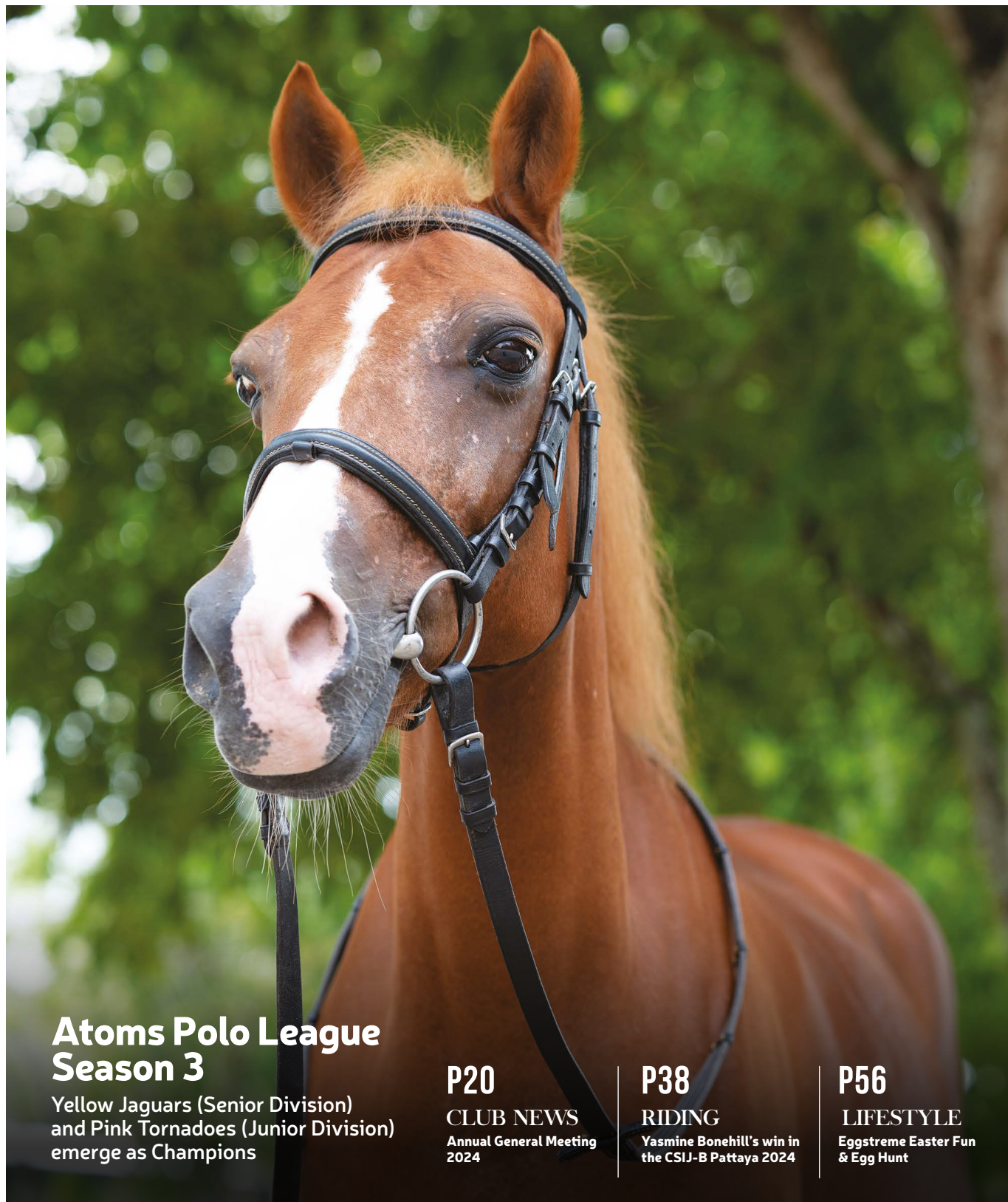


SINGAPORE POLO CLUB



Atoms Polo League Season 3

Yellow Jaguars (Senior Division) and Pink Tornadoes (Junior Division) emerge as Champions

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Annual General Meeting 2024

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RIDING

Yasmine Bonehill's win in the CSIJ-B Pattaya 2024

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LIFESTYLE

Eggstreme Easter Fun & Egg Hunt



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Rickard Hogberg
Vice President

Satinder Garcha
Polo Captain

Stephanie Masefield
Honorary Secretary

Daniel Chua
Honorary Treasurer

Peggy Yeo
Committee Member

Federico Vescovi
Committee Member

Leon Chu
Committee Member

Lee Joo Bae
Committee Member

MANAGEMENT

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General Manager
Head, Atoms Polo Academy
Head, SPC Riding Academy

Wendy Tham
Secretary

Johnny Wong
F&B & Events Manager

Irene Seah
Events Manager

MPS Rajan
Front Office & Club Rooms
Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Marlene Teo
Marketing Communications
& Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

7.30am – 9.30pm (Sunday to Thursday)
7.30am – 10.00pm (Friday & Saturday)

F&B OUTLETS

The Paddock
8.00am – 10.30pm (daily)
(Last order at 9.30pm)

The Polo Bar
6.00pm – 10.30pm (daily)
Closed on Mondays
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (weekdays)
12.00pm – 3.00pm &
6.00pm – 10.30pm (weekends)
Closed on Mondays
(Last order at 2.45pm & 9.45pm)

The Verandah
8.00am – 11.00pm (daily)
(Last order at 9.30pm)

FACILITIES

Gym
7.00am – 9.00pm (weekdays)
8.00am – 8.00pm (weekends)

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (weekdays)
9.00am – 6.00pm (weekends)
Closed on Mondays and Public Holidays

The Wellness Studio
By appointment

CONTACTS

Committee
Events
Facilities & Grounds
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Food & Beverage
General Enquiries

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Atoms Polo Loft

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riding@singaporepoloclub.org
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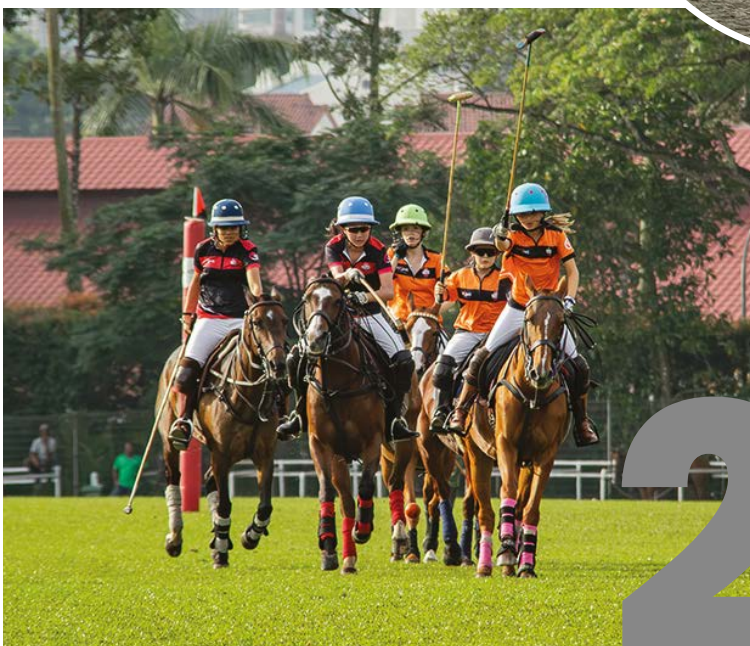


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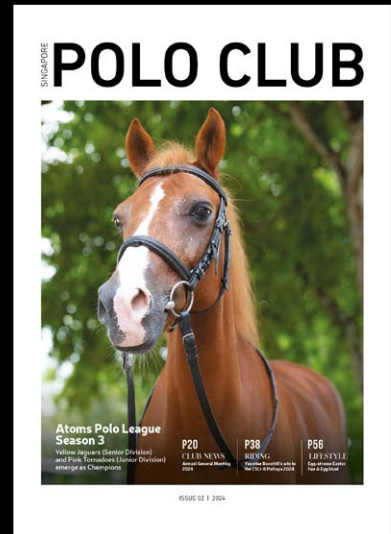
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ON THE COVER



COVER IMAGE

Laurent Ruelle Photography

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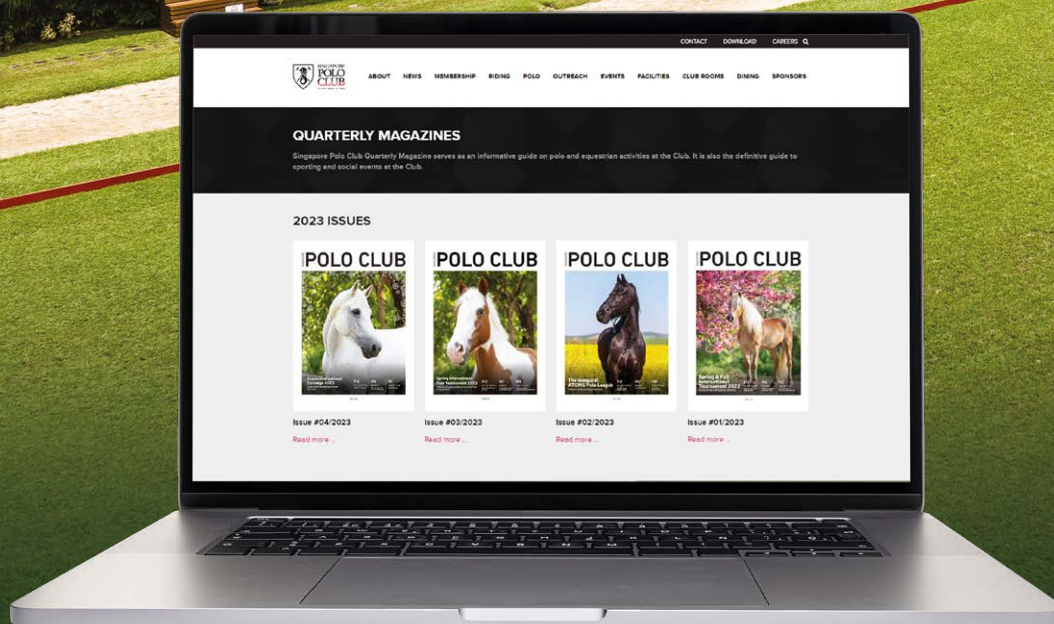
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Dear Members,

It is with honour and humility that I accept the privilege of serving as your Club President for a second term, having been elected unopposed at the 77th Annual General Meeting on 7 March 2024.

Alongside me, a new committee has also been elected unopposed, and it is with enthusiasm that we welcome Mr. Lee Joo Bae as our new Charter Polo Playing Member (CPPM). Together with the management, we will do our best to build a welcoming, inclusive and fun atmosphere at the Club.

I wish to reiterate that the Committee is embracing a Board of Directors model, where the General Manager assumes a leadership role in managing the Club's affairs. Under this framework, the Committee will adopt a hands-off approach, empowering management to efficiently manage the day-to-day affairs and operations of the Club to achieve the Club's Vision/Mission and strategies.

This year's calendar of events promises to be an exciting one and members can look forward to live entertainment when Julian and her band takes to the stage at the Chukka terrace on 27 April 2024 in a series of "music under the stars night".

Also in April, the annual Thai water festival event "Songkran" will be held at the swimming pool and tennis court areas and we expect adults and children to have a whale of a time. There will also be a special promotion planned for Mother's Day in May as well as a tennis tournament for children.

We celebrated the Lunar New Year with our annual Chinese New Year Lo-Hei Night in February and our members together with their families and friends enjoyed the evening entertained by a Lion Dance performance, the tossing of a prosperity Yusheng and many fun games for children and adults.

Our Eggstreme Easter Fun & Egg Hunt event drew a big turnout of more than 80 children this year. The little ones had so much fun with egg hunting, face painting and balloon sculpting and were thoroughly entertained by the magic show.

Two major events are coming our way with the annual SPC Outreach Polo Tournament & Carnival sometime in September 2024 (weather permitting) where the Club will continue to expand its reach in support of the community. Last year's inaugural Outreach event saw almost 1,200 turning up to support the various games and activities to aid a noble cause.

Our inaugural City Polo tournament scheduled on 1 & 2 November 2024 will see its first run to make polo more inclusive to the community and build it as a fun, novel and exciting spectator sport played in an arena on the polo field. This is one of the Club's strategies to expand our tourism footprint and to raise our profile in the region. As this event grows, we will also include the participation of regional polo teams.

I would like to thank the past members of the Committee and Sub-committees who have served diligently to help make this Club a wonderful place for all members and their guests. I would also like to thank our General Manager Sylvan Braberry who has worked tirelessly and done an exceptional job in effectively managing the operations and successfully executing diverse projects undertaken by the Committee in quick time.

Together with my new team of Committee Members, we look forward to giving our best to this Club. I look forward to seeing you all soon. ■

Warm Regards,

Lawrence Khong
President



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Dear Members,

On behalf of the management and staff, I would like to congratulate our President Lawrence Khong and his Committee for being elected unopposed at the Annual General Meeting held on 7 March 2024. We would like to thank the past Committee for their guidance and support during the past year, which motivated our team to give our best to manage the Club in line with the Committee's Vision/Mission and strategies.

The Atoms Polo League Season 3 was well received with 8 teams participating. Yellow Jaguars from the Senior Division and Pink Tornadoes from the Junior Division were crowned Champions of the season. Geoffrey Alcock from the Yellow Jaguars, Claire Graham from the Blue Devils and Victoria Vescovi from the Pink Tornadoes were named Most Valuable Players. The camaraderie and community of Atoms is a really positive and welcoming one with players and their parents supporting one another to enjoy the sport. We have had great reviews from polo players around the region and even visiting polo professionals were impressed with the progress of Atoms and its players.

The Academy's phenomenal growth has seen its base of players/riders increase to almost 450 since its launch in October 2020. While the Academy is probably the world's largest; we believe that it should also be the best as Atoms signifies the future of polo where the "King

of Sports" becomes inclusive and expands its reach through the region with the Academy being the main feed pool to the Club's base of handicap polo players. By the end of this year, Atoms would have contributed 25 to 30 new handicap polo players thus, expanding our base of handicap polo players to more than 130 which is the highest numbers we have ever achieved.

The inaugural SPC Polo League Championship – Season 1 will kick off on 11 May 2024 till 1 June 2024 and play would be in an arena of size 175 yards x 100 yards on the polo field to make it more exciting and novel way of playing polo. This will bring fun to spectators who are at times too distant away from the action when competitions are played on a full field. The League would be played similar to a "spectator sport" style and all will have a chance to see and hear the excitement, intensity and adrenalin-charged matches in closer proximity. This also prepares our players for the coming City Polo event scheduled some time in November 2024, which will be opened to the public as well. City Polo will evolve into a regional tournament to raise the Club's profile and increase its tourism value.

The Riding Academy saw a record jump in the number of riders participating in its various programmes and the Club may need to hire another riding instructor to cope with the demand. Congratulations to Yasmine Bonehill who represented the country at the CSIJ-B Seoul 2024. Congratulations also to our Riding Instructor Edric Lee for being appointed National Coach for CSIJ-B Seoul 2024.

The Academy now boasts a base of more than 800 riders and this is expected to grow to about 1,000 by mid-2025 which bodes well for its objectives to make the Club's equestrian activities inclusive. This is a sport that supports the community not just through riding but through horse assisted interaction and therapy. The Riding Academy also engages with both international and local schools to bring fun and activities to children of all ages.

Meanwhile, the Club ups the ante for its members with the introduction of a live performance by Julian and her band on 27 April 2024 while children can look forward to a whale of a time soaking each other at our Songkran Water Festival. Book a room package this Mother's Day and spend quality time with someone who has brought us into the world and is always a beacon in our lives. With so much more happening, I can't wait to see all of you soon.

Have a great time at your Club! ■

Warm Regards,

Sylvan Braberry
General Manager

New Members

JANUARY TO MARCH 2024

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!

CHARTER

Yu Xiaoling
Hu Yang
Quah Kai Tian
Curtichs Blasco Maria
Wilson Matthew Elliot
Sharlene Low-Jap Jin Na

REGULAR

Scott Richard Haylock
Junia Djojonegoro
Clerici Giacomo
Yamamoto Shuji
Rushworth Peter Dudley
Ashleigh Marie Johnston
Wu Ying
Li Zhaohui

TERM

Emma Nanami Strenner
Matilda Grace Riland Brewin



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Calendar of Events



Polo

18 to 19 May
Club Cup

10 to 31 July
Field Closed

Atoms & Riding

4 & 5 May
STCRC (Jumping)

11 to 12 May
Atoms Ladies Cup

11 & 12 May
NEC (Jumping)

18 May
SPC Training Show (Jumping)

18 to 19 May
Spring Overnight Camp

24 to 26 May
BTSC
(National Jumping Championships)

14 June
Father's Day Workshop & Movie Night

22 to 23 June
Atoms Summer Cup

25 to 27 June
Summer Pony Camp

9 to 11 July
Pony Camp

19 July
Racial Harmony Festivities
and Movie Night

Social

11 May
Mother's Day Bento Cake Workshop

12 May
Green Ball Match Play
Tennis Competition
(10 to 12 years old)
with Vantage Tennis

8 June
Pottery Painting Workshop

20 July
Dreamcatcher Workshop

27 July
Piano Music Workshop (Basic)



In Memoriam: Peter Abisheganaden

It is with heavy hearts that we bid farewell to our friend, Peter Abisheganaden, who passed away on 8 February 2024. From the late 1970s to the 1990s, Peter proudly carried the Singapore flag, securing three SEA Games gold medals and achieving podium finishes at multiple SEA Games and Asian show-jumping Championships.

After relocating to Kuala Lumpur, Malaysia, Peter lived there for over two decades and continued pursuing his love for polo. Peter used to manage *Zack's Tack*, a store dedicated to horse riding equipment, accessories, horse feed, and saddlery at the Singapore Polo Club for 6½ years.

The Singapore Polo Club extends its deepest condolences to Peter's family. He will be deeply missed by all who knew him.



1998

Rolex International Showjumping Winner, Peter Abisheganaden

Rolex International 1998 Showjumping Team Singapore 2 with Rear Admiral Teo Chee Hean and Peter Abisheganaden on far right

2001

Peter Abisheganaden's Showjumping Clinic and Competition



2007

Polo Tournament at SEA Games (Silver Medal)

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
ITALY	Rome	Roma Polo Club	www.romapoloclub.it
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
UNITED STATES OF AMERICA	Connecticut Denver Honolulu, Hawaii Houston Iowa Mexico New York San Francisco Washington Washington	The Hartford Club The Denver Athletic Club The Plaza Club Honolulu The Houston Club Des Moines Embassy Club The University Club of Mexico The Explorers Club The University Club of San Francisco Capitol Hill Club Bellevue Club	www.hartfordclub.com www.denverathleticclub.org www.theplazaclub.com www.clubcorp.com/Clubs/The-Houston-Club www.embassyclub.com www.universityclub.com.mx www.explorers.org www.uclubsf.org www.capitolhillclub.org www.bellevueclub.com
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The Joy of Giving & Receiving

The joy of receiving hong baos (red packets) is simply priceless! For our non-Asian readers who are new to the Chinese culture, a hong bao signifies good luck and prosperity and is usually given to individuals during Chinese New Year, weddings, auspicious ceremonies and even birthday celebrations.

Presented in a red envelope, they contain money and at times auspicious wishes or greetings for the receiver.

At the Singapore Polo Club, a Hong Bao is given annually to all staff as a sign of anticipating a fruitful, prosperous year for the Lunar New Year and to thank them for an amazing 2023!

We would like to thank all members for their generosity towards the ang bao contribution.



Showing some love and appreciation to our operations team that keep things running smoothly at the stables



General Manager, Mr Sylvan Braberry hands out red packets to our colleagues from the stables department

SAVE THE EARTH GO GREEN



Stay updated with recent Club happenings by subscribing to our bi-weekly eDMs.

The Club is also advocating a greener environment and would like to encourage members to go paperless by opting out of receiving a hard copy of our Club's quarterly magazine. Contact the Marketing team at marketing@singaporepoloclub.org to indicate your interest.

Digital copies of our current and past magazines are available for your reading at www.singaporepoloclub.org

Annual Town Hall

Our stables team attended the annual townhall meeting hosted under the visionary leadership of our General Manager, Mr Sylvan Braberry on 21 February. During the hour-long session, topics related to staff training, stable operations and skills upgrading for personal development were touched on and attendees interacted with one another providing ideas, suggestions and areas for improvement.

After the productive meeting, the team was invigorated and ready to embark on a promising and dynamic year of polo and riding ahead.





EQUINE ASSISTED PSYCHOTHERAPY

by Cathy Livingston

Cathy Livingston, a certified Mental Health Counsellor and Psychotherapist, offers a unique approach to therapy through Equine Assisted Psychotherapy at the Singapore Polo Club. With certifications as an Equine and Mental Health Professional in Trauma Informed Equine Assisted Psychotherapy, Cathy is involved in the Club's Outreach initiatives and works with clients aged 12 and above who are experiencing anxiety, depression, adjustment issues and the adverse effects of trauma.

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Annual CPPM Lunch

We celebrated another incredible year with our Charter Polo Playing members at an annual lunch hosted on 28 February to thank them for being big supporters of our equestrian community.

Led by our Club President, Mr Lawrence Khong and Honorary Secretary, Mr Rickard Hogberg, members were presented with the Club's vision, mission, financial standings, and the various exciting projects for the coming years.

Cheers to many more incredible years and moments together!





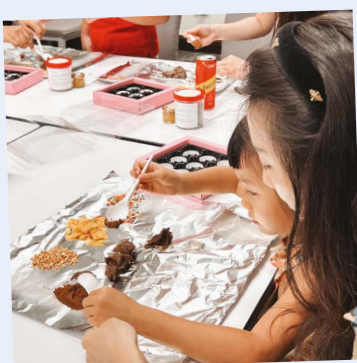
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77th Annual General Meeting, 7 March 2024



The following businesses at the 77th Annual General Meeting were approved and adopted:

1. The minutes of the 76th Annual General Meeting held on 23 March 2023.
2. The reports received of the Committee.
3. The Audited Financial Statements for the financial year ending 31 December 2023.
4. The appointment of KBH Integra PAC, Auditors for the year 2024.
5. (a) In accordance with Rule 37(a) iii of the Constitution, the Committee members were elected unopposed;
(b) In accordance with Rule 33(a) of the Constitution, the Trustee Group was elected unopposed;
6. There was 1 nomination received for Charter Polo Playing Member in accordance with Rule 11.
7. There was no resolution received and hence, there was no resolution considered and or voted upon in accordance with Rule 37(a) v.

Committee of 2024/2025 Elected Unopposed

President

Khong Kin Hoong, Lawrence

Vice President

Hogberg Fred Rickard Robin William

Polo Captain

Satinder Garcha Singh

Honorary Secretary

Masefield Stephanie Frances

Honorary Treasurer

Chua Sheng Jie, Daniel

Committee Members

Peggy Yeo

Federico Vescovi

Leon Chu

Lee Joo Bae

Trustee Group Members of 2024/2025 Elected Unopposed

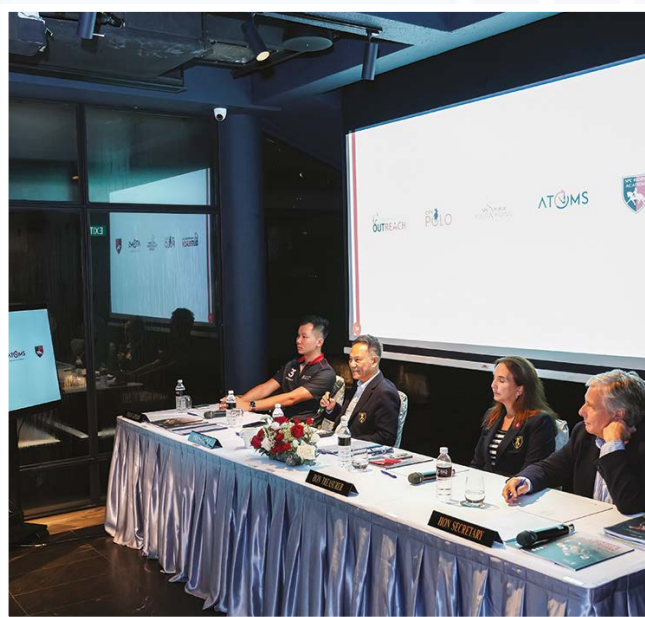
John Wong Teck Fong

Tan Hock

Loh Kim Chah

Ang Ban Tong

In accordance with Rule 11 of the Club's Constitution, Lee Joo Bae was voted in as a Charter Polo Playing Member with 94.1% votes for.



Committee 2024/2025



Mr Lawrence Khong
President



Mr Rickard Hogberg
Vice President



Mr Satinder Garcha
Polo Captain



Mrs Stephanie Masefield
Honorary Secretary



Mr Daniel Chua
Honorary Treasurer



Ms Peggy Yeo
Committee Member



Mr Federico Vescovi
Committee Member



Mr Leon Chu
Committee Member



Mr Lee Joo Bae
Committee Member

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Lunar New Year Craft Workshop

SPC Riding Academy and Atoms Polo Academy celebrated the Lunar New Year with a fun craft workshop for the kids on 2 February. Our young attendees let their creativity soar as they handcrafted their very own dragon hand drum and assembled "Da Ji Da Li" a cute dragon ornament. The evening ended with them savouring some classic Chinese New Year snacks with their fellow equestrian friends and family.

What a wonderful way for the young ones to learn about the Chinese culture and have fun together!

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to be on their mailing list for upcoming events.



Easter Evening

Our young equestrians had a hopping good time at SPC Riding Academy and Atoms Polo Academy's Easter evening which encompassed a fun workshop filled with exciting games, activities and hands-on craft. Our guests had a rolling good time making their own cake pop and ended the night with a movie screening of "Hop".

To be a part of the exciting workshops lined up for the year, email the academies at atoms@singaporepoloclub.org or riding@singaporepoloclub.org



Starting the Season in Style

Saddle up everyone! Let us celebrate the start of an unforgettable season! We welcomed the 2024 polo season in style with a fabulous buffet dinner on 6 February right after our evening chukka. Camaraderie filled the chukka terrace as our committee members, polo players, management, polo professionals and staff mingled with

one another over food and drinks. Are you ready to witness the speed, grace and skill of our magnificent horses and players?

For more details on upcoming polo tournaments, contact our Polo Office at polo@singaporepoloclub.org.



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- Ideal product launch platform
- Brand association with other high-profile companies



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Atoms Polo League Season 3

17 February – 10 March 2024

Atoms Polo League Season 3 might just have been the best season yet. The bar was set high, as many players from previous season competitions were determined than ever to clinch the Season 3 Champions Trophy. The Pink Tornadoes (Junior Division) saw Vittoria Vescovi, Zac Bonehill, Niamh Gordon and Alexia Fon Sing playing with unmatched synergy on the field as they strived for their collective dream to become Season 3 Champions.

It's a shared reality for Geoffrey Alcock, Tumshie Walpole, Jessica Lee and Raymond Ker as they carry the baton of the Yellow Jaguars' (Senior Division) victory to Season 3. With impeccable teamwork and refined riding skills, it's no wonder that the Yellow

Jaguars continue to be the Atoms Polo League champions.

A special round of Challengers Match was in play for the Senior Division in place of the Sub-Finals, with a team of Challengers consisting of Alex Haigh, Victoria Great and Louisa Cantley competing for the Challengers Cup against Christian Bucaro, Tanya Alcock and Yee Kai Pin of the Red Dragons. The 2-chukka match concluded with the Challengers Team emerging victorious as the Challengers Cup Champions.

Congratulations to the champions of Atoms Polo League Season 3 and a job well done to all players for the exceptional matches played!



An iconic group photo with the teams, families & friends



First Match of Atoms Polo League Season 3 – Senior & Junior Division



Senior Divisions' Challengers Match
The Challengers vs Red Dragons



Finals Match – Senior Divisions' Yellow Jaguars vs Blue Daredevils
& Junior Divisions' Pink Tornadoes vs Black Hawks



The Atoms Polo League Season 3 Champions

Senior Division: Yellow Jaguars

Geoffrey Alcock
Tumshie Walpole
Raymond Ker
Jessica Lee

Junior Division: Pink Tornadoes

Vittoria Vescovi
Zac Bonehill
Niamh Gordon
Alexia Fon Sing

Special Mentions

Most Valuable Player

Geoffrey Alcock of Yellow Jaguars
Claire Graham of Blue Daredevils
Vittoria Vescovi of Pink Tornadoes

Most Promising Player

Tumshie Walpole of Yellow Jaguars
Laxman Vaidya of Blue Daredevils
Zac Bonehill of Pink Tornadoes
Harnaaz Singh of Black Hawks

Best Playing Pony

Dr Lemon ridden by Vittoria Vescovi
Pagani ridden by Geoffrey Alcock



The Club's Honorary Secretary, Mrs Stephanie Masefield, the Club's General Manager and Head of Atoms, Mr Sylvan Braberry, sharing the stage with Atoms' resident commentator extraordinaire, Mr Kevin Wilkinson.



Atoms Polo League Season 3 Behind - The-Scenes Team comprising Goal Judges – Polo Rider Boys/Grooms – Rao, Kirin, Rayman & Yan



Grounds Team – Manyam, Vasu & AYM team

Youth Polo Player Averell Zee

In this issue, we have a hearty chat with Averell, our youth polo player and she shares all about her hobbies, polo and riding journey thus far.

Tell us about yourself.

My name is Averell Zee, I am 12 years old and in the 7th grade at Singapore American School. I will be turning 13 this year on October 5th. I have an older brother who is in the 8th grade at a boarding school in America on the East Coast. Just like every normal tween, I love to do sports, art, charity work, and simply hanging out with my friends.

The sports I participate in are horse riding, polo, swimming and most recently track and field. I have been a member at the Singapore Polo Club and riding since I was five years old. I ride dressage on my 8-year-old dapple grey Andalusian, Lor Duende, and I play polo on two of my Dad's string of Argentinian polo ponies. I am on my school's track team and I am, what I like to call myself, a "retired swimmer".

When did you start playing polo?

I started playing polo at the end of 2022 when I was about 10 years old but I learnt to ride polo style when I was five years old.

How supportive is your family in this sport?

With this sport comes two things, adrenaline and danger. On one hand I have my Dad, who loves playing polo and he is very supportive of me learning how to play. In fact, last year we got a chance to play in the Atoms Family Cup alongside other families. On the other hand I have my Mum, who loves that I found something to do outside that is both a form of exercise and educational, instead of being on my phone all day. Naturally, she is terrified that I could easily break an arm or get trampled on by a thousand-pound animal. Even though she's scared to death of me falling off, she is very supportive of the sport and comes to all my games, but rarely my Dad's!

How did you get interested in polo? Are your parents or siblings into this sport?

Polo runs in my blood. My paternal great great grandfather and great grandfather served as officers in the calvary during the Qing Dynasty. My paternal grandfather rode during his youth in Shanghai and then in the US when he was in university and grad school. My Dad learned how to ride and play polo since a young age where he has played in the US, England, Argentina and now in Singapore. He also sponsored Team Zee for tournaments in both Argentina and for the season at the Singapore Polo Club. It's a play on his name Tim Zee. Lastly, he published a book called *Notes on Polo & Riding*. I learned to ride together with Mum and brother, but I am the only one, who followed my Dad and learned how to play.

About SPC and Atoms Polo Academy

What do you like about Atoms Polo Academy?

I love that the Atoms Polo Academy sets up kid's chukkas, which I can participate in with all my friends, who are at the Club with me.

Other than polo lessons, what do you enjoy most at the Club?

I enjoy just being at the Club. I love being around the club venues with my friends, the grooms and the horses. I especially love hanging out with my polo friends.



Averell (second from left) with her family

How does it feel to be a part of Atoms?

It's great to be a part of Atoms. I've made so many friends there and I love the fact that we get the opportunity to play chukkas.

About Atoms Family Cup

Share with us your experience of participating in the recent Atoms League Season 3.

The Atoms League Season 3 was an awesome experience. I loved every bit of it! The game was fair, fast, and fun! The best three F's where I learned more about myself as a player. Overall, it was just a great learning experience and I had an amazing time playing!

Your dad is a polo player himself. Have you shared the field with him? Any memorable moments to share?

My Dad and I played together in the Family Cup. Even though we lost, it was super fun to play with him! My favourite moments from the game were probably our conversations and our teamwork on the field. It's just the constant talking and letting our team know where we are or where we are going. We also backed each other up and got into a train formation so if any one misses the ball, the next player would be in the right position to take it up the field.

Did you face any challenges during the league and how did you overcome them?

I remember my very first league when I was sort of new to polo so some of the challenges included sorting out the right ponies for me. I was using one of my Dad's faster ponies, and she just took me up and down the field giving me a really hard time. So I tried a few more until I found just the right two for me to use.



Playing a match with her dad

About the Sport

Do you own a polo pony? If you do, tell us more about your relationship with it. If not, let us know the name of your favourite pony at the Academy.

I have been using two of my Dad's polo ponies; Madre and Felicita. I love riding them and looking after them so much. They are so sweet, great ponies and easy to ride.

Who are you taking lessons with and what's your favourite lesson?

On the polo side, I have taken lessons from all the polo pros such as Colonel Ravi, Cody, Roon Kai and Sani Khan as well as from visiting pros such as Carlos, JJ, Namu and Malcolm. For dressage, I have lessons with Katherine three times a week.

I have many favourite lessons as each one have their moments that are special, but recently I have particularly enjoyed my 8:35am group lessons on Saturday mornings with Sanni Khan. I love the lesson so much because I get to enjoy it with all my friends and others. We also get to play chukkas in that lesson and it's just a ton of fun.

Chukkas take place regularly at the Club. Have you watched one?

Since my Dad plays polo at the club, he takes me to the club in the afternoon to hang out there and get some Vitamin D. So usually on the weekends, I go to the Club and hang out with friends while watching chukkas. On some occasions if I don't have anything after school and I don't have lessons, I will go to the Club to do my homework.

Polo & Fitness

What's a typical day like for you?

A typical day for me would be to wake up super early to get ready for school and get on the bus. This season I have after school activities every single day except Fridays. On Monday I have Peer Council, Tuesday and Thursdays is track and field and Wednesday is Food from the Heart. I come home at around 5:15pm when I have after school activities. However, on Fridays I come home at 4, and then I have my dressage lesson with Katherine.



At a dressage competition



With her fellow riding and polo friends

How many days a week do you train?

Because of my after-school activities this season I've only been able to train for polo once a week and if I'm lucky twice a week. I have dressage lessons three times a week. During the holiday season, if I'm not going out of the city, I will be riding almost every day, have extra dressage lessons and try to add some polo lessons.

Have you been on any Polo Holidays?

I have not been on any polo holidays yet, but would love to go. We tried to play in the US at the Myopia Polo Club just outside of Boston when we visited my brother at his boarding school, but the season had ended. I am sure I will have the opportunity to play abroad in the US, Argentina and England like my Dad and even with him.

What would you like to say to anyone intending to take up polo?

Polo is a great sport. It's a whole lot of fun. As with all sports, it can be dangerous, so you can't be afraid. You're on top of a 900-pound animal who has a brain and body of its own. It could crush you in a second. If you want to play polo, learn to ride well first. Some people might want to try the sport after watching social media or movies, but they have to prepare themselves that it is a dangerous sport and not to give up so easily after a fall. "I'm going to ride, but if I fall, I'm going to get back on that horse, and keep riding. I'm going to teach the horse that it's not allowed to get away with things by just throwing me to the ground. More importantly, I'm going to teach myself that it's just part of the sport, and if I want to do this sport, I have to get back on that horse." My Dad always tells me two things, "Know how to stop and know how to fall." He also says this to me when we go skiing.

In fact, falling is part of the sport, but the mistakes and falls make you a better rider. I'm not just talking about polo. I'm talking about jumping and dressage. In fact, it is true for all disciplines of riding and even other sport. In dressage, you get points marked off from making mistakes in your test, but it's okay. You'll just learn from them and get it right the next time. In jumping, you'll get time added because you might have knocked a pole or missed the jump, but it's also okay as you'll learn from it and you'll get it the next time. Mistakes help you learn.

Lastly, I promise this is the last thing I need to say, horses will test you, teach you and bring out the best in you, but you have to work together, as a team to get to that last stage in bringing out the best in you. Trust me, after being in that saddle, you can never stop that connection you have with your horse. It's unexplainable. It's unimaginable. It's amazing. This sport just needs teamwork, with your horse, with your team, with everybody and anybody.

Have a great time riding!

BTSC Jump Show on 27 & 28 January

We kick started 2024's riding season at Bukit Timah Saddle Club's jump show on the weekend of 27 and 28 January! The Academy is proud of our riders who clinched significant placings in the 2-day show. Well done everyone and let's bring in more medals this year!

RESULTS

110CM ONE ROUND AGAINST THE CLOCK

1st place:

Lynly Fong and Akita

100CM ONE ROUND WITH JUMP OFF

1st place:

Lynly Fong and Akita

3rd place:

Elly Poh and Faylista

110CM ONE ROUND WITH JUMP OFF

1st place:

Yasmine Bonehill and Fontrice

3rd place:

Lynly Fong and Akita

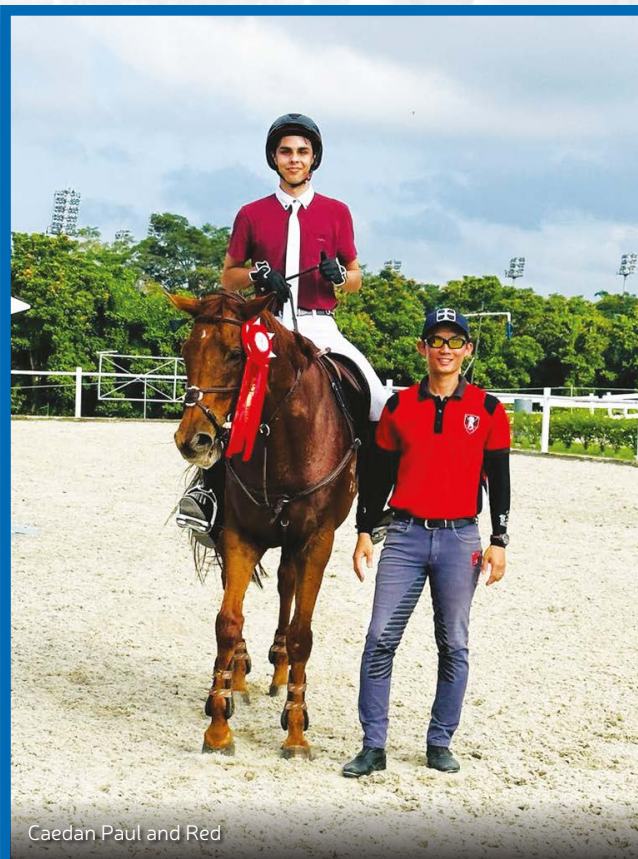
120CM ONE ROUND WITH JUMP OFF

1st place:

Caedan Paul and Red



Yasmine Bonehill and Fontrice



Caedan Paul and Red



Lynly Fong and Akita (left) and Elly Poh and Faylista (right)

EXPERIENCING

SOMETHINGS ARE WORTH



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SPC Training Show

Our riders galloped into victory at SPC Riding Academy's first training show of the year held over the weekend of 3 and 4 February 2024! Congratulations everyone!

Here are the results from the 2-day show.



Elly Poh clinched the 1st place in the EA Novice 2.2 category



Caedan Paul clinched the 1st place in the EA Medium 4.2 category

SATURDAY, 3 FEBRUARY

FEI PSG

1st place:

Gina Lim and Heathrow-W with 67.79%

2nd place:

Megan Ding and J'Adore with 66.32%

EA ADVANCED 5.1 (EFFECTIVE 2023)

1st place:

Seah Sui Lyn and Gucci with 65.81%

EA MEDIUM 4.2 (EFFECTIVE 2023)

1st place:

Caedan Paul and Red with 64.86%

EA NOVICE 2.2 (EFFECTIVE 2023)

1st place:

Elly Poh and Faylista with 68.90%

2nd place:

Lie Aywen and Gaudi with 67.18%

EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:

Victoria Ni and Guinness with 66.15%

2nd place:

Alessandro Caldana and A Touch of Sportsfield with 65.57%

EA PRELIMINARY 1.2 (EFFECTIVE 2023)

1st place:

Corinne Williams and Rambo No.5 with 64.10%

2nd place:

Zoe De Geytere and Lucky with 63.57%

EA PRELIMINARY 1.1 20 X 60 ARENA (EFFECTIVE 2023)

1st place:

Alannah King and Venice with 67.80%

2nd place:

Kamilla Abo and General Lee with 67.60%

3rd place:

Nathalie Guiral and Halifax with 66.60%

EA PRELIMINARY 1.1 (SENIOR) 20 X 40 ARENA (EFFECTIVE 2023)

1st place:

Belinda Cabanes and Tyrion with 70%

2nd place:

Macie Douglas and Sir James with 68.80%

3rd place:

Andrea Lorenz and Dandy with 68.00%

4th place:

Olivia Douglas and Sharpy with 67.40%

5th place:

Amelia Chalmers and General Lee with 66.40%

EA PRELIMINARY 1.1 (JUNIOR) 20 X 40 ARENA (EFFECTIVE 2023)

1st place:

Indi Sicrea and Tiptoe with 67.80%

2nd place:

Grace Toal and Sir James with 66.20%

3rd place:

Victoria Shaw and No Limit with 61.40%

EA PREP 1 (SENIOR) 20 X 40 ARENA (EFFECTIVE 2023)**1st place:**

Gia Piparaiya and Tyrion with 70.66%

2nd place:

Anna Iwaki and CJ with 70.33%

3rd place:

Ayla Bower and Rascal with 68.66%

5th place:

Samaara Menon and Shadow with 67.66%

EA PREP 1 (JUNIOR) 20 X 40 ARENA (EFFECTIVE 2023)**1st place:**

Alexandra Sara Tuomola and Rascal with 70.33%

2nd place:

Morgan Tay and Sir James with 66.33%

3rd place:

Anna Srom and No Limit with 65.66%

4th place:

Jessica Bakody Arlettaz and Tiptoe with 65.66%

5th place:

Olivia Craggs and Maverick with 65.33%

SUNDAY, 4 FEBRUARY**CLASS 13: 40 - 50CM CLEAR ROUND ART. 238 #1.1**

Tara Jaidka and Tyrion

Gia Piparaiya and Tyrion

Alannah King and General Lee

Julian Clark and Venice

Indi Sicrea and Tiptoe

Mai Singh and Sidan

Samaara Menon and Dimples

Zarah Kenwright and Tiptoe

Claudette Hoepffner and General Lee (4 faults)

Jimmy Kim and Venice (4 faults)

CLASS 14: 60 - 70CM CLEAR ROUND ART. 238 #1.1

Macie Douglas and Tyrion

Sophie Grotowski and Lily

Alessandro Caldana and A Touch of Sportsfield (4 faults)

Jimmy Kim and Venice (4 faults)

Zoe De Geytere and McKenny (4 faults)

Olivia Douglas and Maverick (4 faults)

Seraphina Chin and Lily (4 faults)

Leyla Duque and Catharina (8 faults)

CLASS 15: 80CM CLEAR ROUND ART. 238 #1.1

Lilly De Geytere and Dandy

CLASS 16: 90CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st place:**

Lilly De Geytere and Dandy

CLASS 17: 100CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st place:**

Lynly Fong and Akita

2nd place (4 Faults):

Elly Poh and Faylista

CLASS 18: 110CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st place:**

Lynly Fong and Akita

CLASS 19: 120CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st place:**

Yasmine Bonehill and Fontrice



CSIJ-B Pattaya 2024

SPC Riding Academy's rider, Yasmine Bonehill flew our Academy flag high as she participated in the CSIJ-B competition from 15 to 17 February in Pattaya, Thailand. Representing Team Singapore, she clinched the third spot in

the individual 95cm to 100cm class. Team Thailand and Team Malaysia clinched the second and first placings respectively.

Congratulations to all riders and well done Yasmine!



Yasmine after the award presentation



With Edric Lee, SPC Riding Academy coach (left) and chef d'équipe, Wai Mun from Equestrian Federation of Singapore (right)



With fellow riders from Malaysia and Thailand



Yasmine during the competition

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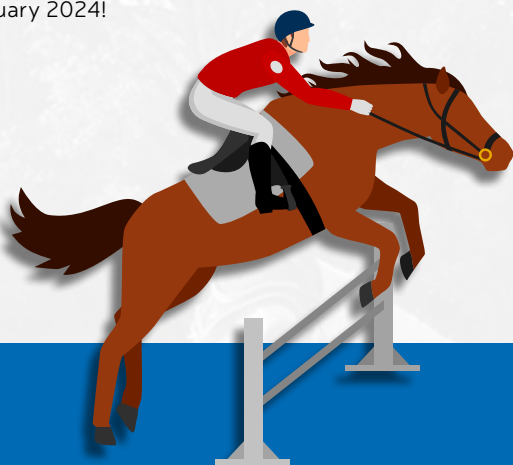
* Fees includes a SPC T-Shirt and course materials.

Sign up now at the riding office or email
ponyclub@singaporepoloclub.org



NEC Lunar Leaps Interclub Jumping Show

Congratulations to Yasmine Bonehill and Fontrice for clinching the first place in the 115cm 1 round with Jump off at National Equestrian Centre's Lunar Leaps Show on 18 February 2024!



BTSC's Ride the Dragon Dressage Show

Our riders, Megan Ding and Yasmine Bonehill did us proud at BTSC's Ride the Dragon Dressage Show held on 24 and 25 February 2024.

Congratulations, ladies!

DAY 1

FEI PRIX ST GEORGE

1st place:

Megan Ding on J'adore scoring 66.912%

EA NOVICE 2.1

1st place:

Yasmine Bonehill on Fontrice scoring 68.077%

DAY 2

EA ADVANCE 2.2

1st place:

Megan Ding on J'adore scoring 66.316%

2nd place:

Yasmine Bonehill on Fontrice scoring 63.906%





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STCRC Mártios Jump Show

Soaring through the obstacles, chasing dreams and conquering heights at every showjumping competition. Our riders, Yasmine Bonehill, Caedan Paul and Nikki Poh

did us proud at Singapore Turf Club and Riding Centre's Mártios Jump Show on 2 and 3 March 2024.

Here are the results from the two-day weekend competition!

DAY 1

100CM AGAINST THE CLOCK

2nd place:

Nikki and Oldtimer Van de Zuurhaege with clear round

110CM AGAINST THE CLOCK

1st place:

Caedan Paul and Red with clear round

2nd place:

Yasmine Bonehill and Fontrice with clear round

DAY 2

120CM ONE ROUND WITH JUMP OFF

1st place:

Caedan Paul and Red
Yasmine Bonehill and Fontrice



Caedan Paul (left) and Yasmine Bonehill (right)



Nikki Poh and riding instructor, Edric Lee



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NEC Dressage on 9 and 10 March

Our rider, Megan Ding and her horse, J'adore clinched 1st Place in the FEI Prix St. George and 2nd Place in the FEI Intermediate 1 at NEC's March Dressage Show on 9 & 10 March 2024!

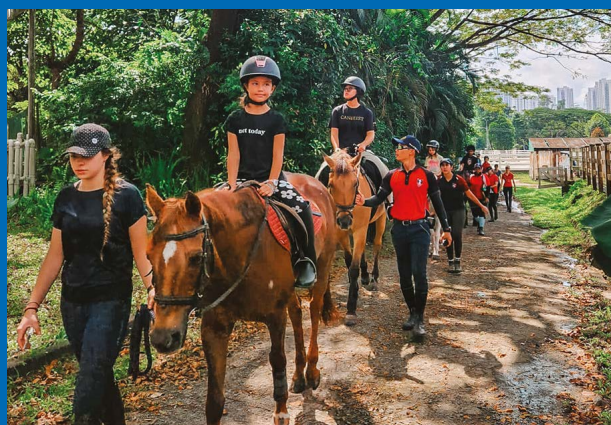
Congratulations to the duo and huge shoutout to our instructor, Edric Lee for preparing them for the day.



Pony Camps this quarter!

Saddle, check! Helmet, check! Get ready to gallop your way through an amazing season of pony and overnight camps with our academies.

Email riding@singaporepoloclub.org or atoms@singaporepoloclub.org to register for the various camps.



PONY

CAMP



Keep a look out for more details coming your way

Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy. Great for kids 6 years old & above.



SPC Young Rider Sophie Grotowski

13-year-old Sophie Grotowski has been riding with the Academy for over three years and in this issue, she shares with us some interesting riding related happenings and her plans for this passion of hers.

When did you start riding, and how old were you?

I started riding in September 2020 at the age of 9 and was doing an introductory course at National Equestrian Centre (NEC).

When did you join SPC and what do you like about the club?

We joined SPC in October 2020. I like the supportive community here at the club, and I have made many friends who have supported me in and out of riding. I'm grateful to all of them for making the Polo Club such a special place for me.

How long do you train and how many days do you train in a week?

I ride four times a week. I have one polo lesson with Atoms Polo Academy and three riding lessons at the SPC Riding Academy.

How do you find time to juggle between school and riding?

I try to get as much work done as I can on my non-riding days, so that when I get to the club I can focus on riding and not worry about my schoolwork.



Sophie Grotowski and Rascal



At an overseas riding expedition

Any interesting experience?

This happened a while back. I had a jump class with one of my friends, and I was adjusting my stirrups before the lesson while holding my reins loose. Suddenly, out of nowhere, Lily just spooked at a bird and she ran off with me on her, with me not being ready and holding on for dear life. I think we did a solid two laps around the arena in gallop.

It was hilarious and we couldn't stop laughing afterwards. This taught me to always be prepared at what might happen with ponies and to always be ready for unexpected spooks or bolts.

Do you ride on your own horse, or is there a favourite horse you're comfortable riding?

Right now, I'm leasing this pony named Lily. She's sassy but talented and has taught me so much over the past year and has brought me so far in terms of my riding journey.

Lily taught me to sit bucks and jump higher fences. Plus we've also achieved some nice scores in dressage shows. I also leased Rascal for a couple of months in 2022. He's the one who got me into doing shows more regularly and competing at show jumping. I'm very happy to have had the opportunity to ride these two amazing ponies and I'm excited for the future to come.

Who is your idol in terms of riding?

I do not have an idol in riding but I look up to my friends and my coaches a lot.



At her weekly lessons with her fellow riding friends and instructor, Laurent Ruelle

Have you participated in any training shows, interclub shows, Nationals or World Championships?

I have participated in training and interclub shows hosted here at the polo club. I enjoy spending time with my friends while getting our ponies groomed, braided and ready for competitions. The community spirit here at the club is what makes it such a wonderful place, and is what makes these shows so much fun.

Have you visited any riding clubs overseas or engaged in any riding activities?

I did a horse camp two years ago in Poland and got to try a bit of cross country along with nice long hacks out in the forests. There is just so much land and it is nice to be taking it all in while on horseback. Overall, it was an enjoyable experience and I had the opportunity to improve my riding while meeting new people.

What's your advice for someone intending to take up riding?

Honestly, I would just say to dive in headfirst. Don't be scared to try new things. Coming out of your comfort zone will be useful in this sport, and it will bring you so far!!!

What are your future plans and ambitions? Where do you see yourself?

This summer, I will be participating in another camp in Ireland along with one of my friends from the Academy. In the future, I hope to engage in more competitions and make more memories on horseback.



Showjumping lesson at the Club

Our Newest Additions to the Riding Academy

Photo credits: Laurent Ruelle Photography

Exciting times indeed at our Riding Academy as we welcome these magnificent new horses to our beautiful riding community at the Club. Get ready for incredible rides and unforgettable experiences ahead as they bring their grace and strength to our equestrian family.

**Magic Coco**

Colour: Chestnut

Breed: German Riding Pony

Sex: Mare

D.O.B: 1 Jan 2018

**No Limit**

Colour: Chestnut

Breed: New Forest Pony

Sex: Gelding

D.O.B: 12 May 2019

**MC Kenny**

Colour: Chestnut

Breed: German Riding Pony

Sex: Gelding

D.O.B: 13 May 2018

**General Lee J.V.**

Colour: Dark Brown

Breed: KWPN

Sex: Gelding

D.O.B: 13 May 2011

**Fleur**

Colour: Grey

Breed: KWPN

Sex: Mare

D.O.B: 29 Apr 2019

**Catharina**

Colour: Bay

Breed: Welsh Pony

Sex: Mare

D.O.B: 12 Apr 2012

Lunar New Year Lo-Hei & Lion Dance

We ushered in the Year of the Dragon with good vibes and great company at our Annual Lunar New Year celebration on 16 February for members and their guests.

Dressed to the theme, we started our evening with an energetic lion dance performance at the Polo Bar. Members, along with their families and friends, joyously tossed the auspicious Yusheng symbolizing good fortune and abundance for the coming year. There were also exciting activities such as Showjumping by SPC Riding Academy, Tent-pegging by Colonel Ravi Rathore, Lead Polo Professional

of Atoms Polo Academy, treasure hunt and fun-filled Chinese New Year-inspired games for the children and adults. What a fun evening it was, filled with laughter, camaraderie and unforgettable moments!

See you at our next Club event! For enquiries on upcoming events, email events@singaporepoloclub.org



Our President, Mr Lawrence Khong and Honorary Treasurer, Mrs Stephanie Masfield receive the auspicious scroll from the lions

Adorable moments with our Fortune Mascot!



From left to right: Our General Manager, Mr Sylvan Braberry, Club President, Mr Lawrence Khong and his wife, Mrs Nina Khong



Winners from the "Bingo" game



Guests at our photo-booth



Mr Sylvan Braberry and the Club's Honorary Secretary, Mrs Stephanie Masefield



A traditional Yusheng



Mr Lawrence Khong and his wife tossing the yusheng with members



A boisterous lion dance which signifies happiness, prosperity and good luck for the coming year



Showjumping exhibition by SPC Riding Academy

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Our massage therapy offers a place of healing, maintaining your emotional and mental health balance. Through the nurturing touch of our massage therapists, we create a safe and supportive space for individuals to release tension, alleviate stress, and cultivate inner peace.

The Science Behind Our Massages

Research has linked massage therapy to better mental health! From reducing levels of cortisol (the stress hormone) to increasing serotonin and dopamine (the "feel-good" chemical messenger), our massage offers a natural remedy for improving mood and promoting relaxation.

Creating a Sanctuary for Yourself

Incorporating massage into your self-care routine can be a fantastic way to improve your mental health. Whether it is a regular spa treatment or having DIY massages in your daily routine, prioritising such moments can lift up your emotions.

Through massage therapy, we can cultivate a deeper connection with ourselves. It is time to take your stresses away and journey toward a better, holistic health.



Relaxation

has never felt this good

SPARTYS.CO



Deep Slumber Massage (with oil)

A deeply relaxing full body massage with a Deep Slumber blend of Lavender, Geranium & Bergamot oils.

Benefits: Relieves muscle tension, promotes relaxation & sleep.

Price:

60 min – \$165 (Guest) / \$132 (Member)

90 min – \$225 (Guest) / \$180 (Member)

Complimentary Ginger Tea

(with your massage!)

Enjoy a complimentary cup of ginger tea to sip and unwind before or after your massage therapy. It **alleviates digestive issues, boosts your immunity**, and may help **reduce inflammation**.

Want more tea to enjoy and include in your self-care routine? We offer a wide range of **Spa Foods®** caffeine-free teas to help you in your relaxation journey.

Available for purchase at **ATOMS Polo Loft** or right in **The Wellness Studio**.



OPEN FROM 10 AM to 9 PM

Tuesday to Sunday, **by appointment only**

Contact us

Email: enquiries@spartys.co

Phone: **9338 3080**

Our location

80 Mount Pleasant Rd,
Singapore 298334



GREEN BALL MATCH PLAY

Get ready to ace tennis and conquer
the court like a pro!

SUNDAY, 12 MAY 2024
1PM TO 4PM

\$27.25 w/GST (MEMBER)

\$32.70 w/GST (NON-MEMBER)

10 TO 12 YEARS OLD

Terms and Conditions:

- Minimum of 8 players and maximum of 16 players
- Late withdrawals will be charged in full

Send in your entries to events@singaporepoloclub.org
before **26 April 2024!**

Start living your tennis dream with our

Tennis

programmes



VANTAGE
TENNIS

For further information or to make a booking, contact Simon at **Vantage Tennis**
on tel **+65 9144 5223** or email **simon@vantagesportsgroup.com**

Eggstreme Easter Fun & Egg Hunt

Our members and guests had an egg-straordinary time at our Easter party held on 16 March. Children were treated to an exciting magic show, participated in lots of games and activities and thoroughly enjoyed dolling themselves at our face painting and jagua tattoo stations.

It was a day filled with laughter, good company and lots of chocolatey surprises! We can't wait to welcome you back for more of such parties.

To get to know more about our upcoming events and workshops, email events@singaporepoloclub.org.

Smiley faces at the Photo Booth



Face painting



Interactive story telling session



Jagua tattoo

We love the enthusiasm and bubbliness of participants during the magic show



Easter egg hunt



Let's Limbo rock!



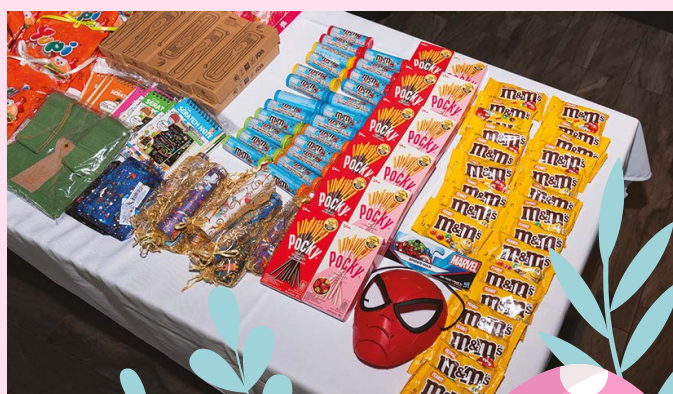
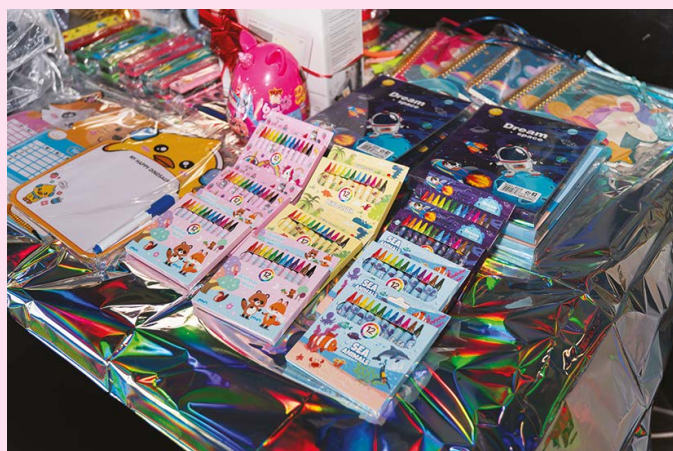


A special present won during the egg hunt



Best dressed: Isla (left) and Otilie (middle)

Goodies and prizes that our guests brought home





C O R I A N D E R L E A F



#ADDICTIVELYASIAN

ONE PLATE AT A TIME.

Experience the best of Asia's cultures and flavors with our modern yet authentic dishes. From age-old techniques to contemporary twists, we're redefining traditional Asian cuisine into shareable delights that tell a flavorful story.



Our spacious restaurant can accommodate cosy dates or private celebrations with 100 of your best friends.

COME AND SAVOR THE GOOD TIMES!

LUNCH SERVICE

Saturday - Sunday: 12PM - 3PM

DINNER SERVICE

Tuesday - Sunday: 6PM - 11PM

**Scan to book
a table!**



Dengue Fever: How to Recover Fast

If you are recovering from dengue fever, there are things you can do to help with recovery. The Department of Infectious Diseases from Sengkang General Hospital (SingHealth) shares more.

Dengue fever is caused by the dengue virus transmitted from the bite of an infected Aedes mosquito. There are no specific medications or antivirals to treat dengue fever so treatment is directed towards the relief of symptoms.

“We advise dengue patients to rest and drink plenty of fluids to prevent dehydration from high fever, poor oral intake or vomiting. Paracetamol can be taken for the fever and to reduce joint pains. However, pain-relievers such as aspirin and ibuprofen should be avoided as it they may increase bleeding complications,” said Dr Pushpalatha Bangalore Lingegowda, Senior Consultant from the Department of Infectious Disease at Sengkang General Hospital (SKH), a member of the SingHealth group.

Dengue fever usually lasts between 2 to 7 days. Most people recover from dengue infection without requiring hospital admission.

4 Things to do to recover from dengue fever fast

1. Maintain adequate hydration

Drink plenty of fluids (water, isotonic drinks, fruit juices and soup) to maintain hydration. Avoid tea, coffee, alcohol and soft drinks with high sugar content which may cause dehydration. If you are unable to drink due to nausea or vomiting, fluids may be given intravenously by drip.

2. Keep symptoms under control

Fever and joint pains can be relieved by taking paracetamol. Medications may be prescribed for nausea, vomiting and if there are itchy rashes. Rashes usually resolve on its own over two to three weeks.

Avoid pain-relievers and anti-inflammatory drugs such as aspirin, ibuprofen, diclofenac, naproxen and mefenamic acid) as they may cause gastric ulcers and subsequent bleeding in your stomach or intestines. Some of these medications may thin the blood and increase chances of bleeding leading to complications requiring hospital admission. If unsure, please consult your doctor.

3. Avoid bleeding

Rest in bed, reduce risk of falls and injuries to avoid risk of unnecessary bleeding. Intramuscular injections should be avoided. If you develop bleeding, bruises or swellings while recovering from dengue fever, please contact your doctor or nurse immediately.

4. Foods to eat and avoid

When asked about foods to eat for healing, Dr Pushpalatha answered, “There are no specific foods to eat or avoid, however the common dictum when one falls sick from any illness applies such as avoid raw, greasy or fat, spicy foods. Light and easy to digest food is advised when one is sick.”

When to see a doctor immediately

Please see a doctor immediately if you develop any of the following symptoms:

- Severe abdominal pain
- Persistent vomiting
- Vomiting blood
- Black and tarry stools
- Bleeding from the nose or gums
- Drowsiness or irritability
- Pale, cold, or clammy (sweaty) skin
- Difficulty breathing

FAQs about dengue fever

What are the symptoms for dengue fever?

Dengue fever symptoms include:

- Fever (which can last up to 7 days)
- Intense headache with pain behind the eyes
- Body aches and joint pain
- Rashes
- Loss of appetite
- Nausea and vomiting
- Mild bleeding (such as nose or gum bleeds) or easy bruising

How is dengue fever diagnosed?

As dengue fever symptoms are similar to other viral illnesses such as influenza, typhoid fever, malaria and mosquito borne infections like Chikungunya and Zika, your doctor will conduct clinical assessments and blood tests at regular intervals to determine which stage of dengue you are at. Tests include:

- Full blood count: To assess blood concentration, platelet count and white blood cells
- Dengue diagnostic tests: To confirm the dengue diagnosis
- Kidney and liver tests: To check for dehydration, kidney and liver function
- Other tests: Based on your condition

If I have dengue, will I spread it to others?

Dengue fever does not spread directly from person to person. However, a person with dengue fever can infect a mosquito when he or she is bitten and infected mosquitoes in turn can infect healthy people by biting them.

Can I get dengue fever again if I've been infected before?

There are 4 strains of the dengue virus: DEN-1, DEN-2, DEN-3 and DEN-4. Once you recover from one strain, you are unlikely to contract the same strain as your body would have built immunity against it. However, you may get dengue fever again from the other dengue strains.

"First-time dengue infections can be severe, especially among the elderly and those with pre-existing medical conditions. But repeat dengue infections have been associated with higher risk of severe dengue (also known as dengue haemorrhagic fever and dengue shock syndrome) which can be fatal," explained Dr Pushpalatha.

"So it is important that everyone be vigilant in the prevention of dengue."



Embrace the vibrant spirit of Tahitian dance!

A mesmerizing whirlwind of power and grace,
A celebration of femininity that evokes the raw beauty of the islands,

Where every movement is a testament to the evocative and
empowering essence of femininity,
An awakening of the inner goddess in every woman.

Through its evocative rhythms and movements, this vibrant
expression of culture and identity not only celebrates the
beauty and power of the female form but also ignites a
profound sense of freedom and self-discovery.

With every sway of hips and beat of the drums, every woman is
emboldened to express their deepest selves and find her own
unique goddess, ready to emerge and shine.

It's not just a dance form.

It's a statement of strength, grace, cultural pride, and
connection to the Tahitian culture, inviting all to discover their
inner strength, femininity, and radiance.

Come join our tribe!

Get ready to
learn the art of
Tahitian dance
with our
experienced
instructor.
All levels
welcome!

Bring your friends
to experience the
culture and
beauty of the
islands.

**Sundays
5 - 6:30 pm**

**\$160 monthly
\$45 drop-in**

Evonne has been a dancer her whole life and is a seasoned performer and teacher. Decades after dabbling in multiple dance genres (ballet, street jazz, hip-hop, modern and contemporary dance, traditional and Latin ballroom, flamenco, tap, bellydance, even traditional Balinese), she fell in love with 'ori tahiti (Tahitian dance)—that was 10 years ago and she hasn't looked back since. She has taken multiple intensive workshops with 11 'ori teachers from all over the world, and has travelled to Tahiti to learn more. Her teaching journey began in 2017 when she was tasked to teach at a school here in Singapore. That school has since closed, but she started her own group, **Te Here 'Ori Tahiti**, and is still teaching and performing to this day. She is looking to share her love of 'ori tahiti and grow a tribe of 'ori tahiti dancers in Singapore. Reach out to her on Instagram (@tehereoritahiti) to chat with her!



Your 'Ori Instructor



Best Ways to Optimize Recovery for Strength Training

When it comes to making strength gains, your time in the gym and the exercises you choose are important. Just as important as the time inside the gym is the time spent recovering outside the gym helping the muscles recover.

Best Ways to Help Your Body Recover

Proper Cool-Down

Nutrition for Strength Training Recovery

The saying is that 80% of fitness goals happen in the kitchen, not what's done in the gym.

- Post-workout nutrition. You should be consuming protein and carbohydrates within 30 to 60 minutes of completing a workout.
- Drinking enough water. Even 1% of dehydration can affect a person's performance in the gym.
- Skip the junk food. Stay focused on healthy decisions even when you're not at the gym—opt for foods that boost recovery and support a healthy diet rather than binging on junk.

Sleep

Eventually, a lack of sleep will lead to fatigue and overtraining and leave you susceptible to injury.

Here are some examples to help improve sleep:

- Shutting off the lights 1 hour before bed
- Limiting screens 1 hour before bed
- Sleeping in a cool dark room
- Go to sleep and wake up at the same times each day
- Aim to get 7 to 9 hours of sleep per night

Rest Days and Active Recovery

Foam Roll

Infrared Sauna

Major benefits of the infrared sauna can include:

- Decrease muscle soreness
- Increase in sleep quality
- Detoxification
- Improved blood circulation
- Increased metabolism
- Increase in the immune system
- Lessen joint pain
- Reduces stress

Need more advice?

Contact Louis @9010 6631 or Zulk @9767 0671





SINGAPORE
**POLO
CLUB**
Established in 1886

2D1N

Mother's Day

**Staycation
Package at
\$350⁺**



This Mother's Day, take a step back from the hustle and bustle and pamper mum with a relaxing staycation in a serene and laidback environment.

Package includes:

- 1-night stay in our Deluxe Room
- Complimentary 60-minute-deep slumber massage at The Wellness Studio
- A bottle of wine

Terms & Conditions:

1. Promotion is valid from 4 to 19 May 2024. Price indicated is for 2 persons per night.
2. Two days advance booking is required for room.
3. Bookings made are non-refundable and may not be cancelled or amended.
4. Room stays are for members and their guests only.
5. Massage appointments are to be booked at least 2 days in advance at 9338 3080.

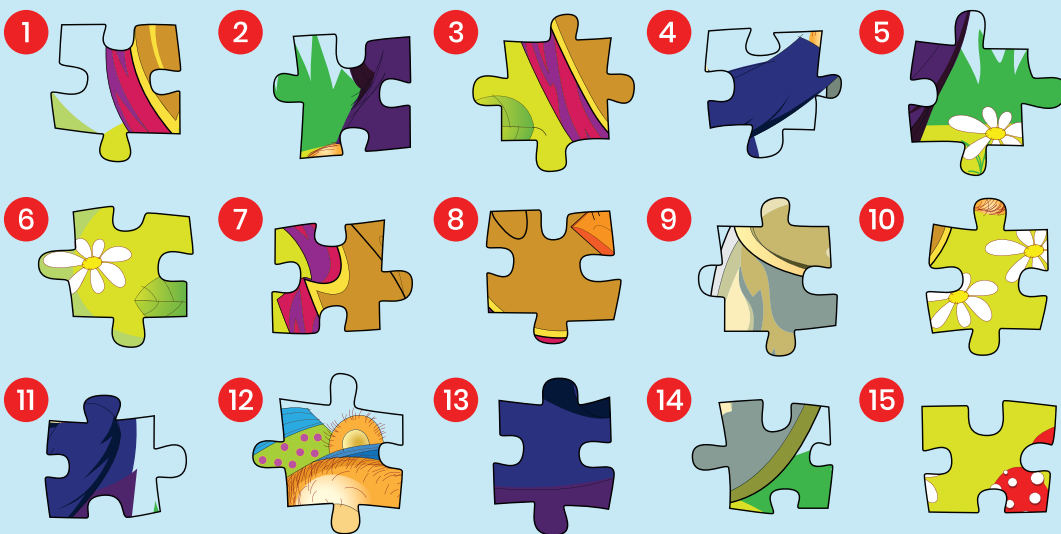
For room reservations, contact **6854 3999** or email **reception@singaporepoloclub.org**

JIGSAW FUN

It's time to solve puzzles like a pro! Match the missing jigsaw piece & you could win a Smiggle water bottle.



Find the correct places for remaining details.

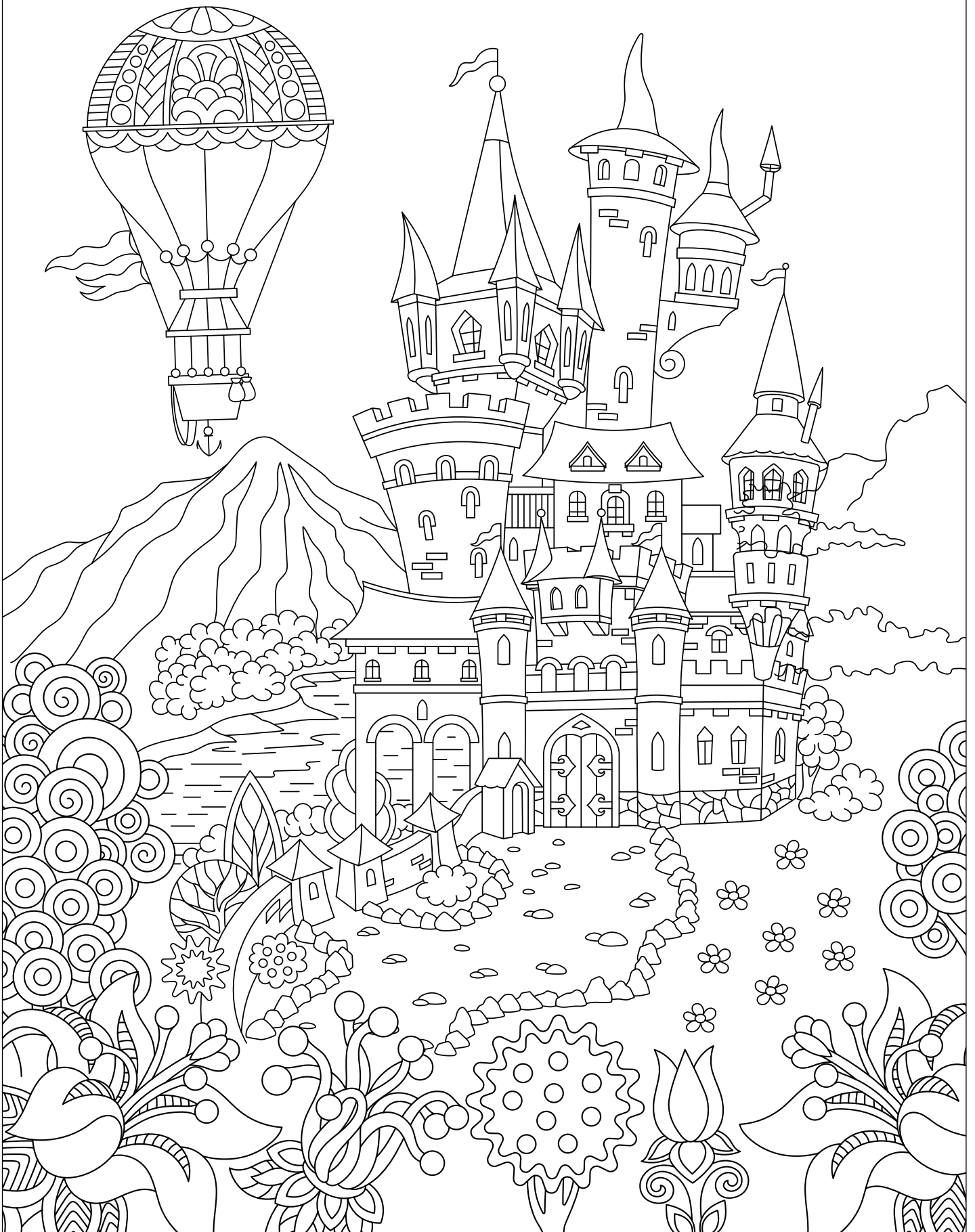


Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **17 May 2024**. Remember to include your name, membership number, email and telephone number.



Add a Splash of Colour!

Show off your vibrant strokes and create a masterpiece that will leave everyone in awe.





ATOMS

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**YOUR
GATEWAY
TO THE
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Opening Hours: Tuesdays to Fridays - 10am to 6pm
Saturdays and Sundays - 9am to 6pm
Closed on Mondays and Public Holidays

Contact the Atoms Polo Loft at **+65 6854 3955** or email **atoms@singaporepoloclub.org**

**Established in 1925,
Tanglin Trust School
is the oldest British
international school
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**What motivated us then, motivates us now –
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Through our innovative approach to learning and dynamic teaching staff, Tanglin nurtures and inspires lifelong learners. Our students talk with passion about their school because they feel happy and valued. Tanglin is an environment where the desire to achieve grows.

As the only school in Singapore to offer A Levels and the IB Diploma in Sixth Form, students study a programme that suits them, ensuring they thrive and flourish. Our students consistently achieve exceptional results and go on to the world's leading universities.

The community ethos we have built over the years enables every individual to fulfil their potential. At Tanglin we respect one another, celebrate successes at all levels and support each other to be the best we can be.

Find out more at www.tts.edu.sg



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of EXCELLENCE**