

SINGAPORE

# POLO

CLUB

January - March 2022  
ISSUE 01



## A Year of Atoms Polo Academy

Encapsulating the fun moments as we celebrate  
a year of Polo at the Atoms Polo Academy

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**JAEGER-LECOULTRE**

**REVERSO  
TRIBUTE**

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



## PATRONS

Derek Mitchell  
K.C. Loh

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Finance Manager

Alinna Li  
Human Resources Manager

Marlene Teo  
Marketing Communications  
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Riding School Manager

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### FRONT DESK

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

### F&B OUTLETS

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

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

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

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

### FACILITIES

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

**Swimming Pool**  
7.00am – 9.00pm (daily)

**Tennis Courts**  
7.00am – 10.00pm (daily)

**Gaming**  
12.00pm – 10.30pm (daily)

**Atoms Polo Loft**  
10.00am - 6.00pm (Tuesday to Friday)  
9.00am - 6.00pm (Saturday and Sunday)  
(Closed on Mondays and Public Holidays)

## CONTACTS

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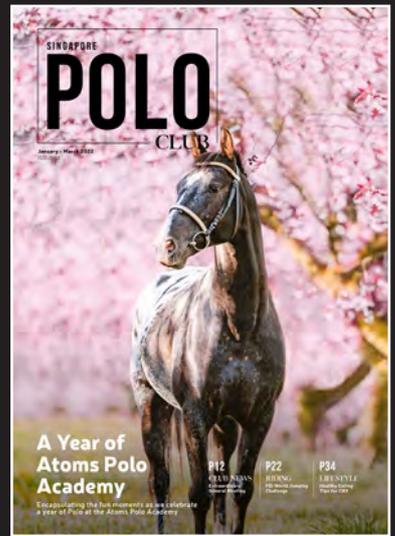
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**ON THE COVER**



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# New Members

OCTOBER TO DECEMBER 2021

A warm welcome to the new members who have recently joined the Singapore Polo Club family. We look forward to seeing you at the club!

## CHARTER

Poh Hao-Qin Jonathan  
Yu Tao  
Prycille Virginie Fon Sing  
Storm Paris Hargrave  
Graeme Stuart Peter Finley  
Danielle Ramonde Barratt  
Tay Gak Yong

## TERM

Yenny  
Anne Marguerite Marie Marteau-Green  
Marc Lawrence Rakoczy  
David John Simpson  
Chen Jie  
Ashleigh Marie Johnston  
Ng Chih Wei  
Christiena Newitt

## HONORARY

Judit Pach

## REGULAR

Rajiv Ramnarayan  
Ng Wei Wen, Jonathan  
Jaime Miguel III Villegas Palanca  
Liao Weishun  
Thomas James Hind  
Chew Huan Wei, Cassandra  
Benjamin John Fry  
Michael Francis Power  
Jeanine Louise Thomson  
Neal Edward Sullivan  
Ashish Manchharam  
Chow Chiu Wan Kareena  
Tan Keng Lian  
Stephane Herve Erwan Perron  
Saleh Mohamed Munshi  
Xia Mengfei  
Lee Yeow Siong  
Madeline Ng Qi Xuan  
Xiao Jun  
James Francis Diaz Alberdi  
Wendy Jane Johnstone  
Claire Wilson



Dear Members,

It's amazing how 2021 has passed so quickly and we are now into the year 2022. The past year has been really exciting and I am thankful that I have a great Committee, Management and the support of members as we work towards making our Club the best. A big thank you to all of you for being patient and co-operative during these Covid-19 times and it is through such compliance that we have weathered the situation reasonably well. With the new Covid strain of Omicron, the Club is taking more cautionary steps to minimize the spread of this virus with your co-operation and help. On a positive note, members can look forward to the opening of our Club rooms scheduled in early April this year. It has been a tough period for our builders with materials and stocks being delayed due to Covid-19 restrictions but they have tried their best to keep within deadlines.

Many of you would have heard about the compulsory acquisition of part of our Mount Pleasant stables (totaling 3,222 sq.m.) by the Singapore Land Authority on 23 November 2021, with the physical acquisition on 30 November 2022. This was to make way for the building of a major road to facilitate the future building of 5,000 units of BTO by the

Housing and Development Board amongst others. The Committee and management are working closely with the relevant authorities to facilitate the acquisition while ensuring that SPC's future interests are well covered. I will update members from time to time and would like you to leave this with your Committee and our Management so that there are clear lines of communication with the relevant authorities.

Our Polo Captain held a polo forum on 20 November 2021 to share with our polo community about the polo tournament seasons in the spring and fall of this year. Pending Covid-19 restrictions, the tournament seasons will raise the level of participation and quality of our game while introducing high goal polo professionals which would be beneficial to both polo players and the Atoms Polo Academy.

While the Club is in a good financial situation, we must not take for granted that we will continue to fare well in the years ahead as Covid-19 travel restrictions have increased the level of participation for both the polo and riding academies. Once these restrictions are lifted, the Club's financials may not be as healthy. Furthermore, the Committee and Management are committed to do our best to build our reserves in preparation for our lease renewal.

The Club has seen a healthy increase in its membership numbers with 107 new Regular members joining the Club over the past two years. We have received many favorable comments about the new clubhouse, the gym and swimming pool and also how exciting both Riding and Atoms academies are.

With all that's happening this year, you can be assured that the Committee and management are geared up to take on any challenges that may come our way and will work together to ensure that our Club is in good hands as we work towards our objectives for you.

Wishing you and your families a Happy New Year and I look forward to seeing you around the Club! ■

All the best,

**Stephanie Masfield**  
President



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CLUB  
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# Lifestyle



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



Dear Members,

**H**ere's wishing you and your loved ones a Happy New Year filled with all that you wish for and to those who celebrate the Lunar New Year; Gong Xi Fa Cai to you and your loved ones too!

The past year has been a real challenge with Covid-19 having a number of variants. I am glad with the co-operation of everyone and the dedication of the Covid-19 Task Force and staff, we have managed to keep a good record with the authorities however, we have to be extra vigilant and would appreciate your fullest co-operation with our Safe Distancing Ambassadors who are only doing their job to keep you safe.

We wait with bated breath for the Club Rooms to be completed and the pre-opening trials to be successful before opening them to you, your families and guests. The Club Rooms will offer a range of activities, staycations and polo/riding experiences as part of the lifestyle that is uniquely SPC. Your guests will have an opportunity to experience how exciting our Club is once all our facilities are fully completed and operational.

With the anticipated lifting of some Covid-19 restrictions, the Riding Academy has already made plans to resume with competitive riding and to also increase and refresh its string of riding horses. Our instructors were sent to source for these horses from Europe and from what we gather, riders can look forward to this exciting new string to excite and spur you to greater heights.

Polo players can look forward to an exciting string of polo ponies that was approved and well supported by members at the EGM on 16 November 2021. The polo ponies are to support the proposed Polo Tournament Season in the Spring and Autumn depending on Covid-19 situation. There will also be a few replacement horses to refresh our current string of Club polo ponies for Atoms Polo Academy.

With Atoms completing its first year, there will be some calibration as we work towards making your polo learning and experience more exciting. Look out for more updates on this as we intend to make your learning experience more enjoyable and to build a positive Atoms community.

Despite Covid-19 challenges, my team and I are always on the lookout for ways to raise the level of your club experience to make your every visit a memorable one. Encouraged and supported by the President and Committee, we are always motivated to give our best and thank all members for your patience, understanding and support as we do so.

Looking forward to a wonderful new year and many exciting happenings at the Club! ■

Warmest Regards,

**Sylvan Braberry**  
General Manager

# Long Service Awards 2021

**Congratulations to our staff for achieving  
another milestone at the Club!**



**Dao Madukar Reddy**



**Rafiei Bin A Bakar**



**Rayman Moses**



**Masian Bin Suryan**



**Agilan A/L  
Manikamvasagam**



**Nelson Thomas**



**Kanis S/O Pavadisamy**



**Sylvan Braberry**



**Wendy Lau**



**Mahesan A/L Ravendran**



**Lee Yen Ling**

# SPC Welcomes Arian!



7-year-old Arian's long time wish of coming up close with horses was granted in December 2021 as part of the Club's Equine Assisted Therapy Programme in partnership with Make-A-Wish Singapore.

Held over 5 days, Arian interacted with Esperanza, a retired polo pony where he visited the stables and tried out various hands-on guided activities such as grooming, tacking, leading, showering and feeding Esperanza. The little lad was even able to enjoy a short ride on her during the final session, an activity that he was very much looking forward to.

The programme ended with his family relaxing at the chukka terrace over lunch while Arian fed and interacted with Esperanza as she grazed nearby. He was also quick to observe our resident grooms exercising the ponies around the sand track and expressed his excitement through sign language with everyone present. As a parting gift, the Club's Outreach team gifted him with a framed photo of his riding moment with Esperanza. A befitting gift for a courageous boy!





Spelling the word "horse" using sign language



One for the frame

***"We believe that wishes can improve a child's quality of life, giving them a better chance of recovery."***  
– Make-A-Wish Singapore



Magical bonding moments between Arian and Esperanza

**About Make-A-Wish Singapore**

Make-A-Wish Singapore is a part of the world's largest wish granting organisation. Since our inception in 2002, we have granted over 1,700 life-changing wishes for children with critical illnesses in Singapore. For more information, visit [www.makeawish.org.sg](http://www.makeawish.org.sg).



# Extraordinary General Meeting

16 November 2021



The Club's Extraordinary General Meeting was held on 16 November 2021 where the Committee submitted a resolution to purchase 9 additional Club polo ponies at \$405,000 to support of the High-goal polo tournament seasons for the year 2022 and beyond.

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 9 November 2021, and answers to the questions raised were posted on the Club's noticeboard from 12 November 2021 for members' viewing.



RESOLUTION 1	Votes in favour		Votes against	
	Before Weightage	After Weightage	Before Weightage	After Weightage
Charter Polo Playing Members	13	130	4	40
Charter & Charter Corporate Members	5	5	6	6
Regular Individual, Regular Corporate & Term Members	0	0	0	0.1
Clubhouse Members	0	0	0	0
<b>TOTAL</b>	<b>18</b>	<b>135</b>	<b>11</b>	<b>46.1</b>
INVALID VOTE: 0				
		<b>135</b>		
<b>VOTES FOR</b>		<b>74.5%</b>	<b>VOTES AGAINST</b>	
			<b>46.1</b>	
			<b>25.5%</b>	

**RESOLUTION 1 IS CARRIED WITH 74.5% VOTES FOR.**

# ATOMS

## POLO LOFT



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**ATOMS**  
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Contact the Atoms Polo Loft at **+65 6854 3955** or email  
[atoms@singaporepoloclub.org](mailto:atoms@singaporepoloclub.org)

# A Year of Atoms Polo Academy

Encapsulating the fun moments as we celebrate a year of polo at the Atoms Polo Academy. Here's a roundup of the excitement under one roof!





LEARN • PLAY • EXPERIENCE

**ATOMS**  
POLO ACADEMY

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# All About The Mallet

By Mariel Abanes, POLO LADY Magazine  
 Photos courtesy of Aubone Polo Mallets



**P**layers and ponies are not the only important ones when playing on the field—the gear you use plays a significant role in your performance. As such, scouring for the best items that fit a player’s body and function is a priority and shouldn’t be settled for less.

For instance, a polo player’s mallet. As Aubone Polo Mallets’ owner Tomás Aubone says, this tool plays a crucial role in one’s overall effectiveness. “There would be no polo without the mallet,” he adds, pointing out its role as a true extension of the player’s arm.

The mallet expert further explains how several elements take into account when in a game, like your position, the horses, the opposing team, and the basic strategy. Thus, his company’s goal is to eliminate the mallet from that equation, so that a player can focus on the game and their performance without distraction.

To shed light on the matter, POLO LADY asked Tomás for his thoughts on finding the perfect mallet as well as its proper care and usage. If you’re struggling to obtain the right-fitting mallet or just on the lookout for the next stick to swing for an upcoming tournament, read on for some helpful advice from the trade master himself.



## GO FOR WHAT FEELS RIGHT

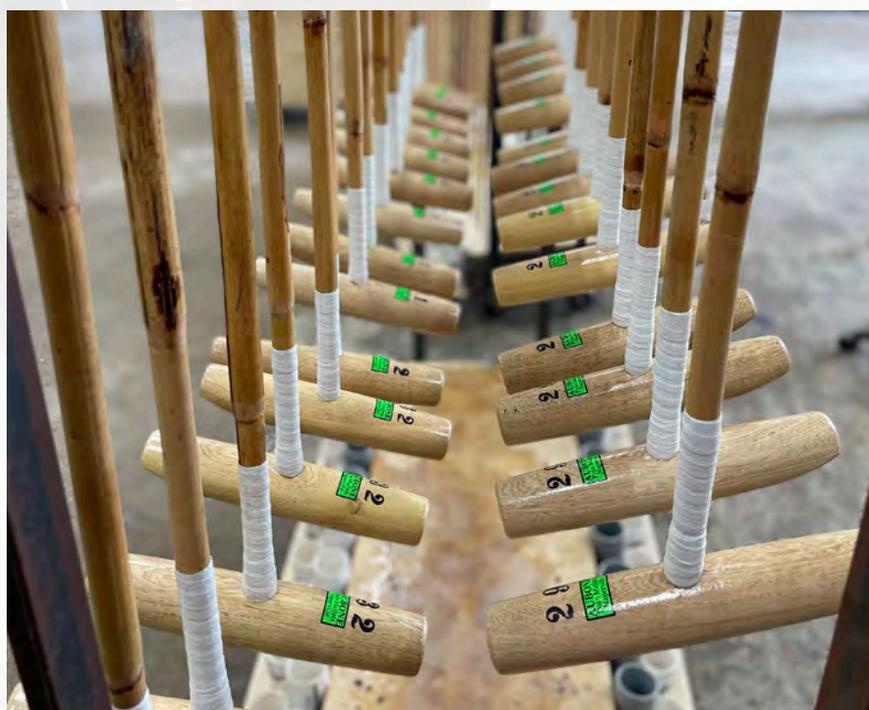
“When choosing a polo mallet, there are certain criteria that must be taken into account—the weight of the mallet that’s usually determined by a player’s size and strength, the flexibility of the cane, and finding the correct handle size. But it’s simply a matter of what feels most comfortable in their hand. At the end of the day, it all comes down to personal preference.”

## TEST THE Mallet

“Finding the perfect mallet is a matter of trial and error. It is an endeavor that each player must make on their own. Through experience, one will get an understanding of personal preference based on what works best for them. This is why players often experiment with different variables in an attempt to enhance their performance.”

## KEEP IT IN TIP-TOP SHAPE

“Taking care of polo mallets is simple; they must be kept in a mild and dry climate. The heat and humidity can warp the cane and dry them out, making it difficult to hit the ball and putting them at greater risk of breaking. The best way to store a polo mallet is by hanging it by the head, so the initials are facing you.”



## ALWAYS DO A Mallet CHECK

“Polo is an intense and sometimes even rough sport. Like any rough sport, a player’s gear will suffer from wear and tear. The polo mallet is no exception. It is very common for a cane to split or break, but luckily, almost every element of the mallet can be replaced or repaired. The best way to know if a mallet should be replaced, repaired, or discarded is by evaluating its contribution to the overall performance. After all, it is a tool—and if that tool no longer serves its purpose or doesn’t serve as well as it should, then it may be time to look for a replacement.”

## GET TO KNOW YOUR Mallet BETTER

“Not only do we make mallets, but we use them. The only way to truly understand the importance of the mallet and its function is by using it in a game.” ■

# Fresh Picks at Atoms Polo Loft for 2022!

Gallop into the New Year with these new introductions at the Atoms Polo Loft. Grab some new gears, apparels or even some tasty treats for your majestic friend as an early reward for the upcoming milestones.

## LEOVETIES FROM LEOVET

Leoveties are a tasty blend of highly nutritious cereal, vitamins and minerals. They contain easy to digest carbohydrates from maize, grains and legumes to help provide the energy necessary for an active life. Vitamins A, D and E present in the treats meet your horse's special fitness requirements for optimum strength and vitality. They are carefully mixed at low temperatures with high grade ingredients and come in a resealable bag that keeps their aroma and taste.

**Price: \$15+ for a 1kg pack**

Available in 3 flavours:

- Apple, Spelt Wheat and Red Beet
- Carrot, Mango and Rose Hip
- Banana, Turmeric and Linseed



## DEXTLEY BOOTS

Made of 100% calf leather, Dextley's range of short and long boots are comfortable and breathable. The insoles are made of PU material, has good shock absorption effect and is not easy to deform. Soles are anti-skid and made of natural rubber which is light and wear resistant. Customisation of boots can be arranged for at the Loft Shop. Pop by and check out the designs which are available from size 35.

**Price: from \$595+ (short boots) and \$1010+ (long boots)**

## COOKIES TO CALM YOUR HORSE



These cookies come in assorted flavours and are designed to take the edge off your horse and help it remain focused and calm without dulling the body. They are suited for every horse and provide peace of mind especially in situations that cause anxiety, stress or fear such as travelling, competing, vet visits and routine changes.

Made with natural ingredients, these delicious snacks contain high-quality vitamins, minerals and amino acids which improve general health and well-being of your horse.

**Price: \$28+**

**Available in 3 flavours:**

- Original
- Beetroot
- Mint

## IKONIC ANTI-SHOCK STIRRUP



These shock absorbing 12cm stirrups come in a pair and are stylish yet sturdy giving you all-round safety protection. The height of the six threads in the foot rest can be adjusted, offering extra grip. A unique feature in this product is the releasable arm clutch which will reduce the risk of injury by setting the foot free in the event of a fall.

**Price: \$775+**

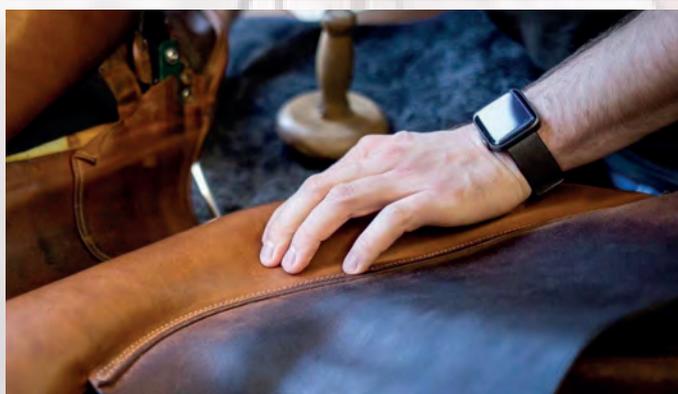
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POLO CLUB**  
ESTABLISHED IN 1986

# FEI World Jumping Challenge 2021



Photo Credits: Priya Selvam, Shirley Khaw, Teo Pok Zin and Eskay Seah (eskayphoto)



Caedan Paul and Red emerged overall winners in Category B

Congratulations to our riders, Caedan Paul on Red and Tia Gabler on Akita 104 for clinching the 1st place in Category B and 2nd place in Category C respectively in the finals of the FEI World Jumping Challenge held at Bukit Timah Saddle Club on 28 November 2021. Kudos to Lucas May for his participation in the challenge as well.

Prior to the finals, our riders took part in two qualifying rounds held on 31 October 2021 at National Equestrian Centre and 7 November 2021 at Bukit Timah Saddle Club and made us all proud by nailing the prominent placings. ■



Tia Gabler and Akita 104 came in 2<sup>nd</sup> for Category C



**31 October 2021**

**Category B**

**2<sup>nd</sup> Place:**  
Caedan Paul on Red finished with 8 jumping faults after the 2<sup>nd</sup> round

Lucas May on Kilinick Monroe rode a wonderful 1<sup>st</sup> round

**Category C**

**2<sup>nd</sup> Place:**  
Tia Gabler on Akita 104 with a beautiful double clear round

**7 November 2021**

**Category B**

**1<sup>st</sup> Place:**  
Caedan Paul on Red finished 1<sup>st</sup>

Lucas May on Kilinick Monroe rode a good round

**Category C**

**1<sup>st</sup> Place:**  
Tia Gabler on Akita 104

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Nikki Poh on Oldtimer van de Zuurhaege with SPC Riding Academy instructor, Edric Lee

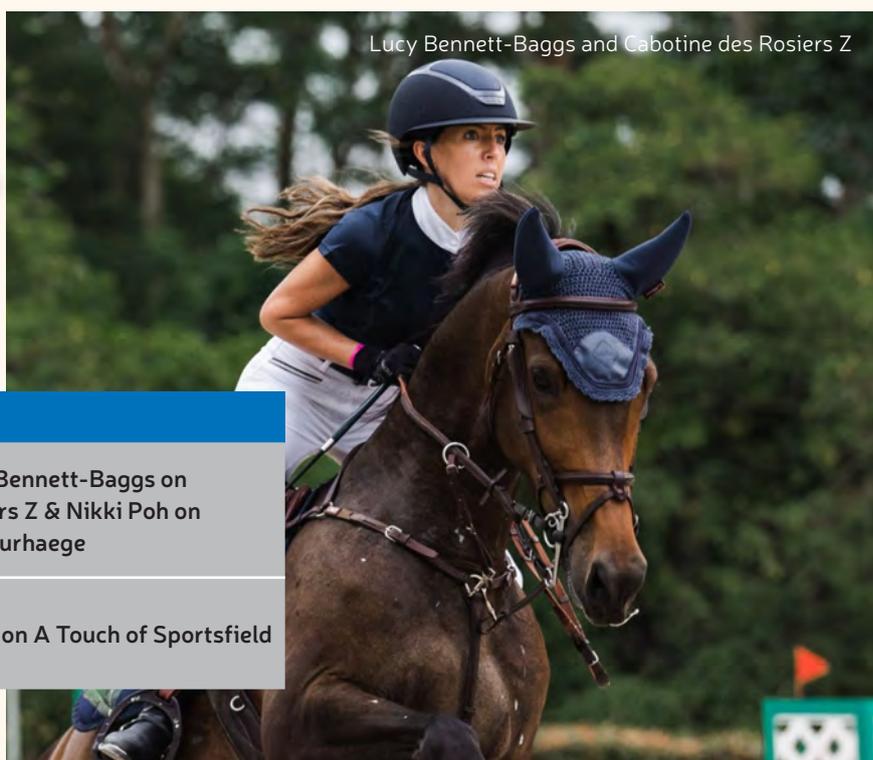
# BTSC's Deepavali Show

Photo Credits: Teo Pok Zin and @eskayphoto

Enthusiasm filled the arena, as our Academy riders participated in Bukit Timah Saddle Club's training show on 6 and 7 November. Clinching 3<sup>rd</sup> and 4<sup>th</sup> placings in most of the categories, it was a team effort with a job well done. Here's to more shows with even better standings! ■



Day 1	
<b>Class 3:</b> 80cm Clear Round	Nikki Poh on Oldtimer van de Zuurhaege with a well ridden round
<b>Class 4:</b> 90cm Competition Against The Clock	3 <sup>rd</sup> Place: Edric Lee on A Touch of Sportsfield 4 <sup>th</sup> Place: Lucy Bennett-Baggs on Cabotine des Rosiers Z
<b>Class 6:</b> 110cm Competition Against The Clock	3 <sup>rd</sup> Place: Tia Gabler on Akita 104



Lucy Bennett-Baggs and Cabotine des Rosiers Z

Day 2	
<b>Class 12:</b> 90cm Competition Against The Clock	Clear Round: Lucy Bennett-Baggs on Cabotine des Rosiers Z & Nikki Poh on Oldtimer van de Zuurhaege
<b>Class 13:</b> 100cm Competition Against The Clock	3 <sup>rd</sup> Place: Edric Lee on A Touch of Sportsfield



# CLUB

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- Open to Members and Non-Members
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\* Fees are subject to 7% GST and are inclusive of a SPC T-Shirt and course materials.

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*Some things are worth*



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TENNIS

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# Tennis Coach Darya

Meet Darya Berezhnaya, one of the favourite coaches amongst our young child members. Hailing from Kazakhstan, she has many years of experience in guiding young children to grasp this challenging sport.

## PLAYING HISTORY

- Member of a Kazakhstan Junior Fed cup team under 12, 14, 16
- Participant of world championship under 14
- WTA doubles ranked 600
- Earned multiple trophies on national level tournaments
- Played for VCU (NCAA 1 division school) Women's Tennis Team
- Two times Atlantic 10 Champion
- Two times NCAA Participant
- Three times earned All-Atlantic Honors (2014, 2015, 2016)
- Earned VCU Rodney Award for Outstanding Athletic Achievements (2016-2017)
- Named Captain Junior and Senior years
- Practiced at tennis academies in Germany, Belgium, Czech, Thailand.

## AREAS OF SPECIALIZATION

Junior development, little tennis, personal training, private and group lessons for all levels and age groups, cardio tennis.



## EDUCATION AND TRAINING:

Virginia Commonwealth University, College of Humanities and Science, Richmond, VA  
Bachelor of Psychology

## CERTIFICATIONS:

PTR wheelchair certified tennis professional, CPR certified, USPTA certified tennis professional

## FUN FACTS

**Hobbies:** Horse riding, yoga, golf, reading

**Favourite Tournament:**  
Rolland Garros

**Favourite Player:** Rafael Nadal

**Favourite Shot:** Backhand



# Healthy Eating Tips for CNY

Eating healthy during Chinese New Year is possible. And it's easy with these tips from the Dietetics & Nutrition department at SingHealth Community Hospitals (SCH).

Infographics developed by SingHealth Community Hospitals (SCH), Department of Dietetics & Nutrition, a member of the SingHealth group.



Chinese New Year snacks are packed with sugar. But by eating sensibly, it's still possible to stay healthy and enjoy your favourite goodies.

## Tips to eat well for CNY



**Eat before visiting**

You are more likely to overeat on an empty stomach. Take a high-fibre snack such as oats, salad or fruits before you head out.

An icon showing a bowl filled with various fruits (apple, orange, banana) next to a bottle, representing a healthy snack.An icon of a bowl filled with various fruits, including an orange and a banana.An icon of fresh vegetables, including a carrot and leafy greens.

**Go for fresh food over processed food**

Choose healthier snacks like mandarin oranges. If you are cooking, use fresh ingredients such as lean meat and skinless poultry over processed food items like fish balls as they are usually lower in salt and fat.



**Practice portion control**

Put your food onto a smaller plate to help you eat less.

**Take it slow**

It can be tempting to indulge in feasting but eat slowly. It can take up to 20 minutes after eating before you feel full. Eating slower also helps with digestion.



**Plain water is best**

Opt for plain water or drinks with reduced sugar over soft drinks and sweetened beverages.

**Know What You Eat**

**Eating Well for Chinese New Year**

Check out the calorie content of these goodies and enjoy sensibly!



Love Letter  
(1 piece, 5g)  
**20kcal**



Fried Shrimp Roll  
(1 piece, 4g)  
**23kcal**



Kuih Bangkit  
(1piece, 6g)  
**23kcal**



Peanut Cookie  
(1 piece, 13g)  
**50kcal**



Kuih Rose  
(1 piece, 10g)  
**50kcal**



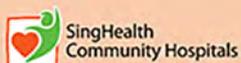
Pineapple Tart  
(1 piece, 20g)  
**76kcal**



Kuih Lapis  
(1 slice, 33g)  
**157kcal**



Bak Kwa  
(1 slice, 100g)  
**370kcal**



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**HealthXchange.sg**

For more health tips, visit HealthXchange.sg today!

# HELP TWINKLE PIE FIND HER WAY TO THE MANDARIN RANGES

Gong Xi Fa Cai and A Happy New Year to all. In this first issue of the year, I'm giving away 5 SPC caps. Grab 1 for yourself!



Submit your completed entries to [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org) or drop them off at our Reception before **18 February 2022**. Do remember to include your name, membership number (if applicable), email address and telephone number.



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