

SINGAPORE POLO CLUB



Spring & Fall International Tournament 2022

A recap of the exhilarating moments

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Inaugural Christmas
Light-up 2022

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RIDING
FEI World Jumping
Challenge 2022

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LIFESTYLE
Healthy Recipe:
Spicy Tofu with Broccoli




JAEGER-LECOULTRE

**REVERSO
TRIBUTE**

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



SINGAPORE
**POLO
CLUB**
Established in 1886



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K.C. Loh

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Vice President

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Jane Drummond
Committee Member

Koh Pei Bei
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April McKenna
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Committee Member

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Club Duty Manager

Irene Seah
Events Manager

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Facilities & Maintenance
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Finance Manager

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Human Resources Manager

Marlene Teo
Marketing Communications
& Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

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

The Polo Bar
6.00pm – 10.30pm (daily)
Closed on Mondays
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (weekdays)
12.00pm – 3.00pm &
6.00pm – 10.30pm (weekends)
Closed on Mondays
(Last order at 2.45pm & 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 – 11.00pm (daily)

Gaming
12.00pm – 10.30pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (weekdays)
9.00am – 6.00pm (weekends)
Closed on Mondays and Public Holidays

The Wellness Studio
10.00am – 9.00pm
(Tuesday to Sunday)
Closed on Mondays

CONTACTS

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Gaming

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New Members

OCTOBER TO DECEMBER 2022

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

Xu Xiaofen
Nguyen Tianna
Tham Ruo Xi
John Alexander Baker
Adibah Syazni Bte Jaafar
Wang Yulei
Yoo Min Suk
Kum Wan Sze Jocelyn

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Jiao Xiao Meng
Yeoh Chooi Wah
Phua Angela
Phua Jiexian Joseph
Seneviratne Janaka Chetiya Bandara Herath
Thio Zi-Xiang

TERM

Vera Ann Yeh
Luke Leabres Guanlao
Suzan Donuk
Shu Yow Jen
Sheng Yajun
Giacomo Clerici
Woo Jungsoo
Andrew Anthony Oddie
Sam Morgan Hinds
Simon Linton Healy
Koh Chor Yung
Park Kyung Eun
Fleckney Katie Rosina Hill



History was made three years ago, when I was elected as the first female president of the Singapore Polo Club. These three years have flown by in the blink of an eye, and at the end of March, my term will come to an end. Whilst it has been an absolute honour and privilege to serve our members, it has certainly been a challenging few years, with the huge impacts of the Covid-19 global pandemic causing so much uncertainty for us all. Fortunately, with the unwavering support of my committee, the club management, and members, we successfully navigated our way through these uncharted waters, to come out relatively unscathed.

Looking back on my term as president, it has been a pleasure to work with members of my committee, sub-committees and the management team to create a more positive, vibrant and gracious environment for all members.

Polo is going through a positive transition that will benefit a larger base of polo players and members, while raising the standard of polo instruction and the game. With the recent addition of new polo professionals Colonel Ravi Rathore, Cody Williamson and Vishu, we have received positive feedback on how chukkas are being well facilitated and lessons are even more exciting and interesting as we continue to work towards building a polo community that is inclusive for all.

The Groom's Cup on 9 December 2022 marked the curtain closure for the Polo season, and what a match it was! Played by grooms and rider boys, it was rated as

one of the best matches of the season. The "kenduri" after the Groom's Cup was well attended and enjoyed by members and staff, to finish the season in style.

Additionally, I am pleased to note that over the past two years, 117 new regular members joined the Club through our riding and polo academies. This only strengthens the belief that the Club's core objectives of polo and riding can attract more members as we make the sport more inclusive, and engage the community through both academies.

Both the Riding Academy and the Atoms Polo Academy achieved healthy surpluses in 2022 due to strong interest in both of our core activities. They are both headed by our General Manager, Sylvan Braberry. Their riding base has been expanded to almost 380, while Atoms has grown to a base of about 320, making it one of the largest single location polo academies in the world.

It is also heartening to see both polo and riding teams working together to present engaging events to both communities. This is a first ever on such a scale, with the joint Halloween Night attracting 186 participants, as well as record turn outs in the hundreds for the Laser Tag and Bubble Soccer events. The combination of polo and riding camps was a success too, leaving members wanting more.

The Club continues its commitment to engage and support the community at large through our Outreach programmes, which cover diverse initiatives that include equine-assisted therapy for troubled youth, equine engagement with the elderly and children, working with TOUCH Community Services to support their various interests such as JOURNEY and special needs children. We intend to expand our scope for Outreach in 2023 with even more engagement, to show that we are really a Club with a heart. With an expected increase in Outreach activities, the Club will reach out to more volunteers soon.

Our club rooms have seen an increase in bookings, with certain periods achieving 100% occupancy, and positive feedback from many members and their guests. The lifting of Covid-19 restrictions means members can expect an increase in lifestyle activities, starting with our Lunar New Year "Lo Hei" celebration on 27 January 2023.

I would like to end by thanking you once again for entrusting me to "hold the reins" for the past three years, and I wish my successor the very best for the future.

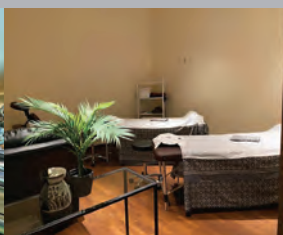
Wishing all our members the very best for 2023. ■

Warm Regards,

Stephanie Masefield
President

LifeStyle

Be a part of the distinguished



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For membership rates and enquiries, email
membership@singaporepoloclub.org



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Dear Members,

The recent Atoms Polo Academy forum held on 3 December 2022 was well attended by both junior and senior Atoms players, riders and some parents as well. Amongst the various information shared was the Atoms' Calendar 2023, Arena Polo League Championships, assessment schedules and Atoms' Capsule Enrichment Programmes. The Calendar included Atoms' tournaments along with lifestyle activities and camps for both Atoms and Riding academies. The team will also be organising a welcome BBQ Pot Luck dinner for children from both academies and parents are welcome to join in too! This is one of our efforts to create an exciting and harmonious atmosphere in both polo and riding communities. The Arena Polo League will be played on our field, spanning 150m x 75m according to HPA arena regulations with the covered arena as a wet weather alternative. Management will be organising a briefing soon to explain the dynamics of the Arena League.

An Atoms under-21 tournament is also in the pipeline and talks have already commenced to have regional tournaments with teams including Oceania. Such tournaments will be primarily for non-handicap Atoms players with consideration for ex-Atoms players who have passed the polo test and are presently holding a -2 handicap.

On the Polo front, members can look forward to an exciting Polo Calendar with the continuation of the Spring and Fall tournament seasons. Do look out for more information which will be shared on our social media and e-newsletters.

To accede with the various requests and aspirations of our Polo Professionals so that they can pursue their professional playing schedules, Management with the support of the Committee, has allowed both Ang Roon Kai and Waqas Khan to continue as freelance Polo Pros so they can have the flexibility to travel on short notice and still be based at the Club. They will continue to be available for all polo players through the Polo Office only. Members are reminded that private arrangements between Polo Pros on horse management, lessons or any other polo related services are strictly not allowed. Members whose horses are stabled at the Club are not allowed to take lessons or polo services from any Polo Pro except those registered with the Club.

A "mini" Christmas light up saw the gathering of large crowds of families eager to witness the magical event. The entire Verandah, Polo Bar and Front Office brightly lit up once Mr Lawrence Khong, Lifestyle Convenor pressed the magic button. We were honoured to have our President, Mrs. Stephanie Masfield lead the giant Christmas log cake cutting amidst cheers all round while Santa was giving out treats to the children.

The Club continues to be in talks with the relevant authorities on the acquisition of Mount Pleasant which has been delayed for the time being until we work out the best possible outcome for the Club.

The cohesive team at SPC Riding Academy continues to be top performers and we are sad to note that Riding Instructor, Ms. Pua Yien Yien is unable to continue with the Club as duty at home calls. Yien has been with us for more than four years and has been a part of the very successful Riding Academy. We wish her all the best and she knows that our doors will always be opened to her. A big thank you Yien from the Committee, members and all your friends and colleagues at SPC.

Meanwhile, Management is tightening up our processes and SOPs to better prepare us for an exciting year ahead where members will see an increase in Lifestyle activities with Covid-19 restrictions lifted.

I would like to take this opportunity to sincerely thank our President, Mrs Stephanie Masfield, the Committee and Sub-committee members for their guidance and support for the Management and the team so that we can make the Club a better place for all. Thanks also to all members who have been supportive and understanding during the Covid-19 pandemic and endemic and for your wonderful feedback and recognition of the staff's efforts to serve you better. We will always endeavour to do better for you.

From all my colleagues and the Management team, we would like to wish you a Happy New Year. ■

Warmest Regards,

Sylvan Braberry
General Manager



Another year has flown by in a flash and we are delighted to announce our long service award winners for 2022. Congratulations everyone!



Ripah Bin Sajim | 60 years



Tan Siew Fung, Ann | 35 years



Oh Cher Ming, Sunny | 25 years



Ting Heng Mou | 20 years



Sukumar Shetty | 15 years



Gangatharan Lakshmanan | 10 years



Lee Chin Hon, Edric



Melissa Bernadette Dominic



Ruelle Laurent L M



Kalaivani Muraleiy



Princess Rhezell Alvarez Ramilo



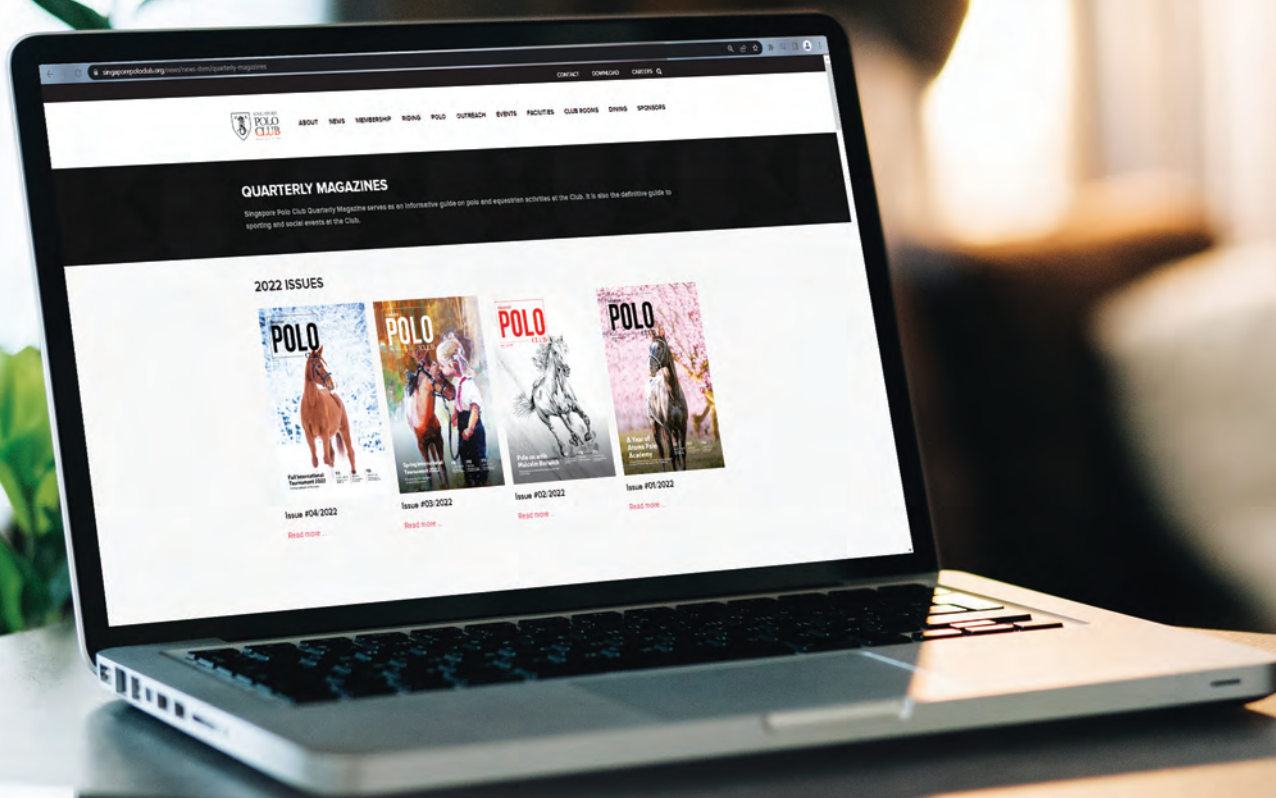
Chan Krysten Angela Elaine Limso



Lee Peh Shi, Jessie



Phua Boon Chye, Victor



CONNECT DIGITALLY WITH US

Stay updated with recent Club happenings by subscribing to our bi-weekly eDMs.

The Club is also advocating a greener environment and would like to encourage members to go paperless by opting out of receiving a hard copy of our Club's quarterly magazine. Contact the Marketing team at **marketing@singaporepoloclub.org** to indicate your interest.

Digital copies of our current and past magazines are available for your reading at **www.singaporepoloclub.org**



Getting To Know Kumar, Our Stable Supervisor

Kumar is a familiar face at the Mount Pleasant Stable. We got to know more about his 8 years working at SPC and the countless memories created over the years.



Kumar with polo pony Flecha (Wanda)



Preparing a polo pony for lessons and chukkas

Tell us about what you do in your job.

I manage the operations at the Mount Pleasant stable and provide care for about 39 livery and school horses. My daily to-dos include monitoring the horses' feed, grooming and tacking them as well as arranging the polo ponies' schedule for chukkas and lessons. I also ensure that the stable grounds are always tidy, clean and clutter-free.

How long have you worked at SPC? How old were you when you joined the Club?

I joined the Club when I was 30 years old and I have been working here for 8 years.

What do you enjoy most in your job? What makes you happy?

The well-being of horses is always my priority. When I see them fit and happy, it really warms my heart. Being around them brings me a sense of satisfaction and joy. Over the years, I've worked with so many horses and some of them are really dear to me.

What do you like about working at SPC?

It has definitely got to be our General Manager, Mr Sylvan Braberry's responsiveness and guidance. When I approach him for advice on certain matters, he's very quick to act on it. I treasure the moments of working under his leadership and the joy that it brings.

What are some of the challenges you face in your role?

It will be the scheduling of our polo ponies for weekend lessons. Weekends are always an extremely busy period with back-to-back lessons and constant movements of ponies around the stables. It's quite a challenge to manage that.

Do you have a favourite horse at the Club?

Certainly. Flecha (Wanda) is my personal favourite. He's always calm and handling him is a breeze. First-time riders always feel at ease with him. He's just so friendly!

Share with us one of the most memorable encounters with a horse at the Club.

I got into a minor accident this year while trying to rescue Pampita, a polo pony. After I brought him back to the pony line after chukka, he suddenly crept under the pony line. Realising that he was "stuck", he laid flat. Upon seeing that, I desperately wanted to rescue him and tried to move him back into position when he suddenly woke up. That action threw me against the metal bar and I hit my spine against it. This was my first mishap in my entire working career here and it's still so fresh in my mind.

What is your advice for those who are considering to work at the stable in SPC?

You firstly need to have the passion for horses and must be calm around them as they can feel your vibes. This is not a desk bound job and you'll be on your feet throughout the day so one has to be energetic and persevering.

What do you enjoy doing when you are not working?

I'm usually resting at home or out with my friends to watch movies.



Heading to the shower bay



Picking the hoof is a regular activity

In Memory of Charlotte Marson

Contributed by Anna Lowndes

We were saddened to hear about the passing of one of our very popular members from the past, Charlotte Marson. Charlotte passed away after a cancer diagnosis in 2021 and as a club, we would like to send our condolences to her family.

Charlotte arrived at the Singapore Polo Club in 2000 and was an active polo player throughout her time in Singapore. She regularly played in our club tournaments and has her name on many of the club trophies including the North Junior Cup (2004), the Pixton Cup (2004), the Ismail Junior Cup (2006 and 2007), the Ismail Senior Cup (2007) and the Mackray Cup (2008). She was also a regular player in our annual Ladies' Tournament and our International Pro-Am (winning the latter in 2008 and 2009).

Charlotte also travelled with club members to play all over Asia and Australia. She dabbled with jumping in the riding section but soon decided polo was more to her taste! She also loved the social scene of the polo community, organising many of our best parties and always attended the RDA fund raising ball. Many of us became life-long friends with Charlotte and whilst many of the crowd from that era have dispersed to all corners of the globe, she will be missed and remembered by us all as a dear friend who brought so much fun and laughter to our lives.



Receiving an award at a polo club dinner



A polo moment at an International tournament



With fellow club members and good friends Anna Lowndes (left) and Katie Johnston (right)



Sharing happy moments with her good friend, Yvonne Twiss (middle)



At the chukka bar after an SPC tournament with two of her friends Isabelle Larenaudie (in black) and Melissa Tiernan (in white)



Charlotte with Claudia Zeisberger (blue shirt), Shirin Moayyad and Charlotte Evans (red shirt)



With good friends Shirin Moayyad (second on right), Harpreet Bedi (front right) and June Kong (front left) on a girls polo trip to Brunei back in 2014



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MAKE A DIFFERENCE IN SOMEONE'S LIFE



Singapore Polo Club is looking for individuals to join us as volunteers for our Outreach programmes.
Interested participants can write in to the Outreach team at outreach@singaporepoloclub.org
Open to members of Singapore Polo Club Only.



Inaugural Christmas Light-up 2022



Mrs Stephanie Masefield (right), President of SPC welcomes the festive month at the Club over a cake-cutting ceremony

We hosted our inaugural Christmas Light-up at the Club on 1 December. The Clubhouse and Verandah were a sight to behold with dazzling fairy lights, happy children and over 100 guests basking in the festive mood. Beautifully lit-up pillars stretching across the Verandah walkway added a magical touch to a perfect background for insta-worthy pictures.

Cake-cutting celebration by Mrs Stephanie Masefield, President of SPC marked the start of the celebration at the Club. What an exciting moment as everyone gathered around the vicinity for a glimpse of the massive 8kg cake.

Some guests who were present for the night were Mr Lawrence Khong, Vice President and Lifestyle Convenor of SPC, Mr Rickard Hogberg, Honorary Secretary of SPC, Ms Peggy Yeo, Committee Member and Mr Sylvan Braberry, General Manager of SPC.

Christmas carols livened up the ambience and Santa's appearance added to the Christmas cheer! It was a pleasant surprise for our young guests and many surrounded him for sweet treats and photo opportunities.

We would like to thank members and their guests for taking their time off work and school to join us in this celebration.

See you at our next event!

Moments with Santa!



Mr Lawrence Khong, Vice President and Lifestyle Convenor of SPC and Mr Sylvan Braberry, General Manager of SPC officiate the light-up at the press of the buzzer



Receiving goodies from Santa



From left to right: Mr Lawrence Khong, Vice President and Lifestyle Convenor, Mr Rickard Hogberg, Honorary Secretary, Ms Peggy Yeo, Committee Member, Mr Sylvan Braberry, General Manager, Colonel Ravi Rathore, Lead Polo Professional, Mr Cody Williamson, Polo Professional, Mr Vishwaraj Singh, Polo Professional and Mr Ang Ban Tong



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1. Valid for stays from 9 to 19 February.
2. Two days advance booking is required. Subject to availability.
3. Bookings made are non-refundable and may not be cancelled or amended.
4. Room stays are for members and their guests only.
5. Massage appointments to be booked at 9338 3080.

For reservations, contact **6854 3999** or email reception@singaporepoloclub.org

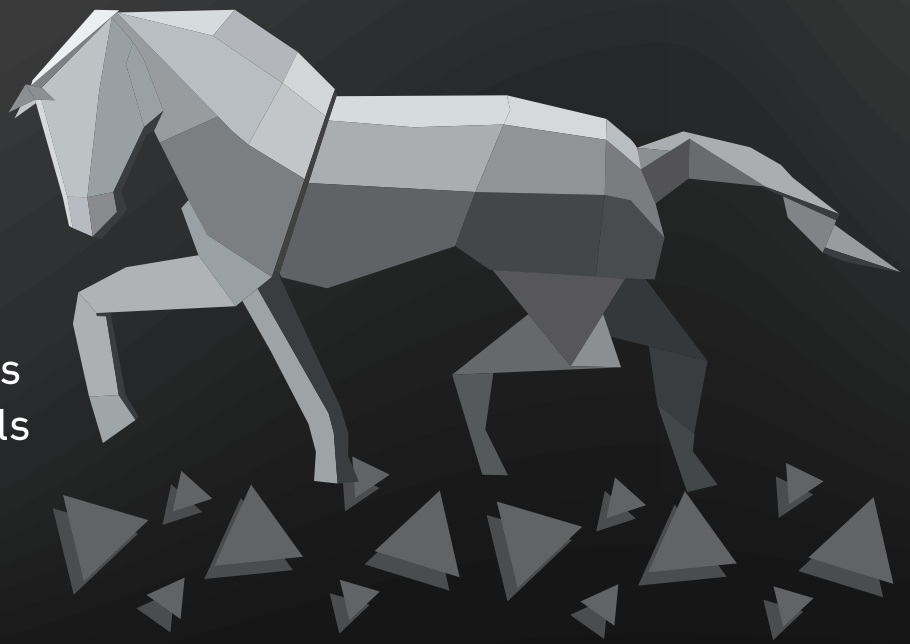


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Singapore Polo Club SPRING INTERNATIONAL TOURNAMENT 2023

THE SPORT OF KINGS IS BACK THIS SPRING



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Myra Cup 2022

Team Pakistan carried the coveted Myra Cup with pride as the exhilarating two-day four-chukka match came to an end on 30 October 2022. Our heartfelt congratulations to Lars Elfversson who was named Most Valuable Player of the evening! Some snippets of the prize presentation below.

SCORE OF MATCHES

Pakistan 6 vs. Argentina 5½ (29 OCT)

Pakistan 4 vs. Argentina 3½ (30 OCT)

PAKISTAN (RED)

Waqas Khan (Captain)
Ang Ban Tong
Tim Zee
Lars Elfversson
Ella Santosa

ARGENTINA (WHITE)

Humbert Jacques (Captain)
Gerry Gan
Jeff Hardee
Purvish Shah
Ann Wilkinson
Sandy Deng
Melanie Milovac



One for the camera



Lars Elfversson was awarded Most Valuable Player of the match



Team Pakistan as Champions!

From left to right: Ella Santosa, Birgitta Elfversson, Lars Elfversson, Ang Ban Tong, Waqas Khan and Tim Zee



Team Argentina as runners-up

From left to right: Gerry Gan, Purvish Shah, Humbert Jacques, Ann Wilkinson, Sandy Deng and Jeff Hardee

Friendly Match with visiting Polo Professionals from USA

We invited three visiting polo professionals from USA for a friendly match on 20 November 2022. After an exhilarating four-chukka match, Team Singapore (Red) emerged as Champions with a score of 5 vs 4.

Well-played everyone!

TEAM SINGAPORE (RED)

Colonel Ravi Rathore (Captain)
Visvaraj Singh
Lawrence Khong
Lee Joo Bae
Ang Ban Tong
Daniel Chua

TEAM USA (WHITE)

Jorge Vasques (Captain)
Will Baland
Nik Fermadar
Ivan Chua
Sandy Deng



We love post-chukka happy moments like this!



Meet the winners

From left to right: Ang Ban Tong, Lee Joo Bae, Lawrence Khong, Daniel Chua, Visvaraj Singh and Colonel Ravi Rathore



Team USA

From left to right: Visiting polo professionals Jorge Vasques, Will Baland and Nik Fermadar with SPC's polo player Sandy Deng

Groom's Cup 2022

We concluded the 2022 polo season with the Groom's Cup, an exhilarating three-chukka match led by our very own groomers and rider boys on 9 December 2022! It was an extra special match this time round as the tournament finally started after a two year hiatus due to Covid-19 restrictions. For members who are new to the Club, the Groom's Cup is a yearly match which sees some of

our stable colleagues pit their polo skills against one another. A refreshing change to watch them play polo on horseback verses chukka days when they are seen tending to the horses. Everyone was invited for a session of "Kenduri" thereafter. A "Kenduri" refers to a banquet or feast which is usually organised in celebration of an occasion for a community and is a common practice in the local Malay community.

SCORE OF MATCH White Tigers 3 vs Red Lions 5

WHITE TIGERS

Dao Madukar Reddy (Madu) (Captain)
Esvaran A/L Sundhararaj (Esa)
Rayman Moses
Cody Williamson

RED LIONS

Nelson Thomas (Captain)
Colonel Ravi Rathore
Syakirin Mohd. Johari (Kirin)
Vengatesrao A/L Chandra Sekara (Rao) /
Nur Halidah Hamad



Red Lions were crowned winners of the evening



Nelson Thomas, captain of the Red Lions celebrates the victory with all the players



Staff enjoying their Kenduri dinner after the match



Team White Tigers (front) and Team Red Lions (back)



Madu from the White team takes the lead with Colonel Ravi Rathore following close

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SADDLERY TALABARTERIA

ATOMS
POLO ACADEMY

Spring and Fall International Tournament 2022

As we embark on yet another exciting year for polo, here's a recap of the exciting moments during the Spring and Fall International Tournament 2022.





Meet Atoms Polo Academy's Newest Addition, Cody Williamson

We chat with Cody Williamson, 3-goal polo player from Jurassic Park Polo Club, South Africa, who has just joined the Atoms Polo Academy as our newest polo professional.



Tell us about yourself

When did you start playing polo?

I started playing polo at the age of 6.

How supportive is your family in your career?

My family has been very supportive of my polo career especially my dad, mum, brother and sister. My grandparents are always encouraging me to push myself. My dad shows his motivation by helping me with my horses.

What's one thing you can't live without?

I can't live without faith in God.

What is your favourite destination to play polo?

My favourite destination to play polo is Brazil. Everything about the country is phenomenal – the horses, the players and the fields are all world-class.

If you were not a polo professional, what would you have been?

If I were not a professional polo player, I would have been a farmer. I breed Brangus cattle back in South Africa.

What are your future goals?

My future goals are to become the best polo player that I can be and a successful farmer.

About Singapore Polo Club (SPC) and Atoms Polo Academy

Is this your first visit to Singapore Polo Club?

Yes, it's my first visit to the Club.

What's your first impression upon reaching the Club?

My first impression upon arrival was how diverse this club is and how smoothly the operations were run.

Describe SPC in 1 word.

Accommodating.

How does it feel to be a part of Atoms?

Being a part of Atoms feels incredible. The curriculum is very exciting and I feel honoured to be able to coach in this Academy.

Do you have any plans or aspirations for the Academy?

I would like to pass my knowledge and experience on to all the members. I want to improve the skills and level of all players.

Tell us about your day at the Academy and your daily to-dos.

Morning lessons commence at 7.15am and I conduct lessons until 10.30am. When I don't have lessons, I school and train the horses.

Afternoon lessons commence from 4pm, then I play chukkas in the evenings.

How is Atoms Polo Academy different from other polo academies?

The Atoms Polo Academy has a system where you are graded before getting a handicap based on your level of knowledge, understanding and ability. Students have to pass through the following stages, introduction level, beginner level, levels 1 to 4 and elite before getting their certification and handicap. The foundation is set right with rigorous trainings, theory and practical lessons.

About the Sport

How do you prepare for a major tournament and distress after it's over?

I ensure that my horses are very fit and ready to win. I train them and myself intensely in the weeks prior to the tournament. The day after the big tournaments, I get a physiotherapist for my horses and if I am sore, I see a physiotherapist too.

How different is this sport played in Singapore versus your hometown?

The biggest difference between Singapore and Jurassic Park Polo Club is the level of polo. Practice in my hometown is usually between 10 and 18 goal. We are blessed to be able to play medium to high goal polo for a very small fee as all the pros are farmers who live close to our club.

What's your favourite part of this sport and the least liked side about it?

My favourite part of polo is the horses. Without them, we would never be able to enjoy the adrenaline rush we get from playing the game. The part I like the least is the fact that it is so expensive, thus making it inaccessible to those less fortunate.



Cody (extreme right) at our recent 2022 Grooms Cup

Polo moments at international matches



Photo credit:
Ryan French photography



Photo credit:
Shannon Gilson photography



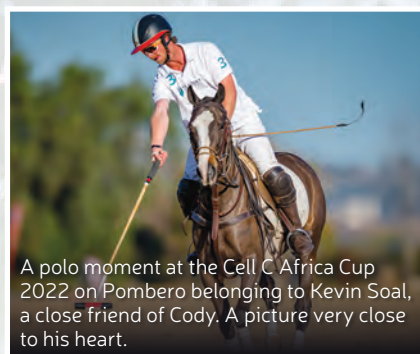
Photo credit:
Shannon Gilson photography



Zebra polo in South Africa
Photo credit: Jamie Williamson photography



Cody (second from left) at the Cell C Africa Cup
Photo credit: Ryan French photography



A polo moment at the Cell C Africa Cup 2022 on Pombero belonging to Kevin Soal, a close friend of Cody. A picture very close to his heart.

Tell us more about your polo ponies back home.

Back home, I have 10 South African thoroughbred horses. Tom De Bruin is a great friend of mine and has helped me build this string of quality animals. They are stabled at our family farm, Jurassic Park Polo Club. My dad cares for them during my absence. They have all played around the country with me and helped me win a few trophies along the way.

How does it feel playing in a mixed team match with the ladies?

It is a great feeling playing in a mixed team with the ladies. I enjoy distributing the ball and helping them to make better plays. My personal observation is that the ladies' level of play has increased immensely over the past few years. There are so many talented female polo players with handicaps as high as us and they are equally competitive at matches too! It's amazing what this sport can do.

Are there any female polo players that have inspired you?

Yes, Tiva Gross has inspired me. She is very dedicated and passionate about the sport. Her all-round ability is something to be proud of. Tiva plays all around the world in the biggest tournaments in the world and is always humble enough to come to Jurassic Park to learn more and improve wherever and whenever she can.

How has the world of polo evolved in welcoming female polo players?

Polo has gone from a man sport to encouraging more ladies' polo. There are now tournaments all around the world where ladies' tournaments are exclusively held. Polo has also introduced a dual handicap for ladies - they have a ladies and mixed handicap.

Tell us about the experience

Have you met or played a match with celebrities?

I have been very privileged to play with a few 8 and 9-goal polo players, Nachi Du Plessis and Rodrigo Andrade, to name a few. It's an incredible opportunity to play with and against them in practice and tournament level. Blessed to have been able to work with Nachi for an extended period of time, I have learnt a great deal from the humble man.

Polo and Fitness

What's a typical day like for you before and after a polo match?

Before I play a polo match, I ensure that I have had a meal with lots of protein and carbohydrates. I stretch and warm up before the game and make a horse list that suits me for that particular match. During the game, I try to stay hydrated with water and 100 plus. After the polo match, I check on the horses and make sure they all have plenty of water and quality feed. I myself try to sleep early afterwards to rest and rejuvenate..

Share with us your exercise regime. How many times do you train or exercise in a week?

I believe in riding fitness. If you want to exercise for polo, you should ride horses. I ride every day to keep fit, between 6 and 10 horses per day to stay in good shape. Rest is also important in the exercise regime. Once a week, I will rest and replenish my energy.

Are you on any special "polo" specific diet?

I eat a lot of protein especially red meat and carbohydrates. I avoid eating excessive sugar.

Is there a polo tip to share with people intending to take up the sport?

There is no better time than the present. Start today and enjoy a lifetime of adrenaline and thrills.

How have you grown mentally and physically from playing polo?

Mentally, I have learned to be more organised. Polo requires a great deal of organisation off and on the field. Time management in terms of making sure your horses are prepped and ready for big tournaments.

Physically, I have become stronger. My leg and core strength have improved with riding and playing polo. Hand-eye coordination has also improved from playing one of the most complex sports in the world.

Have you ever taken a break intentionally from polo?

I took a short break from polo to learn more about farming.

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ATOMS POLO

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LEAGUE

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atoms@singaporepoloclub.org

Overnight Christmas Camp

What a fabulous way to spend the Christmas season! Students from Atoms Polo Academy participated in an overnight Christmas camp which was filled with plenty of exciting activities, games and not forgetting bonding time with our horses!

Sign up with Atoms Polo Academy and step into a whole new world of Polo. Contact 6854 3955 or email atoms@singaporepoloclub.org





A Night of Sporting Triumph hosted to celebrate the 2nd edition of La Polo Indian Polo Awards in association with Rajasthan Tourism, along with Code Silver and Wedding Asia

The country's greatest names in polo – from players to trainers, groomers to teams, are honoured for their prowess in the Sport of Kings

New Delhi, November 6, 2022: It was a night of sporting triumph, royal patronage and honouring the trainers, groomers and horses at the second edition of LA POLO THE INDIAN POLO AWARDS (TIPA), in association with Rajasthan Tourism, along with Code Silver and Wedding Asia, which was held on November 6 at the Taj Palace

Hotel, New Delhi. The biggest names in polo along with diplomats and royals like H.H. Maharaja Gaj Singh of Jodhpur-Marwar and H.H. Rajmata Shubhangini Raje Gaekwad of Baroda, gathered for a glittering event hosted by Bollywood actor, Pavleen Gujral and polo commentator, Sharad Saxena.

Contributed by Shivani Joshi

The award ceremony began with H. H. Maharaja Gaj Singh of Jodhpur-Marwar presenting THE LADY PLAYER award to Ms Monica Saxena.

Born in India (and quickly adopted by Indian royals and the British Army and spread across the world), polo still continues as it did centuries ago in Manipur, Leh and Dras. THE BARODA THE TRADITIONAL POLO PLAYER award felicitates the custodians of our heritage. The traditional polo players and was presented by H. H. Rajmata Shubhangini Raje Gaekwad of Baroda and Princess Alaukika Raje Gaekwad of Baroda to Mr Abdul Manaam from Ladakh.

A healthy, high-performance horse is imperative for a rider on the field, and the following awards honoured those who worked tirelessly behind the scenes. ALWAR THE POLO TRAINER award was presented to Ld Nadeem Ali (Army) and Risaldar Bhawani Singh (Civil) by Lt Gen Balbir Singh Sandhu (Retd), Vice-President of the Indian Polo Association.

This trophy is for those who work behind the scenes to tame rowdy ponies and exercise them rain or shine. THE POLO GROOM award was presented to Mr Hanuman Vinayaka by Ms Parul Rai, co-patron, Achievers Polo Team and Ms Shikha Durlabhji, Director, Code Silver.

The hero on the field, the GWALIOR BEST POLO PONY award was presented to the majestic mare Rapper (owned by Ms Parul Rai and Mr Vikram Rathore and trained by Chris Mackenzie), symbolic of the unbreakable bond between horse and rider by Mr Maninder S Sethi, editor-in-chief of LA POLO.

The Jaipur Polo Ground won the award for BHOPAL PATAUDI THE BEST POLO GROUND.

Celebrating the fervour and spirit of new players in the field, THE EMERGING POLO PLAYER award went to young players, Mr Dino Dhankar and Mr Vishwarupe Bajaj. Giving away the award was Mr Rajesh Sahgal, Chairman, Tournament Committee, Indian Polo Association. Mr Hurr Ali (son of 4-goaler Syed Shamshed Ali) received the award for THE YOUNG POLO PLAYER, presented by Lt. Gen. MKS Yadav (Sena Medal).

Polo players from overseas are integral to the growth of polo in India. International polo players bring their own style of horsemanship and play, adding flair to their teams. Mr Daniel Otamendi from Argentina won the award for PATIALA THE INTERNATIONAL POLO PLAYER, presented by Princess Mriganka Singh of Jammu & Kashmir.

Talent wins matches and teamwork makes a quartet of champions. Low-goal polo teams are a balance of novice and experienced players.

The BEST POLO TEAM (low-goal) award, presented by Thakur Bhim Singh and Ms Madhuvanti Singh went to the Army Service Corps (ASC). In high-goal polo teams, the best polo players, international and Indian compete on the best polo ponies in adrenaline-packed chukkers.

The BEST POLO TEAM (high-goal) award, presented by H.H. Maharaja Gaj Singh of Jodhpur-Marwar and Mr Maninder S Sethi was won by Sahara Warriors, co-owned by Ms Parul Rai and Mr Vikram Rathore.

As a sport, polo requires commitment and investment and is part of a large eco-system that needs nurturing. The Sahara Warriors also won the JAIPUR THE POLO PATRON award that recognizes sportsmanship and leadership qualities on and off the field and salutes the mastery of the polo player.

The army has always played a crucial role in polo – with polo facilities set up at various military academies across India. Lt Col Vishal Chauhan won the JAMMU & KASHMIR THE ARMY POLO PLAYER award presented by Princess Mriganka Singh.

To celebrate his contribution to the success and glory of polo as one of its most steadfast pillars, Mr Naveen Jindal was recognized with the title of CONTRIBUTION TO POLO AWARD, by H.E. Ambassador of Argentina Mr Hugo Gobbi and H.E. Ambassador of Sweden, Mr Jan Thesleff.

Unwavering perseverance and grit make for a future champion. THE PROMISING POLO PLAYER award went to Mr Kuldeep Singh Rathore presented by H.E. Ambassador of Bulgaria, Ms Eleonora Dimitrova.

A scion of polo's royal Patiala traditions, H.H. Maharaja Capt. Amarinder Singh of Patiala was honoured with the LA POLO LIFETIME ACHIEVEMENT AWARD presented by Mr Maninder S Sethi.

Cherishing this Indian state's eternal love for polo, THE RAJASTHAN TOURISM THE MOST VALUABLE POLO player award was bestowed upon H.H. Maharaja Sawai Padmanabh Singh of Jaipur presented by Mr Dhiraj Srivastava, Commissioner Rajasthan Foundation and Dr Punita Singh, Joint Director, Department of Tourism, Rajasthan.



Shivani Joshi, Curator, La Polo The Indian Polo Award comments:

"The second edition of LA POLO The Indian Polo Awards strengthens the edifice of La Polo in Indian polo fraternity with a stronger groundwork pertaining to graveness of recognition towards all those who contribute handsomely to the world of polo and give it the foundation to base the regality and grandeur of this sport on."

Maninder Singh, Editor-in-Chief, LA POLO:

"The second edition of LA POLO The Indian Polo Awards sheds a light on the paramount of acknowledgement of all the stars in the world of polo, from groomsmen to players and ponies to teams; the Awards provide with a platform to celebrate the champions and victors of the polo universe without whom the magnificence of the sport wouldn't have seen the light of the day."



Mohd. Salim Khan, Additional Director Tourism, Rajasthan Tourism:

"We are delighted to be the partner for the second edition of the Indian POLO Awards, which demonstrates the importance of hard work and horsemanship to bring professionalism to polo. The state is replete with stories of polo, and symbolic of this sport's legacy, resonating with TIPA's sentiment, making it an exquisite fusion."

Shikha Durlabhji, Director, Code Silver:

"The awards honour the novelty and legacy of traditional polo in India, which has been cherished for centuries. This year's TIPA pays tribute to the trailblazers of the sport who are constantly pushing the envelope. In keeping with this sentiment, our brand embodies the essence of luxury, reflected in the accents in the TIPA trophy. All aspects of polo went into its creation – it's the story of polo in 3D, bringing the game of polo to life, from the ball and the mallet, to the horse, in black and gold. As someone born in the Pink City, one has seen endless matches at the Rambagh Polo Club."

H.H. Maharaja Gaj Singh of Jodhpur-Marwar:

"Last year was a great success in Jaipur and what a nice thing to do this year – bring together and pay tribute to all the people connected with polo, the sport of kings, and also for remembering us and inviting us. It's not an easy game to carry forward, as we have issues in India, when it comes to grounds and sponsorship. The aim is to find ways and means to give young people who cannot afford it, a leg up, to get on in the game. Events like this help us promote the game, and I wish you very well."

Wedding Asia:

"The awards genuinely honour the Indian spirit of Polo and bring with them a luxurious perspective that encompasses the fashion industry, highlighting the unmatched energy and incredible talent of the those who are part of this sport. The brand resonated with the idea of TIPA awards for enlightening and encouraging the endeavours of polo".

About LA POLO:

LA POLO is an international polo magazine with a vision to transform itself as the sole magnum opus for archiving the rich tradition of this equestrian, regal sport. A repository of all that is polo, LA POLO understands its reach both on and off the arena, thus presenting a prodigious mélange of the game, bespoke luxury, fashion, and lifestyle surrounding it.



Acing the “Sport of Kings”

Alexandra Fisher, budding Atoms polo player shares about her journey with Atoms Polo Academy. Coming from a non-polo playing family and being left-handed, she also describes the challenges that she has faced in the sport.



Alex Fisher (third from left) at last year's Atoms tournament

About SPC and Atoms Polo Academy

What do you like about Atoms Polo Academy?

I really like the horses, polo instructors and the spaces I get to ride in. The Mount Pleasant stables has a laid back, friendly atmosphere.

Have you visited the Atoms Club Room? Share with us your favourite pastime there.

I've yet to visit the Atoms Club Room but I'm very eager to find out what's in there. Looking forward to my visit soon and maybe it might be my regular hangout before and after lessons!

Other than polo lessons, what do you enjoy most at the Club?

I really enjoy hanging out with my friends at the academy or cafe and I like to spend time at the stables helping out with the horses.

About the Sport

Do you own a polo pony? If you do, tell us more about your relationship with it. If not, let us know the name of your favourite pony at the Academy.

Sadly, I don't have my own polo pony. I do lease a beautiful horse at the riding centre though. My favourite academy ponies are Rubia because she's super sweet, Wanda because she's great to ride and Victoria as she is speedy and agile. I used to also love riding Fletcha and Dr lemon but I don't get them for lessons anymore.

Who are you taking lessons with and what's your favourite lesson?

At the moment, I have a weekly lesson with Sani Khan which I love because he's pretty laid back and lets me have a say in what I do. He has helped me a lot with my swing and riding skills. Each instructor I've had has been great and has really helped develop my playing ability.



At a warm-up session

Do your parents or siblings play polo? How did you get interested in polo? Was it an instant love for the game?

I am the only person in my family who plays polo or even rides at all. A friend invited me to try polo and I immediately loved it. It's a very different riding style from dressage and show jumping so there's a lot of new things to learn. The polo ponies are also fast and respond quickly. Polo has been quite challenging for me as I'm left-handed so it's not so easy for me to hit the ball well. But when I do, it's really satisfying.

Polo & Fitness

How many days a week do you train?

I ride every day except Monday, mostly at the riding centre. I think learning dressage and jumping have made me a more confident polo player and definitely helped my balance and control. At the moment, I only have one polo lesson a week but I do stick and ball practice when I can and I practice with a foot mallet in the garden. I've played in a few competitions and I'm hoping to join the upcoming league too. I think it's definitely harder for me to get more playing time because I'm not from a polo family.

Have you been on any Polo Holidays?

I have not been on a polo holiday but am looking forward to travel for one.

Chukkas take place regularly at the Club. Have you watched one?

I have watched chukkas but I'd much prefer to be actually playing them.



During a chukka

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Spooktacular Halloween Trail Walk

Riders and polo players from both our academies braved it all and walked through our Halloween Trail located at the back of the farrier shed. Making a comeback after two years, the event brought back fond memories to many but little did they know that this time round it was double the scare with even more gruesome props and set up. Did they return unscathed?



BURIED ALIVE

SPC Young Rider

In our first issue of the year, we feature 16-year-old Gwenn Koh who has been riding with SPC Riding Academy for the past nine years since the age of seven.

Gwenn's introduction to the Riding Academy was by chance. Her family joined the Club in 2012 mainly for her to take up swimming lessons but during the school holidays in 2014, she joined the riding section after going on pony rides at the zoo. She has also ridden in Bali when she was much younger so getting on the saddle was not a new experience for her.

At present, she rides once a week, down from her usual twice a week lessons due to her upcoming O-Level exams. She intends to take up more private or extra riding lessons once she has free time. Juggling school and riding is not easy especially during competition seasons where she has to memorise and practise her tests while trying to complete school work. She always prioritises school over riding and ensures her homework is completed so that she's able to spend more time at the Club and have more time for riding.

Olympic champion, Charlotte Dujardin is her idol and her flawless movements in dressage never fail to impress Gwenn. Her persevering attitude towards the much-deserved Olympic win was an inspiration and Gwenn hopes to progress to higher levels in dressage while taking her as an example. She did not participate in many competitions due to her busy school schedule but her improved scores at a couple of training shows have kept her positive. It's the journey that matters after all!

“The club is like a second home to me and I like that I've made lots of friends and fond memories here.”

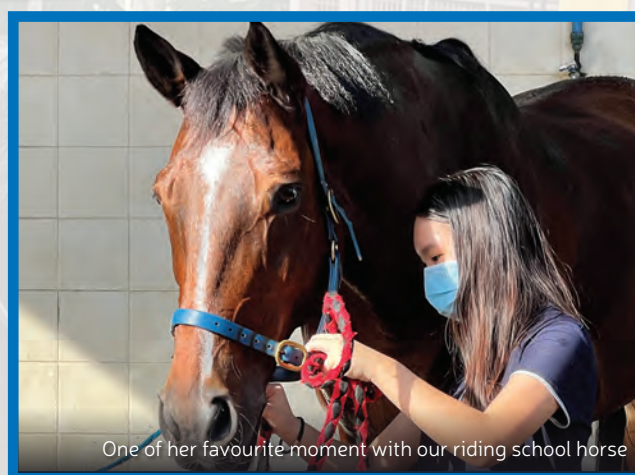
Gwenn who is yet to own horses has ridden on many different horses at the Club with Venice and Lily being the latest. She says, “I can't decide who I like more! They both have different quirks that teach me to become a better rider. Lily is more stubborn and likes to buck! She definitely teaches me how to sit through her crazy bucks with a better seat and the will power to get her going. Venice is more forward as she has taught me leg yields and how to perfect my circles. Both of them are definitely my go-to horses! I also used to lease Rebell and he significantly improved my riding as he taught me how to sit through bolts, took me through my first leg yields and taught me how to keep constant contact on the bit.”



First group lesson



First time bareback



One of her favourite moment with our riding school horse

She has her fair share of interesting incidents during lessons and recalls one such memorable encounter. “Something interesting but scary happened to me during one of my lessons. My horse tripped and I ended up falling face first into the sand with a bruised eye! While that incident was indeed scary, it did not faze me but helped me grow as a rider.”

Her advice for people who want to start is that this sport is definitely not easy but with the right mentality and positive attitude, it is for sure an enjoyable sport. Falling is quite inevitable but it is all part of the journey as a rider and with every mistake and fall, you will learn from it and become a better rider. Moving into the new year, Gwenn hopes to compete more frequently after her national exams and eventually be qualified to compete in National Dressage Championships 2024! Hopefully, she gets her own horse to work with too!



Second competition with Lily

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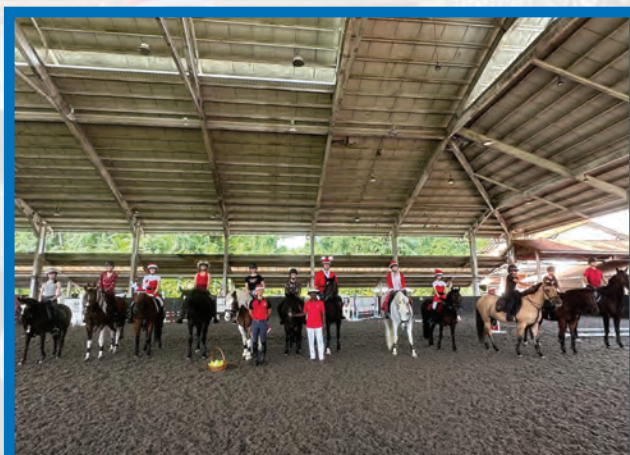
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SADDLED UP

Deepavali and Christmas Training Classes

Students from our Riding Academy celebrated the Deepavali and Christmas festivities over themed riding classes. Our hearty thanks to Ilina Sen for initiating the idea. Dressed to the occasion, everyone looked lovely in their element as they took part in the sessions. Check out the adorable pictures below.



Laser Tag

A joint collaboration between our two academies, SPC Riding Academy and Atoms Polo Academy, students were in for a challenge at this exciting sun-down arena Laser Tag. A popular lifestyle activity at the Club, the young ones had a fabulous time "targeting" their friends and in return were also being targeted. To much squeals and laughter, this was a promising after-riding activity and the team hopes to organise more of these fun sessions for everyone.

Be on their mailing list to get first hand updates on our upcoming events. Contact them at riding@singaporepoloclub.org or atoms@singaporepoloclub.org



Bubble Soccer

Students from our Riding Academy had a thrilling evening on our polo field, bumping, colliding and flipping against fellow friends while encased in inflatable bubble-like balls.

This is a much sought-after activity by our riders and an excellent way of de-stressing. Check out the moments below.

Email riding@singaporepoloclub.org to be on the waitlist for the next Bubble Soccer event.



NEC Inter-club Show 2022

Congratulations to all riders who participated in the show jumping and dressage categories from 4 to 6 November 2022.



Nikki Poh and Oldtimer van de Zuurhaege were placed first in the 95cm one clear round with jump off



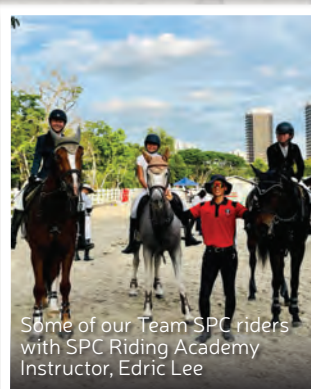
Priya Selvam and I'm Incredible were placed first in the EA Preliminary 1C



Averell Zee and Guillarmina were placed second in the EA Novice 2C Category



Caedan Paul and Red were placed third in the 115cm one clear round with jump off



Some of our Team SPC riders with SPC Riding Academy Instructor, Edric Lee

Here are the scores from the 3-day competition:

DAY 1

85CM CLEAR ROUND

Lynly Fong on Akita (clear)

95CM ONE ROUND WITH JUMP OFF

1st place:

Elly Poh on Faylista with double clear rounds

2nd place:

Nikki Poh on Oldtimer van de Zuurhaege with double clear rounds

3rd place:

Yasmine Bonehill on Fontrice with double clear rounds

105CM ONE ROUND WITH JUMP OFF

1st place:

Elly Poh on Faylista with double clear round

2nd place:

Yasmine Bonehill on Fontrice with double clear rounds

DAY 2

85CM CLEAR ROUND

Lynly Fong on Akita (clear)

95CM ONE ROUND WITH JUMP OFF

1st place:

Nikki Poh on Oldtimer van de Zuurhaege with double clear rounds

2nd place:

Lynly Fong on Akita with double clear rounds

4th place:

Yasmine Bonehill on Fontrice with double clear rounds

105CM ONE ROUND WITH JUMP OFF

2nd place:

Yasmine Bonehill on Fontrice with double clear rounds

115CM ONE ROUND WITH JUMP OFF

3rd place:

Caedan Paul on Red

DAY 3

FEI DRESSAGE CHILDREN INDIVIDUAL TEST

1st place:

FEI Dressage Children Individual Test

FEI DRESSAGE CHILDREN TEAM TEST

1st place:

Tess Baker on Hilken's No Kidding with a score of 68.100%

EA MEDIUM 4C

3rd place:

Maike Daum on Tanzania

EA NOVICE 2C

2nd place:

Averell Zee on Guillarmina

EA PRELIMINARY 1C

1st place:

Priya Selvam on I'm Incredible with a score of 66.786%

FEI World Dressage Challenge 2022

Photo Credits: @art.dhc and @pokzinteo

Finals of the FEI Dressage World Challenge 2022 took place at Bukit Timah Saddle Club on 26 and 27 November 2022. Congratulations to Team SPC for emerging victorious in the various categories!



Team SPC with riding instructor, Edric Lee



Caedan Paul and Red

Scores from the 2-day competition as below:

DAY 1

EA NOVICE 2A

1st place:

Tess Baker on Hilkens No Kidding with 72.32%

2nd place:

Roshni Selvam on Dream a Little Dream with 70.35%

4th place:

Elly Poh on Faylista 61.25%

EA ELEMENTARY 3A

1st place:

Megan Ding on Klinthoms Sir James with 67.15%



Roshni Selvam placed first in the EA Novice 2B category with a score of 68.23% and second place in the EA Novice 2A category with a score of 70.35%

DAY 2

YOUTH FEI CHILDREN TEAM COMPETITION

1st place:

Megan Ding on Klinthoms Sir James with 70.32%

3rd place:

Tess Baker on Hilkens No Kidding with 68.05%

SENIOR II FEI JUNIORS TEAM COMPETITION

4th place:

Caedan Paul on Red with 62.72

EA NOVICE 2B

1st place:

Roshni Selvam on Dream a Little Dream with 68.23%

3rd place:

Elly Poh on Faylista with 64.11%



Megan Ding (middle) and Tess Baker (left) at the prize presentation ceremony



Megan Ding placed first in the EA Elementary 3A with a score of 67.15% and the youth FEI children team competition with a score of 70.32%



Tess Baker placed first in the EA Novice 2A with a score of 72.32% and third place in the youth FEI children team competition with a score of 68.05%

World Jumping Challenge 2022

Team SPC did us proud at the World Jumping Challenge 2022 with Round 1 taking place on 1 and 2 October, Round 2 taking place on 22 and 23 October and the finale on 13 November 2022. Congratulations to everyone!



Scores for Round 1:

FEI CATEGORY B 120CM CLASS

1st place:

Caedan Paul and Red

100CM CLASS, CLEAR ROUND WITH JUMP OFF

1st place:

Yasmine Bonehill and Fontrice with double clear rounds

2nd place:

Alessandro and A Touch of Sportsfield with double clear rounds

6th place:

Nikki Poh and Oldtimer van de Zuurhaege

90CM CLASS, CLEAR ROUND WITH JUMP OFF

1st place:

Elly Poh and Faylista with a clear round with jump off on Saturday and double clear rounds on Sunday

2nd place:

Nikki Poh and Oldtimer van de Zuurhaege with double clear rounds

4th place:

Yasmine Bonehill and Fontrice

80CM CLASS, CLEAR ROUND WITH JUMP OFF

1st place:

Elly Poh and Faylista with a clear round with jump off on both Saturday and Sunday's speed class



Scores for Round 2:**DAY 1****90CM CLASS, ONE ROUND WITH JUMP OFF****2nd place:**

Nikki Poh and Oldtimer van de Zuurhaege with a double clear

3rd place:

Yasmine Bonehill and Fontrice

**100CM CLASS, ONE ROUND WITH JUMP OFF
(ALL 3 RIDERS WITH DOUBLE CLEAR ROUNDS)****1st place:**

Elly Poh and Faylista

2nd place:

Yasmine Bonehill and Fontrice

3rd place:

Nikki Poh and Oldtimer van de Zuurhaege

110CM CLASS, 2 PHASE COMPETITION**1st place:**

Caedan Paul and Red

DAY 2**90CM CLASS, AGAINST THE CLOCK****1st place:**

Yasmine Bonehill and Fontrice

2nd place:

Elly Poh and Faylista

5th place:

Nikki Poh and Oldtimer van de Zuurhaege
with 1 unfortunate rail down

100CM CLASS, AGAINST THE CLOCK**1st place:**

Yasmine Bonehill and Fontrice

3rd place:

Nikki Poh and Oldtimer van de Zuurhaege

4th place:

Elly Poh and Faylista

FEI CATEGORY B 110 TO 120CM CLASS

Caedan Paul and Red had a better second round

Scores for Round 3:**FEI CATEGORY B 110CM - 120CM****Overall 3rd place:**

Caedan Paul on Red

90CM CLASS, ONE ROUND WITH JUMP OFF**2nd place:**

Elly Poh on Faylista with a double clear round

3rd place:

Nikki Poh on Oldtimer van de Zuurhaege with a double clear round

4th place:

Yasmine Bonehill on Fontrice with a double clear round

100CM CLASS, ONE ROUND WITH JUMP OFF**1st place:**

Yasmine Bonehill on Fontrice

2nd place:

Nikki Poh on Oldtimer van de Zuurhaege



Caedan Paul and Red



From left to right: Nikki Poh, Yasmine Bonehill and Elly Poh



Elly Poh and Faylista



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Spicy Tofu With Broccoli

Here's a simple yet nutritious recipe from Fitness Ironman Louis that you can prepare for your loved ones this Lunar New Year.



INGREDIENTS

400g tofu, pressed and cubed
6 tbsp corn flour / cornstarch
4 tbsp oil
2 spring onions
2 cloves garlic
1 cup water
400g chopped broccoli
2 tbsp soy sauce
2 tbsp agave nectar

To garnish:

2 spring onions
Handful coriander
Sesame seeds
A wedge of lime

METHOD

1. Put 4 tbsp of the corn flour onto a plate and turn the tofu cubes over in it until they are covered.
2. Heat the oil in a frying pan and fry the tofu for 4-5 minutes on each side until golden and crispy. Then remove them from the oil, and set aside.
3. Add the spring onions and garlic to the same pan and fry for a minute or two.
4. Then add the water, broccoli, soy sauce, agave nectar. Bring to a simmer.
5. In a small bowl, mix the last two 2bsp corn flour with a tablespoon of water to form a smooth paste, and then stir it into the liquid to thicken it.
6. Pour the sticky spicy sauce over the tofu and garnish with more spring onions, chopped coriander, a wedge of lime and a sprinkle of sesame seeds.

Photo shown is for illustration purpose only.



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Chinese New Year Taboos and Superstitions

Chinese New Year which is believed to mark the start of Spring signifies a new year and beginning for the Chinese community. Here are some dos and don'ts which one should abstain from during the entire festival which runs from the 1st to 15th day of the Lunar calendar. Ever heard of any of the following from our older generation?



1. Refrain from taking medicines or visiting hospitals

It is considered to be a bad omen to consume medicines or visit the hospital on the first day of Lunar New Year as it is believed that one will fall ill frequently for the entire year.



3. Do not utter unlucky words

Be careful and considerate when communicating with your loved ones and guests during this period. Conversations about death, accidents, illness are taboo. Refrain from uttering these words and be tactful when addressing sensitive topics as such.



2. Do not sweep the floors or throw out garbage

Sweeping the floor is associated with sweeping the good luck and wealth away, the same goes for throwing our garbage which is associated with throwing your good fortune away.



4. Avoid consuming porridge

Porridge is supposedly consumed only by poor people and this dish is avoided for consumption during this auspicious festival as it is a bad omen and they do not want to begin the lunar year "poor".





5. Do not get a haircut and avoid washing hair

Hair must not be washed on Chinese New Year's Day as it signifies "washing one's fortune away". Cutting hair on this day is also known to bring bad fortune.



6. Do not wash clothes

The elders believe that water symbolises wealth and pouring it away during this period is equivalent to draining your wealth away. People also do not wash their clothes on the first and second day of the Lunar New Year as these two days are celebrated as the birthday of the water gods.



7. Avoid needlework

Sewing and any kind of needlework is avoided during the first five days of the lunar festivities otherwise one will have a "hard year" in line with lots of sewing.



8. Do not use knives or scissors

Usage of these "sharp" equipments is known to lead to inauspicious matters and the depletion of wealth in the coming year. Blades of a scissor is derived to be like sharp lips which can spark an argument with others for the new year.



9. Give only even amounts in red envelope

There's a saying, "Good things come in pairs". Avoid giving money in odd denominations. You should also avoid numbers such as 4 and 40 as 4 sounds like death in Chinese.



10. Don't gift taboo items during house visits

In the Chinese culture, clocks, scissors, pears and more signify negativity. Do ensure to avoid gifting these.



11. Do not wear black or white and damaged clothes

These colours are associated with mourning and damaged clothes when worn especially during the first lunar month is known to bring bad luck.



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- Promotes better sleep
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- Ease leg bloats & swells

6 Auspicious and Healthy Food for CNY

The Lunar New Year is often synonymous with calorie-rich and sugar-loaded goodies. However, some are both auspicious and healthy! Dietitian Tay Su Mei from Outram Community Hospital (OCH) at SingHealth Community Hospitals (SCH) shares examples.



1. Mandarin orange

Mandarin oranges are a classic symbol of good fortune and luck because of the way it sounds in Mandarin. The bright colour also represents gold, which adds on to the auspicious symbolism.

The fruit is a good source of antioxidants, which is great for our immune system and can help us fight infections. It is also rich in Vitamin C, which helps us produce collagen and keeps our skin, bones and connective tissues healthy.

Healthy eating tip

As a fruit, mandarin oranges contain natural fruit sugars and may lead to a spike in blood sugar levels if not eaten in moderation. Opt for 2 small mandarins (120g each) per time and share the rest with your friends and family.

2. Pistachio nuts

The cracks on pistachio nuts resemble a smiley face, which is why they are called “happy nuts” in Mandarin. The nuts are associated with happiness and symbolises many happy moments ahead.

Pistachio nuts contain high levels of unsaturated fatty acids. Including these fats in our diet aids in lowering our total and bad cholesterol levels in the blood, thus reducing our risk of cardiovascular diseases. It is recommended to include a small handful (40g) of nuts a few times a week as part of a well-balanced diet.

Healthy eating tip

The nuts can be high in calories and may lead to weight gain if consumed in large amounts. Exercise portion control by pouring the nuts out in a small bowl instead of eating straight from the packet. For healthier and lower calorie options, choose plain roasted nuts instead of fried varieties or those with added salt or sugar.

3. Fish

The Mandarin pronunciation of “fish” sounds the same as that of “leftover” or “surplus”. Thus, eating fish symbolises having an abundance of food and wealth such that there is excess leftover.

Fish is a good source of omega-3 fatty acids, which are beneficial for heart health. Fish is also a rich source of protein which is essential in building and repairing our body tissues, regulating our bodily functions and maintaining our muscle mass and strength.

Healthy eating tip

Flavour your steamed fish with fresh vegetables such as scallion, ginger, cilantro or tomatoes for added fibre and as a low sodium topping.

4. Dumplings

Looking like ingots, dumplings are a classic lucky dish that is believed to usher in prosperity and wealth.



Besides being delicious, dumplings contain a good mix of minced vegetables, usually cabbage, and lean meat. Comprising carbohydrates, vegetables and protein, dumplings definitely earn its place in a balanced diet.

Also, cabbage is high in fibre, which can help to prevent constipation and promote good bowel health. The vegetable also has many nutrients, including Vitamin C and folate, a vitamin which helps our body make DNA and healthy red blood cells.

Healthy preparation tip

Steam or boil your dumplings instead of deep-frying them!

5. Leek

In Mandarin, leek sounds the same as “count”. Thus, having leek symbolises having money to count in the new year to come.

As with most vegetables, leek provides dietary fibre, are low in calories and is commonly used to add flavours to your dishes. Leek is also rich in antioxidants and contain a variety of nutrients such as such as Vitamins A, C and K. It also contains manganese, a mineral our body requires to keep our bones strong and promote blood clotting.

Healthy preparation tip

Stir-fry leek into your pork or tofu dishes for added colours and fibre in your protein dish.

6. Yu Sheng

Yu Sheng is a homonym for “surplus” and “life”, which sounds like an abundance of wealth and longevity. Each ingredient is often added along with saying an auspicious phrase before the group tosses to good health and prosperity.

Shredded carrot and cucumber typically form the base of this dish. Both vegetables are naturally low in calories while jam packed with dietary fibre, which promotes digestive and cardiovascular health. More importantly, it offers you a feeling of fullness after your meal and reduces the desires to overeat or snack especially during this festive season.

Carrot is high in Vitamin A, which is important for our eye health – protecting the cornea, maintaining the function of the retina and preventing night blindness. Cucumber is about 95% made up of water and helps keep you hydrated. It is also high in Vitamin K, which promotes blood clotting to stop bleeding.

Healthy preparation tip

Cut down on the plum sauce and oil to reduce your sugar and fat intake. Yu Sheng is also a flexible dish where you can swap out and opt for healthier ingredients.

Reference:
<https://www.healthxchange.sg/food-nutrition/food-tips/auspicious-healthy-food-chinese-new-year>



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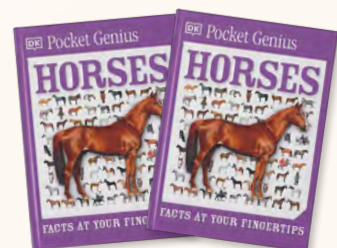
Let's count the number of oranges and accessories on this kumquat plant. 5 winners will each walk away with a "Pocket Genius – Horse" informative book.



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