

SINGAPORE

POLO CLUB



Atoms Polo League Season 5

Grey Hounds and Blue Daredevils crowned as Champions!

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CLUB NEWS

Annual General Meeting on 27 March 2025

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RIDING

Yasmine Bonehill and Elly Poh represented Singapore and Malaysia in the AEF CSIY-B Pattaya 2025

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LIFESTYLE

Welcoming the Year of the Snake



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COSMOPOLITANPOLO



COMING SOON

30 AUG 2025

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K.C. Loh

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President

Rickard Hogberg
Vice President

Satinder Garcha
Polo Captain

Stephanie Masefield
Honorary Secretary

Daniel Chua
Honorary Treasurer

Peggy Yeo
Committee Member

Leon Chu
Committee Member

Lee Joo Bae
Committee Member

Mark Shaw
Committee Member

MANAGEMENT

Sylvan Braberry
General Manager
Head, Atoms Polo Academy
Head, SPC Riding Academy

Wendy Tham
Secretary

Johnny Wong
F&B & Events Manager

Irene Seah
Events Manager

MPS Rajan
Front Office & Club Rooms
Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Marlene Teo
Marketing Communications
and Lifestyle Manager

Sunny Oh
Polo Administration Manager

Colonel Ravi Rathore
Atoms Lead Polo Professional

Daniel Sitranen
Riding Academy Lead
Instructor

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)

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

The Wellness Studio
By appointment

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ON THE COVER



COVER IMAGE

An intense moment during the SPC Polo League in May 2024 featuring our President, Mr. Lawrence Khong (in blue) and fellow competitors

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Dear Members,

It is with great appreciation and a deep sense of responsibility that I step into my third term as your Club President, following my unopposed re-election at the 78th Annual General Meeting on 27 March 2025.

I am pleased to welcome the newly elected committee, also unopposed, and extend a warm greeting to Mr. Mark Shaw, who joins us as a new committee member. Together with the management team, we are committed to fostering a warm, inclusive, and enjoyable environment for all members.

I would like to reaffirm that the Committee continues to embrace a Board of Directors model, wherein the General Manager leads in overseeing the Club's operations. Under this governance structure, the Committee will focus on strategic direction while entrusting the management team with daily operations to align with our Vision, Mission, and strategic objectives.

This year promises an exciting line-up of events. Members can look forward to a new "Music and The Arts" feature in our Club Magazine and website, along with vibrant social gatherings designed to strengthen our community bonds and celebrate creativity through the arts and music. To kick us off, we have organised An Artistic Soirée on 26 April at the Polo Bar. Featuring world-class cellist composer and performer, Khachatur Khachatryan, together with an art exhibition and an excerpt of a play to provoke your thoughts, this is a very special evening of theatre, art and music that we can all look forward to.

Earlier this year, we ushered in the Lunar New Year with our annual Chinese New Year Lo-Hei Night. Members, along with their families and friends, enjoyed a lively evening featuring a spectacular Lion Dance, the tossing of a prosperity Yusheng, and a mesmerizing "Face-Mask Changing" performance.

Looking ahead, two major events are on the horizon. We are thrilled to launch our inaugural Cosmopolitan Polo Tournament on 30 August 2025 at the Club. This initiative aims to make polo more accessible and engaging, transforming it into a dynamic spectator sport played in an arena setting on the polo field. As part of our broader strategy to enhance our regional presence and tourism appeal, we plan to expand this event to include teams from across the region in the future.

On 11 October 2025, we will host the third edition of the SPC Outreach Polo Tournament & Carnival, continuing our mission to engage and support the community. Last year's event welcomed over 3,000 attendees who participated in carnival games, equestrian activities, and enjoyed the polo tournament, all in support of a meaningful cause.

I extend my heartfelt gratitude to the outgoing Committee and Sub-committee members for their dedication and contributions in making the Club a vibrant and welcoming place. A special note of appreciation also goes to our General Manager, Sylvan Braberry, whose leadership continues to drive the Club to greater heights despite ongoing challenges.

Together with my new Committee, I look forward to serving and enriching the Club experience for all members. I hope to see you all soon. ■

Warm Regards,

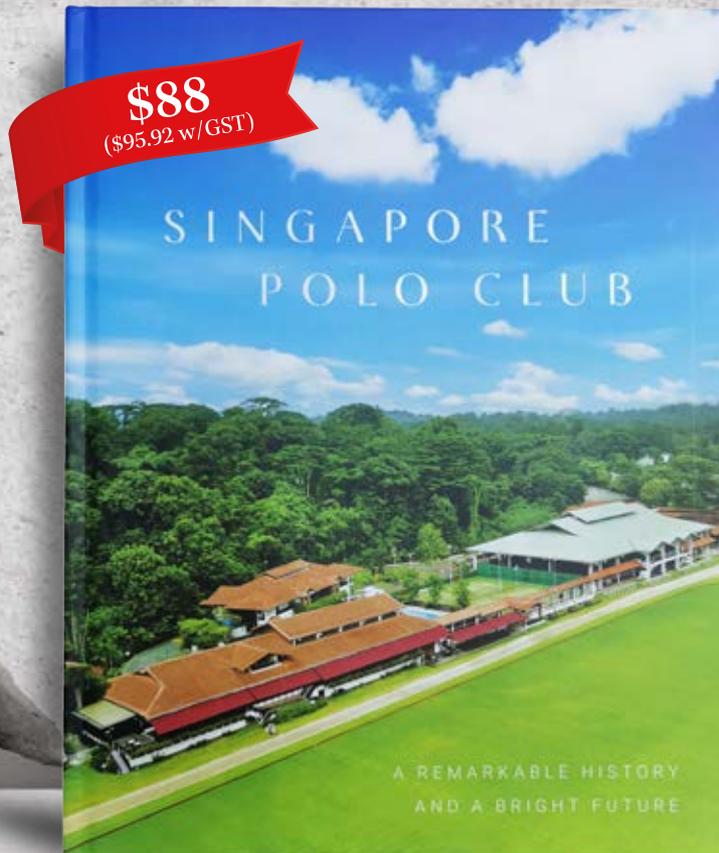
Lawrence Khong
President



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CLUB**
Established in 1886

SINGAPORE POLO CLUB **COMMEMORATIVE BOOK**

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and milestones of our Club



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Dear Members,

On behalf of the management and staff, I extend my heartfelt congratulations to our President, Lawrence Khong, and his Committee on their unopposed re-election at the Annual General Meeting on 27 March 2025. We warmly welcome Mr. Mark Shaw as our newest Committee Member and express our gratitude to Mr. Federico Vescovi for his service.

We are eagerly anticipating the second season of the SPC Polo League Championship, taking place from 10 to 25 May 2025. This season, matches will be played in a 175-yard by 100-yard arena, bringing spectators even closer to the action and enhancing the intensity of the game. This new format is designed to amplify the thrill and adrenaline of polo, making it an even more exhilarating spectator sport.

Additionally, the League will serve as a stepping stone for players preparing for the Cosmopolitan Polo Tournament on 30 August 2025. Open to the public, this tournament is poised to become a premier regional event, elevating the Club's profile and furthering its tourism appeal.

Congratulations to The Grey Hounds and Blue Daredevils, our Atoms Polo League Season 5 Champions! From the season opener on 22 February to an electrifying final on 9 March, our Atoms players displayed remarkable tenacity and sportsmanship. We couldn't be prouder of their achievements!

The Riding Academy continues to thrive, with record-breaking participation across its various programmes. Special congratulations to Yasmine Bonehill and Elly Poh, who proudly represented Singapore and Malaysia, as well as our Club, at the AEF CSIY-B Pattaya 2025

in February. Yasmine also clinched 1st place at the Season Premier Jump Show at Bukit Timah Saddle Club – a remarkable achievement!

With over 1,000 riders now part of the Academy, we are excited about its continued growth. The Academy is not only making equestrian sports more inclusive and accessible but is also fostering community engagement through horse-assisted interaction and therapy. We are also proud to collaborate with local and international schools to introduce children to the joy of equestrian sports.

We will be introducing several exciting developments to elevate your experience at the Club:

- Season Pass for Polo Tournaments – Coming soon! Available at exclusive rates at the reception, this pass offers year-round access to the excitement of polo. Spread the word and consider securing one for your family and friends!
- Clubhouse Membership (Corporate) – Targeting the corporate companies, this new membership offers discounts on the booking of meeting rooms, club rooms and dining at our Club.
- Mount Pleasant Room Transformation – The former Jackpot Room will be revamped into a functional meeting space, ideal for corporate retreats and off-site meetings.
- Business Centre – Located next to the Atoms Polo Loft, this facility will offer convenient printing and binding services for members and guests.

We are thrilled to introduce “Music and The Arts” this April, an exciting new series that enriches our cultural offerings at the Club. The premiere event, An Artistic Soirée: An Evening of Theatre, Art & Music, will take place on 26 April at the Polo Bar. This special evening will feature a theatrical excerpt by Gateway Arts, one of the Club's Outreach beneficiaries, followed by Art Through Music: From Dreams to Reality, a curated showcase of international artworks presented by the founder of Blumine Gallery, who is also a world-class cellist, composer, and performer – Khachatur Khachatryan.

To complete this immersive experience, he will captivate audiences with a recital of cello pieces inspired by the exhibited artworks. I look forward to sharing this unforgettable evening of culture and creativity with members, their family and friends.

Make this Mother's Day and Father's Day truly special by booking an exclusive room package and enjoying quality time with your loved ones at the Club.

With so much to look forward to, I am excited to see you all soon! ■

Warm Regards,

Sylvan Braberry
General Manager

New Members

JANUARY TO MARCH 2025

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

Yu Fangfei
Gogolitsyn Vladimir Yurievich
Andrew David Robert Lee
Jacqueline Ann Potter
Liu Xiao
Antony Michael Warren
Amanda Wynne Ng Miu Wye
Himani Tokas Dahiya
Edward Goh
Kasam Setty Bharadwaj
Koh Yung Chien Corey
Gordon Tse Kum Wah
Anthony Mark Smith
Itadoko Takashi
Giles Christopher Ronald Twiss
Hsu Ya Tzu

REGULAR

Butler Celevel Ranoco
Kaizar Rohinton Karkaria
Dixon Craig Bristol
Lo Huen Flora
Smith James Huw
Zhang Dun Ada
Richard Huw Jones
Yang Xiaojing
Anish Mathew Samuel
Joshua Stephen Robertson
Gerald Tan Tse Yang
Sylvia Tan Sill Way
Qi Hui

Luc, Philippe, Yves Renard
Cai Lingyi
Benjamin John Fry
Liu Dandan
Sheila Devi Azzopardi
Pearson Christopher Alan
Yvonne Prendergast Twiss @ Yvonne Twiss
Wang Yingjuan
King Darren
Newnaha Prashant Kumar
Shaun Arun Sakhrani
Colin Gerard D'Silva

TERM

Nidhi Arora
Tara Kate Herley
Chen Guanyan
Cantley Louisa May
Kwan Yuli
Jung Kevin Min Woo
Eric Ngadiman
Gondard ep. Borri Maryline
Chen Jun
Clifford Ross De Laine
Marcus Frederick Bonaventure Garvey
Laure, Anne, Marie Lampre
Georgia Jansen
Liddell Lei
Tian Yilan
Desouza Keith Hansen
Ritesh Kumar
Taiki Ito



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To learn more about Cathy's expertise and services, please visit www.livingstoncounselling.com



Scan to read a
feature on Equine
Assisted Therapy



SINGAPORE
**POLO
CLUB**
ESTABLISHED IN 1884

Calendar of Events

Polo

10 to 25 May
SPC Polo League

14 & 15 June
Club Cup

7 July to 28 July
Field Closure

Atoms & Riding

9 May
Mother's Day Craft and Movie Night

9 & 11 May
STCRC National Dressage Championships

24 & 25 May
SPC Training Show (Dressage & Showjumping)

30 May & 1 June
BTSC National Jumping Championships

15 June
SPC Training Show (Showjumping)

21 & 22 June
Atoms Summer Cup

24 to 26 June
Summer Pony Camp

28 to 29 June
Summer Overnight Camp

7 July to 28 July
Field Closure

15 to 17 July
Back to School Pony Camp

Social

24 May
Zipper Pouch Painting Workshop
DIY Succulent Terrarium Workshop



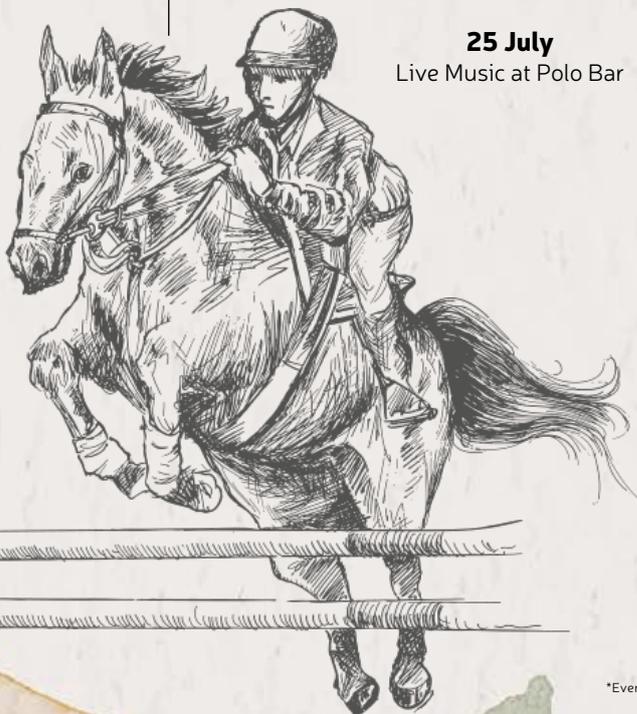
June
3D Animal Fun for Kids
Manga Workshop for Kids
Flea Market



27 June
Live Music at Polo Bar

July
Musical Box Workshop for Kids
DIY Snowskin Workshop for Kids

25 July
Live Music at Polo Bar



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Long Service Awards 2024: Honouring Our Staff's Dedication and Excellence

At Singapore Polo Club, we believe that recognising long-term commitment is essential to fostering a positive work culture. The Long Service Award is our way of saying “thank you” to our employees who have gone above and beyond in their roles. From those who have been with us for five years to those who have marked a milestone of 20 or even 30 years, these individuals have played a crucial role in shaping our Club’s journey.

Every year, we gather for a celebratory event to honour these milestones. This event provides us with the opportunity not only to reflect on the remarkable contributions of our colleagues but also to show our heartfelt appreciation for them.

Huge congratulations to our 2024 Long Service recipients pictured here with Mr. Sylvan Braberry - General Manager, Head of SPC Riding Academy & Atoms Polo Academy.



Mr. Sylvan Braberry (centre in white), with our Long Service Award recipients



Gobinath A/L Nadarajah



Xia Xin Jian

10 YEARS



Raja Saravanakumar



Han Peck Hoe



Ong Hock Hoe



Samantha Eng

5 YEARS



Chloe Tham



Karen Ying



Serlynn Liow

A Toast to Success: The Annual CPPM Lunch

Held at the elegant Mountbatten Room on 19 March, the annual CPPM lunch provided a rare opportunity for our esteemed charter polo playing members to connect, reflect on the past year, and look ahead to the exciting polo season and year that lies ahead.

Some of the topics discussed included membership retention & expansion, the growth of Atoms Polo Academy and SPC Riding Academy and the upcoming plans for the equestrian community.

Here are some snippets from the afternoon.



General Manager, Mr. Sylvan Braberry (extreme right) with our committee members and esteemed CPPMs of the Club



President, Mr. Lawrence Khong shared the highlights from 2024



From left to right: Club Patron, Mr. Derek Mitchell, General Manager, Mr. Sylvan Braberry and President, Mr. Lawrence Khong



Joyful interaction between our CPPMs



Committee 2025/2026



Mr Lawrence Khong
President



Mr Rickard Hogberg
Vice President



Mr Satinder Garcha
Polo Captain



Mrs Stephanie Masefield
Honorary Secretary



Mr Daniel Chua
Honorary Treasurer



Ms Peggy Yeo
Committee Member



Mr Leon Chu
Committee Member



Mr Lee Joo Bae
Committee Member



Mr Mark Shaw
Committee Member

78th Annual General Meeting, 27 March 2025

The following businesses at the 78th Annual General Meeting were approved and adopted:

1. The minutes of the 77th Annual General Meeting held on 7 March 2024.
2. To receive the Reports of the Committee.
3. To receive and approve the Audited Financial Statements for the financial year ending 31 December 2024.
4. The appointment of KBH Integra PAC, Auditors for the year 2025.
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 were no nominations received for Charter Polo Playing Member in accordance with Rule 11.
7. There was 1 resolution received, considered and voted upon in accordance with Rule 37(a)v. Resolution for updated investment mandate was carried with 93.3% votes for.

Committee of 2025/2026 Elected Unopposed

President

Khong Kin Hoong, Lawrence

Vice President

Hogberg Fred Rickard Robin William

Polo Captain

Garcha Satinder Singh

Honorary Secretary

Masefield Stephanie Frances

Honorary Treasurer

Chua Sheng Jie, Daniel

Committee Members

Peggy Yeo

Leon Chu

Lee Joo Bae

Mark Shaw

Trustee Group Members of 2025/2026 Elected Unopposed

John Wong Teck Fong

Tan Hock

Elbert Pattijn

Ang Ban Tong



A Tradition of Generosity

Employees from the Stables, Polo and Riding team gathered together at the thoroughfare for a Red Packet distribution session by Mr. Sylvan Braberry, our General Manager, Head of SPC Riding Academy & Atoms Polo Academy. Known for his approachable and hands-on management style, Mr Braberry took the time to personally hand out the red packets to employees as he wished each one of them a healthy, happy and prosperous year.

As employees received their red packets, there was a palpable sense of joy and appreciation in the air. While exchanging warm smiles, many employees expressed how much they valued the

personal touch and felt recognised not just as workers but as an integral part of the Club.

Looking ahead, Mr. Braberry's involvement in future Red Packet distributions will undoubtedly remain an anticipated and cherished tradition. The gesture has become a symbol of the company's values, highlighting the importance of maintaining strong relationships with employees and creating a workplace where every individual feels valued and appreciated.

We would like to thank all members for their generosity towards the ang bao contribution.



Mr. Braberry (in the middle) with the Stables, Riding and Polo teams



Madu, Assistant Stables Manager receives a red packet



Cess, Senior Polo Admin Executive (left) and Mr. Braberry (right)



Mr. Braberry with Xia Xin Jian, stables cleaner (left) and Rafei, groomer (right)

Ushering in the Spring Festival

In a heartwarming celebration of tradition and camaraderie, our contractors were treated to an auspicious Lo-Hei lunch on 3 February, graciously hosted by our General Manager, Mr. Sylvan Braberry.

Mr. Braberry led the team in the tossing of the traditional Lo-Hei, a cherished practice symbolising good luck, prosperity, and abundance. Expressing his heartfelt appreciation for their hard work and dedication, he also shared his aspirations for the year ahead, emphasizing a collective vision of building a stronger and more vibrant Club community.

The team was treated to a delightful lunch and gifted with a pair of mandarin oranges, a red packet containing lucky money and a thoughtfully curated festive gift bag filled with traditional snacks. Together, these gestures added a joyful touch to the occasion, embracing the spirit of renewal and the promise of a fruitful year ahead.



Enjoying the Lo-Hei, led by General Manager, Mr. Sylvan Braberry



General Manager, Mr. Sylvan Braberry giving out festive gift bags and red packets to the contractors



Wishing everyone a bountiful and prosperous Lunar New Year

A Holistic Approach to Horse Care

Stables Manager, Dr. Shetty's training programme puts emphasis on the holistic approach to horse care, focusing not only on physical health but also on the mental and emotional well-being of our school and livery horses. His philosophy is rooted in the belief that the health of a horse extends beyond the stables and the equestrian arena—it involves a deep understanding of the animal's nature, its needs, and its environment. Through this approach, Dr. Shetty ensures that horses are in optimal condition, mentally and physically prepared to perform at their best.

At this informative training session for the grooms and stables team, he highlighted topics such as understanding a horse's body language, feeding schedules, regular grooming routines and nutrition. To allow better grasping of the topics, he also streamed videos which were more interactive. Through his programme, grooms learnt the importance of regular grooming

routines that not only keep horses clean but also promote circulation and muscle relaxation, which are crucial for preventing injuries.

He taught grooms how to recognise signs of discomfort, stress, or injury in horses through their coat, skin, and overall condition. This early detection is essential for preventing more serious health issues down the road. The training also includes techniques for managing hoof care, brushing, and mane care, which are all critical in maintaining the horse's overall condition and preventing common ailments that can arise in equestrian sports.

The stables team would like to extend out a huge thank you to Mr. Sylvan Braberry, General Manager & Head of Stables and Ms. Alinna Li, HR Manager for encouraging our grooms to attend this certified training programme for their professional development.



Ms. Alinna Li with Dr. Shetty and the grooms



Mr. Sylvan Braberry (extreme right) with the team



Watching a video on horse care



Dr. Shetty explained about an echocardiography procedure

A Heartwarming Visit by The Singapore Red Cross



Our first Outreach programme for the year commenced with a visit by the Red Cross Home for the Disabled and it was a heartwarming and impactful experience.

Reflecting on the day, we were reminded of the profound impact of simple acts of kindness and the importance of community engagement.

At this afternoon session, we had activities tailored to the residents' abilities and these included a Stables Tour, Horse Showering Demonstration, Horse-feeding and interacting with a horse. Interactive activities such as these help to stimulate cognitive functions and provide joy. A huge thank you to Agilan, our Stables Executive for prepping the horses and facilitating this session.

We look forward to continuing our partnership with the Red Cross Home for the Disabled to make a positive difference in the lives of the less fortunate in our community.

Keen to be part of our Outreach programmes? Email outreach@singaporepoloclub.org for collaborations and partnerships.



Our Outreach team with residents and volunteers from the Red Cross Home for the Disabled



A volunteer and resident strike a pose with Toby, our riding school horse



Getting up close with our riding school horses through an interaction and feeding session



A resident tries his hands at showering Bandit, our Shetland Pony

Roma Polo Club Hosts Reciprocal Match in Rome

On a sunny afternoon in Rome, the iconic Roma Polo Club opened its gates to host a friendly match that not only showcased thrilling polo action but also celebrated the longstanding friendship and reciprocity between both our international polo clubs in October 2024.

This friendly match was part of a long-standing tradition of reciprocal polo events, where clubs from different parts of the world host each other in the spirit of sportsmanship and global connection. It wasn't just an opportunity to showcase individual talents but also to reinforce the bonds between international polo communities.

The Singapore Polo Club previously hosted the Roma Polo Club team for a two-day friendly match on 27 and 28 April 2024, a first-ever collaboration that was well-received by everyone.

The Singapore Polo Club would like to thank Mr. Stefano Giansanti, President of Roma Polo Club for the warm welcome and arrangements for our team. We look forward to welcoming your team back at our Club in the near future.



Team SPC in Roma Polo Club



A picture of the shield presented by Roma Polo Club



Team Roma Polo Club and Team Singapore Polo Club



Mr. Federico Vescovi (left) receives a token of appreciation from Mr. Stefano Giansanti (right)



Featuring the beautiful grounds of Roma Polo Club

The Myra Cup 2025

A Celebration of Talent, Competition, and Sportsmanship

From the very first whistle, it was clear that this year's Myra Cup would not disappoint. Held over the weekend of 15 and 16 March, each match showcased remarkable athleticism, strategy, and determination, with both teams pushing their limits to earn their place in the spotlight.

The level of competition was exceptional with the teams displaying incredible skill, making every chukka an unforgettable experience. Well-played to both teams and Congratulations to Team SPC White who brought home the Myra Cup, and Ollie Clark who was awarded Most Valuable Player of the tournament.



The teams and umpire are ready for the first chukka of the Myra Cup

SCORE OF MATCH

15 March: SPC Red 2 vs SPC White 3
16 March: SPC Red 1 vs SPC White 1

Most Valuable Player: Ollie Clark
Winners: Team SPC White

SPC RED

- Cody Williamson (Captain)
- Imran Jumabhoy (Saturday)/ Lawrence Khong/ Iqbal Jumabhoy
- Chua Boon Lai/ Sandy Deng
- Tim Zee

SPC WHITE

- Sanaullah Khan (Captain)
- Rajiv Menon
- Ang Ban Tong/ Bruno Mascart
- Ollie Clark/ Robin Clark



Mrs. Wilkinson awards Ollie Clark with the Most Valuable Player



Champions of the Myra Cup 2025

From left to right: Ollie Clark, Robin Clark, Bruno Mascart, Ang Ban Tong, Rajiv Menon and Sanaullah Khan

Atoms Polo Player: Laxman Vaidya

Our editorial team spoke to budding Atoms polo player, Laxman Vaidya who very spontaneously shared with us about his love for the King of Sports and how this versatile outdoor sport has fared in Singapore and at the Club under the strategic leadership of our General Manager, Sylvan Braberry who is also the Head of the Atoms Polo Academy and SPC Riding Academy.

Tell us about yourself.

When did you start playing polo?

My journey with polo began in 2020 as a personal challenge post-COVID, and it has since become a key part of my life. Apart from polo, I'm an avid fitness enthusiast, balancing my training with my professional commitments. I find polo to be the perfect blend of strategy, teamwork, and athleticism, which aligns with my personal and professional mindset.

How supportive is your family in this sport?

My family has been supportive in their own ways. My father has recently started following polo, which has been incredible. It's something we now bond over, and we even travel the world together to watch some of the best polo tournaments.

How did you get interested in polo?

I've always had a connection with horses, having learned riding and jumping in Mumbai during my younger years. Unfortunately, life and work took me away from the saddle when I moved abroad, but returning to it through polo has been incredibly fulfilling. The sport challenges me both physically and mentally, and I love the sense of community it fosters.

About SPC and Atoms Polo Academy

What do you like about Atoms Polo Academy?

Atoms Polo Academy is an incredible place to learn and grow in polo. A huge part of that is thanks to the leadership of Sylvan Braberry, whose vision and dedication have created a structured yet welcoming environment for players of all levels. The academy is backed by outstanding coaches like Colonel Ravi, Sani Khan, and Cody Williamson, who bring expertise and passion to their teaching.

The quality of horses is top-notch, and the Academy's tournaments cater to all skill levels, providing a great way to improve. What sets Atoms apart from many other polo destinations is that the field is open for most of the year, unlike many places around the world where seasonal restrictions limit play. This consistent access to high-quality polo ensures that players can train and compete without long interruptions. Having played in renowned polo hubs across the world, I can confidently say that Atoms offers one of the best learning experiences by far.

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

I enjoy watching the polo matches when they are on. The club brings in some very talented polo professionals from across the world and to watch them up close is great fun.



Laxman (in blue) and a fellow polo player at the recent Atoms Polo League

How does it feel to be a part of Atoms?

I really enjoy being a part of Atoms. It is a very nice group of people who have all come together for their love of horses and polo. I have made some amazing friends who I enjoy competing against and socialising with.

About Atoms Family Cup

Have you participated in any of the Atoms Polo Leagues?

Share with us your experience.

Yes, I have participated in several Atoms Polo League tournaments, and each one has been an incredible experience. The matches are fast-paced and competitive, yet there's a strong sense of camaraderie among the players. Tournaments push you to elevate your game—playing alongside and against skilled players sharpens both technique and strategy.

One of the things I love most is the balance between competition and sportsmanship. You play hard, but at the end of the day, everyone respects and supports each other. Every match is an opportunity to learn, improve, and, most importantly, enjoy the thrill of the game. Polo is a journey, and being part of these leagues has been a key part of mine.

How was it like sharing the field with your fellow team mates? Any memorable moments to share?

When I step onto the field, the whole world disappears. The noise of the crowd, the voice of the commentator—all of it fades away. In that moment, it's just me, my horse, and the game. It's almost a meditative experience—pure focus, instinct, and flow. And then comes the adrenaline rush. The thunder of hooves, the speed, the strategy unfolding in real-time—it's exhilarating. Some of my favourite moments are those intense ride-offs and quick passes with teammates, where everything clicks seamlessly. The competition is always fierce, but the camaraderie makes it even more special. Moments like these remind me why I love this sport—it's not just about playing, but about being completely present in the game.

“The thunder of hooves, the speed, the strategy unfolding in real-time—it’s exhilarating.”

Did you face any challenges and how did you overcome them?

One of the biggest challenges I faced was mastering the rules and fouls. Polo requires a deep understanding of positioning and play, and I often found myself being called for fouls by Colonel Ravi. Instead of getting frustrated, I made it a goal to learn, understand the game better, and win his approval! Learning from my mistakes and constantly improving has been one of the most rewarding aspects of my journey in polo.

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.

I don't own a polo pony yet, but it's definitely a dream of mine to have one in the future. In the meantime, I've formed a strong bond with Moraleja, one of the most incredible ponies at the Academy. She's fast, agile, and fearless in ride-offs, yet she has a fantastic temperament.

A great polo pony is more than just a horse—it's a teammate. Moraleja has taught me a lot about the sport, from reading the game to improving my riding skills. I look forward to the day when I can have my own pony, but until then, she's my absolute favourite.

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

I'm currently training with Colonel Ravi, and I truly appreciate his dedication and structured approach to coaching. His preparation is meticulous—he's always on the field ten minutes before the lesson, setting up drills and fine-tuning strategies to help us improve. My favourite lessons are the instructional chukkas, where we apply what we've learned in a real-game scenario. Colonel Ravi has a great way of breaking down plays, helping us refine our positioning, decision-making, and horsemanship. His discipline and passion for the sport are contagious, making every session both challenging and rewarding.

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

Yes, I've watched many chukkas at the Club, and they are always exciting. Seeing skilled, handicapped players in action is both inspiring and educational. What's especially fun is watching the pros get competitive—there's a noticeable shift when they dial up the intensity, and you can practically feel the adrenaline on the field. It's also a great way to observe different playing styles, strategies, and horse-handling techniques. Every chukka is a learning experience, whether you're playing or just watching from the sidelines.

Polo & Fitness

What's a typical day like for you?

On a polo day, my morning starts with a quick warm-up in the cage for 15 to 20 minutes before heading into my lesson with Colonel Ravi. Those sessions are intense, focused, and a great way to refine my technique. After the lesson, I take a quick shower and head straight to work. One of the things I truly appreciate is how Atoms Polo Academy is located right in the heart of a major metropolitan city, making it possible to fit polo into a busy schedule.

It's something you couldn't easily do in places like London or New York. Being able to start my day on horseback before diving into work is a privilege that I don't take for granted.

How many days a week do you train?

I typically ride two to three days a week.

Have you been on any Polo Holidays?

Yes, I've had the opportunity to play polo in incredible destinations like Sotogrande, Jodhpur, and Thailand. Each location has its own unique charm—Sotogrande offers a world-class polo experience, Jodhpur is steeped in history and tradition, and Thailand brings a beautiful tropical setting to the sport. That said, I still believe SPC offers the best experience. The quality of coaching, the well-trained horses, and the overall atmosphere make it a fantastic place to play and improve. No matter where I travel for polo, I always look forward to coming back here.

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

If you're considering polo, my advice is simple: give it a try. The moment you hit the ball for the first time, you'll be hooked. Polo combines speed, skill, and strategy in a way that few other sports do. Plus, the connection you develop with the horse is something truly special. It's a sport that challenges you while giving you an incredible sense of freedom and excitement.

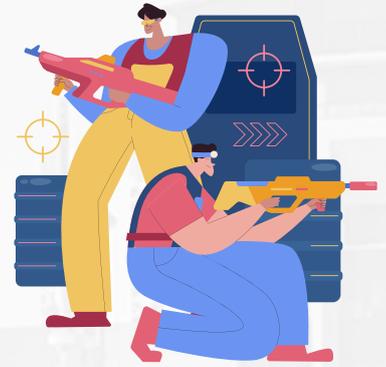


An intense polo moment at the SPC Polo League



During a tournament in Jodhpur

Laser Tag - A Game to Remember



In a world filled with digital distractions and screen time, finding an engaging and active activity for children that promotes teamwork, physical exercise, and strategy can be a challenge.

At the SPC Riding Academy and Atoms Polo Academy, the teams curate thrilling, high-energy activities and games away from tech gadgets. Encouraging children to head outdoors, the recent

laser tag activity on 21 February was one such activity that had children hyped and ready. Armed with problem solving skills, they sprung to action on the polo field along with their fellow riding buddies and friends for a fun challenge.

We welcome everyone to join us at our upcoming events. Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org for more details.



All ready for a team-oriented experience



Spot the familiar faces? Say hi to Team Atoms and Riding!



Exciting game play on the polo field



Strategy and problem-solving skills being put to use





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ATOMS
POLO ACADEMY

POLO TOURNAMENT SEASON TICKET

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- 10% discount on selected merchandise at Atoms Polo Loft
 - 10% off Riding and Polo Experiences
- A complimentary limited-edition Atoms Polo Academy cotton t-shirt with every purchase of an Adult, Child or Family Annual Pass



ADULT PASS / CHILD PASS / FAMILY PASS / SINGLE PASS

For enquiries, please email polo@singaporepoloclub.org or call **6854 3999**

Atoms Polo League Season 5

The Junior Division's Grey Hounds and the Senior Division's Blue Daredevils are the Champions of the Atoms Polo League Season 5! This marks the first glorious win for both teams in the history of the League.

The Grey Hounds were undefeated champions throughout the four round-robin matches which exemplify what excellent teamwork and coordination can accomplish.

The Blue Daredevils fought fiercely to overcome their previous round-robin setback against the Yellow Jaguars. Their relentless intensity on the field paid off, as a single decisive goal sealed a hard-earned victory for the Blue Daredevils.

In yet another nail-biting season, a handful of players outperformed and surpassed our expectations in their level of play, despite this League being just their first Atoms tournament.

Congratulations to the Champions of the Atoms Polo League Season 5 and a job well done to all players for the exceptional matches played!

To close out the four weekends of extraordinary polo and unmatched camaraderie, we had an Atoms-classic hurrah by the Chukka Board, complete with some bites and the best company. The ball will be rolling again on the field soon! Stay tuned for the next Atoms tournament.



Finalists line-up with the Club's General Manager & Head of Atoms Polo Academy, Mr. Sylvan Braberry



Customary Atoms group photo with the teams, families & friends



Thank you to our Atoms Polo Professionals, Grooms, Rider Boys, Goal Judges and Groundsmen for the hard work and dedication throughout the League



Kicking off the match with the first throw-in of the League season by Ms. Filona Hang, beloved Atoms rider and proud mother of Atoms Alumni, Corey Koh



The Club's Honorary Secretary, Mrs. Stephanie Masefield kicked off the first Senior Division match with the opening throw-in



Mr. Sylvan Braberry and Mr. Ian Lander officiated the Junior & Senior Division Finals with the ceremonial throw-in





Wholesome candid moments from the League



Snippets from the Sub-Finals & Finals



Unwavering support from Atoms family & friends through the League season

Atoms Polo League Season 5 Champions, the Blue Daredevils and the Grey Hounds in picture-perfect moments with the Club's National Polo Manager & Polo Sub-Committee Member, Mr. Wee Tiong Han

ATOMS POLO LEAGUE SEASON 5 CHAMPIONS

Senior Division: Blue Daredevils	Junior Division: Grey Hounds
Laxman Vaidya	Vyom Balan
Matt Wilson	Tyler Yi
Kate Burke	Samaara Menon
Laura Zhao (Reserve)	Sophie Grotowski
Kim Torguis (Reserve)	Jessica Bakody Arlettaz

Senior Division	Junior Division
1st Runners Up: Yellow Jaguars	1st Runners Up: Pink Tornadoes
2nd Runners Up: White Falcons	2nd Runners Up: Black Hawks
3rd Runners Up: Red Dragons	

Special Mentions

Most Valuable Player	Most Promising Player	Best Playing Pony
Junior Division Vyom Balan of the Grey Hounds	Junior Division Declan Tay of the Pink Tornadoes & Tyler Yi of the Grey Hounds	Junior Division Wanda (Club Horse) ridden by Samaara Menon of the Grey Hounds
Senior Division Laxman Vaidya of the Blue Daredevils	Senior Division Andrew Lee of the Yellow Jaguars	Senior Division Dr Lemon (Club Horse) ridden by Laura Zhao of the Yellow Jaguars

A Magical Equestrian Adventure

Our year-end Christmas Pony Camps are always filled with festive cheer as we incorporate holiday-themed activities in an exciting, educational setting.



Happy campers and their families with our Atoms and Riding team



Mr. Sylvan Braberry, General Manager and Head of Atoms Polo Academy and SPC Riding Academy presents the certificate of participation to our young campers



Say hello to the familiar faces behind the Atoms Polo Academy and SPC Riding Academy; you would have seen them frequently at the club, camps and activities

Overall, our year-end camps are a wonderful way for kids to enjoy the holiday season while learning valuable equestrian skills in a fun environment.

Thinking of enrolling your child in a camp or looking for one? Our Academies organise these exciting camps and activities on a quarterly basis and everyone is welcome to join in the fun.

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to be on the waitlist.

Here are some fun activities that the children participated in during the 3-day camp held from 17 to 19 December 2024:

HORSEBACK RIDING:

Children had the opportunity to ride ponies, with lessons tailored to their skill levels, from beginners to more experienced riders in a safe and guided setting.

PONY CARE & GROOMING:

Kids learnt to care for and groom ponies, including brushing, feeding, and saddling them. This teaches responsibility and how to build a connection with animals.

HANDS-ON ACTIVITIES:

The camp featured fun elements such as craft-making, painting and more.

GAMES AND CHALLENGES:

Thrilling games such as obstacle courses, scavenger hunts, or relay races and occasionally they involved our horses too!

SOCIALIZING:

Our young campers met new friends who share the common interest for horses and ponies.

NATURE & OUTDOOR:

Children embarked on mounted, guided jungle trails led by our instructors, volunteers and groomers and took in the beautiful sights and sounds of the lush greenery filled trail at the back of the clubhouse.



Who knew art could be this much fun? Campers tried their hands at a tie-dye craft



An enjoyable barrel train ride



We have a little elf in the house



Exploring the various types of riding



From left to right: indoor riding at our covered arena and an outdoor jungle trail ride



Hello there, new friend!



A cute polo moment inside our polo cage



Trying their hands at tacking-up and grooming a horse under the close guidance of our groomers and instructors



Aren't they majestic?



SPC Young Rider, Leyla Duque

For 14-year-old Leyla Duque, the equestrian journey began at a young age when she first discovered the love for horses and riding. Read on to find out about her achievements for showjumping and dressage along with her future plans for this exciting sport.



Leyla and Tyrion jumping a one-metre oxer

When did you start riding, and how old were you?

I started riding in 2019, when I was 9 years old. I had always loved horses and my first riding lesson was at the Bukit Timah Saddle Club.

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

We joined SPC in November 2022. I like how friendly and encouraging everyone is, the great coaches and grooms, as well as all the different ponies with their individual personalities and quirks.

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

I currently train twice a week - one jumping lesson and one flatwork, with my coach, Laurent.

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

I try to finish my school work as quickly as I can so I can ride carefree and spend as much time with the horses as possible.

Any interesting experiences?

I remember once last year, on my usual Friday lesson, my friend and I had the idea to go on a trail ride instead of the usual flatwork. We asked Laurent, and lucky for us, he agreed! We got all our horses ready and we all set off on the trail. We crossed the road to go to the cemetery in the jungle and I remember how excited all the horses were and the looks on visitors' faces as they saw a group of people on horses appear out of nowhere. It was really memorable and interesting for me because it was something new for me and the horses - it was so much fun!

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

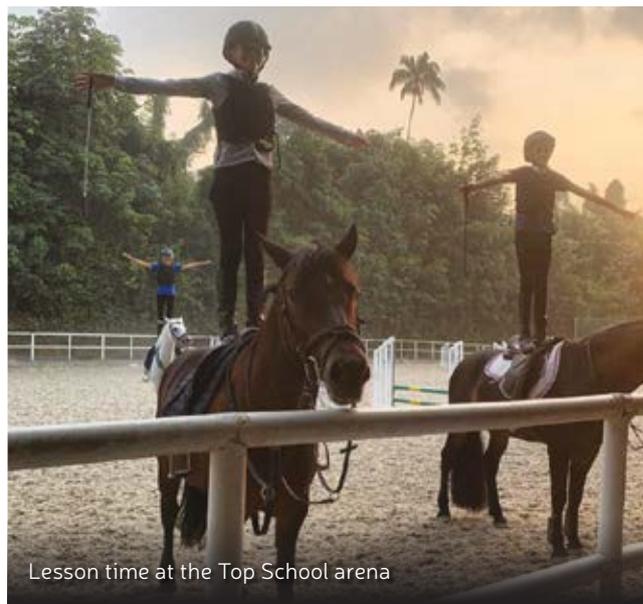
Currently, I don't own a horse but I would really aspire to in the future. At SPC, my personal favourite is Catharina. She has a heart of gold and tries her very best each lesson and I love how she is a little pocket rocket. However, I love riding all the horses at SPC because each one exposes me to new things and teaches me something different.

Who is your idol in terms of riding?

My idol in terms of riding is Rosalind (Ros) Canter because she represents everything I admire in a rider—dedication, kindness,



Embarking on a trail ride through the Valle de Cocoro in Salento, Colombia



Lesson time at the Top School arena

and incredible skill. I really admire how she and Lordships Graffalo make everything look so natural, whether they're doing cross country, dressage, or show jumping.

Ros has won the Badminton Horse Trials in 2018, as well as gold with the British team at the 2020 Tokyo Olympics and so many more. Her success at these major events shows her exceptional talent and determination. I want to be like her - focused, confident, and always striving to improve.

Have you participated in any training shows, interclub shows, nationals or world championships?

I regularly compete in the training and interclub shows here at SPC. I always enjoy coming early to the stables to braid, bond and warm up with the horses together with my friends. Even though I don't always place, I'm always so proud of the horses I ride as I know they're giving it their all.

Have you visited any riding clubs overseas or engaged in any riding activities?

Whenever I go overseas for a holiday, I'm always begging my family to go riding and looking at possible places to go to. I have ridden in the mountains and waterfalls in Colombia, in the forests in America and on the beach and rice fields in Bali - with a fun gallop. I love looking at the beautiful scenery, riding different horses and exposing myself to new things in the equestrian world.

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

Don't be afraid to try new horses - you can always learn from them in the end, whether it's how to get a lazy horse going or a crazy horse to calm down, the experience from it can make you a far better rider than sticking with what you know.

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

My future plans are to build a life around horses. I would like to compete in showjumping or eventing competitively and relocate back to England. I would like to see myself working with horses every day alongside one of my best friends, and maybe one day own a large stable where I can run a breeding, training, and riding school programme.

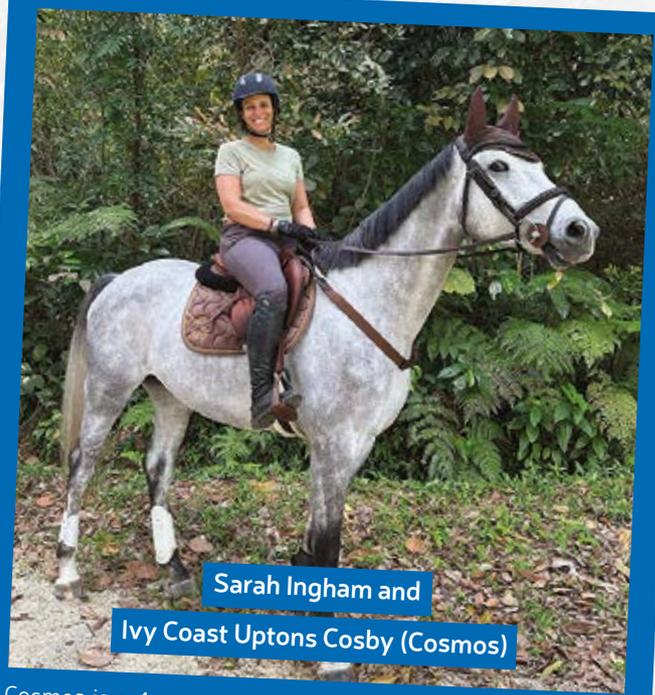
New Liveries

Meet our stunning new riding livery horses and their owners! The duos are all ready to hit the trails in style and make some incredible memories.



Wei Chi Soh and Stav K's Solyst Olympus

Stav K's Solyst Olympus is a 6-year-old Danish Warmblood, sired by International Grand Prix Dressage Horse Blue Hors Don Olymbrio. Intelligent, boisterous and playful, Olympus quickly claimed the heart of his new owner Wei Chi Soh. Wei Chi has competed up to Intermediate II in Dressage, she is enjoying every day with young Olympus, and looks forward to bringing him up to be a healthy, happy, confident, and well-trained dressage horse at the highest levels.



Sarah Ingham and Ivy Coast Uptons Cosby (Cosmos)

Cosmos is a 4 years young Belgium bred gelding who turns heads just like his sire Cosmos Z X Cartoon 21. He's cheeky and playful in the stable, a favourite with the grooms and our family. He had a great start in Europe, recently competing at the National Discovery Jumping Final for 4-year-old horses, coming in 3rd place. Sarah is super excited with his breeding, energy and attitude and mentioned that he has a grand future ahead of him. Showing talent in dressage and so much scope over a fence, Sarah is looking forward to competing in both disciplines.



Jaqueline Potter and Lulu (Khaleesi DHU)

Lulu is a 9-year-old Dutch Warmblood who Jacquie bought over from New Zealand in 2022. Jacquie bought Lulu as a green 6-year-old and they both are now competing Elementary Dressage and 110cm Show Jumping. Lulu loves attention and has a special bond with her neighbour, Oriana. Jacquie has been riding and competing since childhood in New Zealand where she grew up on a farm.



Aiga Berlim and Queretero (Equator)

Equator is a 9-year-old PRE gelding who Aiga personally tested and tried with Katherine in Spain. He is a true schoolmaster with a big trot and the kindest nature. Equator has adapted wonderfully in Singapore, and Aiga can't wait to see where he will take her.

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	France	Polo Club du Domaine de Chantilly	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
ITALY	Rome	Roma Polo Club	www.romapoloclub.it
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
THAILAND	Pattaya	Thai Polo Equestrian Club	www.thai-polo-club.com
UNITED STATES OF AMERICA	Connecticut Denver Honolulu, Hawaii Houston Iowa Mexico New York San Francisco Washington Washington	The Hartford Club The Denver Athletic Club The Plaza Club Honolulu The Houston Club Des Moines Embassy Club The University Club of Mexico The Explorers Club The University Club of San Francisco Capitol Hill Club Bellevue Club	www.hartfordclub.com www.denverathleticclub.org www.theplazaclub.com www.clubcorp.com/Clubs/The-Houston-Club www.embassyclub.com www.universityclub.com.mx www.explorers.org www.uclubsf.org www.capitolhillclub.org www.bellevueclub.com
UNITED KINGDOM	London London London London Egham, Surrey Midhurst	St James's Hotel & Club Royal Over-Seas League Cavalry & Guards Club The Eccentric Club Guards Polo Club Cowdray Park Polo Club	www.stjamesshotelandclub.com www.rosl.org.uk www.cavgdsclub.co.uk www.eccentricclub.co.uk www.guardspoloclub.com www.cowdraypolo.co.uk



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POLO ACADEMY



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- Classes are 45mins each and held on Tuesdays, Wednesdays, Fridays & Sundays
- Registration fee at \$125 w/GST per year and rally fees at \$88 w/GST per month*

* Fees includes a SPC T-Shirt and course materials.

Sign up now at the riding office or email ponyclub@singaporepoloclub.org

SPC Dressage Interclub Show

Our Riding Academy's first dressage competition showcased the elegance, precision, and discipline of both horse and rider. Held on 15 and 16 February, the two-day competition saw our riders clinching top spots in all the categories. Needless to say, the competition demonstrated

the growing popularity and appeal of dressage as a highly technical and artistic discipline in the world of equestrian sports.

Congratulations to all winners and a job well done to our riders and instructors!

Here are the results from the 2-day competition:

SATURDAY, 15 FEBRUARY

EA ADVANCE 5.1 (EFFECTIVE 2023)

2nd place:

Gina Lim and Heathrow W

EA ELEMENTARY 3.1 (EFFECTIVE 2023)

1st place:

Ay Wen and Gaudi

2nd place:

Averell Zee and Lor Duende

EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:

Priya Selvam and I'm Incredible

2nd place:

Julian Clark and Venice

EA PRELIMINARY 1.2 (EFFECTIVE 2023) (OPEN)

1st place:

Zoe De Geytere and MC Kenny

2nd place:

Sophie Grotowski and Magic Coco

EA PRELIMINARY 1.1 (EFFECTIVE 2023) (RESTRICTED)

1st place:

Macie Douglas and Tyrion

2nd place:

Leyla Duque and Catharina

EA PRELIMINARY 1.1 (EFFECTIVE 2023) (OPEN)

1st place:

Sophie Grotowski and Magic Coco

EA PRELIMINARY 1.1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIOR)

1st place:

Anna Srom and Keepsake

2nd place:

Ella Louise Jong and Toby

EA PRELIMINARY 1.1 (20 X 40) ARENA (EFFECTIVE 2023) (SENIOR)

1st place:

Junia Djojonegoro and General Lee

2nd place:

Lisa Harris and Rambo

3rd place:

Hannah Hui and Guinness

4th place:

Ceylne Beverly Khiezt and Maverick

5th place:

Gia Piparaiya and Shadow

SUNDAY, 16 FEBRUARY

FEI INTERMEDIATE 1 EDITION 2009 – UPDATE 2022

1st place:

Katherine Desbaillets and Discovery

2nd place:

Katherine Desbaillets and Luke

EA ELEMENTARY 3.3 (EFFECTIVE 2023)

1st place:

Raine Tay and Don Remiro

2nd place:

Averell Zee and Duende

EA NOVICE 2.3 (EFFECTIVE 2023)

1st place:

Belinda Chin and Halifax

2nd place:

Alessandro Caldana and A Touch of Sportsfield

EA PRELIMINARY 1.3 (EFFECTIVE 2023) (OPEN)

1st place:

Sophie Grotowski and General Lee

2nd place:

Julian Clark and Venice

EA PREP.1 (VERSION 2023) (JUNIOR)

1st place:

Myra Jha and Toby

2nd place:

Aria Guha and Sir James

3rd place:

Charlotte Younger and Rascal

4th place:

Kiran Joni Prasad and Sir James

5th place:

Emma Keiber and Sir James

EA PREP.1 (VERSION 2023) (SENIOR)

1st place:

Hannah Hui and Guinness

2nd place:

Josephine Hyndes and Dandy

2nd place:

Sanjna Rama Giri and Shadow

3rd place:

Ayla Bower and Mo

4th place:

Clara Boaventura and Magic Coco

5th place:

Freyja Nagarajan and Magic Coco



Our participants and instructors with renowned visiting dressage judge, Mr. Nico Pelealu from Indonesia



Winners of the EA Novice 2.1 category: Priya Selvam (left) and Julian Clark (right)



Winners of the EA Elementary 3.1 category: Averell Zee (left) and Ay Wen (right)



From left to right: Mr. Sylvan Braberry, General Manager and Head of SPC Riding Academy, Aisha Eva Klomp, Mr. Nico Pelealu, visiting dressage judge and Sophie Grotowski

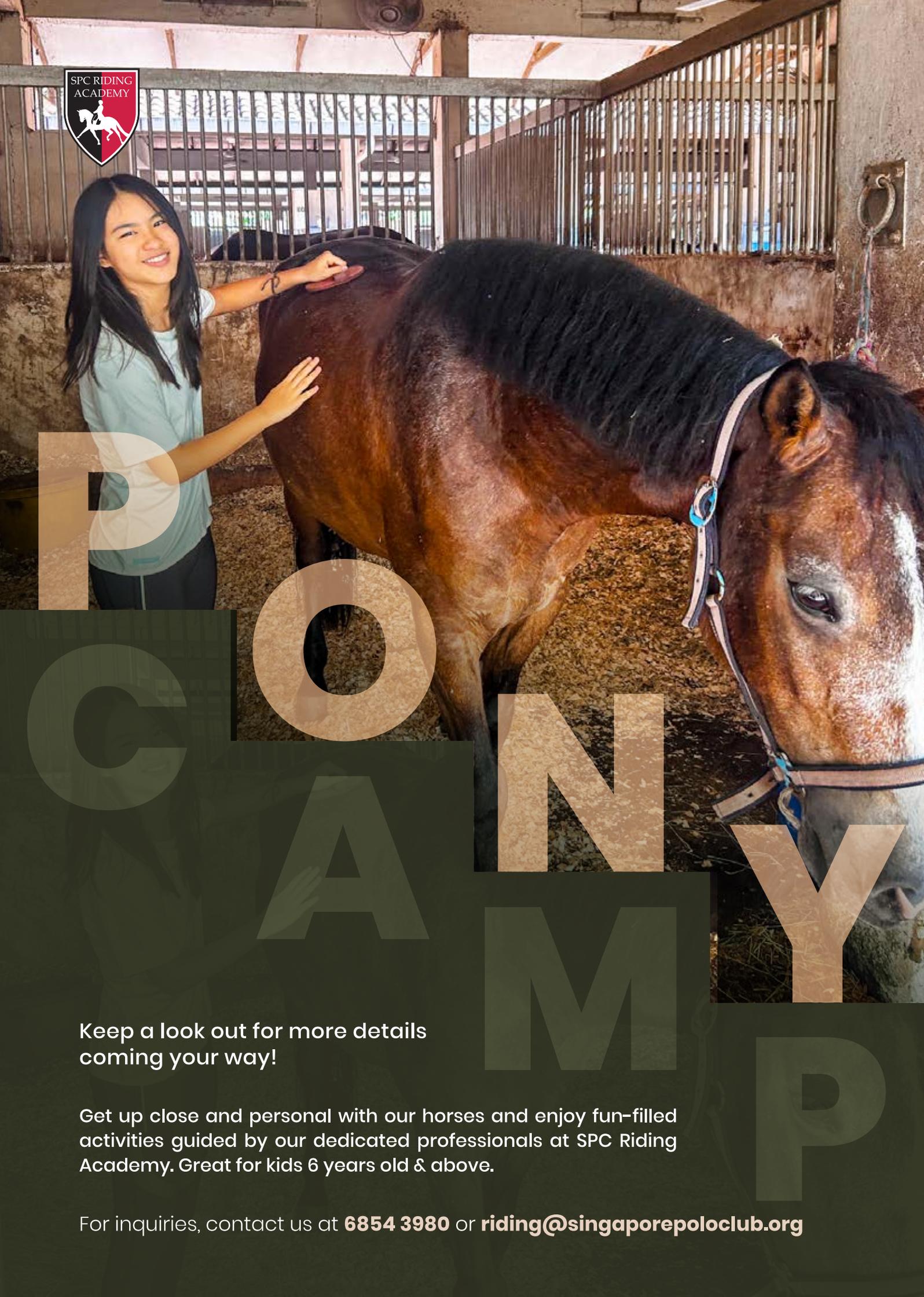


SOME THINGS ARE WORTH

EXPERIENCING

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riding@singaporepoloclub.org



POLO FAMILY

Keep a look out for more details coming your way!

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.

For inquiries, contact us at **6854 3980** or riding@singaporepoloclub.org



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- Commercial partnership with one of the oldest and most prestigious clubs in Singapore (Founded 1886)
- Premium branding via our advertising platforms
- Media coverage
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- Ideal product launch platform
- Brand association with other high-profile companies



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Established in 1886

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Riding Academy's March Training Show

The weekend of 15 and 16 March saw a unique and exhilarating event unfold at the SPC Riding Academy where our academy students gathered for a training show that highlighted the precision of dressage and the agility of showjumping. This event, designed to prepare riders and horses for upcoming competitions, showcased the vital regimens of the two disciplines of equestrian sport.

Well-done to all riders and our heartfelt thanks to our judges, Nicola Hammond, Catrina Laird and Katherine Desbaillets.



Zoe De Geytere (left) and Julian Clark (right) took the first place for the Class 17: 90cm category



Riding Academy instructors with our riders and judge, Catrina Laird (in white)



Participants of the Preliminary 1.1 (20 x 40) Senior category



Participants of the Preliminary 1.1 (20 x 40) Senior & Junior categories with judge Catrina Laird (in middle)

RESULTS

SATURDAY, 15 MARCH

EA ADVANCE 5.1 (EFFECTIVE 2023)

1st place:

1st Place: Seah Sui Lyn and Luke 64.730%

EA ELEMENTARY 3.2 (EFFECTIVE 2023)

1st place:

Raine Tay and Don McRemo 68.846%

2nd place:

Jacquie Potter and Khalessi DHU 66.923%

EA ELEMENTARY 3.1 (EFFECTIVE 2023)

1st place:

1st Place: Lilly De Geytere and Rambo No.5 65.429%

EA NOVICE 2.2 (EFFECTIVE 2023)

1st place:

Julian Clark and Venice 67.500%

2nd place:

Alessandro Caldana and A Touch of Sportsfield 65.938%

EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:

Sophie Grotowski and Magic Coco 68.077%

EA PRELIMINARY 1.2 (EFFECTIVE 2023)

1st place:

Zoe De Geytere and McKenny 69.821%

2nd place:

Reka Tozsa and Ferro 63.214%

EA PRELIMINARY 1.1 20 X 60 ARENA (EFFECTIVE 2023)

1st place:

Reka Tozsa and Ferro

2nd place:

Indi Sicrea and Tyrion

EA PRELIMINARY 1.1 (SENIOR) 20 X 40 ARENA (EFFECTIVE 2023)

1st place:

Celyne Beverly Khiezt and Venice 71.000%

2nd place:

Junia Djojonegoro and General Lee 68.000%

3rd place:

Lisa Harris and Rambo No.5 66.600%

4th place:

Claudette Lee Hoepffner and Lily 65.800%

5th place:

Javier O'Reilly and Tyrion 64.200%

EA PRELIMINARY 1.1 (JUNIOR) 20 X 40 ARENA (EFFECTIVE 2023)

1st place:

Anna Srom and Keepsake 67.000%

EA PREP 1 (SENIOR) 20 X 40 ARENA (VERSION 2023)

1st place:

Park Joo Man and Guinness 71.333%

2nd place:

Darshini Ramiah and Kane 70.667%

3rd place:

Ayla Bower and Catharina 70.333%

3rd place:

Clara Boaventura and Magic Coco 70.333%

4th place:

Kate Salise and Mr Percy 70.333%

5th place:

Ashleigh Johnson and Amazing Chacco 69.667%

EA PREP 1 (JUNIOR) 20 X 40 ARENA (VERSION 2023)

1st place:

Kiran Joni Prasad and Sir James 73.667%

2nd place:

Sophie Tiong Jia Xin and Toby 73.000%

3rd place:

Olivia Rowan and Halifax 72.333%

4th place:

Ara Guha and Sir James 71.333%

5th place:

Adoria Zhou and Keepsake 67.667%

SUNDAY, 16 MARCH

The following riders obtained a clear round during the competition.

CLASS 14: 40 – 50CM CLEAR ROUND ART.238 #1.1

Lexi Phillips and Keepsake

Anna Srom and Keepsake

Chloe Borri and Lily

Seraphina Chin Kei Weng and Dimples

Claudette Lee Hoepffner and Lily

CLASS 15: 60 – 70CM CLEAR ROUND ART.238 #1.1

Reka Tozsa and Ferro

Lucy Bennett-Baggs and Destiny

Grace Toal and Tyrion

Macie Douglas and Tyrion

Gia Piparaiya and Tyrion

Seraphina Chin Kei Weng and Dimples

CLASS 16: 80CM CLEAR ROUND ART.238 #1.1

Lucy Bennett-Baggs and Destiny

Sophie Grotowski and General Lee

Zoe De Geytere and McKenny

Julian Clark and Venice

CLASS 17: 90CM 1 ROUND WITH JUMP OFF ART.238 #2.1

1st place:

Zoe De Geytere and McKenny

2nd place:

Julian Clark and Venice



Alessandro Caldana (left) and A Touch of Sportsfield with Catrina Laird (right)

AEF CSIY-B, Pattaya

Yasmine Bonehill and Elly Poh shine at this regional competition

Our rider, Yasmine Bonehill along with her coach Nicola Hammond did us proud on the international stage as she clinched the 4th placing at the AEF CSIY-B competition held from 20 to 22 February at the Thai Polo & Equestrian Club in Pattaya, Thailand.

At this three-day borrowed horse event, Yasmine competed against 13 other riders from different countries to deliver two outstanding clear rounds in the 105cm individual category.

The event also saw the participation of Elly Poh who represented us and her country, Malaysia. She delivered two stunning clear rounds, showcasing incredible skill and precision in the same category.

Well done ladies! Hard work truly pays off, and we're excited for what's next!

Here are the final standings:

- Winner:** Iran
- 2nd Place:** Indonesia
- 3rd Place:** China
- 4th Place:** Singapore
- 5th Place:** Hong Kong
- 6th Place:** Cambodia



The participants of the AEF CSIY-B Competition



Yasmine Bonehill and team coach, Nicola Hammond

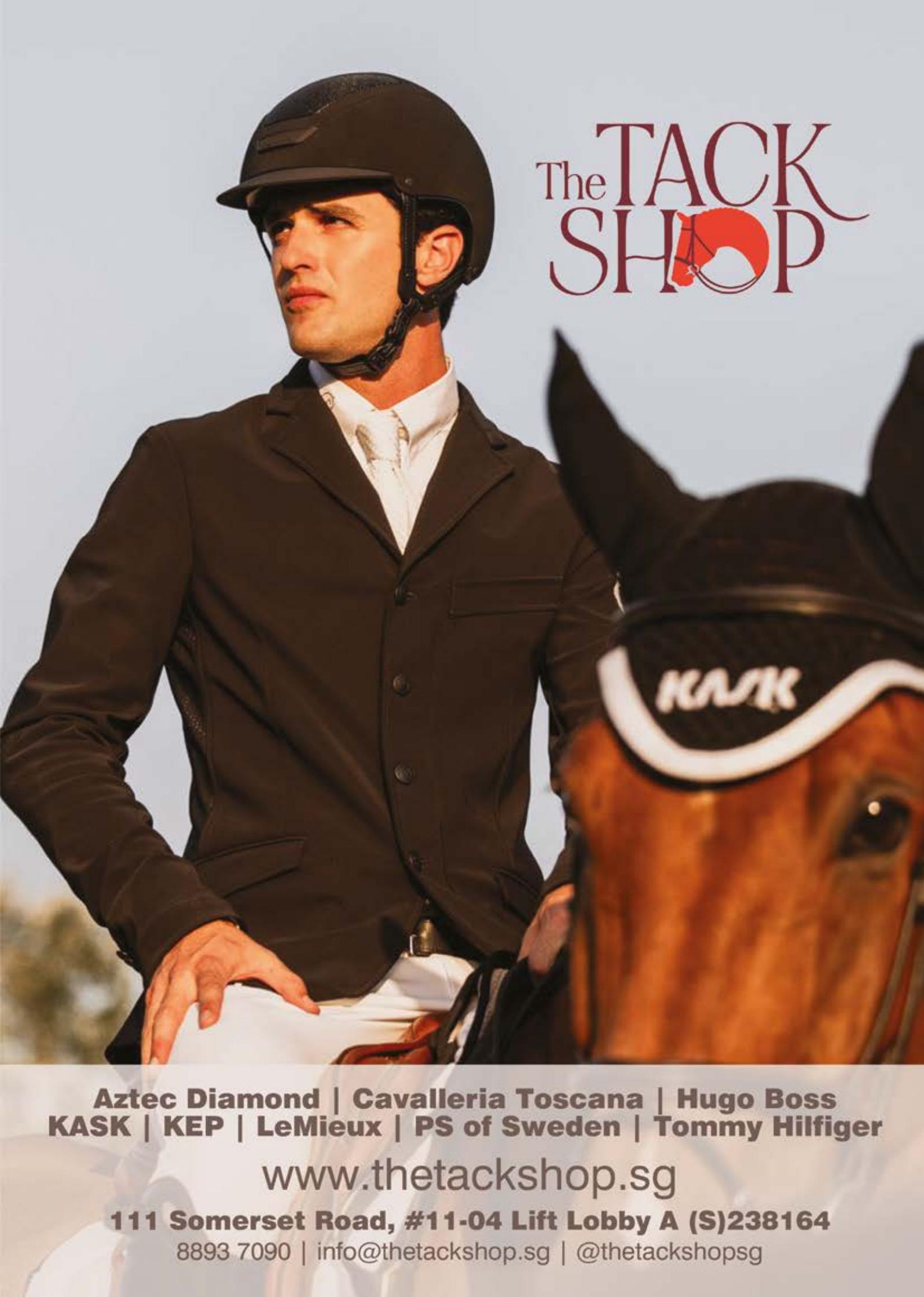


Elly Poh (in the middle) with her team coach (left) and dad (right)



Yasmine (left) and Elly Poh (right) at the competition

Photo Credits: Thailand Equestrian Federation

A man in equestrian attire, including a black helmet and jacket, stands next to a brown horse. The horse is wearing a black bridle with a white trim and the word 'KASK' written on it. The background is a clear, light blue sky.

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LEOVETIES BY SADDLED UP





Bringing Music & the Arts to Singapore Polo Club

The Club is proud to introduce Music and the Arts, an exciting new segment aimed at fostering a deeper appreciation for the arts while making our community more inclusive and vibrant. Through a series of curated social events and initiatives, we hope to bring together members, guests, and the wider Singaporean community in celebration of creativity, culture, and artistic expression.

Our premiere event, “An Artistic Soirée – An Evening of Theatre, Art & Music”, will take place on 26 April 2025 at the Polo Bar. This special evening will feature a 20-minute excerpt of a play by Gateway Arts, an art exhibition by Blumine Gallery showcasing international artworks, and a cello recital by Khachatur Khachatryan – founder of Blumine Gallery, a world-class cellist & composer who will perform to amplify the artworks on display from his gallery’s collection. This immersive experience will offer a rare opportunity to witness the intersection of visual and performing arts in an intimate setting.

As part of this new initiative, we will also be incorporating music into some of our most iconic events. Running into our third edition this year, the annual SPC Polo Tournament & Carnival on 11 October 2025 will feature a unique musical highlight – our very own polo player, Corey Koh, a professionally trained opera singer, will take the stage for a special performance. His dual talent, as both an athlete and a musician, perfectly embodies the spirit of our Music and the Arts segment, reinforcing the blending of sport with culture to create unforgettable experiences.

Through these initiatives and many more to come, the Club is committed to building a dynamic and culturally rich environment for all. Whether you are an art enthusiast, a music lover, or simply someone who enjoys new and enriching experiences, we invite you to be part of this journey as we explore the harmony between sport, music, and the arts.

Presented by:



SINGAPORE
POLO CLUB
Established in 1886

In collaboration with:



Sponsored by:



ROYAL SALUTE
SCOTCH WHISKY

An Artistic Soirée

AN EVENING OF THEATRE, ART & MUSIC

SATURDAY, 26 APRIL 2025

6.30PM TO 9.00PM

POLO BAR

SINGAPORE POLO CLUB

This event is free-of-charge and open to the public

- ♪ Enjoy a 20-minute excerpt by homegrown theatre company Gateway Arts! They use theatre as a catalyst for conversation and change, addressing social issues faced by young people of today.
- ♪ "Art Through Music Series: From Dreams to Reality" – featuring a cello recital by founder of Blumine Gallery, world-class cellist, composer and performer, Khachatur Khachatryan, who will perform to amplify the displayed artworks from his gallery's collection.
- ♪ Savour a limited edition Scotch Whisky from Royal Salute, The 21 Year Old Jodhpur Polo Edition.

Seats are limited. Please register at
events@singaporepoloclub.org by **22 April 2025**





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JUNIOR ACADEMY

PROGRAMME

LESSONS ON MONDAYS & FRIDAYS

5 TO 14 YEARS OLD

4PM – 6PM

LESSONS ON SATURDAYS

5 TO 14 YEARS OLD

9AM – 12PM



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

Welcoming the Year of the Snake!

Each year, as the Chinese New Year season approaches, a much-anticipated cultural extravaganza takes place— the Club's Annual Lunar New Year Lo-Hei Celebration. An event known for its joyful atmosphere, delicious snacks, fascinating lion dance performance and exciting tossing of the auspicious Yu Sheng. Each year members, their families and guests come together to mark the start of a new and auspicious year.



Honorary Secretary Mrs. Stephanie Masefield (left) and General Manager Mr. Sylvan Braberry (right), receive the auspicious scrolls from the lions

Lion Dance: A Grand Spectacle of Energy and Grace

We inaugurated the evening with a vibrant lion dance performance as the main highlight at this year's celebration. Depicting a symbol of protection and good fortune, the dance is often performed at festivals, weddings, and significant occasions. Dancers, dressed in a beautifully crafted lion costume, move with incredible agility, mimicking the movements of a lion. Accompanied by the rhythmic beats of drums, cymbals, and gongs, the lion dance is a captivating sight— one that leaves everyone in awe.

A pair of lions brought about a sense of excitement and festivity, as they weaved through the crowd, blessing participants and offering them a touch of good luck. The dance is not only a cultural performance but a shared experience that unites everyone, creating a collective sense of joy and anticipation for the year ahead.



From left to right: Honorary Secretary Mrs. Stephanie Masefield, Vice-President Mr. Rickard Hogberg, General Manager Mr. Sylvan Braberry and Committee Member Peggy Yeo

Activities for the Whole Family

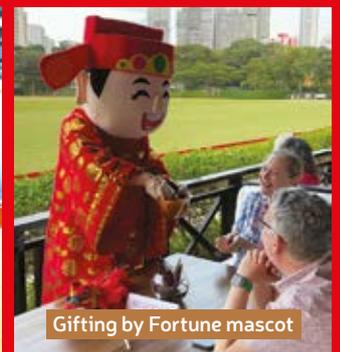
For pre-event fringe activities, members and their guests were invited to the Polo Bar and Verandah where they had nostalgic treats awaiting them. An air-brush tattoo station, photo booth, malted candy booth were some of the fun delights that they indulged in. Some of our guests were also thrilled by the Fortune Mascot's visit and the auspicious gifting of candies and gold coin chocolates!



Mr. Sylvan Braberry and Mrs. Stephanie Masefield with the Fortune Mascot



Malt candy booth



Gifting by Fortune mascot



Air-brush tattoo station



Lion Dance performance at the Polo Bar



The lions at the Cai Qing ceremony



The Heart of the Celebration: Lo-Hei

The highlight of the event is undoubtedly the Lo-Hei ceremony. For those who may not be familiar, Lo-Hei is a tradition where participants gather around a large platter of shredded vegetables, fish, and other symbolic ingredients. Each person uses a pair of chopsticks to toss the salad into the air while chanting well-wishes for wealth, health, and prosperity in the coming year. The higher the toss, the greater the luck, making the ceremony not only a meaningful moment but also a fun and energetic activity.



Tossing to prosperity with members and their family



The Importance of Togetherness



Togetherness



Face mask changing performance



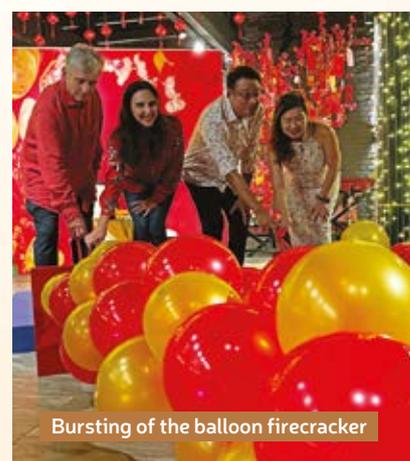
An Evening of Fun: Mask Changing Performance

The blend of tradition and modern fun created an unforgettable experience for everyone involved, fostering a sense of community and connection that transcends generations. Our guests were spellbound by an energetic traditional Chinese face mask changing performance known as “Bian Lian”. The swift changing of the mask along with the energetic music witnessed cheering and loud claps from our astonished guests.

What’s a Lunar New Year celebration without some “firecrackers”? We ended the dinner and evening with a blast at the Polo Bar with a balloon firecracker activity, which created a burst of excitement with each pop along with the thrill of the ‘explosion’! It was a great way to add some fun and surprise to the night.

A Spirit of Togetherness and Prosperity

The annual Lunar New Year Lo-Hei Celebration is more than just traditions and festivities, it’s a celebration of unity and heritage. Whether you’re tossing the Yusheng, enjoying the lion dance, or engaging in games, every activity is steeped in meaning. The event served as a reminder of the power of culture, family, and community. For members, a time to bond with loved ones, celebrate the richness of Chinese traditions, and for a year filled with blessings, happiness, and prosperity. We look forward to seeing you at the next Lo-Hei Celebration in 2026.



Bursting of the balloon firecracker

5

COMPOUND EXERCISES FOR MUSCLE GAIN



1. Barbell Squats (Legs)

Warm up set - 2 sets of 20 reps using Olympic bar
Actual set - 3 sets of 10 - 12 reps using 80% of 1RM

2. Barbell Bench Press (Chest)

Warm up set - 2 sets of 15 - 20 reps using 30% of 1RM
Actual set - 3 sets of 10 - 12 reps using 70% of 1RM

3. Barbell Deadlift (Lower Back)

Warm up set - 2 sets of 15 reps using 50% of 1RM
Actual set - 3 sets of 8 - 10 reps using 80% of 1RM

4. Bend over Row (Back)

Warm up set - 2 sets of 15 - 20 reps using 30% of 1RM
Actual set - 3 sets of 8 - 10 reps using 60% of 1RM

5. Overhead Press (Shoulders)

Warm up set - 2 sets of 15 - 20 reps using 20% of 1RM
Actual set - 3 sets of 10 - 12 reps using 50% of 1RM

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Determining Carbohydrate Intake Pre- and Post-Workout

Exactly what portion size you need depends on many factors. They include your current weight, your goals, and the purpose of a training session.

If your goal is to get through a cardiovascular endurance workout, for example, you need more glycogen build-up in advance. But if you're strength training to build muscle mass, you don't need quite as much in your glycogen storehouse. Likewise, for post-workout carb intake, you need more to replenish after a long endurance workout than after a strength training session.

A general rule of thumb is to experiment with your body. Start by consuming between 0.5 and 1.0 grams of carbs per kilogram of body weight before and after workouts. Increase this amount for endurance and reduce it for resistance exercise.

For endurance athletes, the recommended pre-workout intake of carbs is:

- **60 grams per hour for workouts lasting two to three hours**
- **Up to 90 grams per hour for longer endurance events**
- **Less than 60 grams of carbs pre-workout for anything less than two hours**

Combine Carbs and Protein for Optimal Effects

Protein is another important nutrient for muscle building and recovery. Should you eat proteins and carbs together? The answer is a definite yes.

Carbohydrates and protein work together to provide:

- **Sustained performance.**
- **Increased glycogen storage.**
- **Faster recovery times.**

Consuming a carbohydrate and protein combination supports maximal muscle growth. If you have protein but not enough carbs, you may experience muscle breakdown. This can also lead to a loss of skeletal muscle mass. Carbohydrate and protein sources also work together for faster muscle recovery. This is especially important after a strength training workout.

Add about 0.5 grams of protein per kilogram of body weight to pre- and post-workout carbs. Lean protein sources are best. Whole-grain bread with nut butter is one option. A protein powder shake with fruit is another.

The Bottom Line

The bottom line is that eating carbs both pre- and post-workout provides many benefits. They help you sustain the energy needed for exercise. They also improve performance and aid in muscle recovery.

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Contact: Louis @90106631, Zulk @97670671
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SG Cultural Series Art Exhibition by Tsuyumi Miwa

Members and guests had an incredible time at the Singapore Cultural Series Art Exhibition hosted by renowned artist Tsuyumi Miwa on 22 February. An exhibition that shone the light on a diverse range of paintings featuring Singapore's local trades, rich heritage and culture, every brushstroke was a story depicting the true celebration of art, creativity and expression.

At the two-hour session, members and guests were treated to a tea-tasting session by Singapore's oldest and most renowned tea merchants, Pek Sin Choon Pte Ltd. Known for their Nanyang tea blends, guests at the event got to know about the rich history of this tea as they sipped on traditional Nanyang tea transformed into a refreshing, non-alcoholic beer-like drink! It was a fusion of tradition and innovation. The exhibition that afternoon was a true celebration of art, creativity, and expression, leaving everyone inspired and eager.

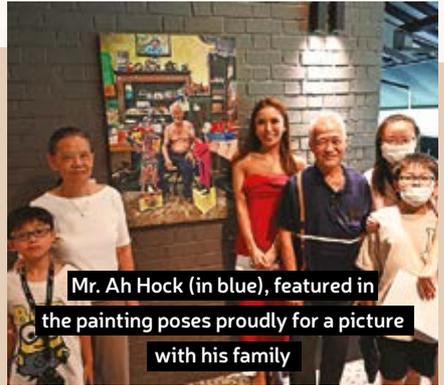
Exhibition Highlights:

- Welcome Address by Mr. Sylvan Braberry, SPC's General Manager, Head of SPC Riding Academy & Atoms Polo Academy
- Insights into the cultural narratives depicted in the six paintings, highlighting Singapore's unique heritage and traditions
- Nanyang Tea Shop highlighting the history and significance of tea in Singapore along with an accompanied, interactive tea-tasting session
- Kids' Activity: Rabbit Hunt via the Paintings to encourage children to explore the artworks and engage them





Guests sampling Nanyang tea



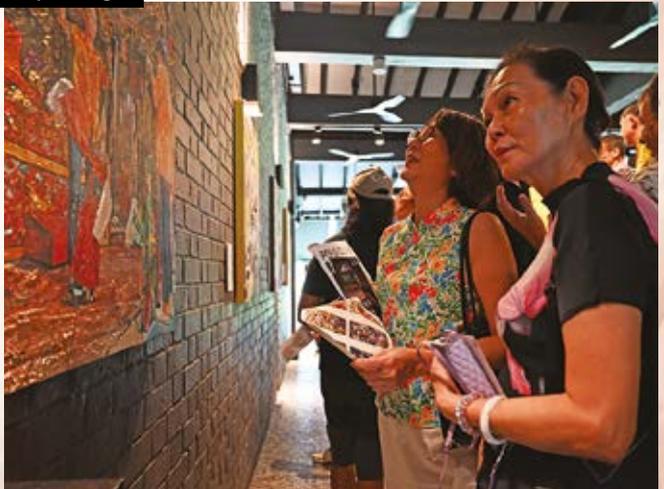
Mr. Ah Hock (in blue), featured in the painting poses proudly for a picture with his family



Showcase of Nanyang Tea 2.0 by Pek Sin Choon Pte Ltd



Guests viewing the paintings





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CATERING & EVENTS

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INQUIZITIVE
A quiz and more

TRIVIA NIGHT

Every 2nd & 4th Wednesday
of the Month

7:30 PM - 9:30PM

The Polo Bar

2 to 6pax

Open to non-members



Reach out to our staff at Coriander Leaf
to make a reservation.

Happy Mother's Day

queen

FOR A DAY
@ Coriander Leaf

Every mom gets a
complimentary welcome
drink & a mini bouquet

members price

4-course set lunch menu

Per Guest: \$58

Add-ons: \$18 for a Rosé prosecco
glass | \$70 for a bottle.

10 & 11 May 2025

11am to 3pm

Reach out to our staff at Coriander Leaf
to make a reservation.

BAKE & BOND

Baking workshop where kids & parents learn to decorate cupcakes and bake cookies

Participants take home their decorated treats + a certificate of participation

members price

Parent & Child Duo: \$68 per pair

Additional child: \$25

Includes all materials, recipe cards & a drink for parents.

Every Monday in June at 3pm*
at Mountbatten Room

*Min 10 guests to commence with class

Reach out to our staff at The Paddock
Bistro or Coriander Leaf for more enquiries.

Please join us for a

MONTHLY COCKTAIL happy hour



TUESDAYS TO SUNDAYS | 5PM TO 7PM

Enquire at The Polo Bar for every month's special offer.

Enjoy a complimentary side dish with every cocktail ordered.

How to Keep Your Eyes Healthy

You can keep your eyes well into your golden years. The Cataract & Comprehensive Ophthalmology Department at Singapore National Eye Centre (SNEC), shares 11 ways how.

Keeping your eyes healthy until old age is possible. Just follow these 11 simple tips!

We rely on our eyes to see and make sense of the world around us.

However, eye diseases such as glaucoma, diabetic retinopathy and age-related macular degeneration (AMD) can lead to loss of vision, so it is important to identify and treat them early to slow down or reverse the progression. Regular eye examinations are therefore vital to a prompt diagnosis and treatment, shares our experts from the Cataract & Comprehensive Ophthalmology Department at Singapore National Eye Centre (SNEC), a member of the SingHealth group.

11 EASY WAYS TO MAINTAIN GOOD EYESIGHT

Having good vision helps you to live your best life. Here's what you can do to keep your eyes healthy.

1. HAVE A BALANCED DIET

Protecting your eyes starts with the food on your plate. Have a balanced diet to protect your eyes. Nutrients that help keep your eyes healthy are:

- Lutein
- Zeaxanthin
- Vitamins A, C, E
- Beta-carotene
- Omega 3 fatty acids
- Zinc



Foods that you would want to include in your diet are:

- Fish (salmon, sardines, tuna, mackerel)
- Leafy green vegetables (spinach, kale, collard greens) and broccoli
- Carrots and sweet potatoes
- Citrus fruits (orange, lemon, grapefruit)
- Nuts and legumes (almonds, peanuts, sunflower seeds)
- Lean meat and poultry
- Eggs

2. MAINTAIN A HEALTHY WEIGHT

Being overweight or having obesity increases your risk of developing diabetes. Having diabetes puts you at risk of getting diabetic retinopathy or glaucoma.



3. EXERCISE REGULARLY

Regular exercise can help to prevent and control diabetes, high blood pressure (hypertension) and high cholesterol. These diseases can result in certain types of eye conditions such as cataracts, glaucoma, diabetic retinopathy or macular edema if not managed properly.

4. CUT DOWN ON CONTACT LENS WEAR

Avoid wearing contact lenses for extended periods of time. Give your eyes a rest. Overnight wear or extended wear of contact lenses for prolonged periods will increase your risk of corneal ulcers that can scar your cornea or even cause blindness. Wearing contact lenses when swimming also puts your lenses at risk of contamination. If possible, swim lens-free and wait for an hour before you put your lenses back on.



5. QUIT SMOKING (IF YOU HAVEN'T)

Smoking is just as bad for your eyes as it is for the rest of your body. Research has linked smoking with an increased risk of developing cataract as well as age-related macular degeneration (AMD).

6. PROTECT YOUR EYES FROM EXCESSIVE SUNLIGHT

Wear sunglasses to protect your eyes against harmful ultraviolet radiation. Excessive sun exposure will lead to increased risk in developing cataract, as well as age-related macular degeneration. When buying sunglasses, look out for those that block out 99 to 100 per cent of both UVA and UVB radiation.



7. WEAR PROTECTIVE EYEWEAR DURING SPORTS AND DANGEROUS OCCUPATIONS

To prevent accidental damage to your eyes, wear protective eyewear. This is especially important when you play a lot of sports or are involved in occupations that put your eyes at risk. Wear safety goggles or safety shields.

8. KNOW YOUR RISK LEVEL FOR EYE DISEASES

Growing older makes a person more susceptible to age-related eye conditions. However, if you have hypertension and diabetes, it also puts you at increased risk of other eye diseases such as Diabetic Retinopathy.

Thus, it is important to find out whether you are at higher risk of developing such diseases. Ask your family members about their eye history as some conditions such as glaucoma and age-related macular degeneration run in families.

9. GO FOR A COMPREHENSIVE EYE EXAMINATION

Ignorance is not bliss when it comes to your health. Going for regular and comprehensive eye examinations is

important in ensuring the health of your eyes. Many conditions such as glaucoma and diabetic retinopathy will have no symptoms at an early stage.

However, your eye doctor can detect these early for you. Knowing and being able to do something about it early is better than not knowing and being unable to save your vision when it becomes too late.



10. GO PROMPTLY FOR AN EYE CONSULTATION WHEN SYMPTOMS APPEAR

Similar to the above point, if you experience any symptoms such as blurring of vision, discomfort or pain, itch, sudden onset of floaters, please consult an eye doctor immediately. Delay in diagnosis and treatment can lead to irreversible damage on your eyes.

11. MAINTAIN GOOD EYE HABITS

Last but not least important, always maintain good eye habits. Take frequent breaks every 20 minutes from looking at your handphone or computer screen to prevent eye strain or aggravating dry eyes by looking at a distant object 20 feet or 6 metres away for 20 seconds (This is a rough guideline).



Also, apply screen filters onto your electronic devices to cut down on glare. And adjust the font size, contrast and brightness of your screen to a comfortable level for your eyes.

Remember, treat your eyes well. After all, they are the windows to your soul and essential to good quality of life.

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wellness
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The Perfect Pairing of **SCENT** and **WELLNESS**

The Science Behind Aromatherapy

Aromatherapy is more than fragrant oils; it's a science of well-being. Essential oils, when inhaled or absorbed, engage the limbic system to influence emotions and mood. Paired with massage, these oils enhance relaxation, reduce stress, and promote a deeper sense of rejuvenation.

Scents for Every Mood

Each essential oil offers unique benefits. Lavender soothes stress, citrus energises, and eucalyptus relieves tension. These natural remedies cater

to your body's needs, turning every massage into a personalised, sensory escape.

Essential oils
enhance relaxation,
reduce stress, and
promote rejuvenation.

Simple at-home Aromatherapy

Enjoy aromatherapy by diffusing oils, blending them with a carrier oil for massage, or adding a few drops to a warm compress. These small rituals can transform your self-care routine into a spa-like experience.

Spa Indulgence Redefined

While at-home aromatherapy is delightful, nothing compares to the expertise and luxury of a professional spa treatment. At our spa, we curate every massage with carefully selected essential oils to enhance your relaxation and wellness journey. From stress-relief blends to energising infusions, we ensure each session is personalised to your needs. Step into a sanctuary where the power of touch and scent combines to leave you refreshed and renewed.

Awaken Your
Senses,
**Breathe in
Wellness**

SPARTYS.CO



Deep Slumber (with oil)

Indulge in a deeply relaxing full body massage infused with our calming Deep Slumber blend of lavender, geranium, and bergamot oils.

Benefits:

This soothing treatment helps relieve muscle tension, reduces stress, and promotes a sense of tranquility. Perfect for unwinding after a long day and supporting a restful night's sleep.

Price:

60 minutes – \$75

90 minutes – \$105

Opening hours

Tues to Sun, 10 am to 9 pm
By appointment only

Contact us

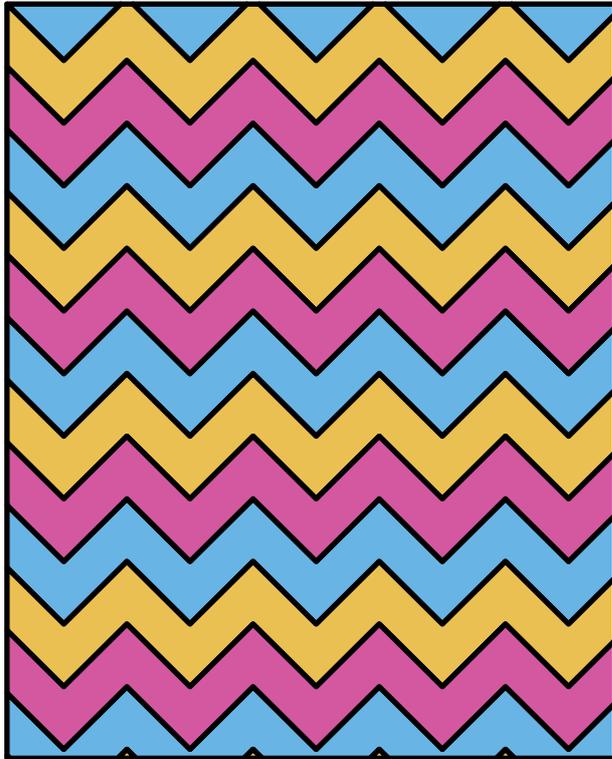
Email: enquiries@spartys.co
Phone: **9338 3080**

Our location

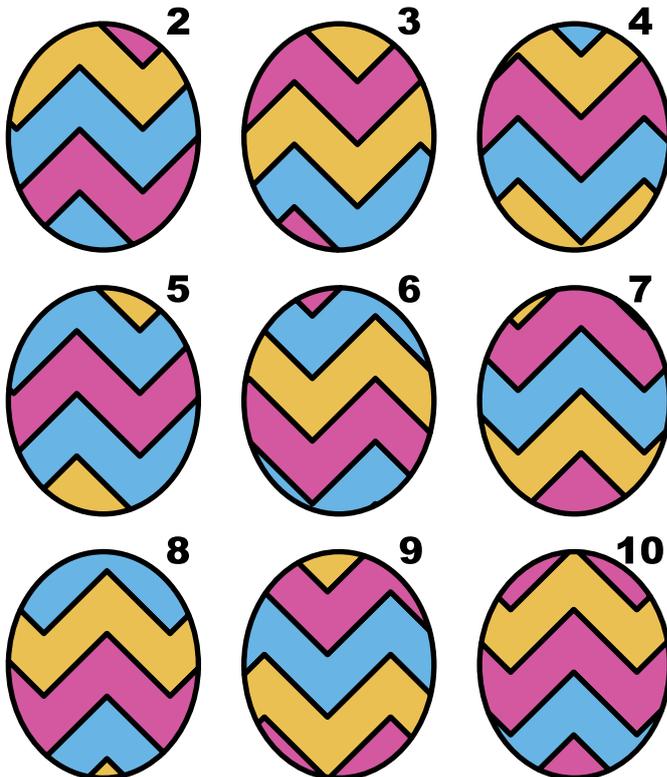
80 Mount Pleasant Rd,
Singapore 298334

SPOT THE EASTER EGG

Can you solve this? Which 4 easter eggs do not belong?

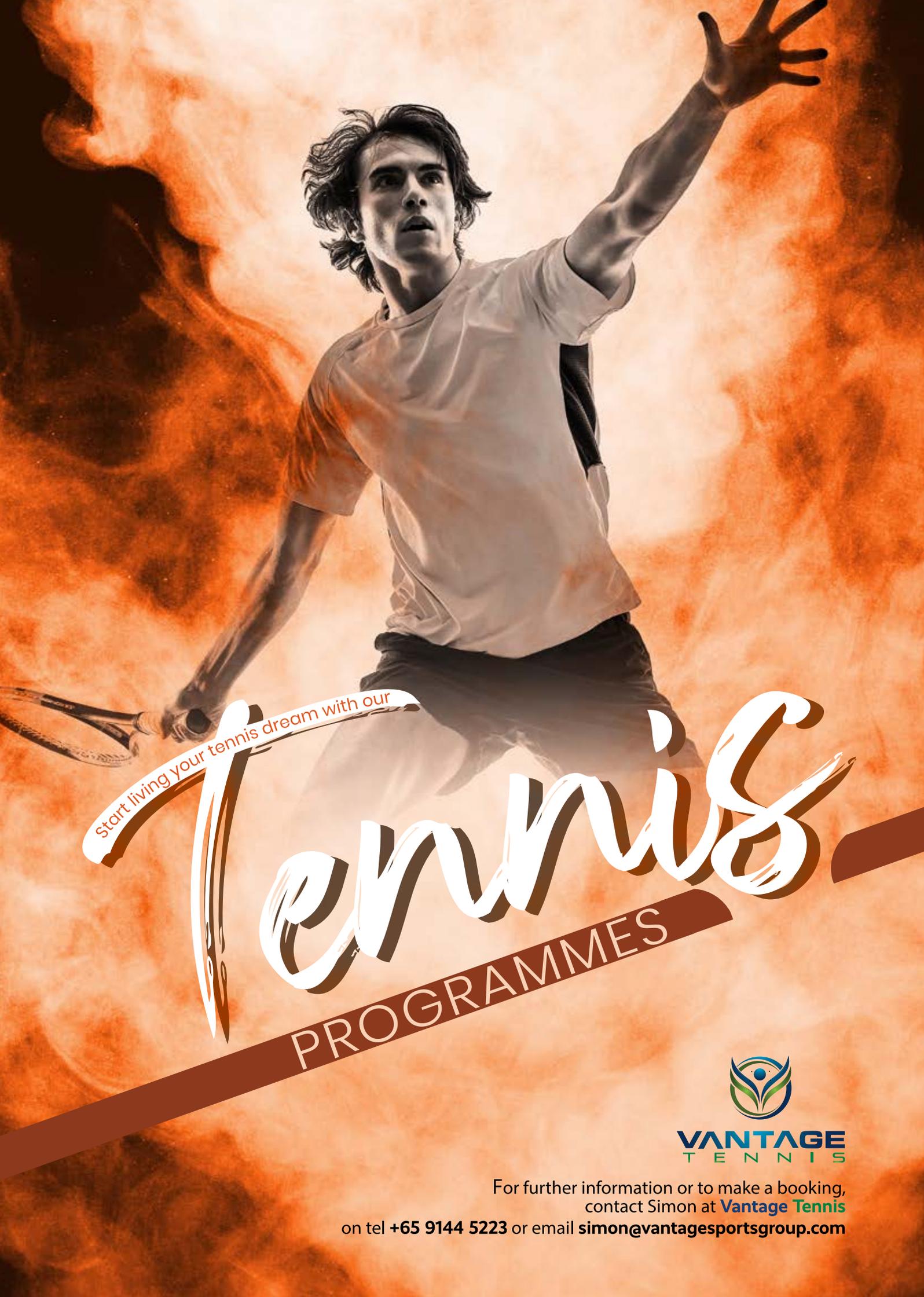


Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **31 May 2025**. Remember to include your name, membership number, email and telephone number.



2 lucky winners stand to win a "Smiggle" egg-cellent surprise!





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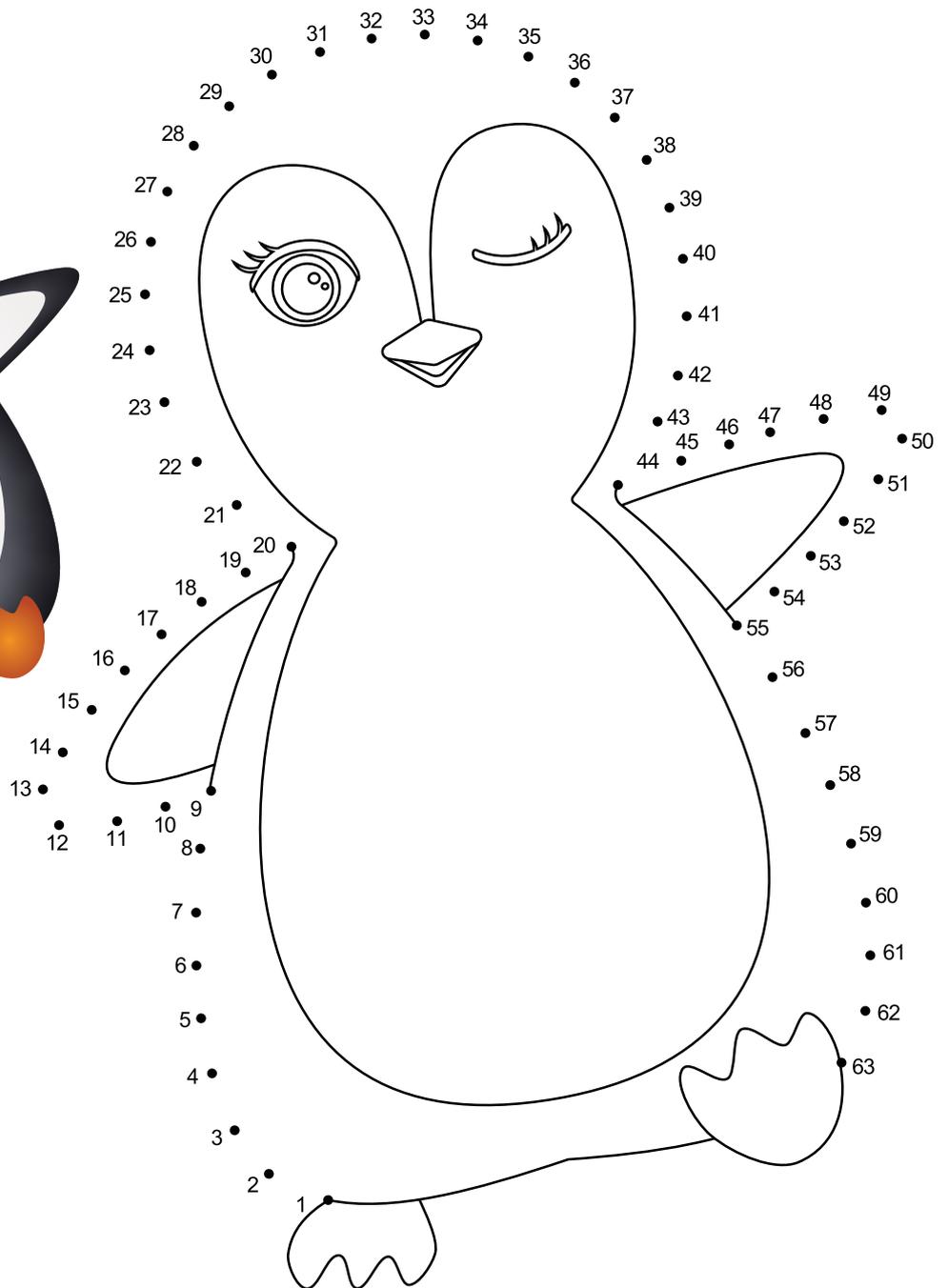


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For further information or to make a booking,
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on tel **+65 9144 5223** or email **simon@vantagesportsgroup.com**

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