



SINGAPORE

POLO

CLUB

ISSUE 03

Spring International Tournament 2022

Bringing you the highlights
of the thrilling season

P08

CLUB NEWS

Our Exclusive Club
Rooms Are Now Open

P48

RIDING

National Dressage
Championships 2022

P76

LIFESTYLE

The Healing Power of
E-Mountain Biking




JAEGER-LECOULTRE

POLARIS

Marina Bay Sands Boutique: B2M-240, Casino Level, The Shoppes at Marina Bay Sands



PATRONS

Derek Mitchell
K.C. Loh

COMMITTEE

Stephanie Masefield
President

Lawrence Khong
Vice President

Satinder Garcha
Polo Captain

Rickard Hogberg
Honorary Secretary

Daniel Chua
Honorary Treasurer

Peggy Yeo
Committee Member

Jane Drummond
Committee Member

Koh Pei Bei
Committee Member

April McKenna
Committee Member

Wee Tiong Han
Committee Member

Leon Chu
Committee Member

MANAGEMENT

Sylvan Braberry
General Manager

Wendy Tham
Secretary

Victor Phua
Club Duty Manager

Irene Seah
Events 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)
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (daily)
(Last order at 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 – 10.00pm (daily)

Gaming
12.00pm – 10.30pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (Tuesday to Friday)
9.00am – 6.00pm (Saturday and Sunday)
(Closed on Mondays and Public Holidays)

The Wellness Studio
10.00am – 9.00pm
(Tuesday to Sunday)
Closed on Mondays

CONTACTS

Committee

Events & Banquet

Facilities & Grounds

Finance

Food & Beverage

Gaming

General Enquiries

secretary@singaporepoloclub.org

events@singaporepoloclub.org

facilities@singaporepoloclub.org

accounts@singaporepoloclub.org

info@corianderleaf.com

gaming@singaporepoloclub.org

enquiry@singaporepoloclub.org

HR & Admin

Marketing, Advertising & Sponsorship

Membership

Polo

Riding

Sports & Recreation

Atoms Polo Loft

hadmin@singaporepoloclub.org

marketing@singaporepoloclub.org

membership@singaporepoloclub.org

polo@singaporepoloclub.org

riding@singaporepoloclub.org

snr@singaporepoloclub.org

atoms@singaporepoloclub.org



CLUB NEWS

- 4** New Members
- 5** President's Message
- 7** General Manager's Message
- 11** Getting to Know Madu, Our Assistant Stable Manager
- 12** JOURNEY Artists' Masterpiece Now available at Atoms Polo Loft
- 14** A Trip to the Singapore Polo Club
- 16** Migrant Workers Centre and Gateway Arts Commemorate Labour Day

POLO

- 18** Polo Calendar
- 20** Spring International Tournament 2022: Bronze Cup
- 22** Spring International Tournament 2022: Silver Cup
- 24** Spring International Tournament 2022: Gold Cup
- 26** North Junior Cup (Adults and Kids)
- 28** Victor's Cup
- 30** Ismail Junior Cup
- 32** Friendly Match with Visiting Polo Professionals on 26 June
- 34** The Stars of Polo!
- 38** Rapid Fire with Colonel Ravi Rathore and Dhruvpal Godara
- 45** Passion for Polo Takes Flight





RIDING

- 48 National Dressage Championships 2022
- 52 National Jumping Championships 2022
- 55 Pony Club of Singapore's Gymkhana
- 56 Riding as a Family – Meet the Shaws
- 58 Welcoming Our New Riding School Horses
- 62 Summer Pony Camp

LIFESTYLE

- 67 Low-Calorie Breakfast Meal Prep Ideas
- 74 When Dengue Fever Becomes Severe Dengue
- 76 The Healing Power of e-Mountain Biking
- 79 Fun with Twinkle Pie Quiz

ON THE COVER



CONTRIBUTORS

Anjana Motihar Chandra
 Krysten Chan
 Mark & Tiara Shaw
 Peggy Yeo
 Sonja Piontek

PUBLISHED QUARTERLY BY THE Singapore Polo Club

80 Mount Pleasant Road, Singapore 298334
 Tel: +65 6854 3999 | Fax: +65 6256 6715
 Email: enquiry@singaporepoloclub.org
www.singaporepoloclub.org
 Permit No.: MCI (P) 101/12/2021

Connect with us at:

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

ALL RIGHTS RESERVED. COPYRIGHT BY SINGAPORE POLO CLUB. Opinions expressed are solely those of the contributors and are not necessarily endorsed by the Singapore Polo Club. The Club is not responsible or in any way liable for information contained in the contributed articles, advertisements, photographs and illustrations in this publication. Editorial enquiries should be directed to enquiry@singaporepoloclub.org. Unsolicited material will not be returned. All information correct at time of printing.

New Members

APRIL TO JUNE 2022

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

Seah Wee Ling Karen (She Weilin)
Christian Philipp Knuepfer
He Bin

TERM

Neil Timothy Desmond Black

HONORARY

Harstedt Kent Rolf Magnus

REGULAR

Karen Seow (Xiao Pei Jia)
Lau Wan Fang (Liu Wanfen)
Timothy Morris Armstrong
Hugo David Mackinlay Young
Stacie Hamilton
Randriamirado Ony Soa Lalaina Nadia
Stephen Charles Johnstone
Lim Wei Chen, Samuel
Manoj Bhargava
Matthew Michael Farrington
Amy Francis Jess
Muhammad Asyraff Khan Bin Baharudin



Dear Members,

It has been a very exciting and active few months at the Singapore Polo Club. The season got underway starting with the Spring Polo Tournament season, which gave polo a huge boost by raising the level of play, and injecting plenty of adrenaline into the game for both players and spectators alike. The field was graced by polo professionals Dhruvpal Godara and Colonel Ravi Rathore from India, Carlos Pando and Humbert Jean Jacques from Argentina, as well as our very own local polo professionals, who set the stage for the Bronze, Silver, Gold and Victor's Cups.

The atmosphere after each Cup final was followed by either an Asado BBQ with a DJ, or simply a beer and pizza party, creating a buzz not seen for many years at the Club. The Polo Sub-committee has already planned for the Fall Tournament season in September 2022, and with more time to manage personal schedules; this event is expected to have even more players participating.

Our 15 Club Rooms are finally open and we have had bookings right from the start. Feedback has been very positive on the décor, service and quality of the rooms. We look forward to welcoming more members and their guests over the next few months.

The National Dressage Championships 2022 were hosted by the Club from 20th to 22nd May, and we were encouraged to see so many riders and horses from the Bukit Timah Saddle Club, the Singapore Turf Club Riding Centre and the National Equestrian Centre. Congratulations to SPC Riding Academy's riders Elly Poh and Lara Baker

for emerging as champions. Well done to Mey Yen Merel Schagen and Megan Ding for placing second in their respective classes. A special congratulations to all riders who competed in this National Dressage Championships - many for the first time - a huge challenge considering how the Covid 19 restrictions have hindered lessons and training for the past two years!

We also welcome the 6 new Riding academy horses, Casanova, Halifax P, I'm Special, Ferro, Carlo Supreme and Amazing Chaco. They have all settled in well and many have already started in lessons. In a few months, we also hope to welcome 3 new ponies. The polo section also celebrated the arrival of 12 new horses approved at the last EGM in November 2021, and they have settled in well with 5 participating in the recent Spring tournament season.

As part of our efforts to be more inclusive and to expand our Outreach initiatives to positively support a larger community base, the Club's Outreach section launched a two-week campaign through May & June. This saw our Outreach sub-committee, volunteers and staff working closely with TOUCH Community Services and special needs artists from JOURNEY. Various clients from the different centres within TOUCH visited the Club where they watched the National Dressage Championships Final and caught the live action of the international polo pros during a polo tournament. Many of them went on a stable tour and tried their hand at decorating a horseshoe as a memento to take home.

In June, the Club also worked with the Migrant Worker's Centre and Gateway Arts to host 21 migrant workers at the Club. They were thrilled with a stable tour and polo demonstration, followed by activity stations featuring horse feeding, photo taking and foot mallet practice on wooden horses. Our migrant friends each took home a care pack filled with essential items that were carefully selected by the Club, and also enjoyed a sumptuous nasi biryani lunch. We would like to thank all the SPC volunteers who gave their valuable time to take Outreach to a level not seen before.

Due to Covid-19 restrictions, the much awaited 135th Anniversary Gala Dinner could not take place last year. However, with the easing of these restrictions, the Gala Dinner has been re-scheduled to 7th October 2022, and details of this glamorous event has been sent out to members. We would like to thank Mr. Kenneth Li for sponsoring the entire venue and food at the 940-room Carlton Hotel Singapore. We encourage you to make your reservations early as we expect this event to be a sell-out!

As we move into the second half of the year, we look forward to more excitement and activities and I hope to see you at the Club! ■

Warm Regards,

Stephanie Masfield
President

Be a part of the distinguished

Lifestyle



SIGN UP FOR A COMPLIMENTARY CLUB TOUR

For membership rates and enquiries, email membership@singaporepoloclub.org



SINGAPORE
**POLO
CLUB**
Established in 1886



Dear Members,

As we approach the second half of the year, the Club will start to resume social and lifestyle events that we have all missed over the past two years or so. The ever-popular Halloween Night and Oktoberfest celebrations will run for a week. Do look out for announcements soon. The much-awaited string of polo and riding horses arrived at the Club on 30 May 2022. Riders and polo players had a chance to try out these horses after they had been schooled by our riding and polo professionals. A few of these horses took part in the recently concluded Spring Polo Tournament Season. Ridden by polo professionals, they performed very well and we can expect a high demand for them for upcoming lessons and chukkas.

The much-awaited combination Camp for SPC Riding Academy and Atoms Academy finally happened on 1 August 2022. This is part of Management's plan to build a positive, harmonious and fun learning environment for both academies. Riding and Polo Professionals from these academies worked closely together for this event. In order to build a close-knit team of Polo and Riding Professionals for both academies, Management has created working spaces so that everyone from the academies will be interacting on a daily basis. This is to build positive camaraderie and a working environment that is conducive.

Management has started a training program on horse management for rider boys and grooms who can ride so as to expand our scope of support services to members. I would like to extend a huge thank you to international polo players, Colonel Ravi Rathore and Dhruvpal Godara in assisting to kick start this programme.

I am thrilled to announce that Colonel Ravi Rathore (+3 goal) Arjuna Awardee and former 5-goal international polo player has joined Atoms Polo Academy as a full-time Polo Professional. Being a military man with much honour, he will have the discipline to focus on the objectives for Atoms. He is a very accomplished player, has been the Commandant of the 61st Cavalry Regiment, only mounted Cavalry globally and has captained India in two and played in five consecutive World Cup championships. At present, he's an Ambassador to Federation of International Polo (FIP) from India. Colonel Ravi will work closely with Sani Khan and eventually be in charge of managing our string of Polo ponies and will also adhere to Atoms' Curriculum amongst other duties. Colonel Ravi will additionally take charge of training our rider boys and grooms on the finer details of horse management to the point that they can get our ponies "chukka ready".

Bookings for our Club Rooms are picking up and with your stay comes various packages that you can choose from to make it a wonderful and exciting experience for members and their guests. The Fall International Polo Tournament Season commences on 5 September 2022 and will run till 2 October 2022. We expect bookings for Club Rooms to increase as members would love to stay and enjoy the after-match finale with special Food & Beverage promotions by The Paddock Bistro. Place your reservations early for the best seats at the Tournament.

We are happy to announce that Spartys (formerly known to members as Lush Spa), has started providing wellness services from 27 August 2022. Members might be able to recall how professional and fantastic their premises and spa offerings were but sadly due to Covid-19 and the Clubhouse redevelopment works, they had to cease operations. Their new operations though on a smaller scale will aim to pamper our members and their guests with top notch massages and wellness services once again. Do pop by the Club and support them.

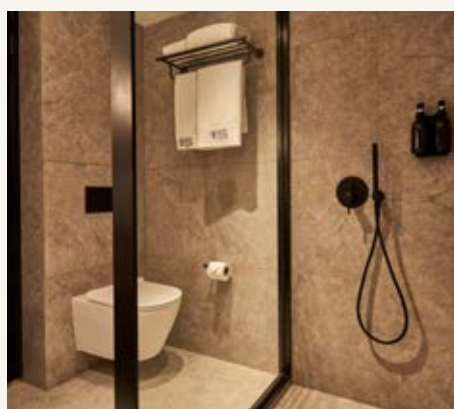
With many exciting sporting and social activities lined up for the rest of the year, please join us with your family and friends as we come together to explore the wonderful happenings of your Club. See you around! ■

Warmest Regards,

Sylvan Braberry
General Manager

Our Exclusive Club Rooms Are Now Open!

The Club's newly opened Club Rooms feature 15 tastefully decorated accommodations with balconies, pool view and the popular loft options. Enjoy the old-world rustic charm of the clubhouse with its open verandah and views of tropical greenery and open spaces that provide a relaxing and understated, natural ambience. Combine your stay with pony and horse riding programmes, watch a polo tournament or simply enjoy some laid-back time with delicious nosh at our restaurants.



Deluxe Room

Inter-connecting room with tennis court and pool view

Price per night: \$140

No. of rooms: 4

Area: 23 sqm



Loft Room

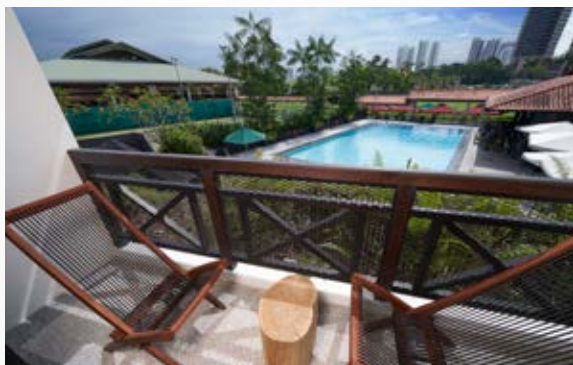
Forest view

Price per night: \$160

No. of rooms: 4

Area: 26 sqm





Loft Terrace

Balcony with pool view

Price per night: \$180

No. of rooms: 4

Area: 31.33 sqm



Family Room

Partial pool view with an additional bedroom

Price per night: \$200

No. of rooms: 4

Area: 32 sqm

Amenities

- Free Wifi
- Toiletries & Towels
- Free Coffee & Tea
- Mini Bar
- Fitness Room
- Swimming Pool
- Tennis Court
- Restaurants
- Laundry Service
- Business Centre Services
- Elevator
- Atoms Polo Loft

Seen and Heard

- "The Loft Terrace is wonderful."
- "We love the equestrian themed paintings."
- "Nice pool view."
- "Room is clean and inviting."
- "Peaceful and relaxing ambience."
- "Cosy beds, beautiful furnishings and interiors."
- "Children enjoyed the loft beds."

Book your rooms here:



Book your rooms through the QR code or call 6854 3999 for assistance. Room stays are exclusively for members and their guests. Not a member yet? Email membership@singaporepoloclub.org to find out our special rates.



SINGAPORE
**POLO
CLUB**
Established in 1886

135 YEARS

1886 - 2021

SINGAPORE POLO CLUB

135th ANNIVERSARY GALA DINNER **FRIDAY, 7 OCTOBER 2022**

Carlton Hotel Singapore | 76 Bras Basah Road, Singapore 189558

Thank you for your overwhelming response for our 135th Anniversary Gala Dinner.
All tickets have been sold out!

For those who have registered, come dressed to the theme of "Sport of Kings & Queens" or simply grace the event in a gown fit for royalty to party the night away with friends both old and new. Attractive prizes for the "Best Dressed King" and "Best Dressed Queen" will be awarded at the end of the evening.

In support of the less privileged in our society, 10 artworks done by the elderly as well as talented artists from JOURNEY, a Singapore lifestyle brand that represents the creative talents of persons with intellectual disabilities from TOUCH Community Services will be auctioned that evening. In addition, two luxury Jaeger-LeCoultre Reverso collection watches will also be auctioned. Details for the silent auction of these two watches can be found on our SPC website under "Events" as well as our e-direct mailer that has been sent to all members. All proceeds from the auction will go towards our Club's Outreach funds to help the less fortunate. Your support and generosity is greatly appreciated.

PROGRAMME

7pm - 7.30pm

Cocktail Reception, Ballroom 4 & 5 Foyer

7.30pm - 11pm

Dinner, Ballroom 4 & 5

Getting to Know Madu, Our Assistant Stable Manager

In this first special SPC staff profile series, we sit down with Madukar Reddy, fondly known as Madu for a heart-to-heart chat. He shares with readers about his daily duties at the stable and reveals the name of the first horse that he rode on.



Tell us about what you do in your job.

I prepare the horses for members before they arrive for their lessons. This includes daily grooming, tacking up and general stable housekeeping.

How long have you worked at SPC? How old were you when you joined the Club?

I was 22 years old when I first started working at Singapore Polo Club. I've been working here for almost 20 years.

What do you enjoy most in your job? What makes you happy?

I love horses and enjoy working with my colleagues. It makes me happy when I am around horses and riding them. It is my dream job making a living out of what I enjoy doing every day at work.

What do you like about working at SPC?

I am very happy to be working at SPC. I started not knowing anything about horses but I have learnt so much throughout the years and I am still learning today. I hope to work at SPC until the day I retire because the management is very nice to me. They will help me to sort out my problems if I encounter any and I feel like I have one big happy family at work.

What are some of the challenges you face in your role?

Occasionally, my colleagues will need to take sick leave or have family emergencies that require them to take urgent leave. It can be a bit challenging especially when it happens on chukka days. However, after working here for so many years, it is easier for me to manage such situations now.

How can we make your day at the Club?

As I spend so much time at the Club, it would be nice to hear members and colleagues greet one another with a "Good Morning!" or a "Hello!" along with a smile when they come to the stable. That would really make my day!

Do you have a favourite horse at the Club?

My favourite polo horse is Shaz because she is nice to ride on and has a very good feel. She canters very quickly and is confident and obedient.

Share with us one of the most memorable encounters with a horse at the Club.

There are many memorable encounters over the years so it's hard to share just one. The first horse I have ever ridden in my life is a SPC school horse named Trump some 15 years ago. Trump was very quiet and he allowed me to ride on him to learn how to balance on a horse. I formed a bond with him over a year. Since then, I have ridden on more than 100 horses in my time at SPC. I look forward to the Grooms' Cup where we all had a great time playing against and with one another on the horses. This used to be held annually pre-Covid and has since been put on hold. I hope we will be able to resume the Grooms' Cup this year as we really enjoy the game and get to create many fond memories together as a team.

What is your advice for those who are considering to work at the stable in SPC?

I would advise them to be honest, hardworking and to be very patient especially when dealing with members' expectations. Sometimes, things happen beyond our control and not every member will understand our difficulties so tempers may flare from time to time.

What do you enjoy doing when you are not working?

I enjoy spending time with my family. I have a 6-year-old son and a 2-year-old daughter. On my off days, I will bring my son to swim and relax together with my wife and children.



Tacking up a polo pony



Trimming the mane of a polo pony

Did you know that polo ponies always sport short manes to prevent a mallet from getting caught in it during a match?



Madu (in green) at the 2018 Grooms' Cup



Madu in full polo gear

JOURNEY Artists' Masterpiece

Now available at Atoms Polo Loft

About Journey

JOURNEY is a Singapore brand that represents the creative talents of people with intellectual disabilities. Through this platform, the artwork of artists with special needs from TOUCH Community Services are recognised.

JOURNEY currently supports some 60 artists who will earn an income from the sale of their art, and gain access to opportunities for collaborations that showcase their talent and tenacity.

A New Beginning Collection

The journey has just begun. A new beginning brings with it fresh perspectives, hope, and endless possibilities. A collective masterpiece by 12 artists with special needs, A New Beginning features a tasteful melange of abstract brushstrokes – an interpretation of silhouettes inspired by Singapore's lush gardens.



Colours of Life Collection

Featuring a kaleidoscope of cheery colours, the Colours of Life Collection is a collective work of 12 special artists, exemplifying the myriad of skills, experiences, and creativity that each artist has.



Rainbow Connection Collection

Featuring prismatic colours on a myriad of artwork, the Rainbow Connection Collection is a collective work of 12 special artists. This unique artwork inspires us to chase our own rainbow and is also a kind reminder to be a rainbow in someone's cloud.



Social Blu Collection

Social Blu lets us peer through the lens of 23 special needs artists. The white canvas and abstract black brush strokes symbolize the unprecedented situation we find ourselves in this year, while the electric blue circles represent where the artists see themselves – happy or sad – within this strange, new society.



Straits Collection

Celebrate Singapore's heritage with the Straits Collection. Each intricate design featuring birds, traditional kettles, cats and flowers, was delightfully hand-painted by the artists in a Peranakan-motif tile, before collaged together to form the collective artwork.



Hana Collection

Hana not only means "flowers" in Japanese, but also "bliss" in Arabic, and "shine" in Maori. JOURNEY's Spring 2022 Hana Collection transcends cultures to bring light and warmth to everyone.

The Hana Collection marks our special needs artists' third-year of foray into JOURNEY. As our artists continue to create art from the heart, our hope is that they continue to bloom in their creative pursuits while embracing the new year with hope and anticipation.





SINGAPORE
**POLO
CLUB**
Established in 1886

MAKE A DIFFERENCE IN SOMEONE'S LIFE



Singapore Polo Club is looking for individuals to join us as volunteers for our Outreach programmes.
Interested participants can write in to the Outreach team at outreach@singaporepoloclub.org
Open to members of Singapore Polo Club Only.



A Trip to the Singapore Polo Club

In awe, excited and inspired – those were the words used by the elderly and special needs beneficiaries of TOUCH Community Services (TOUCH) when asked to describe their recent visit to the Singapore Polo Club (SPC). It was the first time any of them witnessed a dressage competition or a polo tournament. In fact, many of them have never had an up-close encounter with horses. It was a special time of interaction and an educational visit for them.

“I like to watch the dressage competition and see the horse dance with the human. I learnt about where the horses stay and what they eat (grass and carrots),” said Shennie Yang, a client with special needs from TOUCH Centre for Independent Living (TCIL).

Another TCIL client, Joshua Chan added, “I like to see the people on the horses and playing with the ball. I like it very much because I like horses and I’m happy to see the horses play the game. I learnt that there are a lot of different types of horses.”

Eight special artists from JOURNEY, a brand by TOUCH that represents the creative talents of people with intellectual disabilities, also had the privilege to visit the stables at Mount Pleasant. They were inspired during their visit and are excited to create paintings to commemorate the iconic stables.

Tan Siew Gek, an elderly beneficiary from TOUCH Active Ageing (Yishun) shared, “It



Watching the finals of the National Dressage Championships 2022.

was my first time touring the stables and interacting with horses. I enjoyed the visit and even got to bring home a horseshoe memento!”

Partnerships such as the one between TOUCH and SPC are precious and contribute to the development of TOUCH’s beneficiaries.

Said Mr James Tan, CEO of TOUCH, “At TOUCH, we believe in working closely with like-minded partners to create experiences and special moments to support our beneficiaries in their journey of growth in the community. We are grateful to SPC for its support to TOUCH, providing our clients a memorable time through a variety of activities at the club and stables.”

TOUCH is honoured to be part of the first outreach event held by SPC after a two-year hiatus. We look forward to greater partnerships with SPC in the years ahead!



A client enjoying a special moment in an up-close encounter with a horse.



An experiential experience of a ball throw-in which marks the start of chukka



Big smiles from TOUCH's special needs clients enjoying an evening of polo at the Gold Cup Polo Tournament.



Watching the finals of the National Dressage Championships 2022.



Children and youth from TOUCH Young Arrows interact with SPC Riding Academy's horse, Lady.



TOUCH's special needs clients enjoying a scenic train ride around the polo field during their visit to the Mount Pleasant Stable



One for the photo album



Children and youth from Young Arrows decorating their very own horseshoe

Migrant Workers Centre and Gateway Arts commemorate Labour Day

In commemoration of Labour Day, the Club's Outreach team in partnership with Migrant Workers Centre and Gateway Arts played host to a group of migrant workers on 26 June for an Outreach session. The day commenced with a light-hearted interaction between our grooms and visitors. Questions about their career and daily tasks were thrown to them in a rapid-fire round and they aced it all!

Our migrant friends thereafter had a first-time experience of coming up close with our horses at a stable tour and an interactive feeding and photography session. A polo demonstration followed suit by Argentinean Polo Professional, Humbert Jacques (JJ) and attendees practiced the various polo swings with a foot mallet while seated on a wooden horse.

The session drew to a close with each of them bringing home a pack of Nasi Briyani for lunch, a care pack thoughtfully put together by the team along with a photo frame portraying their treasured moment with a polo pony. Upon receiving the frame, we overheard a guest exclaiming, "I never expect to get this. It's so beautiful!" It sure was a fun-filled morning and we look forward to organising more of such fun and meaningful outreach in the future.

Keen to make a difference in someone's life? Come join us as an outreach volunteer!

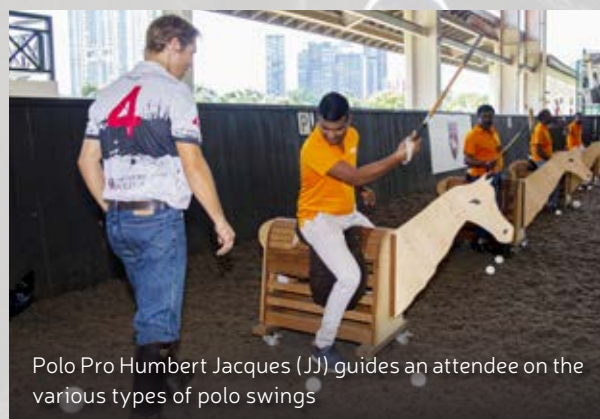
Contact us at outreach@singaporepoloclub.org



Happy and hearty smiles after a fun filled morning



Our migrant brothers attempting a shot with a foot mallet while seated on a wooden horse



Polo Pro Humbert Jacques (JJ) guides an attendee on the various types of polo swings



Polo Calendar

JULY TO OCTOBER 2022

Gear up for a vibrant last quarter with our Club Cups and Fall Tournaments. Swing by the Verandah to catch the excitement.

SEPTEMBER 2022

3 & 4 September
5 to 11 September
13 to 18 September
20 to 25 September
27 September to 2 October

SPC Club Cups
Fall Tournament Season 0 – 2 Goals/Atoms
Fall Tournament Season 4 – 6 Goals
Fall Tournament Season 0 – 2 Goals/Atoms
Fall Tournament Season 4 – 6 Goals

OCTOBER 2022

15 & 16 October
29 & 30 October

SPC Club Cups
SPC Club Cups

ATOMS

POLO LOFT



Your gateway to the equestrian world

Opening hours

Closed on Mondays and Public Holidays

Tuesdays to Fridays: 10am to 6pm

Saturdays and Sundays: 9am to 6pm

Spring International Tournament 2022 Bronze Cup

The Spring International Polo Tournament kicked off on 14 May 2022 with much excitement after a two-year hiatus due to the Covid-19 pandemic. This was the first international tournament of the new season and featured local, amateur, professional and international players from India and Argentina competing for the coveted title.

Notable International polo professionals, Dhruvpal Godara with a 4-goal handicap and Colonel Ravi Rathore with a 3-goal handicap from India as well as Argentinian polo professionals, Carlos Pando with a 4-goal handicap and Humbert Jacques with a 3-goal handicap added much excitement to the action-packed event.

The tournament fielded two teams, each ranging from -2 to 4 goal handicap. SPC Red Team was led by Captain Dhruvpal Godara with Colonel Ravi Rathore, Lawrence Khong and Ivan Chua / Chua Boon Lai. SPC White Team was led by Captain Carlos Pando with Humbert Jacques, Daniel Chua and Koh Pei Bei.

Before a 100-strong crowd of Singapore Polo Club members and other fans of the sport, both teams gave a thrilling display of a "battle on horseback". Determination complemented by good teamwork finally won the day, which earned both teams the right to lift the coveted trophy with a draw result of 6 goals each over four chukka matches.

The Most Valuable Player was awarded to Carlos Pando and the Best Playing Pony was Morocha belonging to Polo Captain, Satinder Garcha.

As the sun sets, revellers enjoyed a delicious feast of Asado BBQ prepared by the chefs from Coriander Leaf at the Chukka Terrace while savouring the 21-Year-Old Royal Salute whisky to the cool beats of DJ Jazzy.

Royal Salute has a long history with the "Sport of Kings" in its support for our polo tournaments and we are honoured to have them as our main sponsor for the Spring International Polo Tournament 2022.



International polo players, Colonel Ravi Rathore and Dhruvpal Godara from India



The Polo Spirit – Cheering the teams on



Dhruvpal Godara takes the lead for SPC Red



Post match celebration with an Asado BBQ dinner



Cool beats from DJ Jazzy



From left to right: Colonel Ravi Rathore, Ivan Chua, Mr and Mrs Garcha, Dhruvpal Godara and Chua Boon Lai



Retired Colonel Kuldeep Singh Garcha does the first throw-in to kick off the tournament

Spring International Tournament 2022 Silver Cup

After last weekend's Bronze Cup Final, the polo players are more warmed up and even more ready to take on today's match in the Silver Cup Final!

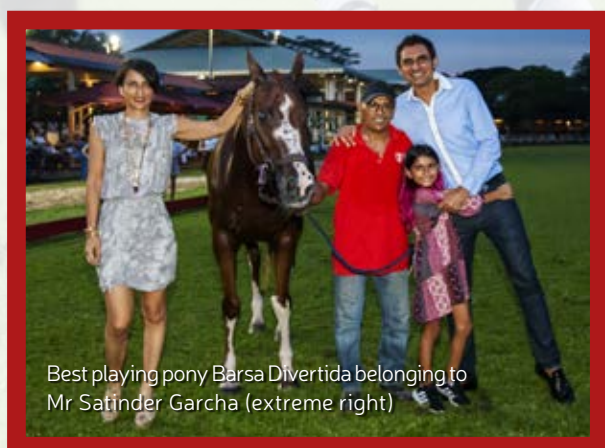
Mr Jim Rogers, American investor and financial commentator based in Singapore was invited to do the throw-in for the game. Captain Dhruvpal Godara led SPC Red team into "battle" with Humbert Jacques, Lawrence Khong and Koh Pei Bei / Ivan Chua as team players. SPC White was helmed by Captain Carlos Pando with Col Ravi Rathore, Tim Zee and Daniel Chua / Birgitta Elfversson in his team.

Both teams gave a thrilling display of a "battle on horseback" over 4 chukkas. After much exhilarating action from both teams, Captain Dhruvpal Godara led SPC Red team to win the coveted trophy as the champions for the Silver Cup Final with 7 goals while SPC White trailed by just half a point with 6.5 goals.

Dhruvpal Godara was awarded the "Most Valuable Player" and the "Best Playing Pony" was won by Barsa Divertida belonging to Polo Captain, Satinder Garcha.



Team line up for the day



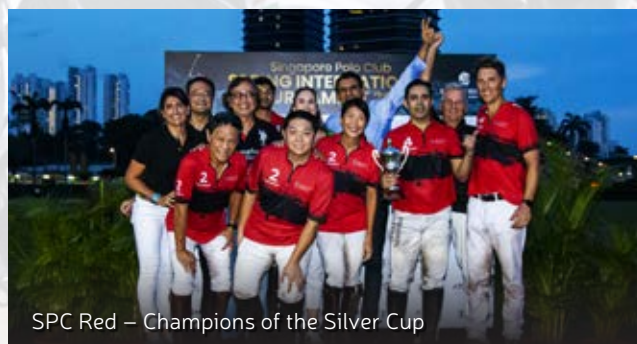
Best playing pony Barsa Divertida belonging to Mr Satinder Garcha (extreme right)



Mr Jim Rogers does the throw-in to commence the first chukka of the tournament



Exciting moments from the tournament



SPC Red – Champions of the Silver Cup



Dhruvpal Godara (extreme right) was awarded the Most Valuable Player title for the evening



Post-match Asado dinner at the Chukka Terrace

Spring International Tournament 2022 Gold Cup

The much-anticipated Spring International Polo Tournament Gold Cup Final was held on 29 May 2022. Before the match started, the crowd was treated to a thrilling tent-pegging performance by Colonel Ravi Rathore, a rare sight for the excited crowd gathered at the SPC verandah to support their family and friends on the polo field.

A cavalry sport of ancient origin and one of only ten equestrian disciplines officially recognised by the International Equestrian Federation, tent-pegging refers to the entire class of mounted cavalry games involving pointed and edged weapons, usually lance and sword on horseback. In what looks like an effortless

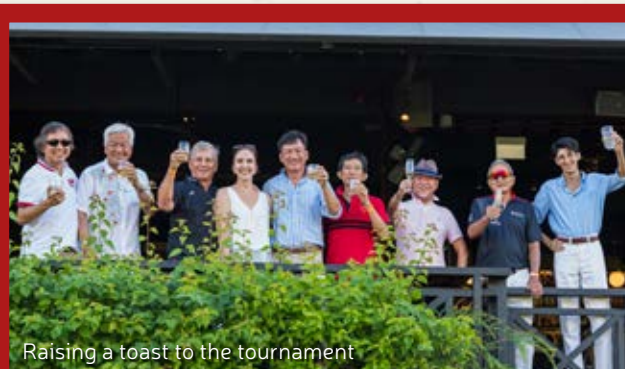
attempt from the tall and lean Captain, Colonel Ravi rode on a horse at great speed.

SPC Red Team was led by Captain Dhruvpal Godara, Waqas Khan, Lawrence Khong/ Imran Jumabhoy and Daniel Chua / Tim Zee.

SPC White Team was led by Captain Carlos Pando, Colonel Ravi Rathore, Marie Godenir / Koh Pei Bei and Jane Drummond / Alex Soerensen.

Most Valuable Player was awarded to Colonel Ravi Rathore. Best Playing Pony was won by Kenju who belongs to Polo Captain, Satinder Garcha.

The match was ultimately won by the SPC White with 17.5 goals while SPC Red scored 15 goals.



Raising a toast to the tournament



Match moments



Tent-pegging exhibition by Colonel Ravi Rathore



SPC White – Champions of the Gold Cup!



A beautiful wrap to an exciting tournament



Colonel Ravi Rathore was awarded Most Valuable Player of the tournament

North Junior Cup (Adults and Kids)

Youth and adult polo players from Atoms Polo Academy participated in the 2-chukka North Junior Cup on 4 and 5 June 2022.

Congratulations to the winning teams!

Results:

North Junior Cup (Atoms Kids') on 4 June 2022

SCORE OF THE MATCHES

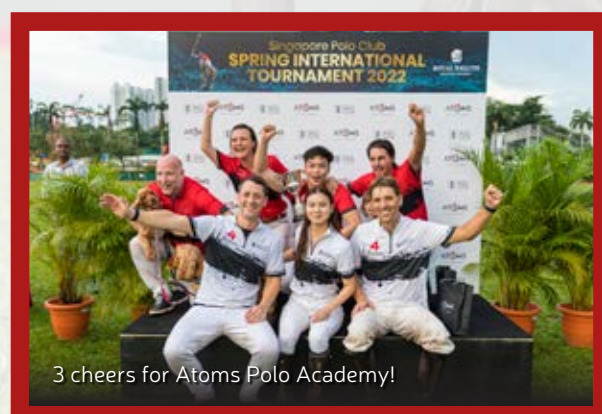
Saturday 28 May 2022	Red 2 vs. White 2
Sunday 29 May 2022	Red 1 vs. White 2
Saturday 4 June 2022	Red 2 vs. White 2

RED

Waqas Khan (Capt.)
Robin Clark
Lara Baker
Tess Sandstroem
Alexander Phang
Finn Martin

WHITE (WINNER)

Carlos Pando/Humbert Jacqus (Capt.)
Ollie Clark
Alexander Fisher
Zara Taylor
Scarlett Lowndes-Cox
Tess Sandstroem
Cory Martin
Tess Baker



North Junior Cup (Atoms Adults') on 5 June 2022

SCORE OF THE MATCHES

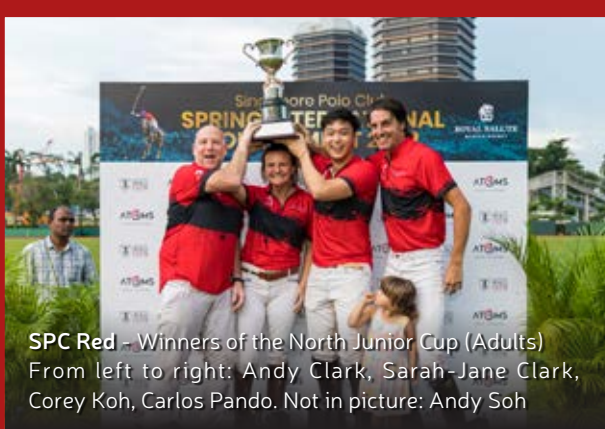
Tuesday 31 May 2022	Red 4 vs. White 4
Thursday 2 June 2022	Red 2 vs. White 1
Sunday 5 June 2022	Red 2 vs. White 2

RED (WINNERS)

Carlos Pando (Capt.)
Sarah-Jane Clark/Andy Soh
Corey Koh

WHITE

Humbert Jean Jacques (Capt.)
Raffaela Santosa
Peter Dargie
William Peacock



SPC Red – Winners of the North Junior Cup (Adults)
From left to right: Andy Clark, Sarah-Jane Clark, Corey Koh, Carlos Pando. Not in picture: Andy Soh



SPC White – Runners-up of the North Junior Cup (Adults)
From left to right: William Peacock, Humbert Jean Jacques, Mr Wee Tiong Han, SPC Committee Member and Raffaela Santosa



The lifestyle surrounding polo



Atoms youth polo players in action



Victor's Cup

Snippets from the finals of the Victor's Cup which took place on 5 June 2022.
Congratulations and well-played teams!

<p>Scores</p> <p>Singapore 0 vs. Asia 1 America 0 vs. Europe 2</p> <p>Winners - Team Europe Runners-up - Team America 3rd place - Team Asia 4th place - Team Singapore</p> <p>Most Valuable Player Col Ravi Rathore</p> <p>Best Playing Pony Kenju belonging to Satinder Garcha</p>	<p>Singapore</p> <p>Druvpal Godara (Captain) Ang Ban Tong Chua Boon Lai Quentin de Menten</p> <p>America</p> <p>Waqas Khan (Captain) Lynly Fong / Ali Reda Emma Gordon / Tom Lowndes-Cox Federico Vescovi/ Wu Jiat Hui</p>	<p>Asia</p> <p>Sattar Khan (Captain) Lee Joo Bae Tim Zee Elbert Pattijn</p> <p>Europe</p> <p>Col Ravi Rathore (Captain) Jane Drummond Birgitta/Lars Elfversson Marie Godenir / April McKenna</p>
--	--	--



Happy faces from both teams



Best playing pony, Kenju belonging to Satinder Garcha



SPC President, Mrs Stephanie Masefield presents the Most Valuable Player award to Colonel Ravi Rathore



Throw-in by Mr Chng Yi Ta, Deputy Chairman and Treasurer of Equal Ark Singapore



Team Europe – Winners of the Victor's Cup



Team America – Runners-up

Ismail Junior Cup

Congratulations to SPC White, winners of the Ismail Junior Cup. SPC Red and SPC Black clinched the 2nd and 3rd place respectively. Well played everyone!

Most Valuable Player: Marie Godenir

(2 chukka round robin matches on each day)

	SPC Red	SPC White	SPC Black	Win/Draw/Lose	Points	Order of Merit
SPC Red		3 - 3½ (18 Jun) 5 - 3½ (19 Jun)	1 - 6½ (18 Jun) 3½ - 3 (19 Jun)	L L W W	4	2nd
SPC White	3½ - 3 (18 Jun) 3½ - 5 (19 Jun)		4 - 2 (18 Jun) 4½ - 0 (19 Jun)	W W L W	4	1st
SPC Black	6½ - 1 (18 Jun) 3 - 3½ (19 Jun)	2 - 4 (18 Jun) 0 - 4½ (19 Jun)		W L L L	2	3rd



Tournament vibes





Champions of the Ismail Junior Cup
From left to right: Lee Joo Bae, Jane Drummond,
Marie Godenir, Lynly Fong and Waqas Khan



Marie Godenir was awarded
Most Valuable Player of the tournament



Runners-up, SPC Red
From left to right: Waqas Khan, Federico Vescovi,
April McKenna, Lawrence Khong and Dhruvpal Godara.
Not in picture: Ali Reda, Tim Zee



3rd Place, SPC Black. From left to right: Daniel Chua,
Ivan Chua, Dhruvpal Godara, Tan Hock, Ang Ban Tong,
Birgitta Elfversson. Not in picture: Lars Elfversson



Polo is about camaraderie



Friendly Match with visiting Polo Professionals on 26 June

Team SPC White was crowned as winners of the evening at this 3-chukka friendly match with visiting professionals; Jovey Beh, Gino Genaro and Juan Carlos Hariott from B.P Polo, Malaysia. Snippets of the action below.

Score of the match: SPC Red 4½ vs. SPC White 6

SPC Red

Gino Genaro (Captain)
Juan Carlos Hariott
Ang Ban Tong
Koh Pei Bei

SPC White

Jovey Beh (Captain)
Dhruvpal Godara
Humbert Jacques
Daniel Chua





Thrilling match moments



SPC Red
From left to right:
Koh Pei Bei, Gino Genaro, Ang Ban Tong, Juan Carlos
Hariott and Mrs Stephanie Masefield, President of SPC



SPC White
From left to right:
Dhruvpal Godara, Humbert Jacques,
Mrs Stephanie Masefield, President of SPC, Jovey Beh,
Daniel Chua



Mrs Stephanie Masefield, President of SPC commences
the first chukka with a throw-in



The Stars of Polo!

Polo ponies are generally only used for the sport of polo. In polo, the speed and agility of the horses are just as important as the ball skills, horsemanship and talent of the polo player mounted on them. A warm welcome to our latest string of polo ponies approved for purchase by members at last year's extraordinary general meeting. Some of these cuties have already commenced the polo season at the Spring International Tournament 2022. Stay tuned for the other ponies who will make their debut at our Fall Season commencing on 5 September 2022.



Name: Filosa (Candela)
Age: 7
Sex: Female
Identification Markings: Bay colour with star



Name: Avispa
Age: 9
Sex: Female
Identification Markings: Bay body colour with star conjoined stripe & snip, RF and both hind legs have white stocking



Name: Flecha
Age: 8
Sex: Male
Identification Markings: Grey colour without markings



Name: Fanfarron (Elegante)
Age: 8
Sex: Male
Identification Markings: Grey body colour without any markings



Name: Maquina (Cantiva)
Age: 8
Sex: Female
Identification Markings: Chestnut colour with blaze. LF and both hind legs have white sock. Brand mark 6 at LH hip and 22 at RH hip



Name: Morena

Age: 8

Sex: Female

Identification Markings: Bay colour with white coronet on LH leg



Name: Tobiana

Age: 7

Sex: Female

Identification Markings: Skew bald colour with stripe and snip. All four legs have white stocking



Name: Normita

Age: 6

Sex: Female

Identification Markings: Bay body colour with star and snip. Both hind legs have white sock



Name: Unico

Age: 7

Sex: Male

Identification Markings: Chestnut colour with blaze



Name: Rubia

Age: 8

Sex: Female

Identification Markings: Bay colour with stripe and snip. Both front legs and LH leg have white pastern



Name: Victoria

Age: 7

Sex: Female

Identification Markings: Bay colour with star. RH has white sock

A SELECTION OF
RARE AND EXCEPTIONAL
SCOTCH WHISKIES



Available at selected outlets
and LeCercle club.
Scan QR code to join LeCercle.



Enjoy Royal Salute Responsibly



ROYAL SALUTE
SCOTCH WHISKY

ROYALSALUTE.COM

"Because our polo mallets are the best in the world"

- Casa Zappala -



Available at the ATOMS Polo Loft at Singapore Polo Club

Casa Zappala e Hijos
SADDLERY TALABARTERIA

ATOMS
POLO ACADEMY

Rapid Fire with Colonel Ravi Rathore & Dhruvpal Godara

Our editorial team had a quick catch up with polo professionals, Colonel Ravi Rathore and Dhruvpal Godara from India when they were here for our Spring International Tournament 2022. They reveal everything you would need to know about this exciting equestrian sport.

About him

Tell us about yourself.

I have served in the army for 20 plus years and have had the distinguished honour and privilege to serve and Command the 61st Cavalry, the most elite regiment in the Indian Army and the only active mounted Regiment globally. I am recipient of Arjuna Award for excellence in Polo, India's most prestigious award for sport, awarded by the President of India. I have played in more than 25 countries all over the world and have the unique distinction of representing India in 5 successive World Cups- 2003, 2007, 2011, 2014 and 2017 and captained the Indian Polo team in the last two FIP Polo World Cups. At present, am ambassador to FIP from India.

For my distinguished service, I have been awarded Vishisht Seva Medal (VSM) by Indian Army having attained a handicap of +5 and being prominent member of Indian Polo team for 20 years. Along with Polo, I have passion for equestrian sports as well having excelled in the field of equestrian being the National Champion for medium grade show jumping and winning Silver medal in FEI Category 'A' show jumping.

When did you start playing polo?

I was fortunate enough to get a head start in playing Polo very early in my life as my father Brig GS Rathore was a polo player. I played my first tournament at the age of 13- the IPA Junior National Tournament, that we won. Post this tournament, I also won the Senior Championship in the same season. There was no looking back from there and I have been playing Polo ever since and hope to never stop.

How supportive is your family in your career?

My family has been one of my greatest support all throughout. They have always stood by me in all the choices I have made in life and in sport. As a kid my parents provided me with opportunity to play all games and sports. I was given complete freedom to pursue my passion for the most exhilarating sport of Polo. I would say this gave an impetus to me and helped me excel in my chosen sport and career.

What's one thing you can't live without?

The two things which are closest to my heart is the game of Polo and my family. The sport, the horses and my family keep me motivated in life.



Receiving the prestigious Arjuna Award in 2018

Colonel Ravi Rathore

What is your favourite destination to play polo?

I had the fortune of playing all over the world in more than 25 countries. One of the most beautiful places that I've found to play polo is New Zealand which has amazing natural beauty. I would also like to add on my latest experience in Singapore Polo Club has been exceptional.

If you were not a polo professional, what would you have been?

As I have mentioned that I have had the honour to serve in the Army for 20 plus years. I got the platform and privilege to pursue my passion for the sport of Polo while being in Army. I would be serving in Army definitely.

What are your future goals?

One has been fortunate in life to be playing Polo and being around the most majestic and noble animal- horses. I have been following my passion for almost 30 years now. I would definitely continue to do this as long as I can. Along with playing Polo, I intend to share my experiences and knowledge with as many passionate upcoming Polo players as possible including nurturing the younger generation and the players/riders who I can help with my expertise.

About Singapore Polo Club (SPC)

Is this your first visit to Singapore Polo Club?

Yes, it has been my first visit and I must add it has been a great privilege and experience to visit the Singapore Polo Club. The club definitely is one of the beautiful and organized clubs that I have seen. It is a great facility for Equestrian and Polo lovers in the middle of this beautiful country.

What's your first impression upon reaching the Club?

On reaching the Club, I had an immediate sense of awe. What has been most touching is the welcoming attitude and warmth of the management, staff and the members. The management and staff have been thoroughly professional in their approach and execution. The members at the club have keen passion to learn and grow, which is fantastic. The infrastructure in the club is of the topmost level that I have seen anywhere internationally.

The detail-oriented efforts by the club to maintain the ground conditions, putting in a fabulous drainage system to make it feasible to play all through the year, are splendid. I want to add that it has been very moving for me to see the next younger generation of riders being passionate to learn the game of Polo and having such love for horses.

Describe SPC in 1 word.

"Pre-eminent". A great place for horse lovers with perfect amalgamation of history, culture and sports, that has great vibe.

About the Sport

How do you prepare for a major tournament and destress after it's over?

Any level tournament that you play, one will always have some nerves. I believe that following and believing in the process makes you better organised, more focused and calmer to achieve the best of your capability.



A moment at our Spring International 2022



Col Ravi at the Sydney World Cup 2017

So, I follow a process of preparation, warm up, mindset, strengthening, fitness of horses and routine which is generally same most of the days and keeps me focused and disciplined on and off the field.

My routine for the major and all tournaments includes fitness of horses, practice of my stick work, skills and control, working on strengthening, stretching and flexibility, meditation for mental relaxation, right nutrition for oneself and horses, emphasis on post-game recovery for myself and horses.

Playing polo and being around horses is the biggest stress buster for me so I don't need to destress.

How different is this sport played in Singapore versus your hometown?

The passion for the game of Polo has been similar or more in Singapore as what I see in my hometown. The Polo players and the members are extremely enthusiastic in Singapore. They have appetite to learn and excel. Polo in India has been extremely competitive and has a lot of history. However, at SPC I feel that the management and club have done a great job in making a great infrastructure for learning and acquiring the skills to be good horsemen, polo players and equestrians. The ground conditions are superb in Singapore for both the riders and horses.

In India, Polo is played in various cities over a period of 6 months where one can play in Polo Tournaments from 2 to 20 goals and we have to travel to different parts of the country like Delhi, Mumbai, Jaipur, Jodhpur to play.

What's your favourite part of this sport and the least liked side about it.

Don't think there is anything about the game that I don't love. I love each and everything about and around it. My favourite part of the game is the companionship with your partner – THE NOBLE HORSE. Equally important to me is the team spirit which includes not only the camaraderie with your teammates on the field but also with the staff and grooms who work tirelessly behind the scenes to make the magic happen on the ground. So, I would say the favourite part of the sport is the horses, the whole team and staff behind the scenes which includes the entire process and training of the player and horses which goes on to get you ready for playing the game of Polo.

Tell us more about your polo ponies back home.

Horses are like your companions/ partner/ teammates. The best thing about the sport is sharing this association with the majestic horse. I've been playing for almost 30 years and share a very strong bond with all the horses that I played till now. They are like a family and you see all ups and downs along with them. No matter whether you win or lose, they will put in their heart and soul for you and deliver the best.

I have played on various different kind of horses. Indian bred, Army bred, Thorough bred, New Zealand, Argentine horses etc. All have been my favourite because they try to put in the best of their ability. Name of few of phenomenal and outstanding horses that I have the great fortune to play are Picture perfect (Army Bred), Ruhana (Argentine), Buggy (New Zealand), Remarkable (Hanoverian Equestrian Horse), Mastani (Indian thoroughbred) and the list goes on.



How does it feel playing in a mixed team match with the ladies?

It has always been a fabulous experience to play with ladies in my team. I truly feel that they are so much more committed, organised, disciplined. They perform their role with so much determination and do fantastically well. Women polo players are very receptive to suggestions and give their best always and are willing to learn.

Are there any female polo players that have inspired you?

Nina Clarkin is one of them. In India there are very few female players. Some of them are coming up really well and I hope and pray that they do extremely well in future. However, I have been really inspired by the female Polo Club members at SPC who have played alongside me in various tournaments. I would like to praise each and every one of them. They are inspirational for the discipline they have while preparing for the tournaments and the passion they carry to the field.

How has the world of polo evolved in welcoming female polo players?

I feel the female Polo is growing by leaps and bounds every year. As you see more tournaments are being organised for women all over the world including Argentine Open and the FIP World Cup for females this year that saw 6 teams competing. The growth of women's Polo has been impressive with more female Polo players coming into the scene all over the world. I wish each and every one of them all the very best.

Have you met or played a match with celebrities? Tell us about the experience.

I genuinely feel that each and every Polo player who turns out on the field with his/her passion is a celebrity. I have played with many of them including my idol, Carlos Gracida. In my journey of playing polo, I have met many accomplished people on and off the field, from various professions. It was rightly said that "Polo handicap is a passport to the World".

Polo and Fitness

What's a typical day like for you before and after a polo match?

My typical day starts with meditation and stretching. It is very important to do stretching and warm up before you get onto a horse whether it is in morning

or evening and similarly a cooling down stretching after you finish. I strongly believe in the process and procedure. It is the routine, process and right procedure which eventually gives you required results. Followed by working, training and fitness of the horses. Nutrition is also a key and I try to have balanced meals. I inculcate exercise in my routine and a bit of weight training. Before the match, I organise horse administration, checklist, chukker wise list for the game that day. I usually take some time out with the team members to discuss strategies, positioning, confidence building and finer points. Before the game warming up, checking the tack and equipment is a must. I make sure that preparation includes requirement for cooling down the horses after they finish the chukker like hosing, icing etc. After the match I do some stretches for cooling down. Once the match is over, it's pertinent to give a few minutes to analyse what went right and what didn't. I try to do a debrief of the game with the team and go through the game, preferably by watching a video recording of the match generally the same evening when one is fresh with the game. Later in the day, it is crucial to check on the horses and their well-being.

Share with us your exercise regime. How many times do you train or exercise in a week?

I usually start the day with light exercises and some kind of strengthening and weight training for various parts of the body at least three to four days a week. It is very important to strengthen the muscles which are being used while playing the game of Polo and riding a horse. I enjoy running and yoga so at least 3 times a week, I go for a run followed by 30 mins of Yoga.

Are you on any special "polo" specific diet?

I am not on any Polo specific diet but I feel that there is a requirement of taking lot of proteins. It is important to have a diet that gives one energy to play and also help in muscle recovery. On match days, I usually eat light

before the game. I prefer to stick to a similar kind of food. Another important thing is keeping oneself hydrated.

Is there a polo tip to share with people intending to take up the sport?

With my extensive experience over the years, I would like to share that the passion for the game of Polo can only be achieved through dedication. One has to be thoroughly sincere and compassionate towards the horses. Horsemanship is one of the most important facets of a good polo player, one needs to put in hours, weeks, months in accomplishing it. And I very firmly believe that one has to focus and believe in the process, routine and the procedure. Patience is a virtue that goes a long way in Polo. It is eventually with the discipline, the focus, the organisation and sincerity in becoming a better horseman and acquiring skills which will make you achieve the goal that you set and excel in this lovely sport.

How have you grown mentally and physically from playing polo?

I feel I have evolved and learnt a lot from the time I first played my first game at the age of 13. I have improved enormously mentally and physically. The game makes you mentally more disciplined and focused and one grows to be empathic and compassionate being with the horses. I always believe that this is a game which is played with a cool mind and hot blood. And physically also I have enhanced my abilities over the years which has made me ride better. For sure the game of Polo has made me mentally and physically stronger and better.

Have you ever taken a break intentionally from polo?

Polo being such a passion for me, I would never like to take a break from Polo. Horses need a break because they are need to recover post a long and strenuous season. That is the time you get a break when you leave them on rest. Ideally as a wish if I could I would love to play every day of the year. Polo is not a sport but passion so intentionally I would never want to take a break.



The decisive moment of skill in speed



Dhruvpal Godara

About him

Tell us about yourself.

My dad is an Army officer and I've always felt connected to horses and the sport of polo.

When did you start playing polo?

I started playing polo at the age of 11.

How supportive is your family in your career?

My family has always played a big part in my success of pursuing polo as a career. My father has taught me all I need to know about polo and my wife totally manages me and my polo set up back in India. The entire family has always given me the positive push to do better.

What's one thing you can't live without?

Movies

What is your favourite destination to play polo?

India. Jaipur to be precise. Lovely grounds and most of all, the company of people who are very warm. It's a heritage destination with many places to be seen within and around the city.

If you were not a polo professional, what would you have been?

Air force pilot

What are your future goals?

To train my son to be the best player in Asia. I also desire to run a set-up to train young and old players alike to play and understand the sport of polo at a higher level.

About Singapore Polo Club (SPC)

Is this your first visit to Singapore Polo Club?

Yes, it's my first visit to the Club.

What's your first impression upon reaching the Club?

First impression upon reaching here was the beauty of SPC and how it has been developed into an absolutely stunning polo club in a great location!

Describe SPC in 1 word.

Awesome.

About the Sport

How do you prepare for a major tournament and destress after it's over?

It takes a lot to prepare for a major tournament. Getting horses

fit, managing stables, preparing mentally to play at best level, team strategy and most of all practicing on field to make perfect moves. I always ensure to de-stress by stretching post-match and meditate.

How different is this sport played in Singapore versus your hometown?

Polo back home has a higher level of polo as the tournament handicap can reach up to 20 goals. I feel that polo in Singapore is very organised and the club facilities are excellent.

What's your favourite part of this sport and the least liked side about it.

Favourite part of the game for me would be the feel and speed of the horses. Least liked side personally would be the amount of travelling required to play polo at times.

Tell us more about your polo ponies back home.

I have a beautiful string of 16 polo ponies which I have personally bought and trained as well. All are thoroughbreds and play at a high level. Amongst them is the first mare I ever got and is 36 years old.

How does it feel playing in a mixed team match with the ladies?

Playing in a mixed team with female polo players for me is the same as playing in any other team with men alike. Polo is all about the handicap you have reached personally.

Are there any female polo players that have inspired you?

Claire Tomlinson has been an inspiration for me and many more. She was a player from England and reached a handicap of 5 goals. She is a very strong and intelligent player. Her hard work and vision that she has for the sport inspires all even till today.



At International tournaments held in Jaipur, India the last few years

How has the world of polo evolved in welcoming female polo players?

The world today is very welcoming to all female polo players with loads of tournaments being organised and played across the globe. Singapore Polo Club itself has a big percentage of female polo players, which is very positive and inspiring.

Have you met or played a match with celebrities? Tell us about the experience.

I have interacted with many Bollywood movie stars in Mumbai and Delhi at quite a few polo matches. It's a regular part of our polo season in India. They are usually invited as chief guests for the final matches which helps a lot to make the sport more popular and gets the attention of the media too.

Polo and Fitness

What's a typical day like for you before and after a polo match?

Before a match, I usually do some body weight exercises and also meditate. Post-match is always yoga for stretching and relaxation.

Share with us your exercise regime. How many times do you train or exercise in a week?

For my workouts, I believe in a lot of mobility and flexibility which I try through yoga. Pranayama exercises are a must for me as it regulates the breathing, especially in a strong game. Back and legs play a big part in polo. Thus, push ups, squats and pull-ups are great choices. Planks are also done for overall strength.

Are you on any special "polo" specific diet?

I'm not fussy with cuisines but generally refrain from deep-fried food.

Is there a polo tip to share with people intending to take up the sport?

Spend as many hours as possible in the saddle. The only thing that matters most is to give maximum time to ride horses and become a better horseman.

How have you grown mentally and physically from playing polo?

Preparing for a polo career surely makes you more responsible mentally as there is much to get organised with – horses, travel, manpower and stable management. It also teaches you the cardinal rule, health first. If you have injuries but do not take measures to recover well, the career is short-lived.

Have you ever taken a break intentionally from polo?

Yes. Taking a good break or going on a destination holiday really helps one to come back strong with a fresh mind set.



Dhruvpal with his prize for winning the "Most Valuable Player" title in the Silver Cup Final in the Spring International Tournament 2022



SPC Spring International Tournament, Gold Cup Final

Singapore Polo Club **FALL INTERNATIONAL TOURNAMENT 2022**

The Sport of Kings
is back this Fall



Season kicks off from
5 September to 2 October

Submit your enquiries to
polo@singaporepoloclub.org



SINGAPORE
**POLO
CLUB**
Established in 1986

AT&MS
POLO ACADEMY



ROYAL SALUTE
SCOTCH WHISKY

Passion for Polo Takes Flight

Vitoria Vescovi, youth polo player from Atoms Polo Academy talks to us about her passion for polo and how she got hooked on this thrilling sport.

About SPC and Atoms Polo Academy

What do you like about Atoms Polo Academy?

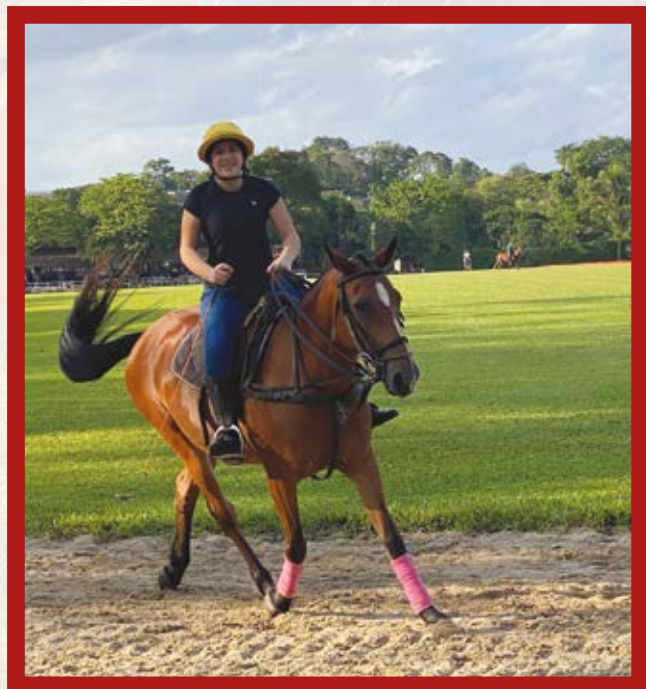
Playing lessons and doing chukkas on the field.

Have you visited the Atoms Club Room? Share with us your favourite pastime there.

No, I have not had the chance to visit the room yet. I'm hoping to have a peek at it soon.

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

I enjoy riding my horse, Zukini around the track.



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 a polo pony named Zukini. She is a bit head strong but when she is out on the field she plays better. When I have a lesson with her in the arena, she tends to feel more claustrophobic so she doesn't play as well.

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

I have lessons with Sani Khan and my favourite lesson is to play on the green.

Do your parents or siblings play polo? How did you get interested in polo? Was it an instant love for the game?

My dad plays polo as well and he has a handicap of -2.

I was encouraged to play polo by my friends who also played polo at the time but I did horse riding so I couldn't. Eventually, when my parents decided I had a good seat on the horse and could ride properly, they allowed me to join polo and that was when Atoms Polo Academy was launched.



Polo & Fitness

How many days a week do you train?

I have 2 lessons in the week and ride my horse around the track when I can through the week.

Have you been on any Polo Holidays? Share with us more.

I have not been on any polo holidays yet. This summer I am going to play polo with friends and my dad at Villa a Sesta in Tuscany, Italy.

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

I have watched many chukkas that took place at the club. I usually watch them on Tuesdays and Thursdays after my riding lessons.



Some things are worth



EXPERIENCING

Be a part of our happy community!

Quote "**SPCMagazine**" to find out the special membership rate.

Contact us at **+65 6854 3980** or **riding@singaporepoloclub.org**





**Look out for new dates
7.30pm to 9.30pm**

(registration starts at 7.00pm)

**Covered Arena
\$50+ (Member / Guest)**



For enquiries, contact us at **6854 3980** or
riding@singaporepoloclub.org

National Dressage Championships 2022

By Peggy Yeo



SPC's Megan Ding on school pony, Sir James

The National Dressage Championships from 20 to 22 May 2022 – a much-anticipated intense and exciting three-day event took place on our home ground after a two-year hiatus of equestrian competitions due to the pandemic.

Singapore Polo Club (SPC) and the SPC Riding Academy were truly honoured to have hosted this National event with an overwhelming response from more than 50 competitors from the various local riding schools. Many participants did very well to compete in the three-day championship challenge. Each class was highly competitive with outstanding projection of horses' ability and riders' horsemanship. It was a proud moment for one and all to see every competitor and their horse performing remarkably well. Kudos to everyone!

It was an amazing exhibition of several talented privately owned horses, successfully retrained ex-race horses and brilliant school horses and ponies. Singapore Polo Club secured championships in FEI Preliminary and Elementary classes, Singapore Turf

Club Riding Centre in FEI Novice, Medium and Small Tour classes, and Bukit Timah Saddle Club in FEI Advanced class. Huge congratulations to the champions of all the various classes! Well done to everyone who had competed, and congratulations as well to those who came in second and third placements for each class.

We thank International Dressage judges, Linda Warren Davey and Melinda Hart who had offered their valuable time to judge the show. We are sure their comments and remarks had been most helpful and participants will not only improve, but the comments will provide them the foundation to strive for next level.

We also would like to thank SPC Riding Academy team, NDC Organising Committee and the spontaneous volunteers for their superb organisation and hosting! Three cheers to SPC's Main Committee, Equestrian Federation of Singapore and the visiting equestrian clubs and centres for their unwavering support throughout the entire event. Till we meet at the next Nationals!

Thank you to the following Sponsors who had contributed significantly to the event:

• Carlton Collection • Shaw Centre • Shaw Theatres • Mr Arthur Ding
• Ikonc Saddlery • The Wind Horse Well-Being



Mr Sylvan Braberry, SPC General Manager giving a speech



From left to right: Chief Steward of the event with Dressage Judges, Ms Linda Warren Davey and Ms Melinda Hart and Commentator Ms Fiona Hammond



Key sponsors and team. From left to right: Edric Lee, SPC Riding Academy Instructor, Mr Arthur Ding, Investment Banker, Mr Kenneth Li, Managing Director of Carlton Collection, Ms Tiara Shaw, Managing Director of Shaw Theatres and Shaw Centre, Ms Peggy Yeo, SPC Main Committee Member and Riding Sub-Committee Member, Ms Pua Yien Yien, SPC Riding Academy Instructor and Mr Daniel Sitranen, SPC Riding Academy Lead Instructor



Champion for FEI Preliminary Class – SPC's Elly Poh and school pony, Sidan



Champion for FEI Elementary class – SPC's Lara Baker and her horse, Hilkens No Kidding



FEI Preliminary class winners and SPC President Mrs Stephanie Masefield. From left to right: Kat Ang from BTSC, Elly Poh and Mey Yen Merel Schagen from SPC



FEI Novice class winners
From left to right: Lauren Koh from NEC (not in picture), Clemens Tilkorn from STCRC and Kayla Teo from BTSC



Team SPC - FEI Elementary class winners with Club President, Mrs Stephanie Masefield. From left to right: Belinda Chin, Lara Baker and Megan Ding



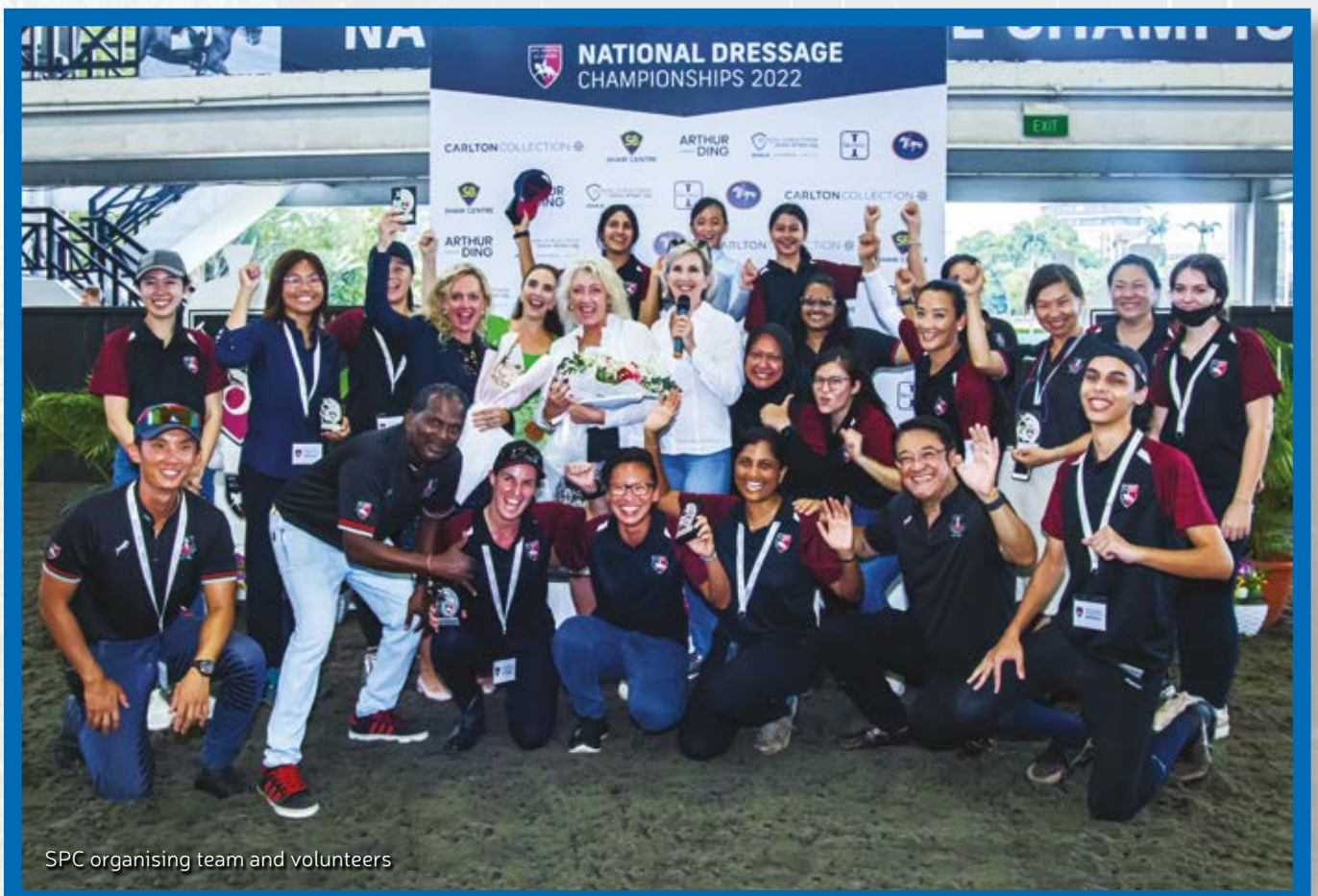
FEI Medium class winners, Inge Kuipers from STCRC (middle) and Sabrina Tan from BTSC (right). 3rd placement was received on behalf.



Team BTSC - FEI Advanced class winners with Club President, Mrs Stephanie Masefield. From left to right: Theresia Tay (Placement received on behalf), Christie Paige Nair and Predrag Marjanovic



FEI PSG & Small Tour winners with Club President, Mrs Stephanie Masefield. From left to right: Natalie Tan from RDA (not in picture), Audrey Njoto from STCRC and Tara Yen Wee from BTSC



SPC organising team and volunteers

National Jumping Championships 2022

Photo credits: Edric Lee and Bukit Timah Saddle Club

Team SPC Riding Academy participated in this year's National Jumping Championships 2022 held in June at Bukit Timah Saddle Club.

We are elated to announce that Nikki Poh and Oldtimer Van De Zuurhaege won 2nd place in the 90cm class on Day 2 of NJC 2022 with a double clear round including the jump off round. Following that, the duo came in 3rd place on Day 3 of the championships. Congratulations Nikki and well done everyone!



Lucy and her horse Willa in action at the horse inspection and trot up event



Team SPC at NJC 2022, well presented for horse inspection and trot up



Alessandro and his horse Touchy



Nikki Poh and Oldtimer Van De Zuurhaege featured with SPC Riding Academy Instructor, Edric Lee



Professional
Makes Elegance




THE EPONA

CLOTHING
COLLECTION



EQUESTRIAN
EQUIPMENT

Epona Equestrian Equipment stylish and elegant give you
a fullrange of comfortable experience

A group of people are playing bubble soccer on a green grassy field. They are wearing large, inflatable, transparent bubbles that are colored red and blue. Some people are inside the bubbles, and one person is holding a bubble. The background shows a line of trees under a blue sky with some clouds.

BUBBLE SOCCER

Look out for new dates

7.30pm to 9.30pm

(registration starts at 7.00pm)

Polo Field

\$50+ (Member / Guest)

Minimum 20 pax to commence.

Recommended for children 8 years old and above.



For enquiries, contact us at **6854 3980** or **riding@singaporepoloclub.org**

Pony Club of Singapore's Gymkhana

Students of our SPC Riding Academy and Atoms Polo Academy participated in Pony Club of Singapore's first gymkhana for the year. It was a fun-filled morning full of laughter, excitement and bonding moments with some four-legged majestic friends. We'll let the pictures speak for themselves.

Follow the Academies: @spsridingacademy and @atomspoloacademy on social media and be a part of their super cool equestrian community.

Team 1

Eilidh Drummond
Averell Zee
Niamh Gordon
Georgie Lowndes
James Clark
Ollie Clark

Team 2

Rania Ramachandra
Scarlett Ellingford
Sienna Ellingford
Lyla Ellingford
Olivia Craggs
William Craggs



Riding as a Family – Meet the Shaws

Mark and Tiara Shaw share a little sneak peek into their family's favourite past time – riding, with our editorial team. Read on to find out how it all started and what fuelled their passion for riding.

About themselves, family and SPC

How did you and your family get involved with SPC and the Riding Academy?

Mark: Our daughter Victoria loves horses and was interested in learning how to ride, so Tiara explored some options, tried out a few lessons at SPC and ended up getting hooked on riding as well.

When it became apparent that both of them were really getting into it, I decided to start as well and ended up really enjoying riding as a family activity.

Was it a challenge to fit riding with you and your family's schedule for work, school etc?

Mark: We started riding during the pandemic, sometime around August 2021. We fit in lessons before work early in the mornings. Our daughter, Victoria rides in the afternoon after school on weekdays or on weekend afternoons. Now we try to fit in a few lessons as a family over the school holidays.

Tell us about yourself and your family.

Tiara: I had ridden occasionally when I was a child but in terms of formal lessons, possibly only had 3 or so months of proper training before I went to boarding school where I also occasionally took up riding for a semester or so as part of my after-school activities.

Our family loves being outdoors and with animals. So during the pandemic when everyone was trying to safe distance from one another, we just hung out with the horses. It was also very therapeutic.



Family picture with CJ



Tiara and Mimo

About their Equestrian journey

How did you start with riding and when did it become a family affair?

Mark and Tiara: We started riding seriously during the pandemic when Victoria started riding. It did not take too long for all of us to start riding together which we try to do during Victoria's school holidays.

Did you have any riding experience overseas? What's the difference in riding here compared to overseas?

Mark: A little bit of holiday trail riding but not any formal lessons. From our experience, the Riding Academy horses seem to be in really good shape and well cared for!

Tell us about your favorite horse at the Academy.

Mark: Rebell is my favourite. He's quite gentle and always eager to please! However, when it comes to snacks, he can be a bit demanding. He's always kicking the gate to his stall when we walk past demanding snacks!

Tiara: Guinness. He's really quite a character and very smart. Oh and Mimo as well! You never forget the first pony who taught you how to ride. Mimo was my first and I hold really great memories with her.



Mark (on Lady) in action at our TOP school

Do you have any equestrian goals for yourself and your family?

Mark and Tiara: We think that riding is a great family activity and I guess our goal would be to be confident riders.

Their thoughts on the redevelopments

Having been a member here, what's your thoughts or impression about the newly opened Club Rooms, newly renovated gym and premises such as our pool bistro?

Mark: Whilst we haven't used the Gym yet, it does look very nice. We are excited to be able to see the Club rooms and they look like a great option for guests from out of town or even a staycation.

Is there a favorite dish or drink you would recommend readers to try at the pool bistro, The Paddock?

Mark and Tiara: The Paddock is always good for a nice family meal. The Nasi Lemak is good, as are the grilled Tiger Prawns.



Victoria (on Keepsake) at a riding lesson

About ATOMS Polo Academy

We launched our ATOMS Polo Academy on 17 October 2020. What are your thoughts about the Academy?

Mark: We only really started riding in 2021 but I have had a few lessons at ATOMS. It offers a different style of riding and the Polo lessons I have had are great fun!

Have you watched or played polo?

Mark: I take a lesson once a week and really enjoy the different style of riding at the Atoms Polo Academy.

How supportive are you with enrolling your child/ children for polo lessons?

Mark and Tiara Shaw: We would love our children to try polo lessons once they become confident riders.



Tiara (on Guinness) in action at our TOP school

About the Riding Academy

What is the main difference riding indoors and outdoors?

Tiara: Riding indoors is great because it means that it is not weather dependent and I am sure to have my lesson not weather permitting. Riding outdoors is also different because it exposes you and your horses to different elements and as a rider, it's important to understand how your horse would react to outdoor elements such as wild monkeys, noise, etc. Try it if you've yet to!

Your child has joined the Riding Academy. How is she enjoying it so far?

Tiara: My daughter is the reason we joined SPC and got into riding as she loves riding. She especially loves it when we can ride or have a lesson with her. She's doing pretty well so far and is much better than me!

Who is she being trained under and what's the riding instructor's coaching style like?

Tiara: Victoria rides thrice a week and trains under Keith, Yien Yien and Edric.

Any words to members or the public who wish to take on riding?

Tiara: I suppose if you are going to try riding, it should be something that you really want to do and willing to commit to.

Mark: The social aspect of the club is wonderful. We have made new friends whilst learning to ride and it's nice to enjoy a drink at The Paddock Bistro after lessons!

New Riding School Horses

Meet our lovely riding school horses and ponies hailing from Europe. They arrived at the Club on 30 May 2022 and have since commenced riding lessons.

Name: Amazing Chacco
Age: 8
Sex: Male
Identification: Bay colour with star and snip. Both front and LH legs have half stocking. Brand mark 98 on LH thigh below the stud symbol.



Name: Cassanova B
Age: 8
Sex: Male
Identification: Bay colour with star. LF and LH legs have white sock. Brand mark 34 below stud symbol on LH

Name: Carlo Supreme
Age: 8
Sex: Male
Identification: Grey colour with two diagonal whorls above upper eye level within star. No leg markings





Name: Ferro
Age: 12
Sex: Male
Identification: Chestnut colour with star conjoined stripe. RF and LH legs have half stocking and LF leg has sock



Name: Halifax P
Age: 10
Sex: Male
Identification: Bay colour and both hind legs have white pastern



Name: I'm Special SVG
Age: 9
Sex: Male
Identification: Bay colour with star. LH leg has star

The TACKSHOP



**Effol & Effax | Equestrian Stockholm
Kingsley Boots | Kentucky Horsewear | Samshield**

www.thetackshop.sg

40A Orchard Road, #03-01 Macdonald House (S)238838
8893 7090 | info@thetackshop.sg

GIDDY UP WITH

PONNY CAMPS



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.



Summer Pony Camp

Giddy up! SPC Riding Academy's 3-day summer pony camp for experienced riders started on an exciting note with our young equestrians commencing Day 1 of the programme by grooming and tacking a horse. They also bonded with one another over gymkhana games and a fun train ride around the Clubhouse.

The camp progressed swiftly the next day to further exciting moments such as the jungle trail ride located behind our Clubhouse. Riders who have rode here would be aware of how serenading the scenery and environment are. For first-time riders, this sure was an exciting moment to behold, especially on horseback.

The camp summed up with the young riders doing some arena riding at the covered arena followed by a quick treasure hunt and the much-awaited activity

at every pony camp – the water parade! Buckets of water rained on each other as everyone attempted to cool the summer heat off through this fun outdoor game.

Each participant was awarded a certificate of participation for their awesome effort in interacting with our equines while learning the ropes of riding, horse and stable management.

Activities that took place:

- Grooming and Tacking
- Riding Lessons
- Gymkhana Games
- Jungle Trail Rides
- Bareback Riding
- Train Rides
- Treasure Hunt

Be part of our exciting and fun riding community. Email the Academy at riding@singaporepoloclub.org or call **6854 3980** for enquiries.





Fun polo elements are incorporated into the camp such as this stick and ball session



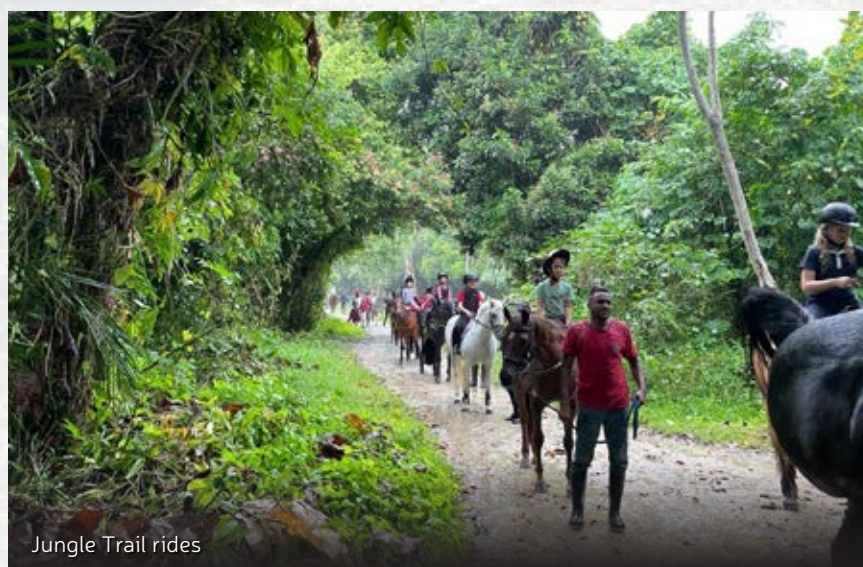
Riding lessons at the covered arena



Riders and their horses for the day



Mr Sylvan Braberry, GM of SPC and Head of Riding presents a certificate of participation to a young rider.



Jungle Trail rides



Attempting to feed a horse

WHAT'S IN STORE?



Summer favourites! The Aire Ice fil top comes in a variety of prints to keep you cool even on hot days!

Kids will love the super light weight stretchy tee that keeps them comfortable and cool on and off the pony!

REFILL SERVICE AVAILABLE!

Need a top up of your favourite fly spray? Don't hesitate to ask in store! Reusing your plastic bottles is a great way to begin your journey of becoming a more conscious consumer!



www.saddledup.co

 [saddledup.co](https://www.instagram.com/saddledup.co)

 [/saddledup](https://www.facebook.com/saddledup)

PONY

ACADEMY



- Weekly intakes
- Open to Members and Non-members
- Wholesome outdoor activities set in a safe and fun environment for children aged 6 to 12
- Classes are 45mins each and held on Tuesdays, Wednesdays, Fridays & Sundays
- Registration fee at \$115+ per year and rally fees at \$80+ per month*

* Fees are subject to 7% GST which includes a SPC T-Shirt and course materials.

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



BOO! IT'S TIME FOR FRIGHT NIGHT!

SPC Riding Academy's Spooktacular Halloween Trail Walk is back
after a 2-year hiatus!

More details coming your way soon.

Indicate your interest by emailing
riding@singaporepoloclub.org
or call **6854 3980**

Low-Calorie Breakfast Meal Prep Ideas

By Fitness Ironman Louis

Cutting your calorie intake can help you lose weight. If this is your ideal goal, your meal prep should include weight loss friendly foods. Here are a few to consider:

Scrambled Egg Cup with Spinach, Tomato and Onion

One large egg has roughly 78 calories. The veggies in this cup don't add many more. To make breakfast egg cups, spray a muffin tin with non-stick oil spray. In each cup, add spinach, tomato, and onion. Scramble one egg per cup and pour it over the veggies. Bake at 350 degrees for about 20 minutes. Remove the eggs from the cups once taken out of the oven to help them cool. Store them in a plastic bag or container to keep them fresh all week.



Overnight Oats with 2% Milk

If your breakfast has room for a few more calories, overnight oats are an option. One-half cup of dry oatmeal contains roughly 170 calories. The same amount of 2% milk contains 55 calories. This may not seem like much but the oats swell overnight. So, you wind up with a heartier breakfast for about 225 calories. To make overnight oats, combine equal amounts of oats and milk. Place the mixture in an airtight container and keep it in the fridge overnight. This recipe is ready the next morning and it will keep for up to four days.



Breakfast Burrito with Egg, Low-fat Cheddar Cheese and Salsa

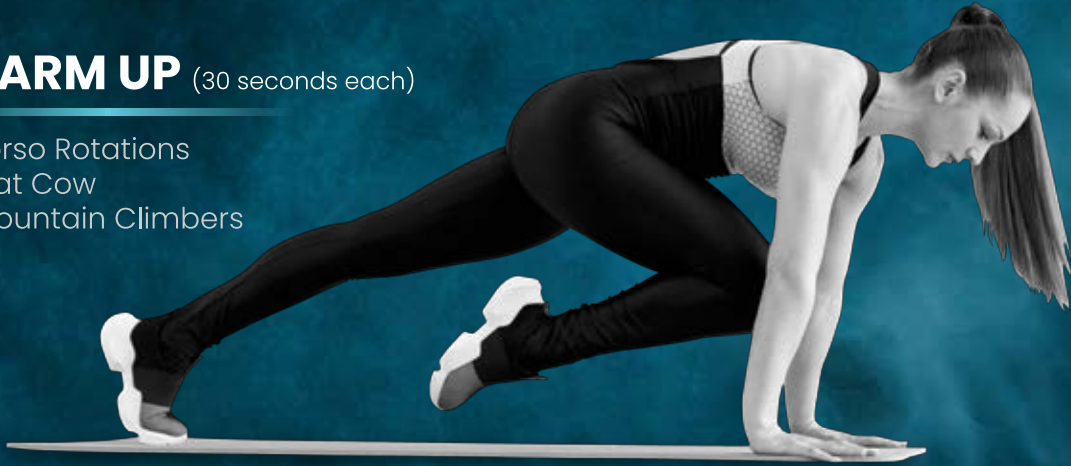
Breakfast burritos are easy to grab and go. That makes this prep recipe good for people who eat their morning meal after they're already out the door. To make the burritos, scramble six eggs in a pan. Then, place a portion of the cooked egg on six small tortillas which have 100 calories each. Top with an eighth cup of low-fat cheese which is 45 calories and a tablespoon of salsa which contains 36 calories, then roll it up. Wrap each of the burritos in plastic wrap and pop them in the fridge. Before you head out in the morning, put a burrito in the microwave for a few seconds to warm it up. Now you have a hot, low-calorie meal without having to cook.



15-MINUTE WORKOUT FOR A STRONG CORE

WARM UP (30 seconds each)

- Torso Rotations
- Cat Cow
- Mountain Climbers



THE CIRCUIT (Repeat 3 times)

- Hanging Knee Raises (12 reps)
- Decline Crunch (15 reps)
- Machine Crunches (20 reps)
- Medicine Ball Russian Twist (45 seconds)
- Ab Rollouts (12 reps)



COOL DOWN

- Lying Lower Back Stretch (20 seconds)
- Cobra (30 seconds)
- Overhead Stretch (30 seconds)



For enquiry & registration, please call or whatsapp Louis at **9010 6631** or email: fittrainersg@gmail.com



Louis Chan
Master Trainer
ISSA Certified Nutritionist



SINGAPORE
POLO CLUB
Established in 1886

TENNIS

PROGRAMMES

Start living your tennis
dream with our



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**

SPICY flavours @ Coriander Leaf



CORIANDER LEAF
— RESTAURANT —

Braised Beef Briskets

kimchi, daikon slaw, steamed bun



Nonya Asam Sea Bass

eggplant, ginger flower, okra

Stir Fried Eggplant

coriander, chilli padi,
green onion



Have your **HIGH TEA**

@ THE PADDOCK BISTRO

SWEET &
SAVOURY



ASIAN
TEA SET



CONTINENTAL
TEA SET





spartys®

at the Singapore Polo Club

Located within the exclusive grounds of the *Singapore Polo Club*, Spartys® is an intimate boutique space for some quiet *ME Time* massages and quiet chill out spa parties.



Happy Feet

Recharge with a foot massage to boost energies or simply relax.

30 min — SGD 55+

60 min — SGD 95+

90 min — SGD 145+



Anti-ache Busters

A combination of back and foot massages to fight fatigue, body aches and an intense week.

Anti-ache 70:

30 min back + 40 min foot — SGD 130

Anti-ache 100:

40 min back + 60 min foot — SGD 180

Polo club members & room guests enjoy 15% off; prices excluding 7% GST



enquiry@spartys.co

www.spartys.co





spartys®
at the Singapore Polo Club



**Combining two
best loved words**

Spa + *Party*

Muscle-melting massages.
Complimentary spa bites. BYO drinks.

For enquiries, please email enquiry@spartys.co

COMING SOON TO YOU

www.spartys.co

When Dengue Fever Becomes Severe Dengue

By Anjana Motihar Chandra

Dengue fever can sometimes lead to severe dengue. The Department of Infectious Diseases at SGH explains the treatments available for severe dengue.



Severe Dengue requires early detection and proper medical care.

Severe dengue can occur in adults and children and is potentially life-threatening.

Dengue fever, an Aedes mosquito-borne viral disease, is widespread in Singapore, but its more lethal forms, dengue haemorrhagic fever (DHF) and dengue shock syndrome (DSS), referred to as severe dengue, are much less common.

Severe dengue can occur in both adults and children and is life-threatening. Children are especially at risk. Early detection and proper medical care lower fatality rates below 1 per cent, according to the World Health Organization (WHO).

Severe dengue initially presents with the common symptoms of dengue fever such as fever, intense headache, aches and pains, loss of appetite, nausea, vomiting, skin rashes and leukopenia (reduction in white blood cells). A positive tourniquet test is also a sign of dengue fever.

After several days, usually 3-7 days after the onset of symptoms, the patient may display the warning signs of severe dengue. These

warning signs typically accompany a decrease in temperature (below 38 deg C) and include:

- Severe abdominal pain
- Rapid breathing
- Persistent vomiting
- Blood in vomit
- Fluid accumulation in the body
- Mucosal (gums and nose) bleeding
- Liver enlargement
- Rapid decrease in platelet count
- Lethargy, restlessness

"A patient with these warning signs of severe dengue requires urgent medical attention," says Dr Maciej Piotr Chlebicki, Senior Consultant, Department of Infectious Diseases, Singapore General Hospital (SGH), a member of the SingHealth group.

What happens if the patient develops severe dengue?

If the patient develops severe dengue, there will be bleeding

spots on the skin and other parts of the body and leakage of blood plasma. Severe dengue fever can damage the lungs, liver or heart. Blood pressure can drop to dangerous levels, causing shock and, in some cases, death.

The symptoms of severe dengue include:

- Severe skin bleeding with spots of blood on the skin (petechiae) and large patches of blood under the skin (ecchymoses)
- Black stools
- Blood in urine (hematuria)
- Severe blood plasma leakage
- Respiratory distress
- Impairment of liver, heart and/or other organs
- Changes in mental state with impaired consciousness

Patients who develop warning signs (in particular lethargy and persistent vomiting) and those with a low platelet count and high hematocrit (elevated red blood cell count) are at very high risk of developing very severe dengue, organ failure or even death, says Dr Chlebicki.

Why does a patient get severe dengue?

Elderly patients with multiple comorbidities (medical conditions) are more likely to develop severe dengue. Severe dengue may also

occur when a person who has developed immunity to one strain of the virus becomes infected with another strain.

There are four different strains of the dengue virus – DEN 1, 2, 3, 4. In 2013, in Singapore, over 50 per cent of dengue fever cases were due to the DEN-1 virus strain. However, since there are four different strains of the dengue virus, a person can potentially get dengue fever more than once.

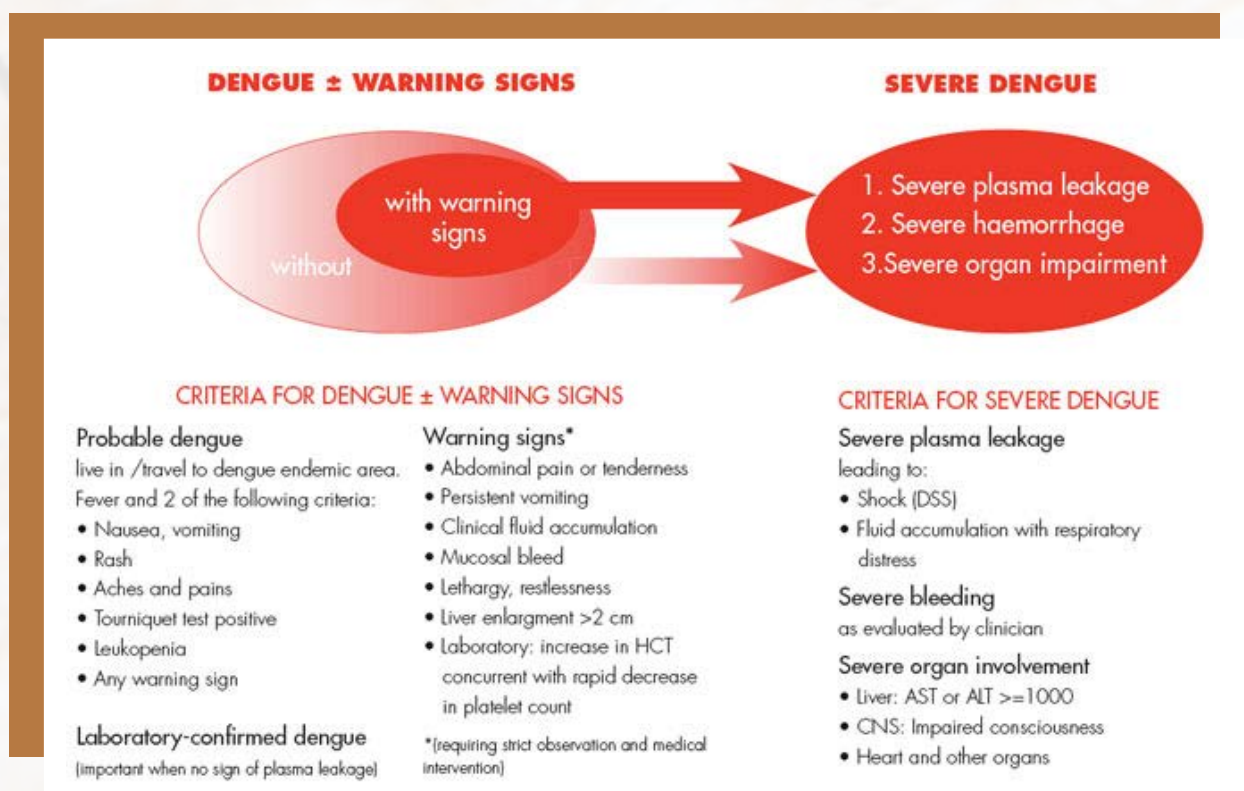
In 2016, DEN-2 rather than DEN-1 is a predominant serotype.

Treatment for severe dengue

There is no known cure for severe dengue. A person suffering from this form of dengue fever may need to be treated in an intensive care unit (ICU). Treatment will focus on the symptoms and includes the following:

- Blood and platelet transfusion
- Intravenous fluids for rehydration
- Oxygen therapy if oxygen levels are low

“With prompt treatment and care, a patient can recover even from severe dengue. However, if treatment is delayed and the patient develops shock or multi-organ failure, the fatality rate rises,” says Dr Chlebicki.



With expertise from:



Department of Infectious Disease



The Healing Power of E-Mountain Biking

By Sonja Piontek



Until last year I had never ridden a mountain bike before, not in the mountains that is. Then one day late autumn, I went on my first ride. My partner had organized an eMTB (electric mountain bike) for me and together we conquered a high Alpine traverse crossing from Austria all the way into Italy. I was stunned. I was thrilled. And immediately hooked. This was clearly something I wanted to do again.

Throughout all my life, I had done a lot of hiking, but never considered taking a bike. Even less an eBike, as something in me made me believe it was “kind of lame”. How wrong I was! How utterly wrong...

Allow me to share what happened after that initial ride. As mentioned, I had fallen in love and wanted to go back on a mountain bike, high into the Alps, close to where the

eagles fly, and the soul can fully spread its wings. Where the eyes look at a distant horizon and every breath recharges your physical batteries as much as it recharges your emotional ones. Some people call it the healing power of the mountains, some talk about the freedom of the Alps. To me it is a mix of both. It is about consciously creating happy moments in a place where I feel most at home.

Then came the difficult part – the decision of which bike to choose. What brand did I want to go for? What model was the most suitable for me? What components would make sense? And so on and so forth. The variety is vast, the offer sheer endless. Yet, when you boil it down to what’s important to you, you soon end up with only a small selection that truly fits your style. To me it

was clear that it had to be a bike by market leader “Specialized”. There’s something I’ve always appreciated about them, despite my former ignorance for this amazing past time.

With Covid-19 still hampering international tourism, many people have moved to enjoying the outdoors and doing things closer to home, like mountain biking, running, riding horses, or playing polo to just name a few. This development has had an incredible effect on global bike sales which over the past two years have spiralled up to an unprecedented high. Great for the bike manufacturers. And great for society as a whole, as many people are now spending significantly more time out in nature. And that is so important to offset the stress of our everyday lives.



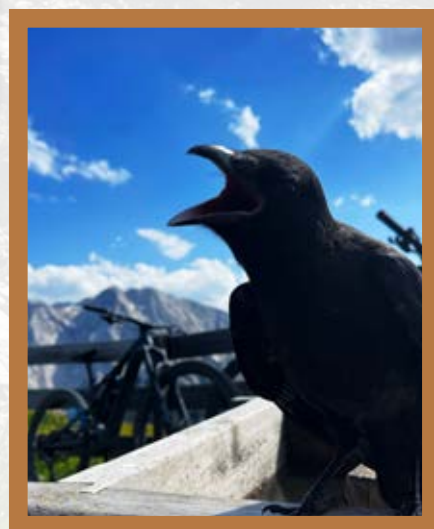
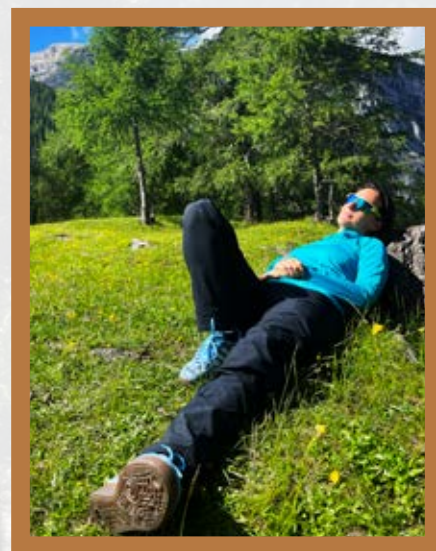
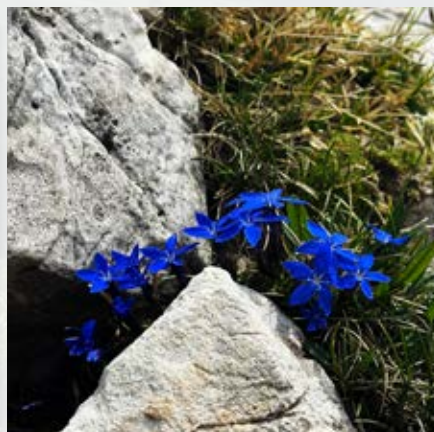
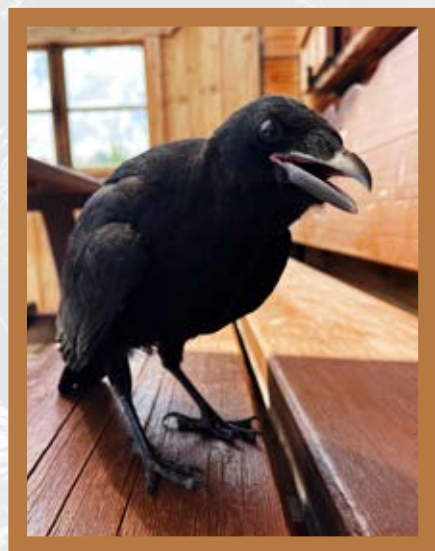
A month ago, I picked up my new bike: the Specialized Turbo Levo SL Expert Carbon, a superlight electric mountain bike with carbon fibre frame that doubles my pedal power and still feels like a rather agile little bike. The Levo SL is designed in California, built in Switzerland, but the best part is that is it now ridden across the Austrian, German and Italian Alps. By none other than a very happy me.

Four weeks and eight incredible tours into this new love affair I can only say that this e-bike has already brought endless joy

and happiness into my already great life. What I love most about it is the fact that it is so comparatively easy to get up to a peak, to cover some distance and at times go from one mountain range to the next in a matter of only a day. You as the rider determine how much you want to push. Do you want to make it a hard workout or do you just want to cruise along – it is totally up to you. The choice is yours as is the massive enjoyment!

Tomorrow will be yet a new experience – I will take my MTB to cycle to an Alpine

horse stable up the hill from where we now live. I cannot wait to hop on a horse again and enjoy the mountainous surroundings as we go on a hack deep into the forests and up into the Alps. Wherever you are in the world, it is those moments that make life so beautiful, that re-vitalize us and make us happy beyond words. Be it on a MTB in the mountains or on a horse in the lush jungle behind SPC, let's all enjoy these precious moments and take them for what they are: a gift.





About Sonja Piontek

Sonja Piontek is an acclaimed global keynote speaker, a National Geographic published author and founder of the multi award winning boutique travel agency Sonnenkind Pte Ltd with offices in Singapore and Munich. Sonja is a close friend of Singapore Polo Club. For more information check out www.sonjapiontek.com



ARE YOU UP FOR THE CHALLENGE?

These are Twinkle Pie's all-time favourite local fares. Can you guess them all?
She will be picking 10 lucky winners who will each walk away with a
foodie-inspired notebook!
Submit your entries fast!



S M

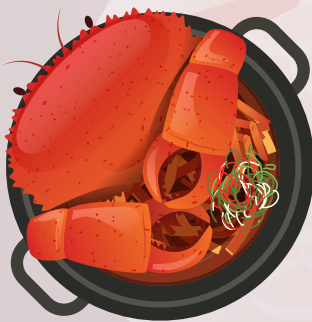


A

A N E

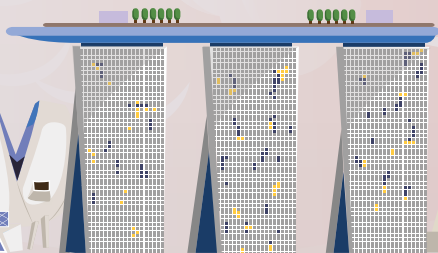
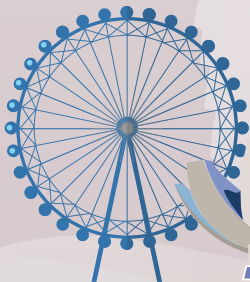
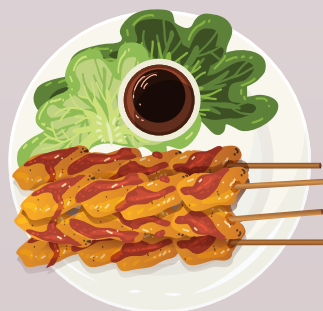


N C



C B

T



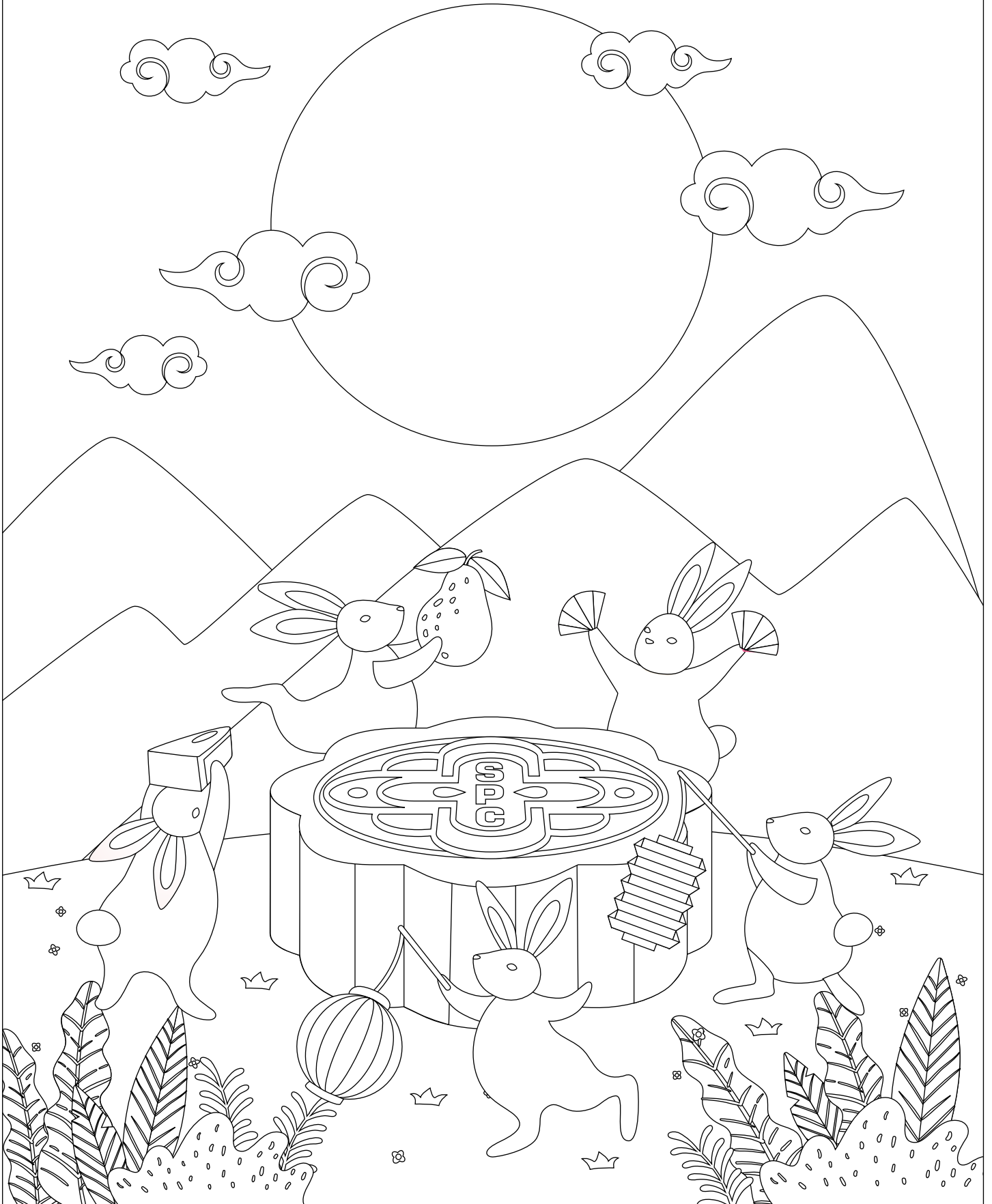
Submit your completed entries to
marketing@singaporepoloclub.org or drop
them off at our Reception before **23 September
2022**. Do remember to include your name,
membership number (if applicable), email
address and telephone number.



Mid-Autumn Colouring Activity

As we celebrate Mid-Autumn Festival, try your hands at colouring this beautiful picture. You can rope in your friends and family to do the activity with you.

Have fun!





Best of the Best

EXPERIENCE THE LUXURY & REFINEMENT OF CARLTON HOTEL BANGKOK SUKHUMVIT

Where elegance meets
comfort in the heart of the city.

WORLDHOTELS™

Elite

CARLTON 
HOTEL | BANGKOK SUKHUMVIT

491 Sukhumvit Road, Klongtoey Nua,
Wattana, Bangkok 10110, Thailand
T +66 2 090 7888, F +66 2 090 7889
E enquiry@carltonhotel.co.th

www.carltonhotel.co.th



POLO ACADEMY

Hurlingham Polo Association (UK) Accredited

FIRST TIME ON A HORSE TO EXPERIENCED RIDERS

FROM AGES
5 ■ 50

Open to members and non-members

To get on our exclusive waiting list, call **6854 3955**
or email **atoms@singaporepoloclub.org**



COME JOIN US AND WE WILL MAKE A POLO PLAYER OF YOU!