

SINGAPORE POLO CLUB



The Inaugural ATOMS Polo League

Snippets of the exciting moments

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CLUB NEWS

Annual General
Meeting 2023

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RIDING

SPC Young Riders

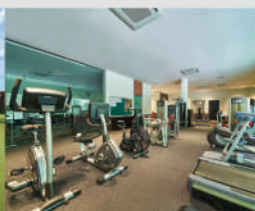
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LIFESTYLE

Egg-citing
Easter Party

Be a part of the distinguished

Lifestyle



SIGN UP FOR A COMPLIMENTARY CLUB TOUR

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



**SINGAPORE
POLO
CLUB**
ESTABLISHED IN 1986



SINGAPORE
**POLO
CLUB**
Established in 1886



PATRONS

Derek Mitchell
K.C. Loh

COMMITTEE

Lawrence Khong
President

Satinder Garcha
Vice President

Daniel Chua
Polo Captain

Rickard Hogberg
Honorary Secretary

Stephanie Masefield
Honorary Treasurer

Leon Chu
Committee Member

Lee Joo Bae
Committee Member

April McKenna
Committee Member

Peggy Yeo
Committee Member

Wee Tiong Han
Committee Member

Federico Vescovi
Committee Member

MANAGEMENT

Sylvan Braberry
General Manager

Wendy Tham
Secretary

Victor Phua
Club Duty Manager

Irene Seah
Events Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Kirby Khoo
Finance Manager

Alinna Li
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
By appointment

CONTACTS

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Food & Beverage

Gaming

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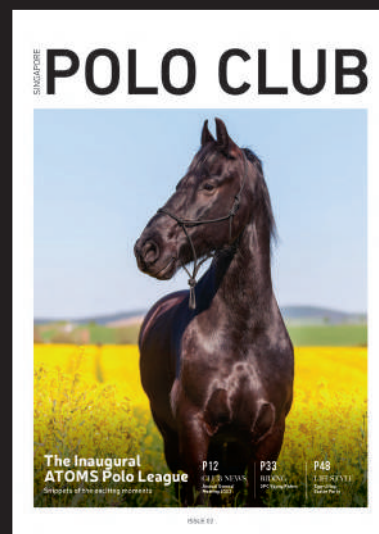
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New Members

JANUARY TO MARCH 2023

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

Leoncio Jaime Miguel III Palanca
Chong Kok Hwee
Lin Lele
Alex Charles Bickerton Haigh
Craig Brett Torgins
Lee Chia Min
Garcia Wittig Alejandra
Wendy Tan Swee Tee

TERM

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Riwa Akiyama
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Chandler Rory
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Hsu Ya Tzu
Darren King
Russel Dominic Whelan
Luke Alexander Banks
Gregoire Pierre Alain Lhuillier De Cordoze

REGULAR

Costa Nina Elizabeth
Sohna Kumba Cham
Tan Jek Min Christabelle
Charlotte Runion Duque
Tan Jolene (Chen Jinghui)
Rinaldi Cristiano
Palmer Wayne Alexander
Blakey Linzi Elizabeth
Delemazure Thomas Mathieu Olivier
Tan Peng Wei
Raja Gopal Ghosh
Small Grant John
Lo Ming Hoi David
Thibault Nicolas Vic-Dupont
Keiber Christian
Gregoire Pierre Jean-Jacques Bielle
Yang Qiyu
Wang Jingni
Amit Sobti
Ryan John Masefield
Adam Waise
Leong Shan Yi
Michael Timothy Marquardt



I am honoured to serve as the Club's President this year. Together with my able friends and colleagues in the Committee, we will do our best to create a harmonious, gracious, positive and fun environment at the Club.

Covid-19 had presented the Club with several challenges bringing inflationary increases across all operations. With income from Jackpot diminishing, the Club has to focus on creating new channels of revenue to remain operationally and financial sustainable in the long term.

Thankfully, our membership strength is expanding at a consistent and higher rate than before. Member satisfaction has improved resulting in lower resignations and a higher open market membership price for Charter and Regular memberships. Our Clubrooms operation has seen a steady increase in occupancy and feedback from users has been very positive.

The compulsory acquisition of Mount Pleasant Stables is expected to happen this year and while the authorities have indicated that they will build alternative stables at their cost, these stables are expected to be built within our current land. This will result in a reduction of supporting facilities for both polo and riding. The Club's application to have our Temporary Occupation License (TOL) land at the Stick & Ball arena and beyond to a leasehold land has been rejected. However, the authorities have been kind to renew our TOL from one to three years with a possible renewal for three more years.

The success of the Atoms and Riding Academies paves the way for polo and equestrian moving forward as we continue to build on these to make a positive and meaningful contribution to sports tourism, the community and Outreach through equine interaction and assisted therapy for seniors, dementia patients, troubled youths and MINDS.

The Atoms Polo Academy launched the Atoms Polo League which saw positive participation of ten teams (4 juniors and 6 seniors) and we expect the number of teams to increase as feedback was positive with everyone looking forward to the next tournament. With the new Polo Captain Daniel Chua onboard, players can see an exciting polo calendar that would suit all levels of play. With new Polo professionals, Colonel Ravi Rathore, Cody Williamson, Sani Khan and Bernado Bravo supported by Freelance Polo Pro Ang Roon Kai, members can enjoy higher level chukkas and a team of dedicated and disciplined Pros to ensure that Polo is for all.

With Covid-19 restrictions lifted, members will see more lifestyle events coming your way throughout the year. There will be family events similar to the Christmas Light Up that will bring families and friends together at the Club to create a positive and exciting atmosphere for one and all. The recent success of the Easter event with more than 50 children participating is the beginning of the rejuvenation of Lifestyle for all.

As the Committee moves towards the model of a Board of Directors with the General Manager managing, the Committee would take a hands-off approach while leaving Management to manage the Club. The Committee would set the big picture while the Management and staff would carry out its successful execution.

I would like to take this opportunity to thank our past President Mrs. Stephanie Masfield and members of the Committee and Sub-committees who had served diligently and with their hearts to make this Club a wonderful experience for all members and their guests. My thanks also to our General Manager Sylvan Braberry who has done an outstanding job effectively executing the operations, and the various projects embarked upon by the Committee.

I, together with my team look forward to giving our best to this Club I call home. I hope to see you all soon. ■

Warm Regards,

Lawrence Khong
President

Celebrate Mum this

Mother's Day

2D1N Staycation at \$550⁺⁺

Package includes:

- 1-night stay at our Loft Room
- 1 bouquet handcrafted by The Blue Petals
- 1 complimentary bottle of Prosecco
- Mum's Me Time Massage by The Wellness Studio featuring a 60-minute Anti Ache Body massage & complimentary 100g jar of Aged Ginger Tea



Pictures shown are for illustration purposes only.



Terms & Conditions:

1. Promotion is valid from 1 to 14 May 2023. Price indicated is for 2 persons per night.
2. Two days advance booking is required for room and flower bouquet. 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 are to be booked at least 2 days in advance at 9338 3080.

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



Dear Members,

My team and I are excited and look forward to working with the new Committee under President Lawrence Khong. We would like to extend our heartfelt appreciation to outgoing President Mrs. Stephanie Masefield, our first lady President who served as an inspiring leader alongside the Committee during challenging times and successfully navigated the uncharted waters of the Covid-19 pandemic.

As the Club steers through the post-jackpot era and rising inflationary costs caused by events beyond our control and the impact of Covid-19, the Management team is confident that under the guidance of the Club's President and Committee, we will be able to achieve our objectives for the coming year.

We are proud that ATOMS Polo Academy is likely the largest single location academy in the world, and we have received accolades from polo professionals worldwide that it is also one of the best structured academies. The recently completed ATOMS Arena League involved ten teams from Senior and Junior Atoms and spanned almost a month. As we strive towards further success, our next goal is to improve the standard and quality of polo instruction and lifestyle for Atoms, with the aim of producing top-quality all-round polo players.

We continue to foster a gracious and positive environment for all by organising joint events between the Riding and Atoms academies, as both are key components for the Club's future. We are grateful for the support and efforts of both Atoms and Riding professionals and administrative staff in making this happen. A combined BBQ will be held sometime in May 2023, and we will keep you informed of further details.

Our Club Rooms continue to attract more members and their guests, and we have kept our prices affordable for the moment so that you may continue to enjoy your staycations or getaways with your family and friends in a tranquil setting with polo and riding activities in sight.

Many thanks to our unsung heroes from the various teams such as Front Office & Club Rooms, Marketing Communications & Lifestyle, Grounds & Maintenance, Housekeeping and all staff who have made your visits memorable. Our team members are always ready with a smile to welcome you to the Club, which boasts well-maintained and clean grounds within a beautiful, lush landscape.

As the importance of Outreach continues to grow, we are committed to make the Club inclusive and reaching out to the community to do our part for the nation. Outreach will continue to take a more macro approach, engaging with larger charitable organisations to expand our reach and make significant contributions to the community.

Lastly, the Marketing Communications & Lifestyle team will be introducing a wide range of exciting family events throughout the year. We invite you, along with your family and friends, to join us and have fun, connect and enjoy the vibrant and diverse lifestyle events that the Club has to offer.

See you around! ■

Warmest Regards,

Sylvan Braberry
General Manager

Calendar of Events

Polo

27 April – 14 May
Spring International
Tournament 2023

10 – 11 June
Club Cup

1 – 6 July
Atoms International Cup

8 – 9 July
Club Cup

10 – 31 July
Field Closed

12 – 13 August
Club Cup

18 August – 18 September
Atoms Polo League

12 – 30 September
Fall International
Tournament 2023

1 – 7 October
Atoms Family Cup

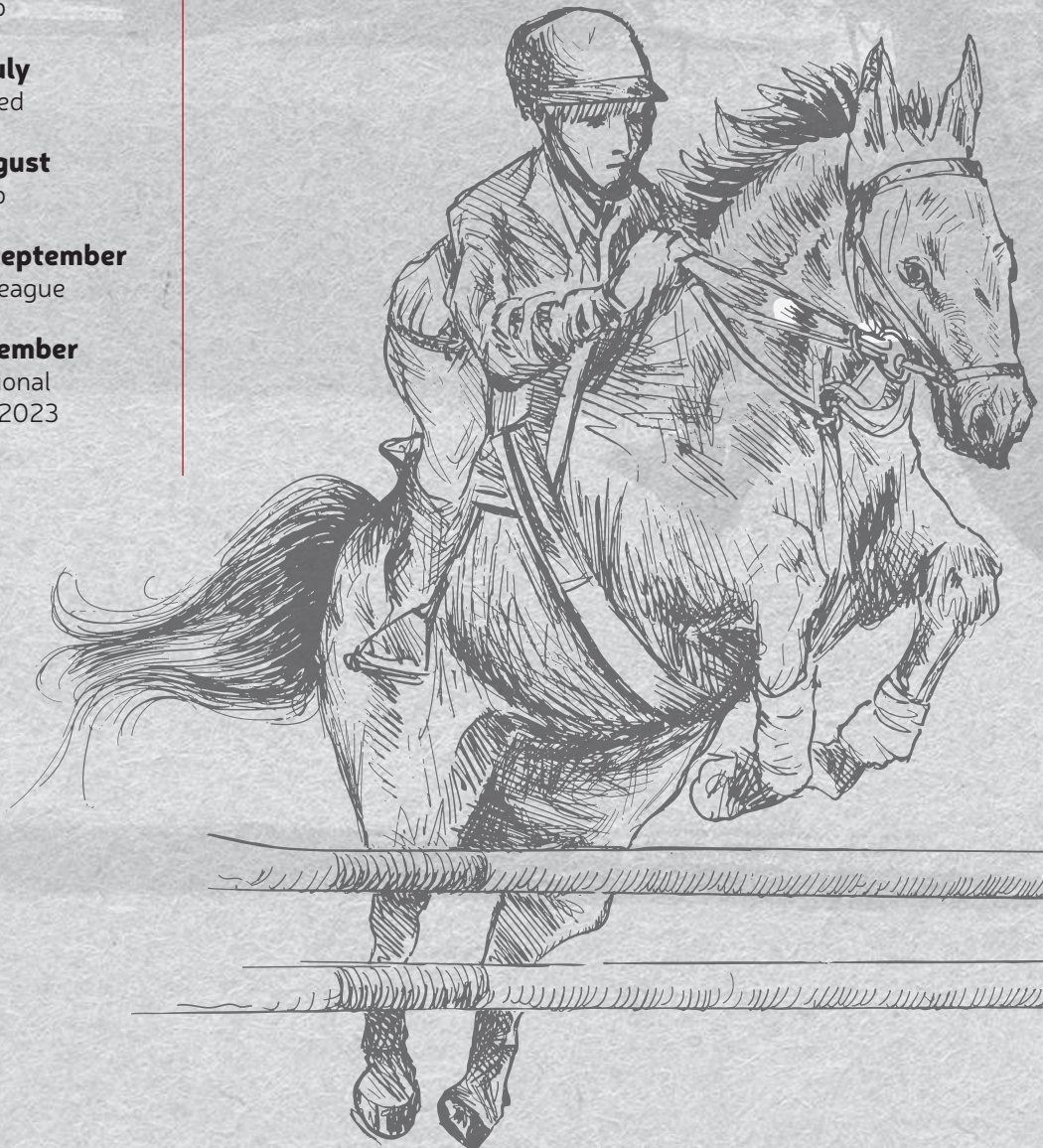
21 – 22 October
Club Cup

29 October
Groom's Cup

4 – 5 November
Atoms International Cup

6 November – 1 January 2024
Field Closed

2 January 2024
Field Opens



Riding

6 – 7 May
Dressage (BTSC)

12 – 14 May
National Dressage Championships
(STCRC)

26 – 28 May
National Jumping Championships
(BTSC)

19 – 20 August
SPC Training Show

2 – 3 September
Jumping (NEC)

9 – 10 September
Dressage (BTSC)

23 – 24 September
SPC Training Show

30 September – 1 October
FEI Jumping World Challenge 2023
Leg 1 (STCRC)

7 – 8 October
FEI Jumping World Challenge 2023
Leg 2 (BTSC)

14 – 15 October
SPC Interclub Show
(Dressage and Jumping)

21 – 22 October
Fei Jumping World Challenge 2023
Leg 3 (STCRC)

28 – 29 October
Dressage (NEC)

4 – 5 November
Dressage (BTSC)

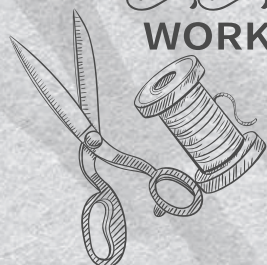
18 – 19 November
FEI Dressage World Challenge 2023
(NEC)

25 – 26 November
Jumping (Rider's Club)

2 – 3 December
Jumping (BTSC)



WORKSHOP



7 May
Mother's Day
Pop-up & Shaker Card
Workshop

29 September
Mid-Autumn Festival
(TBC)

Social

21 October
Kids' Halloween Event

2 December
Annual Christmas Light-up



**Dates and events are subject to changes.*

CPPM Lunch

Our Charter Polo Playing Members got together on 24 February 2023 for their annual networking luncheon.

Helmed by Club President, Mrs Stephanie Masfield, the meeting addressed various topics and everyone got an insight to how the Club and the individual sections had fared in the past year.

Mrs Masfield also spoke about the Club's plans for this year and the exciting times ahead for both equestrian academies – Atoms Polo Academy and SPC Riding Academy!



Committee 2023/2024



Mr Lawrence Khong
President



Mr Satinder Garcha
President



Mr Daniel Chua
Polo Captain



Mr Rickard Hogberg
Honorary Secretary



Mrs Stephanie Masefield
Honorary Treasurer



Mr Leon Chu
Committee Member



Mr Lee Joo Bae
Committee Member



Ms April McKenna
Committee Member



Ms Peggy Yeo
Committee Member



Mr Wee Tiong Han
Committee Member



Mr Federico Vescovi
Committee Member

76th Annual General Meeting

23 March 2023

The following businesses at the 76th Annual General Meeting were approved and adopted:

1. The minutes of the 75th Annual General Meeting held on 29 March 2022.
2. The reports received of the Committee.
3. The Audited Financial Statements for the Financial Year ending 31 December 2022.
4. The appointment of KBH Integra PAC, Auditors for the Year 2023.
5. (a) In accordance with Rule 37(a) iii of the Constitution, the Committee members were elected unopposed; (b) In accordance with Rule 33(a) of the Constitution, the Trustee Group was elected unopposed;
6. There was no nomination received for Charter Polo Playing Member in accordance with Rule 11.
7. There was no resolution received and hence, there was no resolution considered and or voted upon in accordance with Rule 37(a) v.



Committee of 2023/2024 Elected Unopposed

President

Khong Kin Hoong, Lawrence

Vice President

Garcha Satinder Singh

Polo Captain

Chua Sheng Jie, Daniel

Honorary Secretary

Hogberg Fred Rickard Robin William

Honorary Treasurer

Masefield Stephanie Frances

Committee Members

Leon Chu

Lee Joo Bae

April McKenna

Peggy Yeo

Trustee Group Members of
2023/2024 Elected Unopposed

Loh Kim Chah

Ang Ban Tong

Tan Hock

Wong Teck Fong, John

Mr Wee Tiong Han and Mr Federico Vescovi
have been co-opted onto the Committee
with immediate effect.



MAKE A DIFFERENCE IN

SOMEONE'S LIFE



Singapore Polo Club is looking for volunteers for our Outreach programmes. Interested participants can write in to the Outreach team at **outreach@singaporepoloclub.org**

Open only to members of Singapore Polo Club.



SINGAPORE
**POLO
CLUB**
Established in 1886

THE MONSTER IN THE MIRROR



"It's good for all ages actually, to watch this. We could relate back. I think it's good to highlight to them that they are not facing this alone."

National Youth Council

**A MUST-SEE MUSICAL FOR FAMILIES
OPENS ON 12 MAY 2023 AT GATEWAY THEATRE**

The Monster in the Mirror musical is brought to life on stage in an all new, unforgettable theatrical experience by a stellar cast with toe-tapping tunes, dazzling dance numbers and theatrically magical moments. Laugh along with side-splitting comedy and keep your tissues in hand for meaningful, soul-searching scenes as we shine a light on important issues of mental health and self-love. This well-loved original pop musical will be one to remember!

**Singapore Polo Club Members
Enjoy 20% Off CAT 1, 2 & 3 Tickets**

To enjoy discount, enter **Discount Code: TMITM20SP**
under '**20% Donors, Partners, Sponsors**'
upon purchase of tickets through SISTIC website

**Tickets From \$35 (excluding booking fee)
Get Your Tickets Now!**

Presented By



Scan to book!



A Musical By



Corporate Partner



Production Sponsor



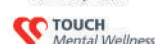
Supported By



Digital & Venue Partner



Community Partner



Official Card Partner



Official Privilege Card



Members' Chinese New Year Lo Hei Party

We celebrated our Annual Chinese New Year Lo Hei Party on 27 January 2023 where members came together to celebrate the occasion with their family and friends. The evening started with the traditional Lion Dance performance and Cai Qing (plucking of greens) to usher in the New Year and for prosperity. After which, members gathered around the veranda for the Prosperity Lo Hei. "Lo Hei", in Cantonese literally translates to "tossing up good fortune", and it refers to the ritual adopted in Singapore that involves a group of people gathered around a plate of ingredients, tossing its contents while saying out auspicious phrases

before tucking in. It is popularly believed that the higher the toss, the better your prospects and fortune in the year ahead.

Members also tried their hands at folding a money pouch and using mandarin oranges to arrange 吉, which means "prosperity" in Chinese. The evening ended in style with members walking home with attractive prizes such as complimentary stay in our Club Rooms, spa vouchers at The Wellness Studio, dining vouchers at Coriander Leaf and more with our Scavenger Hunting of red packets. What a fun way to usher in the Year of the Rabbit!



Mrs Stephanie Masfield and Mr Rickard Hogberg receive the auspicious scroll

Photo taking with the Mascot of Wealth for good fortune



Learning how to fold a money pouch



Lion Dance Performance



The Mukumbi family having fun with tossing of Yu Sheng, also known as Lo Hei



Playing "Fastest Fingers First" with mandarin oranges

Ice Cream and Movie Screening

What could be more fun than a group of students from our Riding and Polo academies enjoying an Ice Cream Making Workshop and a Movie Screening together after their lessons? The hands-on workshop was a hit, with everyone having a great time attempting to make their very own ice cream from scratch alongside their fellow rider friends. To cap off the experience, *Cloudy with a Chance of Meatballs* and *Wreck-It Ralph* were screened after the workshop, providing the kids with an opportunity to savour their freshly-made treats while enjoying the movie. It was truly a delight to witness such wonderful camaraderie between them.

Email polo@singaporepoloclub.org to be on their mailing list for upcoming events.



Myra Cup

The annual Myra Cup kicked off on 18 and 19 March 2023 with a two-chukka round robin match that saw Team SPC Red emerge as winners. The 2nd Place was awarded to Team SPC Black and Team SPC White clinched the 3rd Place. The Most Valuable Player was awarded to Corey Koh from Team SPC White. This is a prelude to many more exciting polo matches to come as we count down to the Spring International Polo Tournament that will be commencing on 25 April 2023.

Most Valuable Player:

Corey Koh

SPC Red (Winners)

Colonel Ravi Rathore (Captain)

Anna Lowndes/ Ang Ban Tong

Ann Wilkinson

Tim Zee

Clarinda Tjia Dharmadi/ Doreen Pattijn

SPC Black (2nd Place)

Cody Williamson (Captain)

Gerry Gan/ Lee Joo Bae

Wu Jiat Hui/ Emma Gordon

Chua Boon Lai/ Ella Santosa

SPC White (3rd Place)

Bernardo Bravo (Captain)

Lawrence Khong

Jane Drummond

Corey Koh



Team SPC Red carried the Myra Cup trophy

From left to right: Rickard Hogberg, Colonel Ravi Rathore, Mrs Stephanie Masfield, Clarinda Tjia Dharmadi, Doreen Koe Pattijn, Ann Wilkinson, Anna Lowndes, Tim Zee and Ang Ban Tong



Team SPC Black as 2nd runners-up

From left to right: Cody Williamson, Gerry Gan, Lee Joo Bae, Mrs Stephanie Masfield, Wu Jiat Hui, Chua Boon Lai, Emma Gordon.
Not in picture: Ella Santosa



Team SPC White as 3rd runners-up

From left to right: Bernardo Bravo, Corey Koh, Lawrence Khong, Mrs Stephanie Masfield and Jane Drummond



Corey Koh received the Most Valuable Player award from Mrs Stephanie Masfield



Lee Joo Bae from Team SPC Black taking the lead with Team SPC White following closely behind



Atom's Polo Professionals, Cody Williamson and Colonel Ravi Rathore

Inaugural Atoms Polo League

The past month has been momentous and historical as we launched the inaugural Atoms Polo League. With 10 teams made up of 4 Juniors and 6 Seniors in the League, members were wowed by the level of polo played by mainly non-handicap Atoms with Polo Professionals facilitating the game.

A job well done to all players for the adrenaline-filled moments and keeping us on the edge of our seats throughout every match!

Can't wait to be a part of something greater? Contact 6854 3955 or email atoms@singaporepoloclub.org.



Players of the Atoms Polo League gathered in their respective team uniforms with Club President Stephanie Masefield, and our General Manager & Head of Atoms, Sylvan Braberry



First chukka of the inaugural Atoms Polo League, played between the White Thunders & Green Gladiators



Yellow Jaguars racing against the Red Dragons to intercept the goal



Nail-biting moment as Robin Clark of Grey Hounds goes head-to-head with Ollie Clark of Pink Tornados



Throw-In by Polo Captain, Satinder Garcha for the match between Red Dragons against Purple Bravehearts

A spectacular win for the Black Hawks of the Junior League & Yellow Jaguars of the Senior League!
 Congratulations on the victory of the Champions title in the inaugural Atoms Polo League!
 Well played everyone, for the greatest showmanship Atoms Polo Academy has ever seen.



The 'Atoms' Family

6th in a row, Manipur Women's Polo Tournament Grows Bigger by the Year

International teams from Luxembourg and South Africa participate to support Manipuri ladies and ponies.

Contributed By: Shivani Joshi



Imphal, Manipur | India: The 6th International Women's Polo Tournament was played at the Mapal Kangjeibung, the oldest known polo ground in the world situated in Imphal, Manipur.

5 teams participated in the tournament: India (Manipur – A), India (Manipur – B), India (Indian Polo Association), South Africa and Luxembourg.

The tournament was inaugurated on 15th February 2023, by Manipur's Chief Minister N Biren Singh. The welcome address was given by Shri Pradeep Kumar Jhah, Commissioner of Tourism, Government of Polo. After welcoming all the honorable guests and participants, he stated, "This is a journey which began in 2016, and we are in the 6th edition of the event this year... but I am grateful to AMPA that with their active interest, we are able to organise it this year. I am sure that the next 5 days of this tournament will add to the golden history of Polo in the state of Manipur."

The All Manipur Polo Association (AMPA) and Manipur Tourism had a major hand in organizing the international tournament. "Polo is a crucial part of our history and culture. Because of its old military roots, Polo dominated my male players. Bringing a shift to that perspective, we want to provide a platform where all female players across oceans come together to celebrate and support one another. The exposure would lead to assimilation of techniques and ideas related to the sport across oceans, helping our players to familiarize themselves with how different versions of Polo are played worldwide," commented

Dr. Konsam Saratchandra Singh, President of the All Manipur Polo Association.

Adding to this, Shri W. Ibohah Singh, Director (Tourism), Manipur commented, "The tournament is part of our endeavor to showcase women's polo as a pioneer of this game and establish Manipur as India's center for women's polo. We are putting our best efforts to develop Manipur as an international destination for Modern Polo, and with this tournament in its 6th edition and also with the help of our celebrated women, we believe that we have come a long way towards making Manipur a home for women's polo."

"This tournament has successfully acted as a platform to uplift female Polo players and help them blossom. It is inspiring to catch a glimpse of the will and perseverance channeled by these women. We need to let them know that their highly-commendable efforts are admired and pave the way for the next generation. I was honored to bear witness to such an incredible initiative taken by AMPA and Manipur Tourism," remarked Shivani Joshi, a polo enthusiast.

Player Salam Ngounu Chanu of IPA (India) stated, "Collaboration with International teams is necessary to get our girls more exposure and to enhance their talent by playing against more experienced teams from abroad. Organizing such tournaments frequently and exchanging players with other countries will help in making the sports accessible to women."



The first game took place on 16th February between Teams Manipur B (India) and Luxembourg. Manipur B started the match strong, scoring 3 goals within the first chukker while Luxembourg scored none. One goal was secured during the second chukker by team Luxembourg, while during the 3rd chukka both the teams had their defenses strong, not letting each other score even one goal. 2 goals were secured by team Manipur B during the final chukka, winning the match at 5-1.

The next game was between teams South Africa and IPA (India), where the former team overpowered the latter at the winning score of 9-2.

The series continued with 2 matches held every day: IPA vs Manipur A (0-10), Manipur B vs South Africa (2-7), Luxembourg vs Manipur A (3-10), IPA vs Manipur B (3-4), Manipur A vs Manipur B (13-2) and Luxembourg vs South Africa (1-11).

For the final match, it came down to teams South Africa and Manipur A (India). The win was secured by South Africa, despite battling against the indigenous team of Manipur, with a score of 7-4.

A message from the South African Team stated, "This trip for us has been like a pilgrimage in learning its (Polo's) roots, playing on the iconic grounds and legendary ponies. This tournament has no option but to get bigger and gain greater traction. We feel that this is the beginning of a long prosperous relationship between our countries for women's polo."

Humble winners, the South African team proceeded by giving presents to everyone involved in the creation of this tournament, including all the rival team players. Moved by the Manipuri Ponies, who stole their hearts, the team decided to donate its winnings back to the conservation of the ponies. The Captain of the team, Amy Michelle Grace, stated: "We shall return home with gratuitous humble hearts, and shall spread the word to as many polo players as we can, that they must come to Manipur."

The ether of Lord Marjing's urge for Women's Power in the world through Polo has now reached South Africa and Luxembourg following the USA, the UK, Argentina, Australia, Kenya, and still the Lord wishes to spread the message to other parts of the planet." added Dr. Saratchandra Singh.





ATOMS Polo Academy's Coolest Coach Bernardo Bravo

We bring you an interesting interview with Bernardo Bravo, the newest polo professional at Atoms Polo Academy. Read to find out more about his addiction to Polo, his hobbies and career.

Tell us about yourself.

When did you start playing polo?

I started playing polo at the age of 7 and by the age of 15, I was a polo pro holding a 2-goal handicap.

How supportive is your family in your career?

My family is my main engine in my career and without their support, it would have been impossible to have come this far.

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

Horses (without any doubt)! They are majestic animals and each horse has a different characteristic. It's quite interesting working with each one. I can never imagine a day without horses in my life!

What is your favourite destination to play polo?

Argentina – the "Mecca of polo".

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

I would have been a veterinarian.

What are your future goals?

My future goal is to leave a significant trace in polo.



About Singapore Polo Club (SPC) and Atoms Polo Academy

You were a resident polo professional with the Club in 2014.

How has the Club evolved from then till now and what do you like about the change?

I find that the Club is much more vibrant now as compared to 8 years back. Members are much friendlier now too! I like the positive vibes that I have been receiving till now. Oh! I forgot to mention how fabulous the Club looks with the recently completed facelift.

Describe SPC in 1 word.

Amazing.

How does it feel to be a part of Atoms?

It is truly an honour to be part of Atoms - the Academy that is producing the next generation of polo players at the club.

Do you have any plans or aspirations for the Academy?

My aspiration is to see Atoms expand its polo footprint into regional tournaments.

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

I head over to the stables at about 6.40am to check on the horses and by 7.15am I am ready for my first lesson of the day. Thereafter, I school horses to fix bad habits or exercise them. The cycle repeats in the afternoon too. I also take some time to work out in the gym during my break.

How is Atoms Polo Academy different from other polo academies?

Atoms is different in every aspect. It feels like a family here. Polo pros have a great bond with one another and students. I see team work in every angle and situation. Being and teaching in this Academy really hits home!

About the Sport

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

Three days prior to a major tournament, I go very quiet. I stick and ball and ride a lot. After the tournament, I swim and play soccer with my son to destress.



At an overseas tournament



Umpiring a match back in 2014

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

I think it is not played that much differently. Maybe the difference is that we have an afternoon normal chukka with all players who are pros holding 4 to 5 goals. But to be honest the biggest challenge is the field. In my opinion, SPC's field has been one of the toughest for matches as the playing conditions and orders can be quite unpredictable, especially the weather.

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

My favourite part of the sport has to be the horses! It's a team sport which I really take a liking towards. The least liked part is that polo ponies get injured at times – which is why I want to be a vet (that decision is always at the back of my head).

Tell us more about your polo ponies back home.

My ponies back home are a connection with my father, as I lost him 4 years ago and I am breeding the horses he used to play to keep his legacy alive.

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

It feels the same as each one of them is a team player.

Are there any female polo players that have inspired you?

Not really, but I met this polo player in 2014 at the Club by the name of Hazel Jackson. I like her polo playing skills.

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

Woman's polo is growing very fast and it has been growing for years. The world of polo has been doing great in welcoming female polo players. It has opened a whole new market. Some of the female polo players are just as good as us guys!

Have you met or played a match with celebrities? Tell us about the experience.

As a kid, I have played a match with 9 and 10-goal polo players. Bautista Heguy, Eduardo Heguy, Nachi Heguy, Juan Carlos Harriot and many more. I've met a lot of celebrities but not on a polo field.

Polo and Fitness

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

Before my evening chukkas, I take a short nap in the early afternoon and ensure I have a glass of Yerba Mate tea (it's an Argentinean drink). The key to playing polo is to be relaxed.



Bernardo before a match in Argentina

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

I train every day and my regime consists of horse riding, swimming and rowing at the gym.

Are you on any special polo specific diet?

No, I'm not embracing any specific diet but I like to indulge in a plate of pasta before I play.

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

I don't really have a tip but I would like to encourage people to come and try polo.

How have you grown mentally and physically from playing polo?

Polo, like any team sport, transmits values to people which help you to grow. In my case, traveling out of my home at an early age made me grow up. I became a lot more independent.

Have you ever taken a break intentionally from polo?

Yes, I did. I took an intentional 6-month break out of the polo field when my father passed away 4 years ago and my son was born that very year too. I wanted to spend some time with my family.



At the Korea Cup 2014 held in SPC along with Mrs Stephanie Masefield

Youth Polo Player Khayra Khan

Youth polo player Khayra Khan, fondly known as KK, began her riding journey at 11 years with dressage classes. She competed successfully and eventually studied show jumping. In her heart, KK always wanted to go fast and as soon as she felt competent at controlling the horse, she joined Atoms to learn polo. KK's favourite time is playing with her friends on a horse, improving her game, and indulging her competitive spirit. She epitomises the gentlemanly and graceful traits of the game and she represented the Grey Hounds team at this year's inaugural Atoms Polo League. We feature an exclusive interview with her.

Tell us about yourself.

When did you start playing polo?

I started playing polo in 2021. My first polo lesson was a birthday gift from my mother.

How supportive is your family in your hobby?

Very supportive, my mum is super happy that I've finally found a sport that I am passionate about. To be truthful, I'm not that good at sports but my mum never gave up in finding one that would help boost my already low self confidence in sports.

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

Art. I love art history, drawing, painting and learning different techniques that would help me improve. Polo is such a dynamic and fast pace sport with people, horses and objects interacting in such complex ways. I secretly have a goal to one day make art for the polo club but I first need to know how to draw a horse lol.

Have you played polo overseas? If yes where?

No, I love travelling and visiting different places but I always get nervous playing overseas as I'm still not quite confident in my skills. Hopefully in the future though!

How has polo enabled you to grow mentally and physically as a person?

Polo is incredibly therapeutic for me. I struggle with a lot of mental health issues but that all goes away whenever I get on a horse and play a chukka. I'm certainly not the best at polo by a long shot but I always feel like I am whenever I gallop towards the ball and score a goal.

What are your future goals?

I've always found that everything intersects and works in different ways to help us become the best version of ourselves. While I don't plan to pursue polo as a career, I still plan to reach a level where I can confidently say "I am a polo player" without doubt clouding my mind. As an artist, watching professional matches on my phone while waiting for the train, I see the art in the sport and find that each polo player has their own individual style that makes them their own artist in a sense. I plan to keep close contact with a chosen polo club that can help boost my confidence while I head towards a career in the animation industry.



A lesson at the cage

About Singapore Polo Club (SPC) and Atoms Polo Academy

What do you like about Atoms Polo Academy?

The community and the instructors. They always support me in my endeavours and can see past the shoddy attempts at hitting the ball. They see my determination and strive which, from past experiences with sports instructors, has never happened to me before. I want to personally thank Colonel Ravi and Mr Cody for always encouraging me to keep going and to smile even when I feel low because of my skill level. Because of them, I feel my passion for polo is not a bad case of delusion but a real burning desire to become the best possible polo player I can be.

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

Unfortunately, no. It's 100% on my bucket list of things to do but with school (I do the IB programme) and the uncontrollable need to dress up and go shopping every day, I'm just unable to find some time off.

My favourite pastime at the polo club is going to the stables and sketching the horses, I'm not any good at it as the horses get a bit camera shy and move every 2 seconds to strike another pose, but it's still fun and sometimes I find the perfect model who can turn my chicken scratches into something that partly looks like a horse.

How does it feel to be a part of Atoms?

It's a little daunting as there are so many good players and wonderful people that my anxiety gets the best of me and I become a bit anti-social at times. But I can for certain say that I love this community so much. The people are open and friendly, the staff



Scoring a goal in the recent Atoms league

are funny and kind and the instructors are the most supportive people I've ever met (excluding my mom lol).

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

The food and the atmosphere. I bring my friends here sometimes and they are always shocked by how tasty the food is. The variety in cuisine is definitely why I go to the club even when I don't have a lesson.

Do you have any close friends at the Academy? What are some activities that you enjoy doing with them post chukkas or lessons?

I have many friends at the academy but a lot of them are younger than me so we usually talk about school and life experiences. I enjoy talking to them post chukka, especially talking over game strategies and giving each other tips on how we can improve.

About Atoms Polo League

You participated in our inaugural Atoms Polo League. Tell us about the experience. Was this your first tournament?

The league was my first tournament and I was very nervous as I was one of the players with the least amount of experience in playing official matches. I also had never played with such experienced players and had to educate myself about the rules of the game. I found it to be quite eye opening and after doing the first match, I couldn't get enough!

How did you prepare for the tournament and de-stress once it was over?

I honestly didn't prepare much, other than attending capsules and learning about the rules of the match. I just tried to keep my mindset steady in order to play to my fullest ability without the anxiety getting to my head.

You were part of the Grey Hounds team. How was it like playing in a mix team of boys and girls?

It did not matter much to me about the gender of the players but rather the diverse amount of experience each player on my team held, which could help me further develop my own skills as a polo player. Boy or girl, gender does not really matter in polo, it's all about the skill of the rider which is what I love most about polo as a sport.

Did you face any challenges during the tournament? How did you overcome them?

Yes, when it came to doing a match in the arena, I kept getting in the way of my teammates and got a bit greedy when it came to obtaining the ball. To overcome this, I had to change my mindset. This is a team sport, meaning that each player plays a role that, while miniscule in my case, was just as important as the other roles. Whether that meant following the train of polo horses so that if the ball was lost I could pick it up or if it meant to leave the ball so that my teammates, who were in a much better position could pick it up and score.

About the Sport

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

I love the intensity of the matches and the adrenaline that shoots through my veins every time I land a clear shot. I dislike having to play chukkas in a small arena as I feel there isn't enough space for me to truly release my full potential and especially hate when the ball goes out because I hit it too hard.



Khayra and her mum Amanda (extreme left) at the prize presentation of the Atoms Polo League finals

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.

I do not own a polo pony but there are many polo horses at the academy that hold a soft spot in my heart. In my eyes, Moraleja is the best horse I could ask for to play in a Chukka, she's alert, happy (Most times) and very excitable which makes riding her an intense but fun ride.

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

I take lessons with Mr Cody who is very supportive of my polo ventures. Wednesday lessons are my favourite as we always play exciting chukkas with very passionate players.

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

My mum was so inspired by the matches I played that she too has begun her own polo journey, which I am very excited about. I was interested in the game the moment I saw my first match, I always wanted to go fast and do exciting tricks on a horse so yes, it was a definite instant love for the game, even though it took 5 years for me to finally have my first lesson.

Polo and Fitness

What's a typical day like for you?

Wake up. Drink coffee. Scroll through my favourite shopping websites. Cry about how expensive the clothes are. Drink a second cup of coffee. Draw. Do some studying. Take a nap. Scroll through more shopping websites. Try to convince my mum that I don't need to go to the gym because it makes me anxious. Take another nap. Study some more. Play League of Legends and then go to sleep.

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

The only real exercise I do is polo, as the gym scares me (I don't know why haha). I enjoy going on 2-3 hour long walks where I just listen to music. One time I walked from Bishan all the way to Marina Bay Sands and back so I would say that besides polo, I am an expert speed walker.

Are you on any special "polo" specific diet?

No. I hate going on diets because it feels so taxing. I would rather just focus on staying healthy. So eating veggies, protein with just the right amount of carbs (oh yes, the occasional MOS Burger too) keeps the doctor away.

What would you like to say to anyone intending to take up polo?

Honestly, just do it. The only thing holding you back is your mindset. Ask lots of questions, even if you come off as annoying, it just shows that you are always striving to improve. And get a wrist guard or else your hand might come off (Lol. Just kidding).

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SPC Young Riders – Chloe and Noemi Haudenschild

Chloe and Noemi Haudenschild share about their riding journey at SPC Riding Academy and their future plans and ambitions.

When did you start riding and how old were you?

Chloe: I started in April 2021 at the age of 14.

Noemi: I started riding in 2022 at the age of 18. My sister was the inspiration for this.

When did you join SPC and what do you like about the Club?

Chloe: I took up some trial lessons at SPC and I was totally convinced to join the Club. My favourite part of the Club would be the pre-dawn hours. I love the tranquillity of the area and riding early in the morning.

Noemi: The Club is such a nice place to hang out and have a tasty club sandwich. Love the beautiful horses that I get to interact with!

How long do you train/ How many days do you train in a week?

Chloe: Once a week on Sundays for 45 minutes.

Noemi: I train once a week with my sister at 7am on Sundays.

How do you find time to juggle between school and riding?

Chloe: Since my class is early on Sunday morning, it gives me much time to study after the lesson.

Noemi: My lesson is always on a weekend, I finish my school work on weekdays so that I can take a break from thinking about assignments and use the time to just focus on my riding.

Any interesting experience/ encounter?

Chloe: Experiencing the diverse characters of the horses when riding different horses is very interesting.

Noemi: My feet have been stepped on many times because of Rambo. He loves to eat a snack on the way to and from the arena and he will drag me to the pile of hay and he accidentally steps on my feet...ouch!

Do you ride on your own horse or is there a favourite horse that you're comfortable riding?

Chloe: I borrow one of the horses at the stable. I have been riding Maverick for a long time now and I've gotten used to his ride and feel comfortable with him. In the past I used to have lessons on Mo and recently Mr Percy.

Noemi: I have grown very fond of Rambo's craziness and speed. However, even though I have not ridden on Mo for a while, he is my favourite horse as he's very calm and obedient.

Who is your idol in terms of riding?

Chloe: I don't have an idol as I am riding for my own leisure.

Noemi: I don't have an idol too.



Have you participated in any training shows, Inter-Club shows, Nationals or World championships?

Chloe: I have participated in three competitions at the Singapore Polo Club so far. One was an Inter-Club competition.

Noemi: I have participated in two competitions in 2022 and I'm glad I have done them because they helped me better improve my balance and control.

Have you visited any riding clubs overseas or engaged in any riding activities? Tell us about the experience.

Chloe: When I was younger, my family and I went horse riding up a mountain in the Philippines. It was a fun experience and I really enjoyed it despite being too young to ride on my own.

Noemi: I have done numerous pony rides while living in Tokyo when I was about 6 or 7 years old and I remember it being super fun because ponies are adorable! I have also done horse riding in Tagaytay, Philippines to go up to the Taal Crater Lake.

What's your advice for someone intending to take up riding?

Chloe: Don't be nervous or scared to try it as the horse can sense it. You are the one holding the reins and in control.

Noemi: Horse riding is an amazing sport that teaches you to have control and balance. Taking up horse riding was one of the best decisions I've made. I think anyone who loves sports and has a passion for animals should definitely have a go! The instructors at the Polo Club are also very good and will guide and help new learners along the way.

What are your future plans and ambitions, where do you see yourself?

Chloe: I would like to move to Europe to pursue my university studies and aim to continue riding.

Noemi: I hope I will be able to continue horse riding one day as I am now studying in New Zealand. However, I see myself working as a perfume creator in one of the renowned perfume houses in Paris.

Bounce Off!

The craze of Bubble Soccer is back yet again! This year's second session held on 17 February 2023 saw more than 20 enthusiastic students from SPC Riding Academy come together for a thrilling and fun-filled night of competitive play with their fellow riding buddies.

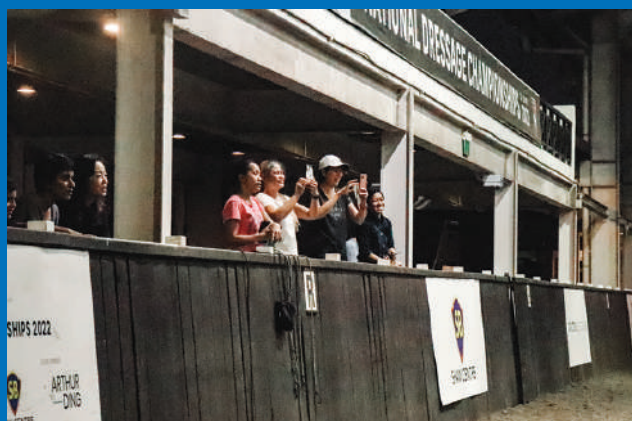
Be on the waitlist by emailing riding@singaporepoloclub.org for the next Bubble Soccer event.



Fun bump-offs while encased in an inflatable bubble cover case



Attempting to navigate their way around the arena



Excited parents cheering the little ones on



Riding as a Family – Meet the Williams

In this issue, we feature equestrian Corinne Williams who shares fun and interesting information about the favourite past time of hers and daughter, Ella. Read on to find out what inspired this duo to take up riding lessons at our Academy and to pursue this challenging sport.

About himself/ herself, family and SPC

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

We joined SPC in 2019. I wanted Ella to start riding lessons as soon as she was old enough and personally, I too was keen to get back into riding.

Some kind friends introduced us to SPC and we fell in love with the stables, community and horses. We quickly started riding once a week, got hooked on it quickly and now ride four times a week. It's my happy place! Ella rides once a week on Saturdays.

As a family, we really enjoy the events put on by SPC such as the recent Christmas and Lunar New Year celebrations. We are so glad that such events are now returning after the pandemic!

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

Riding is my favourite way to start the day! I fit lessons in at 7am before heading to work as I enjoy watching the sun come up at the stables while I complete my lessons before it gets too hot. Sometimes, I begin working from SPC right after my lesson. My team have got used to me dialing into our early morning zoom meetings with the Polo Field as my background!

For Ella, it is challenging to fit around her other commitments. She rides on Saturday afternoons and we're very fortunate to be able to hold that slot. Unfortunately, schedules have meant that Ella has not been able to join Pony Club yet, hopefully in future.



With Rambo

Tell us about yourself and your family.

I am originally from the UK and have been here in Singapore for over 15 years. I am a Business Psychologist and lead the Leadership Practice at Organisation Solutions, a global consultancy headquartered here in Singapore. I specialise in helping organisations grow their people and business strength through leader and team development, coaching, assessment and change management.

Ella and I met when she was 8 days old and officially adopted each other when she was 8 months old. My husband Scott has three older kids (Daisy, Noah and Bryce) so Ella has 2 big brothers and a big sister who she adores. Scott and my step-kids don't ride (yet) but like to come with us to eat at SPC.

Ella is 11 now, she's passionate about riding, badminton and animals of all kinds. Scott manages a business focused on providing mortgages for UK properties, is an avid cyclist and a great cheerleader for all of our riding pursuits! Daisy works as a performer at Universal Studios and is a Tik Tok content creator, Noah is in National Service and Bryce is at college.

About their Equestrian journey

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

I started riding in my teens at Horse Rangers which is an inclusive riding association in Hampton Court, United Kingdom. It was a fabulous place to enroll in as it not only taught me riding but also horse care, stable management and working together as a team. I totally fell in love with horses and was that classic teenage girl with walls covered with posters of horses intermingled with Jason Donovan and Kylie Minogue. My priorities shifted away from horses when I went to boarding school in London, then University, then into my career but I would always seek out some kind of equestrian adventure on holiday, be it riding through a jungle or across a beach.

Horses have always been part of my soul so when Ella showed interest, it was a perfect way to find my way back to them.

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

Our overseas riding has mainly been in the United Kingdom. It's definitely a less sweaty experience there and it's possible to ride in the middle of the day. Though in Singapore, it's nice not to have to crack ice off water troughs in fields first thing in the morning!



Corinne, Ella (in pink) and family

Tell us about your favourite horse at the Academy.

As everyone who rides with me knows, Rambo is my baby! I have leased him for over two years now and ride him three times per week. I love his personality, he's cheeky and smart, but also steady and not phased by monkeys or tennis. I also jump Lady once a week, she is quite a character and likes to do things her own way.

Ella has 3 favourites, Sonny, Lucky and CJ. Lucky is fast, energetic and pretty whereas CJ is calm and friendly. She has also been riding Sonny for a while and has built a nice relationship with him.

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

Ella isn't yet keen on competing. She's focused on continuing to learn, improve and riding different horses.

I have found that I really enjoy competing. I love the energy and camaraderie of competition days. It's amazing how motivating those rosettes can be! I want to continue to improve both my dressage and jumping.

My other goal is to further integrate horses into my coaching, leadership development and team services with clients. In 2019, I qualified as an Equine Facilitated Learning professional, and just love to see the transformation that working with horses provides to people.

For the rest of our family, my goal is just to get them on a horse!

Their thoughts on the redevelopments

Having been a member here, what are your thoughts or impression about the newly opened Club Rooms, newly renovated gym and premises such as our pool bistro?

We love the bistro. We eat there frequently as a family, and with friends. It's a great place to hang out, and for casual business meetings. The staff are fabulous, and Adrian is an amazing lead. He is caring and attentive, very accommodating to specific food needs. He was absolutely wonderful when my family from UK visited. We are a rather dietarily complicated bunch!

I haven't yet stayed in the Club Rooms, but am looking forward to. They look well turned out and very comfortable. My husband is convinced that's where we will be going for our next staycation!

Is there a favourite dish or drink you would recommend readers to try at The Paddock Bistro?

Ella and I are in complete agreement that the truffle fries are the best on the Island!

About ATOMS Polo Academy

We launched our ATOMS Polo Academy on 17 October 2020.

What are your thoughts about the Academy?

We haven't yet tried out ATOMS. Ella and I are very tempted but currently want to focus on improving our horse(wo)manship at the Riding Academy. I enjoy hearing about ATOMS, the new league and watching friends and their children learn the game.

Have you watched or played polo?

We love to watch Polo, it's a fabulous and exhilarating game. The horses are spectacular, and the players so skilled. I have had one lesson and loved it. I could easily become addicted, but I'm saving that for the future.



Bonding time with CJ before lessons

Corinne and Ella

How supportive are you with enrolling your child/ children for polo lessons?

Ella has my full support if she decides to take up polo lessons down the road.

About the Riding Academy

What is the main difference riding indoors and outdoors?

The indoor arena is such a luxury to have at SPC. I have a love-hate relationship with the surrounding mirrors which provide an opportunity for me to check my position and watch how in sync (or not) I am with the horse.

The outdoor arenas are light and bright with great space for jumping. The jungle trails give an opportunity to get a feel of riding in nature and get a bit of mud on those hooves.

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

Ella loves being at the stables and her riding lessons. She has made many friends in her lessons and in other activities that the Riding Academy puts on. Her favourites are the camps, sleepovers and Halloween adventures.

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

Ella trains with Keith and she very much enjoys his lessons as he is a supportive and fun teacher.

I am taught mainly by Daniel and Laurent and am fortunate to also have some lessons with Edric and Sean. I really enjoy the diverse styles of all the instructors - I learn different things from each of them.

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

Try it! You won't regret it and you might find yourself hooked. It's a great workout and such fun. You'll find a welcoming community of interesting, passionate people, all of whom are never happier when riding horses, hanging out with horses, or even just talking about horses!

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Singapore Turf Club Riding Centre's Martios Jump Show on 4 & 5 March 2023

Amazing start to the competition show season for our SPC team riders. Here are the results of the two-day competition.



Nikki Poh and Oldtimer van de Zuurhaege

Results for Day 1

90CM COMPETITION AGAINST THE CLOCK

1st place:

Elly Poh on Faylista

100CM COMPETITION AGAINST THE CLOCK

2nd place:

Elly Poh on Faylista

3rd place:

Yasmine Bonehill on Fontrice

110CM COMPETITION AGAINST THE CLOCK

2nd place:

Nikki Poh on Oldtimer van de Zuurhaege

Results for Day 2

90CM 1 ROUND WITH JUMP OFF

2nd place:

Elly Poh on Faylista

100CM 1 ROUND WITH JUMP OFF

2nd place:

Elly Poh on Faylista

110CM 1 ROUND WITH JUMP OFF

1st place:

Yasmine Bonehill on Fontrice

2nd place:

Nikki Poh on Oldtimer van de Zuurhaege



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

NEC Dressage Show on 25 & 26 February

SPC Riding Academy students did us proud at the National Equestrian Centre's two-day Dressage Show that was held on 25 and 26 February 2023. A special shoutout to all parents, grooms and friends for putting in so much of effort to get things going for our riders.



Team SPC with Riding Academy instructor Edric Lee

DAY 1

EA ADVANCED 5.1

2nd place:

Megan Ding on J'adore with 60.270%

EA ELEMENTARY 3.1

1st place:

Tess Baker on Hilken's No Kidding with 65.428%

EA NOVICE 2.1

3rd place:

Yasmine Bonehill on Fontrice with 64.807%

4th place:

Elly Poh on Fayelista with 64.615%

EA PRELIMINARY 1.1

2nd place:

Nikki Poh on Oldtimer Van de Zuurhaege

DAY 2

EA ADVANCED 5.2

1st place:

Megan Ding on J'adore with 63.815%

EA ELEMENTARY 3.2

2nd place:

Tess Baker on Hilken's No Kidding with 63.875%

EA NOVICE 2.2

1st place:

Yasmine Bonehill on Fontrice with 65.781%

3rd place:

Elly Poh on Faylita with 63.125%

EA PRELIMINARY 1.2

2nd place:

Nikki Poh on Oldtimer Van de Zuurhaege with 64.821%



Tess Baker was awarded 1st place in the EA Elementary 3.1 and 2nd place in the EA Elementary 3.2



Nikki Poh was awarded 2nd place in the EA Preliminary 1.1 and EA Preliminary 1.2



Yasmine Bonehill took home the 3rd place in the EA Novice 2.1 and 2nd place in the EA Elementary 3.2 categories

The Equestrian League SG Awards and Charity Gala

Our youth riders from SPC Riding Academy were awarded accolades at the Equestrian League SG Awards and Charity Gala 2023, hosted by the Equestrian Federation of Singapore on 11 February 2023.

Huge thanks to the entire SPC team comprising riders, coaches, grooms, parents and staff for coming together to celebrate the achievements from 2022. Congratulations everyone and three cheers to Megan Ding for securing three Equestrian League titles!

Presenting the winners of the Annual League Awards 2022

WINNER OF DRESSAGE ELEMENTARY RIDER

Megan Ding

BEST DRESSAGE JUNIOR RIDER OF THE YEAR

Megan Ding

BEST DRESSAGE SCHOOL RIDER OF THE YEAR

Megan Ding

WINNER OF 90CM SHOWJUMPING CATEGORY

Nikki Poh

Team SPC at the awards presentation



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Tips to keep your leather saddle, boots and other leather accessories in tip top condition.

- ✓ Clean your saddle after each ride, it will prevent dust and dirt from building up on the saddle.
- ✓ Condition your saddle once to twice a month. It will help to keep the saddle nice and supple.

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PONY

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Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy. Great for kids 6 years old & above.

Keep a look out for more details coming your way





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We are giving away 1 box of Energy Bar with 4 different flavors to the first 5 sign up for the 10 sessions training package!

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INFORMATION**

**Email : fittrainersg@gmail.com or
call Louis @90106631 or
Zulk @9767 0671**





Infuse Polynesian vibes to your weekends with 'Ori Tahiti!

Come experience the mesmerizing power, sensuality, beauty and elegance of this Polynesian dance! Let the music, movement, flowers and pareos transport you to Tahiti!

Once you've experienced the dance, you'll understand why 'ori tahiti has exploded in popularity globally. At the end of each class, your hair will be messy, your feet dirty, your eyes sparkling, and your soul imbued with the mana of Tahiti.



EVERY SATURDAYS, 5PM - 6PM

\$150 per month (4 x weekly classes)

WHAT TO WEAR

Sports bra &/or t-shirt, and a pareo. No shoes required!

YOUR 'ORI INSTRUCTOR

Evonne's love affair with dance began when she was 4 years old, with ballet. As a hyperactive kid who could not stand still, she terrorized both her teacher and dance-mates, and was disciplined a lot. She has come a long way since rediscovering her passion for dance in her teens, learning multiple genres of dance: street jazz, hip-hop, modern and contemporary dance, traditional and Latin ballroom, flamenco, tap, bellydance, even traditional Balinese dance. She is a seasoned performer, having done numerous shows both on stage and television. She discovered 'ori tahiti 9 years ago. When she first heard the music, it touched her at such a visceral level that it moved her to tears. In all the decades spent dancing, this has never happened before. She realised she had found her dance; it felt like home and it tamed that urge in her to seek out and flirt with other dance genres. She has remained faithful to 'ori tahiti to this day, attended multiple intensive workshops with 'ori teachers from all over the world, and has travelled to Tahiti to learn more. She is looking to share her love of 'ori tahiti and grow a community of 'ori tahiti dancers in Singapore.

Follow her at [ori.addict.sg](https://www.ori.addict.sg) to watch her videos on Instagram.

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- Casa Zappala -



Available at the ATOMS Polo Loft at Singapore Polo Club



Egg-citing Easter Party

Our Easter party took place after a hiatus of three years and had over 50 children gather for a fun and fabulous time. Despite the heavy downpour, the children were kept on their toes with face painting, sand art, balloon sculpturing, Bingo and the much-awaited Easter Egg Hunt. What a nice and beautiful Saturday afternoon spent with family and friends. We look forward to having even more members join in our upcoming events at the Club!

Join our mailing list marketing@singaporepoloclub.org to receive more updates.

Congratulations to the following children who won Best Dressed Contest:

First Place

Otilie Norah Mary Graham – Watson

Second Place

Tallulah Lockett



Otilie (front) won the Best Dressed Award



Tallulah Lockett was the second runner-up for the Best Dressed Award

Happy families



Fun activities that took place during the party!



Game time



Sand art



Easter egg hunting



Balloon sculpting



Face painting



A verandah bustling with activities

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TENNIS

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Lessons on Mondays & Fridays

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Lessons on Saturdays

5 to 12 years
9.00am – 11.00am

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wellness
studio.

Acupressure Body Massage

Acupressure finger massage uses pressure points along the energy pathways of the body to encourage the flow of qi (energy). A no-oil acupressure massage allows a therapist to accurately hit the right spots to help with a range of conditions.

Muscle Relief:

60 min no oil acupressure body massage
— Members price **\$116** (UP: \$145)

Benefits of a no-oil acupressure massage

- Helps insomnia
- Relieves headache
- Fights fatigue
- Releases muscular tension
- Restores vital energy



Promotion!

Book a 60 min
massage and get an
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Limited to first 20 appointments.

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RESTAURANT

At Coriander Leaf, we aim to elevate the culinary experience and take our clients through a gastronomic journey with elegant, authentic Asian cuisine derived from traditional recipes, spiced with innovative ingredients, and garnished with a twist of the unexpected.

Coriander Leaf Singapore Polo Club is an excellent venue for corporate dinners and cocktail events!

Email us at info@corianderleaf.com for dinner and catering enquiries.



Shirene's PÂTISSERIE

Coriander Leaf is delighted to announce the recent launch of Shirene's Patisserie (@shirenepatisserie), headed by Patisserie Shirene Chhabra.

Shirene is our "celebration" chef! An Award winning patissier trained in the Netherlands and France, she brings together a harmony of flavors that reflect her time spent across Asia, Europe and the US.

Shirene specializes in crafting bespoke cakes and scrumptious desserts. Some of her creations include dark chocolate salted caramel cake, orange almond cake, and Dutch apple pie. She also offers a wide variety of macarons, profiteroles and eggless, gluten-free options on order.



Scan to find out more about our patisserie, and order online!

How to Reduce Stress on Your Heart

Too much stress and how you cope with it can impact your heart health. Clinical Assistant Professor Lee Phong Teck, Consultant from the Department of Cardiology at National Heart Centre Singapore, explains.

Having too much stress, for too long, is bad for your heart and overall health. And if you don't have good ways to manage it, you are more likely to develop heart disease, high blood pressure (hypertension), chest pains or irregular heartbeats (arrhythmia).

"Stress raises your blood pressure, and it isn't good for your body to constantly be exposed to stress. Stress is also linked to increased risks of heart attacks (myocardial infarction) and strokes," explains Clinical Assistant Professor Lee Phong Teck, Consultant from the Department of Cardiology at National Heart Centre Singapore (NHCS), a member of the SingHealth group.

Not only is stress harmful to your health, the methods you choose to manage stress also matters. If you respond to it in unhealthy ways, such as by smoking, overeating and being physically less active, it worsens the condition.

Stress if left unchecked over long duration can cause damage to your heart and overall health.

10 Top Ways to Manage Stress

Don't let stress beat you, use it as a motivator to care for your body! Start with simple steps first – the key is consistency, then build from there.

These tips include:

- 1. Exercise regularly**
It relieves stress, tension, anxiety and depression. Consider a nature walk, meditation or yoga.
- 2. Eat healthier**
Don't damage your body further by putting junk into it. Help it to recover better by eating healthy.
- 3. Make time for friends and family**
Maintain social connections and have talks with people you trust.
- 4. Get sufficient sleep**
Adults need seven to nine hours a night.
- 5. Maintain a positive attitude and laugh more!**
Yes, it's ok to laugh at yourself
- 6. Practice mindful meditation and deep breathing relaxation techniques.**
- 7. Unplug**
With virtually everything fitting in the palm of your hand these days, stress literally follows you everywhere so make time to escape from the world (even if it's for an hour a day).
- 8. Find a stimulating yet healthy hobby**
It can be fun and distracts you from negative thoughts.
- 9. Learn to say no to things that add additional stress to your life.**
Instead, make time to do things that help reduce anxiety.
- 10. Don't hesitate to seek professional help**
Especially if you have other risk factors for heart disease, such as obesity or high blood pressure.



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

Worst Ways to Manage Stress

The worst thing you can do to yourself is to damage your body further by adopting negative behaviours to cope with stress such as:

- **Smoking**
- **Unhealthy eating**
Either overeating and consuming comfort foods that are high in fat and cholesterol, or skipping meals
- **Not being physically active**
- **Drinking alcohol beyond the recommended amounts**
- **Being overweight**
- **Not taking medications as prescribed**

How Excessive Stress Impacts the Body

Stress increases plaque instability, leading to increased risk of cardiovascular disease. It makes platelets sticky and prone to forming clots, which can block these arteries. Stress can also cause arteries to constrict, starving the heart of nourishing blood and triggering chest pain or a heart attack.

It has also been suggested that stress triggers inflammation, a known instigator of heart disease, which in turn is linked to factors such as high blood pressure and lower "good" HDL cholesterol.

Common physical symptoms of having too much stress include:

- **Chronic aches and pains**
- **Exhaustion or trouble sleeping (insomnia)**
- **Changes in appetite**
(either losing appetite or overeating)
- **Headaches, dizziness or shaking**
- **Reduced libido**
- **Stomach or digestive problems**
- **Weakened immune system, leading to frequent illness**

Excessive stress can also give rise to mental health conditions such as:

- **Depression**
- **Anxiety**
- **Anger**

RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
AFRICA	South Africa	Inanda Polo Club	www.inandaclub.co.za
ARGENTINA	Pilar	Pilara	www.pilara.com.ar
AUSTRALIA	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	www.canberraclub.com.au www.sydneypolo.com www.waclub.com.au
CANADA	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	www.ranchmensclub.com www.tcclub.com www.boulevardclub.com
CHINA	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	www.bjriviera.com www.tangpolo.com www.ndhpolo.com www.goldinmetropolitanhotel.com
FRANCE	Paris France	Saint James Paris Polo Club du Domaine de Chantilly	www.saint-james-paris.com www.poloclubchantilly.com
HONG KONG	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	www.kcc.org.hk www.ceec.hk
INDIA	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	www.jaipurpolo.com www.calcuttapolo.com www.goldenswan.com/countryclub www.mcarecreationcentre.com
INDONESIA	Jakarta	Mercantile Athletic Club	www.macjakarta.com
JAPAN	Yokohama	Yokohama Country & Athletic Club	ycac.or.jp/wp
KOREA	Seoul	Seoul Club	www.seoulclub.org
LUXEMBOURG	Luxembourg	Cercle Munster	www.munster.lu
MALAYSIA	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil www.sunway.com.my/club www.royallakeclub.org.my www.berjayaclubs.com
PHILIPPINES	Cebu Makati	Cebu Polo Club Manila Polo Club	www.cebupoloclub.com www.manilapolo.com.ph
SRI LANKA	Colombo	Colombo Swimming Club	www.colomboswimmingclub.org
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Make a Rice Dumpling with Twinkle Pie!

Eating rice dumplings during the Dragon Boat Festival on 22 June 2023 has been a tradition for thousands of years. These are handed out as gifts and symbolise wealth & prosperity. Count the number of ingredients in Twinkle Pie's kitchen and win a pack of classic family card game.



HOW MANY DID YOU FIND?

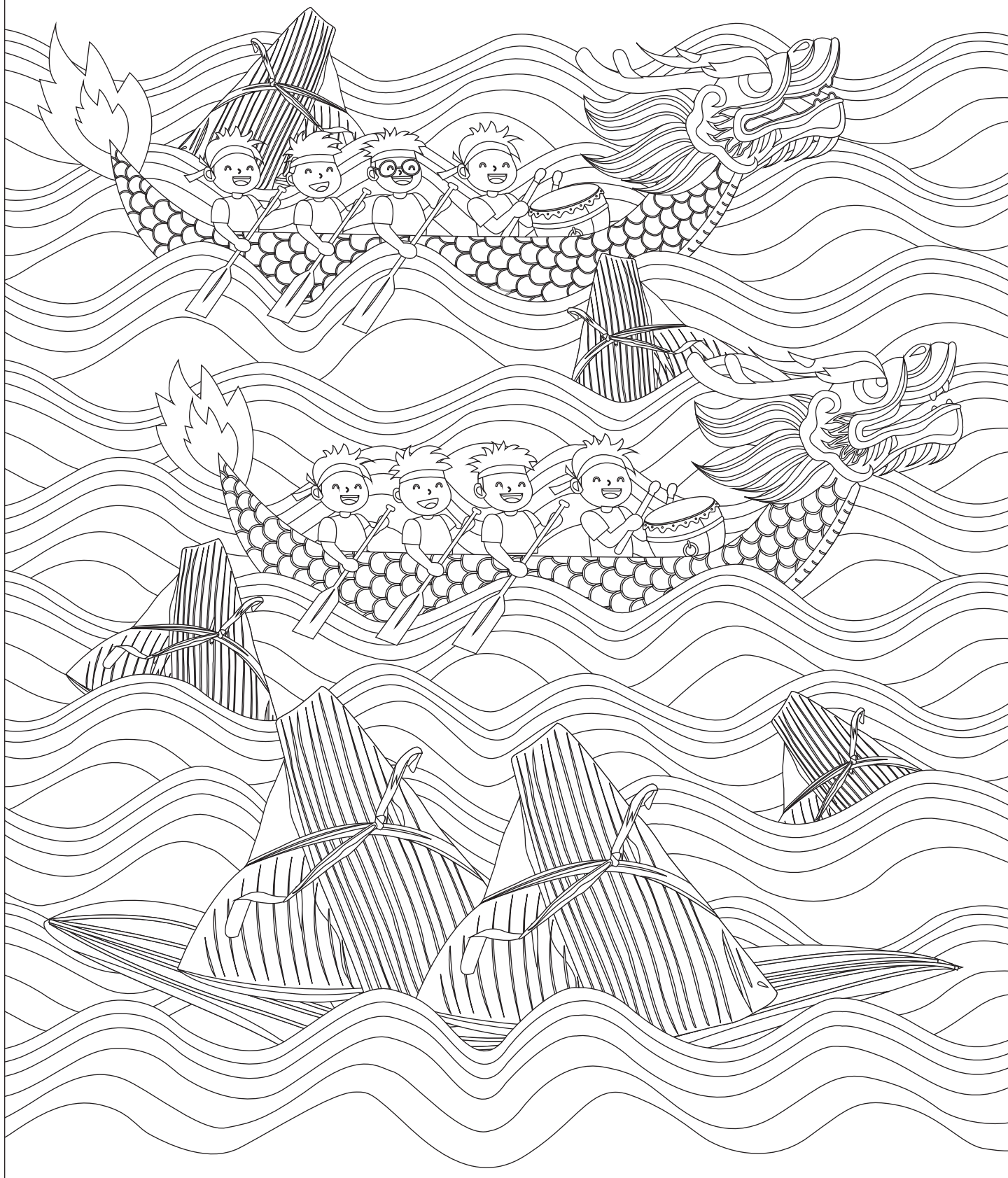


Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **9 June 2023**. Remember to include your name, membership number, email address and telephone number.



Happy Dragon Boat Festival!

Spark your creativity and imagination by colouring this traditional dragon boat race.





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