

SINGAPORE

POLO

CLUB

July - September 2020
ISSUE 03

El Señor

Héctor Zappala,
The Mallet Maestro

P10

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A Common Love
for Hooves

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LIFESTYLE
Back At The Club....



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& Lifestyle Manager

Sunny Oh
Polo Administration Manager

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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 food order at 10.00pm)

UNDER RENOVATION

The Polo Bar
8.00am – 11.00pm (daily)

The Mountbatten Room
8.00am – 11.00pm (daily)

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

FACILITIES

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
11.00am – 11.00pm (daily)

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

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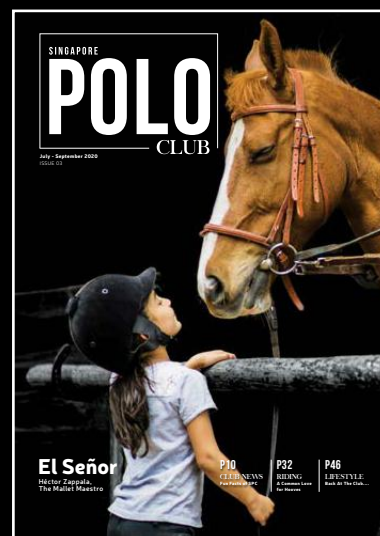


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ON THE COVER



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Lifestyle



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SINGAPORE
POLO CLUB



Dear Members,

After two months of compliance during the Circuit Breaker phase, I would like to thank all our members for their patience and understanding. I am very happy to welcome you back to the Club.

Whilst these few months have certainly been challenging times for this Committee, management and our members, the Circuit Breaker has also given management the time to set out some new initiatives. In order to make our environment safe for all members and staff, new protocols are in place for cleaning and sanitation, and we have strictly adhered to all government requirements, therefore enabling us to welcome everyone back to the Club safely.

It is wonderful to see members now enjoying the newly renovated Swimming Pool and the newly launched poolside bistro, The Paddock. With the F&B vouchers we have recently given to members, we hope you will all get a chance to dine at The Paddock. I am sure you will all agree it has a great vibe!

It has also been great to see many happy riders back in lessons and players on the polo field since the 19th June. The Club is once again a hive of activity, and we must ensure our members comply with the Government advisories in order for this to continue.

With regards to the completion of the redevelopment, we are hoping the authorities will approve the Contractors to commence with the next stage of finishing the verandah, and Main bar area, along with the Mountbatten room. Unfortunately, due to the Circuit Breaker and containment of the foreign workers, the final stage of the redevelopment has been considerably delayed. We will update members via EDM once we know more on the planned start and completion dates. Again, we thank you for your patience, as these delays have been out of our control due to the Covid situation.

As mentioned previously, we are looking to foster a more open relationship with our members, however with the current restrictions in place, we cannot proceed with any meetings/large gatherings. Hopefully this will change soon and we can look forward to meeting our members on a more interactive basis.

More recently, our Lifestyle sub-committee has initiated a more proactive social media presence and consulted with professionals to ensure we engage members more efficiently. Please feel free to follow our social media pages, Instagram: @singaporepoloclub and Facebook: Singapore Polo Club (Official) and share your children's or own IG with us.

Finally, the Committee and I would like to thank you for your continued support. We look forward to seeing every member enjoying our Club again this year, and I look forward to personally welcoming and meeting each one of you at the Club very soon. ■

Warm Regards,

Stephanie Masfield
President

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



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Dear Members,

There is no question that Covid-19 has had an impact on our everyday lives. I would like to thank all members and their guests for their patience, and understanding in complying with the Advisories from the Multi-Ministry Task Force. Your co-operation with our Safe Enforcement Officers is important and please do continue to assist them when they approach you in regards to compliance with the said Advisories; they are doing their best to keep the Club safe for you, your families and friends.

On an exciting and refreshing note, we have received positive feedback on the various initiatives from the polo department. Members and their children can be seen trying out their polo skills and taking penalty shots on our specially built miniature wooden horses. On the other side of the polo field, the kids had a whale of a time trying out the e-wheels aka an electric unicycle with a group of enthusiasts there to guide them on how to balance themselves while gliding smoothly across the field. The excitement and fun were so infectious that even our seniors were seen trying out the machines; mind you, they did better than some of the young ones.

I am pleased to share that despite Covid-19 the Club has seen an increase in new members, who have also expressed that there is no Club in the country that has a combination of polo (with a huge playing field), equestrian, country club facilities and lifestyle in a city centre location.

With the completion of the Phase 1 (Clubhouse) renovations expected sometime at the end of this year, members can look forward to a fantastic new look, lifestyle activities and events in the new year. The opening of the Paddock also saw an increase in the number of people coming to enjoy our F & B offerings.

The upcoming launch of ATOMS Polo Academy ushers in a new dawn as we take polo to new heights and achievements. Our objectives are to increase our polo footprint locally and, in the region, and to make polo more accessible and inclusive while making learning easy, flexible, fun and exciting. Stay tuned for more information on the ATOMS Polo Academy.

My Team and I would like to sincerely thank all members who have kindly donated funds and food to the well-being of our foreign and local grooms who have worked tirelessly during Covid-19 to ensure that yours and the Club's horses were well cared for. Our appreciation also to all the riding and polo professionals who had to take on the gargantuan task of ensuring that all your horses were provided with the requisite exercise to stay fit and conditioned during the Circuit Breaker and various Phases during this Pandemic.

I am excited and hope to see all of you at your Club and would like to thank you once again for all your support and understanding as we do our best to make your experience a pleasant and unforgettable one even during these trying times ■

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.tcclub.com www.boulevardclub.com
CHINA	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	www.bjriviera.com www.tangpolo.com www.ndhpolo.com www.goldinmetropolitanhotel.com
FRANCE	Paris France	Saint James Paris Polo Club du Domaine de Chantilly	www.saint-james-paris.com www.poloclubchantilly.com
HONG KONG	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	www.kcc.org.hk www.ceec.hk
INDIA	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	www.jaipurpolo.com www.calcuttapolo.com www.goldenswan.com/countryclub www.mcarecreationcentre.com
INDONESIA	Jakarta	Mercantile Athletic Club	www.macjakarta.com
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.cebupolocub.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 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 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.explorers.org www.uclbsf.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.cavgdsclub.co.uk www.eccentricclub.co.uk www.guardspolocub.com www.cowdraypolo.co.uk

New Members

April - June 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

Brenninkmeijer Michael Rudolf
Paul Maria

Chloe De Nazelle

Clark Daniel James

Loh Yiu Keung

Lovatt Victoria Jayne

Ma Ruixue

Soh Yan Lee Andy

Son Won Joon

Uma Kumari Reade

Zheng XiYuan, Stephanie

TERM

Adeney Victoria Jayne

Harry James McIndoe

REGULAR

Anders Mikael Hartman

Cao Jue

Craggs Stephen Russell Peter

Heidemarie Ursula Echtermann-
Toribio

Henderson Angus Dominic Glidden

James S/O Sivagnanam

Larsen Jan Curtis

Liang Shu Ling

Lobb Henry Hunter

Maartensson Pierre Bjarne Magnus

Massey Richard Robert

Mollner Scott Bartlett

Nathan Shaifali Gurnani

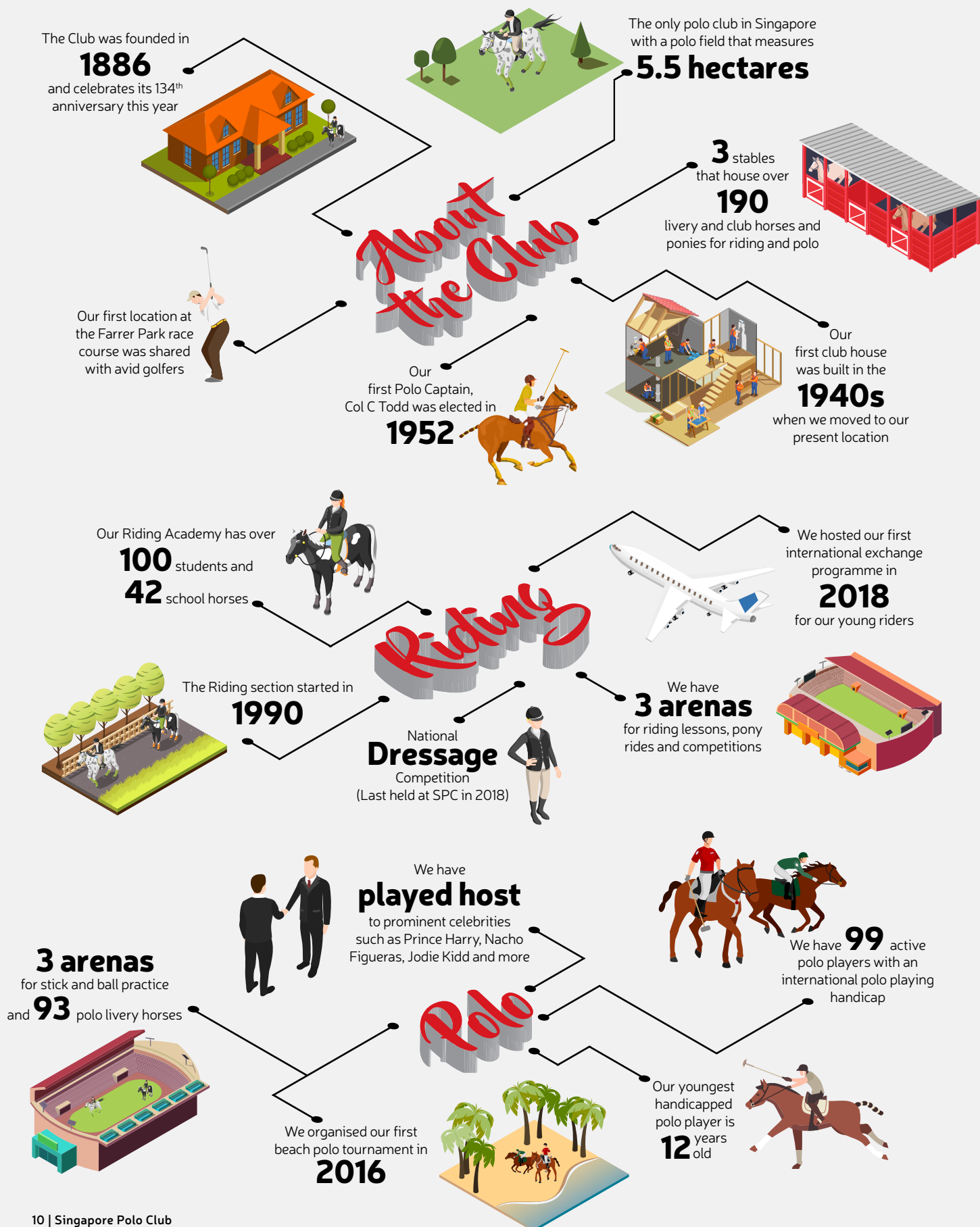
Sim Li-Ling Linnet

Tan Kheng Ju

Ward Nicholas James

Young Janet Ann

Fun Facts Of SPC



The Paddock

The Paddock Bistro, another new outlet by award-winning Pan-Asian restaurant, Coriander Leaf Group opened its doors in the Singapore Polo Club on 8 July 2020 to reveal a swanky resort-style bistro complete with contemporary state-of-the-art furnishings like brass-shelled lanterns, rattan chairs and marble table tops.

While walking into this refreshing and modern premise, a bird's eye view of the newly renovated swimming pool is presented to the diners. Diners are also welcomed to catch a drink at the alfresco bar where one can enjoy sprawling views of our lush polo field. Drinks by the field at sunset will be the icing on the cake after a hearty meal. An elegant private dining room hidden behind The Paddock bar is an ideal setting for family reunions and executive meetings.

The Paddock serves a wide variety of local and western cuisine infused with Coriander Leaf's signature flavours. For the first time, the team has introduced 'Nourish' – a new section of the menu which features numerous entrees specially crafted to feed the mind, body and soul. Keeping nutrition and taste in mind, this health focused section offers many tantalising options for vegans and gluten-free diners.

A wide array of cocktails, craft and draft beers are also available and serve as the right accompaniment for some fun under the sun.

Refer to Page 42 as we reveal The Paddock's best-sellers and our members' dining experiences here. ■



Check out the menu here:



Take Note of the Following Before Visiting the Restaurant:

Operating hours: Daily, 8am to 10.30pm (last orders at 10pm)

Book a table: info@corianderleaf.com

Member Dine-in: Daily

Non-member Dine-in: Mondays to Fridays

To Serve Or Not To Serve, That Is The Question

– By Clarinda Tjia-Dharmadi



We live in an age of constant distraction. We are all of us navigating through a myriad of forces battling for our attention, from WhatsApp to waiting calls, from emails to the endless deluge of diary dates. In the increasingly rapidly accelerating pace of life in the twenty-first century, life has a blustering way of encroaching and it can often be easy to lose focus, to forget what matters, to get things a little muddled.

Amidst this clamour, I find the quintessence of bestriding a horse: this mighty, marvellous and most majestic of creatures in which I, and I know many others, find a refuge from the maelstrom of messages – a place of calm and tranquillity, sanctuary and serenity, a place for contemplation and reflection. To me, nothing is more indulgent, more decadently delightful than a rambling ride on horseback – a defiant act of leisure, a delightful slow unfurling of bucolic joys. To partake of the rituals of a hack – or even, dare I say, a hunt – is surely to embrace deceleration rather than speed, to embrace repose rather than the express and expedient. It is imperative to sustaining my élan vital.

When I'm riding, the mounting messages melt away and my senses instantly sharpen. I ignite with a rare clarity of thought and purpose. My wits instinctively turns to friends I've been derelict with for too long; long-festering concerns I've neglected to resolve; long held ideas I've yet to manifest. Riding, in all its iterations, makes my soul rise and run.

“The horse, with beauty unsurpassed, strength immeasurable, and grace unlike any other, still remains humble enough to carry a man upon his back.”

- Amber Senti



Somewhat inexplicably, my mind rather automatically re-orders and reprioritises, placing what is important ahead of what is urgent and putting the long term ahead of the short term. Most of the time, I'm thinking about how to do things right (though my long suffering husband of my mystifying, tempestuous ways, may disavow). But when I'm riding, I start thinking instead about the right things to do.

As a polo club, we've clearly been reflecting on the right things for us to do. I hold that our outreach programme, launched in 2016, is amongst our most important initiatives. And indeed, in these stricken times, it is needed more so than ever. I am plainly and unequivocally for it.

Between us, my husband and I have lived in London, Los Angeles, San Francisco, Hong Kong and Jakarta – but together we have chosen to make Singapore our home where we raise our children. Let's face it: there is nowhere else in the world where we can live in the heart of a vibrant city yet access a thriving polo club and its fine equestrian facilities within a mere few minutes. We're in an extremely fortunate position, being members of this beautiful polo club with its splendid field smack in the middle of Singapore. We simply cannot take that for granted.

As a lawyer with a focus on project development and finance in the oil and gas and energy space, many of my clients work in extractive industries. These businesses take great pains to move beyond corporate social responsibility to build strong lasting relationships with the communities in which they operate. It's what Michael Porter at Harvard talks about as shared value.

Likewise, it's incredibly important that we are actively engaged in the community around us, getting involved, throwing open our doors and reaching out. With our equine assisted programmes and fundraisers for local charities, we are doing the right thing. The most dynamic relationships are built on give and take. This is true whether we are thinking about friendships, marriages, rider and horse combinations or a relationship between a polo club and its community.

In their own inimitable ways, my grandparents and parents showed me that it is in giving that we receive; that service is the rent each of us pays for living. They instilled in me that our lives aren't measured in years; they are measured in the lives of the people we touch. They taught me to think of giving not as a duty but as a privilege. They didn't tell me how to live; they lived and let me watch them do it. Being a part of SPC's outreach efforts is my way of living and imparting these same mores to my children; of sharing



with our community the sustenance so readily bestowed by horses. They accept, they affirm, they assuage – dauntless and delight their simple creed, utterly impossible to impugn or impede.

As Winston Churchill, himself a keen horseman and championship calibre polo player in his day, said: "we make a living by what we get, but we make a life by what we give". These are principles I'm so pleased to see embodied in our polo club. Away from the day to day clutter of emails and endless chatter, these are the things that really matter.

Come join the outreach team in a dazzling array of activities that will showcase our equine friends and children to the community. Watch this space! ■





Professional HPA Umpire and
Qualified Instructor, Tristan Pemble

Tips From The Umpire....

By Tristan Pemble

Photo credit: © www.imagesofpolo.com

There is no part of the world that has not been impacted by the effects of the Covid-19 Pandemic. Polo is no exception and like every other sport has had to adapt in order to make it safer for everyone. As a result the HPA has implemented some rule changes for the foreseeable future to comply with the safe distancing guidelines

in place, to assist with the potential spread of the virus and ultimately save lives.

Rather than give straight TIPS this month I thought it would be better to outline the new rules being utilised in the UK and at HPA affiliated clubs (of which Singapore is one) around the world.

Covid-19 HPA Polo Rule Changes

Changing ends: Changing ends: Teams will now only change ends at the end of each chukka.

Duration of chukkas: Except for the last chukka all chukkas shall be played to the 2nd bell, unless a goal is scored after the first bell, which will signal the end of that chukka.

- If a whistle is blown for a penalty during the last 5 seconds of a chukka, an additional 5 seconds shall be allowed for the execution of that penalty. If "no foul" is agreed, then play shall continue for the time remaining on the clock when the whistle was blown.
- The last chukka will end on the first bell if a team is winning. If teams are tied, play will continue until a goal is scored or to the second bell. The 5 second penalty rule as above shall also apply in this chukka.

Start of play: For the first chukka of a game, the team that wins the toss may choose EITHER the direction of play or a hit-in to start the game from the centre of their own 60 yard line. All subsequent chukkas will start with teams alternating the hit-ins from their own 60 yard line, having changed ends.

Restart after a goal: The clock does not stop after a goal is scored. Play will restart with a hit-in by the defending team from their own 60 yd line, opposite the centre of the goal. The umpire rather than the goal judge will place the ball in this position. After a countdown of 20 seconds, he will call play and the player that is taking the hit-in must do so within 5 seconds without re-adjusting the ball. The opposition must be 30 yards from the 60 yard line when the player is taking the hit-in.

- If the player delays in taking the hit-in, the ball shall be awarded to the opposing team to start play from the same position on the 60 yard line.

Restart of play to reduce line-ups: If play is stopped and the normal result would have been a line up for a throw-in, play is now restarted as follows:

- If a player had obvious possession of the ball and was clearly not being challenged by an opponent when play was stopped a "Fair Play Dropped Ball" will be called. The player that had possession before the whistle will take the shot from the position where the ball was when the whistle was blown. The opposing players must all be 30 yards away when the umpire drops the ball. The ball is considered in play when it hits the ground. If the ball was within the 60 yard line, the Umpire will award a "Fair Play Dropped Ball" on the 60 yard line in line with the spot where the ball was when the whistle was blown.
- If neither team was in clear possession of the ball when play stopped, the umpire shall throw the ball in from the centre of the field towards the boards. Players will line up between the umpire and the boards with a minimum distance of 2 metres between themselves and the umpire as well.
- If the team taking a free hit-in or penalty fails to carry out the correct procedure, the opposition shall be awarded a Penalty 5a from the same spot where the hit-in or penalty was due to be taken.

Ball in play: No player may make any contact with another player until the umpire calls "play". A player may not use his whip until the ball is in play.

The ball is not considered in play until it has either been hit or an attempt to hit at it has been made.

Face coverings: Masks need not be worn by players on the field of play, but shouting by a player without a mask which covers his mouth when in close proximity to another player will be penalised with a Penalty 5a (hit from the spot).

All these rule changes are to minimise contact between players, thereby lowering the risk of infection, by those who may potentially be infected but not aware of it as they are asymptomatic. ■

Joke of the Month:



A horse walks into a bar. "Hey," says the barman. "Yes please," says the horse.

2020 POLO Landscape

Grand Champoins Polo Club, adjusting to the new reality



Adhering to the new regulations; from left to right Grant Ganzi, Juancito Bollini and Nic Roldan

As you pass the rows of manicured paddocks, bucolic wooden fences and pristine laser levelled polo fields, it is hard to imagine that not so long ago this land was home to grazing cattle and swarming horseflies. Now everywhere you look, you are reminded that this is horse country, they are the beating heart of Wellington, a community nestled within the confines of Florida's affluent Palm Beach, which has long had a reputation as a jet-set enclave attracting socialites, celebrities, CEO's of Fortune 500 companies and even Royalty. Each year between December to April the "horsy" Who's Who and a wave of over 250,000 visitors flock like snowbirds to this South Florida hamlet for its annual Winter Equestrian Festival, thereby earning it the moniker of "winter equestrian capital of the world". Since the early 1970's polo, once considered the exclusive preserve of the rich and famous was added to that mix and in the last 50 years, Wellington is now home to some of the biggest polo clubs in the USA and some of its most prestigious tournaments, here polo is not just a sport, it is a way of life.



World Polo League high goal game at GCPC; From left to right, Pablo Mc Donough (10), Rodrigo Andrade (9), Grant Ganzi (2)

Deeply imbedded in the fabric of this Wellington, Florida polo scene is Grand Champions Polo Club (GCPC), a relative new-comer to the block it was only established in 2007, but what it lacks in historical relevance it sure makes up for in style, innovation and inclusivity. Owned by Mark and Melissa Ganzi, who themselves are respected players and high-goal patrons around the world, their passion and attention to detail is evident from the moment you arrive at the club. Set on over a 100 acres between the sister properties GCPC and Santa Rita Polo Farm, it is the largest and most unique polo facility in the area; with 120 stalls in five self-contained barns, an exercise track, five climate-controlled tack rooms, a vet room, staff quarters, guest house and 11 polo fields with state-of-the-art underground irrigation including one field for stick-and-ball and a new parking lot. During the winter, spring and fall seasons they host a wide variety of tournaments up to the 26-goal level as well as offering polo opportunities as diverse as the international flags which line the roadside to their entrance. GCPC has made it their lifelong mission to promote low, medium and high-goal polo, creating and developing new players at all levels of the sport. Their expert staff can customize a complete playing experience including horses, pros and certified umpires where necessary in addition to lessons and practice sessions.

The Polo School, a stand-alone USPA-sanctioned polo club has a unique 'Polo on Demand' program in keeping with the club's vision and created by its President Melissa Ganzi when the club first opened. It is dedicated to teaching polo to all ages, particularly grass roots youth. Its mission is to provide individuals opportunities in polo at every economic and ability level. Scholarships are also available. The Polo School operates in Wellington January through May and September through November. Headed by Director of Operations Juan Bollini, The Polo School has nurtured several men and women polo players who are now playing in the pro and amateur ranks since its inception.

The calm before the storm



Grand Champions Polo Club

GCPC has an open door policy, and everyone is welcome to watch every level of polo in a relaxed atmosphere with food and refreshments during the featured games of the winter, spring and fall tournament seasons. Admission is free except for select special events. If you can't make it there in person you can always tune in to Chukker TV (chukkertv.com) to get your polo fix for free, as all of their tournament games are live streamed On-Demand.

How has Covid-19 affected this thriving enterprise? In March when the CDC recommended social distancing, Grand Champions Polo Club took immediate precautions by limiting spectators to both GCPC and World Polo League scheduled games. As COVID-19 concerns grew Grand Champions Polo Club decided to shut down polo completely, in an abundance of caution while complying with local CDC guidelines.

This shut down continued through June when players and staff traveled to Aspen, Colorado to play at the sister club, Aspen Valley Polo Club (AVPC).

Players and staff were tested in 3 rounds at Grand Champions Polo in Florida from March to June and have been tested from June to date at the Aspen Valley Polo Club facility. Testing will continue at both clubs throughout the pandemic to ensure the utmost safety. While admission is traditionally open and free to the public, the COVID-19 pandemic has forced Aspen Valley Polo Club to close to spectators for the 2020 summer season. Depending on the guidelines, when the season resumes in the fall at Grand Champions Polo Club, a decision will be taken whether to continue playing behind closed doors or once again throw them open to spectators. For further information go to (www.gcpolo.com) ■



GCPC President Melissa Ganzi on the move

“Although these are difficult times, I feel hopeful for the future of polo and more specifically the World polo League at Grand Champions polo Club. I am excited for our 2021 season. We have sponsors who have been loyal and are looking forward to seeing polo continue at GCPC.”

- Melissa Ganzi, President of Grand Champions Polo Club



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Stepping Across The White Line

With 6 goal England polo player and coach Malcolm Borwick

By Karen Kranenburg

Malcolm Borwick's grandmother played in the first ever ladies England polo team in 1924, so polo blood runs deep in his veins. The historic connection aside, when he started out he knew absolutely nothing about the game as his father initially had not encouraged the tradition as he was not keen on him getting sucked down what was considered an expensive rabbit hole. Despite his obvious talent, instead he took the non-traditional route for a polo player and went on to study Philosophy/Psychology and Spanish for a joint degree at Durham University (this would be considered Ivy League in the USA), good looks and charm to boot make him completely disarming. But polo is a demanding mistress and eventually the irresistible lure of the game propelled him into a professional career. But this is no Playboy, Malcolm is passionate about polo, and certainly knows his "onions", and has worked hard to perfect his craft. In the intervening years he has played polo with Kings and Princes, represented his country to glory and traversed the globe from Auckland to Buenos Aires as a professional player and now coach preaching the polo "Gospel according to Malcolm" to willing disciples. The Royal Salute Ambassador and 6 goal player is one of England's highest handicapped players. Here he gives us an insight on getting started on his polo journey and potentially yours.



Donning the "Rose" for the honour of playing for England



Malcolm and the next generation of polo players



The glory for England, winners of the 2012 Coronation Cup. From left to right Malcolm Borwick with his team-mates Luke Tomlinson, Mark Tomlinson and James Beim.



Every player dreams of playing on this hallowed ground. In 2008 Malcolm on the move for England at Palermo ahead of the world Number 1 Adolfo Cambiaso.

What age is the best age to start playing polo and why?

MB: I fell into polo when I was 10yrs old, by complete chance! A friend of mine recommended me to a local Pony Club branch as a potentially good candidate to play polo, so they rang me out of the blue and asked "if I wanted to play polo tomorrow?" I think my answer was, "What's polo...?" Anyway, my father explained that it was a ball sport on horses and the next day we went off to Rutland Polo Club to have a go.. The rest as they say is history!

When did you get started and what inspired you to become a professional polo player?

MB: I was very lucky to be supported from a young age by the HPA (Hurlingham Polo Association) and was awarded scholarships under the HPA fast track system from the age of 14-18, that gave me an insight into the sport and access to some of the world's best coaches. I honestly had not thought about being a professional player until aged 19 on my gap year Pancho Marin Moreno sat me down and asked me if I could Patron a team, to which I said, "No!", "So you have to be a professional then!" was his response, "Do what I tell you for the next 2 months and I might give you a job!" And that was my big break...

When you started to play, after the Pony Club what was your progression?

MB: I played in the Pony Club, then at Kirtlington Park, I also started a polo team at my school, Radley College, by 18 I was already getting offers to play professionally. It was a fairly well trodden path for young English players back then, I think in my generation we all played Pony Club Polo, it was a low cost entry point and a great way to spend the summer holidays.

In the later years what was the highpoint of your professional career?

MB: Without a doubt playing for England, some kids grow up wanting to play for Manchester United rather than England, but I was always captivated by International sports. I remember aged 14 walking out onto the Palermo Number 1 field in Buenos Aires and swearing that one day I would play for England on that field, and somehow 20 years later that dream was realised. I have been lucky enough to play for England at all levels, in World Cups, in 8/14 and 28 goal polo, and nothing motivates like donning the "Rose"!

What is the most important first step when it comes to learning to play polo?

MB: The most important step, is to try.. Many people believe it is too hard, challenging, technical or expensive. I would question all of those beliefs and say that you have to give it a go. Step over the white line, you will never regret trying....

And the step after that?

On a more serious note, after that, it is about hours of repetitious practice with good coaches.

As a well respected coach, would you share with us some of the techniques you use to get the best out of beginner players?

MB: The best coaches find analogies that make sense to their pupils. You have to speak the language that the client understands, I cannot use the same terminology for a child as I can for an adult. Or try to explain to a millennial that when riding, your left hand operates like a "joystick", they just look at me blankly.

When I am teaching, I am very technique focused from early on, as bad habits are hard to undo, and will put a limit on your final handicap. I sometimes get a little heavy handed with that! Sorry!

What is your advice for players learning to play polo?

MB: I think you have to focus on riding skills as much as hitting skills to begin with, and seek advice from lots of different sources, GAVSAYS is an online platform hosted by an old coach of mine who is fantastic, so fill your hours with ideas from all corners of the globe, you don't need to take all home with you.

What is your advice for those who have already taken that first step but want to improve their game?

MB: I am a believer in setting goals and working hard towards them. So get hold of a coach, set some targets and dedicate some time to achieving them. ■



Alex de Lisle, HRH Duke of Sussex, Malcolm Borwick and Satinder Garcha with Dr. Who actress Karen Gillan at the prize presentation for the Royal Salute Sentebale Polo Cup in Singapore in 2017



Talking tactics and technique...

El Señor

Héctor Zappala; the mallet maestro

By Karen Kranenburg

“It’s pure craftsmanship, I can produce a million mallets, but no two mallets will ever be exactly the same”.....



The Maestro himself; Héctor Zappala

Sitting at the side of a polo field in Pilar, I once heard Héctor Zappala described as the “God” of polo mallets, the many devotees of this sport who carry his “tacos” would surely agree with that sentiment and quite appropriately he even has the Vatican seal of approval for “El Papa”, as the Pope is affectionately known in Argentina is the owner of a Casa Zappala mallet too.

In the polo world Héctor Zappala is considered a master craftsmen of the highest order, his distinctive hand crafted mallets are used by the likes of Adolfo Cambiaso, the world No.1 and most of the other 10 goal handicapped players, who have come to rely on his skills to give them the edge with a much needed tool in the game of polo.

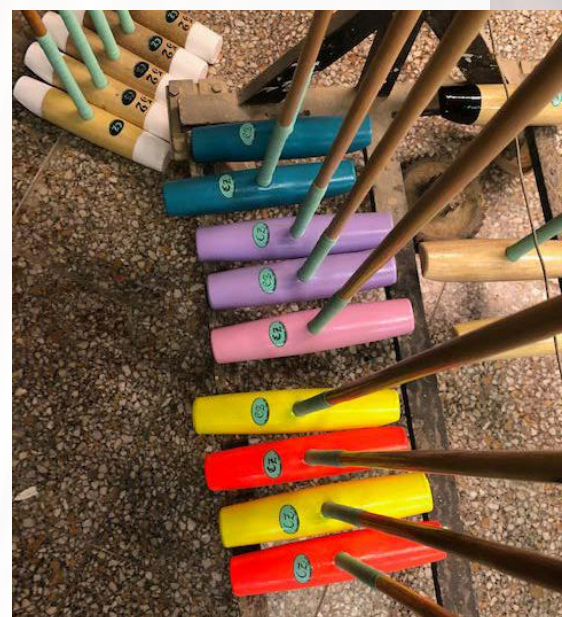
To Zappala making polo mallets isn’t just a business, it’s a love affair like no other, and one that he has had a passion for, for almost 40 years. This might go some way in explaining his success as he is so engaged with his craft. However, you might almost say he was an accidental tourist. Polo as we know in Argentina is

very much a game passed down from generation to generation, Héctor Zappala’s parents came to Argentina from Italy to escape the horrors of the Second World War, so their focus was about building a new life in a new country from scratch, polo wasn’t exactly on the young family’s radar. Héctor stumbled into the job with a master mallet maker when he was just 25 yrs old, initially he wasn’t allowed to touch the canes, his job was filing down wooden polo balls until they were smooth. Over the years he intently observed his mentor honing his craft. When the master mallet maker died with no apparent successors, Zappala decided to take a leap of faith and Casa Zappala was born; the rest as we say is history!! Now Zappala is the maestro, and he is actively involved in the making of the mallets, from the selection of the raw canes to the finished product.

One might wonder how you get from accidental tourist to God in such a short space of time. From the start of this new enterprise Zappala knew that he had to distinguish himself from his established competitors. So instead of waiting for the players to come to him, he went to

them, traveling the length and breadth of Argentina to polo tournaments not only to introduce himself but his mallets as well. This personal touch is still very much evident in the Casa Zappala (now Casa Zappala e Hijos) business to this day.

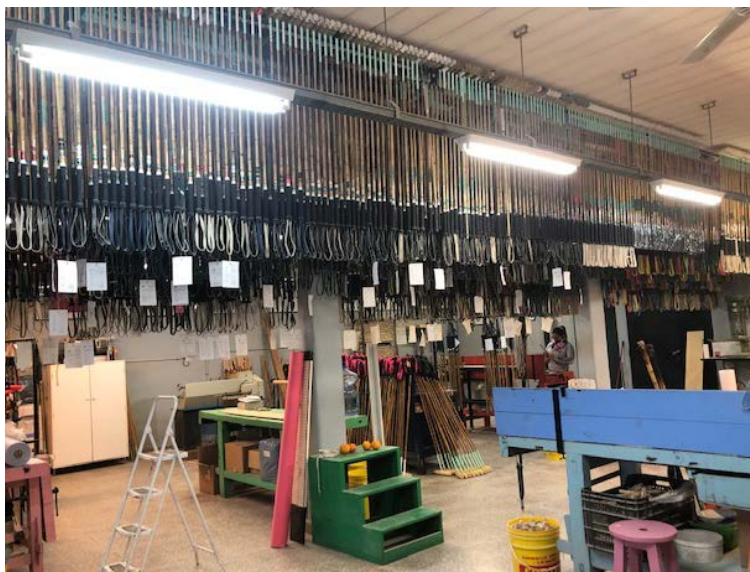
He also added a unique feature that made his mallets coveted, something still clearly recognizable on polo fields around the world. Azul Marino, the distinctive mint coloured tape wrapped around the base of the cane just before the head of the mallet (cigar) that is the Zappala signature. One that eventually brought him to the attention of a young Cambiaso who subsequently asked him if he could also customize the cigar for him, Héctor agreed, and after that he realized he had a niche opportunity and “started asking every customer for their preferred colour”, something which he continues to do today at no extra charge. By the time his competitors came to this particular party, Zappala had already left with most of the important guests. He then went next level rather than settling for just bulk buying any old canes, he went in search of perfection.



Brightly coloured customised Zappala mallets



The raw canes on arrival in Argentina at the Casa Zappala factory in Buenos Aires



The finished mallets with their distinct signature

The best types of canes for making polo mallets are RATTAN canes which are found in Malaysia, Indonesia and Singapore. So two or three times a year Héctor and his son travel to Asia for Step 1 of the process, they go through over 30,000 canes each trip and test them for their flexibility and stability "what we look for in a cane is balance and we try to imagine that cane transformed into a mallet". Only about 10% ever make the cut, they will select 3000 – 4000, and every cane will make just one polo mallet. The canes are then shipped to Argentina and there the magic begins.

First they are baked in an oven to strengthen them, they are then put on a gas flame to straighten them before the cigars are attached. Zappala uses Argentinian TIPA wood for this component "we store them for about three years before they are used, we cut them at different sizes and weigh them, later we choose them based on the customers selection". Assistants then wrap the grip, the signature mint tape around the canes and finally paint the cigars. Despite the fact that Casa Zappala e Hijos, employs 14 people, and makes 10,000 mallets a year, Héctor Zappala himself assembles the canes and cigars into mallets before they are varnished. It takes 3 days to assemble from start to finish. Some might say a truly labour intensive process, as these are genuinely hand-made and not mass produced.... works of art certainly made with love definitely!

At Casa Zappala, Professionals and players alike can come to the factory in General Rodriguez in Buenos Aires to select their own canes for a custom product based on their preferences,

"we try to please the customer by listening to every detail he wants, the movement of the cane, the weight, the grip, these are all ingredients that we have to get from him so we can make the perfect mallet" along with Zappala's recommendations, "we advise players to play with a comfortable mallet, otherwise, if the player does not feel right when he holds it, he will not be comfortable when he is playing". This service he says is offered "to every polo player no matter their status or handicap". But this is not a one size fits all process "I like to connect with my customers to "sense" them, I need to have eye contact to understand what each individual customer wants and the type of player he is". This type of holistic approach may sound rather new age, but it might be the secret to his enduring success and explain the reverence in which he is held by so many after all these years. ■



Another part of the custom process is the selection of the colour of the handles



Casa Zappala Mallets on the field.... you can't miss the distinctive Azul Marino

Performance **VS** Perfection

From Embryo Transfer To Cloning

By Julio G. Oriol DVM, MSc, PhD
Equine Reproduction Specialist

At the end of the 1980's, the first polo ponies were born via embryo transfer (ET) in Argentina. This method of assisted reproduction was promoted by Martin Reynal, a successful polo pony breeder and past President of the Argentine Polo Association (AAP). At that time, I visited Argentina from Canada with the intention of organizing the 3rd International Symposium of Equine Embryo Transfer. One might say that my idea wasn't warmly welcomed, and I met with some resistance from breeders, especially thoroughbred breeders. However, thanks to support from the Argentine Veterinary Equine Association and a group of veterinarians interested in equine reproduction, the conference went ahead.

The cover of the book of the resulting conference was a scene from the Argentine Open, a decision that was made jointly with Professor W.R. "Twink" Allen, the global pioneer of ET. We both believed that polo ponies would be the biggest beneficiaries of this method of assisted reproductive technology. The conference also gave pioneering knowledge to many Argentine veterinarians who had just started using assisted reproductive techniques. The rest as we say is history.

Now, 28 years after that conference, almost all of the breeders understand the huge positive impact that ET has had in the genetic selection of polo ponies. There is a

presumption that the genes that give the ability for playing polo to the ponies are largely inherited. The empirical proof that the best mares produce the best offspring is easy to see in the catalogues at the horse sales. With time, the ET process has become more efficient, the use of frozen semen has increased, the success rate of frozen embryos, and foetal sexing and semen sexing have also all increased. As a result, the quality of the breeding population has improved, and polo ponies seem to be so much better than in the 1980's.

It is not just on the playing field that one sees these results. At equine reproductive forums worldwide, Argentine vets are at the forefront of developments in ET, akin to polo itself, where almost no team can win without some links to an Argentine player.

When in 2003 the first equine clones were born, people began to look to polo ponies as the ideal horse to clone, partly because the polo pony breed associations were so open to assisted reproduction techniques, and partly because as previously mentioned, the high inheritability of polo playing genes.

The first commercial clones were produced in France by Dr. Eric Palmer's Cryozootech. There, the greatest implications were for the world of Showjumping. The firm had tremendous problems in registering the cloned horses, under a cloud of controversy. It was not until July 2012 that the Fédération Equestre Internationale (FEI) authorized

the competing of clones and their offspring. Despite this, many breeders still maintain that horses should be bred in fields, not in labs.

But let's get back to polo. The Argentine Polo Breeders Association (www.criapoloargentino.com.ar) has always looked favourably on the concept of cloning. It is likely to be the only breed association in the world that never opposed it. For example the AQHA (American Quarter Horse Association) which now allows the process, had at one stage 86% opposition in a poll done by the Association. Bit by bit the various Associations around the world have started to allow the registration of clones, with the exception of one, the Thoroughbred Breeders Association, where every method of assisted reproduction is banned, even down to the simplest of all; artificial insemination.

At this point though, the cloning process was still extremely inefficient. The clone begins with the oocyte. These formed the chamber in which the collected cells from the horse to be cloned were placed. The oocytes are collected from ovaries which are obtained at the abattoirs. It took around 500 equine ovaries to clone just one horse. This required a lot of slaughterhouse material for the process to work. The United States of America had banned the slaughter of horses in abattoirs, which by default put Argentina on the map, as around 200,000 horses are slaughtered in the country

Clones of mare Virolita





Adolfo Cambiaso on Sage, the first clone to play in the Argentine Open

every year. Therefore, a lot of raw material could be obtained in Argentina for the “manufacture” of clones in large quantities. Once the embryo was created in the lab it was once again transferred to the mare. Argentina now has many ET centers with good numbers of very well synchronized recipient mares.

In 2010, Adolfo Cambiaso, probably the best polo player in the world, in association with Crestview Genetics in the USA, was the first to clone a polo pony. The clones were created in the USA and then sent to Argentina once they were born, to be raised and backed.

Also in 2010, a group of Argentine scientists led by Dr. Daniel Salamone of the University of Buenos Aires produced the first non-commercial equine clone in South America. The technique used was very novel, and improved the efficiency of the cloning process. This led to his recognition by the prestigious journal, *Biology of Reproduction*. The Editors put the story on the cover, an honour akin to winning the Open. Their work was also further progress for the Argentine equine industry.

One of the students of Salomone's group is Dr. Gabriel Vichera, the co-founder along with entrepreneur Daniel Sanmartino of the most successful cloning company in the world, Kheiron (www.kheiron-biotech.com). This company has since improved the cloning method even further making

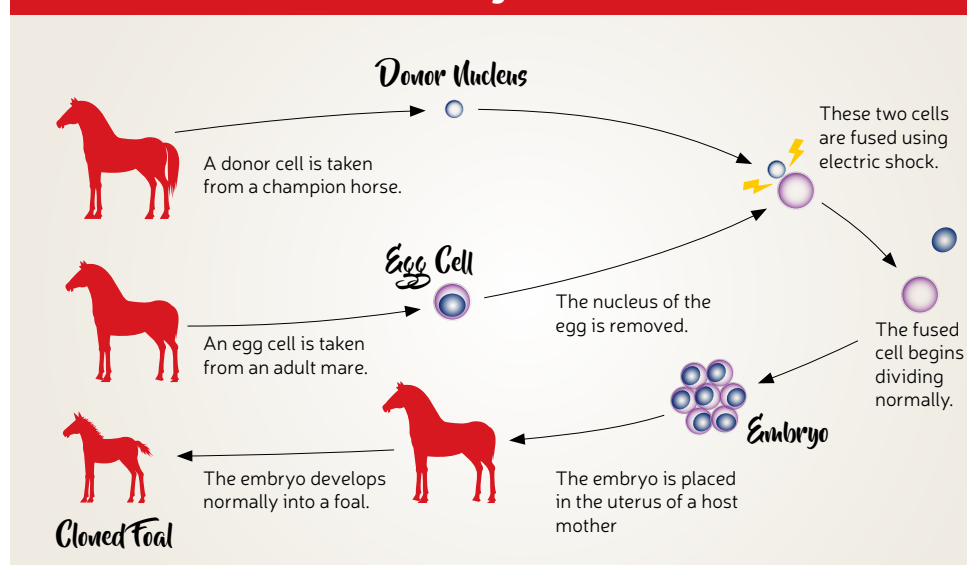
it way more efficient than the clumsy earlier process. They have produced up to 12 clones, copies of the same horse, in the same year. In a few years, they have managed to replicate all the best polo ponies in the world. Today, all the top polo players have at least one cloned horse in their stables. One might ask why? It appears as though a cloned horse is able to achieve a higher level earlier in its process of development than a horse which has been bred through traditional methods, thereby making the production of a quality

polo pony now faster than ever. Adolfo Cambiaso's best polo pony, Cuartetera, has 6 copies (named 01-06) that have played in the prestigious Argentine Open. All of them, are as good as the original Cuartetera, if not better and some over the years have been bestowed the honour of winning the gong of best playing pony in this, the top tournament in the world.

In the past few years, we have seen a boost to polo that these clones of the top ponies have brought. With all certainty the Argentine polo pony will continue to be the leader on the international stage thanks to the players and the support of a group of breeders, breakers and vets that have made the breeding of polo ponies an art form.

Maybe science cannot beat art, but it can certainly lend a helping hand. ■

Cloning Process



About Dr Julio G. Oriol

Julio G. Oriol, graduated as a veterinarian from the University of Buenos Aires, Argentina, he then went on to do his Master of Sciences at Cornell University and finished his PhD at Guelph University. During his graduate work Dr. Oriol performed critical research on early equine development which includes the chorionic girdle and the equine capsule. After a couple of years in the Dominican Republic working at a family-in law enterprise, Dr. Oriol returned to veterinary medicine working in the Middle East, first as a veterinarian and then as Veterinary Advisor and Manager for HH Sheikh Zayed Bin Sultan Al Nayhan, a position he held until the death of the Sheikh in 2004. Dr. Oriol has published more than 25 scientific research articles, some of which have had a unique impact in the development of equine embryo transfer.

ANANTARA DESARU COAST RESORT & VILLAS

*BRINGS AUTHENTIC LUXURY
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Anantara Desaru Coast Resort & Villas – Anantara Hotels, Resorts & Spas' first luxury hotel in Malaysia – has opened its traditional kampong doors, ready to welcome discerned travellers to the golden shores of Malaysia's south-eastern coastline with authentic Anantara luxury and indigenous-inspired hospitality.

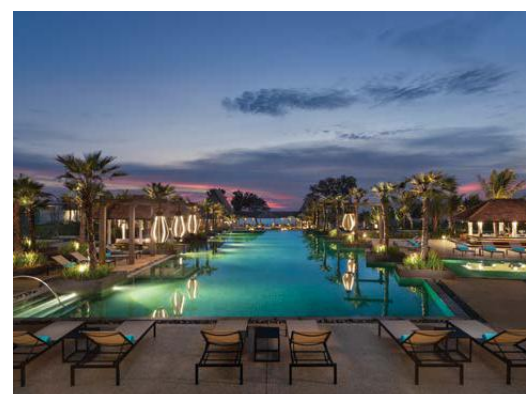
Anantara Desaru Coast Resort & Villas is located along a pristine 17-kilometre beachfront facing the South China Sea, in a new high-end resort development that offers a range of luxury accommodation nestled in lush tropical gardens.

For those who seek a superior holiday experience that can be as spirited, laidback or personalised as their heart and soul desire, the new-build resort offers a serene luxury seaside escape where adventurous voyagers and armchair travellers alike can enjoy first class services – from plush contemporary surrounds to gourmet meals and bespoke experiences.

Desaru Coast, Malaysia's rising-star luxury resort destination, is located in Johor Darul Ta'zim and spans over 16 square kilometres. It is near Iskandar Malaysia and is easily accessible via a 45-minute drive from Malaysia's Senai International Airport (JHB) and a two-hour drive from Singapore. Additionally, visitors from Singapore can travel to Desaru Coast by ferry, followed by a short drive.

The resort's 108 accommodations comprise 90 tastefully decorated en-suite deluxe rooms in low-rise traditional Malay buildings that overlook the gardens, lagoon and ocean. They are adorned with indigenous materials and fabrics, such as woven textiles, renowned Malaysian wicker elements and silhouettes of traditional Malay crafts.

Thirteen stand-alone double storey luxurious one- and two-bedroom pool villas are located around a lagoon. Their design draws heavily from traditional kampong houses that are designed to suit the tropical Malaysian climate with floor-to-ceiling windows, slanted carved





wooden panels, louveres and vents under the roof, and wide-open doors that allow natural airflow to cool the interior.

Five expansive family sized three- and four-bedroom residences offer guests utmost privacy with an infinity pool, spacious contemporary living areas, full kitchen and chef and butler service.

Dining at Anantara Desaru Coast Resort & Villas is a gastronomic nod to fresh coastal dining with an array of options ranging from freshly caught seafood to flavours from across Asia and gourmet international dining, to Dining By Design, Anantara's signature private dining experience in exotic locales.

The resort's signature alfresco beachfront restaurant, Sea.Fire.Salt., specialises in succulent grilled seafood and steaks served beachside, poolside, or adjacent to a show kitchen where diners can enjoy the action as the chefs demonstrate their culinary flair.

The Turmeric restaurant serves authentic local Malaysian fare and delicious Thai, Chinese and international cuisine. Menu highlights include Nasi Lemak that is considered Malaysia's national dish and comprises rice made fragrant with coconut cream and pandan leaves – the light meal is traditionally accompanied by



fried anchovies, sliced cucumbers, fried fish known as ikan selar, and a sweet chili sauce, and Otak Otak, grilled Malaysian fish cakes served in a banana leaf.

The elevated Observatory Bar is set to become everyone's favourite hangout spot, enjoying 360-degree views of the lush resort and ocean and an extensive range of top vintages and spirit, and imported cigars.

Two swimming pools offer refreshing freshwater alternatives to the azure ocean, while kids and teenagers alike can laze the day away playing the latest high-tech games or partake in cross-cultural educational activities in separate dedicated clubs.

A signature Anantara Spa and well-appointed health and fitness centre offer wellness fanatics and adrenaline junkies a welcome respite to relax or reinvigorate. Here signature experiences include a 90-minute The Roots of Malaysia Massage treatment that combines the healing traditions and techniques of Malaysia; and a 120-minute Golfers' Remedial Massage that focusses on sore areas that are a result of repeat movements, and features firm pressures combined with a signature oil blend to release tension and stimulate blood circulation for overall release.

Attractions in the area include The Els Club Desaru Coast that comprises two beautifully manicured golf courses that feature 45 holes in total: Ocean Course, a 27-hole golf course designed by four-time major champion, Ernie Els; and Valley Course, an 18-hole golf course designed in collaboration with another major champion, Vijay Singh.

Guests at Anantara Desaru Coast Resort & Villas can also partake in luxury leisure and sport adventures, including diving and island hopping. Heritage and food tours of Johor Bahru and eco tours of the local area are also on offer.

Additionally, an adventure waterpark; a waterfront retail village and a conference centre make Desaru Coast a premium integrated destination resort and one of Malaysia's most anticipated new tourism developments.

Rates at Anantara Desaru Coast Resort & Villas start from USD 222 per room per night, inclusive of breakfast; rates exclude six percent Sales Service Tax.

For further information or to make a reservation, contact +60 7 8280 888 or desaru@anantara.com



What's In Store For Riders!

A sneak preview of our riding arenas at the academy that our riders can look forward to.

▼ Covered Arena

Our covered arena is a perfect venue for your riding lessons, while being sheltered from the blazing sun or pouring rain. Parents can also sit at the benches located around the arena to watch their little ones at practice.

Size: 2394 m²

Used for: Show Jumping and Dressage competitions, Riding lessons



▼ Jungle Trail (inside the club)

Our jungle trail, which starts from behind the farrier's shed, offers riders an escape through a serene lush forestry backdrop and doubles up as a great way for families to bond together.

Distance: 2 Km

Used for: Trail rides, Horse walking



▲ Small Arena

Ideal for young and beginner riders, this arena is a great venue to practice your riding skills.

Size: 416 m²

Used for: Riding lessons, Lunging and Pony Rides



▲ Top School

Located behind the small arena and next to the jungle trail is a popular arena for show jumping practices and competitions. Sheltered seats for parents and spectators are available next to the arena.

Size: 2976 m²

Used for: Show Jumping and Dressage competitions, Riding lessons



▲ Trail Ride (via Bukit Brown Cemetery)

Leisure ride that offers breath-taking views, with starting and ending points at the Club allowing riders to walk their horses within Bukit Brown cemetery and in the vicinity of the Club.

Time taken: 1 hour

Used for: Leisure rides

Way To Go...

Say hello to some of our young riders who have raised a level in their riding in the past few months. Horse riding is no mean feat and the Singapore Polo Club is so proud of them for having a positive mindset and taking in advice from their instructors as they took it in their stride to improve further. We wish them all the very best and hope to see them scale greater heights! ■



From left to right: Emily Powell, Maya Matheson, Isabelle Webster, Miranda De Matos, Anaaya Deshpande and Nikhel Ming

Here are

7

Tips That Will Help Improve Your Riding:

1. Stay focused in the moment and take cues from your horse.
2. Bond with your horse; know his or her traits and work towards building a strong foundation that will be essential for both of you to perform better during lessons.
3. Be confident .
4. Leave distractions behind when heading for riding lessons and concentrate solely on the lesson.
5. Avoid overthinking and analysing- work towards connecting with yourself and things will fall into place.
6. Avoid being a perfectionist as that will put a strain on you, hindering your improvement.
7. Simply have fun instead of being goal-centric.

**The Riding Academy
is on Facebook!**

Scan the QR code below to
view the exciting happenings
at the Academy!



Meet the *Heroes* of our Riding Academy

Our riding school ponies and horses play a pivotal role, assisting many of our riders with their riding goals at our Academy, and have warmed the hearts of many in the process.

Check out the cheeky grins:



Akermanis

Thoroughbred
20 years



Bandit

Shetland Cross
20 years



Boa

Conamara Pony
12 years



Boris

Welsh Cob
17 years



Brownie

German Pony
14 years



Cassie

Holstiner Mare
17 years



CJ

Irish Sport Horse
12 years



Cupcake

Australian Pony
19 years



Dandy

Conamara Pony
10 years



Delmonte

German Pony
13 years



Destination

Conamara Pony
19 years



Dimples

Australian Pony
11 years



Guinness

Conamara Pony
15 years



Joey

Irish Sport Horse
16 years



Kane

Irish Sport Horse
8 years



Keepsake
Australian Pony
17 years



Lady
Irish Draft Cross
12 years



Lily
British Riding Pony
9 years



Lisco
Australian Pony
12 years



Malcolm
Thoroughbred
15 years



Maverick
Thoroughbred
17 years



Mimo
Fjorhest
24 years



Mo
Holsteiner
18 years



Mr Percy
Holsteiner
12 years



Ollie
British Riding Pony
19 years



Rambo
Irish Sport Horse
9 years



Rascal
Irish Pony
13 years



Rebell
Belgium Warmblood
14 years



Rev
Belgium Warmblood
19 years



Shadow
German Pony
14 years



Shady
Irish Pony
13 years



Sharpy
Irish Sport Horse
13 years



Sidan
German Pony
14 years



Sir James
Danish Pony
17 years



Sonny
Australian Pony
17 years



Sugar
Irish Sport Horse
15 years



Tiptoe
New Forest Pony
15 years



Toby
Australian Pony
19 years



Tyrion
Irish Sport Horse
13 years



Venice
Warmblood Cross
11 years

PONY ACADEMY



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- Wholesome outdoor activities, set in a safe and fun environment for children ages 6 – 12
- Classes are 45mins each and held on Tuesday, Wednesday, Friday & Sunday
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* 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



Anaaya and riding school horse, Boa

Twelve year old Anaaya's first riding stint was eight years ago, before joining our Academy four years back at the age of eight. She is happy that the friends that she has made at the Club love and enjoy talking about horses as much as she does. "I love the competitive spirit in everyone. Even though we compete against each other during competitions, everyone encourages and helps one another."

Anaaya, who presently jumps up to 85cm, mentions that being a part of the Club and Academy for some time has enabled her to train under different instructors. "I really appreciate each instructor's personality and how each one motivates and teaches me something different" she says.

The energetic young lady trains five days a week usually consisting of three jumping lessons and two dressage lessons. On days leading to competitions, she takes up extra ad-hoc self-rides and private lessons for that extra boost. To solidify her focus on riding, she gave up swimming in her school squad and uses her break times in school and her bus rides back home to catch up on her homework. Being a 6th grader is no mean feat, as she has to juggle between school, riding and personal time. Weekends are spent trying to get ahead of homework deadlines. But Anaaya is willing to brave it all, so she can continue riding!

In this issue, Anaaya Deshpande spoke to the editorial team on her unique and exciting experience in helping to retrain a horse named Smoothie during her summer break, in The United States of America (USA). She also shares more about the friendships she has forged at the Club these past years.

She shares an interesting experience from her summer break in 2019, "My old instructor wanted me to help retrain a horse named Smoothie as she wanted to teach me mental toughness and training skills. It was decided that having me ride and train Smoothie would achieve those goals for me. It was a steep learning curve for both Smoothie and me. There were many days when I was ready to give up. However, by the end of the summer, Smoothie was a much more confident jumper and I was very happy to have played a big part in his progress."

Anaaya, who enjoys a lease on riding school horse Dandy, also enjoys riding many other ponies at the Club. Cupcake and Boa will always be her favourites as they both have unique temperaments. "I learn something new from them during every lesson and competition" she says. Her riding idols are Beezie Madden and McLain Ward, who ride for the US Olympic Show jumping team. Apart from them, she also admires the Academy's instructors and her fellow riders at the club, who push her to be a better rider every day.

Having ridden for a few years now, Anaaya thrives on competing. She has participated in most of the interclub and training shows hosted by the Club. In addition, she has also participated in overseas competitions in



Anaaya and Smoothie



Anaaya and family during a holiday at Margaret River, Australia

Rochester, New York as well as the Vermont Summer Festival, a regional competition in the US where she was the reserve champion.

Her riding also took her to several different places around the world including the United Kingdom, Australia and Canada. Anaaya, who hopes to start competing in the National competitions for both dressage and showjumping in the future, shares that one should put their heart into riding and should be passionate about the sport, otherwise they may never be as good as they want to be. Her eventual goal is to enter the Youth Olympics and hopefully, the Olympics for showjumping.

The team at SPC would like to wish this fine lady all the very best and are glad to be a part of her learning journey with the Academy! ■

A Common Love for Hooves

The editorial team spoke to Mr Kenneth Li and his wife, Maggie about their passion for horse riding and how the family of five shares a common love for horses.

Read on to find out their favourite venue at the Club to “horse-watch”, their thoughts on the Club’s redevelopment and the one food item on The Paddock’s menu that never fails to be on their table when they dine in.



Kendra and Tip Toe



Kendra



Family ski

About The Family And SPC

Q. How did the family get to know SPC and the Riding Academy?

Kenneth: Our daughters were already students of Laurent Ruelle when he was formerly teaching at another riding club, and we followed him to SPC upon his move to the Riding Academy.

Q. Was it a challenge to fit riding into the family’s schedule?

Maggie: Not really as we live just five minutes away from the Club and the girls attend St. Joseph’s Institution International (SJI) which is just across the street from SPC.

Kenneth: My office is in the Central Business District. We spend lesser time travelling for lessons since the Riding Academy is right in the middle of the city. More time equates to more riding lessons (it’s a straight winner with the girls).

Q. Tell us more about the family.

Kenneth: We are a family of 5 with 3 kids (all girls) — Audrey, Kendra and Kate (12, 11 and 9 years old respectively). My wife is a full-time mom and I’m a hotelier.

About Their Equestrian Journey

Q. How did everyone begin their riding journey and when did it become a family affair?

Maggie: The kids started riding during the Christmas holidays in 2015. That year, we did not go on a holiday as our dog was sick and we decided to stay in Singapore to be with him. I started riding last summer at a riding hotel outside of London and joined Kenneth and the girls on a hack. Upon returning, I started taking lessons at SPC and that is how horse riding became a family affair to us.

Kenneth: I started riding in 2016, a few months after the kids started as I was sick and tired of just standing around watching them at their lessons; so I decided to join in too, and I have been riding since.

Q. Do you have any overseas riding experiences to share? What’s the difference between riding here in SPC compared to overseas?

Kenneth: We did some riding last summer while we were in London. The biggest difference is probably the availability of space; in and around London, we could go for long hacks and there was a lot of space for the horses to stretch.

Q. Does the family have a favourite horse/horses in the club?

Kenneth: I enjoy riding different horses so I do not have a favourite horse at SPC yet.

Maggie: The girls and I have our favourites at the Academy and it is currently 3 way between Tip Toe, Brownie and Rascal, 3 horses that we lease.

Q. Do you have any equestrian goals for the family?

Kenneth: Our initial goal was to be good enough so that we could all go on a hack when we're on family trips. Now that that has been accomplished, our only goal is to enjoy riding and to be in the presence of horses. This is especially true for my 11 year old daughter, Kendra. A phrase she uses all the time is "horses are my life". Kendra started riding when she was 6 and is at the stables 7 days a week riding and caring for her horses.

Their Thoughts On The Redevelopments

Q. What are your thoughts on the newly renovated pool, recently opened pool bistro and other upcoming redevelopment works?

Kenneth: The renovations have created a very nice atmosphere around the pool which is well-suited for families. We also love sitting by the polo field and horse-watching while we eat.

Maggie: Every Wednesday, my three girl-friends and I have our weekly lunch gathering at the Poolside Bistro.

Q. Is there a favourite dish or drink you would like to recommend for readers to try at the pool bistro, The Paddock?

Kenneth: I personally love the burgers, especially the falafel burger. And we always get an order of truffle fries (without parmesan cheese) to share.

Maggie: I love the curry chicken and beef hor fun. Our children love the pizza, fried rice and burgers.

About The Riding Academy

Q. What is the main difference between riding indoors and outdoors?

Kenneth: To me, outdoors provides better visibility; but to my wife, indoors provides protection from the sun. One thing is for sure, SPC's covered arena comes in handy on rainy days.

Q. The kids have joined the Riding Academy, how are they enjoying it so far?

Maggie: The girls are at different levels of riding and have different expectations, but one thing in common is that they are all enjoying and learning a lot from their instructors at the Riding Academy.

Q. Who is the girls' riding instructor and what is his/her coaching style like?

Kenneth and Maggie: Our kids have been with Laurent prior to him joining SPC and we followed him when he came to the Riding Academy, thus a lot of our kids' lessons are with him. Two of my daughters also have regular lessons with Keith. We have had lessons with all the instructors at SPC and have full confidence in having our kids learn from all of them. As they are all



Audrey on Dimple and Kate on Brownie



Riding

experienced coaches, they are very good at adapting their coaching styles to suit each rider. An example is they all demand more from Kendra when compared with Audrey and Kate.

Q. Could you share with readers your thoughts on the jungle trail and the uniqueness of this experience?

Kenneth: The jungle trail is a relaxing, quick and easy escape from the busy city we live in. It is a perfect way to have some "bonding time" with your horse, allowing them to do something different from their day-to-day arena work. Alternatively, it is also a great way to spend a morning or evening in nature with friends and family in the company of our favourite animals.

Q. Any last word to members or the public who wish to take on riding?

Kenneth: Contact the Riding Academy and schedule a lesson as it is never too early or too late to start riding. But be warned as it looks way easier than it really is. In fact, it is one of the most challenging sports I have ever tried to learn as it is one of the few sports where one has to work with an animal. But the joy of riding and the bond you build with these amazing animals are what make this sport so special. ■



Overseas riding

Riding Academy Is Back In Action!

A rainbow emerges after a storm. The 3 month Circuit Breaker in Singapore, that was enforced from April to June 2020, with the goal to curb the spread of COVID-19, resulted in a halt in equestrian activities. Take a look at the precious moments shared between the riders, ponies, instructors and grooms when the Club reopened. Did we say masks, social distancing and hand sanitizers are the new norm these days? ■



Nikki Poh, our new livery girl on the block



*Donning a mask and maintaining a 1 meter distance is the new norm at the Academy
Left: Our riding instructors | Right: Keith and our young generation riders!*



Showering the horses after lessons



Breakfast is served for CJ



Para-olympic rider Gemma Foo continues training



A photo-worthy moment for Edric and his students



Yien Yien coaching her young student



Daniel with Saturday morning jumpers



Training resumes for Zoe Masefield on Maverick



Carrie Cheong happy to be back on saddle



Laurent and his students



Our excited grooms



Natasha Garcha excited to be back with her favourite Mimo

Meet and Hear Some of Our Prep A Riders

Some of our riders in our Prep A category shared their riding journey, future plans and what they like about being an equestrian. Read on to find out more.



Some of our Prep A riders from the Riding Academy with our instructors Laurent and Yien Yien
Not in photo: Scarlett Greenall

“

Having been at the Polo Club for 5 years, I have ridden many different horses, had many falls but had many more high points. I started my equestrian journey by joining the Pony Club at the age of 6. My favourite past time at the Club will be to hang around the stables with my friends and horses. I also watch the older kids at their lessons and learn a few tips.”

– Florence Bradley

“

I started my riding journey with the Riding Academy just over a year ago. Cupcake, Sir James and Keepsake are my favourite ponies. I learned how to ride off the lunge on Sir James and then moved to Cupcake who has helped me to get through my dressage competitions. At present, I am learning how to jump on Keepsake and am loving every second of it. I can't wait to advance in my jumping journey and further bond with many other incredible horses along the way.

– Makeeda Minniti

“

Riding ultimately gives me a sense of freedom and accomplishment when nothing else could. I love the wonderful facilities at the Club and have been taking lessons under Laurent for the past two years. School holidays would always be packed with extra lessons just so I could spend more time with the horses! I have passed my Prep A test this year on my first attempt and can't wait to advance to the next level. Competitions and shows are next on my list.

– Chloe Lee

“

The instructors here really push you to make sure you put together the best version of yourself and get the most out of the lessons. I have managed to become a much more confident rider, thanks to the many different horses at the Academy plus the fact that everyone there is so welcoming and kind. I have always enjoyed riding and I used to wish that I could ride every week and now I am able to. It has always been a dream of mine to do show jumping and I am so glad that I am slowly inching towards my goals.

– Scarlett Greenall

“

“It has been an exciting and interesting riding journey with Instructors Keith and Laurent. I have learnt the basics of caring for horses, riding safety and cantering - though it has not been without challenges. Through the falls and having to manage difficult horses, I have grown to be a stronger rider. Having participated in various EA Prep A Dressage Competitions and the annual Pony Camp, I hope to complete the Dressage competitions in due time and embark on Polo. There is just so much more to learn.”

– Charisse Chin



Sign up for our Junior Academy Programme....

Lessons on Mondays & Fridays

5 to 14 years

4.00pm – 7.00pm

Lessons on Saturdays

5 to 14 years

9.00am – 12.00pm

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Carpet Of Memories

Our Clubhouse has been our constant identity and we have come through a strong 134 year heritage. Here's a walk down memory lane on the evolution of our iconic Clubhouse.



1940s



1955s

1980s





2000s

2020s



Members' thoughts about our newly renovated premise and their fun-filled experiences at the Club:

Having spent 7 years in Hong Kong and recently moved to Singapore, becoming a member at The Singapore Polo Club has been a breath of fresh air. Focusing on something other than work, the stress of everyday life and getting back into riding has been incredibly refreshing. Both Rambo and Kane have been a wonderful re-introduction to the saddle and I've loved every moment. The refreshed club is looking incredible too and I love using it as a base for work, catching up with old friends and making new friends with members." - **Lucy Bennett-Baggs**

We recently joined the Singapore Polo Club so our daughters Lucy and Jessica could take up horse riding again and we saw Singapore Polo Club as the best environment to do that. Above everything else we have been overwhelmed by how friendly and approachable everyone has been from the front desk staff, the club staff, coaches and the members who all say hello and make you feel welcome. Thank you SPC! - **Jon McBride**

We love the Chukka Terrace the most! The service and food is what keeps us coming back. We have some great friends who are members and who I play tennis with every week. We are looking forward to many fun evenings at the club with such a beautiful view of the field with great food and making new friends. - **Shahid Sen**

I have been a member since 2010 and one of my favourite thing to do is take the horses to the lush green clearing at the back of the NEP paddocks in the mornings. It is serenely quiet and peaceful, and being with the horses as they graze to their hearts' content, is so therapeutic and cathartic for me. Although the renovations works at the verandah is not completed yet, it is so refreshing to see some amazing physical changes being done to upgrade and improve the ambience at the club.

We can already see the Paddock Restaurant is going to be a hit with the members and the visitors, it's always so full! - **Hana Abdullah**

Keto Your Way

A ketogenic diet is a low-carb, high-fat diet which involves reducing carbohydrate intake and replacing it with fat. This reduction in carb puts your body into a metabolic state called "Ketosis", a process that takes place when the body does not have enough carbohydrates to burn for energy. It instead burns fat converting them to Ketones, which is used as fuel for energy. Some food rich in healthy fats are salmon, nuts, cheese, red meat and more.

In this first of a series of fitness-related food recipes, our gym operator, Louis shares with readers a nutritious yet mouth-watering Keto recipe that can be prepared with ease in a short timeframe. ■

Benefits of embracing a keto diet:



Supports Weight Loss



Improves heart health



Protects brain function



Decreases chances of acne



Curbs sugar cravings and controls sugar levels (a plus point for diabetics)



Normalises blood pressure

Keto Lemon Garlic Salmon



Preparation time: 20 minutes

Serves: 1

Ingredients:

2 Salmon Fillet (weighing 4 ounce)
1 Lemon
2 tablespoons unsalted butter
2 teaspoons minced garlic
1 teaspoon lemon pepper

Directions:

Season both sides of the salmon fillet with lemon pepper. In a large skillet, melt butter over medium high heat. Stir in garlic and place salmon in pan. Cook for 10 minutes, or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown them evenly on both sides. Squeeze lemon juice on top of fish before serving.

Per serving:

323 calories; 23.9gm fat, 6.9gm carbohydrate, 23.3gm protein, 97mg cholesterol, 301mg sodium



About The Contributor:

Louis is a Certified Master Trainer and Founder of Fitness Ironman and ISSA Academy Singapore, an Official Affiliate of International Sports Sciences Association. He specialises in sports and fitness nutrition, exercise therapy, bodybuilding and personal training. He's passionate about guiding people towards a healthier lifestyle and believes that everybody is unique with their own strengths and limitations ahead of their fitness transformation.



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Good Food = Good Mood

Participants of the "Name Our Bistro" contest were invited to a food tasting session at The Paddock, where they had the chance to sample the popular dishes of the bistro.

The Paddock offers a great selection of food items. Some must-try dishes during your visit here include the Tandoori Chicken Burger, Pepperoni Pizza Overload, Laksa, Fish and Chips and more. Pair them with a varying range of mocktails, cocktails, milkshakes and smoothies as icing on the cake. Take note too! September will be the month The Paddock will kick off "Monthly Specials". Stay tuned! ■



A cosy food tasting session for participants of the "Name Our Bistro" contest



Here's what some diners had to say about their dining experience at The Paddock:

"Beautiful modern concept and I particularly like the Verandah as I can watch a chukka while dining with my friends"

— **Zoe Masefield**

• • • • •

"I'm dining at The Paddock for the first time and I have to say that I really like the atmosphere. The decoration is aesthetically pleasing as well"

— **Roy Ritchie**

• • • • •

"I have dined here a couple of times and my kids love the steaks, fish & chips, burgers and pizzas"

— **Henry Goodwin**

• • • • •

"I've not visited the Club for quite a bit, but walked in to a refreshing change. My favourite food is definitely the Kimchi Fried Rice"

— **Sara**

• • • • •

"The desserts were out of the world for me and I look forward to coming back more often with friends"

— **Kim Nicolson**

Chef's recommendations



Satay Singapore



Kimchi Beef Fried Rice



Chef Iskandar

Exclusively at Singapore Polo Club:



Polo Club Sandwich



Polo Club Nachos



Spiced Melon Mojito



Polo Club Rummer



Choke n Smoke

MONTHLY SPECIAL COCKTAIL

SOUL CLEANSING:

A twist on a classic bramble, this cocktail highlights the best flavour profile of the SoulSister Gin.



The Paddock Bistro

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Aqua Spin Stories

– Laura Gomez

Aqua Spin has allowed its users to reap plenty of benefits, be it mentally or physically. In this first feature, we spoke to regular Aqua Spinner, Laura Gomez, as she shared her workout regime and experiences with the editorial team.

Q&A

1 Did you have any “fears” before your first Aquaspin class?

Yes! I'm a big germaphobe and pools are NOT my friend. But I wanted to face my fears and gave it a go. I told myself I would stick it out for a month... but then I enjoyed it so much that I started going 3 times a week...

I also feared not being up to the challenge. I thought it would be too tough to follow at first but I then realised you can adjust your pace and challenge yourself gradually. It actually didn't take long before I felt like I could follow the pace of the class for the entire 45 minutes.

2 What made you join Aqua Spin in the first place?

As a family, we enjoy riding bikes and do this almost daily. I'm not a fan of running or gyms but I wanted to do some cardio in addition to my normal yoga practice. I had heard about aqua spinning so I thought, once I got over my dislike of pools, it would be a great way to exercise. I read that it was gentle on the joints and that played a big factor in my decision as well.

3 What do you enjoy the most about Aquaspin?

Definitely the team spirit and the fact that it doesn't get boring since each class I do during the week is different. I also like the fact that they go really fast and I feel like I've had a full workout. I'm now part of

the group of regulars and we have great laughs (mostly at our own expense!) with the teachers.

4 Can you name some of the benefits you have experienced working out with Aquaspin?

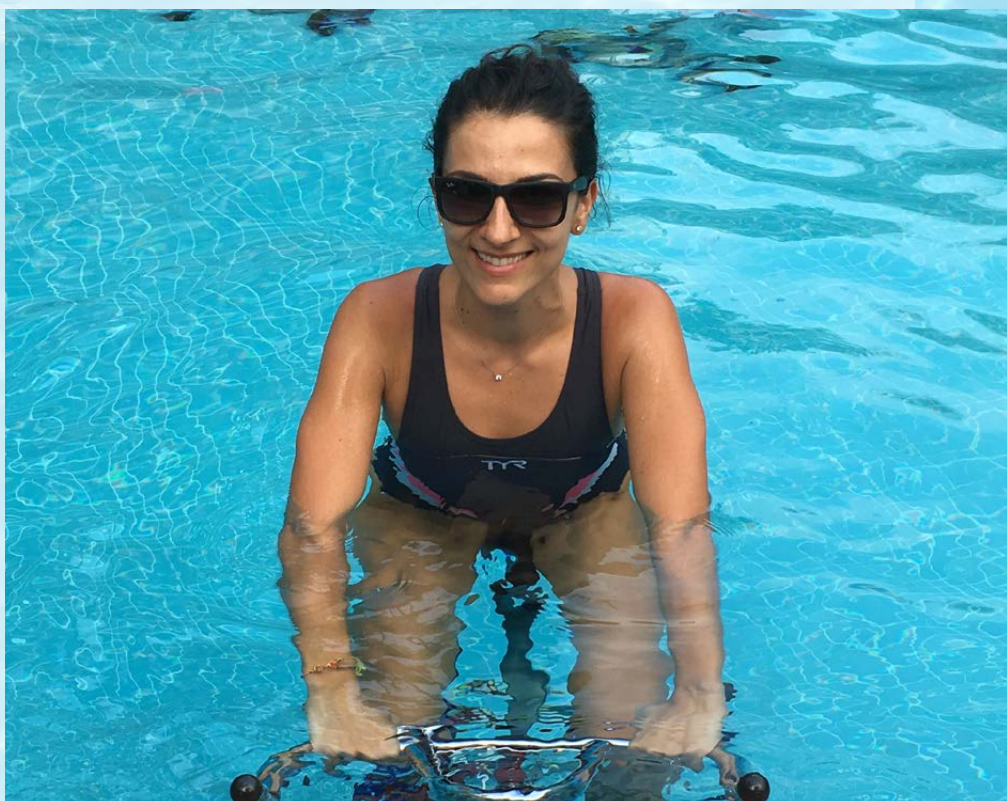
My legs and arms are definitely more toned and I feel a lot stronger physically. I have more resilience so I can spin faster and longer than before. I know it's a good workout because I'm so tired by the afternoon, yet my joints don't ache as they did before when I go for a good run.

5 Is there anything you had experienced with aqua spinning that you were not expecting when you first joined?

I didn't expect I was going to have so much fun doing it or that I was going to get over my fear of germs in pools!

6 Would you recommend Aquaspin to other people?

Definitely! Everyone needs a little push at the right time. Perhaps after the summer holidays...

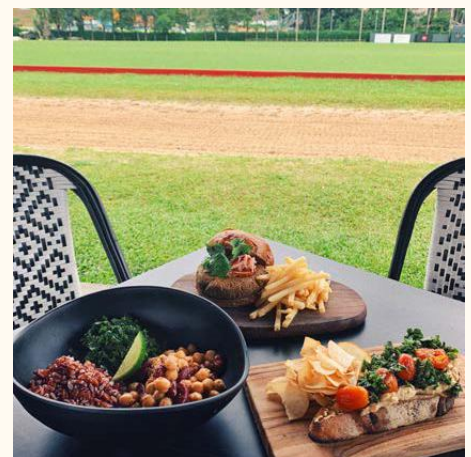


Have an Aquaspin™ story to share?

Contact alicia@aquaspin.sg and we may feature your story with the world!
#aquaspin #aquaspinstories #aquabike #fitspo #testimonials #aquaspinning #aquacycling

Back At The Club....



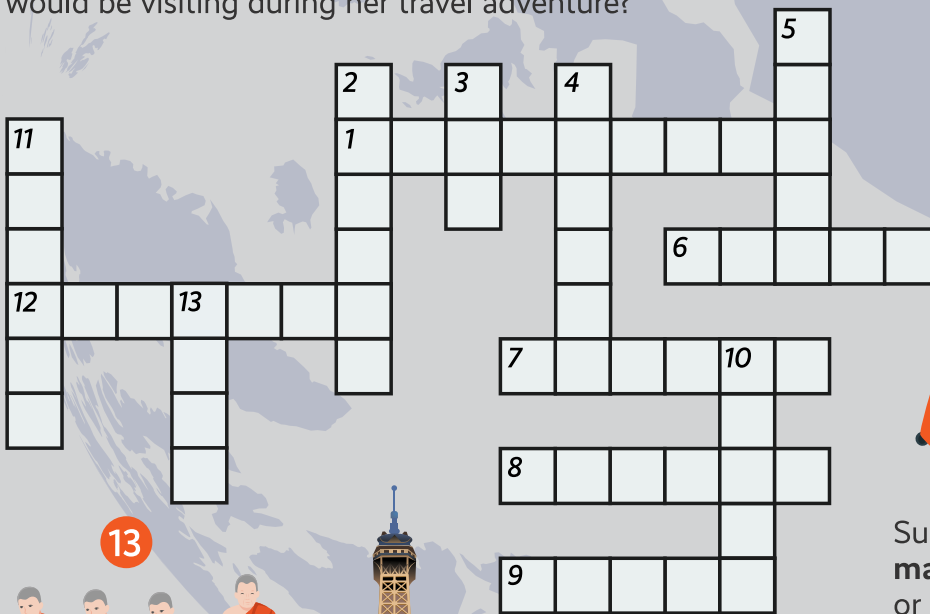


Fun with Twinkle Pie

In this third issue for the year, Twinkle Pie our Riding Academy mascot travels around the globe. Can you help her solve the crossword puzzle below, as she tries to unveil the names of the various countries that she would be visiting during her travel adventure?

Hello everyone,
It's me, Twinkle Pie and I have 5 Smiggle® water bottles up for grab!

Are you ready to embark on an exciting travel expedition with me?



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **9 October 2020**. Do remember to include your name, membership number (if applicable), email address and telephone number.



THE PADDOCK

Poolside Bistro

A Scrumptious Dining Experience!

Drop by our newly opened poolside bistro – The Paddock! Imagine chilling out at the pool, Chukka Terrace or verandah with a specially crafted summer-inspired cocktail in hand... Starting with a hearty breakfast and delightful flavours all through the day, coupled with Ibiza beats, there's plenty to savour and experience at this hip venue.

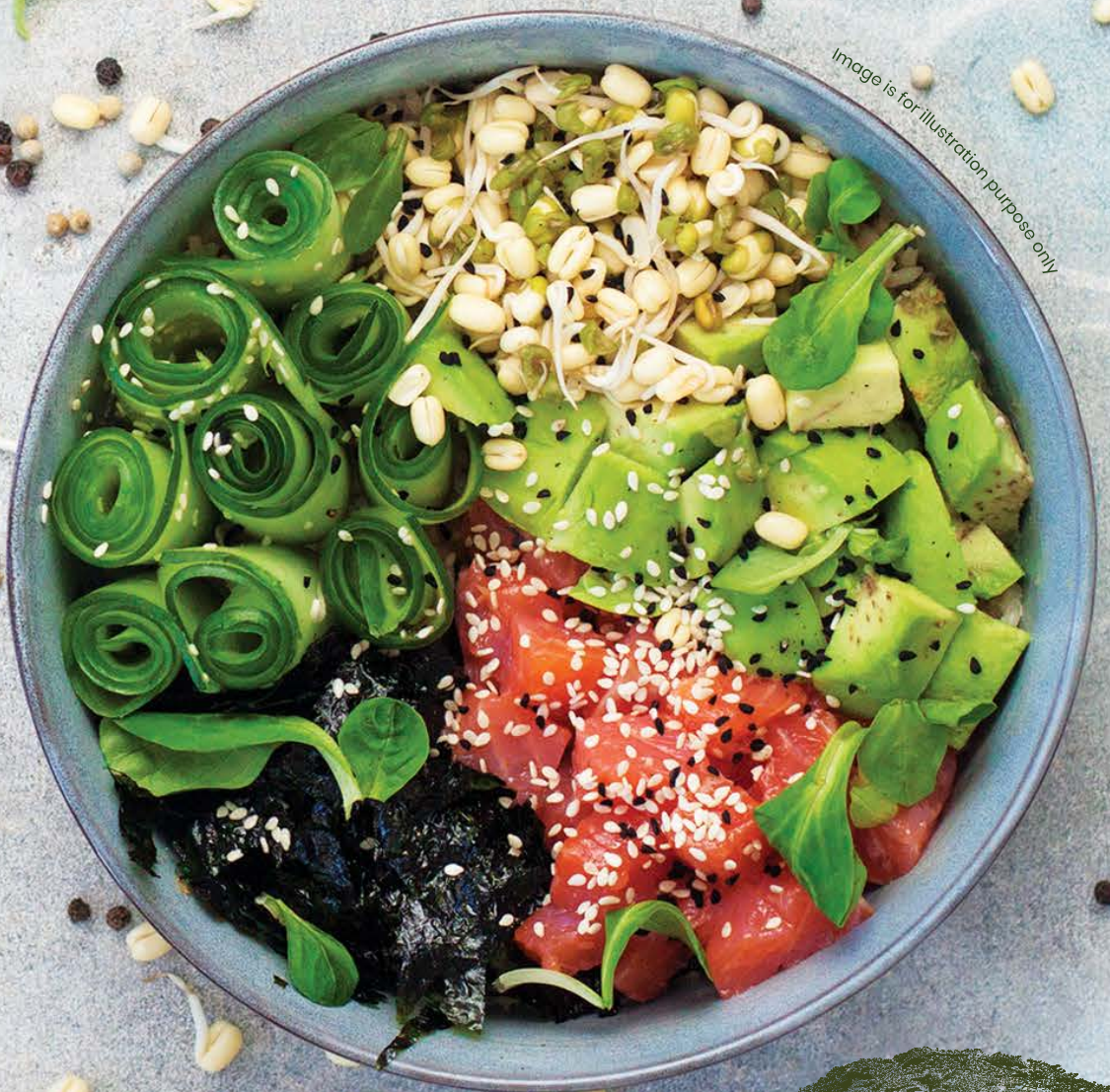


Image is for illustration purpose only

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