



SINGAPORE

POLO

CLUB

April/June 2018
ISSUE 02

SHAPING NEW PORTRAITS

SPC sets a new record in the
Singapore Book of Records

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LIFESTYLE

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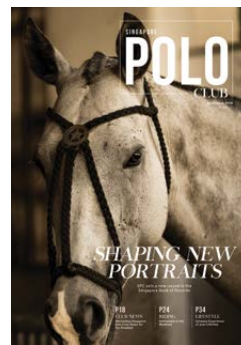
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On The Cover
Photo by Ruelle Laurent

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OPERATING HOURS

FRONT DESK

7.30am – 9.30pm (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 9.30pm)

FACILITIES

Gaming

11.00am – 11.00pm (daily)

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

7.00am – 10.00pm (daily)

Swimming Pool

7.00am – 9.00pm (daily)

Tennis Courts

7.00am – 10.00pm (daily)

The Polo Loft

11.00am – 6.00pm (Tues – Sun)

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Dear Members,

I am deeply honoured to serve you for a second term as President of the Singapore Polo Club. Together with the management team, and our passionate and dedicated Committee Members, we look forward to enhancing your membership experience as we strive to be the premier polo, equestrian and lifestyle club in Singapore.

2018 will mark an important milestone for the Club as we look forward to the redevelopment and much needed upgrading of the Clubhouse. This endeavour is led by award-winning architect Ernesto Bedmar from the leading Singapore-based design firm Bedmar & Shi, and of course our very capable Management and Management committee. This year also marks the launch of our SPC Riding Academy.

In addition, there are a number of other fantastic initiatives beyond Polo and Riding which will be unveiled in the months ahead. These exciting initiatives will provide you with better facilities and services, help grow our membership base, and serve as alternative pillars of revenue.

We are continuing our well-received lifestyle and outreach initiatives, such as the recent hosting of the parrot free-flying event which achieved the amazing feat of 64 free-flying parrots in flight at the same time. This saw our Club enter into the Singapore Book of Records.

Additionally, the Club is committed to contributing to our local community through our ongoing Outreach Programmes, and already this year we have supported beneficiaries such as the Lions Home for the Elders, First Toa Payoh Primary School, and the Singapore Red Cross through our various outreach activities.

As your President, I am committed to making continual improvements to our standards in Polo, Riding, Lifestyle and all facets of what makes us a successful club, and the reason we all are Members.

I look forward to welcoming and meeting each and every one of you at the Club very soon.

Sincerely yours,

Satinder Garcha
President

.....
MAYTREATS
.....

LUSH SPA MUM'S ME-TIME



GIVE MUM THE BEST GIFT OF ME-TIME WELLNESS THIS MAY



April Travel Stress Fix

2 hr | from \$205 nett per pax

SPA TREAT

warm floral foot bath + 80 min Jet-Lagged full body & scalp massage + anti-migraine face spa



May Mum's Me-Time

2 hr | from \$198 nett

***Limited sessions on Mother's Day weekend 12 & 13 May '18 . Book early!**

SPA TREAT

warm floral foot bath + 50 min lavender body massage + Decleor Express hydrating facial + champagne



June Dad's Muscle Relief

2 hr | from \$198 nett per pax

***Limited sessions on Father's Day weekend 16 & 17 Jun '18 . Book early!**

SPA TREAT

sea salt foot bath + 80 min warm stone lemongrass full body & scalp massage + 30 min relaxing foot massage + champagne



Dear Members,

With the conclusion of the Club's AGM last month, the Management team is looking forward to work with the new Committee under President Satinder Garcha to further enhance our Members' experience with every visit to the Club.

With our objective to bring to you a more vibrant, happening and fun Club, Members will see almost double the number of lifestyle and social events this year. The first Champagne Sundowners at the Singapore Polo Club saw a complimentary champagne pairing session for our Club Members where four different Champagnes were tasted along with delicious finger food. Each tasting experience was introduced by the Perrier-Jouët Ambassador, who guided guests as their senses came alive with endless discoveries of each pairing. The event was very well-received with many members staying past the event time.

Our Lunar Networking Night was a packed event with a grand tossing of the traditional "Lo Hei" to usher in good luck and fortune for this New Year. The night saw an exhibition by our Polo Professional Sattar Khan who delighted the crowd with his tent-pegging skills, and if it was not for the rain, members would have seen the dynamic

riding team showcasing their show jumping skills to wow the crowd under the stars. Our Easter Egg-Stravaganza event also saw a record with more than a hundred participants celebrating Easter with a Magic Show, Easter Egg Hunt and fun programs which kept both young and old entertained. These events were fully booked early and to those of you who missed it, do look out for even more exciting events coming up in the year.

Over at Riding, the SPC Riding Academy has seen an increase in the number of riders and very soon, Members can look forward to owning a piece of the Academy through a limited range of Academy merchandise available. The recent Pony Camp saw an increase with about 30 participants which ended with an exciting football match. I am also pleased to announce the appointment of our new Stable Manager, Jennifer Coakley. Jennifer hails from Ireland and holds a Masters in Equine Locomotion, Bachelor's Degree (Honours) in Equine Science and a Diploma in Strength and Conditioning. She was formerly a professional showjumper and had trained with former Irish Olympic Showjumper Kevin Babington in the United States. I believe she will be an excellent addition to our already dynamic team.

Over the past two months, we have received compliments from a number of members expressing their happiness on how the Club atmosphere and environment has changed into a positive and welcoming one. I would like to thank you for making it happen and know that your appreciation and recognition of our efforts will go a long way to motivate and encourage us to do even better.

We encourage you to come and visit your Club and be a part of this wonderful camaraderie, vibrancy and fun that is already happening as the SPC creates a magnificent community that no other Club can boast of.

My team and I would like to thank the past Committee for their valuable time and efforts in supporting, encouraging and guiding us to achieve our best for all of you during the past term. We are also excited and looking forward to work with the new Committee under President Satinder Garcha to make your Club one which you can be proud of. We look forward to welcoming you!

Warmest Regards,

Sylvan Braberry
General Manager

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71st Annual General Meeting

The Club's 71st Annual General Meeting was held on 22nd March 2018 and a new Committee was elected for 2018/2019.

Committee 2018 / 2019



Satinder Garcha
President



Tan Hock
Vice-President



Ali Reda
Polo Captain



Melissa Ko
Honorary Secretary



Marie Godenir
Honorary Treasurer



Rickard Hogberg
Committee Member



Stephanie Masefield
Committee Member



Peggy Yeo
Committee Member



Gregory Parkhurst
Committee Member



Wee Tiong Han
Committee Member



Daniel Chua
Committee Member

Trustee Group 2018 / 2019

Brian Miller

Iqbal Jumabhoy

Loh Kim Chah

John Wong

The following resolutions were not carried forward at the Annual General Meeting:

- Resolution 1 - Rule 17 - Transfer of Charter Corporate Nominee(s)
- Resolution 2 - Rule 20 - Clubhouse members
- Resolution 3 - Rule 23 Suspension, Expulsion, Cessation and Closure of Membership
- Resolution 4 - Rule 30 - Committee
- Resolution 5 - Rule 31 - Powers of the Committee



COWDRAY PARK
POLO CLUB

COWDRAY PARK POLO CLUB
WELCOMES YOU TO A FEAST
OF POLO IN
THE 2018 SEASON
HIGHLIGHTS INCLUDE

Tournament	Handicap	Dates
Dollar Cup – HPA	8-12	15 May – 3 June
Duke of Sutherland Cup – HPA	15-18	21 May – 10 June
King Power Gold Cup for the British Open Polo Championship	20-22	26 June – 22 July
British Ladies Polo Championship	12-18	13 July – 21 July
Harrison Cup – HPA	12-15	16 July – 4 August
Holden White Cup – HPA	4-8	23 July – 5 August
Cowdray Park Challenge Cup – HPA	15-18	23 July – 5 August
Autumn Cup – HPA	8-12	10 September – 23 September



MEMBERSHIP

Please apply to the Polo Manager for details of playing memberships. The Club also welcomes Social (non-playing) members. Please apply to the Polo Office 01730 813257.

SPONSORSHIP

We offer many sponsorship opportunities, including tournament sponsorship, Best Playing Pony, Most Valuable Player, day sponsorships and exceptional corporate hospitality opportunities.

For further information please contact the Polo Office on 01730 813257.

Cowdray Park Polo Club
The Estate Office, Cowdray Park, Midhurst, West Sussex GU29 0AQ
www.cowdraypolo.co.uk email: enquiries@cowdraypolo.co.uk



New Members

(January – March 2018)

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

H.E Iris Manzanares Murillo

CHARTER

Chin Siang Hui (Chen XiangHui)

Dirk Eduard Gustaaf Van Motman

Goh Eck Meng

Siddhartha Premkumar

Thierry Beck

Wong Jia Jia Clarissa

Yii Li-Huei Adelle

REGULAR

Charles Jean Pierre Kamdom Moyo

Christopher David Overton

David Vaughan Jones

Eric Emmanuel Simon

Jayde Simpson

Prakash S/O Somo Sundram

Rebecca Joy Bisset

Tan Meng Wei

Wong Wai Kay David

Singapore Polo Club Calendar of Events (May – July 2018)

POLO

15 – 20 May

Tata Communications Singapore
Open (8 goal)

9 – 10 June

Veterans and Youth Polo Challenge

RIDING

25 – 27 May

Prudential National Dressage
Championships & British Expo

SOCIAL

1 June

Red Cross Home for the Disabled
Outreach Programme

7, 14, 21 June

Ahuva Good Shepherd
Outreach Programme

21 June

Father's Day Special - Father & Child
LED Craft Workshop

9, 16 July

Animation Character Drawing Class

Hello, Singapore Book of Records!

Photo credits: Harry Tan Photography and Stephen Young Photography

The morning of 21st January 2018 was a triumphant moment for the Club when we managed to set a new record in the Singapore Book of Records for the most number of pet birds released at the same time (64 in total).

We would like to express our gratitude and heartfelt thanks to everyone that supported and attended the event, and especially for the hard work behind the scenes by: Mr Wee Tiong Han, Mr Sylvan Braberry, Mr Ali Reda, Mrs Stephanie Masefield and Ms Margaret Ang.





Friends of Horses Fair 2018

The inaugural Singapore Polo Club Friends of Horses Fair that took place on Saturday, 3 February 2018 was a huge success!

Thank you to all of you who came for your support, we hoped you enjoyed yourselves.

We would also like to thank our Members who so generously volunteered their time, ponies and expertise; and our big-hearted external volunteers who ran our face painting and balloon sculpting stations. A big shout-out also goes out to the Polo and Riding Sections for their support. Grooms, Maintenance Staff and Instructors volunteered their time to make this event happen.

Proceeds raised are for the Singapore Polo Club's Outreach Programme. Do check back on our social media channels to keep track of all our upcoming community outreach initiatives. We welcome your support.

[Facebook.com/singaporepoloclub](https://www.facebook.com/singaporepoloclub)
[Instagram.com/singaporepoloclub](https://www.instagram.com/singaporepoloclub)



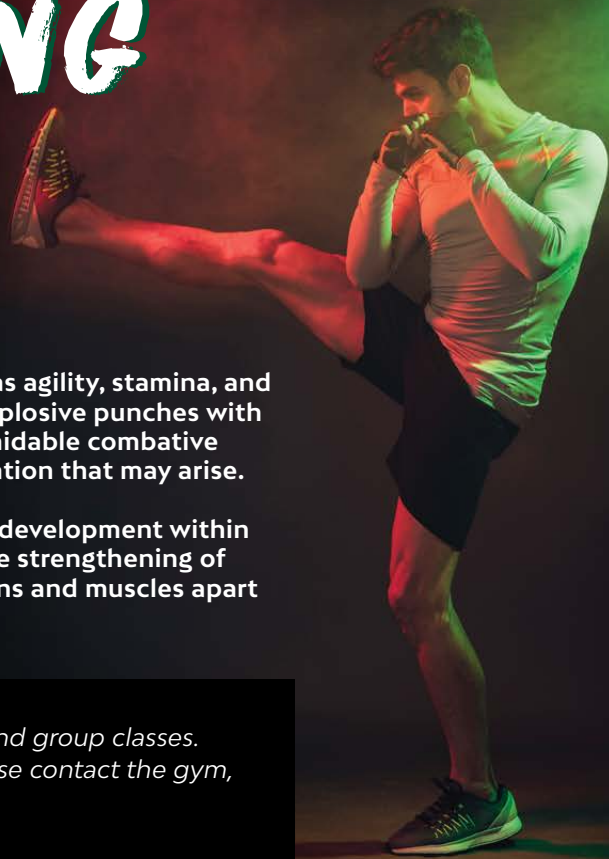
KICKBOXING

Developed in the 80's by combining western boxing with Muay Thai, and popularized by many western movies, kickboxing is a very effective self defence system popularize first in the western part of the world, and is eventually wide spread internationally.

Kickboxers undergo very vigorous cardio training as agility, stamina, and strength are crucial in its making. By combining explosive punches with a high variety of dynamic kicks, the result is a formidable combative system that well prepares a kickboxer for any situation that may arise.

As a workout per se, Kickboxing offers all areas of development within the human body. From muscle development, to the strengthening of joints and bones, to a more elastic frame of tendons and muscles apart from strengthening the heart and lungs.

At the Singapore Polo Club, we offer both private and group classes. Group classes are charged at \$20 p.p. per hour. Please contact the gym, or call Scott Lai at +65 9185 0900 directly.



HYDROFIT

The HydroFit Series takes regular workouts performed on land and transfers them to a floating mat on a swimming pool, creating a refreshing approach toward what it means to workout.



HYDROFIT ZEN

The HydroFit Zen Programme takes you on a journey away from the hustle and bustle of hectic urban life, into a world of rejuvenation.

Using a combination of Yoga and Pilates inspired movements, the flow of HydroFit Zen movements coupled with the elements of nature and soothing effects of water on the five bodily senses, make it an ideal workout to rediscover the self in mind, body and spirit.



HYDROFIT PUMP

The HydroFit Pump Programme pushes you beyond your comfort zone, adding a new dimension to regular workouts. Using a combination of bodyweight callisthenics exercises, like push ups, sit ups, and squats, performed on floating BOGA FitMats, the instability of the floating BOGA FitMats fires up different stability muscles, resulting in a more intense, fun and wet workout!

Drop-in: \$45/session | 4 Sessions Package: \$35/session | 10 Sessions Package: \$30/session



Celebrating Chinese New Year with Lions Home for the Elderly

The Singapore Polo Club Outreach Programme celebrated Chinese New Year with residents of the Lions Home for the Elderly (Bishan), hosting a lunch for them on their premises.

Staff from our Marketing and Membership departments met with residents and distributed mandarin oranges to spread the festive cheer.



Of Stick & Ball and Horse Feeding

Over the course of two days from 8 – 9 March 2018, the Outreach team organised a Stick & Ball and horse feeding session for students from the First Toa Payoh Primary School.

On the first day, Polo Professional Sattar Khan demonstrated to the students the proper techniques of holding a polo mallet, and the secrets behind hitting the ball directly into the goalpost. Even though it was the first time they tried out Stick & Ball, the students did a fantastic job. We would like to thank Camilla Hall and Anna Ma for volunteering their time on the day.

Day 2 of our Outreach Programme with the students was filled with more fun courtesy of our volunteers Isabelle Larenaudie, Sonja Piontek and Eric Hogberg and Melissa Ko, our Outreach Convenor. Together they guided the students to play Stick & Ball as well as the proper steps to feeding a pony. The students were even more thrilled when they got to pat Mayday. A Fri-yay indeed!



LADIES TENNIS CLINIC

Day: Friday Morning
Time: 10.00am-11.30am
Level: Beginners/Intermediate
Ratio : 6:1
Cost : \$45.00 inclusive GST

To register, please email
simon@vantagesportsgroup.com or call 91445223



SINGAPORE
POLO CLUB

Welcoming Singapore Red Cross Home for the Disabled

The Singapore Polo Club Outreach Programme hosted residents from the Singapore Red Cross Home for the Disabled on Friday, 23 March.

The RCHD residents were given a tour around the stables, and interacted closely with polo ponies Mayday and Crumple, having the opportunity to pet and feed them. They ended their visit to SPC by watching a riding demonstration by Club Polo Professional Sattar Khan.

The residents enjoyed themselves, as did the Red Cross staff and caregivers who were with them. The Outreach team, our grooms, volunteers and office staff were equally happy to be a part of this initiative.

To register your interest in volunteering for future initiatives, please email outreach@singaporepoloclub.org

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Generations

At the Singapore Polo Club, you don't need a family heirloom to encapsulate the precious memories created over the years from Riding or Polo.

For many of our Polo players and Riders, learning how to ride and playing Polo came naturally for them as they grew up in the Club and their offspring are following in their equine footsteps.

"Our most treasured heirlooms are the memories of our family."
 – William Faulkner

The Goldberg Family



(L - R) Marc, Heloise, Virgile and Diane

“ My husband Marc, my son Virgile (12), my daughter Heloise (9) and I all ride. We started polo in France at the Polo Club du Domaine de Chantilly and we joined the Singapore Polo Club as soon as we moved to Singapore about five years ago. The children became active members of the Pony Academy and continued riding in the SPC riding section before starting polo riding lessons with Sany and Sattar Khan. Virgile, who loves playing polo, joined the Kids Polo Programme when it started last year.

Our best memories at the Club would be winning the Ladies International Polo Tournaments with team Asian Strategies in 2014 for me, teaming up with our friends from Chantilly for the Singapore Polo Club vs Polo Club du Domaine de Chantilly match in 2016 for Marc, and buying a great polo horse named Huper from member Gerry Gan to join the two horses we have brought with us from France. Both of our children love Huper a lot!

~Diane Goldberg



Diane and Heloise in France



(L - R) Diane, Heloise, Virgile and Marc



Virgile (in blue helmet) playing at the Beinhorn-Faizullah Mini-Youth tournament at SPC last year

The Brown Family

“ We have been Members of the Singapore Polo Club for a few years, having arrived in Singapore in May 2014. I was lucky enough to grow up on a farm in the England surrounded by animals and my father was a great polo player in his younger days. He used to be a 4-goal Polo professional who played for England and a few great teams around the world for high goal tournaments.

My two daughters, Tamara and Jessica ride every week at the Singapore Polo Club, and they are also very active and excitable members of the Pony Academy.

I juggle full-time work and try to fit in lessons (flat and jumps) whenever I can. I have also been helping out to ensure the polo ponies are fit. So recently, I have been able to interact with many people from the Polo community within the Club and it has been great! My daughters and I love our time at the Club and we have met so many great people as a result.

~Lucinda Brown



Lucinda with her daughters Tamara and Jessie



Lucinda with members of our Pony Academy



Riding lessons with Instructor Edric



Tamara loving every bit of her Pony



Lucinda making time to ride at the Club



Olivia and Tiptoe



Winning together at the November 2017 show in SPC

The Olsson Family



I am from Denmark and my husband is from the United Kingdom. Our two girls are 8 and 10 years old. We have lived in Singapore for six years now, and have been riding at the SPC for about two years. I have a background in riding, having spent most of my childhood and teenage years riding school ponies, leasing private horses, and having my own horse for some years too.

I started my girls on riding here in Singapore, and after a while thought I would start again too, and am now totally hooked on it (again)! My older daughter has also gotten really passionate about riding. My husband also started taking riding lessons recently. I love coming to the Club every time, it is my relaxation and meditation from a busy life, and I am leasing the wonderful Venice who I have a lot of fun with!



~Annette Olsson



Annette Olsson and Venice trotting together



Mother and Daughter riding together



Giles receiving the Young Polo Player of the Year Award in 2016 from Ms Melanie Chew and Mr Ameerali Jumabhoy



Giles and Alex riding at the Club



Yvonne supporting Giles at his game



Throwback photo of Yvonne Twiss with her sons Giles (L) and Alex (R) at SPC

The Twiss Family



We first joined the Singapore Polo Club (SPC) back in 2000 because I wanted Alex and Giles to learn to ride when they were young, as had I growing up. They began in the riding section, but we soon discovered the game of polo and they both achieved their polo handicaps when they were 12 years old.

For the last 18 years, SPC has not just been a place to ride, it has become our second home. I loved being able to share the joys and the thrills (and a few spills!), of riding and playing polo with the Club, and as a family we have enjoyed the camaraderie of the polo community. Having grown up here, Alex and Giles have made enduring friendships on our polo field that have lasted even long after they and their friends have gone off to universities in different countries. All of the kids love to return during their holidays to re-connect at the Club.

Alex swapped his mallet for a tennis racquet when he went off to school in England, but Giles who stayed in Singapore began to play more seriously and quickly moved up the ranks. He plays of 1 goal and has been awarded the Young Polo Player of the Year twice, and it was an honour to watch him win Most Valuable Player whilst representing Singapore in the Malaysia Cup. If I'm honest, I can say I get more pleasure watching him play than playing myself these days, but one thing is for sure, as a family we will treasure our Club for a long time to come."

~ Yvonne Prendergast Twiss



Growing up with friends (L-R) Alex, Ang Roon Kai, Giles and Captain Young

The second part of "Generations" continues in the July - September edition of the SPC magazine with more stories from our Members.

We love hearing from you. If you would like to share your generation stories at the Club, please email marketing@singaporepoloclub.org

RETIREMENT IN THE MEADOWS

Photo credits: Naoko Winther and Yee Kai Pin

Casper, Cocoa, Penelope, Maximise, Van Dieman, Napoleon and Alegria... To an ordinary person, these might be names which are no different from any other names, but to us each of these names hold a very special memory in our hearts. These are the names of our former school horses who served us passionately in the riding section for years before they retired.

We checked in on how our retired horses are doing at the Cameron Highlands Equine Spelling Station and boy they are definitely basking in the carefree life! Well who wouldn't, especially when you can wake up to a scenic view and roam free in the luscious green meadows every day.



View from The Meadows



Casper in his early days of retirement

CASPER

At close to 40 years old today, Casper spent his youth at the Club nurturing many young children when the late Brede von Lissberg taught children how to ride using him. Recently, Casper has lost most of his teeth and his eyesight fails him, but he is still the Casper whom we still remember fondly. When he retired in September 2013, he was kindly sponsored by the Wilkinsons up till today.



Stunning in every angle

COCOA

If there's a supermodel award for horses, Cocoa would be the recipient of it. When she was roughly 6 years old, Cocoa made her debut at the Club. During her time at the Club, she was known as "The Model Horse" who was often used for wedding photo shoots and events. Cocoa wasn't just a supermodel, she taught amazing jump lessons and flats too. After serving the Club for close to 20 years, Cocoa finally retired in April 2017 at 24 years old. In Cameron Highlands, Cocoa is slightly temperamental and she prefers to be left alone. Perhaps she's missing everyone! Cocoa touched the hearts of many especially Peggy Yeo, Moone Yip, Lay Eng Loh, Woori Han, Andrea Siow, Lee Kwang, Margarita, Juliet Tay and many other anonymous donors who generously sponsored Cocoa's retirement. Cocoa is definitely appreciative of your sponsorship! We thank you on her behalf.



Napoleon with Highland Star

NAPOLEON

Ah Napoleon! The horse who often took advantage of his small build to escape and find his way to graze pretty frequently. Due to his playful nature, he suited the more experienced riders as he had a tendency to throw riders off despite the riding section's continuous efforts to get him settled. Eventually the riding section decided to retire Napoleon when his mischief couldn't be controlled. Amazingly, Napoleon adapted very well to retirement. He is currently a nurse maid to the foals and he also teaches them good manners. We are proud of you, Napoleon!



VAN DIEMAN

With a name similar to Vin Diesel, Van Dieman lives up to the celebrity status well. Van Dieman was a great horse who excelled in Junior classes. A former Youth Olympic Games horse, Van Dieman brought good luck to the riders who rode him. One of our former riding instructors won the FEI Championships with him. His many wins was also part of the hardwork put in by our farrier Jamie Brownsea who had to work on Van Dieman's extremely flat feet on a regular basis. Despite his outstanding talents, Van Dieman had to eventually retire when his flat feet at the front became too painful for him to cope. Currently, Van Dieman's retirement is sponsored by an anonymous donor.



Pregnant Alegria!



Alberto, who is the father to Alegria's foal

ALEGRIA

Alegria's retirement last June at 13 years old was met with sadness for many as she was a very promising horse who unfortunately had worsening arthritis. Alegria was formerly Satinder Garcha's polo pony who excelled in the sport. Later, she was then cared for by Imran Abid who later transferred the ownership to Marieleng Jaeger Skorge who played polo on her for a few years before donating her to the Riding school. Despite her persistent arthritis, Alegria always gave her best and this enabled Naoko Winther, a rider who took part in her first ever competition to emerge Champion! It's this fond memory of her win with Alegria that spurred her to sponsor Alegria's retirement, even though she rode Alegria for less than a year.

"The horses work so hard for us without any complaints and I believe they deserve to have a peaceful retirement life. I made the decision to sponsor her as I want her to have a fulfilling life. I am thrilled to visit her soon, to watch her deliver her foal at the end of June! shared Winther who visits her often.

Can you guess the colour of Alegria's foal?



Naoko Winther visited Alegria in Cameron Highlands last year



Still charming hearts post-retirement

PENELOPE

Nothing compares to our Penelope... not even Penelope Cruz! Penelope spent more than two decades at the Club and it's no surprise she was such a favourite. Since her arrival in the late 1990s, Penelope was an all rounder whose good temper charmed everyone, including young children. It was sad when she had to retire as she was getting on in years. Also, at close to 40 years old Penelope retired a few years ago and her retirement was kindly sponsored by an anonymous donor.



Adorable Maximise



Maximise's final night in SPC before leaving for retirement

MAXIMISE

Maximise was a jumping horse who retired in August 2016 shortly after he became lame. He first arrived at the Club in late 2000. Kids especially loved Maximise because of his unique Swebald colour. Nana Wong and Chui Wai Cheng sponsored Maximise's retirement. Thank you ladies for your generosity!

We would like to extend our heartfelt thanks to our kind-hearted sponsors for their generosity towards the retired horses.

If you have a captivating story of a retired horse which you would like to share, please email

marketing@singaporepoloclub.org



EQUINE ASSISTED PSYCHOTHERAPY



Article by
Cathy Livingston

I was around 6 years old the first time I sat on a horse. He was a big white horse and on him sat a cowboy with a big white hat. The cowboy reached down and pulled me up on the horse with him. As I sat on that horse and we walked around, I can remember the movement of the horse beneath me and how powerful and majestic it felt. I knew I wanted more of this! After several years of riding lessons I was given my first horse at 10 years old. Little did I know, this animal would become a 'safe place' for me and the relationship between us would provide a deep healing as we connected day after day during the difficult times of my growing up years.

Fast forward to the year 2000 when I moved to Singapore from the mountains of North Carolina in the U.S. I had been living on 2000 acres and managing a horse riding program at a Young Life camp for youth. My youth work would continue in Singapore, but I knew I needed to be more equipped. I pursued my Masters in Counselling and began working with teenage girls who have experienced trauma and abuse at HCSA DaySpring Residential Treatment Centre. Traditional talk therapy was difficult at times and I enjoyed experiential therapies in addition. I was asked to consult with EQUAL ARK for a period of time and realized that working with a horse to do the therapy could be



mechanisms. Insecure relational patterns may develop. In Equine Assisted Psychotherapy (EAP) we are working with clients to create secure attachment patterns with the horse. A horse, as a prey animal, spends most of their time in their brainstem, or survival part of the brain (fight, flight, freeze), much like a person who has experienced trauma. Due to the horses 'survival instincts' they are incredibly alert to the internal states of others. Therefore, they give immediate feedback to what is taking place internally with the client. While interacting with horses, clients are able to experience and practice new ways of being and communicating - rather than simply talking about it. When we have a new experience, new connections are made in the brain and body - making it easier to repeat these new behaviors again in the future. As I have worked with clients, I have seen the impact of the connection they experience with the horse. This internal sense of connection (felt sense) contributes to what we want for them in their human relationships... a secure attachment.

I am excited for the opportunity to be in partnership with the polo club in



Client working on connection with the horse

offering Equine Therapy. Included in this partnership will be the Club's CSR initiative that falls under the Outreach Programme spearheaded by the Honorary Secretary Miss Melissa Ko. The CSR beneficiary for Equine Therapy will be HCSA DaySpring Residential Treatment Centre. We are looking forward to seeing young girls come and experience hope and healing through the therapeutic relationship of a horse.

If you would like to find out more information please contact me @ livingstoncounselling@gmail.com

extremely powerful. As I searched for programs available to get training in this area, I came across a program called 'Natural Lifemanship'. This program trains therapists in 'Trauma Focused-Equine Assisted Psychotherapy'. Immediately, I knew this program was exactly what I was looking for. My focus of Clinical experience had been in the area of trauma and abuse, and I have a passion for learning in the field of Neuroscience. The thought that horses could assist in that area was fascinating. Here began my journey in Equine Assisted Psychotherapy.

Many people have enquired, "What is Equine Therapy?" Equine Assisted Psychotherapy (EAP) is an experiential form of therapy that involves working with horses to address issues resulting from the traumatic effects of abuse, neglect, grief and loss, eating disorders, depression, anxiety and other adverse life circumstances. Often, due to relational wounds in our lives, we develop unhealthy relational patterns and negative coping



AN EYE FOR DETAIL

If you are a rider at the Club, you would be familiar with the sight of Belgium-born Riding instructor Ruelle Laurent walking around the yard with his camera whenever he is free. For those who haven't met the man yet, it is very likely you've seen his stunning photography portfolio on social media. We sat down with our very talented instructor to get the scoop behind his work.

SPC: Before coming to Singapore, you were a Zookeeper in Belgium. Tell us more about that.

Laurent: You could in a way compare being a Zookeeper to that of a groom except you can't cuddle an American Bison or a Tibetan Takin as safely as you can cuddle a horse. In the zoo, we don't actually "groom" the animals. As a zookeeper, my focus was on the animals but as an instructor now, my focus is more on the student. I've been quite lucky so far to be able to do what I like and that is being outdoors with nature and animals. So, to be able to work with horses in the environment I am in now, it definitely makes me happy.

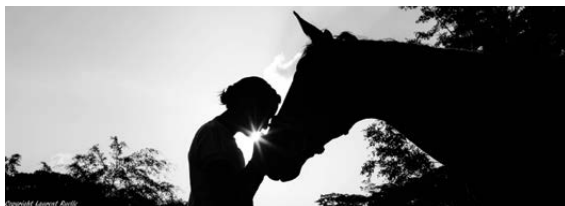


It's not every day you see Laurent posing for a photo

SPC: How did you get started with photography?

Laurent: I started out taking photos of breath-taking sceneries each time I travel. Then, I focused on capturing various animals and its subspecies as it was something which interests me. Thereafter, I would classify them into different albums. I did all of this on an amateur level. Over the last two years, I've been learning more about the different aspects of photography, experimenting with a variety of subjects and looking into new types of photography.





SPC: What are your main subjects of photography?

Laurent: It used to be anything except people but now, I enjoy taking portraits and horses, of course.

SPC: Have you ever considered being a full-time photographer?

Laurent: Yes, of course! Most people would definitely want to do something which they enjoy full time. On the other hand, I also like being around the horses and teaching others how to ride. With the great working environment and my fantastic team at the riding academy, I am lucky to be able to balance both right now.

SPC: Most photographers are shy to be photographed but they enjoy photographing others, are you one of them?

Laurent: Yes, absolutely! For me it's similar to hearing your own voice, it's just weird. Of course, occasionally, you don't have much choice so you have to be in front of the camera.

SPC: In your opinion, what makes a good photo?

Laurent: Mainly it would be good exposure, composition or framing and the main subject of the picture in focus. The reality however is photography is subjective to a person's taste. What is deemed as a nice photo to one person may not be appreciated by another so much and vice versa.

SPC: Do you use a specific camera and lens for different subjects?

Laurent: The cameras which I bought last year were the Canon 5Ds and Sony A7Riii. I use different lenses depending on the type of photos I want to capture. For portraits, I tend to use prime lenses like my 85mm f1.8 and 50mm f1.8 but if I am shooting horse portraits, I use 24-70mm f2.8 while for events I prefer using 70-200 f2.8.

SPC: How do you find time to juggle photography, riding and family?

Laurent: I ride during working hours so that doesn't affect family time. Depending on the project, I usually shoot on Mondays when my kids are at school (Laurent is a father to 9 year old Aaron and 6 year old Emma) or after working hours which explains why a big part



of my works have a black background. Photography isn't really my full-time occupation so I do it as and when I am free.

SPC: What are some tips you'd give someone who wants to pick up photography?

Laurent: Don't be afraid to make mistakes. Understanding light would be the next thing, this is something which I have yet to fully figure out too. Lastly, practice, practice and more practice! Since everything is digital now, there is no need to break your bank to develop film anymore.

SPC: Zookeeper, riding instructor, photographer... what's next?

Laurent: Hopefully nothing too fancy. I'd like to breed birds again someday but that will probably have to wait till I retire and can afford to buy a landed property overseas.





EASTER SHOW 2018

Photo credit: Simon Cariss

What a fantastic show it was. Congratulations to the winners of the Easter Show 2018. We would like to thank those who played a part in the show for their time and support.



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3

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April *Month of Thai New Year*

Red Curry with Roasted Duck Breast & Rice \$16

Roasted sliced duck breast infused with red curry brewed with fresh herbs and spices, accompanied with fragrant Jasmine rice

Traditional Chicken & Prawn Pineapple Fried Rice \$17

Wok fried rice with pineapple jus, tender chicken and prawns served in pineapple

Prices are subject to service charge & prevailing taxes for guests / Member enjoys 10% off

May

Middle Eastern

Chicken Kebab with Cous Cous \$17

Boneless skewered chicken rubbed with herbs & spices, grilled to perfection, paired with cous cous



Harira Lamb & Chickpeas Soup \$15

Home-brewed Harira soup with traditional recipe with lamb & chickpeas, accompanied with warm toast



June

Viva Italia!

Wild Mushroom Risotto with Shaved Parmesan \$17

Traditional risotto cooked with wild mushrooms, finished with shaved parmesan

Home-made Pumpkin Gnocchi with Pesto Sauce \$16

Home-made Pumpkin Gnocchi infused with pesto sauce



Pictures are for illustration purpose only.



Getaway For The Experience Of Your Lifetime

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Soak in your own private tub, relax your mind to the view of the Indian Ocean

Thinking of heading to the Maldives sometime? Check out Kani, a Club Med-managed getaway at the heart of a private island in the Maldives. With cozy accommodations set in either the lush natural gardens or directly on the sandy beach with unspoiled ocean views, the resort is also the home of the Manta Exclusive Collection, which is comprised of overwater suites that has direct access to the crystal blue lagoon below.

Sea sports enthusiasts will have plenty to do with water skiing, wake-boarding and even opportunities on the exhilarating fly-board provide an abundance of excitement. For guests looking to retreat, the Mandara Spa has treatments ranging from massages to aromatherapies.

Club Med's buffet spread boasts lobsters, foie gras, and sashimi daily. The inclusion of the open bar is sure to attract foodies and kick sobriety out of the equation throughout the vacation.

Just four and a half hours away from Singapore, it's a lot closer than you think!

For more information, visit www.clubmed.com

Essentials For An Adventure

Enhance your vacation to one of the most exclusive places on earth with these gadgets.



Fitbit Versa

Moving on from just counting steps, the new FitBit Versa also keeps a diary of your workouts, sleep timings, as well as your pulse or heart rate. Measuring at 39mm in width, it's one of the lightest smartwatches currently available.

It offers a comfortable design and a new dashboard that simplifies how you access your health and fitness data. Advanced health and fitness features like 24/7 heart rate tracking, onscreen workouts, and automatic sleep stages tracking meet smart features like quick replies on Android, wallet-free payments on the Fitbit Versa Special Edition, and on-device music, all with four days battery life. Interestingly, it also includes a menstrual tracker for women, an industry-first.

Keeping track of your fitness and sleep timings are important on holiday too, and hitting 10,000 steps should be easy when you're hopping around sightseeing. The Versa is water-resistant, so you should have no excuse to not to bring it to the Maldives.

The FitBit Versa is retailing at \$318

Fujifilm Instax SP-3

The Fujifilm Instax SP-3 print is a genuine portable photo printer that you can carry anywhere with you. Weighing at only 312 grams, this portable printer is the long term solution to Polaroid cameras as photos can now be vetted prior to printing.

The new Fujifilm Instax SP-3 has wireless connectivity that will let it connect to your phone, and you can add filters and edit your images before printing with a huge bundle of filters to choose from. It prints a complete photograph in 13 seconds, and a full battery charge is good for printing 160 images.

Never miss a moment at Maldives with this device, take pictures, print it out instantly and hand them out to new friends that you meet on holiday! Be it at water sports, food, or even a special moment with a special someone. The SP-3 is the ideal way to retain and share memories, even if you're out of internet range.

The Fujifilm SP-3 Instax is retailing at \$329 at all authorised Fujifilm dealers





A Smart Travel Companion

The Amazon Echo is a hands-free smart speaker that keeps you connected with the world from the comfort of any room you are in. The Echo connects to 'Alexa' to play music, make calls, set music alarms and timers, answer your questions, deliver live scores for sports, and manage your schedules.

The unit claims that by virtue of using just your voice, together with the help of Alexa, you can get more things done, more efficiently. The new speakers are now equipped with Dolby processing, and the Echo can fill a room with 360 degrees of omnidirectional audio. Featuring seven microphones, beam-forming technology, and noise cancellation, Echo can hear you from any direction — even while music is playing.

It doesn't end here though, as Amazon promises firmware updates that will keep the device on the cutting edge for years.

The Amazon Echo is priced at \$300 while the Echo Dot is \$69.99

Pioneer Rayz Series

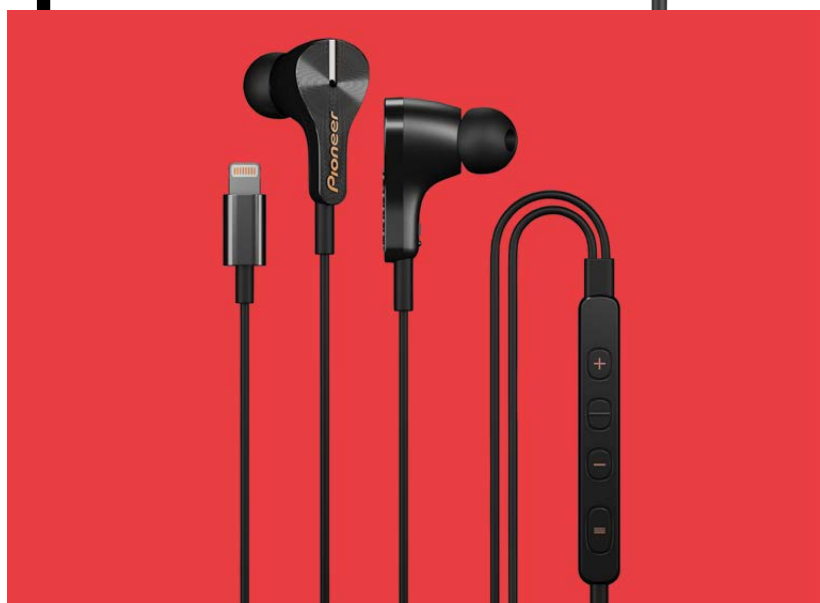
Based on Pioneer's technology partner Avnera's breakthrough LightX platform, the Rayz and Rayz Plus wireless earphones can be set to operate in a mode with the lowest power use possible, extending its own battery lifespan and also that of the connected device. The Rayz Plus is also the first and only Lightning headset with a sleek in-line charging node to simultaneously charge through your Apple handheld device while the earphones are connected in use.

With pristine audio quality that is tuned with years of experience in high fidelity sound systems, the Rayz earphones aim to deliver the best audio experience in a compact and sleek package.

The Rayz earphones includes features such as smart noise cancellation which allows just the right amount of outside noise in, to let you stay in touch with your surroundings without taking your earphones off. The embedded microphones also sense when the earphones are removed. This prompts the earphones to pause your music the moment it detects that they are out of your ears.

Rayz wireless earphones retail for \$149

Rayz Plus retail for \$209



Lunar Networking Night

On the 8th day of the auspicious Lunar New Year, members together with other entrepreneurs, CEOs and Directors embraced prosperity together at our exclusive Lunar Networking Night where everyone tossed to good health and an abundance of wealth. Basking in the festive celebrations, a special erhu performance and a duet of songs by renowned musicians entertained the crowd after which, Sattar Khan, the Club's polo professional and instructor thrilled everyone with an impressive tent-pegging.

We would like to extend our thanks to those who attended the event.



“ The Singapore Polo Club networking night counts among the more memorable ones. Beyond the great food and drink, the showcase tent pegging event allowed the guests to appreciate the unbelievable skills required in a game of polo. It also provided us with a unique conversation starter. ”

– Razy Shah, Digital Consultant, 2Stallions Digital Marketing Agency



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Parent & Child Art Jam

More than 5 pairs of parent and child bonded together on a Saturday afternoon smearing creative blobs of paint on a canvas as they unleashed their inner Van Gogh.

We were definitely impressed by the artistic masterpieces which we saw! Kudos everyone!



“ Perfect picturesque setting for a morning of colourful, fun and creative art painting bonding session for parent and child. The canvas mirrored the creativity of the young ones and brought their imaginations to life. ”

– Doreen Chay, ArtConnect



RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
AFRICA	South Africa	Inanda Polo Club	www.inandaclub.co.za
ARGENTINA	Pilar	Pilara	www.pilara.com.ar
AUSTRALIA	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	www.canberraclub.com.au www.sydneypolo.com www.waclub.com.au
CANADA	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	www.ranchmensclub.com www.tcclub.com www.boulevardclub.com
CHINA	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	www.bjriviera.com www.tangpolo.com www.ndhpolo.com www.goldinmetropolitanhotel.com
FRANCE	Paris France	Saint James Paris Polo Club du Domaine de Chantilly	www.saint-james-paris.com www.poloclubchantilly.com
HONG KONG	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	www.kcc.org.hk www.ceec.hk
INDIA	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	www.jaipurpolo.com www.calcuttapolo.com www.goldenswan.com/countryclub www.mcarecreationcentre.com
INDONESIA	Jakarta	Mercantile Athletic Club	www.macjakarta.com
JAPAN	Yokohama	Yokohama Country & Athletic Club	ycac.or.jp/wp
KOREA	Seoul	Seoul Club	www.seoulclub.org
LUXEMBOURG	Luxembourg	Cercle Munster	www.munster.lu
MALAYSIA	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil www.sunway.com.my/club www.royallakeclub.org.my www.berjayaclubs.com
PHILIPPINES	Cebu Makati	Cebu Polo Club Manila Polo Club	www.cebupoloclub.com www.manilapolo.com.ph
SRI LANKA	Colombo	Colombo Swimming Club	www.colomboswimmingclub.org
THAILAND	Pattaya	Thai Polo Equestrian Club	www.thai-polo-club.com
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