

SINGAPORE

ISSUE 01 / 2026

# POLO Club



## Christmas Light-Up 2025

Celebrating the Festivity  
Together

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CLUB NEWS  
Calendar of Events

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POLO

The 2<sup>nd</sup> Edition of Cosmopolitan  
Polo Returns on 29 August 2026

## P34

RIDING

Membership Launch Event  
of Pony Club of Singapore



SAVE THE DATE



SPC 140<sup>TH</sup> ANNIVERSARY GALA DINNER

FRIDAY, 6 NOVEMBER 2026

Carlton Hotel Singapore | 76 Bras Basah Road, Singapore 189558

*More details will be unveiled soon!*

For ticket purchase, contact [events@singaporepoloclub.org](mailto:events@singaporepoloclub.org) or 6854 3999



SINGAPORE  
**POLO CLUB**  
Established in 1886





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## PATRONS

Derek Mitchell  
K.C. Loh

## COMMITTEE

Lawrence Khong  
President

Rickard Hogberg  
Vice President

Satinder Garcha  
Polo Captain

Stephanie Masfield  
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

## CONTACTS

### Committee

### Events

### Facilities & Grounds

### Finance

### Food & Beverage

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### Marketing, Advertising & Lifestyle

### Membership

### Polo

### Riding

### Atoms Polo Loft

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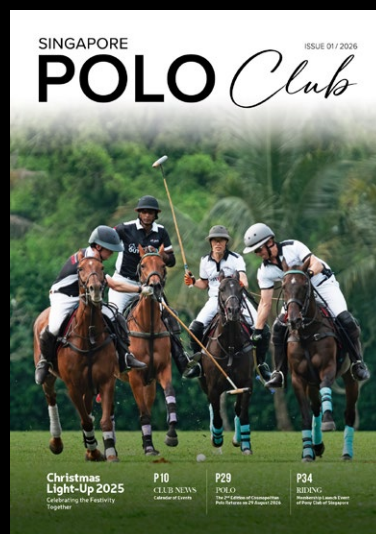
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An intense moment among players during the annual outreach polo tournament

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PUBLISHED QUARTERLY BY

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Permit No: MCI (P) 063/11/2022

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Dear Members,

As we welcome a new year, it is a fitting moment to reflect on the journey we have shared. The past year brought significant milestones, continued growth, and memorable experiences that have enriched both our Club and the vibrant community we have built. I am proud of how far we have come as a community and look forward with optimism to the opportunities ahead.

A major highlight of 2025 was the inaugural Cosmopolitan Polo, which drew an impressive crowd of over 300 guests. VIP Hospitality Table tickets sold out within days, and the event continues to receive glowing feedback. I am pleased to share that the second edition of Cosmopolitan Polo will be held at the Club on 29 August 2026. Further details will be announced in due course, so stay tuned, especially if you missed out on VIP tables last year.

We also hosted the third SPC Polo Tournament & Carnival, and were honoured to welcome Senior Minister Lee Hsien Loong as Guest-of-Honour. With over 4,000 attendees, the event united our broader community for a full day of carnival attractions and thrilling equestrian displays. The polo matches, featuring rising talents from Atoms Polo Academy alongside our seasoned players, showcased both the excitement and technical skill of the sport.

Through the dedication and generosity of our members and supporters, we also raised meaningful funds for the Club's Outreach Fund, enabling us to present cheques of \$8,888 each to four deserving beneficiaries: Dementia Singapore, Gateway Arts, PERTAPIS Education & Welfare Centre, and The Straits Times School Pocket Money Fund. This achievement highlights our commitment not only to sporting excellence but also to making a positive impact beyond the Club.



Another unforgettable occasion was our annual Christmas Light-Up, which recorded our largest attendance to date. The day was filled with festive joy, from puppet and magic shows, marching toy soldiers, and Christmas carolling, to fun games for the little ones. The Christmas Bazaar and the ceremonial cutting of the cake added to the celebrations, while the appearance of Santa Claus and Santarina, delighting children with candies, made the event truly magical.

I am immensely proud of the remarkable growth of Atoms Polo Academy and SPC Riding Academy, which now serve a combined rider and player base of 1,650. Through its innovative programmes, Atoms has grown into the world's largest polo academy for players without handicap goals. This outstanding achievement would not have been possible without the strategic leadership and operational foresight of our General Manager, Sylvan Braberry, whose dedication continues to elevate both academies year after year.

Having worked with many General Managers in the Club over the years, I can confidently say that Sylvan is the best General Manager I have seen at the Singapore Polo Club ever. His clear vision and strategic leadership have enabled the Club to achieve many significant and positive outcomes.

I would like to extend special thanks to our Polo Captain, Satinder Garcha, for his unwavering dedication and significant contributions to our polo community. Under his leadership, our polo section has hosted numerous thrilling tournaments over the past few years.

Satinder has been instrumental in bringing visiting international polo professionals to the Club, providing our polo-playing members with the invaluable opportunity to interact and compete against them, honing their skills on the field.

At the same time, this has made our polo tournaments even more exciting and enjoyable for spectators. His efforts, including hosting distinguished guests such as Prince Harry for the Sentebale ISPS Handa Polo Cup in 2017 and 2023, have not only enriched our local polo scene but also enhanced the Club's profile and reputation on the global stage.

Moving forward, we remain committed to cultivating a caring equestrian community at the heart of Singapore. We will continue to foster an inclusive and welcoming environment that encourages participation and growth across all equestrian disciplines.

At the same time, we will expand our Outreach initiatives to support disadvantaged groups and individuals with special needs, ensuring that the joy of equestrianism can be shared as broadly as possible.

As I conclude my final three-year term as President, I would like to express my sincere gratitude to the Committee, Sub-committees, management team, and all our dedicated staff. Above all, I am immensely grateful for the constant support of our members.

It is your energy, enthusiasm, and active participation in every event, activity, and competition that bring this Club to life. Because of your commitment, we continue to thrive as a vibrant, united, and caring community – one that we can all be proud to be part of.

Thank you once again for your continued support. I look forward to seeing you at the Club, and wish you and your family a prosperous Lunar New Year filled with joy and memorable moments. ■

Warm Regards,

**Lawrence Khong**  
President





Dear Members,

**W**armest new year greetings to you and your families. We trust the Christmas season brought joy, rest, and celebration. As we open a new chapter in 2026, it is worth pausing to appreciate what an extraordinary year 2025 has been for our community.

August marked a historic milestone with our very first Cosmopolitan Polo. The response from our membership was remarkable – VIP Elite Hospitality Packages sold out within days, and the event drew more than 300 members and first-time visitors. The energy on the field and around the grounds set a new benchmark for the Club. We will selling early bird tickets for the second edition of Cosmopolitan Polo 2026, which will take place on 29 August 2026.

Our third SPC Polo Tournament & Carnival built strongly on this momentum and was warmly embraced by members, guests, and the wider community, drawing a reported attendance of more than 4,000 visitors to the Club. We were deeply honoured to welcome Senior Minister Lee Hsien Loong as our Guest-of Honour, whose presence underscored the significance of the occasion.

Equally meaningful was the strong show of support for our four beneficiaries—Dementia Singapore, Gateway Arts (for which the Club is proud to serve as Honorary Patron), PERTAPIS Education & Welfare Centre, and The Straits Times School Pocket Money Fund. In a tangible expression of our commitment to giving back, each beneficiary was presented with a donation cheque of \$8,888 to further their important work within the community. The success of the tournament and carnival reflects the growing strength of our strategy to position the Club as an inclusive, socially engaged institution, one that not only celebrates sporting excellence and camaraderie, but also actively contributes to meaningful community outreach and social impact.



Meanwhile, our youth and riding development programmes continued to thrive. The Atoms Polo Academy grew to 600 participants, becoming the largest non-handicap polo academy in the world, while the SPC Riding Academy expanded to 1,050 students, both strengthening our pipeline of riders and players.

The SPC Polo League, played on a full field, remains focused on handicap polo players, while the inclusion of Atoms Elite players has introduced greater flexibility in team formation. Competing alongside handicap players allows Atoms Elite players to gain valuable experience from them, and further hone their skills. This approach ensures the continuity of Club tournaments, delivers consistent programming for members, and supports the progressive development of the sport's emerging talent.

We concluded the year on a festive high with our largest-ever Christmas Light-Up in December 2025. More than 300 members and guests, our highest turnout to date, gathered on the Club grounds for a full day of merriment and celebration. The event featured a hearty buffet spread, the much-anticipated appearances of Santa and Santarina, lively marching drumming Toy Soldiers, and the joyful sounds of Christmas carollers filling the air.

Our younger guests were especially delighted, immersing themselves in games and activities throughout the day. The highlight for many was the piñata, which, once triumphantly broken, sent a shower of candies raining down to squeals of laughter and excitement. The festive atmosphere, shared joy, and strong turnout made this Christmas Light-Up a truly memorable way to close the year.

Looking ahead, 2026 brings exciting opportunities to further elevate the Club's profile. In late February, we will host the National Day Parade 2026 Chinese New

Year Sponsorship Event, featuring a Polo Experience, Exhibition Match, and dinner for 600 corporate leaders. This national-level showcase will uniquely blend sport, heritage, and culture as well as position our Club as an inclusive and community caring one.

In early March, we were set to welcome the team from JW Marriott Quito, Ecuador for what would have been our largest cultural exchange to date. Due to unforeseen circumstances from JW Marriott Quito, as well as import challenges and government restrictions, we have had to cancel this event.

In lieu of the cultural exchange, we are pleased to announce that we will instead host a Club Tournament – an exciting showcase of our equestrian spirit and community camaraderie. We look forward to your participation!

The management remains committed to raising the support level of my team through continued learning and in-house improvement programmes to equip them with appropriate skills for better efficiency.

As we conclude the current Committee's final term, I wish to extend my sincere appreciation to our President, Mr. Lawrence Khong, whose leadership and introduction of the Board of Directors system have been instrumental in enabling my team and me to deliver key milestones over the past three years. I am also grateful to the Committee and Sub-Committees for their continued support and collaboration.

With the arrival of the Year of the Horse, I wish you and your family prosperity, good health, and abundance in the year ahead.

Gong Xi Fa Cai! ■

Warm Regards,

**Sylvan Braberry**  
General Manager



# New Members

OCTOBER TO DECEMBER 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

Bhattacharya Rohit Gyanabrata  
Liu Marvin King  
Salim, Abdool, Hamid, Moollan  
Teh Kai Ling, Al-Olympia (Zheng Kailing)

## REGULAR

Alvaro Fernando Patron Ortiz  
Chau Yui Kwan Sonia  
Gilmour Marco Oliver  
Heng Eu Jin (Wang Youren)  
Jacomy Emmanuel Jacques Edwin  
Jovasky Pang Wei Shen  
Lao Robert Jackielyn  
Richard Headon Sinclair  
Thompson Benjamin  
Vishnu Mohan Prasad

## TERM

Boughton Alice Majorie Rose  
Carmen Loo  
Kim Junghan  
Wood Laura Genevieve



# *Gallop into Spring*

Rein in the New Year with abundance and fortune



**From \$288+ per night**



From 1 to 28 February 2026

For room reservations, email [reception@singaporepoloclub.org](mailto:reception@singaporepoloclub.org) or call **6854 3999**

## **Room Promotion includes**

- A deck of Singapore Polo Club branded playing cards
- Turn down service with complimentary mandarin oranges and festive cookies
- Lucky red packet with a complimentary mandarin flavoured mocktail voucher

## **Terms & Conditions**

- Advanced reservation of three days is needed. Room stays are for members and their guests only
- Package is not valid for stays from 12 to 15 February
- Bookings made are non-refundable and may not be cancelled or amended
- Room stays are for members and their guests only



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# Calendar of Events

## Polo

**From 2 January**  
Field Open for Stick & Ball

**From 20 January**  
Start of Chukkas and After Party  
to Celebrate the Start of Polo Season

**21 & 22 February**  
Combination Cup featuring  
SPC Handicap Players,  
Atoms Alumni & Elite Pizza  
& Beer Party

**7 & 8 March**  
SPC Club Cup

**28 & 29 March**  
SEA Games International

**25 to 26 April**  
SPC Spring Cup

**2 & 3 May**  
SEA Games International

**16 May to 7 June**  
SPC Polo League (Full Field)

**6 to 27 July**  
Field Closure

**29 August**  
Cosmopolitan Polo

**12 to 19 September**  
SPC Regional Cup  
(SEA Games International)  
followed by After Party

**17 October**  
SPC Outreach Polo Tournament  
& Carnival

**31 October & 1 November**  
SPC Ladies Cup

**6 November**  
SPC 140<sup>th</sup> Anniversary Gala Dinner  
& Equestrian Awards Night

**14 & 15 November**  
SEA Games International

**20 November**  
Grooms Cup

**23 November to 4 January 2027**  
Field Closure

## Atoms & Riding

**From 2 January**  
Field Open for Stick & Ball

**7 & 8 February**  
SPC Dressage

**21 & 22 February**  
Combination Cup featuring  
SPC Handicap Players,  
Atoms Alumni & Elite Pizza  
& Beer Party

**21 & 22 February**  
BTSC Jumping

**7 & 8 March**  
BTSC Dressage

**14 & 15 March**  
SPC Jumping

**28 & 29 March**  
NEC Dressage

**11 & 12 April**  
BTSC Jumping

**11 to 19 April**  
Atoms Polo League Season 7

**18 & 19 April**  
SPC Dressage

**19 April**  
Atoms Anniversary,  
Atoms Polo League Finals

**7 to 9 April**  
Easter Pony Camp

**9 May**  
Polo Test

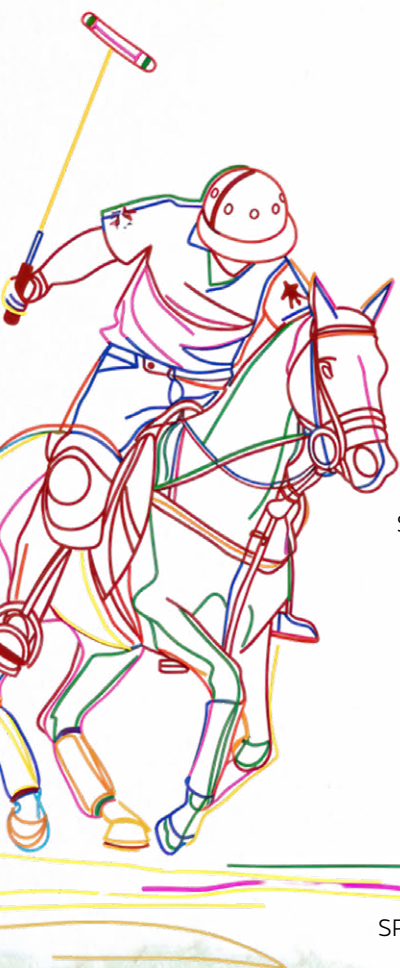
**9 & 10 May**  
BTSC Dressage

**16 & 17 May**  
NEC Jumping

**23 & 24 May**  
BTSC World Dressage Challenge

**5 & 7 June**  
BTSC National Jumping Championship

**7 June**  
SPC Training Show  
(Showjumping)





**20 & 21 June**

Atoms Summer Cup

**23 to 25 June**

Summer Pony Camp

**6 to 27 July**

Field Closure

**28 to 30 July**

Back to School Pony Camp

**22 & 23 August**

SPC Training Show  
(Showjumping and Dressage)

**22 & 23 August**

NEC Dressage

**29 August**

Cosmopolitan Polo

**29 & 30 August**

BTSC Dressage

**12 & 13 September**

SPC Jumping

**26 & 27 September**

(To be confirmed)  
FEI JWC C1 & C2

**26 & 27 September**

Atoms Ladies Cup

**13 to 15 October**

Halloween Pony Camp

**17 October**

Atoms Outreach Tournament

**17 & 18 October**

BTSC Dressage

**23 to 25 October**

(To be confirmed)  
SPC National Dressage  
Championships

**25 October**

Polo Test

**6 November**

SPC 140<sup>th</sup> Anniversary Gala Dinner  
& Equestrian Awards Night

**14 & 15 November**

SPC Training Show  
(Showjumping & Dressage)

**21 & 22 November**

BTSC Jumping  
FEI JWC C3

**21 & 22 November**

Atoms Exhibition Cup

**15 to 17 December**

Christmas Pony Camp

**23 November to 4 January 2027**

Field Closure

**Social**

**13 February**

Annual Lunar New Year Lo-Hei Celebration  
& Lion Dance Performance

**29 August**

Cosmopolitan Polo 2025

**17 October**

SPC Outreach Polo Tournament & Carnival

**6 November**

SPC 140<sup>th</sup> Anniversary Gala Dinner  
& Equestrian Awards Night

**December**

Christmas Light-up



\*Dates are subject to change.



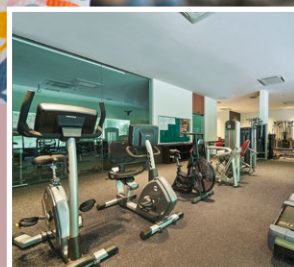
BE A PART OF THE DISTINGUISHED

# LIFESTYLE



**SIGN UP FOR A COMPLIMENTARY CLUB TOUR**

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



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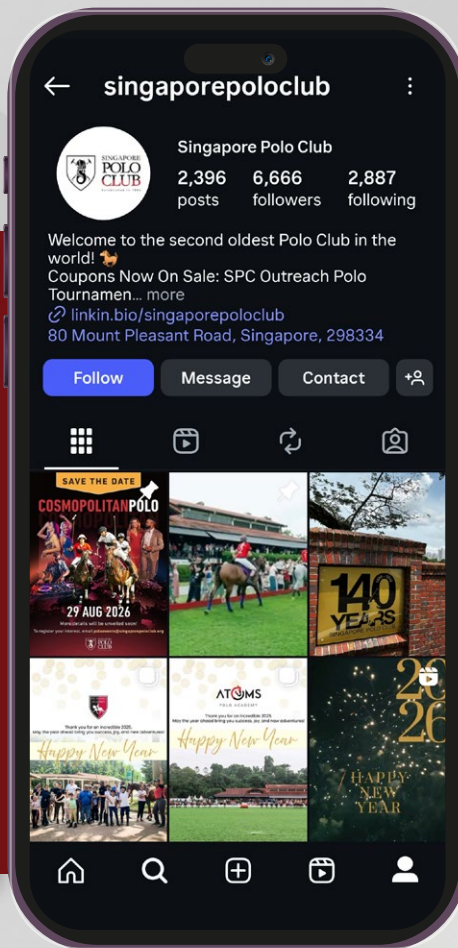
# ENGAGE YOUR AUDIENCE THROUGH **OUR ADVERTISING** MEDIUMS

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more



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to view our media rate card and to book a spot.



*In Loving Memory of*  
**Brian Miller**

7 January 1939 – 3 January 2026

Brian Miller was among the small group of players who quite literally saved polo—and the Club—in the early 1980s. At a pivotal moment following the British Army's departure, Brian personally guaranteed SGD 100,000, alongside a few others, to secure a bank loan for the construction of a new clubhouse. Completed in 1985, it marked the beginning of a new era for polo in Singapore and beyond.

This renewal was underpinned by a new constitution, an expanded membership base, and the successful introduction of a Jackpot section, run by his close friend David Lim, which strengthened the Club's finances and enabled repayment of the loan. During this period, Brian also played a key role in revitalising the Equestrian Federation of Singapore in the late 1980s.

A rubber trader and former boxer, Brian was known for being tough, principled, and fair, yet full of zest for life and deep care for others. For over 20 years, he tirelessly nurtured the Club, serving as President, Honorary Secretary, and Polo Captain. He was often the mastermind behind major events, including exchanges with the Royal Johor Polo Club, Royal Selangor Polo Club, and Royal Pahang Polo Club, as well as international engagements in places such as Ellerston and New Zealand.

Prestigious tournaments hosted at the Club, including Rolex, Cartier, and Mercedes, bore Brian's unmistakable imprint. His long-standing friendship with Jeremy Ramsey brought nearly two decades of invaluable support to the Club. Brian chose his friends carefully, and those friendships were for life.



*Mentor, Friend, Family Man  
and Polo Supporter*







One such bond was with Roy Bennett, whom Brian supported even later in life, including assisting with the acquisition of Roy's Cameron Highlands horse property when Roy was no longer able to manage it himself.

Above all, Brian was a devoted family man. His wife Maureen was always by his side, and he shared close ties with his sister Margaret and brother-in-law Derek. His daughters, Stephanie and Fiona, grew up at the Club, following in his footsteps, as did his grandchildren in later years. Whenever called upon, Brian supported his family with wisdom, guidance, and at times, financial backing to help them fulfil their dreams.

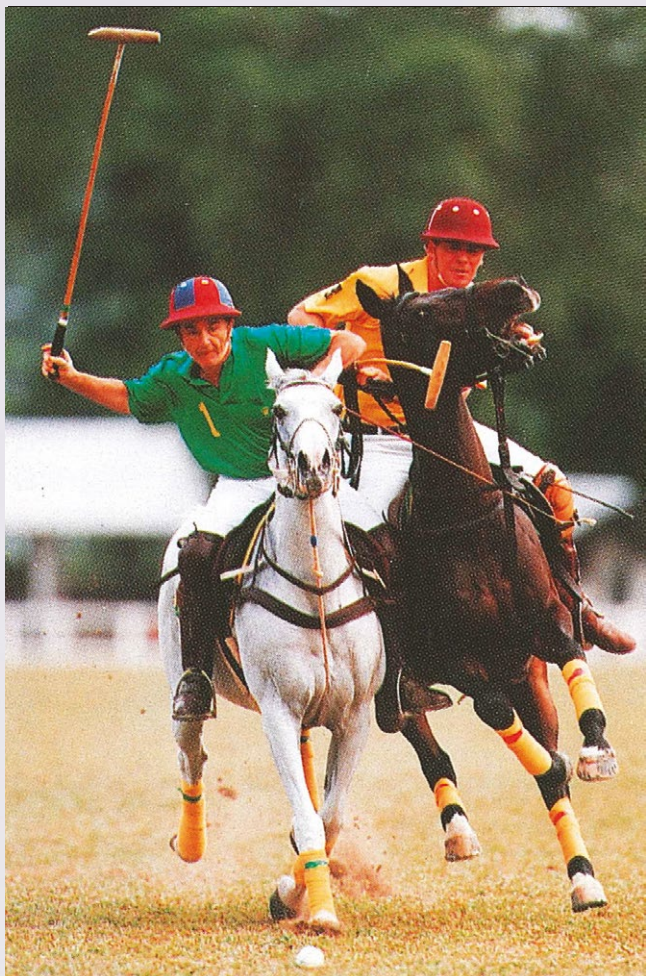
Friends will fondly remember him at the bar after chukkas, where he would rally the troops for beers and "bull shots" late into the night, often joking about sleeping in the "doghouse" to avoid Maureen's wrath.

Brian played polo extensively overseas, including high-goal polo in Malaysia, where his team won numerous cups against Malaysian sides some 15 to 20 years ago, always alongside his close friend and partner, Hero Kume. In later years, he travelled widely, both for business and to explore the world, catching up on places he had missed while building his life in Singapore.

Yet whenever something was amiss at the Club, Brian would return, ready to guide newcomers, offer counsel, and protect what he had worked so hard to build, ensuring polo's relevance to the Club, the community, and Singapore.











Thank you, Brian, for all that you gave to the Club and to us as friends. You live on in our hopes and dreams for the future of the Club.

*Rickard Hogberg*





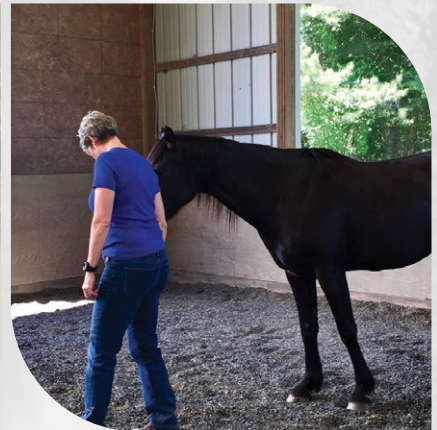
# EQUINE ASSISTED PSYCHOTHERAPY

**BY CATHY LIVINGSTON**

Cathy Livingston, a certified Mental Health Counsellor and Psychotherapist, offers a unique approach to therapy through Equine Assisted Psychotherapy at the Singapore Polo Club. As a certified Equine and Mental Health Professional in Trauma Informed Equine Assisted Psychotherapy, Cathy is involved in the Club's Outreach initiatives and works with clients aged 12 and above who are experiencing anxiety, depression, adjustment issues and the adverse effects of trauma.



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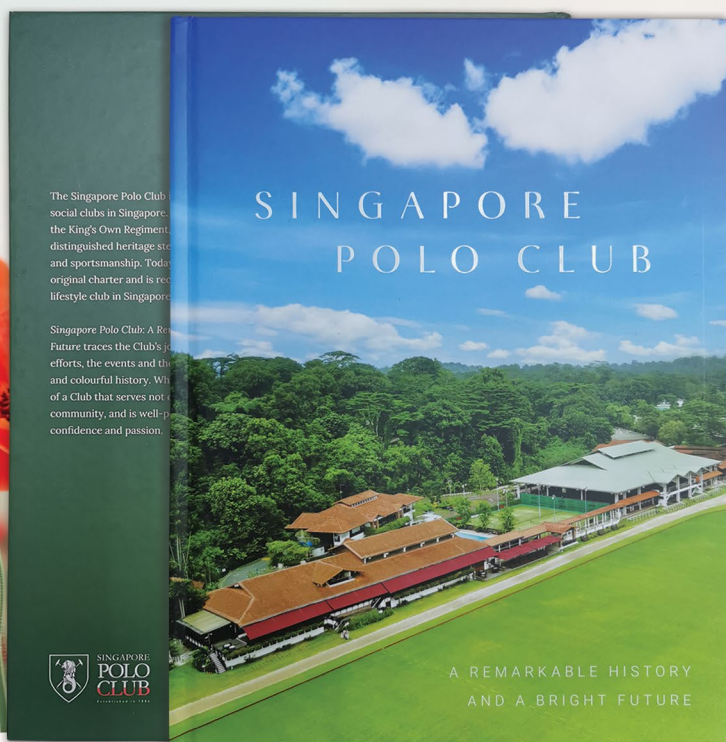
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# A Lifelong Contribution

The annual Long Service Award ceremony held on 12 December 2025 was a heartwarming reminder of the dedication that drives our Club forward. Held at the Polo Bar, the event brought together colleagues, leaders, and friends to celebrate the remarkable achievements of our longest-serving team members.

Mr Sylvan Braberry, General Manager of the Club & Head of Atoms Polo Academy and SPC Riding Academy

said it best, "Our people are our greatest strength. The knowledge, loyalty, and enthusiasm of our long-serving employees form the backbone of our club. Today, we celebrate not just years, but the incredible impact each of them has made. I am really proud of each and everyone for standing united in the various goals set for the teams each year."

***Congratulations to all our Long Service Award recipients!***



Buang Bin Arswan



Daniel Sitranen S/O Annatha Raju





Sanaullah Khan



Alinna Li



Wang Shan Feng



Zhang Xu Hua





Jayganesan Arputhasamy



Kunalan Muttaya



Li Zhao Xiang



Rajinikan A/L Ramakrishnan



Yuneswaran Sandra Segaran



Esvaran A/L Sundhararaj



Syakirin Bin Mohd Johari



Irene Seah





Jasmani Bin Ma'on



P.N.V. Sivasenkara Subrahmanyam



Wendy Kang



# RECIPROCAL LISTING

| COUNTRY                         | CITY  | CLUB   | CONTACT (WEBSITE)  |
|---------------------------------|---|--|--|
| <b>AFRICA</b>                   | South Africa  | Inanda Polo Club   | <a href="http://www.inandaclub.co.za">www.inandaclub.co.za</a>   |
| <b>ARGENTINA</b>                | Pilar   | Pilara   | <a href="http://www.pilara.com.ar">www.pilara.com.ar</a>   |
| <b>AUSTRALIA</b>                | Canberra<br>New South Wales<br>Perth  | Canberra Club<br>Sydney Polo Club<br>The Western Australian Club   | <a href="http://www.canberraclub.com.au">www.canberraclub.com.au</a><br><a href="http://www.sydneypolo.com">www.sydneypolo.com</a><br><a href="http://www.waclub.com.au">www.waclub.com.au</a>   |
| <b>CANADA</b>                   | Calgary<br>Vancouver<br>Toronto   | The Ranchmen's Club<br>Terminal City Club<br>The Boulevard Club  | <a href="http://www.ranchmensclub.com">www.ranchmensclub.com</a><br><a href="http://www.tcclub.com">www.tcclub.com</a><br><a href="http://www.boulevardclub.com">www.boulevardclub.com</a>   |
| <b>CHINA</b>                    | Beijing<br>Beijing<br>Shanghai<br>Tianjin   | Beijing Riviera Country Club<br>The Tang Polo Club<br>Nine Dragons Hill Polo Club<br>Tianjin Goldin Metropolitan Polo Club   | <a href="http://www.bjriviera.com">www.bjriviera.com</a><br><a href="http://www.tangpolo.com">www.tangpolo.com</a><br><a href="http://www.ndhpolo.com">www.ndhpolo.com</a><br><a href="http://www.goldinmetropolitanhotel.com">www.goldinmetropolitanhotel.com</a>   |
| <b>FRANCE</b>                   | France  | Polo Club du Domaine de Chantilly  | <a href="http://www.poloclubchantilly.com">www.poloclubchantilly.com</a>   |
| <b>HONG KONG</b>                | Kowloon<br>Lung Ha Wan Road   | Kowloon Cricket Club<br>Clearwater Bay Equestrian & Education Centre   | <a href="http://www.kcc.org.hk">www.kcc.org.hk</a><br><a href="http://www.ceec.hk">www.ceec.hk</a>   |
| <b>INDIA</b>                    | Jaipur<br>Kolkata<br>Mumbai<br>Mumbai   | Jaipur Riding & Polo Club<br>Calcutta Polo Club<br>Golden Swan Country Club<br>Mumbai Cricket Association<br>Recreation Centre   | <a href="http://www.jaipurpolo.com">www.jaipurpolo.com</a><br><a href="http://www.calcuttapolo.com">www.calcuttapolo.com</a><br><a href="http://www.goldenswan.com/countryclub">www.goldenswan.com/countryclub</a><br><a href="http://www.mcarecreationcentre.com">www.mcarecreationcentre.com</a>   |
| <b>INDONESIA</b>                | Jakarta   | Mercantile Athletic Club   | <a href="http://www.macjakarta.com">www.macjakarta.com</a>   |
| <b>ITALY</b>                    | Rome  | Roma Polo Club   | <a href="http://www.romapoloclub.it">www.romapoloclub.it</a>   |
| <b>JAPAN</b>                    | Yokohama  | Yokohama Country & Athletic Club   | <a href="http://ycac.or.jp/wp">ycac.or.jp/wp</a>   |
| <b>KOREA</b>                    | Seoul   | Seoul Club   | <a href="http://www.seoulclub.org">www.seoulclub.org</a>   |
| <b>LUXEMBOURG</b>               | Luxembourg  | Cercle Munster   | <a href="http://www.munster.lu">www.munster.lu</a>   |
| <b>MALAYSIA</b>                 | Ipoh<br>Kuala Lumpur<br>Kuala Lumpur<br>Kuala Lumpur  | Iskandar Polo Club<br>Sunway Lagoon Club<br>Royal Lake Club<br>Bukit Kiara Equestrian & Country Resort   | Nil<br><a href="http://www.sunway.com.my/club">www.sunway.com.my/club</a><br><a href="http://www.royallakeclub.org.my">www.royallakeclub.org.my</a><br><a href="http://www.berjayaclubs.com">www.berjayaclubs.com</a>  |
| <b>PHILIPPINES</b>              | Cebu<br>Makati  | Cebu Polo Club<br>Manila Polo Club   | <a href="http://www.cebupoloclub.com">www.cebupoloclub.com</a><br><a href="http://www.manilapolo.com.ph">www.manilapolo.com.ph</a>   |
| <b>SRI LANKA</b>                | Colombo   | Colombo Swimming Club  | <a href="http://www.colomboswimmingclub.org">www.colomboswimmingclub.org</a>   |
| <b>THAILAND</b>                 | Pattaya   | Thai Polo Equestrian Club  | <a href="http://www.thai-polo-club.com">www.thai-polo-club.com</a>   |
| <b>UNITED STATES OF AMERICA</b> | Connecticut<br>Denver<br>Honolulu, Hawaii<br>Houston<br>Iowa<br>Mexico<br>New York<br>San Francisco<br>Washington<br>Washington | The Hartford Club<br>The Denver Athletic Club<br>The Plaza Club Honolulu<br>The Houston Club<br>Des Moines Embassy Club<br>The University Club of Mexico<br>The Explorers Club<br>The University Club of San Francisco<br>Capitol Hill Club<br>Bellevue Club | <a href="http://www.hartfordclub.com">www.hartfordclub.com</a><br><a href="http://www.denverathleticclub.org">www.denverathleticclub.org</a><br><a href="http://www.theplazaclub.com">www.theplazaclub.com</a><br><a href="http://www.clubcorp.com/Clubs/The-Houston-Club">www.clubcorp.com/Clubs/The-Houston-Club</a><br><a href="http://www.embassyclub.com">www.embassyclub.com</a><br><a href="http://www.universityclub.com.mx">www.universityclub.com.mx</a><br><a href="http://www.explorers.org">www.explorers.org</a><br><a href="http://www.uclubsf.org">www.uclubsf.org</a><br><a href="http://www.capitolhillclub.org">www.capitolhillclub.org</a><br><a href="http://www.bellevueclub.com">www.bellevueclub.com</a> |
| <b>UNITED KINGDOM</b>           | London<br>London<br>London<br>London<br>Egham, Surrey<br>Midhurst   | St James's Hotel & Club<br>Royal Over-Seas League<br>Cavalry & Guards Club<br>The Eccentric Club<br>Guards Polo Club<br>Cowdray Park Polo Club   | <a href="http://www.stjameshotelandclub.com">www.stjameshotelandclub.com</a><br><a href="http://www.rosl.org.uk">www.rosl.org.uk</a><br><a href="http://www.cavgdsclub.co.uk">www.cavgdsclub.co.uk</a><br><a href="http://www.eccentricclub.co.uk">www.eccentricclub.co.uk</a><br><a href="http://www.guardspoloclub.com">www.guardspoloclub.com</a><br><a href="http://www.cowdraypolo.co.uk">www.cowdraypolo.co.uk</a>   |





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

Open only to members of Singapore Polo Club.





# A Perfect Year-End Tradition

The year-end Christmas Pony Camp on 16 to 18 December once again proved to be a cherished tradition, one that brings together the joy of the season with the magic of horses. For many of our young riders, it was the best way to end the year outdoors on horseback, surrounded by friends and filled with holiday cheer. For our young riders, the highlight of the three-day camp was the Jungle Trail Ride, an outdoor experience that blended adventure with horsemanship.

Under the guidance of our experienced riding instructors and grooms, our young riders mounted their trusted ponies and set off through a winding nature trail framed by lush greenery at the back of the Clubhouse. The ride offered a rare chance for children to experience the thrill of riding outside the arena while learning the importance of calm communication with their ponies, learning to read the body language of horses in a natural environment, and maintaining their balance on uneven terrain.

The ponies, ever patient and steady, carried their riders confidently through shaded paths, chirping wildlife, and soft

morning light. It was a journey filled with wonder and the perfect introduction to trail riding for beginners.

The camp continued with campers socialising with their fellow riding friends over gymkhana games, stable management programmes such as mucking out the stables, grooming and showering the ponies. They even interacted with the ponies and horses with a cute pony painting session where washable, toxic-free paint is used to dress the ponies in vivid colours.

To liven up the festive mood at the camp, a Best Dressed Competition was organised in conjunction and our riders in their festive ensembles. Congratulations to Zahra Gogolitsyn who was awarded Best Dressed of the camp!

The Atoms Polo Academy and SPC Riding Academy have a host of activities and camps lined up for the year.

Contact them at [atoms@singaporepoloclub.org](mailto:atoms@singaporepoloclub.org) or [riding@singaporepoloclub.org](mailto:riding@singaporepoloclub.org) to find out more.



A group photo to end the year





Best Dressed – Zahra Gogolitsyn with Mr Sylvan Braberry, General Manager, together with our riding and polo instructors



Some fun moments during the camp



Pony campers receiving the Certificate of Participation



Learning to groom a horse



Horse rides at the covered arena



Bandit looking so adorable at a pony painting session during the camp





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2026

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## *Featuring* **Joseph D. Cina** Elevating Luxury Hospitality at JW Marriott Quito

**M**r. Joseph D. Cina, Cluster Vice President and General Manager of the JW Marriott Quito, brings more than three decades of experience in luxury hospitality across key markets including New York, Miami, Guayaquil, and Quito. His early exposure to the industry began in his father's restaurant in the United States, where he learned the impact of authentic, disciplined, and detail-driven service—principles that shaped the foundation of his career.

He built his professional trajectory in renowned properties such as The Plaza Hotel Central Park and The Essex House Nikko Hotel in New York. These formative roles provided him with a comprehensive understanding of operations and the elevated standards required in world-class hospitality. He later advanced into leadership positions in Miami and Guayaquil, strengthening his expertise in Food & Beverage, Guest Care, and Operations, and refining his ability to enhance service quality and optimize internal processes.



Since 2015, Mr. Cina has led the JW Marriott Quito, guiding the hotel through a period of strategic strengthening and cultural evolution. Under his direction, the property has embraced and elevated the core JW Marriott brand values: warmth in guest interactions, intentionality in service delivery, nature as inspiration for harmony and wellbeing, and inspiration as a defining element in creating memorable stays. His leadership combines operational discipline, strategic rigor, and a human-centered approach that supports the growth of more than 500 associates and ensures consistency with global brand standards.







Presidential Suite



Room



Botanica Restaurant



Fogo de Chão

During his tenure, JW Marriott Quito has reinforced its reputation as one of South America's leading luxury hotels. Continuous improvement initiatives, refined service protocols, and a steadfast commitment to guest satisfaction have positioned the property as a regional benchmark. Its intuitive service, serene elegance, and genuine connection with guests reflect both the brand's philosophy and Mr. Cina's commitment to excellence.

Mr. Cina's academic background includes a Master Certificate in Hotel Management from Cornell University and a BS in Human Resources Management from Universidad de Guayaquil. He also holds complementary studies in International Business and Hotel Management from institutions such as the University of California Irvine and Swiss Business School. This solid academic foundation strengthens his operational expertise and strategic vision.

Today, Mr. Joseph D. Cina continues to lead the JW Marriott Quito with clarity, purpose, and an unwavering dedication to excellence. His leadership embodies the signature qualities of the JW Marriott brand—warmth, intention, nature, and inspiration—ensuring exceptional guest experiences and sustained regional distinction.



JW Plaza Restaurant



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For enquiries, please email [events@singaporepoloclub.org](mailto:events@singaporepoloclub.org) or call **6854 3999**



# Membership Launch of The Pony Club of Singapore

The Pony Club of Singapore officially marked an exciting milestone with the launch of its membership programme on 6 December, opening the doors to a new generation of young riders eager to learn, grow, and connect through equestrian sport.

Offering a structured, supportive environment that goes beyond riding skills and rooted in internationally recognised Pony Club values, its programme emphasises horsemanship, safety, discipline, teamwork, and confidence both in and out of the saddle. Young equestrians learn stable management, horse care, and equestrian theory, alongside opportunities to participate in clinics, camps, and friendly competitions. Pony Club also fosters

life skills such as responsibility, leadership, and respect for animals. Young members learn the importance of care, patience, and partnership, forming meaningful bonds with horses and peers alike.

As memberships open, Pony Club invites families to be part of this meaningful journey that celebrates learning, camaraderie, and a shared love for horses. With more structure in place, pony club looks set to become a cornerstone for youth equestrian development in the years ahead.

Sharing some of the happy moments from the launch here. To find out more, contact [riding@singaporepoloclub.org](mailto:riding@singaporepoloclub.org).





# PONY



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- Registration fee at \$125 w/GST per year and rally fees at \$88 w/GST per month\*

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

Sign up now at the riding office or email [ponyclub@singaporepoloclub.org](mailto:ponyclub@singaporepoloclub.org)





# FEI Asian Championships Pattaya 2025 (Para Dressage)

*Gemma Rose Foo clinches two individual silver medals and a team gold medal*

A proud moment indeed for all of us at the Singapore Polo Club and SPC Riding Academy! Paralympian, Gemma Rose Foo, clinched two silver medals (individual) and a gold medal (team) at the Para Dressage event held at the FEI Asian Championships 2025 from 24 to 30 November in Pattaya.

Coached by Daniel Sitranen for several years at the SPC Riding Academy, Gemma delivered an outstanding performance to win two silver medals with her horse, Mona Lisa in the individual category (Grade 1). Along with her fellow team mates, Hilary Su and Laurentia Tan, she went on to clinch a gold medal for Team Singapore showcasing composure and harmony in the team category.

2025 was also the very first year that Para Dressage was included in the FEI Asian Championships. Gemma mentions that her National coach, Volker Eubel from Germany has been a huge part of the team's journey to the Asian Championships. She trains with Mona Lisa under his guidance.

A truly close competition, and a proud moment for our para equestrian community. Each ride reflected dedication, courage, and the spirit of Singapore, proving once again that excellence comes in many forms, not only in medals.



*"Competing at the debut of Para-Dressage at the FEI Asian Championships was a long time coming. Now that it's finally come to fruition, I am so grateful to everyone who made this possible."*







# Pony CAMP



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.  
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Train rides will be cancelled in case of bad weather





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# SPC Young Rider, **Indi Sicrea**

At an age when most are just discovering their passions, this young rider is already living hers at full stride. With a focused mind, and a bond with her horse that's impossible to miss, her journey is proof that determination and heart make a powerful combination.



Indi with Tiptoe



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

I was 4 years old when my mum introduced me to horse riding. I learnt at a riding school in Australia. When I was 6, my parents bought me my very first pony: Teddy, a buckskin welsh pony with the face of an angel, the attitude of a toddler on a sugar high, and a heart big enough to forgive all my questionable early riding skills. Teddy and I were on the cover of Australia's leading horse magazine when I was 7 and he was 12. Sadly, we had to sell Teddy when we moved to Singapore.

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

I joined SPC over 3 years ago. Laurent has been my instructor for the entire time. He has taught me so much, including jumping which I love! And then there's Tiptoe, the pony I've ridden for most of my time at the club. He's been the absolute dream - steady, sweet and somehow always understanding me better than I understand myself.

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

I usually train 2 to 3 times per week. One flat and one jumping lesson and then the occasional private lesson. As I get older my schedule is becoming more demanding. I am in Year 7 now and also play team sports such as Netball, Touch Football, Volleyball and Basketball. I have been selected for The Fobisia games again this year so there is also a lot of training in preparation for that. The ever-present school homework adds on to the list and sometimes I feel that I need to take a break in my schedule as I feel a little exhausted.

### Any interesting experiences?

Living in Singapore means we're basically professional travellers at this point. Whenever we go on holiday, mum and I manage to find a place to ride - so we've ended up horse riding in some really special places, including weaving through the caves of Cappadocia in Turkey while hot air balloons are floating past us. But the ultimate highlight? When my parents completely blindsided me with tickets to the finals of show jumping and cross country at the Paris 2024 Olympic Games. It was an experience I will never forget! And I met some of the Olympic riders too!



At Cappadocia, Turkey



With Teddy, a buckskin welsh pony

### Who is your idol in terms of riding?

I have many idols in terms of horse riding. They include my coaches both in Singapore and Australia, all the Olympic riders and even some of my friends whom I've seen overcome tough times during riding (falling and losing confidence) and getting through the mental hurdles to continue with the sport. I'm inspired by them all.

### Have you participated in any training shows, interclub shows etc?

I have participated in loads of shows, mostly on my favourite pony Tiptoe. The competitions are a great way to show the skills I've learnt during lessons and I love being part of the process. I hope to continue competing in the future.

### What is your advice for someone intending to take up riding?

Horses are magical creatures with an uncanny ability to make us feel brave, calm or just slightly chaotic - often all at the same time. Learning to ride them is a wonderful addictive mix of fun, challenge and the occasional accidental gymnastics move.

It's important to start with a horse or pony that makes you feel safe and steady before graduating to the "spicier" models - the ones with a little extra horsepower and a lot of extra opinions. And of course, a great coach is essential: someone who can guide you, cheer you on, and gently remind you that yes, your horse did try to outsmart you and no, you're not imagining it.

### What are your future plans and ambitions?

As an expat kid, I'm never quite sure how long Singapore will be home, but I do know there's a horse waiting for me back in Australia. I definitely see myself working with horses in the future - one way or another. When I was younger, I had big Olympic dreams in dressage or show jumping. But recently I visited Nihi Sumba and thoroughly enjoyed learning about Equine Assisted Therapy and how horses can help humans heal and vice versa, so maybe my plans have changed now.



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### SOS Skin Care Range

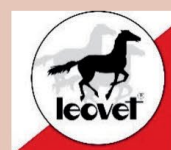
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# Art Exhibition by Gorgeous Art Gallery

Gorgeous Art Gallery was founded by Mr. Ang Ban Tong, an avid art collector and an active polo player at the Singapore Polo Club, with the vision of engaging fellow art enthusiasts and sharing a deep appreciation for a diverse range of artistic expressions. Through the gallery, he seeks to champion both emerging and established artists, while contributing meaningfully to the enrichment of Singapore's artistic and cultural landscape.

The gallery is dedicated to the promotion of high-quality painting and calligraphy. While the growing popularity of these art forms has created a vibrant and diverse creative environment, Mr. Ang maintains that enduring art is defined by more than visibility alone. He believes that artists with strong technical foundations, a distinctive personal style, compelling artistic language, and clear potential for growth are those who stand the test of time and earn the confidence of discerning collectors.

Currently, artworks by Aung Kyaw Htet, a Myanmar artist, are on display at the Singapore Polo Club. In support of the Club's community efforts, 15% of the proceeds from the sale of these artworks will be donated to the SPC Outreach Fund, helping to support initiatives for the less fortunate.

To purchase any of his artworks on display or to view more of his art collection, please visit

## **Gorgeous Art Gallery**

First Centre

50 Serangoon North Avenue 4

#01-07

Singapore 555856

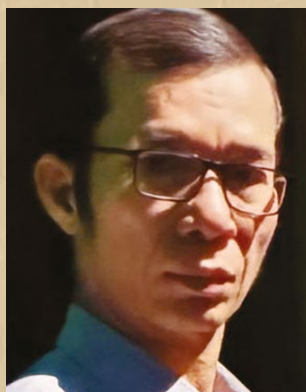
Tel: 6570 0069

[www.gorgeousgallery.com.sg](http://www.gorgeousgallery.com.sg)





## About the Artist



*Born in 1965, Myaung Mya, Myanmar.  
Studied at the School of Fine Arts, Yangon  
and with art masters U Thu Kha and  
U Aung Moe.*

### Myanmar Exhibitions

Numerous exhibitions in Myanmar between 1990 & 2001.

### Abroad Exhibitions

- 2002 Art Asia NYC Gallery, New Yourk, USA.
- 2002 Two men show, "Burmese Days" with Myint Swe at Thavibu Gallery, Bangkok.
- 2003 Group Exhibition, Singapore.
- 2003 Art Asia NYC Gallery, New York, USA.
- 2004 Two men show, "Burmese Masters" with U Lun Gywe at Thavibu Gallery, Bangkok.
- 2006 Art Taipei, Taiwan.
- 2006 Two men show, "Spirit of Burma " with Aung Kyaw Tun at Thavibu Gallery, Bangkok.
- 2008 Art Singapore, Singapore.
- 2008 "Spiritual Spaces" at Thavibu Gallery, Bangkok.
- 2009 The Indian Art Summit, New Delhi, India.
- 2010 Art Monaco '10, Monaco.
- 2014 Group Show at Gallery Jireh, Korea.
- 2014 Group Show, "East Meets West" at Agora Gallery, New York, USA.
- 2018 Myanmar Rising Group Show, Netherlands.
- 2018 Two men show, "Explosion of Colors" with Kyaw Soe at Thavibu Art Gallery, Thailand.

### Solo Shows

- 2003 "Shade of Asia" at HK Fine Art, Hong Kong.
- 2008 "Burmese Inspiration" at Thavibu Gallery, Bangkok.
- 2008 Kamalaya Koh Samui, Thailand.
- 2009 "The Silent Journey" Red Gate Gallery, Dubai, UAE.
- 2010 "Shades of Grey" at Thavibu Gallery, Bangkok.
- 2012 Chan Hampe Galleries, Singapore.
- 2012 "Illuminations" at Thavibu Gallery, Bangkok.
- 2013 Gallery Jireh, Korea.
- 2015 "Rice is Life" at Thavibu Gallery, Bangkok.
- 2018 "Serenity and Splendor of Myanmar", Blue Gallery, Hanoi, Vietnam.
- 2019 A Fan and A Bowl, River Gallery, Yangon, Myanmar.
- 2020 Mind's Shadow, Joy man Gallery, Bangkok, Thailand.
- 2023 Inner Light, Blue gallery, Ho Chi Minh City, Vietnam.
- 2024 Ever Changing, AKH Art Gallery, Yangon, Myanmar.

### Museum Collections

The National Museum of Myanmar  
The National Art Gallery of Malaysia

### Auctions

Singapore, Hong Kong, Indonesia

### Book

"Aung Kyaw Htet Myanmar Inspiration"



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# A Season of Sparkle

## Christmas Light-Up Celebration



Every festive season, members, guests and staff patiently await the moment when the clubhouse is transformed into a spellbinding winter wonderland. The Christmas Light-Up on 6 December 2025 was not just an illumination ceremony but a full evening of festive joy, nostalgic charm, and heart-warming celebration. From the marching Toy Soldiers' Drumming Performance to a grand cake-cutting ceremony, the event brought Christmas spirit to life with colour, laughter, and unforgettable moments for members and their loved ones.

The celebration started with carollers filling the air with soulful Christmas carols, harmonising festive classics that drifted through the polo bar. From "Jingle Bells" to "Rudolph the Red Nose Reindeer," their voices added an element of grace and tradition. Guests gathered around, some singing along softly, others simply soaking in the peaceful, nostalgic atmosphere.

A charming puppet show along with a magic show which showcased a whimsical tale brought to life with colourful characters, gentle humour, and an uplifting message of kindness and friendship this season brought joy to little faces as puppets danced, played, and told their Christmas story.

As the sun set and anticipation grew, the crowd gathered for the moment everyone had been waiting for. For the very first time and with a countdown echoing from the polo field through the clubhouse, the Christmas lights burst to life — twinkling stars, glittering arches, swirling snowflakes and a luminous tree at the polo bar. Gasps, cheers and applause filled the air. The entire place seemed to glow with renewed warmth, wrapping the night in magic. Huge thank you to our Honorary Secretary, Mrs Stephanie Masfield and General Manager, Mr Sylvan Braberry for gracing the light-up.

We would also like to extend our hearty appreciation to Dementia Singapore for their kind generosity. Mr Bryan Tan, CEO of Dementia Singapore presented our General Manager, Mr Sylvan Braberry with a framed artwork by one of their beneficiaries as a token of appreciation.

Shortly after the light-up ceremony, guests were welcomed by an enchanting parade of life-sized toy soldiers drumming away in their red-and-gold uniforms. These whimsical guardians of Christmas greeted families with playful salutes and cheerful fanfare, setting the tone for an evening that felt like stepping straight into a storybook.

*Merry  
Christmas*





Cheers and celebration at our annual Christmas Light-Up

Decorated in festive colours, an 8kg cake took centre stage at this year's Christmas cake-cutting ceremony led by Mrs Masefield and Mr Braberry as the crowd joined in with cheers and applause. Slices of the festive treat were later shared with attendees.

As lights shimmered and music played, guests enjoyed a sumptuous buffet dinner featuring classic local fare and family favourites. Families gathered around tables to share good food, lively conversation, and the simple joy of being together.

Of course, no Christmas celebration would be complete without the arrival of Santa and Santarina. Their entrance, greeted with excited squeals from children, was one of the most heart-warming moments of the night. They happily handed out gifts to every child - beautifully wrapped surprises that lit up countless little faces. Photos with Santa and Santarina quickly became the busiest corner of the evening.

To end the night, children participated in a Piñata hitting game where they took turns, cheered on by friends and family, as they tried their luck at breaking open the piñatas. The little ones were greeted by a rain of candies and sparkles met with squeals of excitement and laughter.

Thereafter, the party shifted to the dance floor. Kids freely expressed themselves, teens showed off their best steps, and adults rediscovered the simple happiness of dancing under the stars. It became a rare moment where they shared the same beat brought across by DJ Elkin.

This year's Christmas Light-Up was a beautiful start to the festive month. From gleaming lights, heart-warming performances and Santa's gifts, to the laughter around the buffet tables, every moment felt like a reminder of what makes the festive season so special.



Carollers who provided much Christmas cheer



Air-brush Tattoo



Puppet Show





## Festive Christmas Bazaar



Mr Sylvan Braberry, General Manager of the Club receiving an artwork as a token of appreciation from Mr Bryan Tan, CEO of Dementia Singapore



Everyone anticipating the Christmas Light-Up Ceremony



A dazzling Drumming Performance by the Toy Soldiers



Cake-cutting to celebrate the start of the festivity



Featuring the toy soldiers with Mrs Stephanie Masfield, Honorary Secretary and Mr Sylvan Braberry, General Manager of SPC



A feast to remember: Christmas Buffet Dinner





A Visit From Santa & Santarina



A Burst of Fun: Piñata Extravaganza



Photo opportunities with Santa and Santarina



Members and guests on the dance floor



# Junior Academy Programme

LESSONS ON MONDAYS & FRIDAYS  
5 TO 14 YEARS OLD  
4PM - 6PM

LESSONS ON SATURDAYS  
5 TO 14 YEARS OLD  
9AM - 12PM



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# CHEF LUNAR NEW YEAR SPECIALS



## PROSPERITY TOSS

smoked salmon ribbons, pickled green papaya, beetroot, pomelo pearls, crispy taro, toasted sesame, ikura, topped with yuzu-plum sesame dressing

20



## BRAISED HE HA PRAWNS

shitake, baby bok choy and truffle ponzu

26



## SILVER HILL DUCK BREAST

tangerine-hoisin reduction, caramelised peanuts, lotus root crisp, five-spice jus

28





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\*Terms & Conditions Apply



# Healthy Rainbow Yu Sheng for Lo Hei

**T**oss to good health and prosperity with this healthy rainbow Yu Sheng recipe, contributed by Kua Pei San, Dietitian from Outram Community Hospital (OCH), under SingHealth Community Hospitals (SCH), a member of the SingHealth group.

This recipe also features the use of blanched vegetables, which are softer and thus more suitable for elderly's consumption!

This recipe serves 6 to 8.





## Ingredients

- 1 can of tuna in oil
- 1 tablespoon of roasted sesame seeds
- 1 tablespoon of peanut powder
- 1 teaspoon of 5 spices powder
- 1 teaspoon of cinnamon powder
- 1 slice of pomelo, peeled and sacs separated
- 1 small red dragon fruit, cubed
- 1 small mango, sliced into strips
- 3 pieces wholemeal crackers, crushed

### Vegetables (shredded and blanched):

- ½ cup Chinese white daikon
- ½ cup purple cabbage
- ½ cup carrot
- ½ cup cucumber

### Dressing:

- 2 tablespoons of plum sauce
- 4 tablespoons of lime juice
- 1 tablespoon of honey
- 1 tablespoon of sesame oil
- Water (optional)

## Method

1. Combine the dressing ingredients in a small bowl and set aside. Add some water to achieve the desired consistency, if necessary.
2. Arrange the tuna in the centre of a large plate.
3. Place the vegetables and fruits in sections around the plate.
4. Sprinkle the sesame seeds, peanut powder, 5 spices powder, cinnamon powder and crushed whole-wheat crackers over the vegetables and fruits.
5. Pour the dressing evenly.
6. **Toss for good health and enjoy!**

## Nutrition Facts

| Nutrient    | Energy (kcal) | Carbohydrate (g) | Protein (g) | Fat (g) | Sodium (mg) | Fibre (g) |
|-------------|---------------|------------------|-------------|---------|-------------|-----------|
| Per Serving | 143.2         | 15.1             | 5.3         | 5.8     | 111.3       | 3.1       |

## Tips for a healthier Yu Sheng

1. Colourful fruits and vegetables provide more fibre and various phytochemicals compared to the conventional Yu Sheng.
2. Blanching the shredded vegetables will soften the texture, making it easier to be consumed by the elderly who have chewing issues.
3. Canned tuna can be replaced with konjac based vegan fish shreds for those who are vegetarian

## Auspicious things to say when adding Yu Sheng ingredients

- Shredded Chinese white daikon: May our work and business progress by leaps and bounds. 步步高升
- Shredded carrot: Good luck will come our way. 鸿运当头
- Shredded cucumber: May we have eternal youth. 青春永驻
- Pomelo: Cheers to good luck and prosperity. 大吉大利
- Tuna: Wishing for abundance through the years. 年年有余
- Crushed whole-wheat crackers: May our household be filled with gold and silver. 黄金满地
- 5 spices powder: May five blessings descend upon this home. 五福临门
- Plum sauce: May life be sweet and blissful. 甜甜蜜蜜





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Start:

## Welcoming **2026** With **Restorative Wellness**

### **Begin With a Gentle Reset**

January is an invitation to slow down. Instead of rushing into resolutions, let the new year arrive with intention. A softer pace helps your mind and body realign before stepping into what's ahead.

### **Release What Your Body Still Holds**

The busyness of 2025 may linger in your muscles and breath. Therapeutic massage supports the natural unwinding process—easing tension,

calming the nervous system, and helping your body let go of what it no longer needs.

### **Reconnect Through Mindful Touch**

Massage isn't just physical care; it's a moment of grounding. The warmth, pressure, and rhythm bring you back to your senses, encouraging deeper connection with your own body's signals and needs.

### **Build Nourishing Rituals**

Wellness thrives on consistency, not intensity. Create simple

rituals — a monthly treatment, mindful breathing, herbal teas, evening stretches. Small acts of care become anchors that support balance throughout the year.

### **Step into 2026 Feeling Rested and Renewed**

When your body feels restored, your mind follows. Start the year with clarity, softness, and a renewed sense of wellbeing. Let 2026 be a year shaped by presence, not pressure.

### **Muscle Relief** (no oil)

Acupressure non-oil massage working on the upper & lower back massage with preferred massage pressure.

### **Benefits:**

Relieves tense & sore muscles, promotes circulation & flexibility, boosts energy

**Price: 60 min** – \$145 (Guest) | \$116 (Member)  
**90 min** – \$205 (Guest) | \$164 (Member)

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# SIP INTO BALANCE:

## Three Botanical Blends to Begin 2026 Well

### **1. Blue Pea Flower for Calm and Restoration**

Blue Pea Flower Tea is your go-to for unwinding. Known for its calming properties and vibrant sapphire hue, it helps soothe the nervous system and invites a sense of serenity. It's the perfect evening ritual — a quiet, beautiful way to slow your heart rate and soften your thoughts.

### **2. Warming Ginger for Inner Strength**

Start the year with a cup that awakens your body from the inside out. Aged Ginger Tea gently warms your system, supports digestion, and helps ease tension from long, stressful days. Its natural heat brings comfort, grounding, and a quiet sense of strength — perfect for cool mornings or when life feels heavy.

### **3. Lemongrass for Clarity and Lightness**

If your mind feels cluttered from the year that's passed, Lemongrass Tea offers a refreshing reset. Naturally uplifting yet soothing, it helps clear mental fog, supports gentle detox, and adds lightness to your daily rhythm. It's the ideal sip for midday clarity or a moment to pause and breathe.

### **Three Teas, One Wellness Routine**

Together, these blends offer a simple yet powerful approach to daily wellbeing: warm your core, clear your mind, and settle your spirit. Build small rituals with them — morning ginger, afternoon lemongrass, evening blue pea — and let each cup gently guide you toward a more balanced 2026.



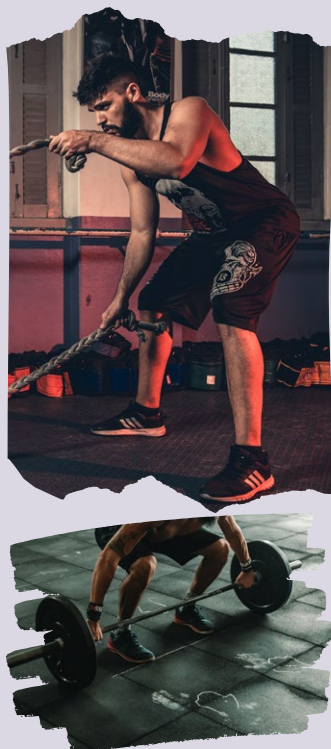
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# FITNESS IRONMAN TRAINER SG

## SHAPE YOUR BODY



### Resistance Training for Long-Term Weight Management: 4 Factors to Consider

One review of several studies involving weight training and weight loss provides insight into what type of resistance program may work best. The four factors to consider are the type of muscle action, workout intensity, movement speed, and rest between sets.

#### Muscle Action:

Muscle responds differently depending on whether the action is concentric, eccentric, or isometric. All of these have positive effects but eccentric actions appear to be the best for generating micro-lesions. These lesions are what helps the muscle grow.

Eccentric motion is known as the negative part of the exercise. It is the lowering of the weight in a bicep curl or the lowering of the body in a pushup. Continuing to engage the muscle during this downward motion moves you one step closer to your weight loss goals.

#### Workout Intensity:

This review noted that the typical recommendation is to use a weight that allows for no more than 6 and 12 reps. The reason for this is that fewer reps with heavier weights is better for increasing muscle size (hypertrophy). The bigger the muscle, the more calories you burn even while at rest.

Your goals must be considered as well. If you are after improved muscle strength and endurance, for instance, fewer sets (1-2) with more reps (20-28) may be better at achieving this goal.

#### Movement Speed:

Another factor to consider is how fast to lift and lower the weight. Energy expenditure is greater when the weight is lifted faster. Lifting faster is also better at increasing muscle size, again, increasing calorie usage.

The key with movement speed is to not sacrifice form. Each weight lifting exercise must be completed in the proper position. This helps reduce injury risk. It also works to isolate the muscle the exercise is intended to target.

#### Resting Between Sets:

Doing one set, resting for a short period of time, then doing another set helps increase the metabolic rate even more. The reason for this is because longer pauses give the body the opportunity to regenerate creatine phosphate. Shorter pauses force it to rely on fat for energy intake.

For the best effect, these pauses should range from 45 seconds to 90 minutes in length. These tend to raise metabolic rate more than resting longer periods, such as 3-5 minutes.

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# Best Alternative Foam Roller Solutions for Muscle Relief



Looking for an alternative foam roller for muscle recovery? This article explores effective options like tennis balls, massage sticks, and more advanced tools to help you find the best fit for your needs.

## Key Takeaways

- Foam rollers may not be suitable for everyone due to issues like portability, comfort, and specific recovery needs, prompting the search for effective alternatives.
- Alternative muscle recovery tools such as tennis balls, lacrosse balls, and massage sticks provide targeted relief and controlled pressure, catering to individual comfort levels.
- Advanced options like massage guns and compression boots offer comprehensive recovery solutions, while common household items can effectively serve as cost-efficient substitutes for foam rollers.

## Effective Foam Roller Alternatives for Different Muscle Groups

Foam rollers are not the only tools available for muscle recovery. In fact, several alternative tools can provide more nuanced relief and allow better pressure adjustment.

These alternatives include massage balls, massage sticks, and even household items, each offering unique benefits for different muscle groups.

- Tennis Ball for Targeted Relief
- Lacrosse Ball for Versatile Use
- Massage Stick for Controlled Pressure

## Advanced Tools for Deep Tissue Massage

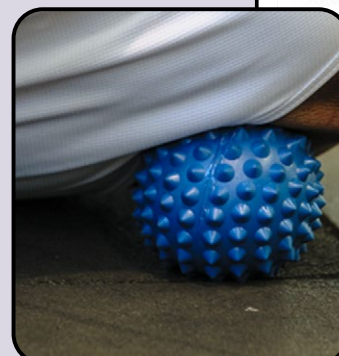
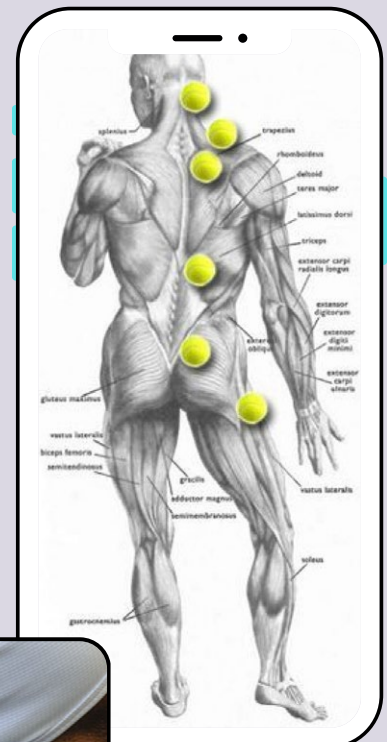
For those seeking more advanced options for deep tissue massage, there are several innovative tools available. These tools, such as PVC pipes and spiky massage balls, offer enhanced capabilities for deeper tissue massage, providing significant relief for chronic pain and improving overall recovery.

- Massage Gun for Percussive Therapy
- Compression Boots for Comprehensive Recovery

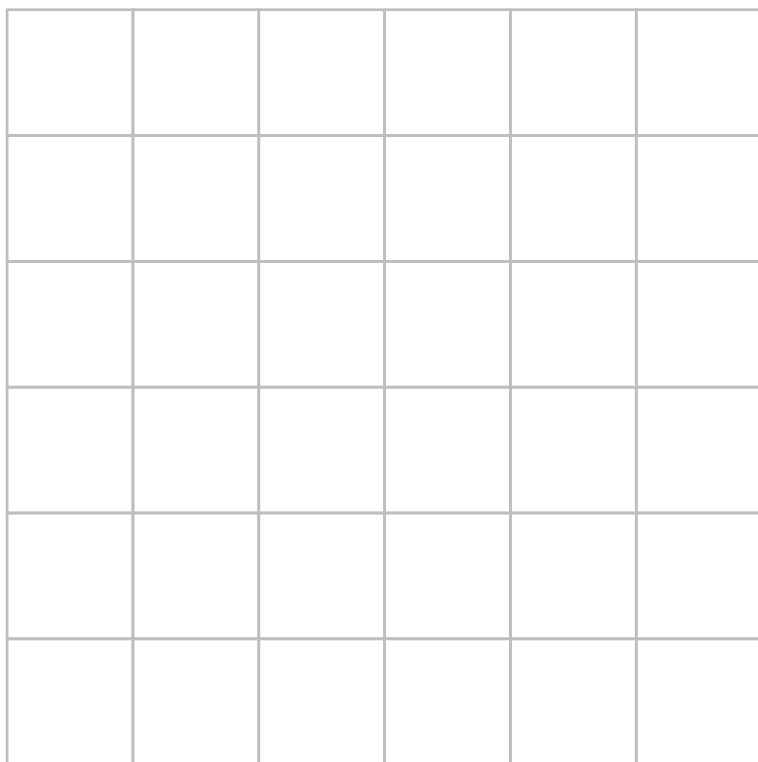
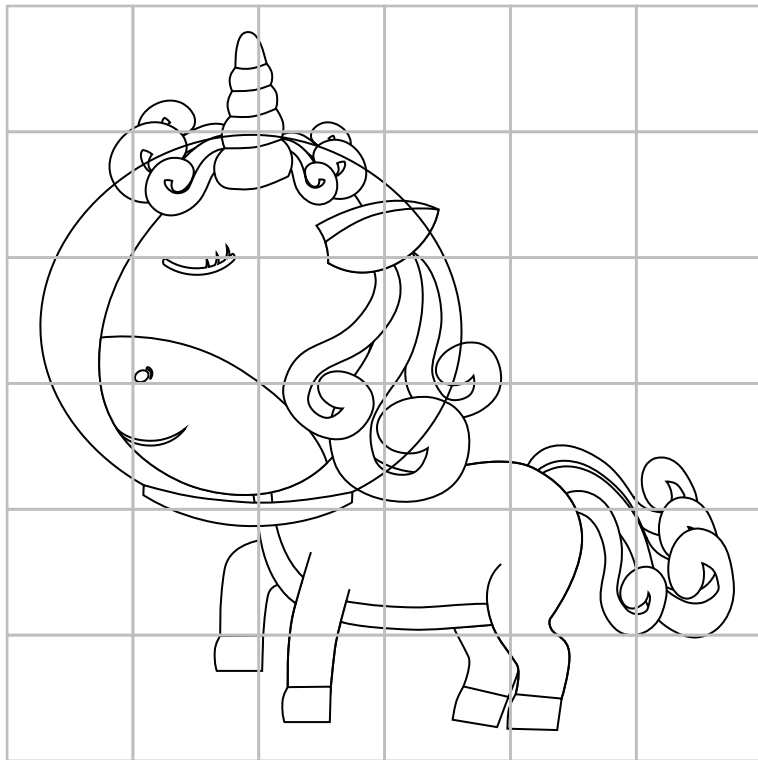
In summary, while foam rollers are effective tools for muscle recovery, they are not the only option. Alternatives like massage balls, massage sticks, and household items offer unique benefits and can be more suitable for certain users.

If you are having muscle soreness, do speak to our certified physiotherapist for assistance

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# Draw & Colour Challenge!

Recreate the given picture as accurately as you can, then colour it.

Give it your best shot and have fun creating your own masterpiece.





# GONG XI FA CAI!

Are we ready for this exciting activity? Spot the flower without a ladybug!



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