

SINGAPORE

# POLO

CLUB

July – September #03 / 2017





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# SINGAPORE POLO CLUB

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Derek Mitchell  
K.C. Loh

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Vice President	Wee Tiong Han
Polo Captain	Ali Namazie
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The Pony Club  
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youths aged  
4 to 21 years  
old, to start  
your equestrian  
journey.**

# NEVER TOO YOUNG

Founded in 1929, The Pony Club began in England for youth interested in ponies and riding. Today, The Pony Club is an international voluntary youth organisation, represented in over 27 countries, with membership exceeding 110,000, and a starting point for many equestrian athletes.

## The Pony Club (Singapore Polo Club)

Held at the Singapore Polo Club, members age 4 to 21 years old participate in weekly un-mounted rallies, where instructions in equitation and horse management are shared in a fun and safe environment.

With 45 riding school ponies & horses to groom, wash, shoe, feed and cuddle, members are sure to get a weekly dose of horse interaction.

### Our Aim

To cultivate respect, understanding and trust between our horses and youths, to build confidence in our young equestrians and to promote the highest ideals of sportsmanship – strength of character and self-discipline.

## What We Do

The Pony Club Standards of Efficiency Tests, segmented into 8 levels of achievement, beginning with 'E' and culminating with the prestigious 'A', are designed to show members progress of knowledge in different areas of horsemanship. We also organise gymkhanas, annual camps, lectures, film screenings and even Easter and Christmas parties!

## Who Can Join

We welcome both members and non-members of the Singapore Polo Club. As part of The Pony Club, we collaborate with the Riding Section to expedite our members waiting time for riding lessons, to supplement un-mounted learning with mounted training!

Email us at [ponyclub@singaporepoloclub.org](mailto:ponyclub@singaporepoloclub.org) any time! Our application form can be found at the front of the Riding School Office.



As the Singapore Polo Club, The Pony Club is an affiliated overseas centre, members can transfer to another branch/centre and become a full member.  
Note: The Pony Club Membership is separate from the Singapore Polo Club Membership

# C ONTENTS

## OPERATING HOURS

### FRONT DESK

7.30am – 9.00pm (Sunday to Thursday)  
7.30am – 10.00pm (Friday & Saturday)

### F&B OUTLETS

#### The Polo Bar

8.00am – 11.00pm (Daily)

#### The Mountbatten Room

8.00am – 11.00pm (Daily)

#### The Verandah

8.00am – 11.00pm (Daily)  
*(Last food order at 10.30pm except for Poolside at 10.00pm)*

## FACILITIES

### Gaming

11.00am – 1.00am ( Sunday – Thursday & Public Holiday )  
11.00am – 2.00 am ( Friday, Saturday & Eve of Public Holiday )

### Gym

7.00am – 9.00pm (Weekdays)  
8.00am – 8.00pm (Weekends)

### Jacuzzi

7.00am – 9.00pm (Daily)

### LUSH Spa

10.00am – 9.00pm (Daily)

### Sauna

7.00am – 9.00pm (Daily)

### Squash Court

8.00am – 10.00pm (Daily)

### Swimming Pool

7.00am – 9.00pm (Daily)

### Tennis Courts

8.00am – 10.00pm (Daily)

### The Polo Loft

9.00am – 7.00pm (Tues –Sun)

### Towel Counter

7.00am – 9.00pm (Daily)

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Dear Members,

**T**he first three months as President of the Club has been momentous.

I am pleased to report that financially, the Club remains in positive standing and we have also augmented this position with cash sponsorships that are at an all time high. I want to take this opportunity to thank BMW and Prudential in particular for their generous support. The increased sponsorships, have enabled us to organise and host more diverse and better quality events for both polo and riding.

On 5th June, we had the honour of hosting Prince Harry for his annual Sentebale Royal Salute Polo Cup fundraiser at the Singapore Polo Club. This event has been taking place in different locations around the world for the past eight years, and for the first time this year it was held in Asia. The event brought distinguished guests from Singapore and around the world together in support of Sentebale's charitable work which focuses on helping youths affected by the AIDS epidemic in Lesotho and more recently Botswana. His Royal Highness's presence at the Club brought much publicity not only locally but internationally. The event was a resounding success, and the Sentebale team said "the Sentebale Royal Salute Polo Cup at the Singapore Polo Club was the best one ever, due to the overwhelming generosity of the crowd and sponsors."

In other news, after a 10 year absence, I am particularly excited and proud that the Singapore National Polo Team will be competing and aiming for gold when the sport returns to the 29th SEA Games, August 19 – 31 August, in Kuala Lumpur, Malaysia. I am also proud of our riding members who will be participating in other equestrian disciplines. We wish all our participants the best of luck, and we ask for your support to cheer them on!



As we endeavor to extend the reach of the Singapore Polo Club beyond the walls of 80 Mount Pleasant Rd, I am pleased to announce our partnership with one of the leading clubs in the World, Cowdray Park Polo Club in England; the home of the 22 Goal British Open. Apart from polo, the 16,500 acre Cowdray Estate described as a "holistic estate which cares about the land" encompasses other activities such as Golf, Shooting, Fly Fishing and other wellbeing activities such as Pilates, Yoga and Meditation. Our members will have full access to the extensive facilities of the Estate and similar reciprocity will be in place at Singapore Polo Club for Cowdray Park members who find themselves in Singapore.

The second half of this season from September to November promises to be an engaging and exciting one, so I hope you will be able to join us at one of our upcoming events.

I look forward to seeing you around the Club.

Sincerely yours,  
**Satinder Garcha**  
President



RECHARGE THIS SUMMER WITH NATURAL STRESS ANTIDOTES!



**July Lethargy Fix** 2 hr | from 205 nett per pax

SPA TREAT floral foot bath + 50 min energizing muscle relief body massage + Decleor express facial

BENEFITS relieves sore muscles & tension

ADD-ON express anti-aging facial upgrade \$60



**August Nap Therapy** 2 hr | from 198 nett per pax

SPA TREAT warm floral foot bath + 80 min lavender body & foot massage + 30 min anti-migraine face spa

BENEFITS relaxing & restorative

ADD-ON warm stones \$20



**September Cleansers** 2 hr | from 205 nett per pax

SPA TREAT sea salt foot bath + 90 min (choice of hydrating full facial + eye treatment OR Bergamot body & scalp body) + 20 min relaxing foot massage

...and more



Dear Members,

**O**ur Club has a uniqueness seldom seen in many country clubs. With its convenient central location, tranquil environment, cosmopolitan membership and a combination of polo, equestrian and other activities, Singapore Polo Club has the potential to present a lifestyle experience like no other. Something I have not experienced in my thirty years of being in this industry.

For three years consecutively, we have been privileged to host the prestigious National Dressage Championships which regional and local riders look forward to. To add to the excitement this year, we incorporated themed activities such as an exotic Cuban dinner party which was well attended; the best dressed guest also walked away with a Longines watch. The two newly installed LED spotlights also provided illumination for night quadrilles, show jumping and tent pegging. There was even Japanese archery under the stars. The event was a preview of things to come for our members, and their families and friends to enjoy as we work towards the objectives set by the Committee.

The "Dressage Under the Stars" event along with "Champagne High Tea" also showcased the eclectic mix and lifestyle quality that our Club offers. The three-day event was a tremendous success and much thanks and appreciation goes to the organizing committee which comprised a dedicated group of club members and in-house staff from the marketing and riding team.

May 2017 saw the completion of the re-surfacing of our two tennis courts with artificial turf. On 12 May 2017, many tennis enthusiasts had the pleasure to "christen" the Club's new courts to great reviews. Our thanks to members Hubert Larenaudie, Ali Reda and Simon Mason who gave valuable feedback on the choice of surface. The courts are now extremely popular, so come down and have a smashing time but please remember to book early to avoid disappointment.

In the upcoming months, we have a full schedule of exciting signature events for both our members and guests to enjoy! In the second half of the season from September onwards, we look forward to our Women's International, the "Battle of the Sexes" and the BMW Gold Cup in conjunction with our new partner Cowdray Park Polo Club.



Polo is truly the "king of sports" and the game beckons one and all to come and experience the thunder of hooves and clash of mallets as the best in the game battle it out to come out victorious.

Even for those of you who don't play polo; come down and savour a taste of the exciting polo lifestyle, enjoy an afternoon high-tea, or a post event party.

On the riding side, we would like to extend a warm welcome to Ruelle Laurent who recently joined our riding team as an instructor. Laurent is affable and most approachable and teaches show jumping as well as dressage for all ages.

Members can also look forward to our next member satisfaction survey coming your way and I welcome you to share with us your experiences and how you think we can make your club an even better place that you can be proud of. We look forward to your active participation in this survey.

As always, my team and I will continue to improve on the quality of the facilities and services on offer to enhance your every visit making it a memorable experience.

I look forward to seeing you at the Club.

Warmest regards,  
**Sylvan Braberry**  
General Manager

# Singapore Polo Calendar July – December 2017

29 – 30 July	Club Tournament
6 August	Dogs Adoption Drive (A CSR Project)
14 – 23 August	Field Closed
19 – 31 August	29th South – East Asian Games (5-8 goal) (Venue: Putrajaya Equestrian Park)
9 – 10 September	Riding Competition
2 -3 September	Novice Tournament
16 – 17 September	Club Tournament
26 September – 1 October	Women's International (4 goal)
12 – 15 October	Battle of the Sexes (2 goal)
14 – 15 October	Riding Competition
28 – 29 October	Gold Cup (16 goal)
21 October*	Halloween Party
7 November	Melbourne Cup (2 goal)
11 – 12 November	Club & Novice Tournament
25 – 26 November	Grooms Cup & Club Tournament
25 – 26 November	FEI 3
2 December	Christmas Party
4 December	2017 Polo Season Ends

\*The above schedule is subject to change.

## Club Tour for Angliss International Hotel School, Australia



**W**e had the pleasure of conducting a club tour for 20 students, age 18 – 22 from The Angliss International Hotel School on 19th May. It coincided with the opening day of the National Dressage Championships which gave the students an opportunity to watch the competition as part of the programme. The students were thrilled by the expertise of the competitors who looked very relaxed while the horses displayed their talented moves.

*"We had the privilege to experience a private tour at the Singapore Polo Club. Our experience was gracious and one which we will always remember. A short introduction on the history and heritage of the club were also presented to us. We were then met by one of the wonderful trainers, Charlie who brought us on a stable tour and introduced us to the horses. Following the tour, we enjoyed a delightful meal on the terrace. The afternoon concluded with the students having their first opportunity to watch the National Dressage Championships. We have enjoyed ourselves immensely and are looking forward to our next visit. Thank you for having us, Singapore Polo Club!"*

**Sheena D'Souza**  
William Angliss Institute  
Melbourne Australia

## A Helping Hand for the EQUAL-ARK

**H**onorary Secretary, Mr Rickard Hogberg presenting the cheque of SGD11,571 to Mr Ng Tze Yong, CEO of EQUAL-ARK, the funds were raised at the 130th Anniversary Gala Dinner celebration in November 2017.

Community care is an integral part of our Corporate Social Responsibility (CSR) programmes. It will be a continuous effort of the club and we will continue to render support and care to the underprivileged and the elderly.



*"We are grateful that in the Singapore Polo Club we have a prestigious supporter that understands and believes in our work."*

**Ng Tze Yong, CEO**  
EQUAL-ARK



## Meet Our New Riding Instructor, Ruelle Laurent

**M**y name is Ruelle Laurent (you may call me Laurent), I'm the newest addition to Singapore Polo Club riding family from Belgium. Learning to ride at the young age of 10 years old has given me a good foundation in the sport. I have been living in Singapore for about 7 years, and I have enjoyed my professional training at both BTSC and the NEC when I rejoined the equine industry 2 years ago. I am proudly now a BHS Stage 3 and PTT qualified instructor.

I am looking forward to imparting some of my knowledge to the Singapore Polo Club riding students.



## NEW MEMBERS

April – June 2017

A warm welcome to the new members who have recently joined the Singapore Polo Club family. We look forward to seeing you at the club!

### HONORARY MEMBER

H.E Dr Istvan Szerdahelyi

### CHARTER MEMBERS

Balu Raja

Behnam Dehkordy Hamid Reza

Christian Luke Lockett

Cyrille Jannick Henri Francis Costes

Giles Christopher Ronald Twiss

Jacinto Peralta Ramos

Jane Michele Colenso

Patrick Russell Bailey

Sasha Young

Sng Siew Lin

Vathani Rajah

### REGULAR INDIVIDUAL MEMBERS

Astrid May-Ling Tok

Christine Haertelt

Jonathon Wallace Vincent

Judith Mary Blackburn

Kevin Michael Foy

Kho Choon Joo

Mahine Noorali Rattonse

Mona Foo

Rachael Leigh Grafton

Stuart Grant Fisher

Surianna Vessey

Timothy James Way

For reciprocal clubs, please refer to our website [www.singaporepoloclub.org](http://www.singaporepoloclub.org) or email us at [membership@singaporepoloclub.org](mailto:membership@singaporepoloclub.org)

# Victory Royale

Prince Harry & Team Win 2017 Sentebale Royal Salute Polo Cup



Prince Harry plays in the seventh consecutive Sentebale Royal Salute Polo Cup

Prince Harry's recent three days visit to Singapore culminated in a 12 goal polo match at the Singapore Polo Club on Monday, 5<sup>th</sup> June - the *Sentebale Royal Salute Polo Cup*. He is the third generation of the Royal House of Windsor to grace the Club by playing polo here, following in the footsteps of his Grandfather the Duke of Edinburgh and his father Charles, Prince of Wales.

Under a scorching afternoon sun

and in front of a crowd of over 300 international as well as local celebrities including Karen Gillan, Prince Harry took to the polo field to raise funds for his *Sentebale* charity.

Prior to the commencement of the match, guests rose for the playing of the national anthems of both the United Kingdom and of Singapore. This was immediately followed by a minute's silence as a mark of respect and in remembrance of the victims of the

Saturday, 3<sup>rd</sup> June terrorist attack that had taken place in London.

The four chukka match featured an exciting display of some fast, open polo and saw the *Sentebale ISPS Handa* team beat the St. Regis team with a final score of 5-2.

There were sterling performances by Prince Harry who himself scored two of the winning goals during the third and fourth chukkas, as well as by Satinder Garcha, President of the Singapore Polo

Club who opened the score for *Sentebale* with a 40 yard penalty. The first play of the second chukka saw Satinder Garcha increase *Sentebale's* lead in near identical fashion. It was a slow start for *St. Regis* but two of their players, Patrick Furlong and Giles Twiss, showed their skill by scoring the two goals for their team which was captained by Nacho Figueras. The best playing polo pony trophy was awarded to *Caldera*, owned by the Club and played by Nacho Figueras.

Malcolm Borwick, Captain of the *Sentebale ISPS Handa* team and Royal Salute Ambassador, extended the *Sentebale* team's lead in the third chukka, quickly followed by a goal from Patrick Furlong finally putting the *St. Regis* team on the board.

Prince Harry's afternoon then got better with an immediate goal following *St. Regis'* successful play. In the last chukka, which started with a score of 4-1 in favour of *Sentebale*, Giles Twiss from the Singapore Polo Club, managed to score and cut the deficit to just two. However, there was a quick response from the *Sentebale* team which saw Prince Harry score his second goal of the day.

The *Sentebale Royal Salute Cup 2017*, ended with a final score of 5-2 with the *Sentebale ISPS Handa* team lead by Malcolm Borwick receiving the trophy. The game was played in good spirit with end to end action keeping all spectators and guests well entertained.

*Editorial courtesy of Sentebale*

**Peter Moore, Director of Royal Salute said:** *We're honoured to support Sentebale for the seventh consecutive year. It was great to witness such a well-played game, with the Prince's team taking the Cup"*

**Prince Harry, Sentebale's Founding Patron, added,** *"Through youth-led campaigning, training and advocacy, the initiative allows young people affected by HIV/AIDS to be heard. We hope this will create a platform where the needs of young people in the region are listened to – from the need for adolescent-friendly health services, more trained counsellors in rural areas and better sexual reproductive health education in schools. Young people know what works for them and their friends, so we must listen and take note."*



Karen Gillan hands out bottles of Royal Salute Polo Edition and the trophy to Prince Harry's ISPS Handa team  
 Photo by Chris Jackson/ Getty Images for Royal Salute



South Korean Polo Player J.B. Lee (left)



Prince Harry (left), Cathy Ferrier, the CEO of Sentebale and Argentinian Polo player and Sentebale Ambassador Nacho Figueras



Actresses Karen Gillan (Left) and Gemma Chan



Joanne Froggatt throws in the ball at the Sentebale Royal Salute Polo Cup on June 5, 2017 in Singapore



Satinder Garha plays in the Sentebale Royal Salute Polo Cup 2017

*Photo by Chris Jackson/ Getty Images for Royal Salute*







Karen Gillan poses with both teams at the Sentebale Royal Salute Polo Cup on June 5, 2017 in Singapore

Photo by Chris Jackson/ Getty Images for Royal Salute

**Cathy Ferrier, CEO of Sentebale said,**  
*"We are so grateful to all our generous sponsors who continue to help youth affected by the HIV/AIDS epidemic in Southern Africa. Adolescent deaths and new infections continue to rise amongst this age group in the region, so it is vital that we can continue to deliver much-needed care, education and critical psychosocial support, encouraging them to know and safely manage their HIV status."*



**Malcolm Borwick, Royal Salute World Polo Ambassador and Captain of the Sentebale ISPS Handa team commented:**

*"It has been a great honour to play at the Sentebale Royal Salute Polo Cup this year alongside Prince Harry and other distinguished players. I have been around the globe with the Royal Salute World Polo Series and this tournament remains the most inspirational event I take part in due to the overwhelming generosity of the crowd and sponsors. Over time, it has been a privilege to see Sentebale grow in part due to the charitable efforts of both Royal Salute and the sport."*

Royal Salute World Polo Ambassador Malcolm Borwick enjoys a traditional Scottish Quaich ceremony along with actress Karen Gillan, right rear, at a St. Regis dinner after the Sentebale Royal Salute Polo Cup



Downton Abbey star Joanne Froggatt starts the traditional Scottish Quaich ceremony with a bottle of Royal Salute Polo edition at a St. Regis dinner after the Sentebale Royal Salute Polo Cup on June 5, 2017 in Singapore



Argentine player and Sentebale ambassador Nacho Figueras addresses guests at a St. Regis dinner after the Sentebale Royal Salute Polo Cup

*All photos by Chris Jackson/ Getty Images for Royal Salute*

# Singapore Polo to Make a Comeback in 2017 SEA Games after a 10-year Hiatus



From Left: Sonja Piontek (Marketing Director of BMW Group Asia), Paul de Courtois (Managing Director of BMW Group Asia), Sattar Khan, Satinder Garcha, Vinod Kumar and Keith Yeo

**A**fter a 10-year hiatus, the Singapore Polo Club will be participating in the 2017 SEA Games, with the national polo team playing at the Putrajaya Equestrian Park in Kuala Lumpur, Malaysia from 19 to 31 August 2017. Proudly sponsored by Prudential Singapore, one of Singapore's leading life insurers, the SEA Games team is set to battle it out in the regional competition against national players representing Brunei, Indonesia, Malaysia, the Philippines, and Thailand.

## Prudential Singapore National Polo Team

Satinder Garcha (Team Captain)

Ameer Jumabhoy

Asad Jumabhoy

Iqbal Jumabhoy

Ang Roon Kai

Vinod Kumar

Keith Yeo

Team Captain and Singapore Polo Club President, Satinder Garcha says, "We are thrilled to be bringing the spotlight back on the sport of polo which has an important legacy for us in Singapore, especially with our long-standing history as the second oldest Polo Club in the world.

"We have such incredible local talent in Singapore, and this is our opportunity to showcase the skills and all the hard

work that's gone into making such fine sportsmen of our country. I have no doubt we will have tough competition, but I am highly confident we will make Singapore proud and come back with a solid win to add to the Club's trophy shelf," added Garcha who captained the team in their silver-medal finish in the 2007 SEA Games.

Polo has been featured three times at the SEA Games since its debut in 1983.

"We're also delighted to have Prudential as the team's lead sponsor which has given a boost of confidence to the team. Prudential has a large customer base and a strong agency force in Singapore, so we hope to work with the insurer to bring polo to more people in Singapore and to encourage more diverse interest and participation in the sport," he shared.

Angela Hunter, Chief Customer Officer at Prudential Singapore, says, "Prudential is proud to be the lead sponsor of Singapore's national polo team, supporting and celebrating the success and aspirations of the country's sporting talents. Through our collaboration with the Singapore Polo Club, we strive to generate greater understanding of and interest in the sport with the wider community. Our support towards the game also aligns with Prudential's health and wellness initiatives, which encourage overall well-being through sports."

The team's 9-goal handicap Argentinian coach, Hector Julio Crotto, has grand plans for the Prudential Singapore Polo team, having himself coached teams that have played in



BMW's leading the March-in

the Argentine Open, as well as high-goal teams in the UK. In the lead up to Putrajaya, the club has hosted 2 SEA Games Exhibition prep tournaments as part of the team's training.

### SEA Games Exhibition I

In the first of the two SEA Games polo exhibitions, team Prudential won 7 – 4 ½ against their opponent Rest of the World team. The match kicked off with Mr. Paul de Courtois, the Managing Director of BMW Group Asia doing the honours for the throw in. Prudential team Captain Satinder Garcha together with his team consisting of Vinod Kumar, Keith Yeo and Sattar Khan took the lead in the first chukka, in which they managed to score three strategic goals.

In the second chukka, team Rest of the World was able to catch up by 2 goals when team Captain Patrick Furlong managed to score despite Garcha having him under pressure. However Sattar Khan and his team pushed themselves harder to score another 2 goals, increasing the goal differential. At the end of the second chukka, Prudential was leading 4 to 2½.

The third chukka drew the most cheers from the crowd when Vinod Kumar secured a goal as soon as the chukka started. Garcha kept the momentum up by scoring two goals just shortly after Kumar's. Prudential was leading at this point by 7 to 2 ½. However all was not lost for team Rest of the



Children's Polo exhibition

World who thrilled the crowd with an accurate penalty goal by Shane Boyd.

Time however wasn't on the side of team Rest of the World who despite scoring a goal in the first few minutes of the fourth chukka, did not have enough time to turn the tide around in their favour. The match concluded with Prudential winning 7 to 4½.

A special thanks to our sponsors BMW, Royal Salute, Prudential, Kitchen Language and Vintage Wines.

### SEA Games Challenge Trophy Exhibition II

Proudly presented by Options Group with supporting sponsors Macey & Sons, Pegasus Food Futures, JetSolution Aviation Group, Clinique/Lab Series and Vintage, the second polo exhibition for the SEA Games was won by a whisker by the Singapore Polo Club I team on the ½ goal handicap. Though the Singapore national SEA Games were defeated by Singapore Polo Club (SPC) I due to a lighting alert which halted the match, Crotto, the SEA Games national team coach was satisfied with the team's playing tactics. Sattar Khan from SPC I scored the first goal in the first chukka but it was followed by an almost immediate goal by Satinder Garcha, team Captain of the national team.

The second chukka saw Ang Roon Kai score two goals for his team but it wasn't long before Sattar Khan equalised. SPC I was leading 3½ to 3 by the end of the second chukka. In the middle of the third chukka, a lighting alert was issued and the match was halted for safety reasons, thereby the existing score at the time of the suspension stood, handing the victory to SPC I. Khan won the Most Valuable Player and Satinder Garcha's pony, Gilguero won the Best Playing Pony prize.



Satinder Garcha and Vinod Kumar demonstrating a great team effort



Lynly Fong setting up to take a near-side shot



A grand 540i M sport display



From left: Sattar Khan, Kunal Narula, Valerie Boffy, Jason Meares (Chief Executive Officer of Option Group), Keith Yeo, Giles Twiss and Paul Hodes



Jonathan Gabler and Ali Reda



Intense battles!



The Prudential Team. Juni Crotto, Ang Roon Kai, Christophe Cazaux-Maleville (Founder of Vintage), Ameer Jumabhoy, Iqbal Jumabhoy, Satinder Garcha and Wee Tiong Han



Satinder Garcha receiving the Best Playing Pony prize



The Prudential Team tries to break away from their opponents defence



Iqbal Jumabhoy leading his team



Sylvan Braberry, Wee Tiong Han and Harish Agarwal (Vice President, Head of Marketing of Prudential Assurance Company Singapore)



Ang Roon Kai and Giles Twiss

# Team Singapore Makes First Appearance in Endurance Riding in upcoming 29<sup>th</sup> SEA Games 2017

“Never in my wildest dreams did I ever see myself representing Singapore one day in the SEA Games, which I grew up watching in my childhood, and in a sport that I had picked up only 6 years ago, as an adult!”

Singapore Polo Club talked to Diana The, our Riding Convenor for three years from 2014, before stepping down in March this year to focus on the upcoming 2017 Games, which will be held in Malaysia in August this year. Diana has, to her immense pride and delight, recently been selected to be part of the pioneering team to represent Singapore in endurance riding.

One of the recognised disciplines by FEI, endurance riding has been described as ‘a test of stamina, discipline, fitness and patience’ and is traditionally known as the ultimate challenge in equestrian sports. In this supreme test of horsemanship, the rider must know his or her mount well enough to bring them through a gruelling day of riding over long distances and over terrain that

will test the strongest of wills - all whilst keeping in mind that the horse’s health and condition are paramount.”

## Tell us what endurance riding is all about?

**DT:** Initially, when I first heard of this equestrian discipline called “endurance riding”, I thought, “It can’t be any different to going on a hack with my horse in the jungle. How difficult could it be?”

Little did I realise that endurance riding truly takes a lot out of the rider. You must not only be able to sit in the saddle for hours (a typical 80km ride can last anything from 6 ½ hours, when the

vet gates open to bring the horse into the finishing line, all the way to 10 hours, when the vet gates close), you also need to look out for your horse’s welfare all the way through the ride. You have to make sure your horse drinks at all the available water points so that it does not get dehydrated or face metabolic issues at the vet gates; you must also change your riding position frequently and read the terrain constantly to prevent the horse going lame.

And finally, whilst it is most tempting to gallop the horse down to the finishing line, endurance riders often slow their horses down to a trot, or even to a walk when approaching the end. This is because of the requirement that the horse’s heart rate must be below 64bpm by the time it reaches the vet gates. So, even though you may have enjoyed the euphoria of being the first rider to cross the finishing line, your horse’s heart cannot be pumping at over 80bpm. If you are not able to bring it down to below 64bpm, your horse will get vetted out, which means disqualification for



both the rider as well as the horse. What could be worse is that you might even have put your horse's wellbeing at risk, causing it to need emergency medical treatment!

**Sounds like the horse needs to be very fit! How do you as the rider prepare for this discipline?**

**DT:** You are right, in that the horse's fitness does play a huge role in getting both the rider and itself across the finishing line without any incident.

Whilst the horse will be doing most of the running for you, you as the rider also needs to be fit and 'help' it along. Whilst the terrain may be very flat, and enticing to canter the entire way, you as the rider need to know when you should slow down to a trot. And, as with humans, horses tend to favour one side when they canter. If you let them go on that hand for a long distance, they will end up lame on that hand, so you as a rider need to know when to change your diagonals.

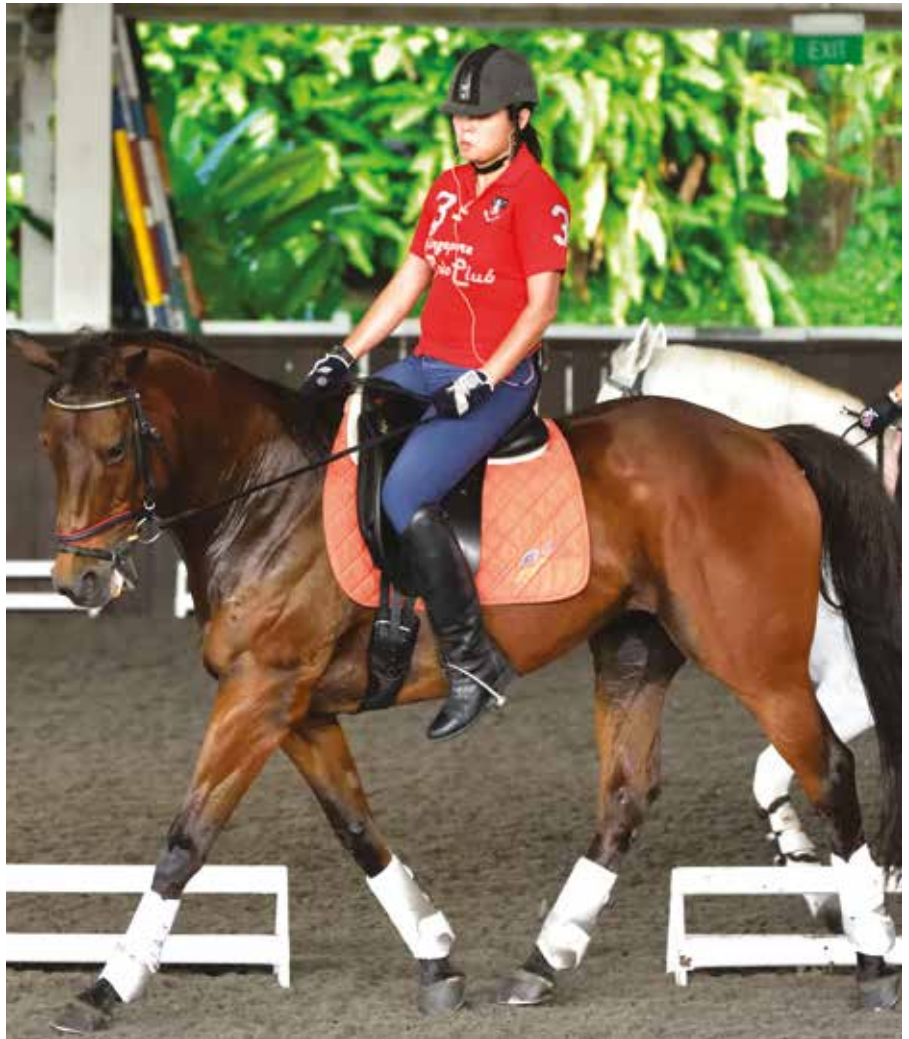
Most endurance horses are Arabian horses. They are very alert animals and are hardy, but can be flighty or spook easily at times, so you need to be very stable in your seat in case of unexpected swerving or braking by your horse.

It is not uncommon to see horses coming back to the finishing line without a rider on its back! You not only suffer immediate disqualification, you will probably have a very bruised bottom as well!

And don't forget - 80km is a very long way for a horse to be carrying your load. You need to sit very deep in your saddle to avoid bouncing around and hurting the horse's back, or you can do what most endurance riders do and do a two-point seat, which means you are effectively doing squats for hours. So your legs and inner thighs must be very strong. And your core muscles too, to prevent any lower back strain.

At first I thought I could get away with simply riding every day; I was already taking dressage lessons with Audrey Nyoto (who incidentally will be representing Indonesia in dressage in the SEA Games this year!) and competed at Novice level in the National Dressage Championships this year.

I also had jumping lessons with



Rolando Gonzalez and competed with my partner-in-crime, Lynn Chen (who is also my other endurance teammate); our proudest moment to date was coming in second place in the team jumping relay event (70-80cm) back in February this year, just behind our jumping coach, Ron. Another memorable moment was the fancy dress jumping event in March at 80cm, where we came second and third!

However, I have started going to the gym to build my strength and I also need to watch my diet. Yes, I could do with losing a few kilos to help my horse along! I have also increased my Pilates sessions to improve my core muscles and stretch out those hip flexors and muscle groups in my legs.

As part of my journey towards the Games, I have been competing in Terengganu in Malaysia every month since the start of this year and have gained so much experience in a new discipline which I picked up only in

December last year! It's the only place that one could train for this since they actually have an internationally-accredited endurance park. It is also where the event is going to be held.

**So any chances of bringing a medal home?**

**DT:** We will be trying our best for sure! For me, it is a dream come true to represent the country that I was born in, and in a sport that I have thoroughly enjoyed over the last 6 years. The best thing about this whole experience is that it is truly a partnership between me and my horse, where we both bond with each other and look out for each other during that 6 plus hours. As they say in endurance riding, "To finish is to win". And that is what I am planning to do ...to finish the competition in the best possible time, without hurting the horse (or me)!

*Article by SPC*



# Serengeti to Terengganu



I had my first taste of 'endurance' riding when I went on a riding safari in the Grumeti reserve in Tanzania in 2014. I rode for 5 days, averaging 6 hours a day in the saddle. There's no greater freedom than cantering on the Serengeti among giraffes and zebras at speeds exceeding 40km/hr; I was instantly hooked. The next time I did long distance riding was with Diana ( The Hui Ling ) on a BHS fundraising ride in Alpujarra, Spain in May 2015. This time we rode for 6 days covering 240km of some very challenging terrain, including going up steep mountains on what seemed like goat trails.

So when Laura Richardson, who was the director of EFS at the time, asked us if we wanted to try out for the endurance team representing Singapore

in the 2017 SEA Games, we jumped at the opportunity. Unfortunately, due to the fact that Singapore has never had an endurance team, very little information was available on where to train and how to secure horses for competitions. It took us another year to be connected with our mentor Peter Tan, a pioneer in the endurance circuit in Asia. With Peter's help and guidance, we started our qualifying competitions in Thailand and Malaysia.

I definitely went into this without knowing what to expect. My riding safari was luxurious in comparison, to say the least, but even the BHS riding challenge did not prepare me for what was to come in endurance racing. After the first race, I realized I needed to up my fitness level in order to "endure" six to eight hours of

gruelling riding. To prevent injuries and alleviate the excruciating back pain that I would always get 20 km into the race, I started practicing yoga daily. I also went for regular chiropractic treatment and even a couple of faradic treatments to relax my shoulders and to loosen tight hip flexors, hamstrings and lower back.

In terms of training in the saddle, I continued to ride four times a week on my lease horse at the Club, taking one jumping lesson with Ron and two flat lessons with Daniel. In order for a horse to finish the 80km race without going lame or exceeding the maximum heart rate allowed, I need to do my part not to negatively impact the horse's movement. For this I consulted my Kuda Guru Ashley Sanderson, who is an expert on Biomechanics. We worked on correcting



*I went for daily lessons to learn how to build rapport with a horse. I first worked with the horses from the ground, then in the saddle, and finally graduating to bridleless riding.*

my two-point position on a simulation horse "Black Jack" so I could stay more balanced and not add unnecessary pressure on the horse's back and shoulders. Those sessions on "Black Jack" proved invaluable in helping me complete the two 80km races, even finishing second and fourth.

After finishing my four qualifying races, I went on vacation in France for a month. Whilst there, I found a trainer who specializes in natural horsemanship, or what the French call Ethology. I went for daily lessons to learn how to build rapport with a horse. I first worked with the horses from the ground, then in the saddle, and finally graduating to bridleless riding. Since I'll be riding a new horse for the SEA Games, I hope this experience will help me establish a bond with my SEA Games horse quickly when I start training with him/her in July.

The minimum required weight of rider plus saddle and tack for the SEA Games endurance race is 75kg. This means that I'll be underweight even after adding a 10kg gel pad under the saddle. My plan for the next two months is to start weight training to gain some muscles so that my horse won't have to carry too much extra dead weight on his/her back to make up the weight difference.

Wish me luck!

Article by Dr Lynn Chen Zhuming



# National Dressage Championships 2017



The three-day Championships attracted the best that Singapore has, including riders that have moved here from all over the world and across all levels, with classes ranging from Preliminary, Novice and Elementary to Medium and FEI Small Tour classes.

The National Dressage Championships is considered the pinnacle of the EFS competition calendar. This event is organized annually and is the culmination of all dressage activities before the summer break. Singapore Polo Club has been the proud host of the Championships for the past three years, and each time we worked hard to bring a wow factor to the event. This year, with the help of our members and the marketing department, we managed to have a special activity every day which enhanced the beauty and elegance of competitive dressage. On opening night, we held a Cuban-themed Dinner, which was well-attended, and the party went on into the wee hours. Another first, we organised a serial



acrobat performance at the Dressage Under the Stars, and a Champagne High Tea at The Viewing Gallery overlooking the covered arena.

Our members and guests were enthralled by the performances of Dressage, Quadrille, 6-Bar Show Jumping, Tent-Pegging and Japanese Kyudo Archery - all the more as these



were held under the stars. The floodlight shining onto the Polo field made it even more spectacular as it was the first time that we have staged performances on the polo field at night.

SPC was also honoured by the presence of two 5-star dressage judges, Eva Bachinger and Maria Schwennesen, from Austria and Australia respectively. They were impressed with the Club's facilities and the entire show organization, and after three days of intensive competition, the feedback was very positive.

49 competitors participated over the course of the three days. Riders came from each of the major equestrian clubs in Singapore – the Bukit Timah Saddle Club, the National Equestrian Centre, the Singapore Turf Club Riding Centre and the Singapore Polo Club.

Throughout the competition, we were delighted by some beautiful riding. Saturday's freestyle to music class was a particular treat. Our own Chloe Lim took the championship for the Preliminary Restricted Class; Andrea Vennhaus was crowned Elementary Champion; and Fiona Craig on our

lovely school horse Akermanis won the Medium Class. Special mention to Audrey Njoto and Sharon Koch who both put on stellar performances in the hotly-contested FEI Small Tour (an SEA Games qualifying event), coming in second and third place respectively.

Congratulations to all competitors who won medals in their classes, and to our Singapore Polo Club riders who emerged as Championship winners.

We would like to thank our esteemed sponsors: Longines, The Hour Glass, DBS Insignia, Textron Aviation, TWG, The Polo Loft, Capitano, Horka, Botanica, Lush Spa, Indochine, Equineprince, Effax, Peroni, Ice Mountain, 100Plus, Jewel and our official media supporter, Singapore Tatler . Also special thanks to more than 200 of our club members and their guests who attended the events over the three days - without you, the event would not have been a success.

*Article by Stephanie Lim*







# Cuban Dinner Party

19 May 2017

**I**n celebration of the opening of the three-day National Dressage Championships in May, we hosted a Cuban dinner party at The Verandah. Guests dressed up to the Cuban theme and enjoyed performances, which went from Dressage to Quadrille, 6 Bar Show Jumping, Tent Pegging and a fashion show....over mojitos, champagne, Peroni and a hearty Cuban buffet spread.

The evening's theme also proved to be a hit, with one man who flawlessly radiated a Fidel Castro vibe. The best dressed lady walked away with a Longines Timepiece from the Conquest Collection worth SGD 2,670 sponsored by Longines.











## Young Equestrian at Pony Club

**P**ony Club always brings back memories for me – I’ve taught and ridden at numerous Pony Club Rallies in Melbourne, Australia. It was always full of fun and adventure which allowed me to spend time with my riding friends and to learn more about horses; with horses.

Though we do not have riding as part of the Pony Club Programme in Singapore Polo Club, the fun with friends and horses are so much better! We have 45 horses and ponies to befriend through 34 weeks in 1 year – that’s no simple feat for these young equestrians!

I believe in discipline, kindness and respect in Pony Club. I enjoy the privilege of being surrounded by enthusiastic children, most of them between 4 to 7 years old. I take pride in routine and discipline to keep them safe, so they are always standing together, or if I say “FREEZE!” because of an oncoming horse, they are ready! I always ensure they help each other in their journey – not to make fun of someone who knows less, but to teach them because they know more. I encourage them to grow into kind, gentle beings, whether it is towards other humans, or to animals.



The most rewarding part of being part of the Pony Club is to feel them trust me over time, they accept my security, and slowly change from a shy, quiet child, to one who gives encouragement and reassurance as opposed to another less courageous pony clubber. Their increasing confidence and happiness around horses make this worthwhile.

Imagine walking through the yard and hearing a child enthusiastically screaming out your name in joy while waving frantically, it would definitely put a smile on anyone’s face.

*Article by Krystal Wang*

*“Isabel has been attending Pony Club at the Singapore Polo Club for a few years now, and she thoroughly enjoys it! Her ultimate aim is to own her own pony, and she knows that in order to achieve that, she not only needs to learn to ride, but she needs to know how to look after the pony and all the gear that goes along with it. Isabel has learned about feeding, grooming and exercising a pony, and about all tack and equipment needed. She knows how to muck out the stall and even says she enjoys doing that!*

*Last term she was very proud to be made “Pony Club Prefect” and is really looking forward to helping out with some of the younger kids’ classes as she gains more experience. She has studied for and earned all mini-badges, and recently earned two of the more advanced ones. I can’t keep up with all the sewing and her shirt is running out of space!*

*Pony Club has been wonderful for Isabel in terms of learning ALL about ponies and stable management, it has helped her develop her confidence around the stables, and she has made some lovely friends in her group too. “It is great to see her heading off on a Wednesday afternoon with a big smile on her face, looking forward to what she will learn about today, and to see her coming back, with an even bigger smile, talking non-stop about what they did at Pony Club today!”*

– Kerry Cracknell, Parent of a pony clubber



# Twinkles Among the Wrinkles



Dressing up and walking their favourite horse was a highlight of the elderly's graduation ceremony.



The elderly developed fine motor skills and a stronger sense of emotional well-being through braiding the manes.

**T**he SPC's adopted charity EQUAL-ARK has been busy the past 3 months test-piloting a new elderly programme, modeled after similar projects in Stanford University and Ohio State University.

It involved conducting a series of equine-assisted learning workshops for elderly from 3 nursing homes suffering from clinical depression, anger management issues and dementia.

The benefits achieved were both physical and cognitive in nature. The opportunity to interact with the therapy horses motivated the elderly (like no drab exercise equipment can) to stretch, lift and stand, strengthening their gross and fine motor skills development.

Memory retention improved as they recalled the names, stories and behaviours of their favourite horses. Self-esteem and identity were strengthened as the elderly, through learning about and caring for the horses, were triggered to share stories from their own lives – their jobs, families, fears and dreams.

The sessions led to progress in the rehabilitation of the elderly that surprised even the nurses and occupational therapists from the nursing homes involved.

"Justice Bao", a former Turf Club regular who's wheelchair-bound and suffers from anger management issues in the nursing home he now lives in, started showing improvements in behaviour, easing the load on stressed caregivers.

"Auntie K", a former teacher who suffers from depression and is non-verbal (i.e. she doesn't speak much), conversed so loudly to a horse she had taken a liking to, SPC's ex-polo pony Valentina, that nursing home staff were taken aback.

While grooming a horse, "Uncle Tony", a former delivery-man with dementia, shared important details about his life and family that nursing home staff were not previously aware of.

In eldercare parlance, this is called psycho-social care – the care of the elderly's mental and emotional health, not just their physical health.

It is the new frontier for eldercare in Singapore and enshrined in the Enhanced Nursing Home Standards in 2015. With the number of Singaporeans above the age of 65 set to double from 450,000 to 900,000 by 2030, and 1 in 3 above the age of 80 expected to suffer from dementia, EQUAL-ARK believes the potential for this new programme is vast.



An important aspect of dementia care is the opportunity to care for someone – whether human, animal or doll. At EQUAL-ARK, this was achieved through feeding carrots to the therapy horses.

In the Stanford and Ohio projects, the elderly displayed a 25% improvement in the Modified Nursing Home Problem Behaviour Scales, which measures anti-social behaviour.

If also achieved in Singapore, this impact will strengthen efficiency in nursing homes, where 50% of staff's time today is spent, not on caring for the elderly, but on managing conflicts between the elderly.

Indeed, ageing successfully requires us to heal not only the bodies of the elderly, but also their hearts and minds.

To all of us here at Mount Pleasant, it comes as little surprise that this can be done through the animal we know and love so well.

With the trial completed, EQUAL-ARK is now searching for interested funders to help it assemble a dedicated team and launch the programme on a large-scale in January 2018.

Article by Ng Tze Yong



Instead of developing their gross motor skills through drab exercise equipment, the elderly worked with horses. The intrinsic motivation accelerated their rehabilitation.

*We are grateful that in the Singapore Polo Club, we have a prestigious supporter that understands and believes in our work.*

– Ng Tze Yong, CEO, EQUAL-ARK



The stables were filled with laughter, gasps and shrieks as the normally-placid elderly interacted with the horses.



As its therapy horses have not worked with the elderly before, EQUAL-ARK staff had to first de-sensitize them to wheelchairs.

## ADVERTORIAL



### **Q: Please explain what you do. What is estate planning?**

The family is at the heart of everything we do. We help families protect their hard-earned assets from bankruptcy, frivolous litigation, and unlawful seizures. We help plan for a smooth transfer of wealth from one generation to the next. Asset protection and wealth preservation are yin and yang, two sides of the same coin.

We also encourage families to consider philanthropy and to leave a meaningful legacy by supporting charitable causes.

### **Q: How do you go about doing this?**

There are many ways that we can help. Three common items are wills, a lasting power-of-attorney (LPA) and an advance medical directive (AMD). Lifetime gifting can shift the tax burden from a higher to a lower bracket. For tax mitigation and asset management, we use a holding company. Each family is different. It is important that we understand your family's needs so that we can tailor a bespoke plan for you.

### **Q: We wrote a will many years ago. Do we need a new one?**

Yes, definitely. A will is just one aspect of estate planning which is comprehensive, holistic, and 360 degrees. This is a living, breathing, organic thing as opposed to a static snapshot in time. Our lives and circumstances change, and our wills and estate planning should keep up. Think of it as keeping healthy and strong. It is a lifelong process.

### **Q: We are not super wealthy. Do we still need estate planning?**

Like the health analogy, everyone needs estate planning. Without estate planning, we expose our assets to a range of risks, and leave our heirs with potential legal and financial entanglements. Some situations take decades to resolve, if ever.

### **Q: What challenges and difficulties are there?**

Influenced by the media, some families have unrealistic expectations about what can or cannot be done. We have to be legally-compliant and ethically-irreproachable as well. Sometimes, there are feuds and jealousies (sadly). In those cases, we see ourselves as family diplomats. We tell the family that estate planning is not so much about gifting assets as it is about leaving a legacy of love. Use this opportunity to spread the love, heal the wounds, reconcile. Family is the most important thing.

### **Q: We are expats. Can we do estate planning in Singapore?**

Absolutely. Anyone, regardless of nationality, can choose Singapore for estate planning. Many travel to Singapore just for this purpose. Singapore is an excellent jurisdiction. We have one of the highest-rated legal systems in the world. Unlike other legal systems, we do not have forced heirship (where your estate must be divided according to a set formula). We have political stability, economic vibrancy, and social harmony. We have the safest and strongest banks in the world. We abolished estate duties (inheritance tax) in 2008. The entire ecosystem is here. Why go anywhere else? Call us today for honest, impartial advice.

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# Father's Day Celebration at the Riding School

2 – 4 June



The riding school held a Father's Day Special Training Round on 18th June 2017, Sunday. It was for first-timers to gain experience and exposure to jumping a full course! Some experienced riders also brought out their inexperienced ponies for exposure, too. We also had riders enjoyed the 60cm, 70cm and 90cm course!

To boost confidence, we briefed the riders on the rules of a show-jumping competition, then coached them how to jump correctly by helping them with speed and steering as they went through the course.

We would like to thank all the parents for their support and encouragement without you, the children would not have been so successful in their debut jumping competition. We would also like to extend our gratitude to our riding instructors: Krystal, Laurent and our volunteers; Andrea, Woori, Peggy and Alyce.

Moving forward, we hope to hold training shows (informal competitions) for our riders to get more experience before joining the monthly competitions!

Article by Melissa Bernadette



# Social Tennis Night

12 May

The refurbishment of the tennis court with synthetic grass was completed in early May. Our tennis enthusiasts had the pleasure of christening the court over a friendly tennis match, organized by our marketing team. It was a great networking night and all of them gave thumbs-up to the new courts!

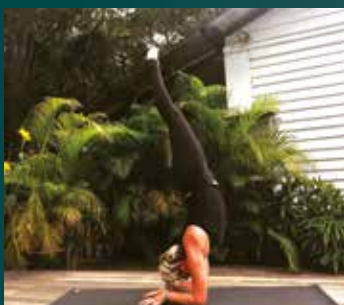


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We have variety of classes on;

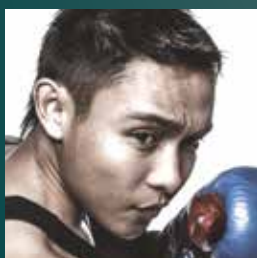
- Corrective & Strength Rehabilitation
- Polo Power Programme
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- Pilates
- Zumba
- Rhythmic Gymnastics
- Intervals Training
- Weight Training
- Body toning
- Karate
- Kick Boxing
- MMA

Trial fitness classes are available for you to experience the transformation.

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Melissa Tiernan



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SINGAPORE  
POLO CLUB

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## Karate Fitness

Karate Fitness is a balance of high carbo dynamic workout with therapeutic muscle and tendon stretching that benefits the body with a stronger heart and lungs, along with well maintain muscle conditions.

### What the class offers:

- Alternating 5 minute sessions of dynamic workout and warm down stretching throughout the one hour class.
- The dynamic sessions encompass shadow boxing. (punching, blocking, kicking in mid air and various dodging plus karate footwork)
- The stretching session involves the pulling of muscle fibers and tendons of all parts of the body. Through the passage of time, such gentle exercises rejuvenate muscle development, increase the secretion of lubricants at joints and will alleviate muscle aches and injuries at joints and tendons.



Classes will be held on weekdays in the afternoons at the Studio in the gym.



## KARATE IS AN ANCIENT JAPANESE ART OF SELF-DEFENSE

We offer Karate both as a defense system and, a mean for maintaining good health - suitable for anyone from 5 years old to 70 years old. Stretching and cardio exercises strengthen joints, build muscles, increase reflexes, and reduce muscles and tendon aches.

Each training session is identical and it includes basic punches and kicks, power development with pads, sparring, locks and throws.

Classes are currently held on Saturday mornings at the Studio in the gym. We also have classes on weekdays, both in the afternoons and evenings. Come to our Trial classes that we offer every once in a couple of months.

## LADIES SELF-DEFENSE CLASS

We are offering a new self-defense class for ladies.

Defend yourself against robbery, sexual assault, physical harassment, or just plain confrontation. There are various critical situations in life when the only person who can come to your aid is yourself. Arm yourself with multiple hand-to-hand combat techniques that will save your life someday.

### The contents of the course are as follows:

- Defense against arm and various locks, bear hugs, chokes, etc. How to get out of such situations, and to retaliate.
- Ground defense versus stand-up defense.
- Tight environment (elevator ambush) versus open space environment.
- Unarmed assailant versus weaponry assailant (knife, machete, etc)
- Counter locks to subdue the attacker.
- Counter attack with strikes.
- Single versus multiple attackers.

*Classes are held on weekdays in the afternoons at the Studio in the gym.*

**Members fee is on a monthly term basis at S\$20 per hour session.**

**Non members: S\$25 per hour session.**

**A one time trial class is available at S\$25.**



For enquiries and bookings, please call 91850900





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## { July 2017 } { Japanese Month }

### **Chicken / Pork Loin Tonkatsu Curry with Japanese Rice**

Choice of chicken or pork loin Tonkatsu served with traditional Japanese curry, rice and miso soup

**\$14**

### **Grilled Salmon Teriyaki**

Served with special sautéed egg white and greens

**\$19**

### **Japanese Ramen Beef Noodle Soup**

Imported Japanese Ramen served in our traditional home brewed beef soup and Australian mix cut beef

**\$15**



*Chicken Tonkatsu Curry with Japanese Rice*



*Wiener Schnitzel (Pork)*



*Home-made German Pork Sausage*

## { August 2017 } { European Selections }

### **Wiener Schnitzel (Chicken or Pork), Capers, Mashed Potato & Red Cabbage**

Traditional recipe of breaded chicken or pork cutlet served with capers, mashed potato and red cabbage

**\$15**

### **Home-made German Pork Sausage**

Home-made minced and seasoned pork stuffed in hog casing, grilled and served with mashed potato and red cabbage

**\$14**

## { September 2017 } { Peranakan }

### **Ayam Buah Keluak**

Traditional Peranakan recipe with chicken seasoned 12 hours with buah keluak. Served with fragrant jasmine rice

**\$15**

### **Udang Masak Lemak Nanas**

Peeled Prawns fried with pineapple, cherry tomatoes in coconut gravy served with halved pineapple and fragrant jasmine rice

**\$16**



*Ayam Buah Keluak*



*Udang Masak Lemak Nanas*



## Vietnamese Beef Noodle Soup (*Pho Bo*)

*Pho* is a popular street food in Vietnam and originated in the early 20th century in northern Vietnam, and was popularized throughout the rest of the world nowadays.

*Pho* is considered as the national dish of Vietnam, and it has captured the fascination of so many people in the west because of its deceptive simplicity and its complex flavors. It is the perfect comfort food - warm, hearty and deliciously refreshing. In Vietnam it's the common people's food and street food. *Pho* was originally sold at dawn and dusk by roaming street vendors, who shouldered mobile kitchens on carrying poles.

*Pho* refers to the noodles – flat, long rice noodles – not the soup itself, although it is commonly associated with the dish as a unit. The two main types of soup are *Pho Bo*, which is made with savory beef broth, and *Pho Ga*, made with chicken broth. If you ask for just pho in Vietnam, it'll commonly be understood as *Pho Bo*. The rich and intense essence of beef in *Pho Bo* can only be achieved by simmering marrow-rich beef bones on low heat for at least three hours.

A hearty dish, *Pho Bo* can be enjoyed for breakfast, lunch and dinner.

*The rich and intense essence of beef in Pho Bo can only be achieved by simmering marrow-rich beef bones on low heat for at least three hours.*

## Japanese Ramen noodle

Ramen is actually a fairly recent dish in Japan; it was created on the tail end of the Meiji era of Japan, around the early 1900s. It first appeared in restaurants specializing in Chinese food throughout Japan. Soon after restaurants started selling the dish, it began appearing in mobile food carts, used to deliver food to workers.

Ramen noodles contain four basic ingredients: wheat flour, salt, water, and *kansui*, a mineral water with sodium carbonate and often potassium carbonate, which gives it its yellow color and firm texture. Some noodles substitute the *kansui* with eggs or egg whites.

***Japanese Ramen Beef Noodle Soup*** is one of the special dishes for the month of July at Polo Restaurant & Bar by IndoChine. The Master Chef uses fresh airflown *Shimadaya Ramen* for the dish to ensure the delicate taste of Beef noodle soup.





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