



www.gaeliclions.com



SGL Weekly Newsletter – 25th March 2009

Well!

Have ye recovered yet? Talk about intense weekend of Irish sporting triumph. Between the boxing and the rugby, the excitement has been something else.

Our own Bernard Dunne's are prepping themselves for their **Official Weigh-In** for the IFS White Collar Boxing.

This Wednesday, *April 1st Howl at the Moon, 6:30pm*

Vocal support is needed for the psychological edge apparently so get down there for some do-dedodododo Singa POOOORRRRR/ do-dedodododo Singa POOOORRRRR etc.

The Long March to Victory begins for the Men's teams this Sunday.

He Who Must Be Obeyed has spoken and training starts *Sunday 5-7pm* in our old friend the *SMU Sports Ground*. It's a dignified hour to be running around so no whinging. As always, guys, bring plenty of fluids and sun tan lotion. Prep up on the link below about Health & Safety before it all starts.

<http://www.gaeliclions.org/File/healthandsafety.html/>

Men's Training will at the same time every week til further notice but keep an eye on the newsletter for venue changes.

Return the Favour - KL are coming to play!

For fear we'd get all cocky with our victories, KL are coming to challenge our status. *Easter Sunday, April 12th*, venue and time TBA. For Pride alone Guys!

Run Forrest!

Claire's Ass-kicking 5km..

Date: Every Monday

Time: 8pm

Start Location: Visitor Centre entrance to Botanic Gardens, 1 Cluny Road.

FYI, there are lockers at the visitors centre.

More of it.

Molly Malone's, Saturday April 4th, 1st Social of 2009. I'll not tell ye again...



Ruairi Recruits. Always thinking GAA that man...

A quick note from Laurence -

"You may have noticed our hijack marketing of handing out SGL business cards at the St. Patricks day parade on Sunday. A small start on our recruitment campaign but from the number of people who signed up to the website this week a good one.

The obvious targets on Sunday were people wearing GAA, football or rugby jerseys. The most common response to the initial approach was that they were useless at GAA. Not to be put off we replied that has never stopped Michael S, GOB, Cormac or Janet H from showing up every year and wearing a jersey!!!! Only joking guys.

An interesting point was that many already knew of the existence of the SGL through friends or colleagues but were yet to join the fold. This brings me to my main point. We can do many things to promote the club but the single biggest asset we have is our members. So we are seeking

your active assistance in bringing more people into the club. So here some things everyone can do to help us promote the SGL

* whether you are an A team, Z team, hurler, soccer player, runner, parent, in it just for fitness or a social member I would ask you to promote the club by focusing on what you enjoy about being a member and spreading that positive message to the people you know.

* some of your friends and colleagues may have considered coming along and just need a little assistance to get them across the line. If you know people who may be interested please let someone on the committee know their name, number or e-mail and we can follow up with them. Nothing coercive just a chase up, a few gentle reminders about events, signing them up to receive the newsletter etc. kinda thing.

* for new arrivals the club provides an immediate sporting and social network that can provide valuable insights into living in Singapore and Asia, visas, accommodation costs, jobs market, school, doctors (except Cormac), dentists and a host of others things I can't think of right now but which is great when you arrive fresh off the boat. So please be willing to provide some insights or referrals if people approach you. A small kindness goes a long way.

So looking forward to your help in continuing to maintain the SGL as the dynamic club that it has become and moving us forward to enjoying another successful year on and off the pitch. "

If you've got something you want all of the Singapore Gaelic Lions to know about, mail Gillian (gillian.hayes@murex.com) or myself ([Caroline Bowler@ml.com](mailto:Caroline_Bowler@ml.com)) with all the details. If its good enough, its going in!

Only a short one this week.

I'm off to get ready for the St. Drunken Eegits Choral Tour of Hong Kong from which ***there'll be no stories or photographs whatsoever...***

Be good....

Bow-LAH

A message from one of our sponsors:

A note from one of our sponsors:
CAREER OPPORTUNITIES

Healy Consultants is looking for a bar manager and staff to run the "O'Bama Irish Bar" in Tras Street, Tanjong Pager.

Interested parties reply to email@healyconsultants.com

Singapore Gaelic Lions are proudly sponsored by:

