

SINGAPORE

POLo

CLUB

April - June 2020

ISSUE 02



It's No Mystery....

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for a thrilling BMW New Zealand Open

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73rd Annual General
Meeting

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RIDING

An interview with
Olympic judge and
coach Angela Tucker

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LIFESTYLE

Travel inspirations
for a post Covid-19
vacation



ORSE POWER

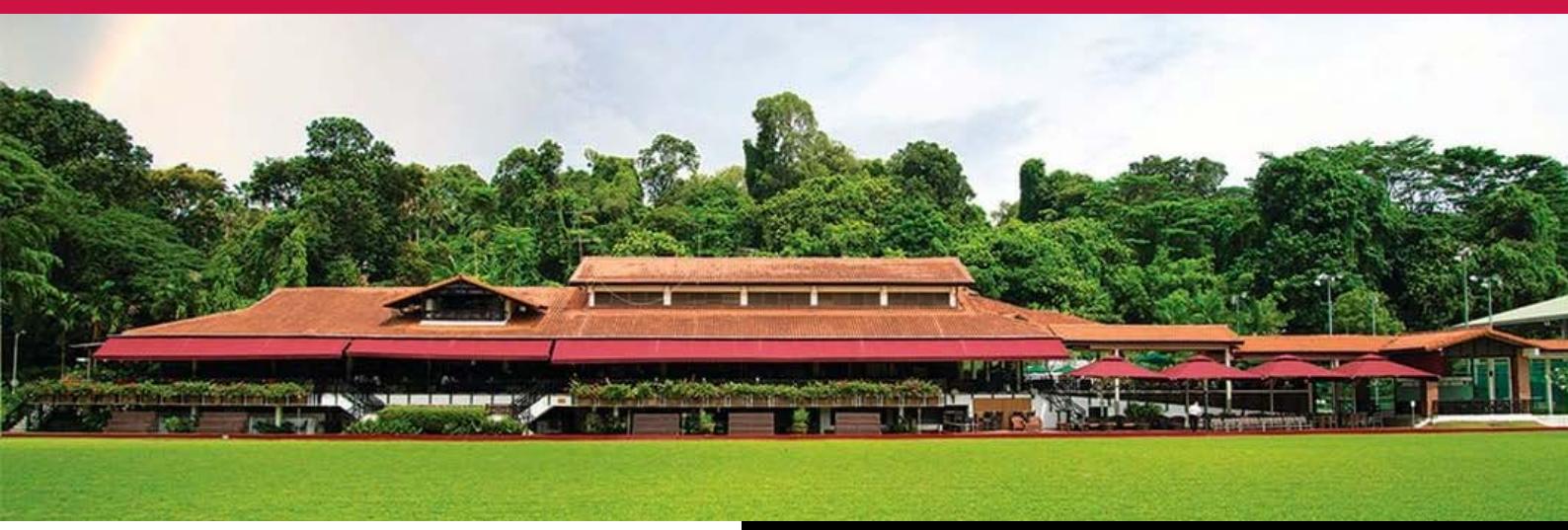
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SINGAPORE POLO CLUB



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Derek Mitchell
K.C. Loh

COMMITTEE

Stephanie Masefield
President

Lawrence Khong
Vice President

Satinder Garcha
Polo Captain

Rickard Hogberg
Honorary Secretary

Timothy Zee
Honorary Treasurer

Tan Hock
Committee Member

Peggy Yeo
Committee Member

Koh Pei Bei
Committee Member

Jane Drummond
Committee Member

MANAGEMENT

Sylvan Braberry
General Manager

Joanna Wong
Secretary

Victor Phua
Club Duty Manager

Irene Seah
Events & Banquet Manager

Han Peck Hoe
Facilities & Maintenance Manager

Chong Hion Kean
Finance Manager

Alinna Li
Human Resources Manager

Marvin Poh
Marketing Communications & Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitransen
Riding School Manager

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)

Gaming
11.00am – 11.00pm (daily)

The Polo Loft
9.00am – 7.00pm (Tues – Sat)
9.00am – 6.30pm (Sun)

FACILITIES

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

Sauna
7.00am – 9.00pm (daily)

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 10.00pm (daily)

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Riding riding@singaporepoloclub.org
Sports & Recreation snr@singaporepoloclub.org
The Polo Loft equineprincesg@gmail.com

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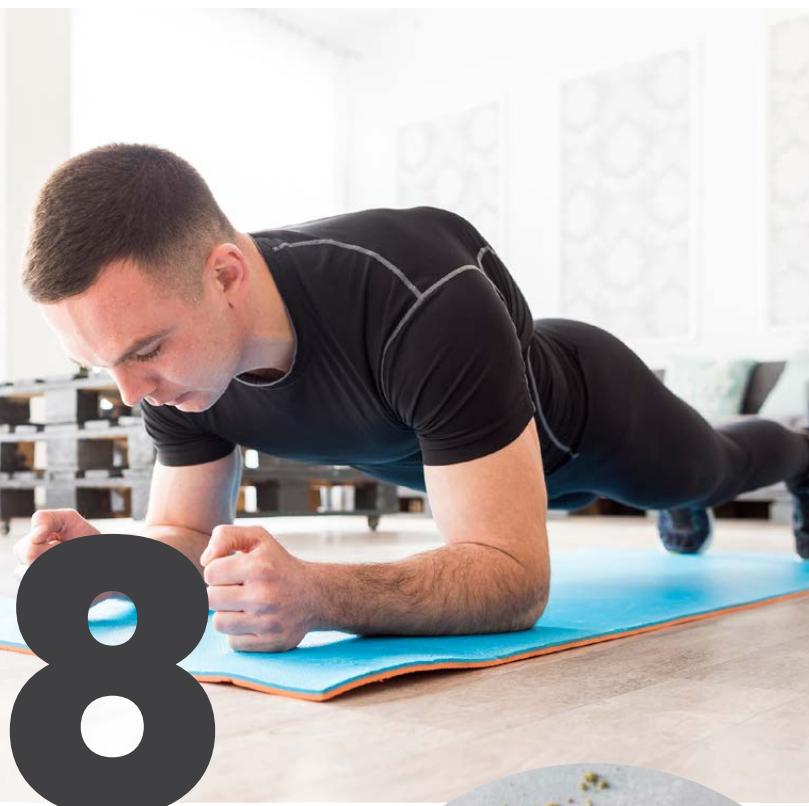


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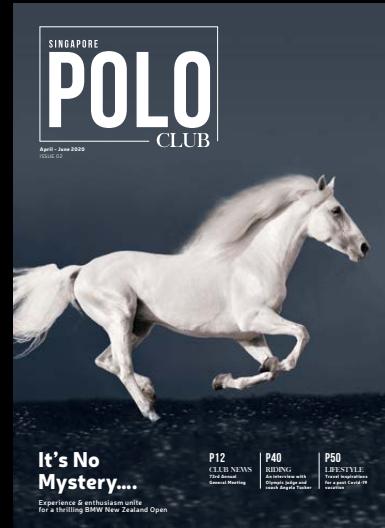
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ON THE COVER



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Keeping Us Safe; Covid-19 and the Singapore Polo Club's Response

With COVID-19 being declared a worldwide pandemic by the World Health Organisation (WHO) on 11th March 2020, the government of Singapore implemented a number of measures to keep the citizens of the island nation safe; at that time it had hoped that the present circuit breaker lockdown could have been avoided.

The Club from early on implemented temperature screening for all visitors to the club, anyone with a temperature exceeding 37.5 degrees Celsius will not be allowed access. Since then it has also implemented contact tracing which is now mandatory at all public venues going forward until further notice.

Hand sanitizers were placed at Reception and strategic locations around the club as a precaution, but the best measure to protect against infection is still thorough handwashing. For further guidelines on proper handwashing and protecting yourself against this pandemic visit (www.who.int). As per the government's directives, the club was required to implement various safe distancing measures which will continue to be enforced into the foreseeable future.

The safety and health of our members and staff are our utmost priority and we urge members to be socially responsible, and adhere to the requested guidelines while at our premises. Below is a recap of the safe-distancing measures in place at our popular venues. ■



F&B Outlet: Markings have been placed on tables and on the floor to accurately indicate the 1m safe distancing measures at our indoor and outdoor dining venues



The Chukka Bar: The Chukker Bar has also been clearly demarcated to indicate the mandatory safe distancing measures. Members and guests are encouraged to co-operate by following the prescribed guidelines laid out

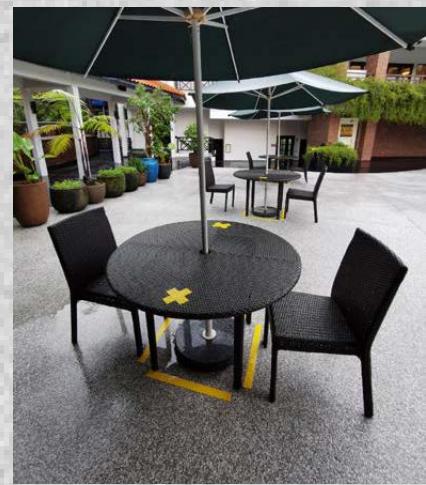


Swimming Pool:

Rinse off areas: A clear demarcation line bearing in mind the 1 metre safe distancing



Sun lounge deck chairs: Yellow markings denote the space within which the chair has to be located



Patio Tables that previously could seat 4 people, can now only accommodate 2. The yellow X marks the correct safe distance for patrons



Dear Members,

I am honoured to be elected as the first female President in the history of the Club. Having grown up in the Club as a young girl with my parents, who have been active members since 1976, I have seen the Club change in many positive ways.

I am excited to be serving as President, but I am under no illusion that this will be a tumultuous year as the world battles Covid-19. Our Club will not be spared by the global recession and weak economy due to Covid-19 and I hope in time the situation will improve.

The Committee and I would also like to take this opportunity to thank you for your confidence in us to carry out the mandate to serve the Club for the new term. It gives me great pleasure to introduce our newly appointed committee members, Tim Zee and Jane Drummond, who have been elected for the first time and as active members of the Club, I am confident that they will both bring with them a wealth of experience.

I am hopeful that after the circuit breaker lock down we may be able to gradually get back to a more stable situation. Meanwhile, we must diligently follow the wise direction of our Government. This Covid-19 virus pandemic is very serious. Your new committee will need members help and patience. Please bear with us as we gradually move together to all our activities. The virus will also cause delay for the completion of phase 1 of our redevelopment.

On a brighter note I hope we can foster a more open style as I intend to have Committee members meet members at least three times during this term. Your comments, criticism and constructive suggestions may be addressed here for the benefit of all. So we can take members feedback into consideration, be more inclusive, open minded and transparent.

Once again we appreciate your patience during the re-development. Thank you for showing your support. We would like to take this opportunity to wish you and your families a successful year ahead, do stay safe and healthy.■

Warm Regards,

Stephanie Masefield
President



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Dear Members,

My team and I would like to welcome the incoming Committee under the stewardship of Club President Stephanie Masefield, who is the Club's first ever female President since its inception in 1886. We are confident that under her leadership, your Club will see progressive and vibrant initiatives to make it an even better one.

We would also like to sincerely thank outgoing President Satinder Garcha and his Committee for their guidance and support during the past term which saw positive results all round for the Club! The Covid-19 situation has gotten worse and we can only hope for the best and support the Government in its initiatives to contain the spread of the Coronavirus.

At the Club, we have put in place the necessary precautions for all visitors entering the venue, as advised by the relevant authorities, such as; temperature screening using an infrared camera and monitor, health & travel declaration forms and safe distancing measures.

Prior to the imposition of the "Circuit Breaker", Singapore Land Authority (SLA) officials had conducted a spot check and took photos of how we had implemented the compulsory safe distancing measures and commented that ours was a good model for other Clubs to follow. All staff have been directed to strictly adhere to all such measures and to also practice good personal hygiene at all times.

I would like to thank all front-line staff for their positivity despite having to conduct screen checks and attend to member's queries on their concerns about Covid-19. Please give them your fullest co-operation and understanding as they are only doing what has been mandated by the authorities to keep our Club safe.

On the stables and horse care front, we have sectioned the various departments into A, B and C teams to reduce the potential cross contamination from the Coronavirus, whilst ensuring that operations and services continue with as little disruption as possible. Of paramount concern, is the welfare of our horses and we will continue with full stable operations which includes grooms and stable hands to ensure the stables are well maintained while our rider boys, horse care & QC staff and riding/polo professionals continue to monitor the condition of the horses and provide them with the necessary exercise to ensure they are adequately cared for.

When the Malaysian authorities ordered a lockdown, the Club gave our Malaysian staff the option to return home to spend time with their families or to continue working to care for our horses; I am pleased to announce that all our Malaysian staff agreed to continue working. They are now staying in our staff apartments which are fitted with full facilities; kitchens, washing machines, TV, Wifi, refrigerators and utensils. HR also arranged accordingly for both the 2-bedroom and 3-bedroom apartments to adhere to the necessary safe distancing measures.

As a precautionary measure, we have suspended/postponed all Lifestyle events until further notice. The Ministry of Home Affairs has also ordered the closure of our jackpot room to contain the spread of the Coronavirus at this time.

Let us work together as one to keep our Club safe during this period and do keep well! ■

Warmest Regards,

Sylvan Braberry
General Manager

New Members

January - March 2020

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

- Coulton Benjamin James
- Farhana Ahmed Sharmeen
- Gordon Emma Catriona
- Kalfus Natalie Simone
- Mahony-Paul Vivienne Kathryn
- Vescovi Federico
- Wu Jiat Hui
- Zhang Yan

TERM

- Falakshahi Houman
- Laetitia Juliette Marie De Seroux
- Navarro Jimenez Asenjo Barbara
- Pluijmers Jeroen Jacobus
- Welch Deana Leigh

REGULAR

- Adam James Crawford
- Camellia Ridwan Paulsen
- Corinne Emma Williams
- Greenall Stephen Eric
- Huber Conrad Alex Joao
- Khera Ashish
- Kuriachaia Tatiana
- Serrant Frederic Olivier
- Saur Margit
- Tamil Selvan s/o Renganatha
- Van Beeck Jozef Hubertina G.





73rd Annual General Meeting

24th March 2020



The Club's 73rd Annual General Meeting was held on 24th March 2020 and the following issues were approved and adopted

- The minutes of the 72nd Annual General Meeting held on 19th March 2019.
- The Committee reports received.
- The Audited Financial Statements for the financial year ending 31st December 2019.
- The appointment of HLB Atrede LLP, Auditors for the year 2020.
- (a) In accordance with Rule 37a (iii) of the Constitution, the Committee members were elected unopposed;
(b) In accordance with Rule 33a of the Constitution, the Trustee Group was elected unopposed;
- (a) There were (7) Constitutional Resolutions received, however in accordance with Rule 40, they were not considered and voted upon as the requisite quorum was not achieved.
(b) There was no resolution received and hence, there was no resolution considered and voted upon in accordance with Rule 37a (v).
- There were no nominations for Charter Polo Playing Members received at the closing date of 17th March 2020, hence there was no nomination to be considered and voted upon in accordance with Rule 11.

TRUSTEE GROUP MEMBERS OF 2020/2021 ELECTED UNOPPOSED

Loh Kim Chah
John Wong
Leon Chu
Wee Tiong Han



COMMITTEE OF 2020/2021 ELECTED UNOPPOSED

President
Stephanie Masefield

Vice President
Lawrence Khong

Polo Captain
Satinder Garcha

Honorary Secretary
Rickard Hogberg

Honorary Treasurer
Timothy Zee

Committee Members
Tan Hock
Peggy Yeo
Koh Pei Bei
Jane Drummond

#SingaporePoloClubCares

It would be trite to enumerate here the many ways in which COVID-19 has upturned our lives and livelihoods in the past weeks. However, there is no doubt that even through this unprecedented crisis some of our community has been much more affected than others, and none more so than our migrant workers.

Migrant workers play a vital role in building our economy as they form a majority of our workforce in Singapore. With the current travel restrictions implemented by the Singapore and Malaysia government, migrant workers had to make the tough decision to either stay in Singapore to continue working or risk not being able to come back to work here should they choose to return to their respective countries.

To this end the Club has provided accommodation in the club apartments and a meal allowance to all its migrant workers. Members have also donated generously to our migrant workers as a sign of appreciation for all the extra work they have done during the Circuit-Breaker.

Further afield, the Club's Outreach programme has donated to three charities that continue to work tirelessly to support those in need. Please find below further information on the three charitable organizations that we are supporting. Please do get in touch with the Outreach sub-committee or directly with the charities if you would consider contributing to these worthy causes ■



SPC's Outreach team delivering essential food items to Beyond Social Services as part of the Club's initiatives in giving back to the society.

MIGRANT WORKER CENTRE

Set up in 2009, the Migrant Workers' Centre (MWC) is a bipartite initiative of the National Trades Union Congress (NTUC) and the Singapore National Employers' Federation (SNEF). Its remit is far reaching when it comes to ensuring the health and welfare of migrant workers in Singapore. It provides advice and assistance to migrant workers seeking remedies against unfair employment practices and also facilitates platforms to promote social integration between the migrant and local communities.

For more information on MWC or to contribute to them, please visit <http://www.mwc.org.sg>

IT'S RAINING RAINCOATS

According to its founder, Dipa Swaminathan, the charity evolved from a platform of providing raincoats for migrant workers. It was one woman's simple crusade through an act of kindness, after her own experience of seeing migrant workers wearing black garbage bags as wet weather protection on a construction site. The organization works with Starbucks and other multiple outlets to distribute leftover food every week to some 500+ migrant workers. She also raises funds to buy prepaid sim cards and organize social activities such as yoga sessions at some migrant workers' recreational centres, cricket matches, as well as potluck suppers to encourage volunteers to bond with the workers over a meal.

To contribute to It's Raining Raincoats, please visit <https://www.facebook.com/itsraininraincoats>

BEYOND SOCIAL SERVICES

The Voluntary Welfare Organization (VWO) supports disadvantaged children and youths by providing a positive and safe environment for them to learn, develop and make friends, and to foster a sense of belonging and community. The VWO programme has reached over 10,000 rental units in government rental blocks around the country.

To learn more and reach out to this Beyond Social Services, please visit <http://www.beyond.org.sg>

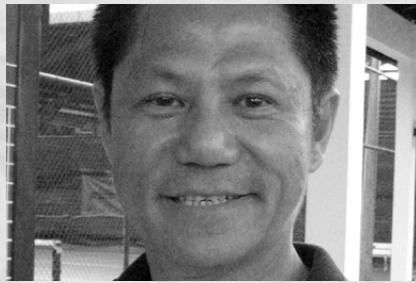
OUR COMMITTEE

CLUB NEWS



Stephanie Masefield
President

Stephanie has been a member of the Singapore Polo Club since 1976 when her parents Brian and Maureen Miller both started playing polo. She learnt to ride at the Club and spent most of her time riding polo ponies. It was only in 1998 after returning from Hong Kong that she decided to start playing in earnest and has played on and off for the last 18 years. Stephanie has been married for 18 years to Paul Masefield and has 2 children, Ryan, 15 years old and Zoe, 13 years old (who is equally as passionate about riding).



Lawrence Khong
Vice President

Lawrence is the founding pastor of a mega-church in Singapore and is also a world renowned magician and illusionist. He has been playing polo at the Singapore Polo Club since 1993. In this time he has also had the opportunity to play polo in Palm Beach & Santa Barbara (USA), Hurlingham (Argentina), Australia and South Africa. Lawrence's other passion is skiing, and each year the winter months can find him on the slopes from Hokkaido to Colorado indulging his passion.



Satinder Garcha
Polo Captain

Polo blood runs deep in Satinder Garcha's veins, the CEO of the Garcha Group, is the Ex-President of the Singapore Polo Club and now its newest Polo Captain. Satinder has a 2 goal handicap and a passion for the sport that has seen him play and garner honours in low, medium and high goal tournaments around the world including captaining the national team of his adopted homeland Singapore, to a Silver medal at the Southeast Asian Games in 2007.



Rickard Hogberg
Honorary Secretary

Former Singapore Polo Club President and Captain, Rickard Hogberg captained the Swedish National team in the FIP European Championships in 1995 and 1997. He was also a member of the Singapore team at the 2006 World Cup qualifier in Pakistan. A savvy player, he has played polo in Australia, Europe, Argentina, South Africa, Brunei and beyond. A proud father of two polo playing sons, Marc and Eric; Rickard hopes for a 3 generational game before hanging up his boots!



Timothy Zee
Honorary Treasurer

Tim is a private equity investor and the Managing Director of PAG Asia Capital, one of Asia's leading investment firms that focuses on buyouts and structured investments across the APAC region, with over US\$35 billion of assets under management. Originally from Dallas, Texas, Tim learned to play polo in his teens, and fine tuned his skills in Argentina and England in his early twenties. He subsequently hung up his mallet over the last two decades to focus on his career and family before picking up the galloping game again in 2018.



Tan Hock
Committee Member

Tan Hock has been playing polo since 1989 in Argentina, Australia, China, Korea and Malaysia. He has also participated in many tournaments and his most memorable experience was winning the Rolex International Polo tournament in 1999.



Peggy Yeo
Committee Member

Born and raised in Singapore, Peggy has been in the shipping and logistics industry for nearly her entire career. She joined the Singapore Polo Club as a member in 2003, and has had the pleasure of serving on the Riding Subcommittee in 2013 and on the Equestrian Federation of Singapore's committee in 2018/2019 and 2020/2021. Peggy has been a Singapore Polo Club main committee member since 2018, and she hopes to continue positively contributing towards the Club and its members.



Koh Pei Bei
Committee Member

Pei Bei decided to pick up the galloping game in 2015 and started actively taking lessons at the Singapore Polo Club. She has also played polo in Argentina, China, United Kingdom and Thailand.

Her equestrian passion has led her to undertake a number of extreme horse-riding adventures including crossing the Gobi desert for a Mongolia fundraiser. She is an ardent supporter of the Club's Outreach Programme which endeavours to bring the joy of horses to a wider swathe of the community.



Jane Drummond
Committee Member

Jane has been a keen all-round equestrian from a young age, but a few years ago, got bitten by the polo bug and swapped her dressage horse for three polo ponies.

Since then, she has played polo in New Zealand, Australia, USA, Argentina, China and the Philippines. Jane works for a Fortune 500 company and hopes to combine her corporate expertise with her passion for horses to best represent the interests of the members during her tenure on the committee.



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Tips From The Umpire...

By Tristan Pemble

Tristan's love for umpiring came about through ill-fated circumstances. Up until 2010 he was a professional polo player around the world and in the UK, mainly based at Guards Polo Club. In 2011, Tristan had an unfortunate accident from which he suffered a serious neck injury, that caused him to be paralysed down his right side. After long-term rehabilitation, he eventually started to regain movement in his right side, but on the advice of his doctors, was told he should not continue to play polo at a professional level, though he was still able to ride. After a small break from Polo, the love of the sport drew him back in, as a professional coach and umpire.

Tristan has now been working as an HPA Professional Umpire for six years and also works very closely with them on a number of regulatory committees.

Tristan umpired our Pro-Am in August 2019 and was invited back this year to umpire our chukkers and tournaments.

"I appreciate why all the members have such a great passion for the sport; the club is set in a stunning location surrounded by high-rise buildings which creates the most amazing backdrop. The atmosphere on this field is breath-taking for all and is something that must be experienced to be understood" ■



Professional HPA Umpire and Qualified Instructor, Tristan Pemble

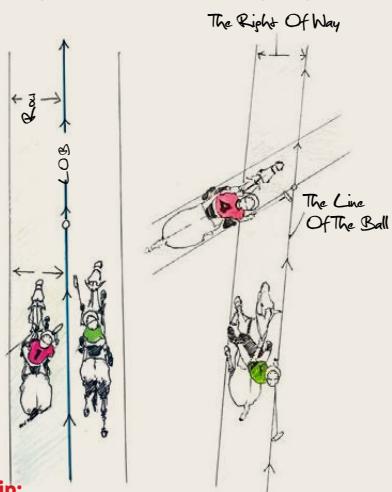
My Tips...

Tips: Polo Should always be played not only within the rules but the spirit of the game.

Most Common Fouls

Crossing the line of the ball (LOB) and right of way (ROW): No player should cross another player who has priority on the (LOB). The only exception being if it is at such a distance that there isn't the slightest risk of collision or danger to any of the players or horses involved.

The below image illustrates the right of way (ROW) and the line of the ball (LOB).



Tip:

- It is easier to avoid crossing the line of the ball (LOB) if you take the man before the ball.

Tip:

- To avoid drifting over the (ROW) when taking nearside shots, players must remember not to drag their steering hand over to the left.

Ride-Offs

For a safe ride-off, players must be:

- Travelling at the same speed.
- Be shoulder to shoulder on impact.
- Come together at a safe angle.



Tip:

- It is always important to try and get your knee in front of your opponent's knee, this will make it easier to win the ride off.

Hooks

No player may hook an opponent's mallet unless they are on the same side of the opponent's pony as the ball, or in a direct line behind. Their mallet, is neither over, or under, or across any part of the opponent's pony, nor between the pony's legs. The head of the mallet of the player being hooked must be below his/her shoulder to be considered a safe hook.



Tip:

- Always try and place your mallet behind the ball because that is where you are guaranteed to get the hook, without riding over the ball.

Tip:

- When hooking an opponent, the player must hook on their nearside (see illustration above) rather than trying to hook by placing the mallet under their pony's neck.

Well-known polo
personality and artist,

Eddie Kennedy

is happy to take
commissions. These are
just a few Creations of
his brilliant work.

Creatively

hand-painted
helmets to your
chosen
design

 Eddie Kennedy Artist



@EKARTIST



edknndy@gmail.com



Why Should You Care About Your Polo Helmet?

By Aurora Eastwood

Polo has always been somewhat 'relaxed' about personal safety – it was only a couple of years ago that the HPA became the first national organisation to insist that helmets meet certain recognised safety standards. As a sport, polo has lagged behind other equestrian sports, sometime by decades. Racing has long since flown the flag for mandatory safe headgear, followed by eventing, show-jumping and dressage.

Image is important, of course, in any sport, but polo in particular clung on to the traditional polo helmet, in itself an adaptation of the pith helmet worn in India in the late 1800's.

Why is a proper helmet important? Concussion, Concussion, Concussion. When you fall off, your brain rattles about in your (unpadded) skull, causing at best, a headache, and at worse, death. This is called a traumatic brain injury (TBI).

Each injury your brain receives weakens it for the next time, so multiple TBI's over a lifetime have been linked pretty conclusively with Parkinsons, Dementia and more (just look at the lawsuits against the NFL in the USA). Two hard hits to the head within a short timescale is particularly dangerous; the brain has not healed from the first one, so the second can be fatal. This is why jockeys are stood down for at least 7 days following a head injury, however mild.

Some players take the attitude "my body, my risk". Well, yes, but someone has to pick up the pieces. The hospital that treats you, your family, your friends. Even a seemingly mild TBI can cause lasting (and sometimes permanent) personality changes. Other injuries cause perpetual disability. Others cause death. Is it really worth it, just to hang on to a relic from the 19th Century?

Awareness has moved on, science has moved on, technology has moved on. Helmets that meet HPA standards (note: these standards are not created by the HPA, they are globally recognised safety certifications across all equine sport) have been stringently assessed: they must meet crush tests, retention tests (it mustn't fall off) and the all important g-force tests. To pass,



the helmet must be consistently below a peak g-force rating; in other words, it must absorb the most harmful energy from the impact BEFORE it reaches the brain.

A traditional single strap helmet won't only simply fall off, some of them may also amplify the concussive energy to the brain – making a bad situation worse. A three-point harness will obviously keep the helmet on your head, but unless the helmet also meets a recognised standard, it may not reduce concussion to an acceptable level, or have passed a crush test.

An extra layer of security is that of a Quality Control mark (for example the Kitemark in the UK). This means that the factory is subject to random audits, ensuring that the helmet you buy is the same as the helmet that passed the tests.

Don't be swayed by promises, brand names or style; look inside and buy a helmet that is rated to PAS015 at least, and ideally, also has a kitemark ■



Quality Control mark



PAS 015: 2011 with Kitemark
VG1 01-040 2014-12 with Kitemark
License Number: KM30685



Made in Britain



Fitted with
MIPS Technology



Compliant with
HPA Regulations



Registered Design
Number 5000394

Aurora Eastwood is the Editor of the Polo Quarterly and has been playing polo for almost 30 years. She is an advocate for increasing safety in the sport and sits on the Safety & Development Committee of the HPA.

Thank you to Robin Spicer at Armis Polo for the helmet images.

POLO TOURNAMENTS

February and March

Ismail (Junior) Cup
22nd and 23rd February 2020

The 2020 polo season got off to a flying start with the Ismail (Junior) Cup. The victors, SPC Blacks, Captained by Anna Lowndes finished with 12 goals in hand compared to their opponents SPC Reds on 10 goals.

As nurturing youth players, is a key element of the Club's development programme, two of our young and upcoming polo players, Jed Gabler and Lucas Ertugrul, each with a handicap of 0, were pitted against one another in opposing teams. High intensity, fast paced matches with hits, misses and copious goals were spaced out over the two-day tournament.

It's true when they say that polo is not a game, but a way of life, this is illustrated in clubs around the world and Singapore Polo Club is no exception; both afternoons saw spectators chatting and mingling with one another whilst cheering on their respective teams. Post match festivities continued in the newly renovated chukker bar, whilst playful dogs and children proceeded to take over the field which moments before had been a theatre of pounding hooves. The laid back familial attitude, tinged with a hint of style, as the backdrop to the "Sport of Kings" is something the club prides itself on. Our doors are open, and we welcome everyone to come over to the Club and experience the essence of one of the oldest ball games in history with the associated modern-day lifestyle, that these days is incomparable ■



The Champions – SPC Black. From left to right: Daniel Chua, Jed Gabler, Lynly Fong, Koh Pei Bei, Anna Lowndes and Tim Zee with Isabelle Larenaudie



The Runners-Up – SPC Red. From left to right: Jane Drummond, Lawrence Khong, Ang Ban Tong, Lee Taylor, Lucas Ertugrul and Stijn Welkers with Isabelle Larenaudie



Youth polo players, Lucas Ertugrul (in red) attempting to hook Jed Gabler (in black)



Red team player - Lee Taylor, on the ball with Jed Gabler (in black) giving chase



Isabelle Larenaudie



Anna Lowndes taking the lead for her team



Members and spectators mingling over drinks, post-match

SPC BLACK

Anna Lowndes (Captain) / Lynly Fong
Jed Gabler
Koh Pei Bei / Daniel Chua
Tim Zee

SPC RED

Lawrence Khong (Captain) / Stijn Welkers
Ang Ban Tong / Lucas Ertugrul
Jane Drummond
Lee Taylor

THE SCORES FOR EACH OF THE MATCHES WERE AS FOLLOWS

22 February
Black 5 vs Red 4

23 February
Black 7 vs red 6

WINNER: SPC BLACK

Pendekar Cup 8th March 2020

This year's Pendekar Cup on 8th March coincided with International Women's Day, so there could not be a more apt moment for some of our very own female polo players to take to the field than for this event.

Polo is one of the few team sports where men and women play together, as amateurs and professionals. That said women's polo has seen an incremental rise in the last 20 years around the world, with an expanding number of female players picking up the game and some major female tournaments on the international polo calendar. So much so now that there has even been a ladies handicap introduced by most of the major polo associations.

The Pendekar Cup saw the traditional, male/female team combo, but with a number of lady members represented on each team. As the four chukker match ended in a draw, an exhilarating penalty shoot out followed to decide the winner. As the old saying goes, to the victor goes the spoils, and this time around, it was the SPC Red team that took home the silver-ware.

A huge thank you to Nadia Taylor for the beautiful, action packed photographs of the evening.

Spectators or players who are keen to contribute photos and videos of our matches for feature, may reach our Marketing Communications team at marketing@singaporepoloclub.org



The Winners – SPC Red. From left to right: Lee Taylor, Deanie Sultana, Michael Ma, Oscar Ma, Sanaullah Khan and Ali Mirza.



Ali Mirza taking aim at an undefended goal



Youth polo player, Oscar Ma



Family-centric post-polo workout on the polo field



SPC Black. From left to right: (back row) Jane Drummond, Natasha Garcha, Satinder Garcha and Tim Zee
From left to right: (front row) Christopher David Martin Junior, Eilidh and Clarinda Tjia Dharmadi



The line-up as Umpire Stijn Welkers throws in the ball to get the game started

SPC BLACK

Satinder Garcha (Captain)
Tim Zee
Jane Drummond
Clarinda Tjia-Dharmadi

SPC RED

Sanaullah Khan (Captain)
Lee Taylor
Michael Ma / Oscar Ma
Ali Mirza / Deanie Sultana

SCORES

Black 3 vs Red 3 (Draw)

Black 4 vs Red 5 (Penalty shootout)

WINNER: SPC RED



Jane Drummond on the move for SPC Black

Myra Cup 21st March 2020

The Myra Cup is one of Singapore Polo Club's historic trophies, which was first presented by Messrs JH Dredge, JM Sasoon & RS Motier in 1936; to be played for annually as an American style tournament. It was a members only tournament that had strict conditions for participation.

1. Teams to consist of members who play regularly at the club
2. Each player is limited to one pony, which may only be changed by sanction of the tournament committee
3. Each match is limited to two chukkers
4. The number and standard of teams accepted is at the discretion of the polo captain.

This year as only 2 teams entered the tournament, the match then became just a full four chukker match between these two teams. The eventual victors were SPC Red, who won the Myra Cup with much pride and joy with the narrowest of margins; 4½ to 4. Isabelle Larenaudie, Captain of the team took the glory at a prize presentation on 22nd March. (There was to be another four chukker match on this day, that was however cancelled due to inclement weather) ■



The Winners - SPC Red. From left to right: Anne Hansen, Tim Zee, Isabelle Larenaudie, Lawrence Khong and Alice Duguet



Photo Credits: Nadia Taylor and James Kho

Picture perfect moment! From left to right: Tristan Pemble, Anne Hansen, Lawrence Khong, Isabelle Larenaudie, Tim Zee, Lee Taylor, Jane Drummond, Iqbal Jumaboy and David Alden



Elbow bumps are the new hand-shake!



Gerry Gan (left-front) heading straight for the lead



Ladies on the move; Isabelle Larenaudie and Anna Lowndes

SPC RED

Isabelle Larenaudie (Captain)
Lawrence Khong / Gerry Gan
Tim Zee/ Purvish Shah
Anne Hansen / Alice Duguet

SPC WHITE

Iqbal Jumabhoy (Captain)
Anna Lowndes / Tan Hock
David Alden / Jane Drummond
Lee Taylor / Jane Drummond

SCORE

SPC Red 4 ½ vs SPC White 4

WINNER: SPC RED

Shilai Liu Wins Annual 137 Pillars Polo Puissance Event

Shilai Liu from the AXUS team won the 3rd Annual 137 Pillars Polo Puissance Cup in a thrilling shootout at the Polo Escape grounds. In the Silver Cup tournament, the King Power team battled three other teams to emerge victors and take home the trophy.

Each year this annual event organised by luxury boutique hotel group 137 Pillars Hotels & Resorts brings all the thrills and style synonymous with the 'Sport of Kings' to Thailand. The tournament held on 21st December 2019 at Polo Escape in Pattaya featured four teams, King Power, Polo Escape, Axus and Siam Ace, with several top international and local players, including the Maharaja of Jaipur Sawai Padmanabh Singh, Angad Kalaan, and ranking Argentinian players. The guests included many high society Thais and CEOs of leading companies.



From left to right: Mr Christopher Stafford, former COO of 137 Pillars Hotels & Resorts, Mr Watcharapon teerawatthanaprapha , Staff of 137 Pillars and a guest from the event.



Maharaja of Jaipur, Sawai Padmanabh Singh



Team 137 Pillars
From left to right: Mrs. Robin Lourvanij, Ms. Ploy Bhinsaeng, the Maharaja of Jaipur Sawai Padmanabh Singh and Mr. Fernando Rivera





From left to right: Mr Marvin Poh, representative of Singapore Polo Club along with Khun Naphalai Areesorn, Editor in Chief, Thailand Tatler and her sister



Ms Anette Andersson, Regional Business Strategy & Network Development Director of Volvo Car Corporation at the Mad Hatter event



Guests enjoying the pre event party



Dainty tea bites at the Mad Hatter inspired party

After an introduction to the players, the Silver Cup Tournament kicked off, followed by the 137 Pillars Polo Puissance Cup competition, and an Argentinean asado-style dinner & dance party. During the break, 137 Pillars Hotels & Resorts served their renowned Mad Hatter's Afternoon Tea to the VIP guests at the event.

An avid horseman and passionate polo enthusiast, Christopher Stafford, former COO of 137 Pillars Hotels & Resorts is the power behind this popular event. Looking to raise awareness about the "Sport of Kings" in Thailand, he connected with his friend Peter Prentice, a renowned polo commentator, to organise an annual tournament.

The two created a short format competition that would generate excitement among the spectators. In a polo puissance tournament, horse-borne competitors have to shoot a ball between two goal posts located at a fair distance. Players require strength, precision and accuracy. Top polo player Karen Kronenbourg won the tournament in the first year it was organized.

Being a global luxury sport with many people travelling to polo tournaments around the world, Christopher is confident that it is the perfect match for the luxury boutique 137 Pillars brand.

"With the Puissance Cup, we intend to build a relationship with international polo, a sport played by ladies and gentlemen across the globe. The synergy of this high-society sport matches our ambition to collaborate with others in the luxury goods and services market. This can mutually enhance our business growth and offer our clients unique and memorable experiences," said Christopher Stafford.

The sponsors of the event were Thai Airways, Thai Smiles Airways, Royal Salute, Perrier Jouët and Polo Escape.

Polo Escape – www.poloescape.com

Set on a 70-acre estate in Chonburi, Pattaya, Polo Escape offers one of the best polo destinations in the world. From its high-quality Tifton Sport grass polo field to well-designed stabling facilities, superbly trained polo ponies, beautiful grounds, wholesome menus, unique and rustic accommodations, Polo Escape is for discerning travelers.

Owners Robin and Susy Lourvanij, together with world renowned polo field consultant Alejandro Lavista Llanos, created and redesigned a former rubber and pineapple plantation 10 years ago into a world class travel destination - offering complete privacy for a highly international guest list including royalties, celebrities and business moguls. Apart from its understated grace, Polo Escape's appeal for many of their guests, who return each year, is the warm hospitality extended by their charming owners. The property is more than just a polo club; it's a lifestyle experience ■

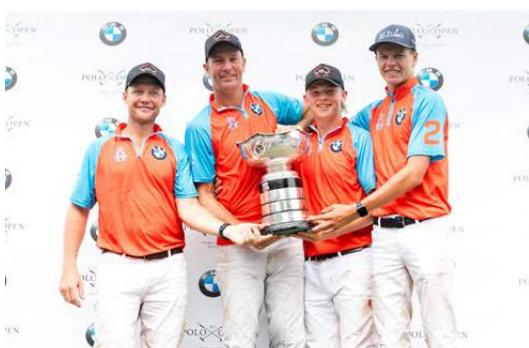
It's No Mystery....

Experience and enthusiasm unite for a thrilling BMW NZ Polo Open trophy.

By Karen Kranenburg

A mad dash from Singapore the night before the Finals of the 43rd BMW New Zealand Polo Open, saw me arrive at the Auckland Polo Club grounds in Clevedon, in the nick of time as the ball was thrown in for the Finals of one of New Zealand's oldest and most sought after polo trophies. The social and sporting event of the southern hemisphere summer, the event showcased the elite in action on the field, and the chicest in fashion and hospitality off the field. The 11hr long haul flight and ensuing jet-lag was certainly worth the effort, the final outcome however was certainly no mystery.

There is an old saying "to the victor goes the spoils" and this was no exception. A regular visitor to Singapore, 7 goaler JP Clarkin and his Mystery Creek polo team were the victors of New Zealand's most prestigious polo final for a third consecutive year. The dynamic team of John-Paul Clarkin, Kit Brooks, Ethan Wade and Will Harper beat South Island's Glenmark team of patron Pete Dormer, James Harper,



Kit Brooks JP Clarkin, Ethan Wade and Will Harper.
Mystery Creek Polo Club win the BMW NZ Polo Open for
a third consecutive year



Karol Abrasowicz-Madej head of BMW NZ presenting the trophy
to captain JP Clarkin of the Mystery Creek Polo Club Team



Mystery Creek celebrating their victory for the third consecutive year
with the runners-up Glenmark



Lachie Gilmore with the ball



Lachie Gilmore and Sam Martin in a highly competitive match, 11-7, that combined experience and youthful enthusiasm on both teams. Harper Sr. (James) who in recent years during the English season has had a tremendous reversal of fortunes with the hugely successful El Remanso high goal team, faced off against his extremely talented son Harper Jr. (Will) whose victory under the organisation of experienced players Clarkin and Brooks, made a father proud, even though at the cost of his team's own triumph.

Six teams competed this year in this renowned polo tournament throughout the week; made up of the nation's top players as well as professional players from Australia and as far afield as Argentina and England.



The Most Valuable Player prize was awarded to Will Harper of the Mystery Creek team while his father, England Polo Captain, James Harper playing for Glenmark won champion pony with a mare owned by Dean Geddes of Canterbury.

After a record forty-six days of no rain in Auckland, the morning of the event, the heavens opened up, providing intermittent showers throughout the day, that did little to dampen spirits or deter the crowd who were there to enjoy the polo and all that the event had to offer; as the Veuve Clicquot flowed, the show certainly did go on.

The side-lines were packed for the infamous car versus horse race; quite aptly the first place went to the sponsor BMW, with its mighty 8 Series Coupé that has a powerful turbocharged V8 engine, which can go from 0-100km/h in just 3.7 seconds.

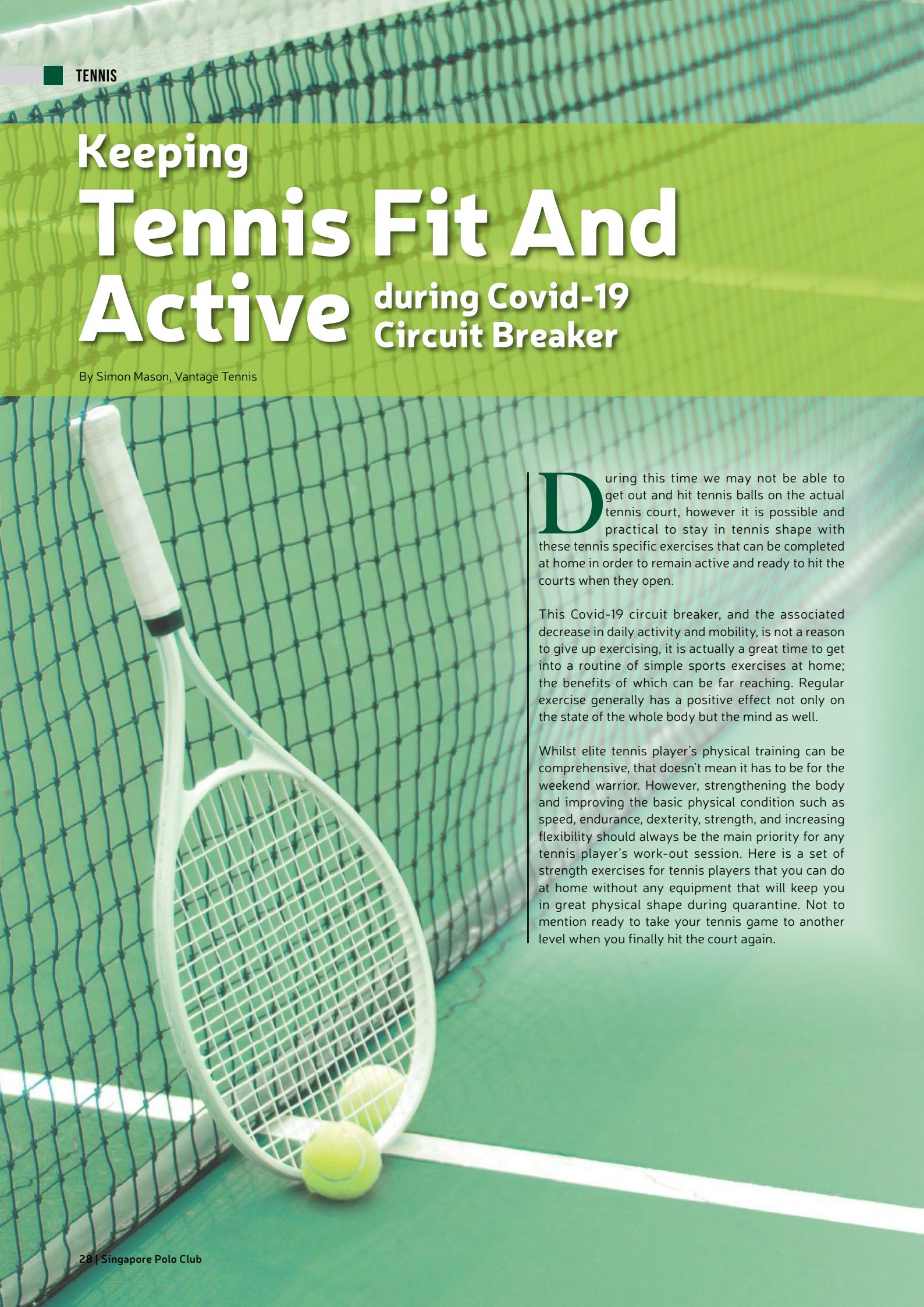
Despite the inclement weather, the "Fashion on the Field" competition was superb, boasting a colourful array of hip pieces as well as classic styles.

As the sun set, the evening kicked into high gear with guests enjoying the post-match George FM afterparty on the Chukker Lawn. Another year successfully coming to a close for one of New Zealand Polo's most celebrated events; a hat-trick for the winners, who for sure in 2021 will be back with renewed vigour to defend their honour...■



Keeping Tennis Fit And Active during Covid-19 Circuit Breaker

By Simon Mason, Vantage Tennis



During this time we may not be able to get out and hit tennis balls on the actual tennis court, however it is possible and practical to stay in tennis shape with these tennis specific exercises that can be completed at home in order to remain active and ready to hit the courts when they open.

This Covid-19 circuit breaker, and the associated decrease in daily activity and mobility, is not a reason to give up exercising, it is actually a great time to get into a routine of simple sports exercises at home; the benefits of which can be far reaching. Regular exercise generally has a positive effect not only on the state of the whole body but the mind as well.

Whilst elite tennis player's physical training can be comprehensive, that doesn't mean it has to be for the weekend warrior. However, strengthening the body and improving the basic physical condition such as speed, endurance, dexterity, strength, and increasing flexibility should always be the main priority for any tennis player's work-out session. Here is a set of strength exercises for tennis players that you can do at home without any equipment that will keep you in great physical shape during quarantine. Not to mention ready to take your tennis game to another level when you finally hit the court again.



1

Squats (15-20 reps):

Stand tall with your feet hip distance apart. Your hips, knees, and toes should all be facing forward. Bend your knees and extend your buttocks backward as if you are going to sit back into a chair. Make sure that you keep your knees behind your toes and your weight in your heels. Rise back up and repeat. Squats are an excellent exercise for tennis players, as not only does it help strength your legs, you will also see an improvement in your balance and stability.



2

Lunges (12 reps per leg):

Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position. Then do the exact same thing on the opposite leg. Squats and lunges are two excellent exercises for tennis players, as not only do they help strengthen your legs, you will also see an improvement in your balance and stability.



3

Push-ups (10-15 reps):

Go into a prone lying position; put your hands shoulder width or slightly wider; palms are under the shoulders; ensure to keep the elbows close to the body at 90 degrees; keep your body straight and tighten your abs; as you exhale, straighten your arms. Beginners can do push-ups from their knees. Push –ups can help tennis players to maintain strong, stable positioning on their strokes. In general push-ups are a great way to increase upper body strength.



4

Elbow twists to the knee (20 reps):

Lie on your back, hands behind your head; pull up your shoulders off the floor and raise your bent legs; pull the right knee to the left elbow, and the left knee to the right. This helps with rotation that will increase speed and power in your tennis strokes.



5

Plank "elbows-hands" (30-60 sec):

Confidently rest on your forearms while holding your elbows under your shoulders. Keep your hips high at head level. Hold this position for 30-60 seconds exercise helps strengthen the muscles of the abdomen, arms and legs. Plank and elbow twists will help you to build strong core muscles. When you have a strong core, you are able to generate stronger momentum with your swing, which allows you to execute your shots with more power and speed.

Perform these five exercises one after another, without rest. After the first circuit, take a break of 1-3 minutes, drink water and perform another 3-4 such circuits.

As with any new work-out/exercise programme, it is strongly advised to seek medical clearance before you commence.

Our international team of tennis professionals are ready to assist with any training questions you might have. If you would like to involve more of a physical component to your regular tennis lesson please ask your coach during your next session.

The Vantage tennis coaching team trust that you are all coping well and making the most of this difficult situation. We are looking forward to seeing you all back out on the tennis court very soon.

Stay well, stay healthy, stay home!

I want to be



#1



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on tel **+65 9144 5223** or email **simon@vantagesports.com**

New LIVERIES



Caedan Paul with Gold Run (Red)

Red is an 11-year old ex-racehorse Thoroughbred gelding, originally brought to Singapore from Australia. He was eventually retrained by the Riding Academy before being purchased by Caedan Paul and his family. Red has developed a very cheeky, playful side and really enjoys jumping; currently competing up to 115cm and training at 120cm. He is very much appreciated for his positive attitude and has been making tremendous progress. He is not the most social of horses but has developed an affection for his stablemate Marilyn and is enjoying all the love and attention at the livery.



Lucas May with Killinick Monroe (Marilyn)

Lucas has ridden Marilyn since he was an "eccentric" school horse who was too scared to enter the Top School for competitions, to now, when in competitions Marilyn is the more dependable of the two. The duo won the 115cm jumping category at the most recent SPC competition and jointly cleared 140cm, at the recent 5 bar challenge. Their ambition is definitely equestrian world domination!



Nikki Poh and Elly Poh with Oldtimer Van De Zuurhaege (Ollie)

Ollie is a 5 year old Belgian Warmblood (BWP) who has a very sweet and playful nature. He enjoys anything that he can eat and loves to meet new horses.



PO

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Above fees are subject to 7% GST and are inclusive of a SPC T-Shirt and course materials.

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



Spc = YOUNG RIDERS



Samantha and Delmonte

Samantha, who presently jumps in the 60 to 80cm category has been riding with the Academy for the past two years. Having joined the Club two years ago, she mentions that she likes how open and welcoming the Club's ambience is. "SPC always has fun events going on and the Club is full of nice and joyful people. I have made plenty of nice friends at the Club in these past two years, and they never fail to be there for me. Helena Eskesen, Tess Baker, Yasmine Bonehill and Ola Czopor are some lovely friends that I would like to mention".

She currently rides four times a week with two each of jumping and dressage lessons. To ensure that she strikes a fair balance between school and riding and to upkeep her grades, priority is always given to homework; every little spare time aside from riding lessons is spent on catching up with her school lessons.

Samantha who has ridden different ponies both locally and internationally says that amongst all, Riding Academy horse, Delmonte is her absolute favourite. "I used to lease her and she has taught me the most and we really have a strong bond together. Though she's unable to jump now, I still enjoy taking riding lessons with her". Having participated in the Academy's riding showcase, national show jumping competitions, and interclub shows, she exclaims that these challenging events have motivated and enabled her to learn and ride better.

She recalls an overseas trip with her riding friend Ola. "We visited a Polish riding camp and experienced different teaching methods that helped improve our riding. We met lots of new riders and exchanged riding tips and also had the opportunity to get acquainted with various other horse breeds! That was one memorable trip as we brought back with us lots of knowledge, gained in a fun and interesting way!" She will again be joining a two week horseback riding camp in Poland in 2020.

Horse riding according to Samantha, is more than just a sport. It is about a very special bond shared with your four legged friend and the trust that develops between you, which enables one to be a better rider along the way. "Never give up" is her motto!



From left to right: Helena Eskesen, Tess Baker, Samantha Garrett and Yasmine Bonehill

In this issue, ten year old Samantha Garrett spoke to our editorial team about her riding experiences at SPC, her challenges in time management between school and lessons, and her future aspirations. Read on to find out about her passion for riding, the challenges she faces and her advice to people intending to take up riding as a hobby or sport.

She inspired her little sister Sofia (6 years old) to start riding at SPC as well, Sofia absolutely adores Bandit. Both girls really enjoy the presence of the friendly SPC staff, horses and forever friends.

In years to come, she hopes to fulfil her ambition to be a Showjumper. To aid this, she plans to broaden her knowledge and riding skills by participating in a lot more training and interclub shows and hopes to impart the knowledge gained to fellow riders in the Academy.

All the best to you Samantha, and may you keep the SPC Riding Academy flag flying high! ■



Sofia and Bandit, led by Tess Baker

Megan Ding Sweeps the Top 2 Places at BTSC's Lunar New Year Show

Photo Credits: Mr Ding HC



Sir James, sporting a huge grin along with Megan and Riding Academy coach Edric Lee



Megan with dressage judge Ong Wan Ming

The Riding Academy is thrilled to announce that Megan Ding and Sir James achieved the first and second placings at BTSC's Lunar New Year Show on 1st and 2nd February 2020.

The feisty, determined duo had scores of 65.57% in the Novice 2C category and 68.03% in the Novice 2A category. This is one impressive young lady with her four-legged friend!

Win F & B Vouchers worth \$20

Answer the following questions and we will pick five lucky winners to walk away with F & B vouchers worth \$20 each from the Coriander Leaf restaurant at Singapore Polo Club.



1. What is the name of our newly elected President?
2. What is the name of the rider featured in our "Young Rider" section?
3. Which team was the winner of the first polo match of the 2020 season?
4. Name one of the destinations featured in our travel editorial.
5. On what date did the honey appreciation event take place?

Submit your answers by **15 July 2020** to **marketing@singaporepoloclub.org** or drop them off at the club Reception. Do remember to include your name, membership number (if applicable), email address and telephone number.

STCRC Interclub Competition

8th and 9th March 2020

Our riders did us proud over the weekend of 8th and 9th March 2020 at STCRC's Showjumping and Dressage Interclub competition. Congratulations riders!

Here are their achievements:

Showjumping:

Caedan Paul on Red placed 1st in the 110cm class with a well ridden double clear round.

Bella Eskesen on Ned (a new combination at an away show) placed 1st in the 80cm class and also achieved a double clear round and a clear round in the 60-70cm class.

Katie Marley on Rambo finished 4th place in the 90cm class with an unfortunate 4 faults but otherwise a great round.

Chiara Mei Corbi on Sweet Tart had a challenging round in the 100cm class with 12 faults.

Dressage:

Megan Ding on Sir James had a double win in both the Novice 2A(69.29%) and 2C(68.43%).

Lara Baker on Ollie finished in 3rd place in the Novice 2C with a 66.29% and scored 61.53% in the Elementary 3A.

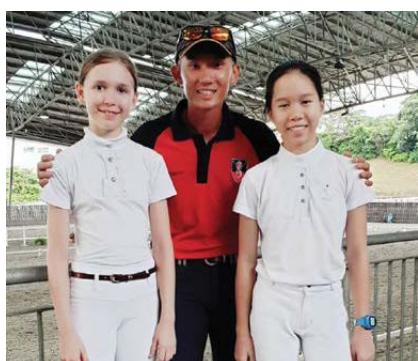
Gina Lim on Romeo Nero scored 63.09% in the FEI Prix St - Georges Class.



Edric Lee (middle) pictured with Megan Ding (left) and Lara Baker (right)

STCRC Interclub Competition

21st and 22nd March 2020



Lara Baker (left) and Megan Ding (right)



Ysabelle Lo and Daloxe

Our youth riders clinched significant positions in the show-jumping and dressage categories at this year's STCRC Interclub competition.

Dressage event:

Lara Baker on Ollie, placed 3rd with a score of 63.47% in the EA Elementary 3A and 3rd in the EA Novice Freestyle with a score of 69.60%.

Megan Ding on Sir James, placed 1st in the EA Novice Freestyle Class with an amazing score of 71.45% and finished 2nd in the EA Novice 2C with a score of 65.71%.

Well done as well to Ysabelle Lo and Daloxe in the Medium 4A Class. Keep up the hard work!

Showjumping event:

Ysabelle Lo on Daloxe completed the 100cm class with 8 jumping faults and 110cm class with 4 jumping faults.



Caedan Paul on Red (left) and Lucas May on Killinick Monroe (right)

Lucas May on Killinick Monroe completed the 110cm class with a great clear round but 4 faults in the jump off round saw him only manage a 4th place finish.

An unfortunate round for Caedan Paul on Red in the 110cm class, but well done on refocusing and riding effectively to achieve a clear round in the H.C category.

SPC Interclub Show

15th and 16th February 2020

Our first interclub show of the year was a spirited and competitive affair, with riders competing not only from the SPC Riding Academy, but other Riding Clubs around the city. Congratulations to all who emerged victorious, and well done everyone else for your participation.



Fuzet Farid and Dressage judge Ong Wan Ming



Megan Ding (left) and Reka Tozsa (right)

BTSC St Patrick's Show

14th and 15th March 2020



Lara Baker and Ollie



Ysabelle Lo and Daloxe

Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held annually on 17th March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland. It is celebrated in many parts of the world these days, not only by Irish communities and organizations, but much wider swathe's of the population; over the years it has become increasingly popular as a celebratory day. In honour of St. Patrick's day this year, BTSC, hosted a St. Patrick's show, below is a recap of the results from that event.

Dressage event:

Megan Ding on Sir James won 1st place in the EA Novice 2B Class with a 65.44% and finished 3rd in the EA Novice Freestyle with a 67.05%.

Lara Baker on Ollie won 1st place in the EA Novice Freestyle with an amazing score of 70.40% and completed with a score of 58.33% in the EA Elementary 3A class.

Showjumping event:

Katie Marley on Rambo No.5 placed 2nd in the 85cm class, with 4 jumping faults in the jump off and placed 3rd in the 95cm class, with 11 faults in the jump off.

Ysabelle Lo on Daloxe won 1st place in the 105cm class

Caedan Paul on Red placed 4th in the 115cm class with a double clear round

A good ride from Lucas May on Killinick Monroe, also in the 115cm class, with an unfortunate 4 faults in the 1st round.

Keep up the good work each and every one of you and well done!

SPC Training Show

18th and 19th January 2020



Sylvie Tadikonda and Dimples



Ashlee Walker and Mimo



Annika Guptan and Toby



Shoshana Gunasekera and Lady

After the festive season, the advent of the New Year, saw the riding calendar open with an SPC training show. Our riders were back, and on full form ever-ready for the new riding season.

We could not be any prouder of them and their achievements in this competition.

Congratulations everyone!

SPC Training Show

7th and 8th March 2020

The second SPC training show of the year, gave us not only eager competition but some exhilarating moments. Here is a visual recap of the adrenaline rush, huge smiles and even bigger achievements.



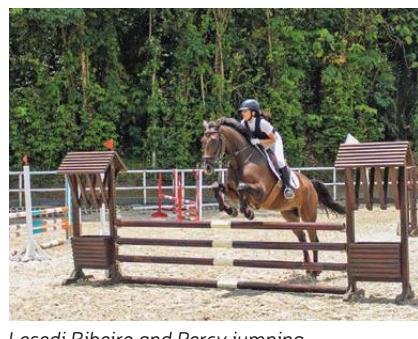
Lynn Chen and instructor Edric Lee



Grace Chow and instructor Yien Yien



Some of the Dressage winners and judge Katherine Desbaillets



Lesedi Ribeiro and Percy jumping the 70 to 80cm category



Miranda De Matos and Dandy

Riding High

Accomplished British equestrian competitor, Olympic judge & coach Angela Tucker takes the reigns

Angela Tucker is an accomplished equestrian who competed successfully on many different horses at the top level both in GB (Badminton & Burghley) and around the world, representing her country at both the junior and senior level. She eventually moved on to judging and training and has been President of the ground jury at all of the major events in the UK as well as at the Olympics, World and European Championships. She is currently a dressage coach for world class potential podium riders and two of the Japanese team that were heading to the now postponed Tokyo Olympics have been based with her since 2011. Japan qualified as a team for London 2012 and with an individual athlete for Rio in 2016. Angela was married to the late Mike Tucker, the "Murray Walker" of the Equestrian world for 46 years.



Dressage

Like polo, each one of the following equestrian disciplines; cross country, dressage & show jumping has its own charm, what makes each one special to you?

AT: Dressage is the one discipline that you know what to expect, so you can practice! Some horses are more talented than others and it is satisfying if you are able to produce them to do the best they are capable of on the day. In 1988 General Bugle led the dressage at Badminton and he was very capable. Good Value was a much more difficult horse, so it was a great achievement for him to also lead at Badminton. Sadly though, I mucked it up on both of them in the next two phases!

The biggest thing about Cross-Country is that you have walked the course but the horse has not! You might have a fairly sleepless night before the Cross-Country imagining how you will approach each fence, what line you will

take, the quickest direct route, or the safer more time-consuming option. But whether your horse will understand the questions and come up with the right answers is a different matter. It is a fantastic feeling when you go through the finish having solved the problems as a partnership, you are on such a high and it is worth all the anxiety beforehand; that is until you start worrying about the horse inspection and the show jumping!

The show jumping phase can be the most tense 2 minutes of your life if you were very well placed after the first two phases, particularly if you are jumping in reverse order so you know you will drop down the placings if those before you have jumped clear. Some horses are naturally more careful over show jumps than others. The fitter they are (so less tired after the cross country) is a major part in your skill in horse management and how you prepare them at the practice fences before entering the ring.

As a competing equestrian what was your proudest moment?

AT: In 1971 I placed 8th at the European Championships held at Burghley on a horse called Mooncoin who I had produced from a 4 year old. Sadly the moment was marred when my husband Mike lost a good horse, Farmer Giles after the steeplechase phase. A memorable highlight for us as a couple, was at Burghley in 1986 when, Mike placed 6th on General Bugle and I placed 10th on Good Value. More recently, (when I was quite old!) I was 3rd in the Young Horse Championships in France with a horse called Irish Jester.



Angela with her students after the Cross-Country in Pau4* both clear

As a leading judge, what was your worst moment?

AT: When I was a member of the ground jury for the Athens Olympics, Bettina Hoy, (a member of the German team) was well placed as an individual when she came into the show jumping. However, after we rang the bell she accidentally circled between the start flags before approaching the first fence and in so doing started the clock. This meant she finished over the time allotted incurring time faults and as a result lost an individual medal and Germany also missed out on a team medal.

All of the other teams saw her go though the start twice and lodged objections. The Germans went to the jury of appeal because the display clock did not show the correct time and they maintained she would have looked at the clock and realised she was short of time. In the spirit of the competition the Jury of Appeal reversed our decision.

However, on further investigation it was established that it was a field of play decision and therefore no appeal permitted and so our original decision stood and Leslie Law for GB was awarded the Gold Medal 2 weeks later.

Every athlete dreams of being selected to represent their country in the Olympics, what do you look for when considering an equestrian's potential?

AT: Temperament, consistency, and 'feel'. This needs to be coupled with competitiveness and the ability to take calculated risks when necessary.

*The above answer refers to "Long Format" (i.e Badminton & Burghley), short format courses (i.e Olympics) asks very different questions.

You have for many years now been a well respected coach for riders competing at the highest level, what is your advice to young riders aspiring to compete at the Olympics?

AT: You must have achievable aspirations. Communication is vital given the nature of our sport and one thing that has stayed with me over the years is that 'please' and 'thank you' gets you a long way especially when you need help from so many people and owners to provide horses. Be like a sponge, always watching and learning from others. Be determined when things don't go right; stay positive and learn from your mistakes.

Tell us a bit about your training regime for the Japanese riders who you have been training for the Olympics, and how progress has been made in a sport which is not a traditional sporting discipline for Japan.

AT: We have had two Japanese riders aiming for Tokyo based with us for the last 9 years and so I know them well. Initially communication was a bit of a problem because of the language barrier. However, on a one to one basis with their horses we understand each other very well and they are disciplined in the structure of their work.



Angela Tucker jumping Vicarage Vee at Badminton Horse Trials

I am lucky as I have ridden most of their horses and understand some of the things we need to work on and we can now discuss this together as they have developed much more of a feel. Like all riders, they have stronger and weaker phases but they all get on so well that they help each other. Riding Club Crane (the biggest riding club company in Japan) who sponsor them have been extremely generous and helped ensure they have enough quality horses and the experience they have acquired has been rewarding. They now look as good as any of the leading riders around the world.

It takes time and experience to develop your coaching technique and I never stop learning. It is really important to know the character of the riders and when to say something and when not to! A useful mantra is 'practice makes permanent'. Not perfect, but permanent!

Though dressage is what I feel most confident in coaching I always continue to work on my training skills for show jumping and cross country. I still find it very hard to watch a tense show jumping round. I still look back on the amazing result the Japanese team achieved in the World Equestrian Games in Tryon two years ago when the team finished 4th and so close to a medal and Toshi Tanaka being the best placed individual (18th) amongst the very best in the world.

How does the present cancellation of the Olympics due to the Covid-19 outbreak effect your riders and the training regime you had planned in the build up to the games?

AT: Originally, Toshi and Sabu the two riders who are based with me would have gone back to Japan to be with their families for a while before returning to start their build up to Tokyo again. But such has been their commitment they felt they wanted to stay and keep their horses in light exercise and continue to work on and improve any of the weaker points in their horses training, without the pressure of competition. Their company, Riding Club Crane has over 40 centres in Japan which have now closed for a month. The financial and logistical implications caused by the postponement of the Olympics is impossible to imagine. But Riding Club Crane and the Japanese Racing Association are continuing to support their riders in Europe and have been so positive. We are keen to use this extra time to ensure their chances of a medal in 2021 are increased! ■



Toshi at 2019 Badminton

AROUND





&ABOUT

POLO GYM

TRAINING PROGRAM

Currently we are running the following program at Polo gym and studio on selected dates and time.
Please contact gym admin at **68543984** or email gymadmin@singaporepoloclub.org for more information.

OUR INSTRUCTORS



SENSEI LAI



SONNY RYNES



ZULKIFI



LOUIS CHAN

GROUP CLASSES

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 loss program
Athlete Fitness



SINGAPORE
POLO CLUB

In partnership with:

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ACADEMY SINGAPORE

FITNESS IRONMAN
Transformation through Performance

TABATA VS HIIT: Which Offers More Results?

By Louis Chan

Exercise is important for every individual. The physical and mental benefits of being active for a minimum of 30 minutes a day are well researched and documented. A workout routine helps reduce the risk of cardiovascular disease, aids in weight loss, lowers blood pressure and cholesterol, and supplies endorphins, which elevate mood.

Thirty minutes a day is the general physician recommendation and, for some, that may be all the time they have in a day to dedicate to their fitness. Shorter workout sessions mean you must increase the intensity to increase the calories burned! The rising popularity of fast, intense, calorie-scorching training like high intensity interval training (HIIT) and Tabata training keep these short sessions engaging and fun with the added benefit of increasing program adherence and, if done properly, results!

What Really Is the Difference Between Tabata and HIIT?

The major difference between Tabata and HIIT is the length and intensity of the intervals. True Tabata training requires a crazy amount of effort to reach maximal exhaustion in a short 4 minutes. HIIT training is more flexible. Many people make simple mistakes when using Tabata training. Again, while weights were not originally tested, the addition of resistance to certain exercises with Tabata like a kettlebell swing or a squat will increase the intensity by challenging the muscle more. Cardio training with Tabata is generally not done on a treadmill, but with the use of demanding cardiovascular movements like mountain climbers and jump ropes.

If it is outside of the 20/10 work to rest ratio and below the required intensity level for Tabata, it can be referred to as HIIT. The flexibility of the interval length and number of rounds makes this type of training easier to incorporate into a workout or as an effective finisher to a workout 2-3 times a week. Proper recovery is always needed after high intensity workouts, so more than 2-3 sessions per week is overkill.

Another benefit to HIIT training is the ability to do both cardio and strength training intervals effectively. A client with a goal of gaining muscle can still use HIIT, increase their heart rate enough to promote fat burning, but without the risk of compromising the muscle tissue they already have.

If you are looking for a program to gain muscles and promote fats loss, speak to our gym admin for more information.



ISSA INTERNATIONAL
SPORTS SCIENCES
ASSOCIATION

International Sports Sciences Association
ISSA Master Trainer, Louis Chan

Taking The Plunge.....

The new look swimming pool is ready for members to dive in

The swimming pool at the Singapore Polo Club, is an integral part of the family life of our members. Hence the reason that it was one of the first areas on which the club's redevelopment works were focused. The pool was closed in November 2019, and re-opened on 26th March 2020. Not long there-after it was once again abuzz with music and clamour as members took that long awaited plunge and fitness enthusiasts resumed their workouts during the weekly Aquaspin classes.

Here is a closer look at what the upgrades have been to the swimming pool and its environs. The area has been transformed to look more modern, spacious and streamlined; the old fashioned tiles were replaced with pebble wash and timber flooring and the children's wading pool was relocated to the Jacuzzi, with the latter being removed. Automatic rain showers were installed on the pool deck and for a finishing touch dark chocolate rattan lounge chairs with sun umbrellas were strategically placed throughout. The venue will also eventually feature an open concept pool/bar bistro; by award-winning Pan-Asian restaurant, Coriander Leaf, which will serve (weekend buffet brunches, light bites and other family friendly fare). We will keep you updated on details for the launch in our weekly newsletter to members.

With the government's tightened guidelines on safe distancing measures introduced shortly after its re-opening, the number of users in the pool was limited as everyone had to observe a safe distance of at least one metre apart from each other. Safety markings around the pool deck and other parts of the club were put in place as per the government's requirements.

We are optimistic that the Covid-19 situation will improve soon and look forward to the circuit breaker ending on 1st June to see you all back at the club and the pool ■

Swimming pool opening hours:
7am to 9pm (daily)

Activities:
Private Swimming Lessons
Aqua Spin

For any queries on our fitness activities and lifestyle programs at our pool, please write to lifestyle@singaporepoloclub.org



Before: A view of our swimming pool before the redevelopment



After: Our transformed swimming pool now complete with pebble-wash and timbered flooring on the deck areas.

Beauty With A Purpose

Clean Beauty Crusader: Anisha Oberoi – Founder & CEO, The Secret Skin

2020 marks a cancer-free decade in my life; a joyous 'Cancerversary' if you please. In true celebratory fashion, this year I left my coveted corporate career and founded The Secret Skin, a tech-enabled Clean Beauty enterprise for conscious consumers.

Back then when I was fighting a year-long battle with Breast Carcinoma, I did not have the deep knowledge of clean skincare, nor access to natural, organic and toxin-free products. Many known brands either didn't ship to India or if they did, were cost-prohibitive to import. Given the toxicity of the medication I was consuming on a daily basis to combat the disease, I became distraught and suffered low self-esteem at the drastic change of my appearance, unable to use synthetic products as camouflage. My desperation became my inspiration. I knew that one day when I was capable, I would do something entrepreneurial around Beauty and Wellness so that I could make a difference to someone such as myself.

Thus, was born The Secret Skin: a triple-bottom line framework committed to 'Profit, People and Planet'. It aims to connect global (and local) organic skincare and beauty brands that maintain high standards of product integrity, use ethically sourced ingredients (often through fair trade), are cruelty-free - to mindful consumers who want to give back to the community. They strive to reduce the carbon footprint on the planet. This is the need of the hour, given the extreme condition of the world today.

So why should you make the switch?

Conscious impact-driven brands provide employment opportunities and microfinance to local farmers and indigenous tribes that wild-harvest the ingredients, thus prioritizing social impact.



For example, PUREARTH in India that employs village women to pick ingredients also runs the Pure Purpose Foundation that builds toilets in rural areas and has recently conducted donation drives to feed Covid-stricken villages. Brands like SOAP BOX from USA offer customer transparency on contribution to the sustainability process (they run a SOAP=HOPE campaign where a unique code is printed on the label of each product so that customers can login to see where their contribution has made a difference). It recently donated 1700K+ bars of soap to frontline workers fighting the Coronavirus. Many clean brands have environment-friendly practices in all aspects of the flywheel e.g. sourcing, packaging, shipping etc. and use Biotech (plant cell culture technology) that significantly reduces the consumption of water and arable soil without producing the polluting residue that poses risks to the safety of the product.

By choosing clean products and supporting small businesses, you become part of this endeavor to preserve the planet.

So why The Secret Skin?

All great things begin from the inside. Our ethos of inner beauty i.e. a connection to your true self aims to change your relationship with your skin whether through beauty rituals or uplifting content that builds confidence to show up in your barest form without filters - no matter what size, color or ethnicity. Its tenets are inclusivity, self-love, and protection of the world within, as well as of the world outside. I believe that men, women and non-binary friends especially millennials today endorse brands that stand for values instead of being beguiled by mass marketing appeal. They relate to what is authentic, and to what beckons to them emotionally.

We are advocating a new way of being, not a vegan lifestyle. It's a revolution of Mindfulness.

Especially today, there is an urgent need for organizations to build sustainable development goals (SDGs) mandated by the UN, and evaluate the down-stream impact of their business by responsibly tracking stringent metrics needed to achieve their chosen SDG goal.

What next?

Singapore is close to my heart since I studied and lived there from 2012-2014. It's a place I still call home and where I have built many meaningful relationships over time. After the UAE, I intend to bring The Secret Skin to South East Asia in 2021 where we can build a community of like-minded individuals who subscribe to the philosophy of Clean Beauty. I think Singapore is quite evolved with regard to culture and innovation so a platform such as this will add much value to the ecommerce ecosystem.

What brands will we carry in our portfolio?

It's a Secret that will be revealed when we launch in June this year. Please follow, subscribe and stay tuned! ■



About the Founder: Anisha Oberoi is an INSEAD MBA graduate from Singapore, and was part of the founding team that launched Amazon Fashion in India in 2014. She is a cancer survivor and often speaks publicly about cancer awareness and positivity. Her writings have been published in Hindustan Times, Thrive Global, Harper's Bazaar and other international print/digital platforms. She is currently based in Dubai, UAE.

HONEY; Victual or Elixir

The best “sugary” addition to any diet....

The first written reference to honey, was an inscription on a Sumerian tablet dating back to 2100 – 2000 BC. Since these ancient times, honey has been used, both as a food and a medicine; apart from being a delicious sweetener it has long been appreciated for its therapeutic and antioxidant properties. No two are created equal and there are literally thousands of different types of honey around the world, each with their own peculiar nuances. The colour ranges from nearly colourless to dark brown, and the flavour which varies from delectably mild to distinctively bold depends not only on the nectar source (the blossoms) visited by the honey bees, but location, weather and seasons also play a huge part in the palate.

Below are listed some of the curative properties of honey.

Antibacterial and antiseptic

Glucose oxidase, which is found in bee saliva, breaks down some of the glucose in honey into gluconic acid and hydrogen peroxide, thereby giving honey its antibacterial properties. The development of Penicillin and other synthetic drugs in the 1940's & 1950's, replaced honey in the mainstream for these purposes.

Antioxidants

Honey, contains varying levels of polyphenols, which are powerful antioxidants that are thought to reduce the risk of heart disease and cancer; darker honey is higher in these compounds than lighter types. Honey also contains pinocembrin, an antioxidant associated with improved cognitive function

Moisturiser

Because honey attracts moisture, it helps to nourish the skin – that is why it is often an active ingredient in some skin care products. Honey's antioxidant compounds help to fight free radicals, which can damage skin and it is also very effective for conditions such as sunburn, acne and eczema.

Digestive Aid

Raw honey contains a variety of digestive enzymes including diastase, amylase, invertase and protease; natural enzymes that assist the digestive process.



Sleep Aid

A teaspoon of honey before bed is just what the doctor ordered. It is the ultimate homeopathic sleep aid; the glucose “feeds” the brain, thereby inhibiting the early morning release of cortisol and adrenalin,

the stress hormones which disturb sleep. It also stabilizes blood sugar levels and contributes to the release of melatonin, the hormone required for recovery and rebuilding of body tissues during rest.

See the benefits of some popular Honeys

Condition	Manuka	Orange Blossom	Clover	Blueberry	Alfalfa	Eucalyptus	Buckwheat	Fireweed	Tupelo
Antiseptic						X			
Anti-bacterial				X	X	X			
Ant-Inflammatory		X			X	X			X
Anti-oxidant		X	X		X			X	
Anti-allergy		X							
Anti-spasmodic						X			
Stomach Ailments	X								
Cancer	X	X							
Treatment of burns			X						X
Treatment of wounds	X		X						
Blood pressure			X						
Liver ailments			X				X		
Cholesterol			X						
Mucus thinner			X						
Oral health	X								
Cardiovascular ailments					X				
Anaemia				X					
Soothing coughs			X						X
Decongestant						X			
Sore throat	X								X
Strengthening immune system		X						X	
Acne	X								
Respiratory ailments	X					X		X	
Diabetes (Type 2)				X					

On 17th January, we held our first social event of the year, a Honey Appreciation Talk to an intimate group of 15 members and guests in the Polo Gallery.

The event was hosted by Yummi House, a natural honey purveyor, whose products are sourced from wild tropical rainforests, deep jungles, marshy swamps, and mountainous ranges around the world.

Yummi House gave an educational presentation, which highlighted the benefits

of honey consumption, the differences between wild and farmed honey and the deficiencies arising from low enzyme levels in the body, which honey can be used to stabilize. Participants were able to sample their premium "Prince" and "Princess" honeys which have higher nutrition levels and also learnt to make a pineapple enzyme drink using honey as a vital ingredient.

Well worth attending, as each participant took home a thank you gift of a bee drop, honey face mask and product vouchers worth \$50 ■



A participant viewing the consistency of a "princess"

Storage tips:

- Do not store honey inside a refrigerator
- Ensure that the lid of the honey bottle is sealed tight so as to not attract ants
- Do not use a metal spoon when scooping the honey

Do you know?

- The white layer found atop the honey is due to the appearance of natural enzymes
- When diluting honey in water, ensure that the temperature is below 70 degrees C to retain the potency of the honey
- Wild honey will not attract ants and requires a minimum of 3 years to produce
- Produced mainly in New Zealand, but also on a smaller scale in Australia, Manuka Honey, known as the "King of Honeys" can only be made for a few weeks a year when the Manuka plant is in flower. It is the only honey that has its own certification rating ;UMF (Unique Manuka Factor).

What kind of informative talks or workshops would you like to attend at the Club?
Drop us your ideas at marketing@singaporepoloclub.org



Various types of honey on display

Wanderlust Part 1

Whether it's virtual or actual, here are some travel inspirations for a post Covid-19 vacation

Photos & Editorial by Karen Kranenburg

A long weekend getaway to Lhasa, that trip to Tonga to swim with the whales, or a planned family holiday to the Bahamas, all seemingly on hold for the foreseeable future, but are they really???

To say that the Coronavirus pandemic gripping the world has transformed our travel habits, would be an understatement. With more than 100 countries around the world under lockdown, and forthcoming summer holidays looking increasingly dubious, it's time to get inspired by armchair travel.

Even before the advent of Covid-19, virtual tourism was starting to takeoff, not only did it make travel more accessible than ever before, but it was also cheap and certainly environmentally friendly.

Just because actual physical travel is off the cards right now, doesn't mean you can't start enjoying on-line or start planning for that post Covid-19 vacation..... Here are some inspirational voyages to whet your appetite for real life exploration, which once you are able to leave the comfort of your armchair can be realized in person.

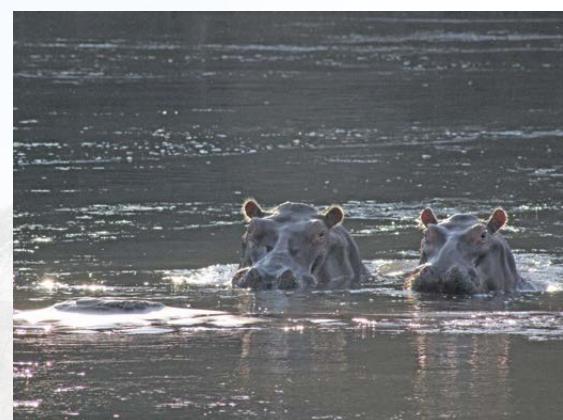


The Big FIVE **Majete Wildlife Reserve, Malawi**

In recent years superstar Madonna's Raising Malawi campaign, has brought this little known East African nation to the world's attention. What once was one of Africa's sleepy hidden treasures, is now on the radar of the travelling public, looking for a safari destination with a difference.

Apart from being home to Lake Malawi, the world's eighth largest fresh water lake, the geographic diversity of Malawi is impressive; from the towering peaks and mist-covered forests in the deep south to the ethereal beauty of the Nyika Plateau and the rolling grasslands in the north.

With such extraordinary lures, it was becoming increasingly hard to ignore the magnetic call of Malawi, so after a trip to Lesotho in 2018 I decided to "hop" across to see if all the hype was justified. I chose the Mkulumadzi Lodge (Robin Pope Safaris) in the Majete Wildlife Reserve as my watering hole for 5 days, quite appropriately as the lodge sits on a 70,000 acre concession at the confluence of two rivers. The journey began with a 4 hr flight from Maseru to Blantyre followed by 1hr drive to Majete. The highlight of the journey is its final part, the precarious 100ft wooden swing-bridge which is about 60ft above the rocky Mkulumadzi river bed below. You must cross this bridge on average at least twice a day as it is the only way in and out of the lodge, which is perched on an escarpment with spectacular views of the Shire river. Mkulumadzi is a collection of shabby chic, tastefully decorated bush chalets shaded by expansive Leadwood trees, amongst which wild-life roam freely. It is a place where peace and tranquility reign supreme without interruption; as there is no 4G or Wi-Fi here. You can relax in the lodge's swimming pool, mouthwatering meals are also on offer and if all of that is not enough, you can go one step further for an interstellar journey of a lifetime, and sleep under the stars on their "star deck"; with no ambient light, you are able to see mother nature twinkle in all her absolute glory.



Undiscovered Majete is a true wilderness, there are no hoards of tourists in safari jeeps, vying for the best possible vista. Every trip into the bush with their experienced guides feels like a private adventure, at most there are 4 guests in a vehicle at any one time. Apart from the traditional game drive, you can also explore the reserve on foot with a walking safari or also by boat. My mother always used to tell me "good things come to those who wait"... and I certainly truly understood what she meant here on more than one occasion. Sitting in a Hide by a watering hole my patience was justly rewarded, one day with a gang of buffalo and another day with several herd of elephants and zebras communing together, not to mention the odd kudu, impala, wart hog and monkey dropping by for a curious peak.

"But it wasn't always like this, decades of poaching had seen the reserve's wildlife completely eradicated by the 1990s. What we see today is a true tale of a park rising from the ashes. A model of sustainable development and biodiversity, Majete is one of the outstanding success stories of African conservation, it is flourishing, so much that wildlife is being moved to populate other parks and private reserves within the country". African Parks assumed management of the Majete Wildlife Reserve in 2003 and in the last 17 years has transformed it into a productive and flourishing haven for Africa's most iconic wildlife, making it Malawi's only Big Five destination.

So if you are looking to go off the beaten path for an experience of a life-time.. pack your pith helmet and safari boots.. Malawi is calling you

Private Island Hideaway

Kamalame Cay, Bahamas

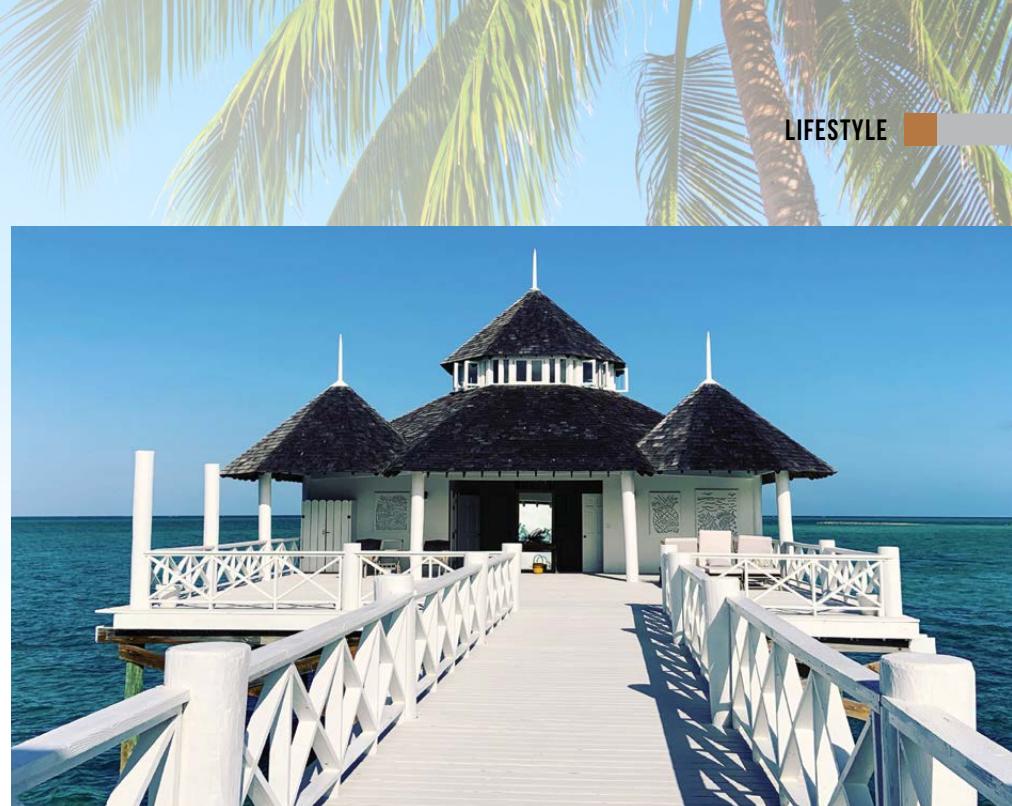
Have you ever wondered what it would be like to vacation, on your own private island.....?

You don't need to wonder anymore, look no further than Kamalame, a 96-acre Cay in the heart of the Bahamas surrounded by the crystal-clear waters of the Andros Barrier Reef, equipped with its own marina, helipad and seaplane from Nassau for on the beach landings.

The winner of numerous travel industry awards, this hidden tropical gem needs to be seen to be believed, with pristine deserted beaches and some of the most spectacular Caribbean sunsets I have ever seen.

If ever there was a place that embodied "barefoot luxury", it would here; it has its own blend of laid back chic and an atmosphere of intimacy and warmth that embraces you from the moment you arrive. Hospitality is paramount, and the Kamalame family, make you feel like a long lost relative coming home, and there is no request that is considered too absurd...

A mecca for A-list celebrities, "this very private retreat also offers the ultimate in island luxury for families and friends traveling together. The island's accommodations comprise a collection of chic veranda-wrapped villas which blur the lines between indoor & outdoor living"; my personal favourite is the outdoor rain shower in each unit, which organically extends from the indoor bathroom, giving you glimpses of the magnificent tropical surrounds. The invitation to feel the sand between your toes and take a dip into the sprawling aquamarine oasis in front of you is beyond compelling. Each villa has direct beach front access and breathtaking views over the expansive shoreline and there is a vast amount of space and native foliage between each property so that your privacy is protected, if that is what you are looking for.



You can be as reclusive or social as you would like to be on Kamalame, the choice is yours. But every need is catered to... If you came to unwind; "the serene over the water spa acts as a reset button for all your wellness goals". If you came for a "foodie" experience; the cuisine is a gastronomic delight, a fusion blend of traditional Bahamian flavours with Asian flair; Chef Tomiko's creations will transport you daily to epicurean heaven. Not to be missed is the breakfast basket that gets delivered to your door every morning with the freshest of orange juice, pastries and island produce.... . If you came to party; it's the owners raison d'être. Even an unassuming mid-day meal is fair game.... How could lunch possibly be a bucket list experience??? Go to Kamalame, and you will find out. Their breezy but elegant weekend lunches, where crisp rosé flows from noon to sundown and sometimes beyond is like no other lunch I have ever attended..... carefully planned yet effortless down to the very last detail and every guest feels like the guest of honour; but of course they do, that's the Kamalame way. The head bartender Samson is also waiting for you with whatever specialty cocktail your heart desires to lure you long into the sultry Caribbean nights.....

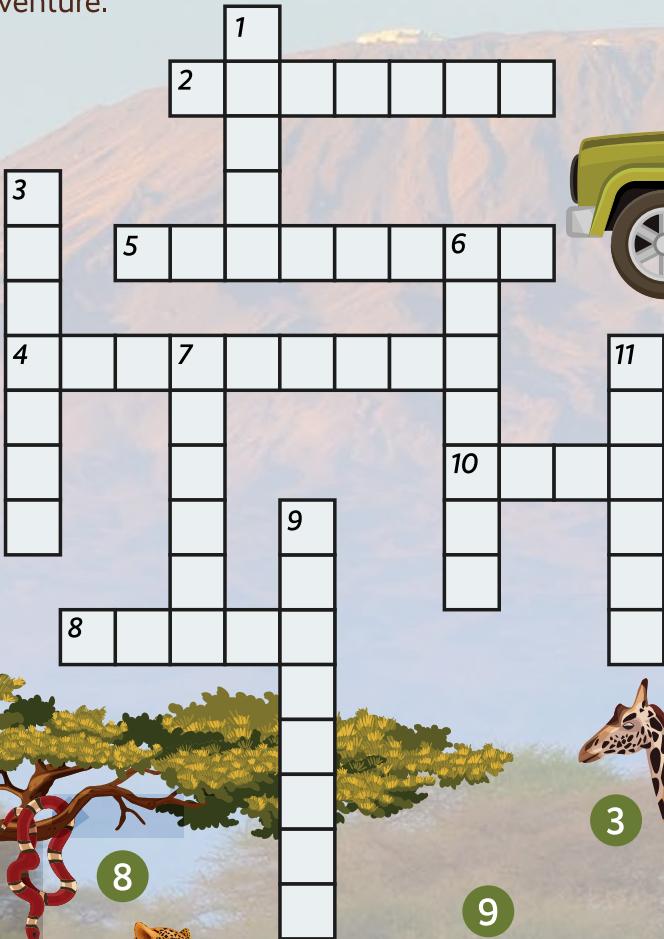
Did I mention there are no cars on the island? The closest you come to any form of motorized transport whilst you are here is the golf cart allocated to you upon your arrival; but in case you have visions of showing off your Lewis Hamilton skills on the police-free thoroughfare, those will quickly be dashed, when you realise that they only go at a rather sedate Caribbean pace. For the more energetic amongst us, bicycles are also provided, and on those there is no speed limit!!!

If you want a totally off the grid experience that reveals the pristine natural beauty and warmth of the Bahamas... look no further.....



Fun with Twinkle Pie

In this second issue for the year, Twinkle Pie our Riding Academy mascot goes on Safari to Africa. Can you help her solve the crossword puzzle below, as she tries to figure out what animals she will see on her adventure.



Hi I am Twinkle Pie, and I will be picking 5 lucky winners of this competition. Are you ready to guess the correct answers and help me on my safari adventure?

Winners will walk away with an A4 notebook.

*The picture shown is for illustration purposes only.



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **15 July 2020**. Do remember to include your name, membership number (if applicable), email address and telephone number.





The Supermodel of the Greek Islands Santorini, Greece

My first trip to Santorini was as child with my parents, so it held many special memories for me. A few years ago after my father passed away, I decided to revisit and take a little piece of him to rest in a spot with that spectacular Caldera view.

You feel you know stunningly photogenic Santorini even if you have never been there. Instantly recognizable; all whitewashed buildings spilling down lofty cliffsides, offering gasp inducing panoramas from land or sea and a myriad of churches with electric blue domes.

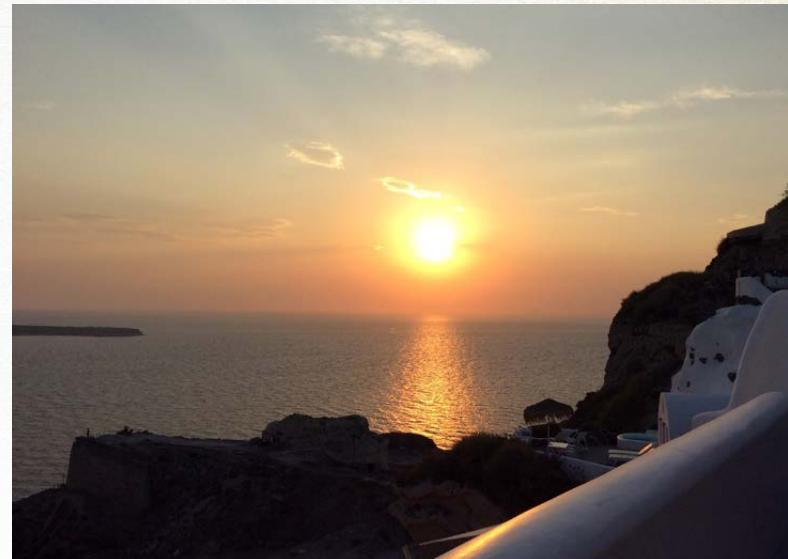
Santorini is all that and so much more..... that is why it features on so many travelers "Bucket Lists"....High on that list is the experience of photographing the sunset in the Caldera; day after day nature's handiwork is on display. Prime viewing is in Oia, where thousands of tourists literally flock to applaud nightfall. The sun puts on a spectacular performance to be rivalled anywhere in the world.... one stops, sits, sips and just watches the spectacle unfold; it's an Instagrammers paradise..



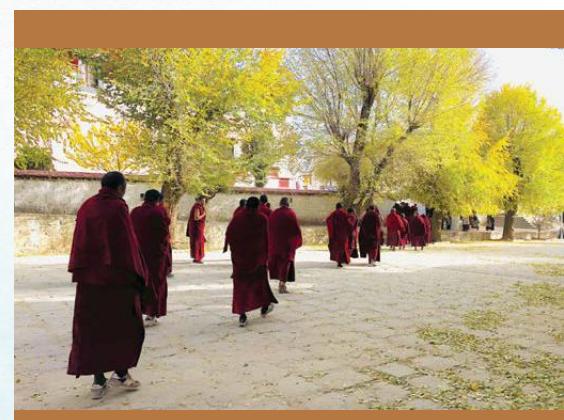
Part of the Cyclades island group, Santorini (officially known as Thira) sits in the Aegean Sea, roughly halfway between Athens and Crete. In recent years it has undergone dramatic changes and humble yposkafa (traditional vaulted houses sculpted from ash, pumice stone, solidified lava and sand) have been transformed into expensive cave hotels; what once was a subdued traditional village with black clad grandmothers hanging out laundry, is now an urbane destination for the discerning traveler.

Santorini has something for everyone. From its bustling capital Fira in the west which sprawls north to Firostefani and the star scathing Imerovigli, all offering great views of the sunset, volcano and the Caldera. To Santorini's more affordable East Coast, "where resorts and volcanic sand beaches filled with sun-loungers offer a very different drawcard"; bars and tavernas line the promenades, this is the less glitzy face of island-holiday Greece. From the South Coast, that has a string of beaches famed for their intense multicolored sand; dramatic Red Beach is a traveler favourite to the island's interior, dotted with vineyards and traditional villages that let you see beyond the tourist hustle.

But the jewel in this crown is the exclusive village of Oia in the absolute North of the island, a warren of alleyways, and stairways (for the less agile amongst us the traditional donkey is still used to traverse the Village's meandering passageways) filled with gift shops, restaurants and luxury boutique hotels, with whitewashed interiors, terraces and infinity pools that have inspired many a marriage proposal, and provided the backdrop for numerous high-fashion photo shoots. These caldera view accommodations are a hot ticket, so book early to avoid disappointment. If you can afford it, first-timers to Santorini should stay on the caldera edge to experience the full 'wow' factor.



Sun gazing aside, there's plenty to explore in Santorini, from a gorgeous open air cinema, to a cool "micro-brewery", wine caverns adorned with artworks and cooking demonstrations and classes which celebrate Santorini's growing gastronomic culture. Restaurants are abundant to suit every budget, from the positively eye-watering to the humble Greek taverna; but wherever you chose to dine, you can be guaranteed that the produce is fresh and organic. Apart from a tipple of the traditional Greek Ouzo, Santorini's vineyards are well worth the visit. Its lauded wines are its crisp dry whites and the amber-coloured unfortified dessert wine known as Vinsanto. The island's flagship grape is the indigenous Assyrtiko, often referred to as a "white grape in red's clothing" due to the full bodied wines it produces. Greece has 6,000 islands of which 227 are inhabited, and whilst other islands might offer a more authentic Greek flavour, none of them have the same magnetic pull or the same compelling impact like Santorini; there is no denying the uniqueness of this destination or its titanic allure ■



Look out for Part 2 of "Wanderlust" in our next edition for inspirations from Ethiopia (Danakil Depression), Ecuador (Galapagos & Quito) and Tibet

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