



SINGAPORE

# POLO

CLUB

October - December 2019

ISSUE 04

*TATA  
COMMUNICATIONS  
SINGAPORE POLO  
OPEN FINALS 2019*

Team England are Champions

**P16**

CLUB NEWS

Coffee with  
Ang Roon Kai

**P38**

RIDING

Summer Pony  
Camp 2019

**P50**

SOCIAL

Happy  
Mid-Autumn!

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**HORSE**

**SHOE**

**PAINTING  
COMPETITION**

**DATE**

9 NOVEMBER 2019

**TIME**

10.30AM TO 11.30AM

**FEE**

\$15 PER ENTRY

OPEN TO ALL



1<sup>st</sup> Prize (1 free group lesson / lunging lesson)



To register, contact us at 6854 3980 or [riding@singaporepoloclub.org](mailto:riding@singaporepoloclub.org).



SINGAPORE  
POLO CLUB



# SINGAPORE POLO CLUB

## PATRONS

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## COMMITTEE

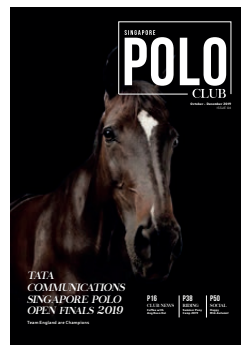
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Vice President  
**Dr Ali Namazie**  
Polo Captain  
**Melissa Ko**  
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Honorary Treasurer  
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Committee Member

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**Joanna Wong**  
Secretary  
**Irene Seah**  
Events & Banquet Manager  
**Han Peck Hoe**  
Facilities & Maintenance  
Manager  
**Chong Hion Kean**  
Finance Manager  
**Alinna Li**  
Human Resource Manager  
**Victor Phua**  
Lifestyle & Events Manager  
**Sunny Oh**  
Polo Administration Manager  
**Daniel Sitranen**  
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Membership and Marketing  
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On The Cover  
Photo by Laurent Ruelle

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## Published quarterly by the Singapore Polo Club

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# Junior Tennis Programme

Monday to Friday - all levels  
3:00pm to 7:00pm

Saturday and Sunday - all levels  
9:00am to 11:00am

Student to Coach Ratio 6:1

**\$133.75**  
per person per month  
(price stated is inclusive of GST)

To enquire more or make bookings, please contact Simon at 9144 5223 or [simon@vantagesports.com](mailto:simon@vantagesports.com)

# CONTENT

## OPERATING HOURS

### FRONT DESK

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

### F&B OUTLETS

#### The Polo Bar

8.00am – 11.00pm (daily)

#### The Mountbatten Room

8.00am – 11.00pm (daily)

#### The Verandah

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

## FACILITIES

### Gaming

11.00am – 11.00pm (daily)

### Gym

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

### Jacuzzi

7.00am – 9.00pm (daily)

### LUSH Spa

10.00am – 9.00pm (daily)

### Sauna

7.00am – 9.00pm (daily)

### Squash Court

7.00am – 10.00pm (daily)

### Swimming Pool

7.00am – 9.00pm (daily)

### Tennis Courts

7.00am – 10.00pm (daily)

### The Polo Loft

9.00am – 7.00pm (Tues – Sat)  
9.00am – 6.30pm (Sun)

- 5 President's Message
- 7 General Manager's Message
- 8 New Members List
- 9 SPC Calendar of Events

## CLUB NEWS

- 11 Annual Town Hall Meeting with SPC Staff
- 13 An Afternoon with Red Cross Home
- 16-17 Coffee with Ang Roon Kai, Outreach Ambassador
- 20-22 3rd Friends of Horses Fair on 22 June 2019
- 24-25 Horse Care and Quality Control training by Dr Shetty

## POLO

- 28 The Royal Artillery Cup
- 29-32 Tata Communications Singapore Polo Open Finals 2019
- 33 Thai Chay Cup
- 34 Youth Polo Challenge (North Junior Cup)
- 35 Ismail (Senior) Cup

## RIDING

- 38-39 Summer Pony Camp
- 40-41 SPC Young Riders
- 43 SPC Training Show on 17 and 18 August 2019
- 44 Inter Club (SPC) on 31 Aug and 1 Sept
- 45 Meet The Stars of the Riding Academy
- 46-47 Malaysian Exchange Programme Competition 2019/ Signing of MOU with Equestrian Australia

## SOCIAL

- 49 Exploring Creativity through Resin Craft
- 50-51 Happy Mid-Autumn!

20



29



49



# Ladies



# TENNIS CLINIC

Level: Beginner or Intermediate

Date: Monday, Wednesday and Friday

Time: 9:00am to 10:30am and  
10:30am to 12:00pm

Ratio: Student (6) : Coach (1)

All players and levels are welcome

**\$48.15**

per person per session  
(Price stated is inclusive of GST)



**VANTAGE**  
TENNIS

To enquire more or make bookings,  
please contact Simon at  
9144 5223 or  
[simon@vantagesports.com](mailto:simon@vantagesports.com)



Dear Members,

**I**n this last issue for the year, I am pleased to update members on the upcoming developments and activities at our Club.

Redevelopment plans are progressing smoothly and are expected to commence in late October. The first phase will see the transformation of the main Clubhouse and restaurant into a chic dining and hangout venue. Black and white colonial style themed decor will make up the Polo Bar and Mountbatten Room, which will have an open concept kitchen for culinary classes.

The entire redevelopment of the main Clubhouse is expected to take up to four months. In the interim, Coriander Leaf will be operating out of a satellite kitchen before commencing full-fledged operations at the revamped premise. Also in the pipeline is the development of 16 Club rooms which will take over the current gym and spa area. The jackpot will shrink in size, and the gym will be moved next to the jackpot.

With all the works and buzz coming though in the next few months, members can expect a slight inconvenience. However, the redevelopment committee will endeavour towards reducing the disruption to your schedules during this period and we hope to have the full understanding and support from members as we unveil a refreshing change soon.

It has been a busy last quarter for the club with a very successful Tata Communications Singapore Polo Open Finals, the only highest handicap tournament in this region in August.

It is always a delight to welcome members and their guests to our premise to enjoy and celebrate the camaraderie and lifestyle of polo and riding, which can only be experienced in a club as unique as ours.

On behalf of the Committee and Management I would like to wish all members a Jolly Christmas! See you around soon!

Warm Regards,

**Satinder Garcha**  
President



# Decoupage Art Workshop

Come and join us in this beginner workshop, where Jacquelyn Soo will guide you on how to decoupage a 5 inch x 5 inch box.

**Saturday, 2 November 2019**

**10.30am – 12.30pm**

**Polo Gallery**

**1 Parent & 1 Child (One Pair)**

**\$48+ (Member) / \$55++ (Guest)**

**Register by: 21 October 2019**

Minimum 10 pairs (parent-child) to commence.

**Contact us at 6854 3999 or  
[enquiry@singaporepoloclub.org](mailto:enquiry@singaporepoloclub.org)**



*Jacquelyn is an approved artist by the National Arts Council, People's Association and Ministry of Education. She is also certified by Social Service Institute to teach people with disabilities and special needs.*



**SINGAPORE  
POLO CLUB**

80 Mount Pleasant Road, Singapore 298334  
Tel: 6854 3999 [www.singaporepoloclub.org](http://www.singaporepoloclub.org)



Dear Members,

**A**mazing! In a blink of an eye, we are already into the last quarter of the year and approaching the moment when we will all usher in the New Year. The festive season is here and this message brings good cheer to one and all. I am so looking forward to all the wonderful and exciting polo, lifestyle and riding events that's coming your way!

The ever-popular mid-autumn festival saw a large number of children with their families and friends having a great time with their lanterns all alight and glowing in the dark. Do bring your family and friends to our coming Halloween Night and have a "scarilicious" night of fun and games! Trick or treat; you decide! Tickets are going fast! Look out also for our Family Christmas Party, the Decoupage and Christmas Globe making events coming your way in October and December.

Over at the Pony Academy, the kids had a thrilling laser tag event and a fun Halloween Camp which incorporated a creepy night trail walk. The bubble football event was initially organized for 20 of you but we had an overwhelming response and welcomed more than 60 participants! The event also saw a BBQ organized by the Riding Academy

with parents, children, friends and guests having a whale of a time under the stars and getting to know one another while enjoying the friendship and camaraderie of the event. Do look out for more news on the SPC Riding Academy; an academy like no other!

We have had very heart warming and encouraging feedback from a number of our riders and their families sharing that since the Academy was formed, their children have improved by leaps and bounds. We sincerely thank you for your valued feedback which will be shared with our team to spur them on to be the best there is!

Lately, we have seen a steady increase of new members joining the Club and this can be attributed to an increase in interest for equestrian, polo and lifestyle activities and events. Your Club boasts probably the best of polo and equestrian facilities and activities anywhere in the country and with an increasing lifestyle, health and wellness presence; it is little wonder that we are beginning to attract a diversity of members seeking thrills, excitement and fun. To all our new members, your Committee and my team welcome you to our SPC family which we are confident; will be your "family" and destination of choice!

As we up the ante on staff skills and efficiency, our grooms have been undergoing training for horse care and grooming in a series of presentations that covers 25 topics over 5 modules. Upon successful completion of this program, our staffs will receive certificates on horse care and grooming. Some of our staffs will also be taking the Equestrian Australia certification in Horse Management. This covers a much wider spectrum of horse care, riding and management as compared to the previous BHS program.

With the end of the year and a new year in sight, my team and I would like to thank the Committee, Sub-committees and all members for your support and understanding in motivating us to make your Club; an exciting, vibrant, happening and fun Club! We wish you only the very best in festive cheer, good health, happiness and hope to see you soon!

Warmest Regards,

**Sylvan Braberry**  
General Manager

# New Members

July - September 2019

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

Yeo Kheng Yong

Toh Jia Pei April

Tie Boon Ping

Jeremy Garrett Prendiville

Rajah Kannan

Ho Ching Wah Vivien

## REGULAR

Rakhshanda Naseer

Wang Liangeng Lincoln

Alexandra-Katharina Monika  
Hildegard Jaritz

Lisa Fernandini Kurniawan

Andrew Robert Clark

Richard James Sellers

## TERM

Christophe Pierre  
Francois Favre

Mullins Colin Thomas

## CORPORATE

Quah Boon Leng





# Singapore Polo Club Calendar of Events

October – December 2019

## POLO

**2 – 3 November**  
Club Tournament -  
Beaujolais Cup

**9 – 10 November**  
Grooms' Cup

**16 – 17 November**  
Syces' Challenge Cup

**18 November**  
2019 Polo Season Ends

**25 January 2020**  
Field Re-Opens

## RIDING

**2 – 3 November**  
FEI World Jumping  
Challenge – 3rd leg  
(STCRC)

**9 – 10 November**  
Inter Club (SPC)

**16 – 17 November**  
Inter Club (BTSC)

## SOCIAL

**23 November**  
Christmas Party

*\*Dates are subject to change*



**BEAT THE HOLIDAY STRESS • SKIP THE MALLS & RUSH**  
Ring LUSH for the best gifts of ME-TIME! Spa vouchers available. Call 6254 9091.



**October Spa Time-Off** 2 hr | from \$198 nett per pax

**SPA TREAT** warm floral foot bath + choice of (kaffir-lime body scrub OR anti-migraine face spa) + 80 min lemon & carrot seed oil body & scalp massage.

**BENEFITS** relieve sore muscles & tension

**ADD-ON** Deep Tissue with stretches \$15



**November Spa Prescriptions** 2 hr | from \$205 nett per pax

**SPA TREAT** warm floral foot bath + 80 min rosemary lavender body & foot massage + migraine relief face spa

**BENEFITS** relieve fatigue & tension headaches

**ADD-ON** warm stones \$20



**December Holiday Spa Breaks**

2 hr | from \$205 nett per pax, \$420 nett per couple

**SPA TREAT** warm floral foot bath + 80 min sweet orange body & scalp massage + Decleor face spa with anti-fatigue eye treatment + champagne

...AND MORE

# Annual Town Hall Meeting with SPC Staff

SPC staff had a meaningful Town Hall session with our General Manager, Mr Sylvan Braberry at the Mountbatten Room on 21 August. The Town Hall is an important communication tool in recognising the importance of staff, the running of the Club, its stables and the primary care provided towards our horses.

Mr Braberry shared some updates on the upcoming Club redevelopment and also engaged in a heart-to-heart chat with everyone on the future plans for Equestrian sports at the Club and took time to address feedback provided by staff. He introduced Rajeev Panjwani, CEO of Coriander Leaf and Collin De Rozario, General Manager.

The session ended with staff enjoying a sumptuous buffet lunch at the Right Verandah. Loud chatter filled the air as staff mingled with each other and indulged in small talk.



GM sharing his upcoming plans for our Riding Academy during our Town Hall.



Dr Shetty (in white) and Masian Bin Suryan, Groom, Mount Pleasant Stable (sporting a cap) lunching with our stable cleaners.



Alinna Li, HR Manager (in pink) with the lady grooms of our stables



Mr Rajinikan A/L Ramakrishnan, Assistant Supervisor, Polo Main Stable was the lucky winner of our mini lucky draw



An enjoyable lunch at the Verandah and a mandatory photo with our GM.

# Christmas Globe Making

Impress friends and family by making your own snow globe with glitters that actually float! Gift a snow globe this X'mas!

**Saturday, 2 November 2019**

**2.30pm - 4.00pm**

**Polo Gallery**

**1 Parent & 1 Child (One Pair)**

**\$50+ (Member) / \$55++ (Guest)**

**Register by: 21 October 2019**

Minimum 10 pairs (parent-child) to commence.



*Jacquelyn is an approved artist by the National Arts Council, People's Association and Ministry of Education. She is also certified by Social Service Institute to teach people with disabilities and special needs.*

Contact us at 6854 3999 or [enquiry@singaporepoloclub.org](mailto:enquiry@singaporepoloclub.org)



# An Afternoon with Red Cross Home



Visiting the stable of riding school pony, Toby

Our Outreach team warmly welcomed guests from the Red Cross Home for the Disabled to our premises on 14 June for a fun afternoon of informative learning. Attendees and their care givers gathered at the sheltered stable arena while they eagerly awaited the commencement of the session.

Pei Bei, our programme lead, first explained the stable safety rules to them before walking them around for a tour. The chirpy guests had the opportunity to interact with some of our resident ponies and were totally smitten by them. We hear that riding school ponies Mo and Toby were the limelight that afternoon.

After the outdoor activity, they made their way back to the sheltered area and bonded with polo pony Tapadita, through a feeding and photography session led by Ivan.

Before calling it a day, guests watched a 10-minute polo demonstration at the covered arena by Outreach Ambassador, Roon Kai, where he showed them the different polo strokes and explained the game to them.

It sure was a joy to share the happiness of being around horses with the group and we look forward to welcoming them back to the club again.



Carrot feeding session with Tapadita



Roon Kai demonstrating a polo stroke

To register your interest in volunteering for future initiatives, please email [outreach@singaporepoloclub.org](mailto:outreach@singaporepoloclub.org)  
Open to Singapore Polo Club members only.



Singapore Polo Club



# PONY ACADEMY

**Weekly Intakes**

Open to members and non members too!



Grooming in progress..

**New Topics:**  
Grooming Clips  
Turing Out Pony Safety  
Bridles & Saddle  
Tacking Up  
and more!

Eager to find out?  
**Join us now!** We are  
happy to share more with you.  
View the programme details!

**A**t the SPC Riding Academy, we create wholesome outdoor activities designed for children 6 to 12 years of age.

Our Pony Academy organises activities that are enriching, educational and suitable as an after-school curriculum. Your child can spend time interacting with the school's friendly ponies, and equipping them with skills that last a lifetime such as confidence, trust, compassion, awareness, teamwork and assertiveness.

Set in a safe and fun environment, our elite team of instructors and experienced groomers ensure personal attention to each child whilst sharing knowledge and skills towards our young participants.



## ~ Schedule for Pony Academy ~ Weekly intakes available!

Each class is 45 minutes  
Non-mounted lessons and limited slots are available  
Course is suitable for children between 6 to 12 years old

- ✓ Tuesday 4:45pm and 5:30pm
- ✓ Wednesday 4:45pm and 6:30pm
- ✓ Friday 4:00pm, 4:45pm and 5:30pm
- ✓ Sunday 10:00am, 10:45am and 11:30am

**Registration fees of \$115+ per year and Rally fees of \$80+ per month**

(Above fees are inclusive of a SPC T-shirt and course materials. Fees are also subject to 7% GST and applicable to members and non-members)

### Lessons Plan

- Week 1 - Trotting Up
- Week 2 - Feeding
- Week 3 - Plaiting
- Week 4 - Poisonous Plants
- Week 5 - Fire & Yard Safety
- Week 6 - Bridles and Saddle, Tacking Up
- Week 7 - Dressage Markers and Test Practice
- Week 8 - Easter Egg Hunt
- Week 9 - Turing Out Pony Safety
- Week 10 - Wildlife and Birds
- Week 11 - Cleaning Tack
- Week 12 - Competition Rules
- Week 13 - Free Week
- Week 14 - Grooming Tips
- Week 15 - Breeds
- Week 16 - Quiz for Badge Week
- Week 17 - Practice Week



Sign up now at the  
Riding Office or email  
[ponyclub@  
singaporepoloclub.org](mailto:ponyclub@singaporepoloclub.org)

# Coffee with SPC's Outreach Ambassador Ang Roon Kai

*In this issue, we feature Ang Roon Kai, SPC's Outreach Ambassador. Many of us know him as a professional polo player, but do you know that he also actively lends a helping hand at our Outreach programmes?*

*Representing the nation in an overseas tournament*



Receiving an award from Ms Melisso Ko, Honorary Secretary of SPC and Outreach Lead

## About the Outreach Programme

**Q:** You are SPC's Outreach Ambassador, when did you join the team and how long have you been volunteering at our Outreach Programme?

**A:** I came on board as an Outreach Ambassador in January 2019, but prior to this appointment I have been participating in numerous Outreach programmes over the past few years.

**Q:** Is this your first volunteering experience with horses? If yes, tell us what you like about it.

**A:** Yes it is. I like the fact that I can share my passion for horses with others and show them how graceful, empathetic and intelligent horses are. Not many of them are aware of a horse's nature and I feel a sense of

satisfaction when I see a change in their mindset. I have seen participants getting terrified upon seeing a horse, but gradually through the programme, they start feeling comfortable around those horses and even ask for more opportunities to interact with them!

**Q:** Any interesting experience that you had encountered during the programmes to share?

**A:** I would say, it's usually the first interactions that attendees have with the horses. The giggles, shrieks and excitement that surrounds thereafter is such a joy to watch. During the last few sessions of Outreach, I have been showcasing a short polo demonstration to attendees from the Red Cross Home for the Disabled and seeing the smiles and fascination on their faces after each demonstration really made my day.



With fellow volunteers during an Outreach session



Umpire for the youth polo match

**About your Volunteering Experiences**

**Q:** What are your future plans for our Outreach Programmes?

**A:** I hope to see our Outreach programmes grow steadily and reach a wider audience. On my part, I aspire to continue assisting and positively impact as many people as I can, and I believe that our Outreach programme is a great platform to do so.

**Q:** Is there anyone in this field of work that has inspired you and why?

**A:** I am inspired by the many volunteers that help out at our Outreach programmes. Some of them hold full-time jobs, have young children and elderly to care for at home and yet they go the extra mile to do the necessary arrangements just so they can attend and do their part for the programme. I feel overwhelmed with happiness when I see such sacrifices – and a huge thank you to everyone!

**Q:** How has volunteering changed or helped you?

**A:** Sometimes it's easy to get caught up in insignificant problems and volunteering in the Outreach events has helped me put certain things into perspective, while also keeps me grounded. I also feel a sense of gratefulness for waking up to a brand new day.

**Q:** Tell us about some of the challenges that you faced during the sessions?

**A:** One of the challenges has to be communication. As our Outreach programme reaches out to people with special needs, at times I do feel the constrains in communicating effectively with them. However that fades off, as soon as I see the wide smiles on their faces.

**Personal**

**Q:** Tell us about yourself

**A:** I'm a national polo player and am currently coaching the members and also our youth polo players at the club. I was born and raised in Singapore and was introduced to riding and polo at an early age by my dad. Singapore Polo Club was practically my second-home

growing up, but until recently, I was playing polo and training horses professionally overseas. Aside from playing polo, I like to play other ball sports and binge-watch TV series.

**Q:** Do you have a motto or goal that you abide by?

**A:** Have empathy, always try to understand other perspectives and never think that I'm done learning.

**Q:** Do you have a word of advice for members, friends and family who wish to reach out as volunteers?

**A:** Don't be afraid to join in. Everyone is welcomed to volunteer whenever they can without any commitment, even if there is no prior experience. It's also a great way to meet other members who share the same passion for horses.



Guiding a beneficiary during a stable visit



Roon Kai, during a recent Outreach session

# FITNESS CONFIDENCE SELF DEFENSE

## MIXED MARTIAL ARTS BRAZILIAN JIUJITSU JUDO WRESTLING SAMBO



HEAD COACH  
**MOHAMAD SUL SULAIMAN**

Over 20 years of training, competing and coaching experiences globally:

Black Belt In Judo  
Black Belt in Brazilian JiuJitsu  
Black Belt in Japanese Jujitsu  
Master in Sambo

Judo Champion  
Brazilian JiuJitsu Champion  
Combat Sambo MMA Champion  
Freestyle Wrestling Champion

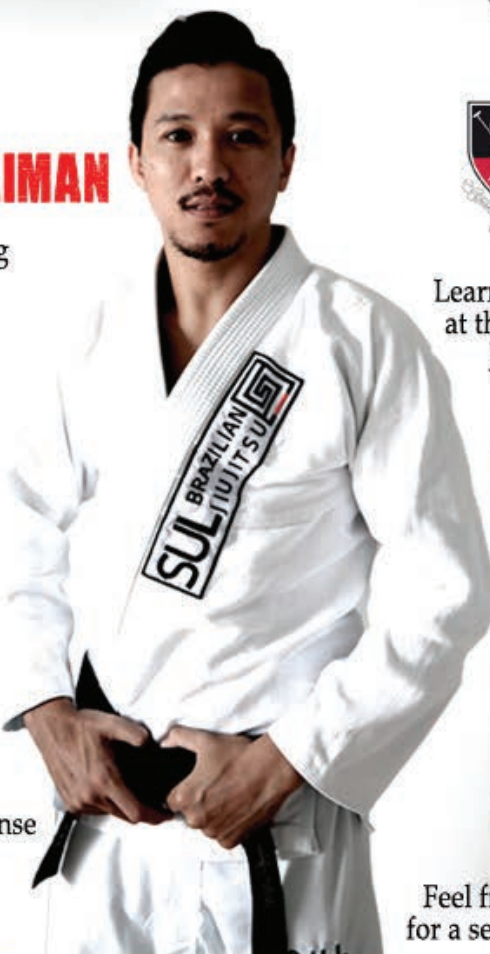
Judo and Combat Instructor to  
Royal Bhutan Army, Royal Bhutan  
Police and Royal Bhutan Guards.

Besides regular classes, we run  
workshops and courses in Self Defense  
for both men and women.

In Partner with:

**FITNESS IRONMAN**

Transformation through Performance



SINGAPORE  
**POLO** CLUB

Be inspired and inspire others.  
Learn new life skill, get fit and have fun  
at the same time. We conduct Brazilian  
JiuJitsu, Judo, Wrestling and Mixed  
Martial Arts classes for adults.

Tuesdays	8.00pm
Thursdays	8.00pm
Fridays	8.00pm
Saturdays	2.30pm
<b>Training Fees:</b>	
Monthly	\$180.00
3 months	\$510.00
6 months	\$960.00
Drop-ins	\$30.00 per session
8 sessions per month	\$160.00

Feel free to drop us a message or drop in  
for a session with us. See you on the mats!

For more info, visit us at [WWW.SULACADEMY.COM](http://WWW.SULACADEMY.COM)



**Strength in Body & Mind**  
***Transformation to Perfection***

I am Louis, polo gym manager,

As an International Sports Sciences Association Certified Elite Trainer, founder of ISSA ACADEMY SINGAPORE and FITNESS IRONMAN, my main passion is guiding people towards a healthier lifestyle. Everybody is unique; each with its own strengths and limitations.

I hope we can be part of your exciting journey and enormous success ahead!

The Polo gym will be relocating to the first level of the sports building in the second quarter of 2020, we are committed to provide our members with the new experience at our location, we will try our best to provide the latest fitness program that meet your needs.

Currently we have been running the following program at the gym and studio on selected dates and time. Please contact gym admin at 68543984 or email [gymadmin@singaporepoloclub.org](mailto:gymadmin@singaporepoloclub.org)

- |                     |                                |
|---------------------|--------------------------------|
| Group classes -     | K-pop Dance                    |
|                     | Pilates                        |
|                     | Yoga                           |
|                     | Zumba                          |
| Martial Art -       | Brazilian Jiu jitsu            |
|                     | Karate                         |
|                     | Kickboxing                     |
|                     | Kobudo                         |
|                     | Muay Thai                      |
|                     | Women self-defence             |
| Personal Training - | Bodybuilding                   |
|                     | Cross Fit                      |
|                     | Exercise Therapy               |
|                     | Physiotherapy                  |
|                     | Rehabilitation                 |
|                     | High Intense Interval Training |
|                     | Strength and Condition         |
|                     | Weight lost program            |
|                     | Athlete Fitness                |

# 3rd Friends of Horses Fair on 22 June 2019



*Thank you everyone!*



*Pony rides were well-enjoyed by the children*



*Face painting – a popular activity at the fair*



*Daniel Sitranen, Riding School Manager attempting the Pin-The-Tail-On-The-Horse game*

Despite the wet and gloomy weather, we had a successful and fun third Friends of Horses Fair on Saturday, 22 June 2019.

The organising committee would like to thank all attendees, volunteers and grooms for their assistance towards this fair.

The event drew attendees from all walks of life and many were seen participating spontaneously in the various activities lined up for them. For the first time, an outdoor gymkhana was introduced and guests had a fun time trying out the various activities set up at the arenas. A new addition was the polo try-out where children sat on a wooden horse, accompanied by their parents and had an exclusive chance to play polo with rubber balls and a mini mallet. They looked very adorable as they persistently attempted to scoring goals against each other. We see the next generation of young polo players in the making!

Long queues started forming slightly past 10am and within no time, there was a long line of people waiting to purchase the coupons to the fair. The covered arena oozed the vibes of a carnival. Our young patrons participated in activities such as sand art and face painting.

The ladies were not left out, as they shopped for equestrian apparel and educational Montessori themed toys catered for young children at our mini pop-up booths.

The pony ride was the most popular station. Attendees had an opportunity to ride quiet and obedient ponies around the covered arena

Lots of giggles, smiles and excitement brought the fruitful event to a pleasant end. Once again, a huge thank you to everyone for your generous input into making this fair a big success. Till we meet again.



*Yes, I would love some carrots please*



*Sand Art – another favourite activity of attendees*



*A new introduction to the fair: outdoor gymkhana*



*A guest at the fair feeding our pony*



*Overwhelming response at the fair with a good turnout of adults, young children and teenagers*



*Activity: Learning to hit a polo ball*





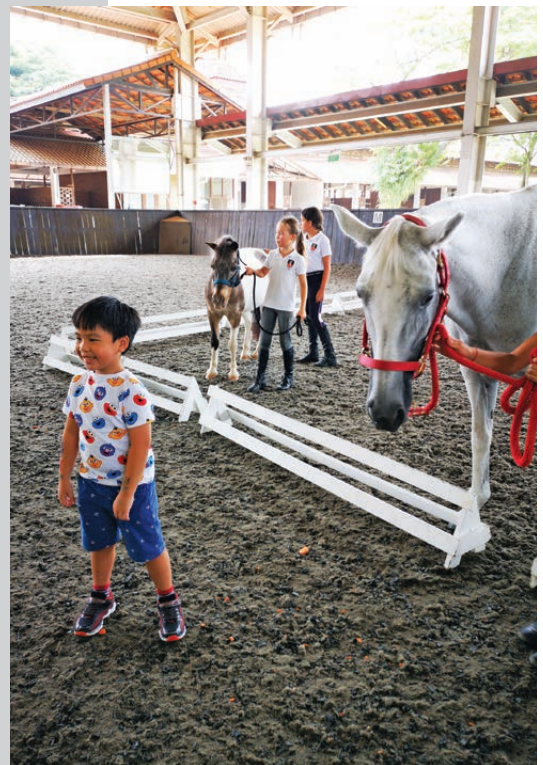
Equestrian apparels by Saddled Up



Montessori toys were on sale at the fair



Always a joy to welcome families to the event!



Photography session with a pony.  
Recognise the cute pony on the left?



Those wide smiles say it all, don't they?

To register your interest in volunteering for future initiatives, please email [outreach@singaporepoloclub.org](mailto:outreach@singaporepoloclub.org)  
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📘 SPC Riding Academy

\* Activities subject to changes.

# Horse Care and Quality Control Training by Dr Shetty

The Club has embarked on its own internal certification and training courses with the Stables Department with Dr Sukumar Shetty, Head of Veterinary and Horse Care at SPC. Polo and Riding supervisors and grooms attended lessons on basic veterinary and horse care and overall quality control for the care of our horses and ponies. This in-house certification was introduced to ensure all stable staff are equipped with the basic knowledge on handling medical issues concerning our resident horses at the stables.

The first of five modules commenced on 13 June with staff being introduced to basic veterinary and horse care through a series of classroom trainings. This comprised of presentations, discussions and question & answer sessions. After the programme has concluded participants will be awarded certificates in recognition of their completion of the programme.



Mr Sylvan Braberry, GM of Singapore Polo Club and Ms Alinna Li, HR Manager with Dr Shetty and staff who attended the Thrush module



Students from the Colic module



Students watch a video about a horse's behavior and accompanying symptoms due to Colic



Attendees view an image of a horse's hoof



Dr Shetty conducting a module on housing of horses

The five modules were Colic, Thrush, Wound Management, Mud Fever and Housing of Horses.

Staff were presented with real-life case studies and were shown videos on how to identify symptoms displayed by horses with colic, the causes, prevention and next course of action for treatment. They were also shown a diagram of a horse's hoof and were enlightened on the definition of thrush – its causes, signs, prevention and

treatment. The training was completed on 17 September with modules on Mud Fever and Housing of Horses. Trainees were introduced to the causes and preventive measures of Mud Fever and were also shown the various types of housing and bedding for horses.

It was an enriching 4-month journey for all attendees, with staff gaining a wealth of knowledge from Dr Shetty. Here's what the attendees have to say about the training sessions.



Riding grooms learning about Mud Fever, the 4th module of the training



A wrap for the riding team grooms and supervisors

Polo supervisors and grooms attended the final lessons on Mud Fever and horse stabling



## Testimonials

**1: Vani, Riding Groom:** "This was definitely an enriching lesson and I learnt so much from Dr Shetty. I hope to have the chance to attend more of such lessons in future as it is beneficial for our career growth. Boris, a horse under my care was suffering from Thrush, and after attending this lesson I was able to better care for him and he's almost on his road to recovery."

**2: Agilan, Senior Supervisor (Stables):** "This is a very good programme for groomers, and we are able to teach junior groomers and new staff with the knowledge gained. The printed training aids provided by Dr Shetty are also very useful for future references."

**3: Kanis, Livery and Riding Groom:** Thank you to our GM, Mr Sylvan Braberry and management for believing in us. The trainings have helped us to perform our duties better with even more care given to the horses.

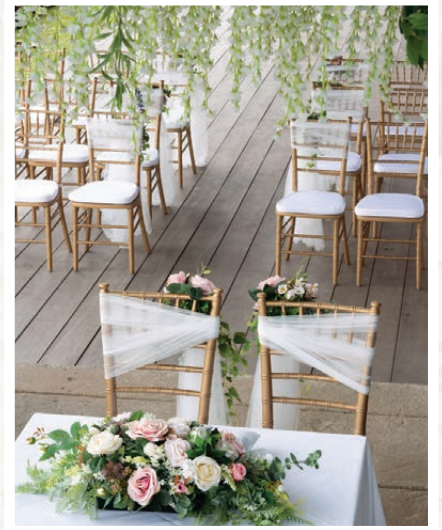
**4: Francis, Livery Supervisor (NEP Stable):** It is important for us to always broaden our knowledge and learn new information. The lessons by Dr Shetty have proved to be simple to understand and loaded with various useful content that we can put to use.

**5: Madu, Assistant Manager Polo (Main stable):** I learnt so much during these few months of attending Dr Shetty's class. I can relate better as I am experiencing the same issues discussed during the lessons and am looking forward to the exams and certificates.

**6: Nelson, Senior Polo Supervisor (NEP Stables):** Dr Shetty has put together a very good set of lesson plan. The topic on Mud Fever will be useful information to me and my colleagues. I hope to participate in an even more in-depth programme in the future.

**7: Raymon, Rider Boy:** The topic on Colic was interesting and it was an eye-opener as I have seen horses experience this painful illness. I am glad that I am able to apply the knowledge learnt to my daily job. Thank you to GM for supporting this programme too.

**8: Kumar, Supervisor (Mt Pleasant Stable):** Thank you Dr Shetty for the informative and easy to understand lessons. I am looking forward to attending more of such classes with my colleagues.



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# POLO TOURNAMENTS: August & September

After the mid-season break during which the field was closed for maintenance, the 2019 SPC polo calendar resumed in July with several tournaments – both international as well as Club - scheduled for the months of August and September. Here’s a recap of these fixtures.

## 3 & 4 August: The Royal Artillery Cup

Usually for the Club, this match was played over a full 8 chukkas, but spread out (for reasons of horse power) over Saturday and Sunday.

Team Red and Team White captained by Iqbal Jumabhoy and Lawrence Khong respectively. As the final score attests, the match was close fought and filled with action. Team White were the winners just a ½ margin of victory. The Royal Artillery Cup trophy was presented to the winning team by Ms Maureen Miller.

Congratulations to the winning team and well played everyone!



The winners – Team White  
From left to right: Sanaullah Khan, Lynly Fong, Tan Hock, Lawrence Khong, Marc Hogberg and Kevin Wilkinson



Ang Roon Kai (Red) challenged by Lawrence Khong (White)



A post match catch-up



A relaxed group of spectators viewing the match from the chukka bar

### Team Red:

- Iqbal Jumabhoy (Captain)
- Ang Roon Kai
- Daniel Chua
- Rajiv Menon

### Team White:

- Lawrence Khong (Captain)
- Marc Hogberg/ Sandullah Khan
- Lynly Fong
- Tan Hock/ Kevin Wilkinson

Scores:

White 12 vs Red 11½

Winner:  
Team White



Club resident pros, Sanaullah Khan (White) and Ang Roon Kai (Red) both attempting a play

**15 to 18 August:  
Tata Communications  
Singapore Polo Open Finals 2019**

**T**his year, the 10 goal Singapore Open was once again presented by Tata Communications.

The tournament was contested by three teams, representing India, England and Singapore. The Club was fortunate to have visiting international polo professionals Simran Shergill (6 goals) from India and Oliver Hipwood (5 goals) from England, along with the Club's home grown young talent Waqas Khan (3 goals) back in Singapore while taking a short break from his university studies in the UK. The international flavour of this event was complemented by HPA umpire Tristan Pemble umpiring all the matches.

The event kicked off on Thursday 15th August with a round-robin, one day preliminary four goal tournament in which Team Singapore came out third. Consequently, Teams India and England were in the finals – an eight chukka, 10 goal match, which again due to the constraints of horse power, was held over both Saturday and Sunday. Team England were the eventual victors with a final score of 8 goals over Team India's 6 goals.



Sunday, 18 August saw the Club's transformation into a sea of blue and white as guests chatted and mingled at the Polo Bar and Mountbatten Room. Soothing Indian Jazz by Ragha Jazz serenaded those assembled as everyone soaked in the ambience in anticipation of the main match.

As a prelude to the finals, some of the Club's young aspiring polo players participated in a 10-minute one chukka exhibition match. The match closed off with Team Red as champions with their score of 3 goals against Team Black's 1 goal.

A ceremonial march-in by the India and England and the playing of the countries' national anthems preceded the main which commenced with the usual throw-in by the chief guest at the event.

Team England gained a quick lead and by the second chukka they had chalked

up 5 goals against Team India's 2 goals. Would India be able to make a comeback?

Spectators took to the field for a half time treading-in during the 15-minute break in search of a bottle cork hidden on the field with the winner walking away with a bottle of Lanson Champagne.

In the third chukka, Team India was back in the game with two consecutive goals, but Team England was not giving up either though both players and horses were visibly tired by this stage. The score at the end of Sunday's four chukkas was England 8 goals while India scored 6 goals.

Spectators were awed by the stamina and sportsmanship displayed by both teams as they relentlessly competed in another year's exciting Singapore Open event!

**Preliminary 4 goal  
round-robin matches**

**Team India:**

- Simran Shergill (Captain) 6
- Iqbal Jumabhoy 0
- Vinod Kumar 0
- Anne Hansen / Michael Ma -2

**Team Singapore:**

- Waqas Khan (Captain) 3
- Ang Roon Kai 2
- Anna Lowndes / Keith Yeo 0
- Ang Ban Tong / Koh Pei Bei -1

**Team England:**

- Oliver Hipwood (Captain) 5
- Satinder Garcha 2
- Daniel Chua -1
- Tim Zee -2

**Main 10 goal match**

**Team England:**

- Oliver Hipwood 5
- Waqas Khan 3
- Satinder Garcha (Captain) 2
- Gerry Gan/ Daniel Chua 0

**Team India:**

- Simran Shergill 6
- Sattar Khan 3
- Vinod Kumar (Captain) 0
- Iqbal Jumabhoy 0

Scores:

17 August:

**Team India 5 ½ vs Team England 10**

18 August:

**Team India 6 vs Team England 8**

Most Valuable Player:  
**Waqas Khan**

Best Playing Pony:  
**Polenta belonging to SPC and played by Simran Shergill**



A spread of exquisite food to feast on





Mr Yoichiro Ushioda (second from left) and his guests



Guests from Zouk



Polo memorabilia autographed by the visiting polo pros



Chilling out field-side during the match



Ragha Jazz rendered a series of cool Indian jazz



Best dressed for the evening: The Garchas



Sonja Piontek (in a floral suit) with her guests



Champions – Team England



Team India



Team England



The finals match commences with a throw-in by John Freeman, Chief Legal & Compliance officer of Tata Communications



Best Playing Pony: Polenta, owned by SPCC



Most Valuable Player: Waqas Khan



That's a wrap for 2019's Singapore Open



Runners-up – Team India



Happy guests from Tata Communications



Snippets from the Exhibition match before the main match and put on by teenagers in the Clubs Youth Polo Programme



Grandstand view of the polo



Simran Shergill taking a full swing



Waqas marked by Vinod Kumar



Sportsmanship after the match: Vinod Kumar (left) and Satinder Garcha (right)



Simran Shergill in yellow jersey playing for India, with Oliver Hipwood and Satinder Garcha for the England team



Snippets from the qualifying matches on 15 August: Singapore vs. England and England vs. India



**24 & 25 August:  
Thai Chay Cup**

**T**his low goal tournament (originally scheduled for the 27th & 28th July) was the third in this season's series of tournaments specifically meant to induct beginning players to tournament polo. The two teams were captained by the Club's father and son duo: Sattar Khan, and son Waqas, each playing off 3 goals. Three cheers for Team Black who won this edition of the Thai Chay Cup!

**Team Black:**

- Waqas Khan (Captain) 3
- Tim Zee -2
- Anne Hansen -2
- Michael Ma/ Oscar Ma -2

**Team Red:**

- Sattar Khan (Captain) 3
- Dave Alden -2
- Deanie Sultana -2
- Lee Taylor/ Ali Mirza -2

The scores for each of the match were as follows:

24 August  
**Red 3 vs Black 4**

25 August  
**Red 2 vs Black 3**

Overall Winners:  
**Team Black**



Anne Hansen and Lee Taylor readying themselves to make a play



Waqas Khan (in black) watching closely as Lee Taylor (in red) attempts to take the ball to goal



Champions for the Thai Chay Cup  
From left to right: Michael Ma, Oscar Ma, Waqas Khan, Anne Hansen and Tim Zee



Runners-up  
From left to right: Sattar Khan, Lee Taylor, Ali Mirza, Dave Alden and Deanie Sultana

Photo Credits: Nadia Taylor and Sunny Oh

**1 September:  
North Junior Cup &  
Youth Polo Challenge**

**T**his polo season has seen several special occasions when teens have fun playing polo with one another as part of their participation in the Club's Youth Polo Programme.

On this occasion there was once again a morning session highlighting our Junior League comprising the younger children. As usual, these enthusiastic youngsters managed to put on a great display, with each team anchored by one of their two regular coaches – Ang Roon Kai and Sani Khan.

This was followed by an exciting two chukka match between the more experienced teenagers and on this occasion they competed for the North Junior Cup (which was presented to the SPC many decades ago by the Club's then polo captain, Bill North, who was especially encouraging of younger polo players). The two teams, SPC Blacks and SPC Reds were so evenly matched that there was draw after two chukkas. The match had therefore to be decided by a penalty shoot-out that resulted in SPC Reds being declared the winners and with Jansher Singh scoring the 'golden goal'.



Champions of the North Junior Cup – SPC Red!



Zara Taylor attempting to tip a goal in



Winners and participants of the Junior League



To more goals



A player from the Black team taking the lead

Photo Credits: Nadia Taylor

**Junior League**

**SPC I (Black):**

- Zara Taylor
- Harley Sultana
- Bianca Ma
- Sanaullah Khan/ Ang Roon Kai

**SPC II (Red):**

- Chloe Sultana
- Harnaaz Singh
- Nikolaj Soerensen
- Sanaullah Khan/ Ang Roon Kai

**SPC III (White):**

- Chiara Corbi
- Scarlett Lowndes-Cox
- Marie-Christine Fuchs
- Sanaullah Khan/ Ang Roon Kai

Score:

- SPC I 5 vs SPC II 1
- SPC I 1 vs SPC III 3
- SPC II 0 vs SPC III 4

**North Junior Cup**

**SPC Red**

- Lucas Ertugrul
- Lucas Furlong
- Jansher Singh
- Tom Lowndes-Cox

**SPC Black**

- Jed Gabler
- Matias Furlong
- Alex Soerensen
- Oscar Ma

Score:

- SPC Red 1 vs SPC Black 1
- Penalty Shoot Out:
- SPC Red 4 vs SPC Black 3

**7 & 8 September  
Ismail (Senior) Cup**

**T**eam White were victorious in the two day, 8 chukka match for the Ismail (Senior) Cup which took place on 7 and 8 September. Hearty congratulations to everyone who participated for a well-played game. Ms. Nadia Taylor kindly consented to present the prizes.

**Team Red:**

Lawrence Khong (Captain)  
Ang Roon Kai  
Stijn Welkers/ Gerry Gan  
Wee Tiong Han/ Lucas Ertugrul

**Team White:**

Marc Hogberg/  
Sanaullah Khan (Captain)  
Lynly Fong/ Greg Parkhurst  
Anna Lowndes/ Olivier Duguet  
Kevin Wilkinson/ Jed Gabler

The scores for each of the match were as follows:

7 September  
**Red 4 vs White 5**

8 September  
**Red 7 vs White 9**

Winner:  
**Team White**



*The champions with Nadia Taylor*



*Team Red with Nadia Taylor*





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# SUMMER PONY CAMP 2019

**O**ur young equestrians had plenty of fun at our 3-day summer pony camp held from 9 to 11 July. Participants were introduced to endless opportunities in both classroom and hands-on equine experiences. They came up close with our Academy's friendly and cheeky ponies through feeding and petting sessions, learnt to tack, shower, and lead them for short walks around our vicinity.

An exciting jungle trail was organised and the elated children trotted off into the woods located at the back of the Club with their ponies. The group experienced the serenity of the jungle, which was a different out-of-the-world experience in comparison to riding at the covered arenas. The group took part in team games at the covered arena to strengthen their bond with fellow riders and ponies. Pony Camp is a stepping stone to a child's equine learning journey where they take a step back from the world of books to learn and develop skills on empathy, teamwork, independence, patience and many more through our riding school ponies.

How about dropping by the Academy for a stable tour? Simply flash this article for a chance to feed and pet our lovable ponies.

Say hello to **Laurent Ruelle**, one of our Riding Academy instructor who heads the Pony Camps that are organised by the Club's Pony Academy.



We have a photo bomber, check out who that is!



Wooooo .... Please don't lick me...



Balance activity at the covered arena (Don't try this unsupervised or at home!)



Stable management – learning to tack-up



Hands-on experience on leading a pony



Bandit enjoying a nice cool shower – one of the many things children learn during the camp



More fun at the camp...



Quick... Back to the Batmobile!



Bonding with our friendly riding school pony



Safety briefing by Laurent before camp commences



Pony rides are one of the main highlights at our pony camps



A photo opportunity is a must after the tiring but rewarding trail ride



Bandit is clearly a ladies man



Hello there... Just before heading into the jungle for the trail ride



A short tea break before stable management class



Team games are a fun way to socialise with fellow riders



Revenge is sweet... Edric Lee, our Riding Academy instructor fleeing the scene of the crime

Envy all the excitement and fun that went down at this camp?

**Look out for details of our December Pony Camp on SPC Riding Academy's Facebook page and sign up fast!**

# SPC YOUNG RIDERS

*In this issue, we feature Megan Ding and Alex Fischer – our upcoming riders at the Academy. Hear them talk about their riding experiences locally and internationally.*

**Megan Ding, 10 years of age has been riding with our Academy for the past one year. She currently competes at Novice level and shares with our editorial team about her overseas riding and competition experiences.**



*Megan with Sir James – the team that clinched first place at the Class 12: EFA Preliminary 1A category at April's SPC Inter Club show*

**M**egan's family joined the Club in November 2018 and she is currently leasing Sir James, a special pony who she says has taught her a lot about riding. Her training schedule consists of twice weekly flat lessons, a jump and polo lesson each. Megan is so proud to have clinched first place in the recent Preliminary 1A class with her horsey partner Sir James. "This inspires me to work hard for the next Novice level."

"I feel very much at home on the saddle and I like that SPC has a good variety of horses and ponies, each with their own abilities. The Club is also active in equestrian sports such as dressage, show jumping and polo, which appeal to me."

The determined young rider said that it was definitely tough juggling school and riding, especially with her 7am private riding lessons (her class ends at 7.45am and she heads to school thereafter). "I wouldn't give up on any of my riding lessons as I enjoy all of them, but I must say that I really like riding early in the morning as there are less riders around and Sir James is best behaved in the early hours."

Megan comes from a family of avid travellers and they have recently completed travelling to all seven continents. As Disney super fans, they have visited all the Disney theme parks around the world. Throughout her travels, Megan has learnt about the various horse breeds in different countries. She has seen the rare and endangered Przewalski's horse in Central



*Megan and her family exploring the ever-changing nature of Chilean Patagonia on horseback*

Asia - claimed to be the only remaining wild horse species in existence. She has ridden on beautiful Arabian horses, Mongolian semi-feral horses, and the Chilean Criollo.

Her travel adventures also include kayaking through the ice floes in Antarctica, spending a night in sub-zero degrees in an ice hotel in Sweden, swimming through a deep natural underground river of a cave experiencing total silence and darkness in Mexico and travelling 8,000km on the Trans-Siberian Railway from China to Mongolia, through Siberia and ending up in Moscow.

She shares that her favourite horseback ride was in Patagonia, Chile where she rode through mountains, lakes, tundras, forests and bogs. She also rode amongst wild animals in Kenya, on a beach in Canada, in a desert in Dubai and across the steppes in Mongolia.

Megan who has fallen off horses 22 times in five years shares that one should never give up, and always ensure to get back up and try it again. For anyone intending to take up riding, simply get up on a horse and give it a try – it is fun!

The 10-year old hopes to one day be able to compete in the National Dressage Championships, or head overseas for international competitions. She says that horse riding is an amazing experience and hopes to inspire others to ride too.

Happy riding Megan!



*Megan getting up close to the wildlife on horseback safari in Kenya*

**Alexandra Fisher aka Alex Fisher is a familiar face at the riding school and has been actively riding for the past four years. She speaks to our editorial team about her future ambitions and her experience at a Scottish riding camp.**



*Alex and Brownie*

**A**lex became interested in riding at a young age and had lessons in Scotland during her summer holidays there. She started riding in a local club at the age of nine and moved to SPC in 2017 with her family so that she could ride more regularly.

Alex likes the friendly instructors and staff at the club and has made friends with many of the other riders. She also loves the horses.

As Alex is home-schooled, this makes it easier for her to fit in her riding schedule around her studies. She rides five to six times a week having one flat lesson, three jumping lessons and a polo lesson. At times, she squeezes in time for a self-ride too!

"Riding is my number 1 hobby, so everything else needs to fit in around it," she says cheekily.

Alex has participated in quite a few of SPC's training shows and inter club competitions. She shares that Amberly Snyder, a disabled rodeo star, is her riding inspiration and idol. "Her movie - Walk, Ride, Rodeo really inspired me as it was a film

about how determined she was to keep riding after a bad accident", said Alex who would really like to try rodeo riding herself one day.

When asked about any interesting riding experiences or encounters, Alex said "I was in Australia once and I was asked to take the horse I had been riding into the dam for a swim. It was really muddy and the water seemed to suck me off. That was really fun".

At present, Alex does not own a horse but it is something that's always at the top of her wish list. She used to lease Brownie, one of the riding school ponies but had to stop as she was getting too tall for her. Although she says that Brownie is still her absolute favourite, she has started riding Venice and is becoming very fond of her too.

She shares with readers about her trip to Scotland for a residential riding camp. "I have been there twice and I stayed there for a week each time. Four girls share a room and we each 'own' a horse for a week. Every morning and evening we walked the horses from the field to the stables. We went on trail rides through the forests around an old race track. We also went out on the road so we had the chance to experience riding around traffic. Our entire day there was spent riding, tacking up and grooming. One day, we did gymnastics jumping without the use of reins or stirrups. It was a great experience! Aside from Scotland, I have also done some cross-country jumping in Australia where the jumps were



*Alex Fisher and Venice in a jumping lesson*

made of fallen trees, old barrels and tyres and I absolutely loved it."

Alex thinks that riding isn't just a sport, it's a passion. She shares that you should get to know your horse well in order to perform better during riding lessons and competitions. Riders should take the time to groom their horse and give it treats. After lessons they should untack and shower it. Then the horse will start to recognise the rider and hopefully bond with them.

Alex says that her dream is to work with horses and maybe even be a showjumper or a rodeo rider one day. She also wants to live on a farm and have an animal sanctuary.

Dreams are never too far when you work hard for them and we hope Alex is an inspiration to other young riders out there!



*Alex (second from left) and her family during a recent holiday in the UK*

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**SINGAPORE POLO CLUB**  
80 Mount Pleasant Road Singapore 298334  
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# SPC TRAINING SHOW ON 17 AND 18 AUGUST 2019

After summer break, our riders were back to the Academy in fine form for an exciting training show on 17 and 18 August.

It was a privilege to have Sean Hope, a well-known Equestrian Coach with us once again.

Check out the highlights below.



Winners and participants from the Class 13: EFA Novice 2B, Class 14: EFA Elementary 3A, Class 15: EFA Elementary 3C and other young riders with Sean Hope



Featuring the top three winners from the Class 4: 90cm 1 round with jump off. From left to right: Lynn Chen, Lucas May and Sian Lexmond with Jumping Judge Sean Hope



Participants of Class 9a and 9b: EFA Preliminary 1A (20x40) Juniors and Seniors with Dressage Judge, Sean Hope



Delia Phey and Mr. Percy won the first placing in the Class 14: EFA Elementary 3A



Lucas May and Marilyn in action, 2nd placing in Class 4: 90cm and 1st placing in Class 6: 110cm



Abigail Cheng and Venice won the first placing in the Class 13: EFA Novice 2B



Katie Marley and Dandy, in both 90cm and 100cm classes

Here are the upcoming riding event at the Club:

**Inter Club (SPC) – 9 and 10 November**

# INTER CLUB (SPC) ON 31 AUG AND 1 SEPT 2019

Riders from SPC and other local riding clubs participated in an interclub show jumping and dressage competition.

Hearty congratulations to all winners! Well done riders and cheers to all the hard work that went into making the event a success!

Check out the special moments below.



Class 8: EA Prep. A (20 x 40), our young entrants



Dressage Judge Gena Marjanovic (in grey) with participants of FEI PSG, EFA Elementary 3A and 3C, EFA Novice 2A classes



Class 9b: EFA Preliminary 1A (20 x 40) Seniors



Bella Eskesen came in second in the Class 4: 95cm one round jump off



Leo Tadikonda on Rascal had a clear round in Class 1: 45cm cross pole



Class 12: EFA Novice 2A and Class 11: Preliminary 1C

# MEET THE STARS OF THE RIDING ACADEMY



## Daniel Sitranen

As our longest serving instructor at the club for more than 29 years! Daniel Sitranen has taught his students show jumping up to 130cm and dressage up to Advance level. With a Level 2 Federation Equestre Internationale (FEI) certificate and BHS AI, Daniel is a 3-time Rolex National Dressage Champion Cup (Dressage) Winner. He has represented Singapore at the Southeast Asian Games and the 1995 ASEAN games, where he placed second. He achieved honourable standings at the FEI World Dressage Challenge in 2001 and 2002. He currently competes at Prix St. George level and goes on yearly riding pilgrims to Germany and Denmark. He is currently the Head Instructor at the Riding Academy.

## Edric Lee



Edric is a MEM/EA NCAS Level 1 Dressage Specialist and was awarded MEM/EA NCAS Level 1 General Riding Instructor certification in 2013. He is a qualified Equestrian Australia, Skills Specific Trainer and Assessor and graduated from Marcus Oldham College, Australia in Equine Horse Management in 2010. Edric's achievements include clinching the 4th placed in the 2009 Australian Youth Olympic (Australia) show jumping competition, District Champion at the 2017 Driel, Holland ZZL Dressage, Silver Medalist in the 2007 Southeast Asian Games (Dressage) and Gold Medalist in the 2017 Southeast Asian Games (Dressage).

## Pua Yien Yien



Yien Yien is the latest addition to the Riding Academy team, joining the Academy in January 2019. She started riding at the age of five in Australia and has 19 years of experience working in the equine industry as a MEM/EA NCAS Level 1 General Coach. She is also experienced in training endurance and race horses. During her career, she learnt about chiropractic and massage for horses and developed her knowledge further by attending a course in Australia two years ago called Equinology Body Works, which entails new massage techniques. Yien Yien has been practising it for 12 years now, and has even incorporated the wellness treatments for our riding school horses.

## Ruelle Laurent



Former zoo keeper in Belgium, Laurent started riding when he was 10 years old in a horse riding summer camp which sparked his interest in show jumping and dressage. With experience in jumping up to 110cm, Laurent can ride up to Elementary level. After a 20-year break Laurent picked up horse riding again when he started working in the equine industry. He's equipped with a BHS Stage 3 and currently heads the SPC Pony Academy. His greatest joy is seeing our young talents grow.

## Keith Choi



An ever smiling and cheerful person, Keith is an instructor that instils confidence into his students and joy into riding. He has been teaching and working with horses for more than 10 years and represented Singapore in the Sydney Youth Olympics Games in 2009. Through the years, Keith has worked and taught in many Equestrian schools locally and internationally and has undergone training with well-known trainers like Brett Parbery and Volker Eubel.



# MALAYSIAN EXCHANGE PROGRAMME & COMPETITION 2019

Photo credits: Muhammad Fahmi B Abd Halim

**S**PC riders did the Club proud by representing the SPC Riding Academy at the 2019 Malaysian Exchange Programme held from 23 to 25 August at the Bukit Kiara Equestrian & Country Resort, Malaysia.

The 3-day competition was also attended by riders from host country Malaysia and Indonesia. Riders participated in the show jumping 60cm to 70cm and 70cm to 80cm categories and gained new experiences and perspectives in the competition scene as they widened their network of friends.

Well done and super riding out there! Thank you to the organising committees, staff and sponsors of the show for creating a successful event.



Healthy team bonding pre-competition



Overall champions Tiffany Tong from Singapore and Hariz Kamaludin from Malaysia



Team SPC with fellow participants from the exchange programme



Edric Lee with Team SPC Lucas May, Tiffany Tong, Madison Tong, Viktoria Rosenkilde, Caedan Paul and Katie Marley



Caedan Paul and Viktoria Rosenkilde tacking up before the competition



Lucas May and Gold Drifter clinched first place in the 60cm to 70cm and third place in the 70cm to 80cm show jumping categories.

# SIGNING OF MOU WITH EQUESTRIAN AUSTRALIA

The Riding Academy is elated to announce its collaboration with Equestrian Australia (EA) to offer TAFE certification for riders around our region.

EA is the national governing body for equestrian sports in Australia. These sports include the FEI-recognized disciplines of dressage, eventing, show jumping, equestrian vaulting, endurance riding, reining, para-equestrian, and combined driving.

Our instructors Edric Lee and Pua Yien Yien who are certified EA (TAFE) Skills Specific Trainers and Assessors will be working hand-in-hand with EA and Malaysian Equine Council to deliver these programmes to the Club.



SPC Riding Academy Instructors, Edric Lee (left) and Pua Yien Yien (right)

# Exploring Creativity through Resin Craft

Several members and their guests tested their creativity through a Resin Jewellery workshop on 3 August. The all-ladies craft event had all participants who eagerly trying their hands at designing beautiful and delicate jewelleries.

The interactive hands-on session commenced with Jacquelyn, trainer of the workshop introducing the attendees to the techniques of crafting these exquisite pieces and the various materials used to beautify them. Amongst them were coloured resin, dried flowers, ornaments and many more.

Our editorial team spotted an enthusiastic pair of young attendees crafting their jewels with plenty of glitter shards. Our team watched the every step they undertook to finish that particular gorgeous pendant.

Well done ladies! The team looks forward to introducing more of such art & craft workshops for both the young and young-at-heart.



Happy participants – Eilidh and Zara



Pretty accessories designed by the workshop attendees.



Workshop trainer Jacquelyn demonstrating some techniques



Jacquelyn guiding participants on using a mould to solidify the shape of their accessories



Crafting a pendant using resin



One of the workshop participant using the UV machine

Come and be a part of our social events! Members and non-members are welcomed.

Register for our next craft workshops on 2 November  
[enquiry@singaporepoloclub.org](mailto:enquiry@singaporepoloclub.org)

**Decoupage Art Workshop**  
 10.30am to 12.30pm

**Christmas Globe Making**  
 2.30pm to 4.00pm

## METHOD

Combine all the marinade ingredients and rub thoroughly into beef. Set aside for at least 30 minutes.

Grill beef till medium rare (about 5 minutes on each side) or desired temperature and let rest.

Combine all salad ingredients into serving dish.

Mix all ingredients for dressing thoroughly until sugar is dissolved

Slice beef thinly and add to salad, toss in dressing to coat all ingredients.

Garnish with spring onions, coriander and mint leaves, and serve.

## INGREDIENTS

- 1lb (500g) round top steak

### MARINATE

- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- 4 cloves garlic, minced
- 1 tsp sugar
- 1tsp coriander root, crushed

### SALAD

- 1 medium onion, thinly sliced
- 2 small tomatoes, wedged
- 2 stalks celery, chopped
- 1 small cucumber, diced

### GARNISH

- 2 whole spring onions, sliced (diagonally)
- 1 sprig coriander leaves
- 1 sprig mint leaves

### DRESSING

- ¼ cup lime juice
- 2 tbsp fish sauce
- 2 tsp sugar
- 1 tsp garlic, minced
- 2 large red chillies, chopped
- 2 tsp coriander root, crushed
- 1 stalk lemon grass, minced

# THAI BEEF SALAD RECIPE



# Happy Mid-Autumn!

Fun. Interactive. Exciting – these words best describe our Annual Mid-Autumn Party. The Left Verandah was transformed into a spacious venue which bustled with plenty of activities as a prelude to the main event.

Children and their parents, tried their hands at preparing ice cold cups of “Milo Peng”, beautiful jam sandwiches and delicious Nutella toast. The evening got even more exciting with Celebrity Chef Haryani teaching the young participants how to bake their own Nutella Blossoms. We saw tiny fingers grappling piping bags while attempting to squeeze out oodles of Nutella into the baking moulds. 100 marks for their effort!

Parents were not forgotten, and had a fair share of fun during the event through various activities such as crafting a lantern with their kids and participating in a challenging Pomelo Peeling Competition which saw screams, claps and cheering from everyone present. The evening ended with a story-telling mooncake tasting session and a walk to the wishing tree, with their lanterns in tow. Everyone had great fun as they tied their wishes to the beautifully lit tree. May all your dreams and wishes be fulfilled!



Happy guests at the party



Bonding time over Nutella toast



Our young attendees beautifying their jam sandwiches



Milo Peng anyone?



Story-telling session about the Jade Rabbit



Celebrity Chef Haryani, guiding the children to create their own Nutella Blossoms



Wishes are penned down!



Our young chefs!



Ready for the lantern walk



Delectable snow skin mooncakes for our young attendees to relish



Parents and children came together to craft a lantern



Excited children tying their mid-autumn wishes to a tree

### Mid-Autumn Festival Facts You Should Know:

- The date of the mid-autumn festival changes every year
- An occasion for families to celebrate the harvest of crops
- Colourful lanterns are favoured by children
- Celebrated 3,000 years ago and a time for family reunion
- 2nd most important festival in China (after Chinese New Year)
- Mooncakes are relished during the festival



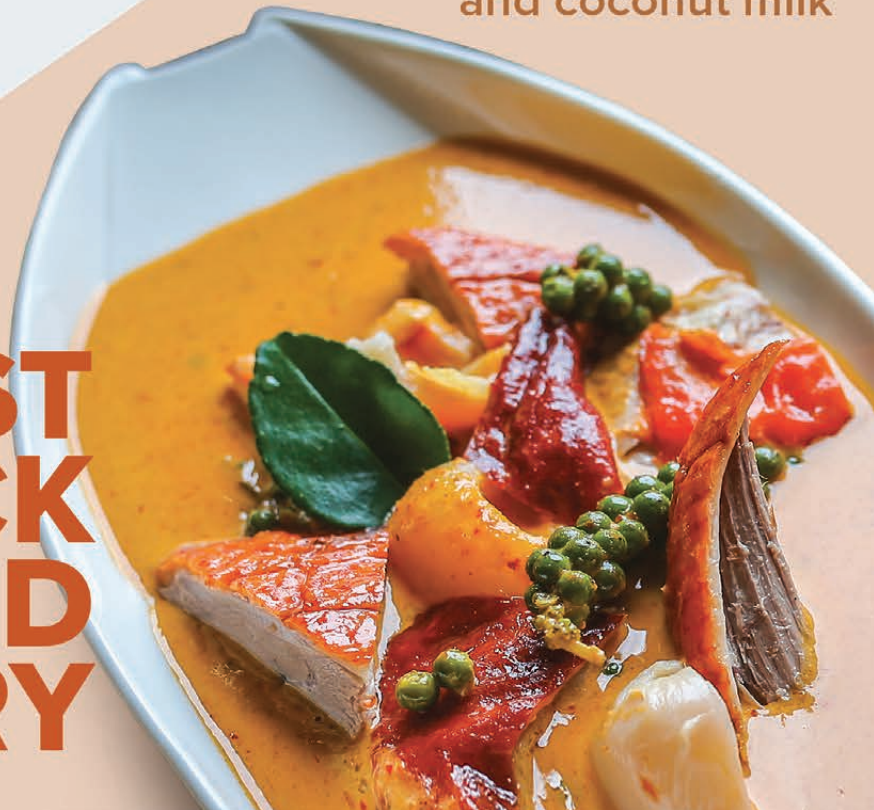


**\$45+**  
**OKTOBERFEST**  
**PROMOTION**  
**CARNIVORE PLATTER**  
**FOR 2**

**4 BEERS**

with lychee,  
tamarind,  
fresh peppercorn  
and coconut milk

*introducing...* **ROAST  
DUCK  
RED  
CURRY**



**Q: Tell us more about your culinary journey?**

I started working in restaurants when I was 15. I got hooked on to the history of cuisines and how traditional dishes were created, and fascinated by the endless possibilities of creating one of my very own. From that moment, I decided that I am going to be a chef. I started gathering my skills and knowledge from cook books and working in different restaurants, at the mercy of different chefs. :-) But it's been a superlative journey so far that has allowed me to take the helm of many kitchens in many parts of the world before I came to Coriander Leaf. Oh and I did win the title of Singapore's reality cooking show on CNA "The Perfect Meal" in 2011!

**Q: Do you have a favourite cuisine or dish or ingredient?**

Asian cuisine has always been my favourite, especially South East Asian.

**Q: What do you cook for yourself and your family?**

Chicken rice!

**Q: Any advice for aspiring chefs out there?**

Be humble, and be consistent. The glamour in it is short-lived, and honesty in your cooking will open doors beyond your wildest dreams.



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INTERVIEW  
with

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LATIFF

Executive Chef, Coriander Leaf Group