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SGL Newsletter – Connubial Special - December 2009

First time in a long time. Sorry folks, this one will have to be brief, me and G are trying to hold down jobs here in a global recession thankeweverymuch.

It is quite the time for Hens and Stags and Stens and Hags with stacks of brave SGL-ers lining up to pledge their troth. Shenanigans have gone international and the Towers are hearing tales from Thailand, Indonesia, Australia and of course, closer to home in Singapore.

We'd like to wish all the very best to those about to take the plunge in the coming weeks and for all the years to come. Don't make me have to trawl Farceboink for photos, send us in a snap of the big day.

Invites c/o SGL Towers, peas and tanks.

Fitness Training

Boys and Girls, for those of you looking to maintain their svelte-like figure over this festive season, Claire is continuing the fitness sessions at the SMU Sportsground from 7:30pm on Thursday.

The woman is amping it up and I swear to God, it has nothing to do with the Extreme Fitness book we got her at the Awards ceremony. Any resemblance to Navy Seals training is purely accidental.

I've done a couple of sessions of it and it's really quite do-able including the one where you balance on your butt cheek and pretend your torso is a scissor.

Marathon Runners

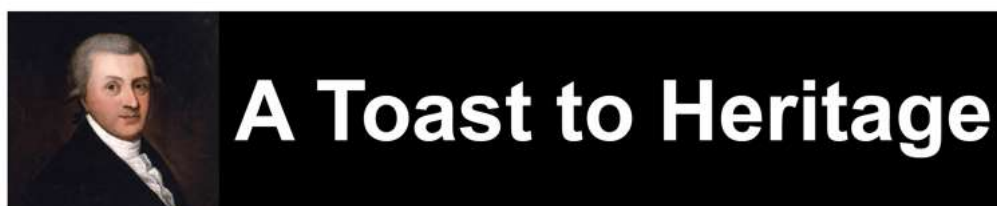
The Singapore Marathon is on this weekend and I know there are stacks of you crazy fools running in it. Best of luck to you all, I'll be thinking of you from the comfort of my Bali 5* hotel room. Pass the cocktails.

In a similar vein

There are Botanic Garden 5km runs on Tuesday evenings with a mixed bag of runners. Some are Sonia O'Sullivan and others (well, me) resemble Sherman the Tank. Point is its open to all abilities.

Meet at 7pm, *Botanic Gardens Visitor Centre* (halfway from Grange Road to the SMU Sportsground on the left or just up the top of Evans Road on the right). There are lockers there for your bag and a water fountain for your mouth.

The IBA would like a word.



Guinness is 250 years old this year, and has been enjoyed in Singapore for 140 years. The Singapore International Chamber of Commerce has been in existence for 130 of those years. The Irish Business Association (founded in 1992) is a relative youngster.

Please join us to celebrate our joint heritage with food, drinks and LIVE Irish music & dance at our pre-Christmas Gathering.

Members and Friends are welcome!

**Free Flow Drinks:
Guinness, Heineken, Bushmills, Bailey's, Red & White wine
Complimentary Irish Stew
LIVE Irish Music: 'Pure Genius' with guest artiste Dee McGoldrick
LIVE Irish Dancing**

Venue: The River Room, Asian Civilisations Museum

Thursday, 03 December 2009, 7pm

Admission : \$60

Dress Code : Business Attire

Guest of Honour: Ambassador of Ireland , Dr. Richard O'Brien

Kindly note that registration will be on first-come-first-served basis. Please register online at www.irishbusinessassociation.com or email ed@irishbusinessassociation.com

A Toast to Heritage

Registration Form  Irish Business Association
Singapore

Venue: The River Room, Asian Civilisations Museum

Thursday, 03 December 2009, 7pm

Admission : \$60

Dress Code : Business Attire

Guest of Honour: Ambassador of Ireland , Dr. Richard O'Brien

Name : _____

Title : _____

Company : _____

Tel : _____ **Email** : _____

Guest Name : _____

Please send a cheque payable to: Irish Business Association, 541 Orchard Road
#08-01 Liat Towers, Singapore 238881

Payments must be received prior to the event. Cancellations must be in writing and
received 48h before the event. No shows will be billed.

For enquiries, please contact email ed@irishbusinessassociation.com

www.irishbusinessassociation.com

The Original since 1976, Lesser Spotted Ulsterman, Tenerife



Two Europe based SGL-ers on their holibops were haunted by a figure from their past.

This GOBby individual is better known for his charms on the Lay-deez but clearly has skills better suited to the reptiles.

For that Friday feeling, a quick word from our Sponsors.



SIX IN THE CITY
Every Friday from 6pm Featuring House DJ
Ballymoons
Tel: 6735 0400 www.ballymoons.com

- \$6 martinis (Til 9pm \$10 thereafter)
- \$6 house pour spirits (Til 9pm)
- 6 glasses of wine @ \$36
- 6 pints of beer @ \$60
- 6 btls of beer (selected) @ \$35
- 6 shooters (selected) @ \$30
- Any 6 different barfood items in a platter @ \$66

Citibank 1-for-1 lunch deal at Durty Nelly's



Durty Nelly's Irish Pub
Citibank card members enjoy 1-for-1 on all lunch mains daily
Lunch: Mon - Fri 11.30 am - 3pm, Sat & Sun from 11.30am - 5pm

Traditional fish 'n' chips

Marina Square, #01-01 to 03 Tel: 6338 8023 www.durtynellyys.com.sg

Those of you working in the area, do pop by for lunch with us!

www.muddymurphys.com or email us @ enquiry@muddymurphys.com



Proudly co-sponsored by

Ok guys and gals, I'm off to Bali for my troubles. We'll be back around with more news, gossip and sports related matters but in the meantime - *Keep it Country.*

BowLAH

Singapore Gaelic Lions are proudly Sponsored by:



Irish Pub
SINGAPORE



@ Orchard Hotel



@ East Coast



@ Marina Square



@ Boat Quay

