

SINGAPORE

POLO CLUB

July - September 2021
ISSUE 03

135 YEARS

1886 - 2021

SINGAPORE POLO CLUB

Commemorating 135 Years of Polo

Walk with us through this memorable journey

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A Refreshed Menu at
The Paddock Bistro




JAEGER-LECOULTRE

**REVERSO
TRIBUTE**

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



PATRONS

Derek Mitchell
K.C. Loh

COMMITTEE

Stephanie Masefield
President

Lawrence Khong
Vice President

Satinder Garcha
Polo Captain

Rickard Hogberg
Honorary Secretary

Timothy Zee
Honorary Treasurer

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Secretary

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Club Duty Manager

Irene Seah
Events & Banquet Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Chong Hion Kean
Finance Manager

Alinna Li
Human Resources Manager

Dennis Lim
Marketing Communications
& Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

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

The Polo Bar
6.00am – 10.30pm (daily)
(Last order at 9.45pm)

Coriander Leaf
@ **The Mountbatten Room**
6.00pm – 10.30pm (daily)
(Last order at 9.45pm)

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

FACILITIES

UNDER RENOVATION

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

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 10.00pm (daily)

Gaming
12.00pm – 10.30pm (daily)

Atoms Polo Loft
10am to 6pm (Tuesday to Friday)
9pm to 6pm (Saturday and Sunday)
(Closed on Mondays and Public Holidays)

Erratum

In Issue 02, page 11, the photo caption “HRH Prince Philip playing for Singapore Polo Club in 1965 at Royal Johore Polo Club.” should be “HRH Prince Philip playing at the Singapore Polo Club in 1965.” We apologize for the oversight.

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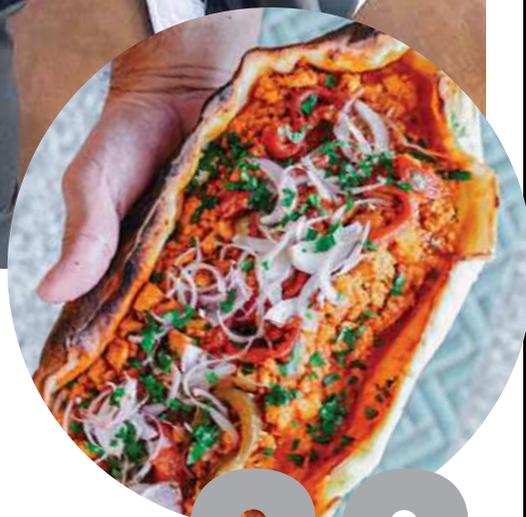
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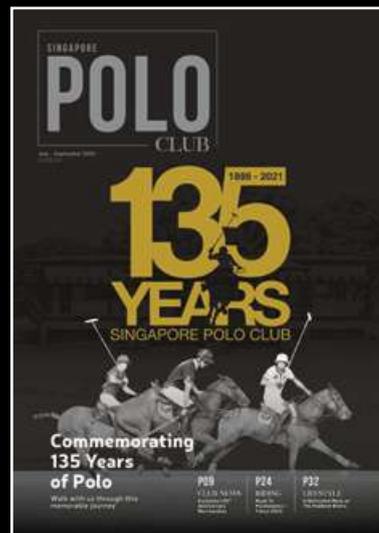


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New Members

April to June 2021

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

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Philipp Markus Schmid
Rhett Johnson
Lahoud Medway Caroline
Grenville Bernard Pinto
Ildar Sharipov

Edward Charles
Howland-Jackson
Justin Andrew Holland
Anton Charles Reyniers
Cui Jing
Snaider Alexandra
Robinson Inese Aisma
David Charles Jacob
Park Eun Jeong
Benjamin Giles Heyhoe Flint



Dear Members,

The first few months of the new term have presented more challenges for the Committee, management and members. We have all had to adapt to the stricter measures in place and comply with the various ever-changing announcements by the Multi-Ministry Taskforce, due to the escalating Covid-19 situation in Singapore.

Once again, I would like to thank you for your continued compliance as we adjust to these changes and challenges together and all do our part to keep our Club and Singapore safe.

Whilst the Club has been quiet as a result of these restrictions, I hope that by the time this issue of the magazine has been published, we will slowly and safely be able to resume activities, with larger groups of members enjoying dining at the Coriander Leaf, playing four-a-side polo and participating in larger group polo and riding lessons.

On a brighter note, the redevelopment at the Sports block is progressing well. We have finished the demolition works, the steel loft structure has been erected and the coring for the plumbing has also been completed. The builders have started brick laying and lift excavation works

too. Presently, we are on schedule for completion of the gym by the end of September, and the top floor with the Club rooms will be ready by December 2021. We have a lot to look forward to later this year and I am sure members will be excited to check out the new gym and Club rooms.

Despite the challenges faced, the Club has fared relatively well financially over these past few months and although some areas have understandably been impacted more than others, we still remain on budget in most areas.

We continue to have an overwhelming response to the Atoms polo program and the six new additions to the Club string have finally arrived and settled in well. In 2020 we had also budgeted and planned to purchase six replacement horses for the Riding Academy, however the restrictions prevented our instructors travelling to do their selection, so we hope to be able to do this later in the year.

In addition as previously announced, the Club will celebrate its 135th anniversary, and we look forward to sharing our plans to acknowledge this important milestone, once Covid-19 restrictions are lifted.

Until then, thank you for your continued efforts in keeping our Club, our families, management and all our staff healthy and safe by complying with all the Government advisories. ■

Warm Regards,

Stephanie Masefield
President



SINGAPORE
**POLO
CLUB**
Established in 1886

THE BEST *of* BOTH WORLDS

WHERE EQUESTRIAN AND LEISURE COME TOGETHER

With a long and illustrious history spanning 135 years, the Singapore Polo Club is one of Singapore's oldest sports and social clubs. As the only polo club in the world located within the city, it has the best of both worlds. Proximity to the city's buzzing action while nestled in the charming Mount Pleasant enclave. It is an oasis of calm and comfort surrounded by lush nature.

While focusing primarily on equestrian sports from polo, riding, competitive dressage to show jumping, it is also widely recognized as the premier lifestyle club in Singapore. Enjoy a relaxing swim at the refurbished pool. Work up a sweat with a round or two of adrenalin pumping tennis. Relish sumptuous creations from award-winning Pan-Asian restaurant Coriander Leaf and soak up the splendid view of the Club's sprawling greens and horses. Or slow down the day with casual poolside dining from the resort-style Paddock Bistro.

The rustic old-world charm of the Club provides the perfect backdrop to forge new experiences and memories with like-minded individuals. Join our close knitted equestrian community today.

Contact us at **6854 3999** or email
membership@singaporepoloclub.org and quote
"SPCJul" to receive an exclusive membership rate.

135
YEARS
SINGAPORE POLO CLUB
1886 - 2021



Dear Members,

In celebration of the Club's 135th Anniversary this year, our Lifestyle and Events Team had already planned a series of events pending the easing of Covid-19 restrictions since last year. This had also included the reservation at a hotel in the city for a Gala Dinner sometime towards the end of the year. To commemorate this amazing milestone, we have produced a special edition Club car decal for all our members available at the Front Reception. Please produce your membership card when collecting your decal. Also available for sale would be our 135th Anniversary limited edition Club T-shirts and Caps that come in various exciting colours conveniently available at our Atoms Loft.

In preparation for the opening of our Club Rooms, Management is in our final phase of pre-opening preparations to ensure that members can expect quality service that befits the Club's status. The Club has already sourced for a world-class Customer Service Training Consultancy that has trained international hotel chains and well-known brands like the Ritz Carlton, Shangri-la, Grand Hyatt and many others worldwide in preparation for the opening of our Club Rooms. Training will commence once Covid-19 allows for better facilitation and interaction between the Consultants and our team. We will be having exciting quizzes and contest about our Club for members to stand a chance to win a pre-opening stay to experience a night in our Club Rooms before they are officially opened. Look out for them sometime toward the last quarter of the year!

As Atoms Polo Academy steps into its third quarter of operations, we would like to thank members for their constructive and positive feedback as we work towards our objectives of making Atoms the best Polo Academy in the world. Your feedback will assist us to re-align and improve on our policies and operations to raise the bar to another level and do our best to meet the overwhelming demand for lessons.

With the easing of Covid-19 regulations, the Club is expecting an increase in bookings and reservations for its various Sports facilities, Riding, Polo and Food & Beverage. While we always endeavour to do our best to accommodate your bookings/reservations, please note that there are times when you may not be able to get the slot of your choice or even secure a slot for the week as our bookings are on a first-come, first-served basis. In that respect, we appreciate your understanding and courtesy towards our staff as they are only doing their job to accommodate your request as best they can.

Our Safe Enforcement Officers are also on their rounds to keep our Club safe for you, your families and guests and your fullest co-operation is required. The Club takes a serious view of any non-compliance towards Covid-19 regulations and will take the necessary action to ensure full compliance. We want to thank you for your co-operation and understanding on this.

There are so many exciting things happening at your Club, and it is going to get even better once the Club Rooms and the new Gymnasium is completed. It is little wonder that we are seeing an increase in new members joining the Club and we will endeavour to make your every visit; a memorable and pleasant one.

Keep safe and well!

Warmest Regards,

Sylvan Braberry
General Manager

RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
AFRICA	South Africa	Inanda Polo Club	www.inandaclub.co.za
ARGENTINA	Pilar	Pilara	www.pilara.com.ar
AUSTRALIA	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	www.canberraclub.com.au www.sydneypolo.com www.waclub.com.au
CANADA	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	www.ranchmensclub.com www.tccclub.com www.boulevardclub.com
CHINA	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	www.bjriviera.com www.tangpolo.com www.ndhpolo.com www.goldinmetropolitanhotel.com
FRANCE	Paris France	Saint James Paris Polo Club du Domaine de Chantilly	www.saint-james-paris.com www.poloclubchantilly.com
HONG KONG	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	www.kcc.org.hk www.ceec.hk
INDIA	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	www.jaipurpolo.com www.calcuttapolo.com www.goldenswan.com/countryclub www.mcarecreationcentre.com
INDONESIA	Jakarta	Mercantile Athletic Club	www.macjakarta.com
JAPAN	Yokohama	Yokohama Country & Athletic Club	ycac.or.jp/wp
KOREA	Seoul	Seoul Club	www.seoulclub.org
LUXEMBOURG	Luxembourg	Cercle Munster	www.munster.lu
MALAYSIA	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil www.sunway.com.my/club www.royallakeclub.org.my www.berjayaclubs.com
PHILIPPINES	Cebu Makati	Cebu Polo Club Manila Polo Club	www.cebupoloclub.com www.manilapolo.com.ph
SRI LANKA	Colombo	Colombo Swimming Club	www.colomboswimmingclub.org
THAILAND	Pattaya	Thai Polo Equestrian Club	www.thai-polo-club.com
UNITED STATES OF AMERICA	Connecticut Denver Honolulu, Hawaii Houston Iowa Mexico New York San Francisco Washington Washington	The Hartford Club The Denver Athletic Club The Plaza Club Honolulu The Houston Club Des Moines Embassy Club The University Club of Mexico The Explorers Club The University Club of San Francisco Capitol Hill Club Bellevue Club	www.hartfordclub.com www.denverathleticclub.org www.theplazaclub.com www.clubcorp.com/Clubs/The-Houston-Club www.embassyclub.com www.universityclub.com.mx www.explorers.org www.uclubsf.org www.capitolhillclub.org www.bellevueclub.com
UNITED KINGDOM	London London London London Egham, Surrey Midhurst	St James's Hotel & Club Royal Over-Seas League Cavalry & Guards Club The Eccentric Club Guards Polo Club Cowdray Park Polo Club	www.stjameshotelandclub.com www.rosl.org.uk www.cavgsclub.co.uk www.eccentricclub.co.uk www.guardspoloclub.com www.cowdraypolo.co.uk

1886 - 2021
135
YEARS
SINGAPORE POLO CLUB

To commemorate 135 years of polo, we have released an exclusive collection of Polo T-shirts and Caps to signify the start of an extraordinary moment. Grab them now at the ATOMS Polo Loft. Whilst Stocks Last!



Polo Shirt
\$49.90

Pink / White / Black
(Available in both adult and kid-size)

Cap
\$29.90

Red / White / Black
(Standard size)



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

CELEBRATING 135 YEARS
OF PRESTIGE AND HERITAGE

1886 - 2021
135
YEARS
SINGAPORE POLO CLUB

As we step into this significant milestone, the Club would like to thank YOU, our members for walking with us through this memorable and wonderful journey.

Follow us on social media as we unveil our exciting celebration plans for the year.



SINGAPORE
**POLO
CLUB**
ESTABLISHED IN 1886

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Follow us:



@singaporepoloclub

Continuous Learning in Equine Care

Congratulations to our grooms for attaining the "Horse Care and Quality Control" certification led by Horse Care and QC Manager Dr Shetty and overseen by Head of Riding and General Manager of Singapore Polo Club, Mr Sylvan Braberry.

Held over two years, this 12-part module (equivalent to 25 small modules) program is no mean feat as the grooms juggled daily heavy stable work while attending classroom lessons on their off days and during break times. Their strong sense of self-motivation and hard work are an inspiration to all.

Through these theory and hands-on practical lessons, the grooms are better equipped with equine knowledge to understand horses and their needs. A huge round of applause for everyone who assisted in their learning journey. To many more years of continued learning ahead. Check out their proud moments below.



Note: Some photos were taken pre-covid.



Healing Hearts of SPC

Note: Sessions took place before Phase 3 (Heightened Alert) and with the relevant safe measures in place.

Being around horses brings immense joy to people, and anyone who has been interacting with these gentle giants can be a testimony to this. We had the privilege to provide some Singapore Red Cross residents with the joy of being surrounded by our gentle and gorgeous equines in the early part of the year.

Attendees and their caregivers were wheeled around our stable yards on a tour where they viewed our premise and facilities such as the feed room, shower bay, automated walker, and caught glimpses of our resident horses too. Their eyes gleamed with delight as they touched them gently. Many of them were slightly apprehensive about getting nearer to them.

Towards the end of the session, they were introduced to Esperanza and had a short carrot feeding session with her over carrots. It was an interesting 10-minute as the arena was filled with squeals. The interaction, however, did not stop there. With priceless smiles on their faces, they trailed along with Esperanza, whilst holding on to her lead rope. We are ever so happy to have created these delightful little milestones for them and can't wait to reach out to more residents soon.

Come join us as an outreach volunteer and make a difference in someone's life. Contact us at outreach@singaporepoloclub.org



Equal Ark's Minis – How Much Do You Know About Them?

Photo credits: Equal-Ark Singapore Ltd

These little furballs were such a delight to interact with during our April's SPC X Equal F&B Promotion. These six miniature ponies are used as therapy horses. They have been spreading plenty of joy and putting smiles on the elderly faces from healthcare institutions as part of the Equal Ark Animal Assisted Learning Program.

Here's one step closer to learn all about their little quirks.



Hi, I'm Summer, but my friends call me "Sayang"!
I may be small, but I'm mighty, and I love munching on flowers.
Here's a little secret: Though I may look courageous, I get spooked by butterflies.



Hi, I'm Friday, but my friends call me "Kopi"!
I may be timid, but I love to make friends with anyone and everyone (including horses that are way bigger than I am)
Here's a little secret: I used to be a show horse with Milo before coming to Singapore.



Hi, I'm Ginger, but my friends call me "Ah Girl"!
Just like my name "Ginger", I have a spicy and feisty temper.
Here's a little secret: I love a good tummy scratch.



Hi, I'm Sunny, but my friends call me "Siew Mai"!
I may be shy, but I'm confident you will fall in love with my sweet nature.
Here's a little secret: I am the youngest amongst the others.



Hi, I'm Boogie, but my friends call me "Milo"!
I am the curious one that likes to find out about anything and everything. Oh, I do get a little impatient at times.
Here's a little secret: I used to be a show horse with Kopi before coming to Singapore.



Hi I'm Harley but my friends call me "Ah Boy"!
I love being cheeky around humans and horses.
Here's a little secret.. I loveeeeeee to roll about in the mud!

EQUAL is a charity with IPC status that offers animal assisted learning to youth, persons with special needs, families and the elderly with clinical depression and dementia. To donate to the organisation's good cause, head over to their fundraising portal: <https://www.giving.sg/equal/>

<https://www.equal.org.sg/> @equal.sg



Meet The Real Athletes On The Polo Field

We welcomed another batch of polo ponies for ATOMS Polo Academy in May 2021. Our hearts have been so full of joy with their arrival, and we can't wait to bring them to your lessons in time to come. Swing by the Mount Pleasant stable and say hello to them. ■



Name: Esmeralda
Gender: Female
Age: 7 years
Identification Markings:
 Grey colour without markings



Name: Paloma
Gender: Female
Age: 7 years
Identification Markings:
 White body colour, no markings on head and legs



Name: Moraleja
Gender: Female
Age: 7 years
Identification Markings:
 Bay colour with star and no markings on legs

Fun Facts About Polo Ponies:

- Some of the best polo ponies start competing at the age of 5 till 12.
- They are thoroughbreds and hail mainly from Argentina.
- The majority of polo ponies are mares as they have softer tempers.
- They are at least 156cm tall and weigh a minimum of 400kg.
- They are known for their quick bursts of speed, stamina, agility and manoeuvrability.
- The rider handles them with one hand on their reins and controls their movement using his legs and body weight.



Name: Pagani

Gender: Female

Age: 7 years

Identification Markings:
Chestnut body colour with stripe and snipe; Both hind legs have white patterns



Name: Veneziano

Gender: Male

Age: 7 years

Identification Markings:
Grey body colour without markings



Name: Salsero

Gender: Male

Age: 8 years

Identification Markings:
Chestnut colour without markings; Black spots on the body

Up close and personal with Cess

We bring you an exclusive interview with Princess Ramilo, more affectionately known as Cess. With her friendly persona and radiant smile, Cess is a familiar face at the Club. Members might recall their daily interaction with her at our main reception last year. She is now based at the ATOMS Polo Loft overseeing retail operations while concurrently managing the Academy's lesson bookings along with another colleague. Cess takes a break from her busy schedule to have a tête-à-tête with us.

About Herself, Customer Service and the Club

SPC: Hi Cess! Feels great to have some time for a quick chat with you finally. Tell us more about yourself and your passion for this industry.

Cess: My first job in Singapore was as a receptionist at our Club. The learning experience greatly benefitted me when I transferred to the Academy and Polo Loft. My stint as a receptionist allowed me to interact with guests from all walks of life daily and also brush up on my communications and interpersonal skills.

I derived a great sense of satisfaction from my current role and loved the feeling of satisfying the needs of members and guests. My wonderful colleagues at the Club also made coming to work more enjoyable, and I'm thankful for their support.

SPC: How long have you been working at SPC?

Cess: 4 years and 2 months. I started working at SPC in April 2017.

SPC: You are now the Polo Admin Officer of ATOMS Polo Academy. How does it feel?

Cess: I am so grateful. I can still remember when our GM asked me if I am willing to work at the Academy. I was so nervous back then but was also hugely excited to take on this new challenge.

SPC: What are some of your memorable experiences?

Cess: When I first started at the Academy, my knowledge about polo was limited. Before launching the Atoms Polo Academy in October 2020, we had regular brainstorming sessions with the team to market and develop the Academy. We worked relentlessly to improve the Academy's curriculum, offer the best school partnership/program, and provide competitive polo lesson rates and polo horse lease programs that are all new in the polo section. I am thankful to our General Manager, Mr Sylvan Braberry and Riding Executive, Ms Melissa Dominic for their kind patience and guidance.

Every weekend after polo lessons in the morning, we place wooden horses on the polo field and let everyone who has not ridden a horse sit on the wooden horse and attempt to hit the ball with a foot mallet. Seeing the look of joy on their faces makes this a fun and memorable experience. These are done with the necessary safe management measures during the pandemic.

SPC: Have you tried polo? If no, do you intend to?

Cess: If given a chance, I would love to try riding a horse.

SPC: What's a typical day for you?

Cess: I juggle my time between answering queries (lessons bookings and horse lease schedules) and managing the retail store



(organizing the shop and attending to customers). Customers usually come in after polo, and riding lessons from 10 am to 12 noon. It is generally quiet during lunchtime until 3pm. After which, our peak period is from 4 pm until 6 pm as we have chukkas, Stick & Ball practice and polo and riding lessons.

SPC: How do you handle challenging moments at the Academy?

Cess: I'm still learning, but I try to handle challenges by assessing the issue from all sides before taking action. I can say that experience is the best teacher.

SPC: What is good customer service to you?

Cess: Being friendly, patient, accommodating and ensure the needs of the customers are met.

About ATOMS Polo Academy

SPC: We soft-launched ATOMS in October 2020. Share with us how much the Academy has grown since.

Cess: Before we launched the Academy, we had less than 50 students. Currently, we have more than 200 students.

SPC: Describe ATOMS Polo Academy in 1 word.

Cess: EXCITEMENT!

SPC: Share with us more about the ATOMS Programme. What does it encompass, and who is your target audience?

Cess: The Atoms program started mainly with kids. Eventually, we also had adult learners who joined and enjoyed the program immensely.

SPC: What is the Academy's unique selling point?

Cess: We are located inside and are part of the prestigious Singapore Polo Club, the only polo club in Singapore with a polo field and full-fledged country club facilities. As a member of the club, you enjoy our polo program and the Club's facilities like the swimming pool, tennis court and gym. You can also enjoy a meal at The Paddock Bistro or Coriander Leaf before or after your polo lessons. We are also equipped with training arenas, Clubroom for ATOMS students, shower facilities and more.

SPC: There are currently 211 students with the Academy. That is mighty impressive! What is your student demographics profile?

Cess: 65% of our riders are females, with more kids than adults. However, a group of enthusiastic adults will be starting their lessons soon.

SPC: 7 new polo ponies arrived last month. Where are they from and who is your favourite?

Cess: Paloma from Argentina looks like an innocent horse, and I love her skin colour, but my favourite club polo horse is Balcarce, he is not a new polo pony, but I love him as he's so sweet and never fails to pay me some attention whenever I visit the stable.

SPC: Have you met baby ATOM? Tell us about him.

Cess: Yes, I visited him right after he was born and watched him grow up. During my free time, I will visit Atom with my colleagues. Watching this cutie butt rub and enjoying his cold carrots and apple slices snacks is such a stress reliever. I always look forward to visit Atom and all the horses at the Mount Pleasant stables.

Cess along with her front desk colleagues. Photo was taken pre-covid



With Baby Atom



With her favourite polo pony, Balcarce

SPC: Any tips for members before they enrol their children for any equestrian sports?

Cess: Polo is an intense sport, but it's difficult not to fall in love with the sport once your kids try it. Parents might also be tempted into taking lessons once they see their kids enjoying themselves.

We try our best to welcome everyone, but please remember to wear your riding boots and helmet for all lessons as safety is our top priority.

Best-Sellers at ATOMS Polo Loft

SPC: We are pretty impressed with the Loft's wide range of products. Tell us more about them.

Cess: We are now open to customizing riding saddles from Ikonic. Their riding equipment and apparel will arrive at the end of July. Check out our social media for some exclusive deals for members!

SPC: What are your new arrivals?

Cess: As this year is our 135th Anniversary, we have exclusively designed polo T-shirts (For both adults and kids) and caps for sale to commemorate this joyous occasion. There is also a customization service available for riding saddles. Did I forget to mention some gorgeous neon colour riding whips too? Do visit the Polo Loft to shop to your heart's content.

SPC: Which are your best-sellers?

Cess: The SPC polo club shirts. Even non-members buy these when they visit the Club. Horse snacks are also one of our best sellers. ■

ATOMS Polo Loft Opening Hours

10am to 6pm (Tuesday to Friday)
9pm to 6pm (Saturday and Sunday)
(Closed on Mondays and Public Holidays)

Enhancing our Social Media Presence

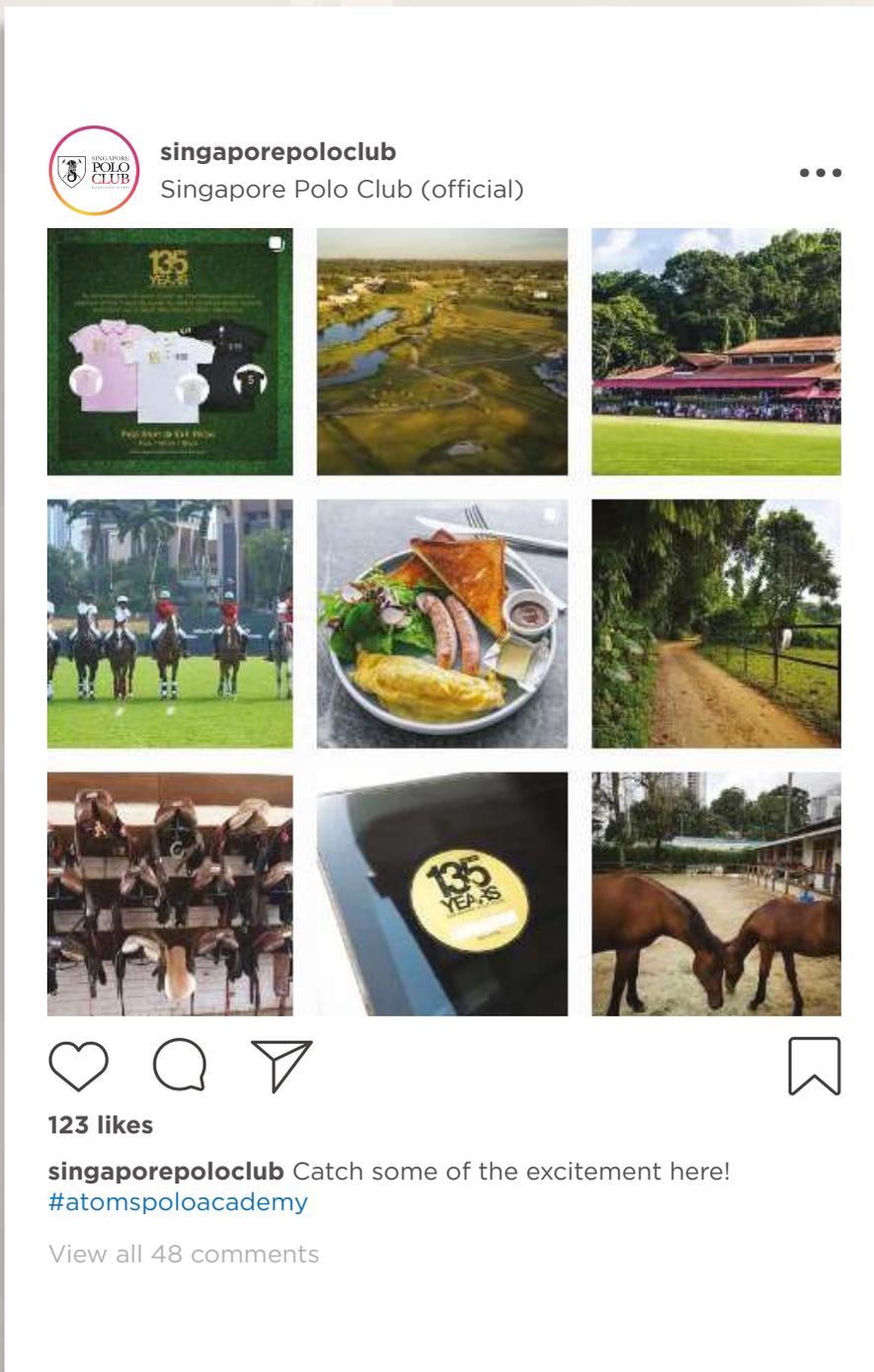
Atoms Polo Academy has seen many followers on our social media channels since the Academy soft-launched in October 2020. A huge hearty thank you to all our followers.

Keep abreast with the latest happenings at the Academy, read inspirational stories of equestrian families, get up close and personal with some of the upcoming young polo players and more. ■

 **Hit that follow button today!**

Redeem an exclusive Singapore Polo Club lanyard by following ATOMS Polo Academy on Instagram. While stocks last.

Email your IG handle to marketing@singaporepoloclub.org.



Fun Facts About ATOMS Polo Academy

ATOMS Polo Academy was soft-launched in October 2020, and the school has grown at an amazing speed in less than a year. Whether you have never sat on a horse before or are an experienced rider, ATOMS is the place for you, catering to everyone from age 5 to 50. To celebrate this new chapter in polo, here are some fun facts about the Academy.

01

Number of school horses:
27



02

Number of students: **211**



03

Youngest student:
5 years old



04

Oldest student:
60 years old



05

Educational Institution Partners

- Dulwich College
- Singapore American School
- North London Collegiate School



06

No of players in the ATOMS Chukka: **30**



07

ATOMS Loft Shop, a one-stop shop to book your polo lessons and indulge in some equestrian retail therapy.



08

A dedicated Club Room to chill and relax with a 55-inch TV, PS4, Foosball table, board games, a novel library, drinks and snacks vending machines.



09

Baby Atom, our first foal, was born on 27 January 2021 at our Mt Pleasant Stable



10

4 full-time polo professionals



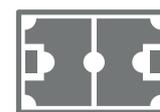
11

Located within a full-fledged country club with a Riding Academy.



12

Training Arenas and a 5.5-hectare polo field for Stick & Ball lessons.



Contact ATOMS Polo Academy at 6854 3955 or email atoms@singaporepoloclub.org to get on the exclusive waiting list.

In our upcoming October issue, look out for an exclusive interview with both our youngest and oldest academy players.



How To Keep Your Horse Smiling?

Contributed by: POLO LADY, www.polo-lady.com

Most horse riders have a common yet confusing question: How do we take care of our horse's teeth? Dental health is often an overlooked part of grooming; however, this doesn't mean that we shouldn't at least have a look at their mouths now and then.

Like people, horses suffer from poor dental health—however, they often don't show signs of discomfort. "Horses suffer in silence, and for this reason, most dental problems are not recognized by the horse owners," Dr. Carsten Vogt of Veterinary Clinic Ottersberg says. "The horse will eat even though it has developed sharp enamel edges which cut in the cheeks. It's the same even with severe problems like apical abscesses."

A regular culprit of these tooth diseases? The food they eat over long periods of time. Case in point: Giving them a sugar cube. While Dr. Vogt clarifies that there's no harm in occasionally giving this treat, he emphasizes the need to provide your horse a lot of roughage every day to maintain its gut and dental health.

"The less roughage they get, the faster it takes to develop sharp enamel points which can injure the cheeks," he points out.



The most common complaints that he encounters with horse owners are shaking or restless heads, reluctance (maybe on one hand), open mouths, blood in the oral cavity, or rearing horses. A good measure to check if they're experiencing any of these problems is through an easy ride without attaching their bridle.

If you suspect that members of your string are having dental issues or just, in general, want to secure their overall tooth health, he offers some sound advice you can follow. Read on!





1. "Give your horse an annual dental check-up by your vet or specialized horse dentist! Sometimes, it's necessary to shorten this period (e.g., in younger horses with milk teeth or irregular cases with severe malformations); sometimes, it's better to extend this period (e.g., in old horses with regular conditions)."

2. "Take it seriously when you recognize signs of discomfort in your horse. As a horse won't show you its pain, it's essential to recognize these subtle hints."

3. "Give a horse the food it needs. Nearly no horse needs hundreds of supplements, but it really needs roughage of good quality every day—cheap, simple and important!"

4. "It's really important to assess if your horse is well or poorly nourished, which can be an important sign for dental problems."

5. "Every owner should keep in mind that they have powerful weapons in their hands: the snaffle. Use them carefully. If you recognize abnormal riding behavior in your sport horse, call your vet to check the mouth."



In the end, there's just one thing you have to remember: to keep your horses from smiling, remember to take them to the vet for a dental check-up every six to twelve months.

For more wholesome horse content, visit **POLO LADY** website at www.polo-lady.com. Get a copy of the latest **POLO LADY** Magazine at their online shop and use the code "ATOMS" to get 15% off. ■

“Because our polo mallets are the best in the world”
- Casa Zappala -



Available at the ATOMS Polo Loft
at Singapore Polo Club

Casa Zappala e Hijos
SADDLERY TALABARTERIA

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- Open to Members and Non-Members
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- Classes are 45mins each and held on Tuesday, Wednesday, Friday & Sunday
- Registration fee of \$115+ per year and Rally fees of \$80+ per month*

* 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



Road to Paralympics - Tokyo 2020 held in 2021

Gemma Rose Foo is a familiar face who has been training at our Academy for a couple of years now. The Club's marketing team managed to sneak in an exclusive interview with this Paralympian during her training in Germany.

About Germany, Training and Qualifying Rounds

1. **SPC: Hello Gemma! Congratulations on your recent qualifier in Germany. You were placed 3rd in the Freestyle to Music Grade I Test at the CPEDI3* München-Riem! Tell us how does it feel to be on the road to the Paralympics again!**

I already qualified with my horse Cassis Royal back in 2019. This recent result qualifies me on a second horse for Tokyo.

I'm beyond excited this is finally going to happen and can't wait to compete in the Paralympics again. Despite the Paralympic Games being pushed back a year, I feel really grateful to be given this opportunity to compete again on the world stage since 2016.

2. **SPC: What was your score, and on which horse did you achieve this?**

I competed on Banestro with a high score of 76.056%. It was my first competition with him, and I was quite surprised as it was very unexpected.

3. **SPC: How many times have you represented Singapore in the Paralympics for both the team and individual categories?**

This will be my third Paralympic Games. I competed in the London 2012 Paralympic Games and the Rio de Janeiro 2016 Games.

4. **SPC: What's a typical training routine there?**

I undergo intensive training for about two weeks before the competition. At each training session, we focus on one test and on areas I can improve on. For now (June 2021), I'm in Germany for two months and will be competing in three competitions to prepare for the Tokyo Paralympic Games.

5. **SPC: Share with us about your horse Cassis Royal. How do you prepare him for the upcoming competition? (E.g. do you have to put him through any special training regime or diet?)**

Besides training on him and running him through my routine competitions, my coach puts Cassis on a healthy diet complete with vitamins and supplements, just like an athlete's diet, to be at his best during competition. He's also exercised so that he can develop nice muscles. He even receives acupuncture and other therapy.

6. **SPC: How has riding in SPC geared you for competition?**

In Germany, I train twice a day. In SPC, I have a 45-minute training once a week with school instructor Daniel Sitranen. Riding in Singapore is towards building core and stamina. In Germany, we focus more on the accuracy, fine-tuning the movements, and bonding with my horse.



Competition days

7. **SPC: Do you have a coach in Germany? Please share with us more about him/her. (E.g. the training style, routine, how long have you trained with him/her, what do you enjoy about this mentorship?)**

My coach Volker Eubel is the national coach based in Germany. I met him during one of his 'clinics' when he was invited to teach regular riders in Singapore in 2010. He saw me ride during one of my group therapy classes and thought I have the potential to compete internationally with proper training. Hence he approached my instructor back then to train me one-on-one.

8. **SPC: Who do you think would be your toughest competitor at the Paralympics? What do you think are your competitive edge amidst the tough competition?**

A lot has changed since the last Paralympics, so it's anyone's guess. Riders like myself have our horses based overseas, so we could not train for over a year and a half since the pandemic. Some other strong competitors may also have had the same issue. Others who have horses at their yard may have continued training throughout to have an advantage.

9. **SPC: What are your ambitions going into the upcoming Paralympics? Do you have a target in mind?**

I wish to improve my scores from the last Paralympic Games. But my ultimate goal is to win a medal at the Games.

10. **SPC: What do you look forward to at the upcoming Paralympics?**

I hope to meet athletes from all across the world despite the tightened restrictions and look forward to soaking in the sights and sounds of Tokyo and experiencing the hospitality of the people. This Games will be conducted under exceptional circumstances, so it's important we all stay safe.



Gemma with her family, her pillars of support

11. SPC: Are people as enthusiastic about the Paralympics as the Olympics?

With technology and social media, there is definitely more interest in the Paralympics than before. People appreciate the efforts put in by athletes with disabilities, and more is being done to put the Paralympic Games on an equal footing with the Olympic Games. There are also more Singaporean athletes coming home with medals from the Paralympic Games.

Training amid the Pandemic

1. SPC: How has your training been going despite this pandemic, and what are the changes that you've had to embrace?

Well! For starters, wearing a mask is imperative to keep ourselves safe from contracting the virus. We set a specific time for each athlete when we train in Germany, staying in our 'bubble' as a precaution in case anyone of us gets sick. Previously, my teammates and I train together in Germany, and we observe each other's rides. I've had to embrace a more structured training schedule that is more efficient.

2. SPC: We understand that your mum is with you in Germany for your qualifiers. What are the safety measures taken in light of this pandemic?

My mother is my caregiver and has been with me every step of the way. Without her, I wouldn't be able to get to where I am today. As for safety measures, I show up for my training and leave with my mum as soon as I'm finished to avoid running into the next rider. Dining out was impossible when we arrived here a month ago, but rules have been relaxed since then. However, we still try to avoid eating out unless the restaurant is empty. We also do a swab test every three days to be safe.

3. SPC: Has there been any restrictions, and how have you dealt with or managed it?

I was slated to compete in several competitions since April 2020 but could not due to the constant lockdowns and flight cancellations. It was all very uncertain and frustrating not knowing when I would be able to leave for training in Germany and see my Cassis again. Situations were also not good in Japan, and there was talk about whether the Games would go on. But thanks to SPC and Daniel, I was able to at least continue 'maintenance' riding on the wonderful horses...Star, Guinness, Akermanis. Eventually, we were able to get the relevant documentation to leave Singapore and take part in this summer's competitions, and I want to make the best of it.

Training at SPC

1. SPC: You've been training regularly with the Riding Academy at SPC. Tell us what do you like about our school.

The training programme is so well organised at SPC. The staff and stable-hands are very passionate about what they do, and it shows. The stables are so clean, and everyone is so friendly

and genuine. Recently, my special disabled-friendly reins broke, and I was devastated since I couldn't get them replaced as they were custom made in Europe. I was so touched the next time I came for classes and found that Bobby and the stable staff had made an identical one for me, all without me even asking! It worked perfectly, and I'm currently using them for competition in Germany.

2. SPC: Share with us your training experience with your coach, Daniel Sitranen. What is his training style? What do you enjoy most about training with him? Does he have any words of encouragement for you?

Daniel always says that I am capable of riding any horse and encouraged me to try different ones. I would never have thought it's possible since many schools had told me they didn't have a suitable horse for me to ride. The most surprising thing was learning to trot and even canter on SPC horses since I feel safe on them. Daniel is very patient, and with him, I've learnt to be more confident and improved on my stamina. When I go for training in Germany, my coach says to continue doing what I do in Singapore as he sees the improvement.

3. PC: How do you motivate yourself on grey days when you don't feel like training?

I like listening to music on grey days, reading and spending time with my cats. Some downtime is important for athletes to relax and enhance their performance.

4. SPC: What do you enjoy doing outside of riding?

I enjoy spending time with my friends and family and try to catch a movie every once in a while. I also hold an avid interest in reading and write a little when I have the time. Keeping fit is essential, so I attend yoga classes twice a week as it trains my mind to focus better and helps my muscles to relax.

5. SPC: What would your one piece of advice be to someone wanting to be a Paralympian?

If you are passionate enough, keep at it and don't give up. The word 'cannot', and 'no' should never be in your vocabulary. The journey may be challenging, but the end result is worth it.

6. SPC: What are your plans after Tokyo 2021?

I'll be preparing for the next major games, the World Equestrian Games 2022, in France. Unfortunately, I didn't compete in the USA's previous World Equestrian Games 2018 despite qualifying for the Games due to financial reasons. ■

All pictures were taken before Pre Covid times.



Goofing around during trainings, light hearted moments like this ease the tension



A fun moment at SPC

SPC YOUNG RIDERS

We spoke to 12-year-old Annika Guptan, who has been riding for the past 7 years. She shares with us more about her hobby and aspirations.

Having started riding at the young age of five, Annika started getting into the depth of the sport by beginning with shorter intervals lessons. At the age of seven, she joined the Club as a member and thereafter the Riding Academy. Her main goal was to learn to ride various horses to gain more versatility as a rider.

At present, Annika trains thrice a week. To ensure minimal disruption to her academics, she plans her week, reserving time for her school homework and projects. Although, of late, her school schedule changes weekly, a strict timetable ensures that she's able to cope with both riding and school.

She recalls an interesting incident about Rascal, our riding school pony she is currently leasing for her lessons. "Before I started riding Rascal, I thought he was a slow pony. It's true when they say looks can be deceiving! But when I first rode him, I found out he's really good at jumping and dressage." She goes on to mention that Rascal has been one of her favourite horses. "He's really fun to jump, especially when you get him going fast. I'm working on his dressage, and we are trying to do leg yielding right now" she says.



Annika mentions that pre and post lessons are spent watching her fellow senior rider friends at their lessons. "There is always something to learn and share. I love how tight-knit our little community is, and I'm delighted to be a part of such a motivating community." Though training shows and competitions have taken a step back due to the pandemic, Annika can't wait for them all to begin. She tries to participate in as many monthly training shows as she could as she loves all the fun and hype centred on a friendly competition. Here's keeping our fingers crossed that things will go back to normal soon.

When asked if she has visited any riding clubs overseas, she quickly recalled her first SPC International exchange show with Malaysian riders in 2019 when she jumped 50cm in the junior category. "It was enjoyable, and I learnt a lot over the few days that the programme took place, not to mention the friends I made too. I learnt to judge how fast I needed to go to beat someone else's time – that motivated me to ride better."



Her advice to riders who are new to the sport is not to be afraid of falling off. "I fell off Sir James and was injured. And I was terrified to ride different horses after that. Now I look back and realise that I spent a lot of time in the same place where I could've been growing as a rider."

Annika aspires to want to try and get to a higher level. "I want to be able to do more complicated movements in dressage, and I want to be able to jump higher with Rascal and see if he can grow together with me." ■

"One thing that I like about the Academy is that you get the opportunity to ride different horses."



Some things are worth **EXPERIENCING...**



Be A Part of Our Happy Community!
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Contact us at **+65 6854 3980** or email riding@singaporepoloclub.org



Our First Pony Camp of the Year



We are stepping into the 2nd year of the Covid-19 pandemic with lots of ups and downs. On a happier note, we were fortunate to have been able to hold a session of our much-coveted 3-Day Pony Camp during the first quarter this year.

If you've yet to participate in our uber-fun camps, here are some inspiring photos to make your decision making a little easier. Jump on board and start experiencing our equestrian world in the most fun possible way. ■



Learn the following at our 3-Day Pony Camps!

- Grooming & Tack-up
- Stable Management
- Arena Riding
- Shower the horse
- Mucking out
- Cleaning of Tack
- Mounted Gymkhana Games
- Jungle Trail
- Bareback Riding
- Treasure Hunt & Games
- Tractor Train Ride

Follow [@spridingacademy](#) on Facebook to catch the latest happenings at the Academy.

Email riding@singaporepoloclub.org to get on the exclusive waiting list for lessons and camps.

Throwback to Yesteryear Pony Camps

Take a trip down memory lane of our past pony camps filled with fun, excitement, warmth and not forgetting the lovely connection between humans and horses.

We can't wait for our kids to start experiencing all that love once again. Look out for more announcements coming your way. ■



Giddy Up With **SPC RIDING ACADEMY PONY CAMPS**

Our pony camps take place regularly throughout the year. Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated team at SPC Riding Academy. Great for kids 6 years & above.



Get onto our exclusive waiting list! Contact us at **+65 6854 3980** or email **riding@singaporepoloclub.org**



INSTRUCTORS PROFILE



SONNY REYES

ISSA CERTIFIED TRAINER

International Sports Sciences Association

Area of Specialty Training

- Sports Injury Rehabilitation
- Pain Management and Therapy
- Bodybuilding – Hypertrophy & Definition
- Strength & Conditioning
- Crossfit Training
- Kickboxing

Fitness Qualifications

- Bachelor of Science in Physical Therapy
- Certified Personal Trainer (International Sports Science Association)
- Certified Crossfit Level 1 trainer
- Certified in Functional Movement Systems Screening



KELVIN POH

MASTER TRAINER NUTRITION COACH

Area of Specialty Training

- Precision Nutrition Level 1 Coach
- Master Rehab Trainer
- ISSA Certified Personal Trainer
- WKC Strength & Conditioning Coach
- WKC Sport Coach
- Massage Therapist

Fitness Qualifications

- The Ultimate Evidence Based Conference Wireless
- Hacking Exercise For Health (Online)
- Precision Nutrition Level 1 Coach (Online)
- Physique Roundtable Singapore
- Advanced Bodybuilding Seminar
- The Ultimate Evidence Based Conference
- JPS Down Under 3DMJ Conference
- Powerlifting University (Online)
- Shredded by Science Academy (Online)
- Certificate in World Kettlebell Club Sport Coach
- World Kettlebell Club Fitness Trainer
- Master Rehab Trainer
- ISSA Certified Fitness Trainer (Online)
- Diploma in Brandon Raynor Technique of Therapeutic Massage
- R.E.H.A.B Trainer Essentials
- CFC School of Excellence



For enquiry & registration, please contact Louis **9010 6631/6854 3984** or email: gymadmin@singaporepoloclub.org

A Refreshed Menu awaits diners at The Paddock Bistro



Nestled in the tranquil Mount Pleasant enclave, The Paddock Bistro preserves the rich heritage of the Singapore Polo Club with its contemporary resort chic décor without compromising on the rustic colonial charm. Given the prime spot next to our newly renovated swimming pool, pre-bookings for tables run weeks ahead.

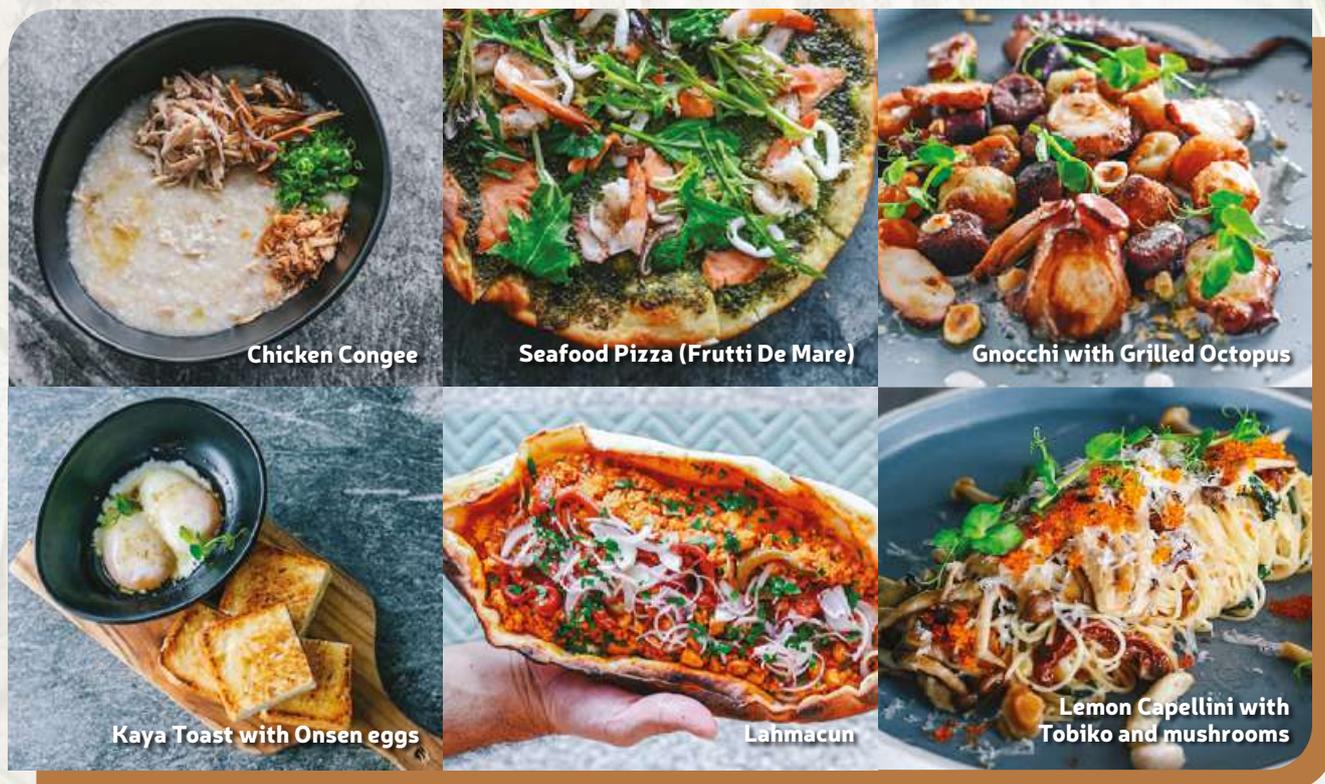
With the recent Phase 3 (Heightened Alert) closure, where only takeaway and delivery services were available, the culinary team took the opportunity to brainstorm and put together a brand new menu. Expect a wider influence of Asian inspired breakfast dishes, greater varieties of pizzas, pastas, Japanese cuisine and more. Take a sneak peek of our new delectable offerings to whet your appetite.

Helming the Paddock Bistro's culinary team is the new Head Chef Din, with over 15 years of experience in local and western cuisine. Look out for our October issue where we have a tête-à-tête with him on his aspirations for the Bistro and creative concepts behind some of the dishes.

Some of these scrumptious dishes are already available at the Bistro. If you have tried them personally, do share and tag us on social media. Let the team know how they have fared.

Be it a casual get-together with families and friends or a romantic night out, bask in the comfort of surrounding nature only at The Paddock Bistro. Open to members all days of the week. Non-members are welcomed from Monday to Friday.

To make a reservation: <https://www.sevenrooms.com/reservations/thepaddockspc>



Chicken Congee

Seafood Pizza (Frutti De Mare)

Gnocchi with Grilled Octopus

Kaya Toast with Onsen eggs

Lahmacun

Lemon Capellini with Tobiko and mushrooms

Breakfast of Champions



Chicken Congee

So much flavour in this delicious breakfast.



Kaya Toast with Onsen eggs

Eat like a local with this signature breakfast set.

Do you love Pizza?



Seafood Pizza (Frutti De Mare)

"Fruit of the Sea" made with the freshest seafood. Imagine all your favourite seafood on a pizza.



Lahmacun

Looking to try a new pizza variation? Lahmacun (often referred to as Turkish pizza) is a super-thin piece of yeast dough topped with aromatic minced tofu. Incredibly tasty with lots of flavour, it's a real winner.

Twirl up succulent strands of pasta



Gnocchi with Grilled Octopus

A Japanese-inspired pasta. The fusion flavours go very well together, resulting in a fun and unexpected mix.



Lemon Capellini with Tobiko and mushrooms

Sweet potato gnocchi with a splash of cream and almond browned butter, this tasty dish is a sure crowd pleaser.

Follow us on social media: @thepaddockbistro





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Simon Mason - The man behind-the-Net

In our inaugural series, we feature Simon Mason, Tennis Coach and the Club's Director of Tennis since 2014. Read on to find out more about his credentials and passion for this adrenaline-pumping industry.

Simon is a fully qualified Level 2 Advanced Tennis Coach with over 25 years of coaching and playing experience. He has competed at tournament level in The United States and Australia. In the mid-90s, he was a part of the Eastern Suburbs Tennis Club in Sydney as the Head of Tennis Pro.

Simon relocated to Singapore in the late 2000s as the Director of Tennis at the Australian International School. His career progression span various director's positions at several reputable clubs in Singapore, including the British Club and the Clay Court Tennis Academy Winchester Singapore.

To share his love for the sport, he went on to form Vantage Sports Group Pte Ltd in 2000, a Health, Wellness & Sports Management company.



CHECK THIS OUT!

- 🎾 Favourite tennis player: Roger Federer
- 🎾 Favourite Tournament: Wimbledon
- 🎾 Favourite shot: Forehand

When not on the tennis court, Simon likes to spend time on the golf course. He maintains a single figure handicap.

Well respected by many within the industry, Simon friendly personality and strong communication skills allow him to break down complicated techniques into simple steps to optimize your learning, saving you precious time and money. ■

“People don’t care how much you know until they know how much you care.”

*Start living your
tennis dream
with our*

TENNIS PROGRAMMES



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TENNIS

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

Best Exercises to Ease Stress and Anxiety



By: Fitness Ironman Louis

Prolonged and unmanaged stress can be incredibly detrimental to almost every system in the body. The following are a few examples of the impact of stress on the body.

Nervous System:

Stress is believed to decrease brain size and cause structural changes that can impact cognition and memory.

Immune System:

Stress can heavily suppress the immune system. Research has shown that high levels of stress could decrease our good cells and increase cancerous cells in the body.

Cardiovascular System:

The cardiovascular system takes a big hit when the body experiences prolonged or severe stress. Stress affects the heart rate, blood pressure and heart muscle contraction strength, all of which can lead to more serious issues.

Gastrointestinal (GI) System:

Stress can alter appetite, play a role in poor nutrient absorption, alter the intestines and contribute to other inflammatory diseases of the GI tract.

Although many forms of physical activity have shown to have a positive effect on stress reduction, one of the most important elements of stress relief is finding what works for the individual. One should consider all the variables that can help reduce stress and narrow down the best fit. ■

Check out some exercises to help reduce stress:



Yoga



Tai Chi



Kickboxing



Running



Walking



Strength Training



In partnership with:





Up, Up and Away!

Science experiments never felt so fun for our child members as they attended our first-ever water rocket workshop held during Phase 3 of the Circuit Breaker.

Inspired by the STEM technique (science, technology, engineering and mathematics), this fun outdoor workshop was held over 2 sessions due to overwhelming demand while also ensuring and adhering to the various safe management measures.

Held on the field, children got down to the main action of crafting a rocket from recycled materials with the trainer's aid. As they attempted to understand the mechanics and science behind the rocket, they were astonished to know that such water-based rocket could fly up to 25 meters upon launch. A bubbly time experienced coupled with knowledge brought home; it's no doubt that we have had requests to bring back a second edition of this workshop. ■



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Boost Your Immune System Through Nutrition!



In this first part series, Teresa, a registered Holistic and Culinary Nutritionist, shares with readers on how to boost their immune system through a natural way with healthy food. Learn how to whip up a special recipe that can be easily prepared at home.

Our immune system helps us fight pathogens, viruses and bacteria that could make us sick or weak. You might not avoid getting sick completely, but a strong and healthy immune system can be your first line of defence. Focusing on your immune health can also help to reduce the symptoms if you fall sick.

The good news is that there are various ways to boost your immune system. Besides rest, exercise and hydration, nutrition can be a powerful way to strengthen your immune system. Just like poor nutrition can suppress your immune system, quality nutrition can definitely improve it.

The best approach to preventing illness is eating a high diet of leafy greens, non-starchy vegetables, low-glycemic foods, whole grains such as quinoa and black rice, healthy fats such as olive oil and lean proteins to provide your body with the best variety of nutrients. Also, reducing sugar, salt, caffeine, and alcohol can make a big difference to your immune system.



ABOUT THE AUTHOR:

Teresa is a registered Holistic and Culinary Nutritionist with a passion for education and healthy eating. She has been an educator for over 20 years. She advises her clients on achieving their health goals through food by creating meal plans and delicious recipes without compromising the nutritional value. She has a keen interest in how gut health is related to so many health conditions and how we can dramatically improve our health with few dietary changes. She believes in food. Food is our medicine, and we should EAT HAPPY.

TOP 5 IMMUNITY-BOOSTING FOOD:

Food rich in antioxidants, probiotics, good fats, vitamins, and minerals such as Vitamin C, A, Selenium, and Zinc can support and strengthen your immune system.

1.



Omega 3 fats have anti-inflammatory properties that contribute most to normal immune function in adults. It can be found in almonds, salmon, walnuts, and olive oil.

2.



Citrus fruits are high in Vitamin C, which is a powerful antioxidant as it encourages the production of white blood cells. It can be found in oranges, grapefruits, limes, kiwis, and lemons.

3.



Food rich in probiotics such as yoghurt, kefir, sauerkraut and kimchi improves our intestinal flora. The more good bacteria we have, the better and stronger our immune system.

4.



Anti-inflammatory food: Garlic, turmeric, green tea

5.



Zinc keeps the immune system strong. It can be found in seeds, nuts, and legumes.



Here's an easy to assemble recipe that's ideal for boosting your immunity. It has kimchi which provides fantastic probiotic and hummus for minerals and protein. This delicious wrap is a fuss-free yet healthy lunch that does not compromise on taste.

HUMMUS-KIMCHI WRAP



Ingredients:

¼ cup hummus

¼ cup kimchi (drained and chopped)

1 whole wheat tortilla

1 cup baby spinach

½ cucumber (julienned)

¼ broccoli sprouts

2 tbsps matchstick carrots



LET'S COOK!



In a bowl, combine the hummus and kimchi.

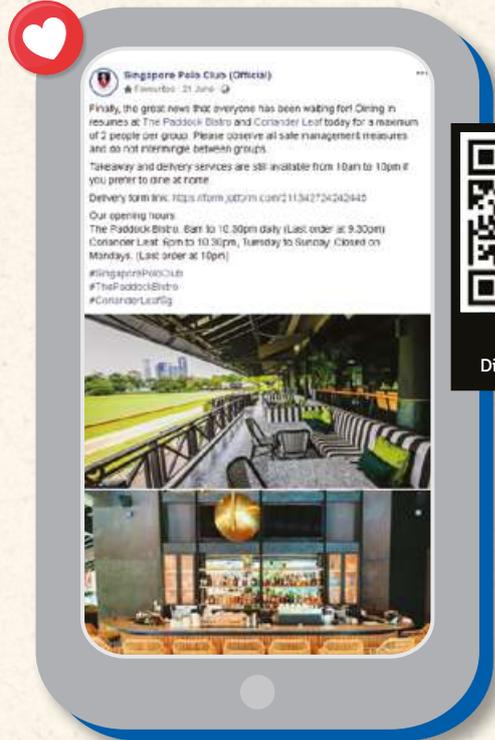
Layer the tortilla with spinach, carrots, sprouts, cucumber and hummus kimchi. Roll the wrap tightly, cut in half and enjoy.

Don't have kimchi? Substitute with some appetizing sauerkraut instead.

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