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SGL Newsletter 12th February 2010

First off, best of luck to those arrived/en route/departing for heady delights of the Gulf Gaelic Games. Combined with the best of the African continent, Singababwe will be wowing the crowds with their Plank-Offs, Dance routines & JagerBombs. Text us updates guys!

Next up, a word from Ms. Matechuk

“A BIG thank you goes out to the GAA crowd who supported last Saturday’s *Quiz for Cambodia* event for The People’s Improvement Organisation (www.peopleimprovement.org) and who made donations for the Tabitha house-building project (www.tabithasingapore.com). Your participation and generosity are very much appreciated!

Aw khun/Thank you, Larissa”

And in the same vein

Run for Haiti, Sat 20th Feb, 5pm BQ Bar Boat Quay

There’ll be a 4km run after which hang around for drinks, auctions, raffles and fun.

A minimum contribution of \$20 is expected with all proceeds to go to Red Cross Singapore ‘Haiti Earthquake Relief’. For more info search ‘Help for Haiti’ on Stalkerbook or call Sam on 96786510

AGG confirmed!

Mark this in your diaries people as we’ve already lost at least two players with poor excuses like family weddings and major international sporting event.

The Asian Gaelic Games will be held this year in **Hong Kong** on the weekend of **October 9th-10th**. Now I’m not one to stir, but there’d be something quite upsetting to lose the Derek Brady to your arch rivals on your own turf but don’t let that influence your training!

South East Asian Games Confirmed!

Hosted this year by our friends in **Jakarta**, mark the date **29th May**. Malaysia, Singapore, Thailand, Vietnam, Cambodia, Jakarta are all scheduled to make their bids for SEA Champions. With the Singapore men holding the trophy, the Singapore Ladies have a lot to live up to.

And a quick word from our sponsors.

**Chinese New Year Celebrations @ Gaelic Inns
Food Fest**

Muddy Murphy's, The Penny Black & Scruffy Murphy's
Mon 8th Feb - Sun 28th Feb

Lunch Mains

	"Chun Dao Chao Fan" (Spring) - \$13.80 Dark fried rice with chili crab dip	
	"Tuan Yuan Fan" (Reunion) - \$13.80 Dark sauce chicken with Chinese sausage and yam rice	
	"Da Ji Yu" (Auspicious) - \$15.80 Deep fried red snapper with crispy egg noodles	
	"Fu Cai Xia" (Wealth) - \$15.80 Kung Pao prawns with fragrant rice	

Bar Food

"Xing Fu Dai Zi" (Happiness) - \$12.80
Grilled scallop kebabs served with sweet chili & coriander sauce

Wan Sui Chun Juan" (Longevity) - \$12.80
Shanghai spring rolls served with green chill dip

"Fu Dao Xia" (Prosperity) - \$12.80
Juicy prawns in thick creamy mayo

Traditional Lion Dance

Thursday 18th Feb
Scruffy Murphy's @ 4.30pm
Muddy Murphy's @ 6.30pm

Wednesday 24th Feb
Durty Nelly's @ 5.30pm
The Penny Black (Lion & Dragon) @ 6.30pm



Training

Definitive Details on the training sessions for KL will be sent out in due course but Claire D has confirmed that the 25th will be a fitness session with I believe the 27th for football.

Can I just say that Claire's fitness sessions are unbelievably effective? Give her 4 consecutive weeks, pushing past the Burpies barrier and be prepared to amaze yourself.

Love Thy Neighbour, March 6th. KL Challenge

Here are the details as we have them;

Venue; Alice Smith School, Equine Park

Buses leave hotel at 7:45-8am, Games will start at 9am*, expected finish 4:30pm*

*anyone believing that?!

Check that your hotel room is booked!

We're at the Crowne Plaza Mutiara Hotel, Jalan Sultan Ismail.

Be sure to quote *Orang Eire/KL Challenge* to make sure you get the right room rate – can take up to 3 in a room, from 350-400RM including breakfast.

Tour Registration is US\$30 or SG\$50 but that includes all the bells and whistles.

Drinks Friday night, the traditional Gaelic Dinner Dance and Presentation on the Saturday in the hotel from 7:15pm with Guinness sponsoring. Nice.

This is going to be a fun tour, where we can all go up and have the craic as a club. It's not to be missed!

So, book your flights, book your hotel room and let your Cap'n know.

Ok so guys and girls, it's back to work.

Gong Xi Fa Cai - have a great long weekend off,

BowLAH

Singapore Gaelic Lions are proudly Sponsored by:



@ Orchard Hotel



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