttermilk (375ml) (You can also use powdered buttermilk, following the directions on the container. This is a great option if you don't use buttermilk often.)
- 1 ½ teaspoon bicarbonate of soda
- 1 ½ teaspoon vinegar

Easy Cream Cheese Frosting

- 100g softened butter
- 100g cream cheese, softened
- 1 tsp vanilla
- 2 cups icing sugar



# Method

1. Preheat oven to 180c/350f.
2. Line 2 x 12 muffin trays with paper liners and spray with cooking spray and sprinkle both with a little flour, tapping out any excess, set aside.
3. In the stand mixer soften the butter for 3 mins.
4. Add the sugar and vanilla and mix together until soft and well combined.
5. Add the eggs one at a time and beat in between until they are incorporated into the mixture
6. Add the food colouring and beat on the low speed until combined.
7. In a separate bowl sieve together the flour, cocoa powder and salt.
8. Add flour and buttermilk to the mix, alternating between some flour and some buttermilk at a time. Mix until all combined into a soft batter.
9. Place the Bicarbonate of Soda into a small bowl and stir in the Vinegar.
10. Add the mixture to the batter and beat on a low speed until just combined.
11. Pour the batter into the prepared muffin cases to about ¾ full and bake in preheated oven for 15-17 minutes until a cake tester when inserted comes out clean. Make sure not to overbake.
12. Remove and cool to room temperature and decorate with frosting once cooled.

**Cream Cheese Frosting**

1. Mix the butter and cream cheese until well blended with no lumps.
2. Add vanilla, mix and then slowly add icing sugar on low speed.
3. Add additional sugar if needed to reach the consistency you are looking for.

# My cookery class

**Ciara Fagan**



Cookery is my favourite class. Niamh is my cook, my favourite cookery teacher. I love to make pasta bake in class. I love to make Lasagna, garlic bread and cookies.

# NEWS & EVENTS




## Mini Marathon 2023

It's that time of year again! The VHI Women's Mini Marathon Sign up has opened!! This June 4th thousands women will take to the streets to raise money for their chosen charities. If anyone is interested in taking part this year for Lakers email fundraising@lakers.ie.

## CAR RAFFLE

Not long to go now! Our Car Raffle draw takes place 30th March! Get your tickets now before it's too late. €25 each or 3 for €60!
Go to www.lakers.ie/car-raffle







## VALENTINES DISCO

Lakers Valentines disco is taking place Friday next, the 17th of February, in Greystones Rugby Club. Under 18's disco kicks off at 7pm until 8pm and the Adults disco is from 8pm -10pm. All are welcome. Entry is €5. Can't wait to see you then!



# Valentine's Scavenger Hunt

How many can you spot?
Color in as you find them

- Envelope
- Red Rose
- Present
- Chocolate
- Bouquet of Flowers
- Cupcake
- Arrow
- Card
- Heart
- Lips
- Teddy
- Hugs & Kisses
- Bow
- Candy
- Cupid
- Red Balloon

**Bonus!**
Spot a pair of 'love birds' flying together

**Give a hug!**
Find a friend & give them a big squeeze!

LOVE

Color in a letter if you spot the word 'Love'

www.craftsonsea.co.uk









MAKING







LAKERS







MEMORIES





Thank you to all the members and staff & our Sub-Editor Marian O'Rourke for your work on this newsletter. If you would like to write an article, draw a picture or send in a photo for our next newsletter please email fundraising@lakers.ie.




Lakers Social & Recreational Club
The Old School House, Eglinton Rd. Bray. Co. Wicklow
Phone: 01 2022694 Email: info@lakers.ie
www.lakers.ie
RCN 20051907