

SINGAPORE

# POLO

CLUB

January - March 2021  
ISSUE 01



## Queen of Assouline

Nomadic Polo photographer Aline Coquelle leaves the polo field behind for the blue seas of Zanzibar

P10

CLUB NEWS

Extraordinary  
General Meeting

P32

RIDING

Excelling As One...

P45

LIFESTYLE

Fizz Away...



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# SINGAPORE POLO CLUB



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Satinder Garcha  
Polo Captain

Rickard Hogberg  
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Timothy Zee  
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Koh Pei Bei  
Committee Member

Jane Drummond  
Committee Member

Daniel Chua  
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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 9.30pm)

### 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)

**Atoms Polo Loft**  
10.00am – 6.00pm (Tues – Fri)  
9.00am – 6.00pm (weekends)  
(Closed on Mondays)

## CONTACTS

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<b>Atoms Polo Loft</b>	atoms@singaporepoloclub.org

# ATOMS

10



## CLUB NEWS

- 4 New Members
- 5 President's Message
- 7 General Manager's Message
- 8 Remembering Mr Ameerli Jumabhoy
- 10 Extraordinary General Meeting
- 12 Long Service Awards

## POLO

- 16 Tips From The Umpire
- 17 Queen of Assouline
- 22 Biomechanics: The Importance of Good Girths And Good Saddles
- 25 ATOMS Steps Into A Brand New Year



12



22



25



# 32



# 34

## RIDING

- 28 SPC Young Riders
- 30 Overseas Riding Holidays And Adventures
- 32 Excelling As One...
- 34 Jumping Lessons

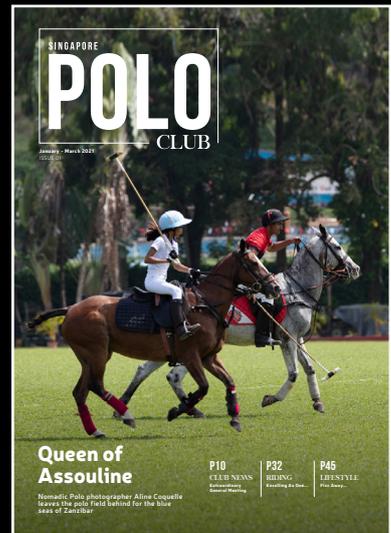
## LIFESTYLE

- 40 Cutting Out Sugar? Try These Swaps
- 43 Draw Manga!
- 44 Caring For Your Leather Boots
- 45 Fizz Away...
- 46 Discovering An Ancient Painting Style
- 47 Fun With Twinkle Pie, Food Horses Can Eat

# 46



## ON THE COVER



## CONTRIBUTORS

- Aline Coquelle
- Andy Clark
- Carrie Cheong
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- Delia Phey
- Federico Vescovi
- Iqbal Jumabhoy
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## PUBLISHED QUARTERLY BY THE Singapore Polo Club

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 www.singaporepoloclub.org  
 Permit No.: MCI (P) 124/01/2019

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# New Members

OCTOBER 2020 TO DECEMBER 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

Mascart Bruno Georges Michel  
 Eric Emmanuel Simon  
 Andrew Robert Clark  
 Wong Chee Wei  
 Nicolas Jansen Calamita  
 Danial Imran Bin Azmi  
 Chonawut Prasatsak  
 Melanie Milovac  
 Fahad Ali  
 Alexander Norman Maidment  
 Aurelien Pichon

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 Cyril Youinou  
 Jean-Guillaume Arnaud  
 Michel Pons  
 Mark Yew Jing Wee  
 Sarah Louise Cottle  
 Deng Di  
 Jonathan Andrew White  
 Robin Thierry Francois  
 Catherine Jane Fitzsimon  
 Tang Mei Yean  
 Tina Michelle Doran  
 Altin Isil  
 Claire Wilson  
 Benjamin Paul Goss  
 Gregoire Pierre Jean Jacques Bielle

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 Joanna Ng Wei-Ching  
 Fong Lyn Clara  
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 Chia Wai Kuen  
 Laurine Jeanne Marie De Marin  
 De Montmarin  
 Gerhardt Olivier Jean Christian  
 Tan Shok Yee Sally  
 Zoe Margaret Stevenson  
 Celine Micheline Sophie  
 Teissedre  
 Vasanthi D/O Gunasekaran  
 David Russell Gowdey  
 Jerome Guiral  
 Thyholdt Thomas Alexander  
 Barbara Lisa Fras  
 Antonie Jagga  
 Mohit Sagar  
 Stephen Ivor Griffiths  
 Zhu You Liang, Denis Colin  
 Tom Headley Meredith  
 Carl Adrian Ashton  
 Mark Frederick Florance  
 Norra Binte Haji Salleh  
 Jane Marie Perry  
 Ashok Venkateswaran

## HONORARY

Landi Sandra Jensen



Dear Members,

**H**appy New Year everyone. I hope you all had a wonderful Christmas break and here at the Club we are looking forward to an exciting 2021.

Whilst last year was certainly an incredibly challenging year for many people worldwide, and still continues to be, we are very fortunate here in Singapore that the Government lifted some of the restrictions, which allowed us to resume many of our regular activities, in particular reverting back to 4 aside chukkas with an umpire.

The Club's finances are sound, despite Covid19. All sections of our club activities are contributing well.

The Mountbatten restaurant and bar area will open in late February. Many members have said it looks great with a new modern vibe, as does our fully opened verandah.

We will commence Phase 2 of our redevelopment at the end of next month at the sports block. The gym will unfortunately be closed for six months, but we have secured a reciprocal arrangement elsewhere for our most active gym members.

The jackpot room will also be affected by Phase 2, and will be temporarily relocated to the Polo Gallery room in the basement of the main building. Members will be updated with more details on these arrangements in due course.

We celebrate our 135th anniversary this year; a significant milestone in the Club's history and rich heritage. We hope we can celebrate this special anniversary with our members, whilst being mindful of any Government restrictions in place.

There is so much to look forward to at the Club this year and it is wonderful to see many new faces here. Our Club is such a vibrant, fun place to be, and I hope to see many new and old members around the Club enjoying the newly opened verandah and Mountbatten restaurant and bar area together.

As the Lunar New Year approaches this month, I would like to wish all our members who celebrate a prosperous new year ahead. ■

All the best,

**Stephanie Masefield**

President



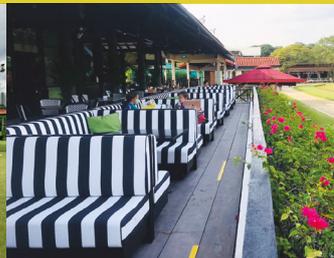
SINGAPORE  
POLO CLUB

BE A PART OF THE DISTINGUISHED

# Lifestyle



**SIGN UP FOR A COMPLIMENTARY CLUB TOUR**



For membership rates and enquiries, email [membership@singaporepoloclub.org](mailto:membership@singaporepoloclub.org)



Dear Members,

**W**e welcome the New Year entering Phase 3 of Covid-19. While certain regulations have been relaxed, we must not let our guard down and continue to strictly comply with the Covid-19 measures still in place to protect our loved ones. The year ahead will be a challenging and exciting one for the Club as we near the completion of the Club's Phase One redevelopment works. We have had positive feedback on some of the completed works already and the Club has also seen an increase in patronage. Last year, we welcomed about 150 new members with hopefully more still to come.

The launch of Atoms Polo Academy which caters to those from 5 to 50 years old now numbers 151. The objective of the Academy was to improve our reach in the community to create a greater awareness about polo, expand the Club's polo footprint regionally thereby also increasing our tourism value. With the unexpected demand for lessons and chukkas, the Committee sought members' approval at the Extraordinary General Meeting on 22 December 2020 to purchase an additional six polo ponies which will arrive in March 2021.

As we align our Atoms operations to meet the high demand for lessons, we will expand our team of polo professionals to include part-time instructors to assist with the various programs. Horse welfare is of utmost importance to us as well and we track daily horse usage while working closely with Dr Shetty and our vets to ensure that our horses are well cared for.

The Club is already in talks with local and international schools to offer their students a polo and equestrian experience like no other. We are so proud to see the many improvements and achievements in some of our Atoms riders and players; a big thank you to them and to their families and members for their support and understanding as we grow Atoms into an Academy that all of us at SPC can be proud of.

Despite Covid-19 restrictions and challenges in hiring grooms, our stables operations continue to operate as efficiently as we can and we have garnered positive comments from members, guests and the authorities about the quality of our stable operations and horse care. Kudos to the team and livery owners who have supported the team!

This year marks the Club's 135th Anniversary and plans have already been drawn up by the Lifestyle Committee pending the Covid-19 situation to celebrate another wonderful milestone for the Club. There are plans to create a heritage walk around the Club where members and guests can see the Club's history and walk down memory lane at the various walkways at the clubhouse. We welcome contributions from members who may have historical pictures and mementoes to contact the front reception team at 6854 3959 or email [enquiry@singaporepoloclub.org](mailto:enquiry@singaporepoloclub.org).

Sports and lifestyle continue to be a great draw with tennis, gymnasium and swimming lessons oversubscribed. With the start of Phase 2 sometime next month, the Club has made alternative arrangements to allow our members access to utilize another gymnasium. Do look out for news on this!

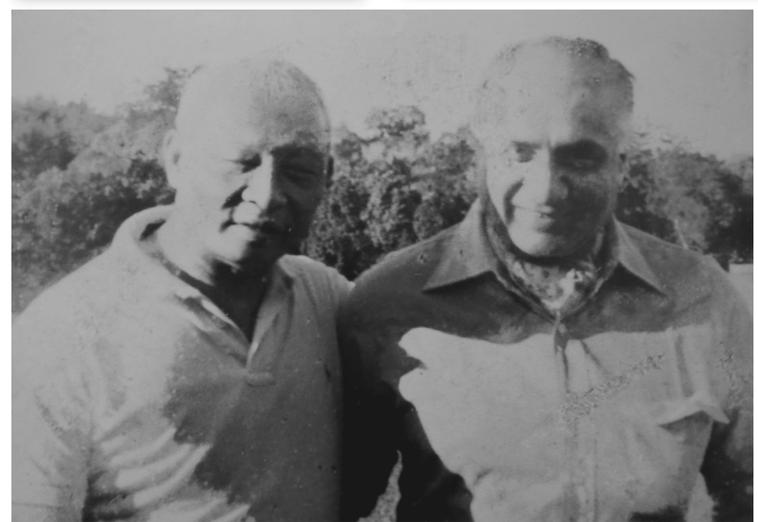
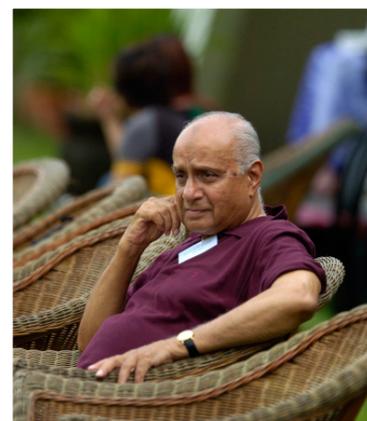
Due to Covid-19 travel restrictions and the clubhouse renovations, the Club has had restricted access for our members and guests at the various outlets and facilities. While we endeavor to assist you with your bookings and reservations, we may not always be able to cater to everyone. We seek your support and kind understanding for our service staff who always give their best to ensure that each and every visit of yours is a pleasant one. Thank you.

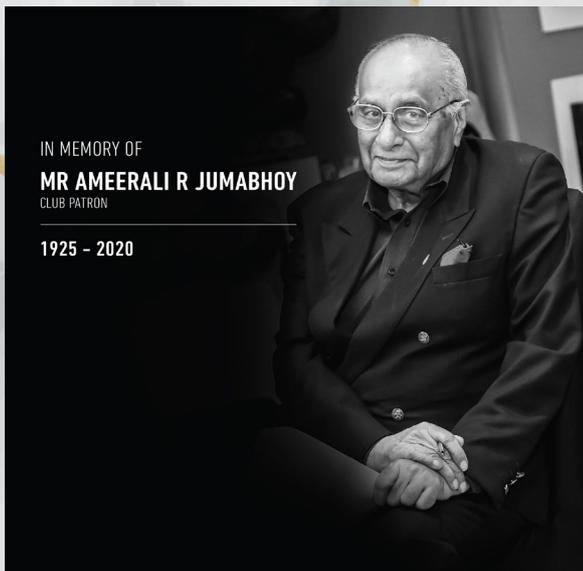
Wishing one and all a wonderful and exciting new year filled with lots of blessings! ■

Warmest Regards,

**Sylvan Braberry**  
General Manager

# Remembering Mr Ameerali Jumabhoy





Photos were taken pre-Covid.

# Extraordinary General Meeting

22 December 2020



The Club's Extraordinary General Meeting (EGM) was held on 22 December 2020 with the Committee submitting a resolution to purchase 6 polo ponies at \$252K to increase the current Club string of Polo Ponies to about 26 with the expansion of ATOMS Polo Academy.

Adhering to Covid-19 guidelines and safe distancing measures, the EGM had to be organized in a hybrid format with voting members given a choice to attend the EGM physically at the Club (capped at a maximum of 50), while others had the option to attend the EGM and vote virtually.

Questions related to the proposed resolution were submitted by 15 December 2020, and answers to the questions raised were posted on the Club's noticeboard from 18 December 2020 for members' viewing.

Based on the online and physical voting results, 93.1% of voting members voted for the resolution to be carried out.

## RESOLUTION 1

	Votes in favour		Votes against	
	Before Weightage	After Weightage	Before Weightage	After Weightage
Charter Polo Playing Members	17	170	1	10
Charter & Charter Corporate Members	5	5	3	3
Regular Individual, Regular Corporate & Term Members	1	0.1	0	0
Clubhouse Members	0	0	0	0
<b>TOTAL</b>	<b>23</b>	<b>175.1</b>	<b>4</b>	<b>13</b>

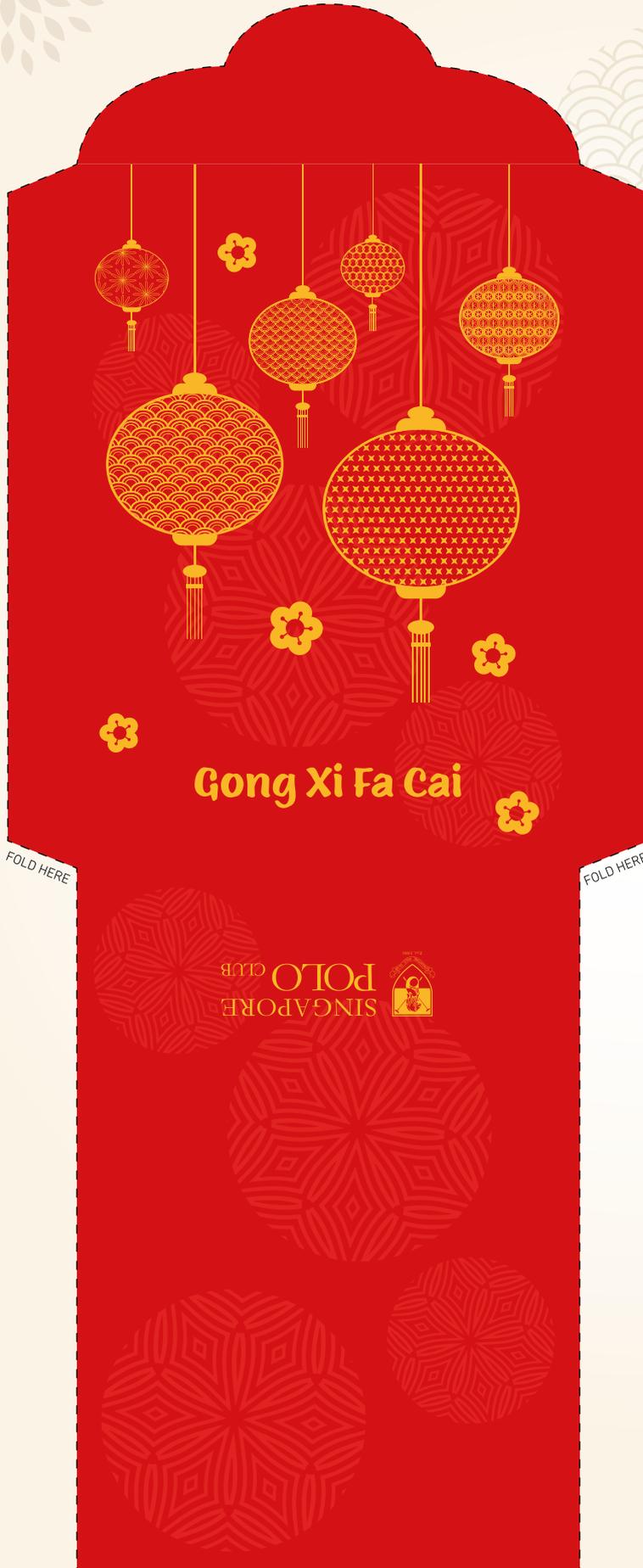
INVALID VOTE: 0

VOTES FOR	175.1	VOTES AGAINST	13
	93.1%		6.9%

**RESOLUTION 1 IS CARRIED WITH 93.1% VOTES FOR.**

# Gong Xi Fa Cai

Twinkle Pie makes her first appearance on our exclusive Lunar New Year Ang Bao! Gift this Ang Bao to your loved ones and spread the auspicious cheer to all.



FOLD HERE

FOLD HERE

# Long Service



**45 years**  
**Buang Bin Arswan**



**30 years**  
**Daniel Sitranen S/O**  
**Annatha Raju**



**30 years**  
**Joyce Tay**



**20 years**  
**Sanaullah Khan**



**10 years**  
**Alinna Li**



**10 years**  
**Zhang Xu Hua**



**10 years**  
**Wang Shan Feng**



**5 years**  
**Siti Sarinah Binte Osman**



**5 years**  
**Irene Seah**

# Awards 2020



**5 years**  
**Rajinikan A/L**  
**Ramakrishnan**



**5 years**  
**Jayganesan**  
**Arputhasamy**



**5 years**  
**Mavin Vinnarasan S**  
**Ansilvam**



**5 years**  
**Kunalan Muttaya**



**5 years**  
**Yuneswaran Sandra**  
**Segaran**



**5 years**  
**Syakirin Bin Mohd Johari**



**5 years**  
**Esvaran A/L Sundhararaj**



**5 years**  
**Manolito Royol Ongcal**



**5 years**  
**Li Zhao Xiang**

# Make-A-Wish-Foundation

Nothing beats seeing beautiful smiles on people as our Outreach team along with volunteers from Make-A-Wish-Foundation Singapore granted little Magesh her wish of meeting horses up close.

Despite the gloomy weather and heavy downpour that day, our team was glad to have been able to bring out the cheerful sunshine in four year old Magesh.

Our team toured the little family of five around our stable premises where they got to know more about horses, their feeds and tacks. We even had a little surprise in store for them – the much awaited opportunity to pet and feed polo pony Esperanza. The smile on Magesh's face after the interaction was priceless!

After the interaction with our resident horses and Esperanza, Magesh along with her family members ended their day with a sumptuous meal at The Paddock Bistro.

Come join us as an outreach volunteer and make a difference in someone's life. Contact us at [outreach@singaporepoloclub.org](mailto:outreach@singaporepoloclub.org) for more details. ■



Check out this special lovely moment with polo pony Esperanza!



A group photo is a must after the session...



Oh boy....feeding Esperanza is just so so fun...

## About Make-A-Wish-Foundation

Make-A-Wish Singapore is a charity organisation that grants the wishes of children aged 3 to 18 years with critical illnesses and conditions. The organisation has just granted the 1600th wish and has been operating in Singapore for the past 18 years.

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IT'S FAST!  
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IT'S FUN!

**SAVE THE DATE**

**29** MAY  
2021

4PM - 10.30PM | MARINA BAY SOUTH

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- Buffet Style Lunch

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\*\$165++

PRIVATE MARQUEE  
\*\$600++

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- Perfect For Hosting Clients Or Friends

\* Event is R18+



# Tips From The Umpire...

**T**he game of polo would be nothing without the ponies. As an umpire the welfare of the ponies comes first above anything else. However this is something that can easily be overlooked and frustration and blame can often be placed on the pony.

The following are a set of vital signs for a normal healthy polo pony and appropriate examinations for general health:

- **Temperature 36.5-38.5C**
- **Breathing rate 8-15 breaths/min**
- **Heart rate (at rest) 25-45 beats/min**
- **Capillary refill time (in gums) 1-2secs**
- **Look for eye or nose discharges**
- **Observe the stance of the horse**
- **Check for consistency and number of droppings**
- **Check consumption from water buckets**
- **Assess horse's general demeanour**

## Withholding water

It is still common practice in some polo yards to withhold water from the ponies (in some cases up to 24 hours) before they play, and to then severely limit how much they can drink once they have finished a game. Hydration is vital – look at all elite sportsmen and women. Everyone from tennis players to runners to golfers... they are all drinking water before, during and after competition. This should be applied to your polo pony too, especially if you double chukka your pony during a game.

## Dehydration and Identifying it ...

Due to the hot climate in Singapore, I feel it is very important to be able to identify dehydration in your pony.

After a ride you may notice your horse sweating, because that is the number one method horses use to keep cool. The longer the ride and the hotter the weather, the more sweat is lost. Sweat is made up of water and electrolytes, and some researchers describe various patterns and estimated sweat loss with each one. Sweat loss is reported in litres. Researchers report that if the area under the saddle and throat are wet and there are small white areas at the corners of the saddle, 4 - 7 litres of sweat has been lost.

If there is foam on the bridle and noseband, the flanks are wet, and the area under the saddle and girth are wet, then your polo pony has lost 7 - 9 litres. If the throat and flanks are wet, the area above the eyes is moist and has dark wrinkles and foaming between the limbs, 9 - 12 litres has been lost. If the horse is actually dripping fluid above the eyes and under the belly, it is estimated 12 - 18 litres has been lost, which is 3 - 4 gallons of water loss. So you can see water loss, particularly in hot weather is a major concern, and electrolytes are also lost at the same time. This gives you an idea of how much water needs to be replaced to keep your polo pony hydrated.

## Here are two very simple tests to identify if your horse is dehydrated.

1. With dehydration the skin becomes less elastic. You can do a skin elasticity test. If the horse is mildly dehydrated, when you grasp the skin on the horse's shoulder or neck and pull it up in a tent shape, the skin will remain tented for two seconds. With severe dehydration, the skin will tent for four to five seconds.
2. Another method to check for dehydration is to check capillary refill time. Simply lift your horse's lip and the gum tissue should be pink and moist. If it is tacky and your finger temporarily sticks to the gum, the horse is dehydrated. Press on the gum with your finger and the pink colour should return in at least two seconds, any longer indicates dehydration or decreased circulation.

Have a go with your polo ponies.

If your polo pony is dehydrated, not only is water needed but electrolytes are too; the most important electrolytes are sodium, chloride, and potassium. If your horse is already dehydrated, your vet can give your horse oral fluids with a nasogastric tube and can add electrolytes to the mixture. If the dehydration is more severe, intravenous fluids with electrolytes may also be required.

## Poor or badly fitted tack ...

It is important to understand that your horse is tacked up correctly and not rely on others to check this for you. It is very easy to take this for granted when you have grooms doing it for you.



## Why the long face?

Professional HPA Umpire and Qualified Instructor, Tristan Pemble

If you get on a horse without checking that your girth and your bridle are fitted correctly, it is like jumping out of an aeroplane without knowing if your parachute is connected to your back. If it goes wrong the results can be the same. At the same time as making sure your tack is safe you can carry out your dehydration tests and general health check. ■

*Quote of the Month:*

**“No hour of life is wasted that is spent in the saddle.”**  
- Winston Churchill



Nomadic Polo photographer  
Aline Coquelle leaves the polo  
field behind for the blue seas  
of Zanzibar

# Queen of Assouline



With a degree in art history and anthropology, Parisian photographer and philanthropist Aline Coquelle has always been a Global Nomad; she has lived and worked in Central and South America, Asia, and Africa. Contributing to prestigious international publications, shoots and marketing campaigns for luxury brands. She loves immersing herself in remote parts of the world to capture the essence of humanity. Coquelle works often with silver film in order to keep alive the magic of old-time photography because she believes “saving & transcending tradition is the ultimate modernity”, her gelatin silver prints are highly desired by collectors worldwide.

Since 2003 Aline has documented polo and its nomadic tribe from Europe to Mongolia, Pakistan, India and back across the Atlantic to South and North America, the Caribbean and beyond.

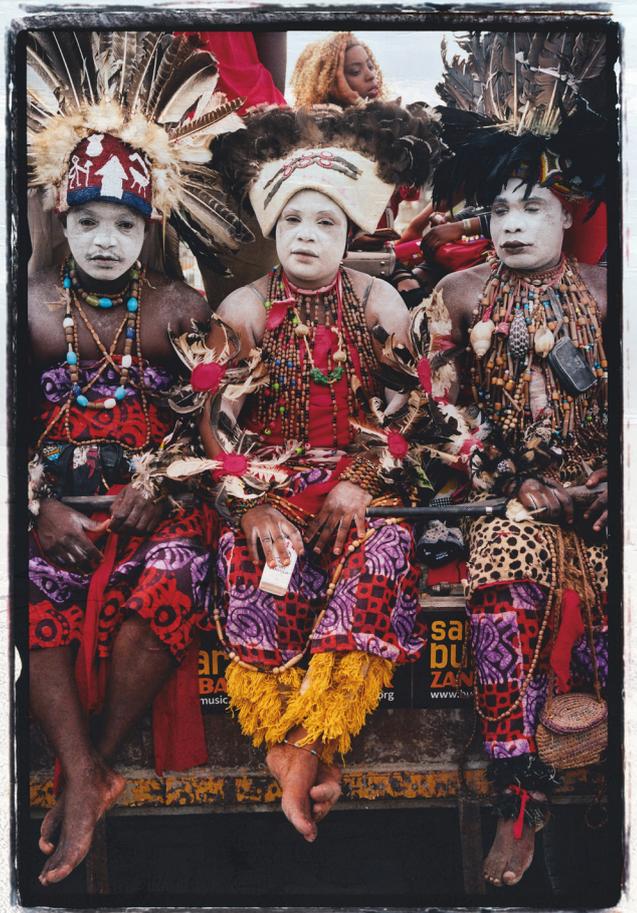
Her iconic images of players, trainers, families, admirers and horses on and off the field celebrates the courage, strength and speed of the game, the elegance and allure of the polo universe. She is a much sought after photographer by polo players and Patrons around the world to capture the excellence of the sport.

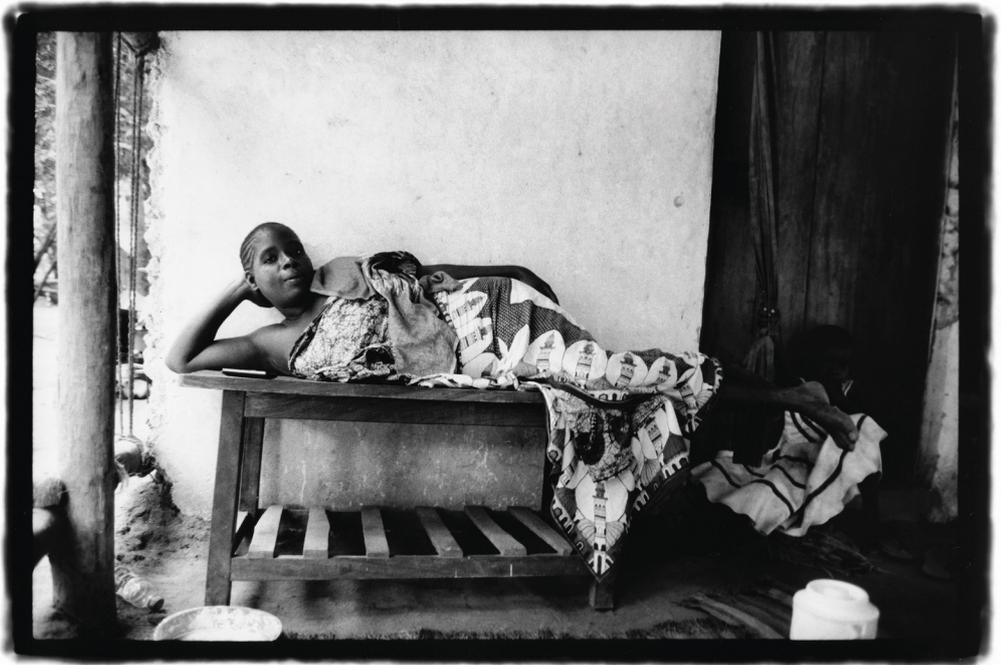
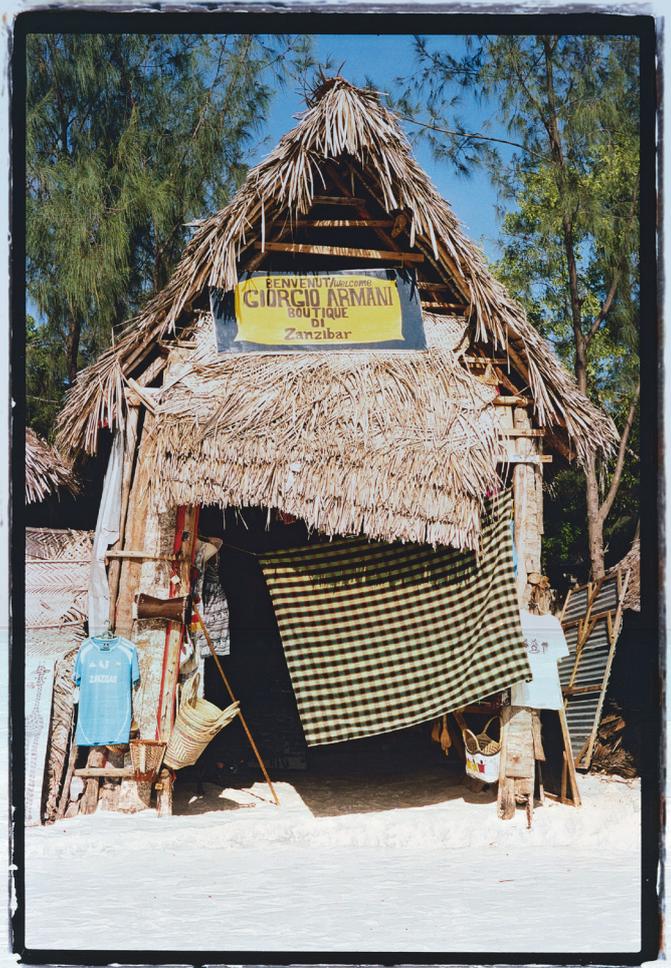
Her book “Polo the Nomadic Tribe” has been published 3 times with a preface by the world number one polo player Adolfo Cambiaso and HRH the Prince of Wales [KK1]. For her new polo ultimate collection book / coffret “Polo The Legend”, she has been documenting the polo universe for more than 15 years. World renowned polo player and Ralph Lauren model Nacho Figueras has written the introduction. Whilst she has been creating this collection she also moved to the Indian Ocean island of Zanzibar to create a unique coffee table

book on the island with luxury book publisher Assouline (2020). A historic trade center with Swahili and Islamic influences, Zanzibar’s winding lanes present minarets, carved doorways and 19th-century landmarks such as the House of Wonders, a former sultan’s palace. In contrast, the island is also peppered with wide swathes of white sand beaches and aqua blue seas for as far as the eye can see.

Her other books with Assouline are Palm Springs Style (2005); The Cartier Polo Games (2006); Polo: The Nomadic Tribe (2009); The Italian Dream: Wine, Heritage, Soul (2016); Be Extraordinary: The Spirit of Bentley (2017)

Instagram  
@alinecoquelle  
@alinecoquellephoto







# BIOMECHANICS: The Importance Of Good Girths and Good Saddles

There is unfortunately no disputing that we in this fantastic sport of polo are guilty of not paying much attention to an aspect of horse management and welfare that is held in the very highest importance in other horse sports.

**COMFORT!** There are two main culprits – saddle fit, and over girthing/poor choice of girth. Polo saddles are invariably cheaply made Argentine saddles, often with trees that spread over time, narrow gullets, and cheap foam “flocking”. In no other sport would a saddle that cost \$500 be put on a horse that cost \$100,000. Girths used (almost all hideously over tightened) are often too narrow, too tight and with no give whatsoever.

**Why is this happening? The problem is two fold:**

**FIRST:** Polo is a sport that requires the ownership of multiples of horses, and the associated cost. Plus there is often a reasonable turnover – in that one player is unlikely to keep the same pony for several years. This means that having saddles made for individual ponies is both wasteful (as the pony might get sold) and prohibitively expensive. As a result a culture has developed of using cheap saddles from South America.

**SECOND:** Players like to sit up over the ponies’ shoulders, and saddles (and horses’ backs) aren’t designed to be placed in this position and slip back. Therefore the girth is tightened to the absolute limit to try and keep the saddle in place.

Poorly fitting saddles are responsible for a host of problems due to back/muscular pain, resulting in asymmetry, reduced stride length on one or both sides, lameness, loss of performance, irritability and so on. A narrow, and/or over tightened girth will have a similar effect.

Intense pressure on the muscles over the sternum causes reduced stride length of the forelimbs and loss of range of motion, resulting in an immediate loss of performance, not to mention constricting the breathing.

### What is the solution?

- TREAT THE SYMPTOMS
- ELIMINATE THE CAUSE
- IMPLEMENT THE SOLUTION

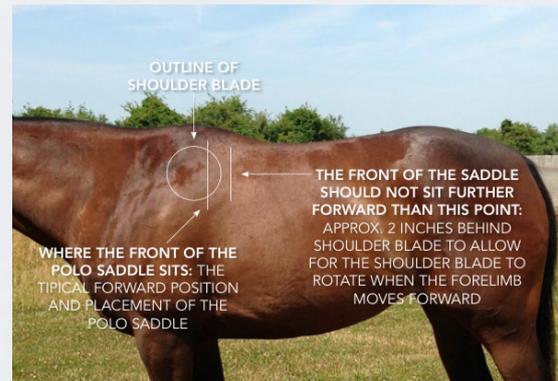
### TREAT THE SYMPTOMS

Once a polo pony is sore, what therapies are available? Who is qualified and who isn't? What therapies are condoned by vets? As far as advice for owners goes these are the key points from BEVA (The British Veterinary Association) perspective:

1. The first port of call should be a full, holistic diagnosis from an RCVS veterinary surgeon.
2. The recommended treatment based on this will be given by the surgeon and may or may not include one of the 3 legally recognised para professionals.



Chukker saddle (Argentine made) on left and 20 year old Keith Bryan saddle on right. Note difference in gullet width - the English saddle has a much wider gullet throughout to avoid pressure on the spine.



3. When it comes to choosing a professional, ask for a recommendation from your veterinary practice as they will often have practitioners they regularly work alongside. This goes for the therapies such as acupuncture and other non-invasive therapies as well; vets are becoming more open-minded and some are even dual-qualified (i.e.) a veterinary surgeon and/or veterinary homeopathy practitioner, so if that is a route you wish to take, your vet should still be the one to consult with on who to use. From here, there are three BEVA recognised paraprofessional groups:

- A. Physiotherapists
- B. Chiropractors
- C. Osteopaths

These titles are protected by law to tie the practitioner to certain regulatory practices, such as not being allowed to treat an animal without veterinary referral following diagnoses. However there are some grey areas which is where the confusion can be created by practicing ‘professionals’ for the horse owner to use.

Take physiotherapy as an example, the term ‘physiotherapist’ is protected by law and any ACPAT registered physiotherapist will call themselves as such. However the term ‘specialist equine physiotherapist’ holds no legal weight and anyone can call themselves as such without ANY formal training. But as an owner, you are perhaps more inclined to use the ‘specialist’ over the physiotherapist as it sounds more appropriate to what you need. To then move on to therapies such as Reiki, crystal healing, and magnet healing, the confusion only increases as these non-invasive therapies don’t require veterinary referral.

This may mean they aren't doing any harm to your horse but you may be handing money over to someone not benefiting your animal either.

There are murmurings of changes happening particularly within the physiotherapy community to provide a much needed overarching regulatory body for paraprofessionals. In the UK a model is currently being independently headed up by ACPAT registered physiotherapists who are looking to try and create a model for musculoskeletal paraprofessionals to be registered or regulated in some way.

This body would provide an umbrella for those professionals that have a recognised qualification as well as members of the public to refer back to make sure qualified professionals are being recognised and promoted and members of the public know they are dealing with a professional at all times. BEVA are keen for this to be implemented in the veterinary industry as the root of everything is the welfare of any animal that needs treatment.

**ELIMINATE THE CAUSE**

There are three ways to eliminate the cause of back/ muscular pain/reduction in stride length:

- 1. Stop using saddles that do not fit
- 2. Stop using girths that are too narrow/inflexible
- 3. Stop over girthing

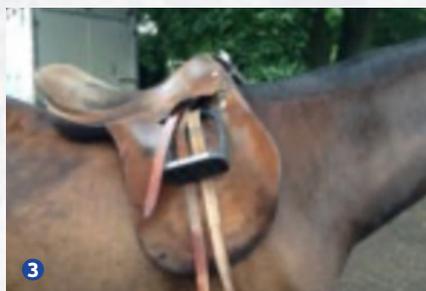
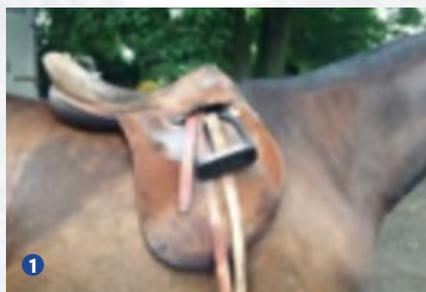
**IMPLEMENT THE SOLUTION**

- 1. Saddle Fit
- 2. Girth comfort

**SADDLE FIT**

Saddles made in Argentina are plentiful and cheap. However there is no formal training for saddle makers in Argentina plus the saddles tend to be very heavy, a standard width and the trees often spread in time. In an ideal world, saddles should be fitted to the individual horse and be made by a master saddler.

There are a number of good POLO SADDLES on the market, made by master craftsmen. The Dawnay Pro is a polo saddle made by Berney Brothers in Ireland. Saddlers for generations, the saddle is carefully made from high quality materials and is completely customizable.



- 1 English saddle in a normal position on the horse.
- 2 ...and showing the panel sitting just behind the shoulder.
- 3 Now see what happens if the saddle is put too far forwards: It not only obstructs the shoulder but the saddle absolutely doesn't fit.
- 4 The panels don't even make contact with the horse.

From £800 upwards. Keith Bryan saddles are very well made and legendary in the game. From £1300. The Polo Gear/ Nick Roldan Elite saddle is described as being the most advanced saddle ever made, with a unique cut to allow shoulder movement. The saddles are only available to buy in the USA via PoloGear and cost \$4675 (or £3,000) which is quite a hefty investment to make, but the saddle is certainly revolutionary in its shape and cut and worth the investment for the comfort and performance of your pony if your budget can stretch to it... If you are specifically looking for an English made saddle, both Calcutt & Son in Hampshire and Polo Splice close to Cowdray Park in West Sussex stock new English made polo saddles and Calcutt's also have a good selection of used ones as well.

**GIRTH COMFORT**

A comfortable girth that does not compress the sternum and the muscles that band across it is absolutely vital. Extensive research by Fairfax saddles showed that tight girths cause reduction in stride length and performance. They went so far as to say that the girth they developed in time for the 2012 Olympics (that was indeed kept secret until afterwards) had a part to play in the success of the team. "We recorded up to 33% improvement in forelimb protraction and general range of motion of every elite horse we tested", (compared with using the horse's own girth) said Russell Guire of Centaur Biomechanics.

**We Spoke to Keith Bryan, the most famous polo saddle maker there is – but you probably haven't heard of him. Why? Read on.**

Keith is a Master Saddler and was president of the Society of Master Saddlers in the UK. It doesn't get any better than that. Having learnt his trade in Switzerland and the UK, Keith started his own company in 1983, and has been supplying saddles to the world's best ever since. "Claire Tomlinson used my saddles for years when she played, as has Adolfo Cambiaso. He has 24: A set in the UK, a set in Florida and a set in Argentina". Keith originally sold his saddles through the Lodsworth polo shop near Midhurst, but when that closed he continued selling them to David Morley and Chris Bethell. Keith got a phone call one day from Greg Glue in the late 1980's.

"Greg called and said Kerry Packer wanted to see me, so I went down to Berkshire and there he was. I had a saddle to show him and he said he liked it and was interested. Just joking, I pointed to a nearby helicopter and said if it was his he could have them the next day. The following day I thought I better get in to work early, and the next thing I knew the phone rang and it was Packer asking where he could land his helicopter! Well I was on an industrial estate north of Birmingham so he ended up landing it on a football field.

He became a customer for many years and was a really good guy. He used to send the helicopter to pick the saddles up!"

"I make a dressage quality tree and use the best leather but can only charge half the price I would for a dressage saddle as people just won't pay what it's really worth", says Keith, matter of factly. "I've noticed that in the male dominated horse sports, they spend the least money. In the sports where women are competing at the top level they want the best and will pay for it. Dressage, Eventing and Showjumping. In polo and racing the guys don't give a monkeys and will happily ride around on a pile of junk." It seems though, that this problem is happening on the other side of the pond, "The Americans will pay and that is my big market. KB polo saddles have been sold in the USA for decades, via Texas Polo and the Tackeria. In the UK people don't want to spend the money. Its an education issue – they don't realise the damage they are doing to the horses".

"I've never stopped developing the saddle and have something that is comfortable for the horse even though the players insist on putting the saddle in the wrong place. I went to Les Lions many, many years ago and met one of the 10 goal players. He said with the saddle far forward he was 10 goals, with it further back he was 3. It's about money for those guys, so I had to set about making the saddle comfortable for the horse even when positioned on the shoulder" said Keith. "You read a lot of rubbish about new saddles that free up the shoulder. You can't free up the shoulder if you put a saddle on the shoulders, It's just not meant to go there." Keith Bryan PoloMaster saddles aren't cheap but they are very good. You won't get much change from £1400. [www.keithbryansaddlery.com](http://www.keithbryansaddlery.com) or you can also buy via Casablanca.

**Equine structural integration practitioner Sofia Garcia Ladera summarises the way that poor saddle fit compromises performance:**

**The ways that a polo pony with a sore back and/or clamped down shoulders may interfere with a player's game include:**

- Accelerating and galloping much slower than the pony's natural ability.
- Significantly reduced flexibility and maneuverability

- *Getting off the ground or leaping through the air when the player attempts to stop the pony in a straight line (due to pain).*
- *Travelling with its head held high up in the air and with the back muscles tense leading to an inverted back – a pony with a sore back will move this way because of raising its head, the position shortens the back muscles taking the stretch off of those muscles which in turn eases the pain in its back – compromising both speed, rhythm and ability to cleanly hit the ball*
- *Refusal to stop at all or becoming harder to stop (usually meaning a player has to increase the severity of the bit used)*
- *Running "blind" up the polo field (a pony will often attempt to run away from pain)*
- *Bucking or "bunny hopping"/ "broncing", especially whilst being warmed up before the adrenaline response kicks in.*

Polo is an incredibly challenging game requiring great skill with the ball and horsemanship. No player would actively choose to make that task harder by playing ponies that display the above

mentioned characteristics and yet we have all seen and no doubt played on a very regular basis ponies that move in.

**WHAT GIRTHS ARE COMFORTABLE FOR THE HORSE AND DON'T HINDER PERFORMANCE?**

**GOOD:** Professional's Choice Neoprene girth, at 4 inches wide, this type of girth has some give and is wide enough to help spread the pressure. At about £50 they are good value. [www.profchoice.com](http://www.profchoice.com)

**BETTER:** Barnsby sell the Le Tixerant girths – with moulded non slip alveolar rubber, the girth doesn't need to be tight and the saddle wont slip. They aren't cheap but the difference in how the horse goes is remarkable £190 [www.barnsby.com](http://www.barnsby.com) Fairfax's Performance Girth uses similar principles to the Le Tixerant girths and are also not cheap. £249 <http://www.fairfaxsaddles.co.uk>

To summarise, there really is no excuse to continue to use poorly fitting saddles and narrow girths. Saddles can always be found second hand if cost in an issue, and girths too. Plus, you don't need a girth for every pony, two or three will suffice. Polo is light years behind in terms of the uptake of decent craftsmanship and technology in the equipment we use... Its time to catch up. ■



Chukker saddle on left and KB one on right. Note difference in size of the panels (that spread the weight of the saddle out).

# ATOMS Steps into a Brand New Year

We speak to several of our young and adult polo players, who are new additions to our growing Academy. Here's what they have to say about ATOMS, its programmes and Singapore Polo Club.



Vittoria Vescovi

## Vittoria Vescovi

### Q: When did you join ATOMS?

I first joined Atoms on the 21st of October last year in 2020.

### Q: What do you love about ATOMS?

What I love about Atoms are the lessons and getting to play with other people. I love this, and every time I get on the horse and I'm about to do my lesson, I get a quick rush and get very happy, because I like polo a lot.

### Q: Any tips on those wanting to learn polo?

There are many tips! The first tip I have for people that want to learn polo is not to be scared of it: I say this because, when I first started, I was very scared of how fast the horse was going and I kept pulling the reins back, which made my performance bad; but in the end I managed to let go and I played much better form

then on. Another tip is to not give up and just keep moving or trying; if the horse doesn't move or you are getting the shot wrong and hitting the floor, just keep trying and you will get it right in the end. One last but important tip is that polo is not all about the shots and the swinging, it is also about how you ride because when you play polo, you don't have to rush and you have to be aware of what you are doing - and this will help you win the game in the end.

### Q: Why learn at SPC?

I am learning how to play polo at SPC because my father also learns polo at SPC; by watching the games and with suggestion from my friends encouraging me to learn, I was inspired to learn polo, and someday be able to play as the people I see in the real chukkas.

## Filippa Lundman

### Q: When did you join Atoms?

Not sure when I formally started, but it was sometime late last year.

### Q: What do you love about ATOMS?

What I love about ATOMS is that I get to have a lot of fun whilst also training. I get to practice how to play the game and exercise my swings. I also have so much fun during mini chukkas and tag!

### Q: Any tips on those wanting to learn polo?

I would personally start slow with the easier hits and then gradually move a step at a time.

### Q: Why learn at SPC?

The Club has good resources such as great horses and knowledgeable coaches. We learn a lot there and it's a lot of fun.



Filippa Lundman

## Mikael Lundman

### Q: When did you join Atoms?

In November 2020, along with my daughter Filippa.

### Q: What do you love about Atoms?

What I love about the Academy, goes hand in hand with what I love about the Club. The scenery, the people and game. With Atoms there is a structure on how to evolve your skills, doing that at the club with fantastic coaches is simply great.

We also embarked on this new sport as a family. The kids wanted to ride (and they started at the Riding Academy), then after seeing Polo they realized what they truly wanted to do. As we realized that there is a high chance that the kids will continue with Polo for many years, my wife Angelica and I then decided that we should start practicing as well. It is a great sport to do as a family, we all are on a similar (novice) level as the kids and that also creates a

bond. Maybe that's because we cannot really teach them but be part of their journey in a more integrated way.

### Q: Any tips on those wanting to learn polo?

There are many different journeys to take. I think the most important is to have fun while learning. I also noticed that it is inspirational to learn something completely new as an adult. When I jump on a horse there is not much else to think about, that is very relaxing for the mind (after the lesson that is). I also notice some progress and realize that I can do small things that I could not just two weeks ago. Don't be in a rush, Polo is not a game that you learn in a few months, regardless if you have been riding before.

### Q: Why learn at SPC?

There are of course different reasons and ambitions when starting and playing polo. For us, the Journey is

the important thing, i.e.: the total experience. The club is amazing. So central in Singapore and with a fantastic scenery and history. I really enjoy the mornings being on a horse and then having a very nice breakfast and just resting my eyes on the field. It is like an ocean, but grass and riders instead of water and boats.

Then of course the facilities are nice; go to the gym, play tennis, or run outside in the forest and end in the pool. There are many things to do at the club beside polo and even working there works out quite well.

Last and most important are the members and staff. Always a smile and a welcome at the reception, friendly Coriander Leaf staff when you come into the pool area, happy members at the tables or bar. Then of course you get to know more members and get even more into the club and the game.

## Robin & Andy Clark

### Q: When did you and Robin join Atoms?

We joined the Singapore Polo Club in 2019, started taking lessons later that year and decided to join the ATOMS program in late 2020.

### Q: What do you love about Atoms?

The instructors are fantastic and make the lessons fun while still being very challenging.

### Q: Any tips on those wanting to learn polo?

Focus on your riding skills first! Playing is so much more enjoyable when you are confident on the saddle. While it takes time to build the core skills required to play at the intermediate and advanced levels, the program ensures that learning is fun, and that you are progressing with every lesson.



Robin Clark

### Q: Why learn at SPC?

Amazing facilities, well trained horses, world class instructors and very welcoming members. ■



Andy Clark

• Grooming • Daily routine on the yard • Horse behaviour • Colours & Markings • Mucking out

Poisonous plants • Caring for the hoof • Points of the horse • Tacking-up • Turning out a pony safely • Bits



• Saddlery • Polo equipment for horse & rider • Breeds • Wildlife and Birdwatching • Sequence of footfalls •

• Basic polo rules • Polo stick & ball on wooden horse • Competition rules • Feeding • Plaiting

- Weekly Intakes
- Open to Members and Non Members
- 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
- 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](mailto:ponyclub@singaporepoloclub.org)



# Spc YOUNG RIDERS

In this first issue of the year, we had a hearty chat with 14 year old, Chloe Iffle who has been riding for about three and a half years. Currently competing in the preliminary 1C dressage and 70 to 80cm show jumping categories, she speaks to us about her riding journey and upcoming plans for the sport.

Chloe started horse riding when she was just five years old through the Pony Club. Fast forward to five years after and she had already undergone lessons in show jumping and dressage. Moving to Singapore from Sydney in 2018, her family loved the relaxing ambience of the Club and decided to enrol her for lessons with the Academy.



"The Polo Club is one of the only places in Singapore where I can go to escape the bustling city life and do something relaxing in nature. It's grounding and it's where I can hang out and enjoy my time with friends. I love the challenge of all the competitions at the Club as it pushes me to be a better rider and to try and achieve better results at my jumping and dressage. The riding instructors are very encouraging too!"

She currently rides 1.5 hours thrice a week with a jump and flat lesson each, along with a self-ride during the weekends. "I try to finish all of my homework before my activities and on weekends I focus only on my riding. Aside from horse riding, I'm trying to manage my time juggling between swim squads and touch football. Even the time I spend with my friends is very limited" says Chloe.

Chloe who has had lessons on many horses at the Club says that her favourite is by far Rambo. "I've recently started to lease Rambo and I enjoy a bit of a challenge jumping him. He's sweet natured and always enjoys eating."

My most memorable and unforgettable lesson was when I rode a horse named Lisco during a flat lesson. At the start of the lesson, he started to pass gas, and ended up spooking himself and he started running at full speed till I stopped him. It was such a funny start to a lesson!"

Her riding inspirations are some of the Academy's older riders such as Caedan and Lucas. She also enjoys watching and learning from her friends and instructors. Having participated in several inter clubs, trainings and exchange shows, she commented that she enjoyed all of them as she had the chance of meeting lots of new riders from around the region. "It was a great atmosphere in the Club and hope we can do it again soon."

Aside from Singapore, Chloe has also ridden in Australia. The big trail rides with wonderful scenery were something she loved to do everytime she visited her aunty and cousins.

Her advice for someone intending to take up riding? One should always ask questions to learn better. Developing a close relationship with a horse will allow you to be intuitive about their behaviour. Riders should also look forward, reflect and not harp on the mistakes made to allow you to grow and improve as a rider. Taking in the feedback from instructors and questioning oneself on how you could improve and do better will also help you become a better rider. "My friends and I film our jumps and we review the footage to see how we can improve."

In the near future she plans to jump over 1.15 meters and is slowly building up her training to reach that goal. She would also like to travel and compete in shows and competitions around the region. ■



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



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# OVERSEAS RIDING HOLIDAYS AND ADVENTURES

I have been riding at the Singapore Polo Club for more than twenty years, but I am not a good rider as I missed many lessons due to my busy work schedule. I went for my first overseas riding holiday in Spring 2009 during the global financial crisis. As I provide corporate finance advisory service, I anticipated that my workload would be eased and decided to search for a well-deserved riding holiday.

Having done my research on-line, I booked a centre-based ride in Carcassonne, South of France which is suitable for novice riders. However, I wasn't confident with my riding ability and consulted Daniel Sitranen, my instructor then. Daniel said: GO, but ask them to choose an easy horse for me. I flew alone to Toulouse, enjoyed my overnight stay then proceeded to Carcassonne by train. Carcassonne is a lovely walled city and the local operator of the riding tour picked me up there. The riding centre turned out to be a small family hotel operated by a Swiss couple with a professionally managed stable attached, and hectares of private trails. Food and accommodation were great, but it was the riding that I got blown over! We rode out in groups on different trails every day, led by a certified riding guide.



Crossing the river by ferry from Medoc to Blaye

It was magical to ride through the forested trails, over the mountains with explosions of different colours of spring flowers. As my fellow Swiss rider remarked, just like in a movie. My horse D'Artagnan was a solid and trusty chap, and it was fun riding out of the private estate to the old town. Weather was good, and I could ride for hours compared to being drenched with sweat after a 45 minute riding lesson in Singapore's humid weather.

I was really smitten with that riding holiday and I vowed to have riding holidays once or twice in a year to make up for lost time. The next riding holiday adventure was in Italy, Alta Tuscany. It was another centre-based holiday at an old castle. My husband who was a non-rider, came along and he learnt to ride in the arena while I went for different riding trails every day, including the mesmerizing Lake Mezzano which was once a volcanic crater, formed 400,000 years ago, and further pampered by great food and accommodation.

My husband enjoyed the stay at the castle and side tours including a visit to natural spas and wine-tasting but not the riding. So I ventured on my own to another two more centre-based holiday in Dordogne in France and Catalonia, Spain. My side trips in Bordeaux and Barcelona were amazing. While most lunches at riding trips were nicely set up for us, we had to pack our picnic lunch in our saddle bags for the Catalonia ride, each carrying different items including two bottles of red wine for the group as riders from UK, Europe and America expect wine with all their meals. Riding is always the best part, we rode in different paces including cantering through forest trails, meadows, crossing rivers and old stone bridges and some sight-seeing at Besalu, an enchanting historic village and also visited Girona.



Transhumance trail north to south of Spain

In order not to deprive my husband of such leisure trips, I looked for progressive rides where riders travel by horse every day to another destination, our luggage being transported in a support vehicle which ferries the non-rider as well.

We went in Spring, 2011 for a progressive ride in the Gredos mountain, Spain and I fell in love with progressive rides. Dedicada, my Andalusian horse (Pura Raza Espanol) is so comfortable and responsive. The majestic mountains, pretty lavender fields and century old structures were fantastic. We arrived at a different village every day, all quaint and charming. Accommodation ranged from luxurious to basic with our horses resting nearby. Delights of the ride includes freshly carved Jamón Ibérico for mid-morning tapas and paella for picnic lunch. My husband explored towns and country sides, took photos and videos, and compiled them in a picture book with his poems. We loved the adventure so much that we returned in autumn the same year to experience the autumn colours and to ride Dedicada again on a different route.

Some of the memorable moments of subsequent riding trips were galloping on a Lusitano horse on the beach along Alentejo Coast, various fast and continuous long canters of up to 6 km, riding in a safari and



Crossing mountains to a Village in Spain



At the beach along Alentejo Portugal



With Dedicada at the Gredos in Spain

swimming with my horse in South Africa, riding through snow-covered mountains at the Gredos to Southern Spain, riding on a draw bridge across the moat to enter the castle ground, crossing the Gironde river with our horses on a ferry in Medoc towards Blaye, then rode all the way down to St Emilion and Sauternes. Even though I have visited St Emilion by car, arriving on horseback was a totally different experience. And we had up to three wine tasting sessions per day, riding through different vineyards as the tour leader had negotiated a right of path for our riding group.

Drink and ride was acceptable, just be sure that you can get yourself safely back on your horse! In Portugal, our tour leader imposed a rule that if someone dropped any object along the ride resulting in stops, one has to buy a round of drinks for the whole group. It was fun. We rode to many places that were inaccessible by cars, one such venue is a nice beach cove along the beautiful Catalan coast where sun bathers arrived on private boats.

Forging some good friendships with other riders from Norway and UK, we furthered our riding adventure in Bulgaria and South Africa. It was an unforgettable lifetime experience to have close encounter in the wilderness with rhinos, buffaloes, nyalas, waterbucks, giraffes, elands, sables, wildebeests, kudus, impalas, zebras etc.

I find centre-based rides more relaxing, not having to pack and unpack every day, and easier to tackle urgent work at centres that are equipped with Wi-Fi connections - my professional hazard.

Progressive rides are more exciting as you can visit different places, and the feeling of arriving at a new destination on horseback is simply wonderful, imagining yourself as a glorious knight returning to a historical medieval village on horseback after a triumphant battle!



Swimming in S Africa

### How do I select my riding tours and what to look out for?

There are plenty of riding tours in many continents. I have chosen rides mostly in the Mediterranean countries where there are nice horses, comfortable accommodation, fantastic weather, favourite cuisines, cultural visits, value for money and a private bathroom! Do check out accessibility to the meeting points of the ride. Beware that some train stations do not have elevators to the platforms and one has to haul their own luggage. To be safe, you may request the local operator to meet and drop you back at the airport at extra costs.

Most importantly, search for rides that are suitable for your riding ability, look at the reviews to check out comments on their horses, tack and equipment, pace of the ride and professionalism of the riding tour leader. ■

### I have the pleasure to share links to some of my riding tours: (S) for Stationary or centre-based ride and (P) for Progressive ride:

- 1) **Alta Tuscany Castle Ride, Italy (S)**  
[https://www.hiddentrails.com/tour/italy\\_alta\\_tuscany\\_ride.aspx](https://www.hiddentrails.com/tour/italy_alta_tuscany_ride.aspx)
- 2) **Dordogne getaway, France (S)**  
[http://www.hiddentrails.com/tour/france\\_dordogne\\_getaway.aspx](http://www.hiddentrails.com/tour/france_dordogne_getaway.aspx)
- 3) **Catalan mini trail, Spain (S)**  
<https://www.unicorntails.com/europe/spain/catalanbasedwithminitrail/>
- 4) **Four Valleys, Spain (P)**  
<http://www.ridingholidaysspain.com/four-valleys-ride/>
- 5) **Castles of Gredos Mountain, Spain (P)**  
<http://www.ridingholidaysspain.com/castles-of-gredos-mountains-ride/>
- 6) **Alentejo Coast – south-north, Portugal (P)**  
<http://ridingholidaysinportugal.com/trails/alentejo-coast-s-n/>

- 7) **Cezanne Ride, France (P)**  
[https://www.hiddentrails.com/tour/france\\_provence\\_Cezanne.aspx](https://www.hiddentrails.com/tour/france_provence_Cezanne.aspx)
- 8) **Caves and water falls of the Balkan, Bulgari (P)**  
[http://www.hiddentrails.com/pub/tour.aspx?id=bulgaria\\_waterfalls&tabindex=1&region=yes](http://www.hiddentrails.com/pub/tour.aspx?id=bulgaria_waterfalls&tabindex=1&region=yes)
- 9) **Gredos to Salamanca, Spain (P)**  
<http://www.ridingholidaysspain.com/gredos-salamanca-ride/>
- 10) **Catalonia wine trail, Spain (P)**  
[http://www.hiddentrails.com/tour/spain\\_catalonia\\_mountain\\_coast.aspx](http://www.hiddentrails.com/tour/spain_catalonia_mountain_coast.aspx)
- 11) **Bordeaux wine trail, France (P)**  
<https://www.unicorntails.com/europe/france/bordeauxwinetrail/>
- 12) **Bottle Nose Trail, Portugal (P)**  
<http://ridingholidaysinportugal.com/trails/bottlenose/>
- 13) **Riding in South Africa (S)**  
<https://www.inthesaddle.com/rides/ants-lodges/>
- 14) **Transhumance ride, North to South, Spain (P)**  
<http://www.ridingholidaysspain.com/transhumance-ride/>

### Books of my riding tours – you may preview the whole book on-line without purchasing the book:

- 1) <https://www.blurb.com/books/2469149-beauty-of-gredos-in-spring-poetic-rhymes>
- 2) <https://www.blurb.com/books/3536894-the-2012-alentejo-coast-trail-charms-and-memories>
- 3) <https://www.blurb.com/books/5040130-riding-along-rio-tormes-navarredonda-de-gredos-to>

# Excelling As One...

Meet the Greenalls, a happy family of four who enjoy the various equestrian activities offered at the Club. Read on to find out what Stephen and his family think of the Academy, their growth as a family indulging in riding and polo along with their future plans for one another.



Meet the Greenalls



Increasing Hugo's polo footprint



Hugo with Shadow

## About Himself, Family And SPC

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

**Stephen:** We were living in Japan for 16 years and moved to Singapore in July 2019 and wanted to find the best place where the whole family could ride in a safe environment with a friendly community that has great facilities.

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

**Stephen:** As you can imagine with two young kids that there are so many activities that we wanted them to be involved in and was a big worry that we would find it hard to fit riding in. Thankfully we managed to get Scarlett, my daughter a slot at 7 am in a group class before school and Hugo, my son a slot after school at 4pm which worked well for us.

**Q. Tell us about yourself and your family.**

**Stephen:** I am originally from Brighton in the UK and moved to Singapore in 1995 where I met my wife Pauline who is a Singaporean. After 8 years in Singapore we moved to Tokyo, Japan for 16 years where my daughter Scarlett was born in 2008 and Hugo my son in 2012.

## About Their Equestrian Journey

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

**Stephen:** I grew up on an equestrian farm and started riding very young but after being thrown off numerous times I lost my confidence and decided it wasn't for me until I reached my 20s and decided to try again. My sister is heavily involved with horses back home and every time we visit UK, the kids always wanted to have a ride and tend to spend their time with the horses – grooming them, taking care of them and having lessons. We use to ride in Japan but the riding facilities are not very accessible so we did not manage to ride as much as we like there in Japan. Being part of the Singapore Polo Club has given us so many different choices of equestrian sports. My son and myself love Polo and my daughter loves show jumping.

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

**Stephen:** We did find a really good jumping stable yard near Mount Fuji in Japan which had some really good horses and we started as a family having lessons. Unfortunately due to the 1hr 30 mins drive to get there and extreme cold weather in the winters we didn't get to ride that often. The main difference is the great facilities and community that SPC has, which is hard to find elsewhere.

**Q. Tell us about your favorite horse at the Academy.**

**Stephen:** Definitely has to be Boris as he has helped Scarlett build her skills and confidence in Jumping and riding over the past year.

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

**Stephen:** I started having polo lessons late this year with Roon Kai and I'm really enjoying it.

Unfortunately a back injury has put me out of action for the last couple of months, I am looking forward to getting back on and getting to a point where my skills are good enough to join in for a chukka.

Scarlett is very excited to be learning how to Jump with the Riding Academy and wants to keep progressing and learning so that she could one day, compete in local competitions. Hugo has been having polo and schooling lessons and really enjoys the fast pace and excitement.

My wife, Pauline had a few beginner riding lessons before her foot surgery middle of this year and hopefully she will continue after her recovery.

I would love for all of us to have an amazing riding holiday as a family one day.

**Their Thoughts On The Redevelopments**

**Q. Having been a member here, what's your thoughts or impression about the renovated pool, newly opened pool bistro and other upcoming redevelopment works?**

**Stephen:** The club did a great job with the pool and bistro, it's really nice that you can sit by the pool and enjoy a sumptuous lunch or dinner while enjoying the ongoing polo chukka trainings. It also provides you with a great opportunity to meet and chat with other members who are also enjoying the new facilities. My son Hugo has swimming lessons twice a week at the club's swimming pool with Coach Vincent. After the lessons, he will usually stay back for a swim with his friends. We really like having dinner in the new booths overlooking the polo field. It is very relaxing in the evening.

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

**Stephen:** The lamb chops and burgers for kids are definitely the Greenall family's favorite dishes. We also enjoy the fresh juices, mocktails and cocktails.

**About ATOMS Polo Academy**

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

**Stephen:** Unfortunately Hugo was too inexperienced so we were not able to join the academy yet but hopefully as he improves, he will be able to join other kids that are also learning. I think it's great that the academy offers kids the chance to learn polo in a safe and fun environment.

**Q. Have you watched or played polo and how supportive are you with enrolling your child/ children for polo lessons?**

**Stephen:** We have watched a couple of matches and really enjoyed the fast pace and excitement. We are pushing Hugo to be as involved as he can with Polo.

**About the Riding Academy**

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

**Stephen:** I find that the outdoor arena is a little small and it sometimes gets more crowded than the indoor covered riding arena unless you are having a jumping lesson in the top school. The indoor arena is much cooler and is not as hot as the outdoor arenas which is perfect for flat lessons and also ideal during the rainy season.



Scarlett and Boris



Stephen at a polo lesson

**Q. Your child/children have joined the Riding Academy, how are they enjoying it so far?**

**Stephen:** Scarlett really enjoys the Riding Academy because they have horses that she has really bonded with like Boris and Mo. The riding instructors are very good and want you to achieve your full potential at all times. Their riding facilities are top notch. They have a horse walker, indoor and outdoor arena. Hugo thinks that the horses are really sweet and silly and is now riding Shadow, which he thinks is full of energy and perfect for him to learn on.

**Q. Who are they being trained under and what's the riding instructor's coaching style like?**

**Stephen:** Scarlett is being taught by Laurent who is a very good riding instructor as he is strict and is constantly pushing them to be better than they are. He is very motivating and knowledgeable, he always gives you good feedback at the end of the lesson which really helps Scarlett to improve. Yien Yien is a very kind instructor who Hugo really enjoys. He thinks Yien Yien is a very happy instructor who will motivate him so much and boost his confidence.

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

**Stephen:** I think that the Polo club is the perfect place to start riding. They have horses and ponies ranging in all levels from being an advanced horse to a beginner pony. The horses and ponies will really help you in your riding journey. Most of the horses are sweet natured and kind which will boost your confidence in riding too. I think that the instructors are professional and very knowledgeable, they are constantly helping you and giving you tons of advice and feedback which is really helpful for anyone who wants to improve or is starting to ride. ■

# Jumping Lessons

Photo Credits: Delia Phey

The quiet Christmas period did not deter our Riding Academy students from participating in a Christmas jumping lesson. Held at our spacious covered arena with social distancing measures in place, our young riders warmed up our riding ponies and horses in the show jumping category.

Though competitions and shows have not been given the green light as yet, we hope that such lessons would motivate our riders and enable them to keep up with their momentum. ■



Lucas May and Kane



Miranda De Matos and Lisco



Megan Ding and Lily

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# Monthly Specials

@ THE PADDOCK



***Smoked Duck Breast Pizza with mushroom and hoisin sauce:***

Get your fix of three favourite flavours -- Duck, hoisin, and mushroom on one crusty pizza crust. One great dish!

---

***The 2021 Cup:***

Straight coffee-flavoured cocktails are nice, but when you're in the mood for something considerably more interesting, give "The 2021 Cup" a whirl. A vodka based cocktail with chocolate liqueur topped with coffee and cinnamon. Only delicious things can come out of this combination, and the result is heavenly!



# MINCED LAMB OR BEEF BROCHETTES

## with butter flavoured rice

### Ingredients

#### Lamb or Beef Brochettes

2lbs (1kg) ground beef or lamb, extra lean  
2 medium onions, grated  
2tbsp yoghurt  
salt & pepper, to taste

#### Basting

¼ cup butter, melted  
2 tbsp water

#### Garnish

2 tsp sumac powder  
1 lime  
1 punnet cherry tomatoes  
fresh mint leaves, for garnish

#### Chelo / Butter Flavoured Rice

2 ½ cup basmati rice  
1 tbsp salt  
¾ cup butter  
3 tbsp yoghurt

#### To Serve

chilled butter, cubed  
Sumac powder, to taste

### Method

#### Lamb or Beef Brochettes

- In a mixing bowl, combine meat, yoghurt, onions, salt and pepper. Knead well and set aside for 1 hour.
- Mound onto skewers and grill 3 - 5 minutes on each side, basting with butter and water mixture. On one side of the grill, place tomatoes and roast until slightly soft.
- Slide kebabs off skewer - arrange on platter, then sprinkle sumac powder and squeeze lime over. Serve immediately with Chelo Butter Flavoured Rice and roasted tomatoes.

#### Butter Flavoured Rice

- Wash and rinse rice in cold water until water runs clear, and soak for 2 hours.
- Drain rice and add to boiling water. Boil for 6 minutes, then drain.
- Heat half the butter with yoghurt and add 2 tablespoons of water in a heavy-bottomed pot.
- Add 2 - 3 ladles of cooked rice into the mixture and gently pat it down to a 1-inch layer.
- Dissolve remaining butter in 2 tablespoons of water and pour in remaining rice. Place dampened dishtowel over the pot to trap steam, and cover with a tight-fitting lid. Then, cook over medium heat till steam builds up (about 10 mins)
- Lower heat and simmer slowly for 40 minutes.
- Gently place rice on serving plate one ladle at a time without disturbing the crust. Unmold crust and serve immediately with chilled cubes of butter and sumac on the side.

Recipe of  
The Month





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# Cutting Out Sugar? Try These Swaps

By Fitness Ironman Louis

**D**o you know that non-nutritive sweeteners such as stevia and sugary alcohols are used as sugar substitutes? Some are natural, while others are synthetic. Should you use this in place of real sugar? Opinions defer, but it is generally not recommended to go overboard with these. Even though one can replace every gram of sugar with a substitute, is this really solving your sugar problem and cravings? Have a think through! ■

Check out the following healthy swaps in replacement of sugar:



**Burgers**

Try Portobello mushroom cap in place of regular bun



**Candy**

Try dried fruits and nuts in place of packaged candy



**Coffee**

Try cinnamon in place of sugar



**Dressing**

Try olive oil and lemon in place of pre-made



**Fruits**

Try fresh or frozen in place of canned with heavy syrup



**Snacks**

Try veggie sticks and hummus in place of chips/ cracks



**Oatmeal**

Try bulk rolled oats in place of flavoured instant packets



**Sushi**

Try Sashimi in place of rolls



**Yogurt**

Try Greek in place of fruit/ flavoured



# MARCH EASTER CAMPS

## Camp 1

22 March - 26 March

\$450.00 (5 days)

## Camp 2

29 March - 1 April

\$360.00 (4 days)

## Camp 3

5 April - 9 April

\$450.00 (5 days)

Fees exclude 7% GST.

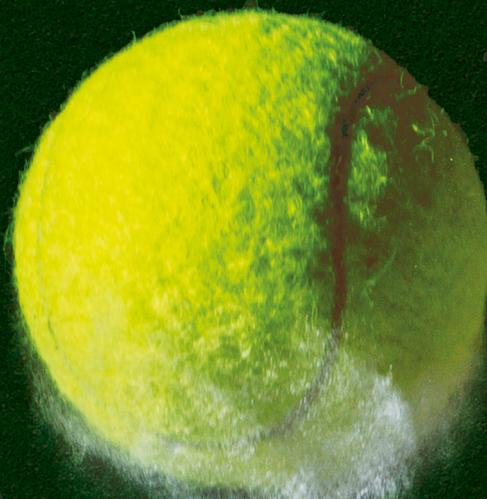


**VANTAGE**  
TENNIS

For further information and registration, contact Simon at **Vantage Tennis**  
on tel **+65 9144 5223** or email **simon@vantagesportsgroup.com**

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with our*

# TENNIS PROGRAMME



**VANTAGE**  
TENNIS

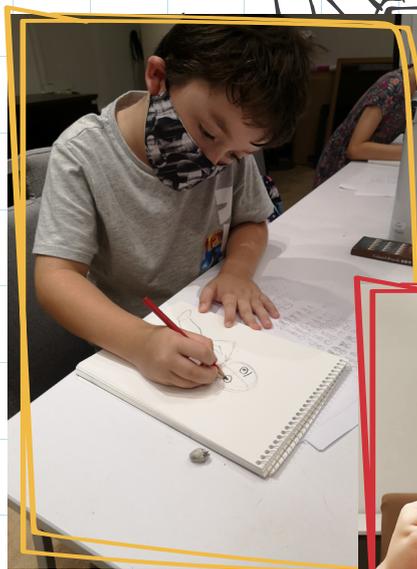
For further information or to make a booking, contact Simon at **Vantage Tennis**  
on tel **+65 9144 5223** or email **[simon@vantagesportsgroup.com](mailto:simon@vantagesportsgroup.com)**

# Draw Manga!

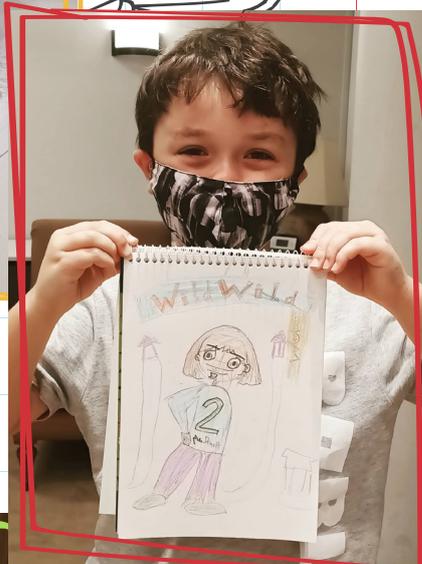
**T**he life and essence of a comic relies on its characters which are usually drawn with expressive eyes, facial expressions which change according to mood, vibrant colours along with visual graphics portraying a range of emotions, that enables the art and character to come to life at a single glance.

What's a manga? These are comics or graphic novels originating from Japan. Our members, after a long hiatus had a great time sketching their very own manga characters giving it names, attires and a little storyboard to go along with. Guided by workshop trainer Jacquelyn Soo, participants started the session by learning how to sketch basic facial features and adding colours as fillers.

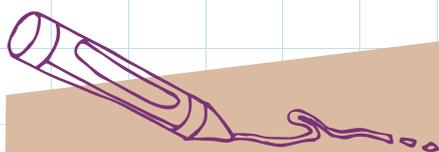
As first timers attending a drawing workshop, we're so proud of their determination and creativity put into developing their own brand of comic and art! ■



From this...



To this!



## 9 Steps To Drawing Manga Like A Pro:

- 1 Brainstorm your character and build a concept for their pose
- 2 Sketch a wireframe
- 3 Correct proportions
- 4 Outline the shapes to create a skin layer
- 5 Draw facial proportions
- 6 Add clothing, decoration and hair
- 7 Tidy your outlines and ink your drawing
- 8 Refine shading and colour
- 9 Focus on specific details



Colours as fillers



Sketching the various emotions

Interested to attend our next Manga workshop? Write to us and we'll update you on the next available session. We'll also love to hear the type of workshop you'd like us to organise. Send in your suggestions to: [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org)

# Caring For Your Leather Boots

“The key to maintaining your leather boots is patience and using the right products, coupled with proper technique,” says leather care expert, Jalal Gilani. Jalal is the youngest leather care artisan, and had held an exclusive series of workshops to share his craft with riders and polo players.

Somehow, there is something therapeutic about the process of maintaining one's leather boots in both the various stages and the satisfaction of the end result. The workshop soon became a bonding session, where everyone shared their leather care experiences and past difficulties in maintaining their polo equipment.

The end result; 3 satisfied men leaving with a complete kit of leather maintenance products and a smile (unfortunately hidden behind the mask!) having breathed new life into their boots. ■



Complimentary Saphir leather care kit which attendees brought home

# Fizz Away....

**B**ath times just got extra fun for a couple of our child members as they attended our first ever bath bomb making workshop!

Coming in various shapes, sizes and a multitude of colours ranging from vibrant, soulful to glittery sparkle nothing beats soaking oneself in a bath tub filled with aroma scents, soft and fluffy bubbles while leaving your skin smooth and pampered.

The two-session class was a sell-out and our young attendees had a great time exploring their way into making cute, colourful fizzy bombs curated in a variety of shapes paired with scented essential oils such as orange, lemon and more.

How apt that they were crafted just in time for the year end weekends where staycations are trending during this period.

Keen to try your hands at making these fuzzy bombs within the comfort of your home? Check out this easy-to-follow recipe below to enjoy a relaxing bubble bath:



*Gorgeous bath bombs prepared by attendees*



*Workshop trainer Jacquelyn demonstrating the process of mixing the essential oils*



*Ensuring there are no lumps in the mixture*

## Ingredients and Items:

1 cup baking soda  
 ½ cup citric acid  
 ½ or ¼ cup epsom salt  
 2 teaspoons of water  
 2 teaspoons of essential oil (10 - 15 drops of your preferred choice)  
 2 or 3 teaspoons of oil (olive oil, coconut oil, almond oil, soya oil or your preferred oil)  
 Food coloring (any color you want)  
 Bowl  
 Whisk  
 Jar  
 Bath bomb mould

## Instructions:

- Mix all the dry ingredients into the bowl and stir well to remove any lumps
- Mix all the wet ingredients in a separate cup and add the wet mixture in slowly, to the dry ingredients
- Mix well using hands and ensure that the mixture when squeezed, holds together before putting it into the mould
- Compress the mixture firmly into the mould to remove any spaces
- Remove the mould by flipping it over and tapping gently to release or if you are using a ball mould, simply remove the first half of the round mould and it should come out nicely after ■



*All ready!*

# Discovering An Ancient Painting Style

Photos by Art Stories, Jacquelyn Soo



*Their proud artwork*



*Adding the final touches to the artwork*



*Air drying an artwork*



*Participants creating their batik art along with trainer, Jacquelyn (in purple)*

**B**atik Painting, a long standing ancient Malay art, uses wax or pre-waxed images on fabric along with the usage of dye added onto the cloth to create images. The art's unique cultural perspective is seen through its patterns, shapes and dye applied onto the various canvases.

Originating from Java, Indonesia, the art found its way into our members' hearts through a two-hour lesson where they had the opportunity to play with a myriad of colours, allowing them to put their creativity to the test.

It was a joy to see the keen looks on the faces of attendees as they explored the use of various painting techniques, colours and tools to achieve their desired artwork on canvases. We are sure they would make splendid framed art in their living rooms.

Follow us on social media and look out for our upcoming children-centric workshops for the first quarter of 2021! We can't wait to have you join the fun! ■

# FOOD HORSES

# CAN EAT

FUN WITH TWINKLE PIE



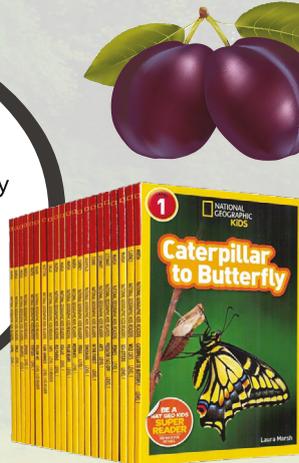
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C	W	A	I	Z	X	B	A	E	U	N	H



Happy New Year everyone!

Have you ever wondered what my favourite fruits and vegetables are? We, ponies and horses enjoy a variety of greens and we love them! Can you guess what they are in the crossword above?

You stand to win a set of 5 National Geographic reader books!



**HELPING WORDS:**

**CARROT | ORANGE | APPLE | CELERY  
PLUM | GRAPES | LETTUCE | BANANA  
WATERMELON | GREEN BEANS**

Check out my very own Ang Baos in this issue. Have fun gifting them this Lunar New Year!



Submit your completed entries to [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org) or drop them off at our Reception before **26 February 2021**. Do remember to include your name, membership number (if applicable), email address and telephone number.

# Happy Start to 2021!



Photo credit: Shel Conte

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