LAKERS

# NEWSLETTER

HALLOWEEN EDITION

## BUILDING UPDATE




FINALLY, AFTER MORE THAN 20 YEARS OF FUNDRAISING LAKERS BUILDING PROJECT IS UNDERWAY! HOW EXCITING!
PHASE ONE KICKED OFF ON THE 18TH OF SEPTEMBER 2023 WITH THE MAIN HALL, SMALL KITCHEN, AND ACCOUNTS OFFICES BEING GUTTED! YOU SHOULD ALL CHECK OUT OUR NEWLY PACKED OFFICE DOWN THE END!!!

WE COULDN'T FIT ANOTHER DESK IN IF WE TRIED!

THIS PHASE WILL MOST LIKELY TAKE US ALL THE WAY INTO THE EARLY NEW YEAR WHEN WE WILL HOPEFULLY GET TO UNVEIL OUR NEW HALL, RECEPTION, AND MEMBERS AREA TO YOU ALL! THE NEW AREA WILL GIVE OUR MEMBERS MORE SPACE AND COMFORT WHILE THEY WAIT FOR THEIR CLASSES INSTEAD OF THEIR CURRENT BENCHES IN THE HALL (WHOOHOO!) THE NEW RECEPTION WILL NOW BE AT THE FRONT OF THE BUILDING FOR EASIER ACCESS AND OUR NEW HALL WILL BE BIG AND SPACIOUS TO HOLD A WHOLE HOST OF ACTIVITIES!
THE COUNT DOWN IS ON AND WE CANNOT WAIT TO SHOW YOU ALL AND TO MOVE FORWARD ONTO THE NEXT PHASE!

# MEET THE TEEN COOKERY CLASS

**OUR TEEN COOKERY CLASS KICKED OFF IN SEPTEMBER 2022 AND QUICKLY BECAME A POPULAR CLASS. THE GUYS HAD A BLAST LEARNING TO COOK UP A STORM!**
**I GOT TO CHAT WITH THEM DURING THEIR CLASS AND HERE IS WHAT THEY HAD TO SAY!**

**1) WHAT IS YOUR FAVOURITE THING YOU HAVE EVER MADE IN COOKERY CLASS?**
**MEENA - PIZZA! WE MADE IT LAST WEEK.**
**ROSS - FAJITA'S! WE ARE COOKING THEM TODAY AND I CAN'T WAIT TO EAT THEM!**
**ARON - OH DEFINITELY THE SPICE BAG!**
**FIONN - I LOVE THE PASTA BAKE WE MADE.**
**LLYOD - I LIKE WHEN WE MAKE CHIPS.**

**2) WHAT IS THE BEST PART OF COOKERY CLASS?**
**MEENA - CLEANING UP FOR SURE!**
**ROSS - COOKING NICE FOOD**
**ARON - WORKING WITH HANNAH (THERE WERE A LOT OF LAUGHS)**
**FIONN - EATING!**
**LLYOD - ENJOYING THE MEAL WE MADE**

**3) WHAT ARE THE MOST IMPORTANT RULES IN THE KITCHEN?**
**MEENA - BEWARE OF SHARP KNIVES**
**ROSS - WASHING OUR HANDS**
**ARON – BE CAREFUL AROUND THE HOT STUFF!**
**FIONN - CLEAN AND TIDY AS WE GO**
**LLYOD - BE CAREFUL WHEN WE ARE CHOPPING**

**THANKS GUYS! WE CANNOT WAIT TO SEE WHAT YOU COOK UP NEXT!**



# HALLOWE'EN SAFETY TIPS

**BY AARON RICHARDSON**

**HERE ARE SOME HELPFUL TIPS TO KEEP PEOPLE SAFE DURING THE HALLOWE'EN SEASON.**

***NUMBER ONE:***
**KEEP PETS INDOORS DURING THE HALLOWE'EN FESTIVAL AS LOUD NOISES CAN SCARE THEM.**

***NUMBER TWO:***
**NEVER ALLOW CHILDREN TO PLAY WITH FIREWORKS. THEY CAN GO OFF LEADING TO TRAGIC RESULTS.**

***NUMBER THREE:***
**DON'T OVERLOAD OBJECTS ON A BONFIRE. SOMEONE WILL GET BURNED.**

***NUMBER FOUR:***
**STAY AWAY FROM BONFIRES.**

***NUMBER FIVE:***
**NEVER USE BANGERS THEY ARE DANGEROUS.**

***NUMBER SIX:***
**ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.**

***NUMBER SEVEN:***
**ALLOW GROWN-UPS TO USE FIREWORKS SAFELY.**

***NUMBER EIGHT:***
**HAPPY HALLOWE'EN!!**





# FOR HALLOWEEN I'M DRESSING UP AS . . . . .

I'M DRESSING UP AS BARBIE, FROM THE MOVIE!
-DEIRDRE!

FRANKENSTEIN'S MONSTER! AHHHHH!
-RORY

I'LL BE THE WITCH, FROM THE WIZARD OF OZ!!
-HANNAH

I'M DRESSING UP AS ELVIS! THANK YOU VERY MUCH!
-CARL

A SAILOR!
-MARK

I AM GOING TO BE A WITCH OR A WIZARD
-NIAMH

I'M GOING AS A PILOT, SURE WHY NOT!
-DAVID

I'M GOING TO BE A BARBIE!
-SOPHIE

I'LL BE A VAMPIRE FOR HALLOWEEN
-SCOTT

JOHNNY SEXTON! HAHAHA
-MANDY

I'LL WEAR BALCK AND WHITE MAKEUP AND A WIG
-HELEN

I'M GOING TO DRESS UP AS A LIVERPOOL SUPPORTER! GWAN!!
-CIARA

# RECIPE



## INGREDIENTS:

***FOR THE TOFFEE APPLE TOPPING:***

85G LIGHT MUSCAVADO SUGAR (CAN USE BROWN SUGAR)
55G BUTTER
1 DESSERT APPLE, CORED AND THINLY SLICED

***FOR THE BROWNIE BASE:***

115G BUTTER, PLUS EXTRA FOR BUTTERING PAN
175G LIGHT MUSCAVADO SUGAR (CAN USE LIGHT BROWN)
2 EGGS, BEATEN
200G PLAIN FLOUR
1 TSP BAKING POWDER
½ TSP BICARBONATE OF SODA
1½ TSP GROUND MIXED SPICE
2 EATING APPLES, PEELED AND COARSELY GRATED
85G CHOPPED TOASTED HAZELNUTS (OR ANOTHER PREFERRED NUT)

***METHOD:***

1. PREHEAT THE OVEN TO 180*C/350*F/ GAS MARK 4. BUTTER A 9 INCH SQUARE NON-STICK BAKING TIN WELL. SET ASIDE.

2. FOR THE TOPPING, MELT THE BUTTER AND SUGAR TOGETHER IN A SMALL SAUCEPAN. POUR INTO THE PREPARED BAKING TIN. ARRANGE THE APPLE SLICED DECORATIVELY OVER THE BOTTOM OF THE TIN ON TOP OF THE TOFFEE SAUCE.




3. BEAT THE BUTTER AND SUGAR FOR THE BROWNIE TOGETHER UNTIL LIGHT AND FLUFFY.BEAT IN THE EGGS GRADUALLY. SIFT TOGETHER THE FLOUR, SODA, BAKING POWDER, AND SPICE. STIR INTO THE CREAMED MIXTURE UNTIL COMBINED. STIR IN THE APPLES AND NUTS. SPREAD OVER THE APPLES IN THE BAKING TIN.

4. BAKE IN THE PREHEATED OVEN FOR 35 TO 40 MINUTES, UNTIL FIRM AND GOLDEN BROWN.COOL IN THE TIN FOR 10 MINUTES PRIOR TO TIPPING OUT ONTO A SQUARE PLATTER. CUT INTO SQUARES TO SERVE.

# NATIONAL LOTTERY GOOD CHOICES AWARDS

THIS YEAR LAKERS WERE NOMINATED FOR THE NATIONAL LOTTERY GOOD CAUSES AWARDS. IN MAY WERE ANNOUNCED AS A COUNTY WINNER IN OUR CATEGORY AND IN JUNE LAKERS WERE THRILLED TO BE TOLD WE GOT THROUGH TO THE FINALS!

THE NEXT STEP WAS TO MAKE A SHORT PRESENTATION IN FRONT OF THE JUDGING PANEL WHICH WAS HEADED UP BY MARTY WHELAN! HANNAH - OUR JUNIORS DEVELOPMENTAL COORDINATOR, AND REBECHA MCAULEY - WHO REPRESENTED OUR MEMBER, HEADED INTO DUBLIN ON THE 6TH OF SEPTEMBER AND MADE AN EXCELLENT PRESENTATION ON LAKERS BEHALF.

OCTOBER 21ST SAW THE NATIONAL LOTTERY GOOD CAUSES AWARD SHOW TAKING PLACE IN KILLASHEE HOTEL IN NAAS. STAFF AND REBECHA WERE LUCKY ENOUGH TO JOIN A WHOLE HOST OF INCREDIBLE ORGANISATIONS WHO WERE ALSO UP FOR AWARDS IN THE SEVEN CATEGORIES.

THERE WAS COMMUNITY - OUR CATEGORY, AS WELL AS YOUTH, GAEILGE, SPORT, HEALTH AND WELLNESS, HERITAGE, AND ARTS & CULTURE. THERE WAS ALSO A HERO OF THE YEAR AWARD WHERE EACH NOMINATED ORGANISATION COULD PUT FORWARD A MEMBER OF THEIR CLUB BE THEY STAFF OR VOLUNTEER AS THEIR OWN HERO. AS WELL AS AN ALL-OVER GOOD CAUSE OF THE YEAR AWARD WHICH IS A WINNER CHOSEN FROM OF ONE OF THE CATEGORIES WINNERS.

LAKERS SADLY DID NOT WALK AWAY WITH THE COMMUNITY AWARD, BUT IT WENT TO A VERY WORTHY ORGANISATION, WATERFORD MARINE SEARCH AND RESCUE WHO ARE A VOLUNTARY BASED CHARITY WHO PROVIDES A SEARCH, RESCUE AND RECOVERY SERVICE ALONG WITH SUICIDE PREVENTION PATROLS AND FLOOD AND SWIFTWATER RESCUES TO THE PEOPLE OF WATERFORD CITY AND COUNTY AND SURROUNDING AREAS. OPERATING 365 DAYS A YEAR 24/7.

WELL DONE GUYS FROM US ALL!



THE NIGHT WAS FULL OF AMAZING PEOPLE ALL CELEBRATING EACH OTHER AND ALL THE FANTASTIC WORK THEY EACH DO FOR THEIR COMMUNITIES AND COUNTRY. WITH PRESENTERS SUCH AS GRÁINNE SIOGE, DÁITHI O'SHEA, MARTY WHELAN AND OUR VERY OWN FERGUS FINLAY.
SAFE TO SAY IT WAS A GREAT NIGHT AND WE HOPE TO BE ABLE TO TRY AGAIN IN THE FUTURE!



# LEFT BEHIND - A SHADOWBOX PRODUCTION

BY MATTHEW DAVIS

MANDY & I STARTED REHEARSING WITH SHADOW BOX LAST MAY, WHERE WE TWO MORE ACTORS. THE FOUR OF US WORKED WITH GEMMA.  WE REHEARSED IN THE LAB IN FOLEY ST MOSTLY ON A TUESDAY BUT SOME WEEKS WE REHEARSED MORE DAYS.

LAST WEEK WE WERE IN MERMAID ALL WEEK WITH A SHOW ON FRIDAY NIGHT & SATURDAY AFTERNOON IT WAS ABOUT TELLING A STORY THROUGH MOVEMENT. IT WAS CALLED LEFT BEHIND & IT WAS SUPPORTED BY THE ARTS COUNCIL. WE ARE GOING TO DO A WORKSHOP AS PART OF AN EVENT IN THE PROJECT ARTS CENTER NEXT. WE HAD A GREAT TIME REHEARSING & SHOWS, & WE MADE NEW FRIENDS.





# NEWS AND EVENTS

## DIRTY DANCING

ON THE 15TH OF SEPTEMBER STAFF, MEMBERS AND FAMILIES ALL HEADED OUT TO THE BORD GAIS ENERGY THEATRE TO WATCH DIRTY DANCING ON STAGE. THE SHOW WAS A LOVELY RETELLING OF THE CLASSIC MOVIE. THE STAGE PRODUCTION WAS FULL OF MUSIC, FUN AND LAUGHS AND WE CAN SAY THE WHOLE EVENING WAS THOROUGHLY ENJOYED BY ALL OF US WHO ATTENDED!



## TAEKWONDO LADS



OUR TAEKWONDO LADS HAVE BEEN VERY BUSY OVER THE PAST YEAR! JUST GETTING BETTER AND BETTER AND GROWING MORE AND MORE IN THEIR ABILITIES. BACK AT THE END OF SEPTEMBER MARK, NATHAN, LLOYD AND LUCA DID THEIR GRADING AS PART OF WICKLOW ITF TAEKWON-DO. THIS INCLUDED FUNDAMENTAL MOVEMENTS, PATTERNS AND BREAKING AND ALL WERE SUCCESSFUL. MARK HAS BEEN PROMOTED TO 7TH KUP GREEN TAG, AND NATHAN, LLOYD AND LUCA HAVE ALL BEEN PROMOTED TO 8TH KUP YELLOW BELT. THEY ALL TOOK PLACE IN A MASTER CLASS ALONG WITH MICHAEL AND CIARAN. A BIG A BIG SHOUT OUT TO RORY AND JAMIE FOR ALL THEIR HARD WORK AND TO THEIR SUPPORT FROM THE WICKLOW IFT TAEKWON-DO.

# NEWS AND EVENTS

## CHRISTMAS RAFFLE

TIS' THAT TIME OF YEAR AGAIN, LAKERS CHRISTMAS RAFFLE IS COMING BACK!
FROM THE MIDDLE OF NOVEMBER YOU WILL BE ABLE TO GET YOUR HANDS ON TICKETS!
KEEP AN EYE ON OUR SOCIAL MEDIA PAGES FOR THE LAUNCH DATE! THIS YEAR YOU WILL BE ABLE TO BUY TICKETS IN OUR CENTRE, AT SUPERVALU ON THE 9TH OF DECEMBER AND ONLINE AS WELL!
WE CANNOT WAIT TO SHARE WITH YOU OUR HOST OF PRIZES!






## CHRISTMAS DISCO

OUR CHRISTMAS DISCO IS A GO!
THIS DECEMBER 8TH WE WILL SEE YOU IN GREYSTONES RUGBY CLUB FOR A NIGHT OF FUN AND DANCING TO WELCOME IN THE FESTIVE SEASON!
KEEP AN EYE ON OUR SOCIAL MEDIA

## CHRISTMAS RAFFLE PRIZES OR HAMPER FILLERS

AS WE DO EACH YEAR WE ARE REACHING OUT TO SEE IF YOU HAVE ANY PRIZES TO DONATE TO OUR RAFFLE OR ANY HAMPER FILLERS YOU ARE WILLING TO GIVE IN TO ADD TO HAMPER PRIZES. IF SO PLEASE EMAIL @FUNDRAISING@LAKERS.IE OR DROP INTO THE CENTRE. THANK YOU!



# AHOY THERE MATEY! OR SHOULD I SAY 'OH LÀ LÀ, MON POTE'

**WELL IT'S THAT TIME OF THE YEAR WHEN LAKERS LOOK AHEAD TO OUR FAMILY SUPPORTED HOLIDAY BREAK TO FRANCE!**

**THEY WILL BE TRAVELLING WITH KELAIR AGAIN THIS YEAR, WHO HAVE LOOKED AFTER LAKERS FOR OVER 14 YEARS, ON THESE TRIPS ABROAD. ALL LAKERS FAMILIES ARE WELCOME ON THIS FANTASTIC, SUPPORTED BREAK AWAY.**

***VENUE*: BENÓDET, L'ATLANTIQUE CAMPING, FOUESNANT, FRANCE**

**SAT MAY 25TH – DEPART CORK 16.00HRS (4PM) ARRIVE ROSCOFF, FRANCE 08.00HRS (8AM - 26/5)**
**FRI JUNE 7TH – DEPART ROSCOFF 23:00HRS (11PM) ARRIVE CORK 11.00HRS (8/6 NEXT DAY)**

***PRICE, BASED ON NUMBERS TRAVELLING AND AN EARLY BIRD BOOKING, IS APPROX. €580 P/P (TBC)***

**A DEPOSIT OF €150 PER PERSON, (NON-REFUNDABLE), PAYABLE TO LAKERS OFFICE, BY FRIDAY 10TH OF NOVEMBER, IS REQUIRED TO SECURE YOUR BOOKING.**

**THIS PRICE INCLUDES:**
**·CAR ON THE FERRY**
**·CABIN EACH WAY**
**·12 NIGHTS IN A MOBILE HOME, LINEN & TOWELS (OWN BEACH TOWEL REQUIRED)**
**·ACCESS TO SITE ACTIVITIES, POOLS, SLIDES ETC.**

**FOR THOSE WISHING TO AVAIL OF TRANSPORT, TO/FROM BENÓDET, PLEASE REFERENCE BUS WHEN BOOKING. (A SUPPLEMENT (TBA) IS REQUIRED, FOR THOSE AVAILING OF THE BUS, FOR THE RENTING IN OF THE VEHICLE.)**

**FOR THOSE WISHING TO FLY, PLEASE REFERENCE FLY WHEN BOOKING.**

**SOME BACKGROUND TO THE SITE:**
**AN OVERVIEW OF THE SITE AND ITS SURROUNDINGS CAN BE FOR BY FOLLOWING THE LINK.**
**HTTPS://WWW.SANDAYA.FR/NOS-CAMPINGS/ESCALE-SAINT-GILLES/ACTIVITES-ET-SERVICES#MENU**
**THE ESCALE SAINT-GILLES CAMPSITE IN BÉNODET IS A BEAUTIFUL, CHILD FRIENDLY SITE, WITH MULTIPLE WATER SLIDES & POOLS ALONG WITH VARIOUS SPORTING AREAS.**
**IT'S ALSO AT THE CROSSROADS OF THE MOST BEAUTIFUL ROUTES IN SOUTHERN BRITTANY.**
**YOU CAN RAMBLE DOWN THE 5KM PROMENADE TO THE TOWN, ACCESSIBLE FROM THE SITE.**
**FROM THE TOWN YOU'VE AN OPTION TO STROLL OR TAKE A BOAT JOURNEY ALONG THE ODET, THE "MOST BEAUTIFUL RIVER IN FRANCE".**
**HERE YOU WILL DISCOVER QUIMPER (CITY OF ART AND HISTORY) AND ITS MEDIEVAL TOWN CENTRE, CONCARNEAU AND ITS WALLED CITY OR EVEN PONT-AVEN AND ITS FAMOUS ART GALLERIES.**
**OTHER INFORMATION:**

- **120 KMS FROM ROSCOFF TO CAMPSITE**
- **GOOD BAR & RESTAURANT ON SITE**
- **RESTAURANTS NEARBY WITHIN WALKING DISTANCE**
- **PROMENADE TO THE BEACH AND TOWN ACCESSIBLE FROM THE CAMPSITE**
- **2.5 HOURS TO NANTES AIRPORT**
- **GOOD CYCLE PATHS**
- **CYCLE HIRE ONSITE**

**CONTACT RITA IN THE OFFICE ON (01) 2022694 FOR MORE INFO AND TO BOOK YOUR PLACE.**

# PUMPKIN FACES

CUT OUT AND CREATE YOUR VERY OWN JACK-O-LANTERNS BY STICKING THEM TO YOUR PUMPKINS.





# Lakers making 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