

SINGAPORE **POLO CLUB**



**Fall International
Tournament 2023**

Catch the highlights of the Gold
and Silver Cup

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CLUB NEWS

SPC Commemorative Book,
Now on Sale

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RIDING

FEI Dressage World
Challenge 2023

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LIFESTYLE

Christmas Light-Up &
Festive Bazaar 2023

ATOMS

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K.C. Loh

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Polo Captain

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Honorary Secretary

Stephanie Masefield
Honorary Treasurer

Leon Chu
Committee Member

Lee Joo Bae
Committee Member

April McKenna
Committee Member

Peggy Yeo
Committee Member

Wee Tiong Han
Committee Member

Federico Vescovi
Committee Member

MANAGEMENT

Sylvan Braberry
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Wendy Tham
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Club Duty Manager

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Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Marlene Teo
Marketing Communications
& Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

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

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

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (weekdays)
12.00pm – 3.00pm &
6.00pm – 10.30pm (weekends)
Closed on Mondays
(Last order at 2.45pm & 9.45pm)

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

FACILITIES

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

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

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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Membership	membership@singaporepoloclub.org
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Riding	riding@singaporepoloclub.org
Atoms Polo Loft	atoms@singaporepoloclub.org



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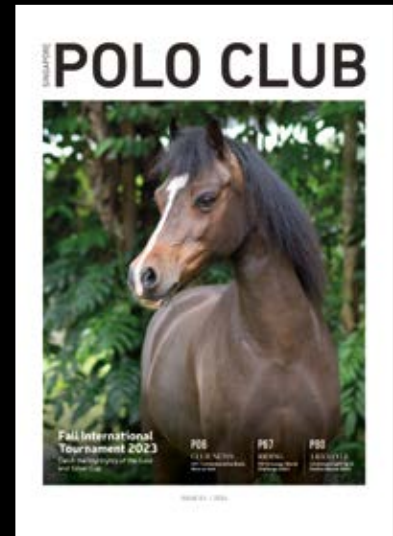
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COVER IMAGE

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Dear Members,

As we embark on a new year, I find it meaningful to reflect on the year that has just passed, assessing the accomplishments, personal growth and areas for improvement. I am heartened by the numerous milestones that our Club has not only envisioned but also successfully achieved.

Our inaugural SPC Outreach Polo Tournament & Carnival on 22 October 2023 saw more than 1,000 attendees participating in various fun-filled carnival games and equestrian activities organised by our management team and staff.

The high point of the day featured an exhilarating polo match that unfolded in both the morning and afternoon sessions. The combined efforts of Atoms Polo Academy players and our seasoned polo veterans created an adrenaline-pumping spectacle, leaving our esteemed Guest-of-Honor, Mr. Edwin Tong, Minister for Culture, Community and Youth, and Second Minister for Law, thoroughly impressed. His commendations and compliments for the game underscored the level of excellence achieved, reinforcing our commitment to delivering outstanding events that resonate with our community.

Together, we raised a significant amount for the Club's Outreach fund and presented a cheque of \$8,888 to each of our four beneficiaries – EQUAL, HCSA Community Services, Riding for the Disabled Association (RDA) and TOUCH Community Services.

The festive spirit was in the air at the Club on 28 November 2023, as we joyously celebrated our Christmas Light-up. The event was brimming with delightful activities tailored for the children such as the Santa Quiz, Emoji Quiz and Scavenger Hunt. The heartwarming Christmas Carols and the vibrant Christmas Bazaar further elevated the mood.

The ceremonial cutting of the huge festive log-cake and the enchanting appearance of Santa Claus distributing candies to the delight of the children brought smiles to every face, making it a truly magical and heartwarming experience for all in attendance.

We also launched the sale of our SPC Commemorative Book on the same evening. This book was put together as the Committee realised the significance of documenting the Club's history beyond 1982. After more than two years of hard work with many individuals sharing their stories on the history of the Club, *The Singapore Polo Club: A Remarkable History and a Bright Future, 1886 – 2022* was born. Please do give your support and purchase a copy of the book from the Atoms Polo Loft before 31 January 2024 to enjoy the early bird rate.

I presented our Club's Mission and Vision statements at the Extraordinary General Meeting held on 15 August 2023 and I would like to share them with all members.

Mission

"To create a caring equestrian community in the heart of Singapore".

Vision

- To develop an inclusive City Centre Equestrian Hub for Singapore residents that offers various levels of equestrian activities from casual riding to competitive polo, dressage, and showjumping.
- To develop a caring community that serves and supports the less privileged members and those with special needs within our community.
- To develop "Atoms Polo Academy" to be the #1 Polo Academy in the world for all ages.

I am very proud to share that we are well on our way to achieve or have achieved all of the above vision statements that we have set our sights on. The Club will be developing an inclusive City Centre Equestrian Hub for the local community. We will also be organising our very own City Polo Tournament sometime in November 2024 and making our SPC Outreach Polo Tournament & Carnival an annual affair. Atoms Polo Academy has been doing very well and will continue to flourish with its exciting modules to attract even more members of all ages.

As I finish my first term as the Club President, I would like to thank my Committee and Sub-committees, the tireless efforts of our diligent management and staff, and the unwavering support of our members. Your continuous commitment and contributions have been instrumental in shaping a successful and vibrant community at our Club, and for that, I am truly thankful.

I look forward to seeing you all at the Club. Happy New Year! ■

Warm Regards,

Lawrence Khong
President





SINGAPORE
POLO CLUB
Established in 1886

SINGAPORE POLO CLUB COMMEMORATIVE BOOK

Get your copy to read about the history and milestones of our Club

Regular Price

\$128

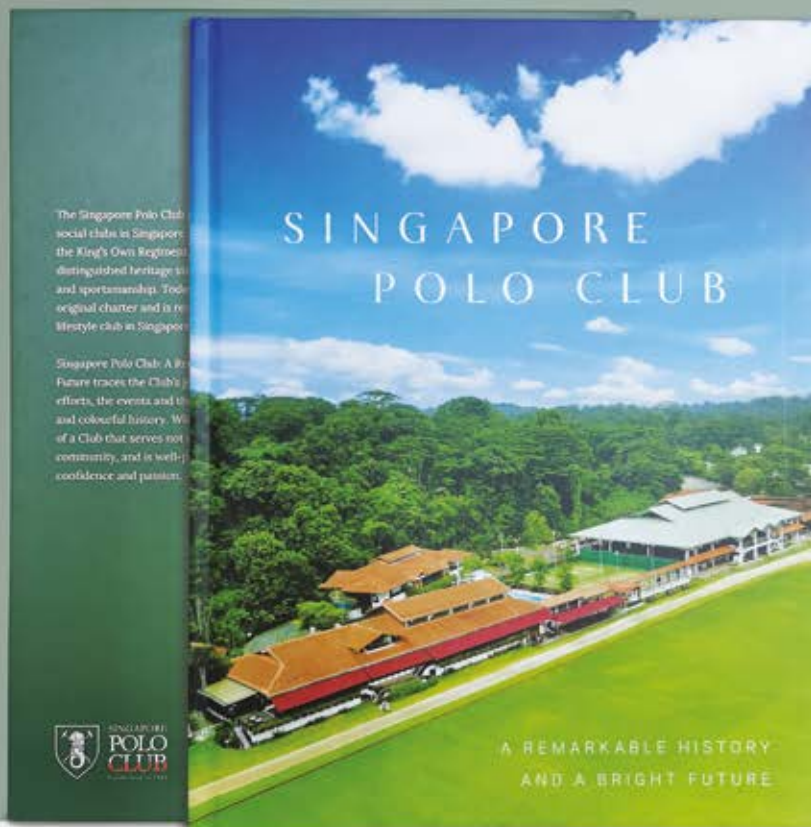
(\$139.52 w/GST)

Early Bird Offer

\$88

(\$95.92 w/GST)

Valid till 31 January 2024



To purchase a copy, email retail@singaporepoloclub.org



Dear Members,

I hope you've had a wonderful Christmas celebration with your family and friends. 2023 was a good year for the Club as we ended the year with a bang with many significant events and achievements.

The Riding section did us proud with our rider, Yasmine Bonehill and Team Singapore riders clinching the team Gold with all Triple Clear rounds at the 4th AEF Showjumping CSIJ B in Seoul, Korea in June 2023. In December, Yasmine Bonehill and Elly Poh were selected to represent Singapore and Malaysia respectively at the FEI Southeast Asian Youth Cup 2023 (CSIJ-B) in Bangkok, Thailand and achieved wonderful results. Elly won the Individual Silver Medal for Malaysia and Yasmine under Team Singapore finished 4th in the Team Competition.

The Club ran two successful seasons for the Atoms Polo League which received many positive feedback. Many players shared that they were able to learn a lot from competing and watching the tournaments and can't wait for the next one this year.

We had our first Atoms International Exchange Cup on 1 & 2 July with the children from New Zealand.

This provided much insight to our Atoms junior players as they were able to play against their opponents and be motivated by their skills on the polo field.

The Spring International Polo Tournament welcomed Siddhant Sharma, 4-goal polo player from India while the Fall International Polo Tournament season had 4-goal pros, Hissam Hyder from Pakistan and Ed Judge, International Polo Umpire for the games.

In August, the Club hosted the Sentebale ISPS Handa Polo Cup where Prince Harry, the Duke of Sussex, competed with Malcolm Borwick and Nacho Figueras to raise funds for his charity.

For our Outreach section, the Club introduced the Fruit Basket Weekend initiative in April to foster a more gracious and kind community at the Club. Members and staff were encouraged to donate fruits and drop them off at the basket in our reception to gift to our unsung heroes such as our cleaners, grooms and housekeeping staff.

The successful inaugural SPC Outreach Polo Tournament & Carnival in October received many compliments where public learnt more about the various equestrian activities we offer at the Club. The Outreach team also worked with 16 clients from TOUCH Community Services on a 6-week Equine-Assisted Programme in September and October which helped them be more confident and braver with our various equestrian activities.

We are proud to share that we now have our very own herb garden located at the back of the Riding Office. This little lush haven features a diverse array of aromatic herbs including mint, basil, rosemary, lime, and lemongrass. The creation of this garden not only serves as a sustainable initiative but also aims to foster a rich learning experience for the children. We believe that engaging with nature and cultivating an understanding of herbs can contribute significantly to the holistic development of young minds. We invite everyone to explore and appreciate the beauty of our herb garden, as it symbolizes our commitment to both environmental consciousness and educational enrichment.

The Lifestyle section saw more vibrant activities such as our Chinese New Year Lo-Hei, Easter Party, King's Coronation Celebration and the recent Christmas Light-up in November. We are planning for our next Chinese New Year Lo-Hei in February so please do register your attendance early.

We have much to look forward to this year with the development of the City Centre Equestrian Hub where Singapore residents can participate in various equestrian activities. We will also be planning for a better and even more exciting SPC Outreach Polo Tournament & Carnival this year so do look out for that. City Polo Tournament in November will be a much-anticipated event as this will be the first time that we are having it at the Club. With so much happening this year, we hope to have your continued support in all our events at the Club.

Here's wishing you good festive cheers and a happy new year filled with all that you wish for! ■

Warmest Regards,

Sylvan Braberry
General Manager

New Members

OCTOBER TO DECEMBER 2023

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

CHARTER

Chong Chi Ling Mary
Bucaro Christian
Zhang Weilin
Carolyn Joyce Tiemann
Prabhat Sethi
Brewer Ingrid Anne
Rudy Sie
Makoto Hirai
Yuki Manabe
Muhammad Haziq Bin Mohd Refai
Chen Yannan
Liu Nanqi
Rahul Aggarwal

TERM

Jonathan Robert Michael Palmer
Jean - Marc Figari
Richard Louis Phillips
Anushka Yadav
Huen Flora Lo
Luffman Megan Phillipa
Philippe Gernez
Alptekin Diler
Ang Kok Chin
Anurag Poddar
Lars Erik Mikael Nachmanson
Anne Cecile Madeleine Weill Dit Karsenty
Ep Yitzhakov
Alexander William Broke-Smith

HONORARY

Adema Anna Desiree
Dogoritis Georgios

REGULAR

Bishop Kristin Marie
Lee Yu Ying Carrie-Ann
Wee Jia Yunn, Marion
Yong Shao Fung
Priyanka Mishra
Nicolas Sebastien Fanchon
Welcome Marie Joseph Rene Aubin De Villele
Lucy Rebecca Esme Maskell-Pedersen
Serge Jean Francois Gornet
Yuen Meng Lai (Yuan Mingli)
Aiga Berlim Atmaja
Heng Eng Wee
Chao Ep Schricke Siv-Laing
Anne Marguerite Marie Marteau-Green
Qiu Xuemin
Zheng Jiao
Rubens De Azevedo Marques Neto
Seraphina Chin Kei Weng
Premanjali Gupta
Priya D/O Prasad
Jeanie Low Soke Hooi
Li Mengxiao
Rita Maria Da Costa G Barba
Mascarenhas Boaventura
Watson Andrew John

Be a part of the distinguished

Lifestyle



SINGAPORE
**POLO
CLUB**
Established in 1886

SIGN UP FOR A COMPLIMENTARY CLUB TOUR

For membership rates and enquiries, email

membership@singaporepoloclub.org

LONG SERVICE AWARD

Celebrating our incredible team and their well-deserved long service awards! Congratulations everyone!



EXPERIENCING

SOME THINGS ARE WORTH



BE A PART OF OUR HAPPY COMMUNITY!

Quote **"SPCMagazine"** to find out the special membership rate.
Contact us at **6854 3980** or **riding@singaporepoloclub.org**



Calendar of Events

Polo

From 2 January
Field Open

From 16 January
Chukkas

16 & 17 March
Club Cup

23 March
Urban Polo

13 & 14 April
Club Cup

18 & 19 May
Club Cup
10 to 31 July
Field Closure

24 & 25 August
Club Cup

5 to 8 September
Fall Tournament Bronze Cup:
0 -2 goals

12 to 15 September
Silver Cup, SPC Outreach Cup:
2 to 4 goals

26 to 29 September
Gold Cup: 4 – 6 goals

27 October
Groom's Cup

1 & 2 November
City Polo

16 & 17 November
Club Cup

**18 November to
1 January 2025**
Field Closure



Atoms & Riding

19 January
Clock Workshop + Movie Night

2 February
CNY Festivities + Movie Night

3 February to 10 March
Atoms Polo League Season 1

22 March
Easter Event + Movie Night

27 to 31 March
Atoms International Exchange Cup (TBC)

6 & 7 April
Atoms Spring Cup

12 April
Earth Day Crafts + Movie Night

16 to 18 April
Spring Pony Camp

27 April
Polo Test

11 & 12 May
Atoms Ladies Cup

18 to 19 May
Spring Overnight Camp

14 June
Father's Day Workshop
+ Movie Night

22 & 23 June
Atoms Summer Cup

25 to 27 June
Summer Pony Camp

July
Atoms International
Exchange Cup (TBC)





Social

9 to 11 July

Pony Camp

19 July

Racial Harmony Festivities + Movie Night

2 August

National Day Activities + Movie Night

10 August to 1 September

Atoms Polo League Season 2

7 to 8 September

Autumn Overnight Camp

5 & 6 October

Atoms Family Cup

15 to 17 October

Autumn Pony Camp

26 October

Polo Test

26 October

Halloween Trail

15 November

Thanksgiving Crafts + Movie Night

7 to 8 December

Christmas Overnight Camp

10 to 12 December

Pony Camp

27 Jan

Succulent Terrarium Workshop

9 March

Semi DIY Macaron Candle Making Workshop

6 April

Essential Oils Health Talk & Workshop

26 April

Kids Tennis Competition (Partner with Vantage Tennis)

4 May

Mother's Day Bento Cake Workshop (Mother and Child)

25 May

Flower Arrangement Workshop

8 June

Father's Day Fun Science & Movie Making Workshop
(Father and Child)

12 July

Adults Tennis Competition (Partner with Vantage Tennis)

27 July

Dream Catchers Workshop

2 August

National Day Workshop

17 August

Jewellery Making Workshop

12 to 15 September

SPC Outreach Polo Tournament & Carnival

5 October

Crystal Bracelet Workshop

29 November

Outreach Gala Dinner

29 November

Christmas Light-up & Logcake Cutting (TBC)

6 December

Miniature Decorative Christmas Tree
& Ornament Workshop



SAVE THE DATE



CNY LO-HEI NIGHT

Usher in the Year of the Dragon with us at this exclusive members' only event! Bring along your loved ones and toss to prosperity as we rake in the new lunar calendar with exciting games, performances and the traditional tossing of the Yusheng.

FRIDAY, 16 FEBRUARY 2024
7PM TO 8.30PM

Main Highlights

Lo-Hei

Lion Dance Performance

Plucking The Greens Ceremony

Photo-taking With Fortune Mascot



Open to members and their guests only.

Register your attendance at
events@singaporepoloclub.org
by 8 February 2024



SINGAPORE
POLO
CLUB

Established in 1886

OPEN TO ALL

SAVE THE DATE

EGGSTREME EASTER FUN

&
EGG HUNT!

Pre-registration
now open!

Saturday, 16 March 2024
1pm to 2.30pm
\$32.70 w/GST (Member)
\$45.57 w/GST (Non-member)

Open to kids from 4 to 10 years old
Minimum of 30 kids are needed to commence the event

Slay the Best-Dressed category and hop away
with an attractive prize!

Email your interest to events@singaporepoloclub.org
by **28 February 2024**

SPECIAL HIGHLIGHTS

- Egg Hunting
- Face Painting
- Magic Show
- Balloon Sculpting
- Interactive Games
with Emcee

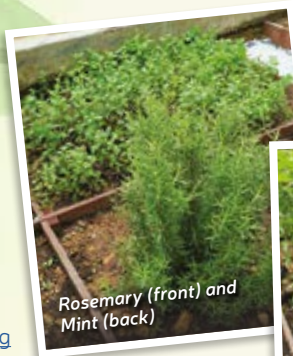
Herb Garden

Have you noticed our very own herb garden? Located at the back of the Riding Office, the plot of land features lush, healthy herbs that are not just pretty to look at but also beneficial to your health and surroundings. Swing by the next time you are here and check them out before you head off for your lessons.

Herbs that can be found here:

- 🌿 Mint
- 🌿 Indian Basil
- 🌿 Moringa
- 🌿 Rosemary
- 🌿 Chilli Padi
- 🌿 Lemongrass
- 🌿 Pandan
- 🌿 Thai Basil
- 🌿 Tomato
- 🌿 Aloe Vera
- 🌿 Lime

Would you like to contribute a herb to our expanding garden? Contact outreach@singaporepoloclub.org for more details.



Rosemary (front) and Mint (back)



Healthy sprigs of Thai Basil



Pandan (front) and Indian Basil (back)



Things to note before you start your own herb garden:

- 🌿 Ensure sufficient sunlight is available
- 🌿 Choose the right herbs for your garden
- 🌿 Read up and learn more about the herbs you would like to plant
- 🌿 Keep aside some time daily to check on your herbs and garden



SAVE THE EARTH

GO  GREEN



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

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

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

TOWNHALL FORUM
29 November 2023

Town Hall for Equestrians

The Club held a Town Hall meeting on Wednesday, 29 November at 7.30pm led by Club President, Mr Lawrence Khong, Honorary Secretary, Mr Rickard Hogberg, Honorary Treasurer, Mrs Stephanie Masefield and Polo Captain, Mr Daniel Chua. Polo players and riding members were invited to join the session to discuss and ventilate the pros and cons of a new proposed scheme for term liveries and to gauge the interest of long-term stabling.





LIVINGSTON
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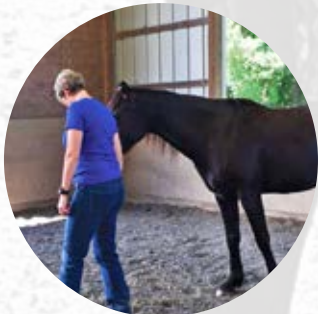
by Cathy Livingston

Cathy Livingston, a certified Mental Health Counsellor and Psychotherapist, offers a unique approach to therapy through Equine Assisted Psychotherapy at the Singapore Polo Club. With certifications as an 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.

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



Scan to read a
feature on Equine
Assisted Therapy



SINGAPORE
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CLUB**
ESTABLISHED IN 1906

Equine Assisted Therapy Programme

We hosted our friends from Touch Community Services in September and October for a 5-week Equine Assisted Therapy Programme.

To sign up as a volunteer email outreach@singaporepoloclub.org. Volunteering opportunities are currently open to members of SPC only.

During the first few weeks, our beneficiaries harnessed the healing power of equine companionship through various activities which allowed them to bond with our four-legged equine friends. Some of the hands-on activities included feeding and interacting with our horses and ponies, leading them at the covered arena with the assistance of our volunteers, showering and grooming them at the stables and more. They also got to understand the dietary requirements of the horses, the different types of feeds given to them and viewed the feeding room where the haystacks are stored.

The final week of the session ended with gymkhana style games which involved team work along with the participation of our horses. In relay style, the attendees completed certain tasks and brought their teams to victory.

It simply is a joy to be able to transform lives through our incredible equine assisted therapy programmes. We would like to thank all our volunteers who take the time to swing by for the weekday sessions despite their busy schedule.





Meeting Lady for the very first time



Meet Bandit and CJ!



Learning to shower Bandit



Feeding CJ



Gymkhana style games at the covered arena

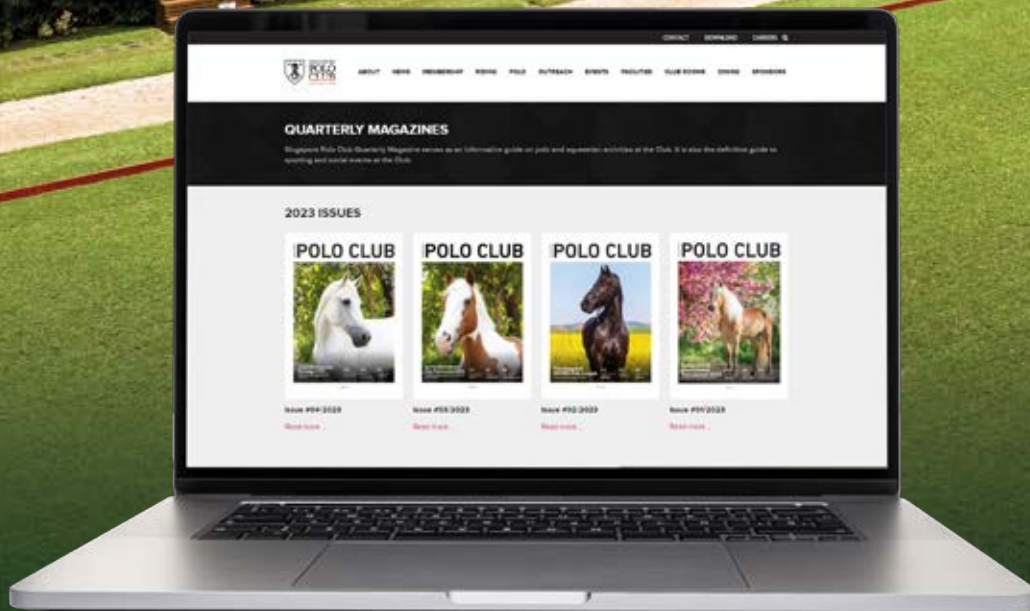


Trying out the foot mallet while seated on a wooden horse

Interacting with our horses



ENGAGE YOUR AUDIENCE THROUGH OUR ADVERTISING MEDIUMS



We offer placements through the following:

- Bi-weekly eDMs
- Quarterly magazines
- Social media
- Digital display panels
- Posters with flyers and more

Contact marketing@singaporepoloclub.org to view our media rate card and to book a spot.

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- Casa Zappala -



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Casa Zappala e Hijos
SADDLERY TALABARTERIA

ATOMS
POLO ACADEMY

Channel Your Inner Equestrian with Atoms Polo Academy!



Atoms Polo Academy is not just about polo but a lifestyle that surrounds polo, a sport widely regarded as the “Sport of Kings”. Into its third year, the Academy has grown to a base of more than 400 players aged 5 and above and follows a strict curriculum which ensures that every Atom that passes the Polo Test, is comparable to the best -2 handicap players in the region. At Atoms, we create events and activities that build on camaraderie, sportsmanship, and a positive environment. This is crucial for the Club if we are to make a significant contribution not only to our members but also the community and nation.

Whilst our curriculum and programmes are based on the four pillars of HPA guidelines i.e.; horsemanship, stickwork, rules & tactics and sportsmanship, we continue to introduce capsule enrichment programmes to further strengthen and equip every Atom with the necessary knowledge to make them an all-round complete polo player. This is important as polo is not about just hitting the ball on the move and scoring goals. It’s about being part of a team and being equipped with not only the skills but the necessary knowledge of the rules and strategies of the game.

Another important element of Atoms’ success is the close bond that we forge with the Academy’s Alumni i.e. Atoms Elite players who have attained a -2 polo handicap. Our Alumni are looked upon by every Atom as a fine example of the Academy’s programmes and for every Elite to aspire to be one.





This season, we intend to engage our Alumni to guide and inspire their fellow Atoms in tournaments to showcase their skills and be an inspiration to the players.

The success of Atoms hinges on our structure, curriculum, programmes and the all-round quality of our Polo Professionals who carry out their duties fairly across the board to ensure that

every Atom is treated the same. Atoms lead polo professional Col. Ravi Rathore, an officer and a gentleman, oversees the Club's polo professionals which currently includes Sani Khan and Cody Williamson. From time to time, Atoms will supplement its complement of polo pros by bringing on board international polo pros on a three-month term so that our players can experience different styles and levels of play. There is also a wealth of knowledge that can be gained from these polo pros who have played all around the world.



A good indication of how Atoms players have progressed is the teamwork amongst our players when playing with international teams who are handicap polo players of -2 and above. Our players showed excellent sportsmanship and the mettle to take on opponents who are of a higher level than them and yet giving them such a spirited display of tenacity and skill that many cannot be faulted for thinking it was a handicap polo tournament. Atoms Alumni has seen the likes of Will Peacock, Corey Koh., etc making a positive impact and contribution to our pool of handicap polo players.

As the academy ups the ante on producing only players of high quality, every Atom can expect an expanded teaching experience to raise the level of their game. A benchmark of Atoms' latest Elite players who have passed the Polo Test are; Scarlett Lowndes-Cox and Alex Haigh. As the Academy's

Alumni continues to grow, there will be more international exchange programmes to create more exposure for our players and the opportunity for our Atoms to pit their skills against the best.

The Club's inaugural City Polo Event will be held sometime in November 2024 and open to the public and tourism. This event is expected to be a big draw and an Atoms tournament final will be slotted as the curtain raiser to the actual finals of the tournament. We hope to have a crowd of more than one thousand coming to enjoy this exciting spectacle of polo played at the highest levels of non-handicap polo and competitive polo. Do book your slots early.



We expect to see more Atoms passing the Polo Test which we have slotted sometime in April this year. Of key importance for every Atom that pass the polo test is the need to remember the key fundamentals of what they have learnt as an Atom and not fall into complacency of what they have learnt and just fall into routine play. They should continue to learn to stick with the key fundamentals of the game and the sportsmanship required of every polo player and respect the rules of the game.

More Atoms are also encouraged to take on quarter horse leases as this gives a player the opportunity to create a bond with their favourite horse throughout the tenure of their lease. This makes learning easier rather than having to adjust to a new horse week in and out. As a reminder, do note that our polo professionals had been given full discretion to cancel or offer alternative lessons during wet weather as they would be in a better position to decide on the safety of our players. There will be a combined prize-giving dinner event for both riding and Atoms academies where we can let our hair down and party the night away and the opportunity to recognise the best of both academies in a night filled with fun, excitement and most importantly; friendship and sportsmanship as Atoms continues to remain as one of the largest non-handicap polo academies in the world. Our success could never have been without each Atom contributing to it and the immense support from the Committee and members.

To the players, parents and supporters, the Club says a big thank you and we look forward to a great season this year. See you at the field!



Atoms Annual Awards 2023



INTRODUCTION TO LEVEL 2

An amazing morning filled with recognition and celebration as we honoured our budding polo players from Atoms Polo Academy! Held in conjunction with the inaugural SPC Outreach Polo Tournament & Carnival 2023 on 22 October. It was a memorable moment to witness the outstanding achievements of our equestrians as they brought home their well-deserved awards.

Most Dedicated Atom	
Senior	Junior
Chris Tan	Deborah Tan

Most Passionate Atom	
Senior	Junior
Chui Wai Cheng	Danielle Guanlao

Most Promising Atom	
Senior	Junior
Louisa Cantley	Alexia Fon Sing

Most Determined Atom	
Senior	Junior
Layla Miller	Anouck Vicdupont

Not present/photographed:
 Most Dedicated Atom (Junior) – Deborah Tan
 Most Passionate Atom (Senior) – Chui Wai Cheng / (Junior) – Danielle Guanlao



LEVEL 3 TO ELITE

Most Fair Playing Player

Senior	Junior
Kim Torguis & Victoria Great	Samara Baidwan

Most Determined Atom

Senior	Junior
Christian Bucaro	Eilidh Drummond

Most Improved Player

Senior	Junior
Tanya Alcock	Khayra Khan

Horse Whisperer

Senior	Junior
Tumshie Walpole & Claire Graham	Harnaaz Singh

Mallet Master

Senior	Junior
Nick Brocklebank	Ollie Clark & Vittoria Vescovi

Most Promising Player

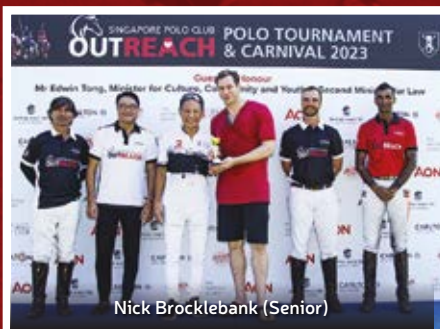
Senior	Junior
Geoffrey Alcock	Scarlett Lowndes-Cox

Most Valuable Player

Senior	Junior
Alex Haigh	Alex Fisher

Not present/photographed:

Horse Whisperer of the Year (Senior) – Claire Graham
 Most Promising Player (Junior) – Scarlett Lowndes-Cox
 Most Valuable Player (Junior) – Alex Fisher



Youth Polo Player Mira Menon

In this issue, we spoke to budding youth Atoms polo player, Mira Menon. Mira is not new to Polo. Her dad Rajiv Menon is a 10-goal polo player and Mira shares the affinity for horses and equestrian sports along with him. Read more to find out her thoughts about Atoms Polo Academy and her polo journey.

Tell us about yourself.

When did you start playing polo?

I started in the riding section just after I turned 6 years old at the end of 2018. I tried out polo in late 2020 and after a few weeks of doing both Polo and Riding, I moved full time to the polo section in December 2020 when I was 8 years old. This is my third year playing polo.

How supportive is your family in this sport?

My parents are very supportive. They always encourage me to keep doing better and have fun.

How did you get interested in polo? Are your parents or siblings into this sport?

My dad plays polo and that's how I first got exposed to horses and polo. He organized a trial class for me and I enjoyed it.

About SPC and Atoms Polo Academy

What do you like about Atoms Polo Academy?

The instructors and students are all kind and have good sportsmanship.

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

I have not been to the Atoms Club Room but I am going to try and plan a visit there soon!

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

The environment. It is a beautiful sight and it's so nice and full of nature. It is always nice to just be there and sit for a bit.



How does it feel to be a part of Atoms?

Great! Playing with different people who have different personalities is so fun and cool!

About Atoms Family Cup

Share with us your experience of participating in the recent Atoms Family Cup.

It was amazing! It was cool experiencing what a real tournament feels like.

How was it like sharing the field with your dad? Any memorable moments to share?

It was awesome to finally play a real game alongside my dad. I was quite impressed with my dad's skills on the field! It was great to see him win the Most Valuable Player (MVP) award.



Spending some time with Paul, post lesson



Showering Satin, post lesson



Clinching the Champions trophy at the recent Atoms Family Cup 2023

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

Sometimes the horse I was on would not listen to me or go when I wanted it to but I was eventually able to get the horse to move.

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.

We do. His name is Paul and we bought him in New Zealand. He is still new to SPC and my dad's been schooling him and getting him ready to play the season in 2024. I love him very much but I also love other horses at the club - my favourite club horse is Satin.

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

I take lessons with Colonel Ravi, Cody and Sunny Khan. My favourite lesson has to be the Wednesday lesson. My classmates are aggressive and great team players.

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

Yes, I have watched multiple chukkas. The players are aggressive and show great efforts to help their team win. I always learn a thing or two while I am at the Verandah watching the evening chukkas after my lessons.

Polo & Fitness

What's a typical day like for you?

I spend really long days at school. I take the school bus at 6.45am and get dropped back home just after 4pm. After that, it's either some activity like polo or swimming or I head to the playground to hang out with my neighbourhood friends. After that I do a bit of homework before bed.



Mira playing a chukka

How many days a week do you train?

I train 3-4 times a week.

Have you been on any Polo Holidays?

Yes. My family and I went to New Zealand recently where my dad and I tried out some horses. We purchased Paul during the trip.

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

Don't wait and try it out today! Polo is an amazing sport, it requires you to learn crazy skills, have physical fitness, you meet many fun people and of course get to spend time with lovely horses!

Atoms International Exchange Ladies Tournament, 4 & 5 November 2023

An unforgettable milestone for Atoms as we present the first-ever Ladies Tournament! It was such a pleasure to host a brilliant team of female polo players from Jaipur Riding & Polo Club (JRJC) on 4 and 5 November in the Atoms International Exchange Cup—Ladies Tournament. Monique van Haarst, Diamond Shakawat and Shivangi Singh of JRJC played alongside our ladies from Atoms Senior & Junior Division of Level 4 to Elite players in an exhilarating 4-chukka match.

Congratulations to team Atoms JRJC White who emerged as the Atoms International Exchange Cup Champions!

A special mention to Monique for winning the MVP award, Tess Sandstroem as the Most Promising Player and to our Club horse, Flecha, for winning the Best Playing Pony, ridden by Diamond!



Diamond receiving on behalf of, Flecha, for the Best Playing Pony award from Mr Kevin Wilkinson who did an amazing job as the commentator.



Atoms JRJC White vs Atoms JRJC Red team line-up with Head of Atoms, Sylvan Braberry and Atoms Polo Professionals Col. Ravi Rathore (Umpire & Lead Instructor), Sani Khan and Cody Williamson

ATOMS JRPC WHITE

Alexandra Fisher (Atoms)
 Scarlett Lowndes-Cox (Atoms)
 Diamond Shakawat (JRPC)
 Shivangi Singh (JRPC)

ATOMS JRPC RED

Tess Sandstroem (Atoms)
 Tumshie Walpole (Atoms)
 Claire Graham (Atoms)
 Monique Van Haarst (JRPC)



Monique and Alex Fisher simultaneously reaching out for the ball



Scarlett nicked the ball from Atoms JRPC Red



The Champions of Atoms International Exchange Ladies Tournament



Smiles all around as we celebrated the successful inaugural Atoms Ladies Tournament



The Atoms International Exchange Ladies Tournament organizing committee



Friendly Match with Jaipur Riding & Polo Club

We welcomed female polo players from Jaipur Riding and Polo Club for a friendly match with our very own lady polo players and what an exhilarating two-day match it was. The match on 4 and 5 November had a total of 10 goals being scored from both sides and such impressive play it was.

Breaking stereotypes and showing the world what female polo players are capable of, the ladies scored goal after goal and

proved that they are just as determined and strong as their male counterparts.

Shivangi Singh from Team Jaipur Riding and Polo Club was awarded the Most Valuable Player and seeing her prowess on the field was a jaw-dropping moment for us spectators. We look forward to have them back with us this year for yet another female-centric match!

SCORE OF MATCHES

SATURDAY 4 NOV: SPC 4 vs. JRPC 2½

SUNDAY 5 NOV: SPC 1 vs. JRPC 3½

SINGAPORE POLO CLUB (RED)

Col Ravi Rathore (Capt.)
Jane Drummond
Sandy Deng
Emma Gordon / Ella Santosa

JAIPUR RIDING & POLO CLUB (BLUE PINK)

Sanallah Khan (Capt.)
Monique van Haarst
Shivangi Singh
Diamond Shakawat



Team Singapore Polo Club and Team Jaipur Riding and Polo Club



Team Jaipur Riding and Polo Club

From left to right: Shivangi Singh, Monique Van Haarst, Sanaullah Khan and Diamond Shakawat



Team Singapore Polo Club

From left to right: Sandy Deng, Emma Gordon, Ella Santosa and Jane Drummond



Ms Harpreet Bedi awarding Shivangi Singh the Most Valuable Player award



We have the winners! Team Jaipur Riding and Polo Club!



Monique takes the lead for her team



Both teams displaying sheer energy and determination

Atoms Polo League Season 2, 19 August to 10 September

The second season of the Atoms Polo League well exceeded our expectations! Many were amazed by the rapid progression of the players exhibited with every season of the League. Over the season, there was strong camaraderie as they strategized and strived for the Atoms Polo League Champion title.

Congratulations to the Yellow Jaguars and Black Hawks for the well-fought victory!

Bravo to all players of the Atoms Polo League Season 2 for doing Atoms Polo Academy proud!

ATOMS POLO LEAGUE SEASON 2 CHAMPIONS

Yellow Jaguars

Geoffrey Alcock
Nick Brocklebank
Laura Zhao

Black Hawks

Scarlett Lowndes-Cox
Khayra Khan
Veer Bajaj
Averell Zee

Special Mentions

Most Valuable Player

Nick Brocklebank of Yellow Jaguars
Khayra Khan of Black Hawks

Fair Playing Team - Blue Daredevils

Yee Kai Pin
Victoria Great
Miguel Palanca

Best Playing Pony

Moraleja ridden by Nick Brocklebank
Victoria ridden by Khayra Khan



A group shot with Atoms Polo League Season 2 Players with our Club's officials and Atoms Polo Professionals



Atoms Polo Academy spearheaded by Head of Atoms, Mr Sylvan Braberry, and the hardworking team of staff and Polo Professionals are honoured by the presence of Club President Mr Lawrence Khong, Trustee, Mr John Wong & Mr Federico Vescovi, Committee Member

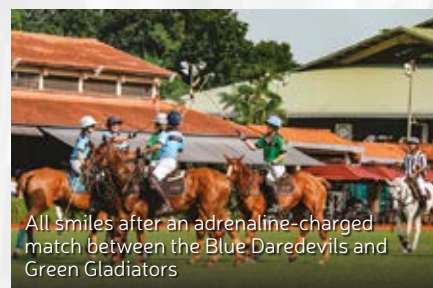
Black Hawks and Yellow Jaguars revelling in their victory



First action-packed match of Atoms Polo League Season 2



Black Hawks vs Grey Hounds & Blue Daredevils vs Red Dragons



All smiles after an adrenaline-charged match between the Blue Daredevils and Green Gladiators



Mr John Wong, a member of long standing in the Club serving in Committees, a CPPM and currently one of the Club's Trustees.



An honourable mention to the Club President, Mr Lawrence Khong for his unwavering support for Atoms Polo Academy.

Special thanks to family and peers of Atoms players for the throw-in:

- Sarimah Bonehill – Mother of Zac Bonehill
- Amanda Williams – Mother of Khayra Khan
- Kim Nicolson – Mother of Alex Fisher
- Laura Zhao – Atoms Player
- Victoria Great – Atoms Player
- Mark Shaw – Atoms Player
- Geoffrey Alcock – Atoms Player
- Nick Brocklebank – Atoms Player
- Kim Torguis – Atoms Player

Fall International Polo Tournament

A display of polo excellence from the field to the podium.
Here's a recap on the spectacular polo showdowns!



Singapore Polo Club Triumphs in thrilling Gold Cup Final – Mackray Cup on 1 October 2023

In a riveting display of skill, strategy, and equestrian prowess, the Fall International Polo Tournament reached its zenith with the climactic Gold Cup – Mackray Cup match between Singapore Polo Club and Team Zee on 1 October 2023. Over three intense days of play over 12 chukkas, the Singapore Polo Club emerged victorious, defeating Team Zee with a final score of 25 to 13.

The exhilarating match showcased the exemplary talents of both teams, with each player contributing to the high-octane action on the field. Notably, Hissam Hyder, a seasoned professional, led the charge for the Singapore Polo Club (red team), securing an impressive 15 goals. His skillful manoeuvres and strategic play proved instrumental in securing the coveted victory.

His team players – Col. Ravi Rathore, Daniel Chua, Lee Joo Bae, Federico Vescovi, Wu Jiat Hui and Koh Pei Bei also made significant contributions to the team’s success, displaying a seamless blend of coordination and precision throughout the match.

An unexpected own goal from the opposing side, Team Zee (white team) added to the drama, underscoring the unpredictable nature of this elite sport. Armed with a handicap advantage of 2 goals over the 12 chukkas, Team Zee fought valiantly with Waqas Khan, Ang Roon Kai, Tim Zee, Ivan Chua and Elbert Pattijn demonstrating commendable skill and sportsmanship, collectively amassing 13

goals. Despite their efforts, the Singapore Polo Club’s cohesive teamwork and strategic brilliance ultimately secured their triumph.

The title of Most Valuable Player (Professional) was awarded to Hissam Hyder for his outstanding 15-goal performance, highlighting his pivotal role in the team’s success. Daniel Chua, recognised as the Most Valuable Player (Amateur), showcased the depth of talent within the Singapore Polo Club.

Adding an extra layer of recognition to the event, the Best Playing Pony award went to Migratoria, owned by Satinder Garcha. This accolade not only acknowledges the exceptional performance of the pony but also underscores the integral role these equine athletes play in the sport of polo.

The Fall International Polo Tournament’s Gold Cup – Mackray Cup undoubtedly delivered on its promise of exhilarating competition, skillful play and moments of pure sporting brilliance. As the curtains close on this spectacular event, the echoes of thundering hooves and the cheers of the crowd will linger, a testament to the enduring allure of polo on the international stage.

The night concluded with players gathering at the Chukka Terrace to enjoy a delicious spread of buffet dinner. We thank Aperol Spritz for sponsoring their drinks for the evening.



A nice wrap to the Mackray Cup



Team SPC Red carried the Mackray Cup
From left to right: Colonel Ravi Rathore, Hissam Hyder, Lawrence Khong, Satinder Garcha, Lee Joo Bae, Koh Pei Bei, Federico Vescovi, Wu Jiat Hui and Daniel Chua



Runners-up, Team Zee
From left to right: Ang Roon Kai, Waqas Khan, Garvy Beh, Lawrence Khong, Elbert Pattijn, Tim Zee and Ivan Chua



Hissam Hyder presented our President, Mr Lawrence Khong with a special token of appreciation from the Chairman of Guards Polo Club.



Best Playing Pony award went to Migratoria owned by Satinder Garcha

Some polo action right off the field



Mobile pop-up bar courtesy of Aperol Spritz



Silver Cup Final (MacDougal Cup)

The Fall International Polo Tournament was held over 21, 23 and 24 September 2023. Due to the wet field conditions, the tournament chukkas on 24 September were cancelled and the final score of the match was at Singapore Polo Club 8½ vs Team Zee 10.

Most Valuable Players:

Hissam Hyder (Pro)
Elbert Pattijn (Amateur)

Goals Scored:

SPC Red

Hissam Hyder (5 goals)
Lee Joo Bae (1 goal)
Daniel Chua (1 goal)

Team ZEE

Waqas Khan (5 goals)
Ang Roon Kai (5 goals)

SPC has a handicap advantage of 1.5 goals over 8 chukkas

SINGAPORE POLO CLUB (RED)

Hissam Hyder (Capain)	4
Lawrence Khong/ Lee Joo Bae (Thu/Sat)	0
Ang Ban Tong (Sun)	
Daniel Chua / Elbert Pattijn	-1
Federico Vescovi (Thu/Sat)/ Wu Jiat Hui	-2
	<hr/>
	1

TEAM ZEE (NAVY BLUE) WINNERS

Waqas Khan	3
Ang Roon Kai (Captain)	2
Tim Zee	-1
Emma Gordon/ William Peacock (Thu)	-2
Sandy Deng (Sat/Sun)	
	<hr/>
	2



Post-match get-together at the chukka terrace



Atoms Family Cup, 7 & 8 October 2023

We had the most wholesome weekend of family, polo and fun during the annual Atoms Family Cup! It was a refreshing sight with the Atoms Juniors giving their very best as they played alongside their SPC handicap parent/sibling counterparts.

First time in the history of Atoms tournaments where we had our Atoms players, Alejandra Garcia and Tanya Alcock providing lively commentary during the weekend's match.

Congratulations to Atoms White team who came out victorious as Atoms Family Cup 2023 Champions!

A special mention to Khayra Khan and Rajiv Menon for winning the MVP awards and to our Club horse, Tobi, for winning the Best Playing Pony, ridden by Ollie Clark!

CHAMPIONS - ATOMS WHITE	ATOMS RED	ATOMS BLACK
Mira Menon Rajiv Menon Khayra Khan Federico Vescovi	Eilidh Drummond Jane Drummond James Clark Ollie Clark/Sarah-Jane Clark	Averell Zee Tim Zee Niamh/Isolde Gordon Emma Gordon



Atoms White vs Atoms Red team line-up



Presenting Atoms White, the Champion team of the Atoms Family Cup 2023!

Celebrating the excitement of polo and family!



Beaujolais Cup 2023

We wrapped up the finals of the Beaujolais Cup with a Ladies' Tournament captained by our polo professionals, Colonel Ravi Rathore and Sanaullah Khan. Held over two days, the chukkas were filled with energy as the ladies scored one after another for their teams.

It is encouraging and uplifting to see more female polo players joining the field and breaking barriers while being equally skilled in the sport as their male counterparts. Three cheers to girl power!

SCORE OF MATCHES
14 October: SPC Blue 2 ½ vs SPC Pink 2
15 October: SPC Blue 3 ½ vs SPC Pink 5
WINNERS
SPC Pink
MOST VALUABLE PLAYER
Anna Lowndes

SPC BLUE		SPC PINK	
Sanauallah Khan (Capt.)	2	Col Ravi Rathore (Capt.)	3
Anna Lowndes	0	Jane Drummond	-1
Wu Jiat Hui	-2	Marie Hesselman / Louisa Lim	-1
Ella Santosa / Emma Gordon	-2	Sandy Deng / Sarah Jane Clark	-2



From left to right: Sarah Jane Clark, Ella Santosa, Sandy Deng, Anna Lowndes, Jane Drummond, Wu Jiat Hui, Louisa Lim and Emma Gordon



Team SPC Pink – winners of the Beaujolais Cup



Team SPC Blue – Runners-up



Anna Lowndes was awarded Most Valuable Player of the evening



Girl power for the win!



Grooms Cup 2023

The annual Grooms Cup remains as one of the anticipated polo matches at the Club. Featuring our very own grooms helping the chukkas, this year's event saw Team SPC Red carrying the Champions trophy with a score of 3 vs 2.

In this unique match, our grooms who are part of the backend support team for chukkas are given the chance to come forth to exhibit their love for the sport by being part of the action on the field. It's a once-a-year experience that gets everyone excited. The day ended with a post-match Kenduri, known as a celebratory meal for our grooms, staff and players.

SCORES
SPC White: 2 vs SPC Red 3
WINNERS
SPC Pink
BEST PLAYING PONY
Normita

SPC RED	SPC WHITE
Rayman	Kirin
Nelson	Madu
Rao/ Halidah	Esa
Pro: Sani Khan	Pro: Colonel Ravi



The Grooms Cup 2023



Team SPC Red – Champions of the Grooms Cup 2023



Mrs Maureen Miller presents a prize to Nelson

Snippets of the action on the field



Best playing pony: Normita played by Esa



A special post-match Kenduri, known as a celebratory feast for our grooms, players and staff



Meet the faces behind Atoms Polo Academy and SPC Riding Academy



Say hi to Team Atoms and Team Riding! Featuring a cheerful batch of riding and polo professionals, administration, operations and marketing team led by Mr Sylvan Braberry, General Manager of Singapore Polo Club and Head of Atoms. They are familiar faces around the Club for many of our members. "2024 is going to be an even exciting year for the Club and the two academies. The teams are looking forward to

meet our members and their families for more equestrian-themed camps, parties, activities and not forgetting lessons! Do join their mailing list to stay up to date with the Academy happenings." says Mr Braberry.

The Academies can be reached at atoms@singaporepoloclub.org or riding@singaporepoloclub.org for lesson queries and enrolments.

Pony Camp with Dayspring RTC

SPC Riding Academy and Atoms Polo Academy hosted beneficiaries from Dayspring RTC on 1 December for a one-day pony camp. Pony Camps take place quarterly at the Club and it was an absolute pleasure to have them participate in this specially curated programme. Here's a fun memory from the day featuring our GM, Mr Sylvan Braberry, staff and instructors of the two academies with personnels from Dayspring. We look forward to welcome them back at the Club in the near future.

Keen to have such equestrian specific programmes for your organisations? Reach us at atoms@singaporepoloclub.org or riding@singaporepoloclub.org.



Mid-Autumn Lantern Trail

Our Academies hosted their annual Mid-Autumn Lantern Festival Trail on 22 September and it was a real blast! Everyone had a great time crafting their own lanterns and scrumptious mid-autumn treats all in good fun and company.

Following the crafting session was an enlightening stroll through the trail, where they engrossed themselves in the history and legends surrounding the festival.

The evening concluded with a movie night out while a chance to savour their very own handmade konnyaku jelly and mochi as well as mooncakes making it fitting for this wonderful occasion!

Keen to be a part of their exciting activities? Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to have a sneak preview of the upcoming camps and parties.



Checking out interesting facts during the lantern trail walk



Prep works for konnyaku jelly and mochi



Scrumptious mooncakes



Unwinding with a movie session for the evening

The Lost Trail

Our riders and their families braved their all at SPC Riding Academy and Atoms Polo Academy's annual Halloween party on 28 October. In line with this year's theme "The Lost Trail", participants were all set for a spine tingling adventure as they dared one another to step into our creepy jungle trail. Some attendees that we spoke to mentioned that

this was by far the scariest party that we've arranged in all these years.

Email riding@singaporepoloclub.org or atoms@singaporepoloclub.org to view their 2024 events calendar and to sign up for the fun activities that await you.



One for the photo album with the main leads and co-stars



Stopping by for pics in front of the popular red door

While in the deep, dark trail



Our guests all ready for fright night!



Familiar faces at the deep, dark trail



Halloween Craft Workshop

Our riding and polo academy students engaged in a fun, messy and interactive pre-Halloween craft workshop on 27 October. Crafting scrumptious graveyard pudding cups and sticky DIY glow-in-the-dark slime, everyone put their skills to test and brought home their very own creations! The evening ended off with a fun movie night.

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to be on their mailing list for upcoming activities.





PONY ACADEMY

- Weekly intakes
- Open to Members and Non-members
- Wholesome outdoor activities set in a safe and fun environment for children aged 6 to 12
- 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



BTSC Nine Nine Interclub Dressage Show 2023

Our Academy riders participated in Bukit Timah Saddle Club's Interclub Dressage Show and brought home the top standings in several categories. This time they were joined by SPC Riding Academy instructor, Edric Lee who competed in the FEI Prix St George category, coming in second place. What a proud moment for us all at Singapore Polo Club and the Academy!

RESULTS	
FEI PRIX ST GEORGE	
2nd place: Edric & J'adore	
EA ADVANCE 5.1 CATEGORY	
1st place: Caedan Paul & Red	
EA ADVANCE 5.2 CATEGORY	
1st place: Megan Ding and J'adore	
2nd place: Caedan Paul and Red	
EA NOVICE 2.1 CATEGORY	
2nd place: Elly Poh & Faylista	
EA NOVICE 2.2 CATEGORY	
2nd place: Elly Poh & Faylista	



Caedan Paul and our SPC Riding Academy instructor, Edric Lee clinched the 1st place in the EA Advance 5.1 and 2nd place in the Prix St George categories.



Megan Ding and J'adore



Elly Poh (left) clinched the second placings in the EA Novice 2.1 and 2.2 categories

SADDLED UP

3



SADDLED UP

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EVERY EQUESTRIAN NEEDS



Tea Tree Series

With natural tea tree oils, the Leovet tea tree series helps to soothe, regenerate, moisturizes and cools irritated skin. It helps skin and mane to stay healthy while receiving optimal care.

Tam Tam Intensiv

High-performance-gel with active substances from geranium oil and eucalyptus citriodora oil.

Homogenisation increases the duration of the insect repellent effect, making it last up to four times longer. No alcohol or preservatives. The sponge included allows the gel to be applied easily to tender parts of the body and sensitive horses, without soiling the hands.



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HORSEBET PHOTOGRAPHY
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SPC's September Training Show

Our riders aced their way through our training show held at the Club on 16 and 17 September. Here is a line-up of their achievements at the 2-day event. Congratulations to all winners and participants!



Caedan Paul and Yasmine Bonehill with our riding instructor, Laurent Ruelle



Priya Selvam clinched the first spot in the EA Novice 2.1 category

SATURDAY, 16 SEPTEMBER

EA ADVANCED 5.3 (EFFECTIVE 2023)

- 1st place:**
Megan Ding and J'adore
- 2nd place:**
Soh Wei Chi and Luke

EA ELEMENTARY 3.1 (EFFECTIVE 2023)

- 1st place:**
Clara Kong and Neque III

EA NOVICE 2.3 (EFFECTIVE 2023)

- 1st place:**
Averell Zee and Duende
- 2nd place:**
Alex Fischer and Venice

EA NOVICE 2.1 (EFFECTIVE 2023)

- 1st place:**
Priya Selvam and I'm Incredible
- 2nd place:**
Alessandro Caldana and A Touch of Sportsfield

EA PRELIMINARY 1.3 (EFFECTIVE 2023)

- 1st place:**
Corinne Williams and Rambo No.5
- 2nd place:**
Bella Eskesen and Halifax
- 3rd place:**
Nikki Poh and Oldtimer van de Zuurhaege

EA PRELIMINARY 1.1 20 X 60 ARENA (EFFECTIVE 2023)

- 1st place:**
Sophie Grotowski and Lily

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

- 1st place:**
Jaime Plenderleith and Tyrion
- 2nd place:**
Alannah King and Tyrion
- 3rd place:**
Tiara Shaw and Sharpy
- 4th place:**
Indrani Murugason and Mr Percy
- 5th place:**
Ananya Nathan and Boris

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

- 1st place:**
Andrea Eaton and Rev
- 3rd place:**
Jing Qiying and Mr Percy
- 4th place:**
Dayna Ho and Rambo No.5
- 5th place:**
Zarah Kenwright and Tiptoe

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

- 1st place:**
Grace Toal and Sir James
- 2nd place:**
Priyanka Murugason and Brownie
- 3rd place:**
Indi Sicrea and Tiptoe
- 4th place:**
Anna Iwaki and CJ
- 5th place:**
Alexandra Tuomola and Sidan



Happy participants with their rosettes

SUNDAY, 17 SEPTEMBER**CLASS 13: 45 – 55CM CLEAR ROUND ART. 238 #1.1**

Macie Douglas and Dimples
 Jaime Plenderleith and Tyrion
 Julian Clark and Venice
 Olivia Douglas and Maverick
 Leyla Duque and Tiptoe
 Elizabeth Goh and Rascal
 Javier O'Reilly and Lady
 Mai Singh and Sidan
 Zarah Kenwright and Tiptoe

CLASS 14: 65 – 75CM CLEAR ROUND ART. 238 #1.1**Clear Round:**

Corinne Williams and Tyrion
4 Faults:
 Alessandro Caldana and A Touch of Sportsfield
8 Faults:
 Zoe De Geytere and Lucky

CLASS 15: 85CM CLEAR ROUND ART. 238 #1.1**Clear Round:**

Mark Shaw and Cassanova
4 Faults:
 Ruby Tear and Carlo Supreme

CLASS 16: 95CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st – 8 Faults:**

Lynly Fong and Akita

2nd – 18 Faults:

Lilly De Geytere and Rambo No.5

21 Faults:

Alex Fischer and Venice

CLASS 17: 105CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st – 4 Faults:**

Lynly Fong and Akita

CLASS 18: 115CM 1 ROUND WITH JUMP OFF ART. 238 #2.1**1st – 4 Faults:**

Caedan Paul and Red Beast

2nd – 8 Faults:

Yasmine Bonehill and Fontrice

16 Faults:

Nikki Poh and Oldtimer van de Zuurhaege



Averell Zee clinched the first spot in the EA Novice 2.3 category

BTSC's Equinox Jumping Show and FEI Jumping World Challenge (Leg 1)

Team SPC clinched significant standings at FEI Jumping World Challenge's Leg 1 held at Bukit Timah Saddle Club on 23 and 24 September 2023. Kudos and well done to our SPC Riding Academy riders!

DAY 1	
90CM SPEED CLASS	
1st place: Elly Poh and Faylista	
100CM SPEED CLASS	
2nd place: Elly Poh and Faylista	
110CM SPEED CLASS	
1st place: Yasmine Bonehill and Fontrice	
120CM SPEED CLASS	
2nd place: Caedan Paul and Red	
85CM CLEAR ROUND CLASS	
Alessandro Caldana and Touchy (Cleared)	

DAY 2 FEI JUMPING WORLD CHALLENGE	
110CM CATEGORY C	
1st place: Yasmine Bonehill and Fontrice	
90CM CLASS 1 ROUND WITH JUMP OFF	
2nd place: Elly Poh and Faylista	
100CM CLASS 1 ROUND WITH JUMP OFF	
1st place: Elly Poh and Faylista	
80CM CLEAR ROUND CLASS	
Alessandro Caldana and A touch of Sportsfield (cleared)	



Elly Poh and Faylista



Elly Poh and Faylista with SPC Riding Academy instructor, Edric Lee



Yasmine Bonehill and Fontrice



Alessandro Caldana and A touch of Sportsfield

STCRC Septémvrios Jump Show & FEI Jumping World Challenge (Leg 2)

Congratulations and a job well done to Team SPC at the FEI Jumping World Challenge 2023 (Leg 2) held at the Singapore Turf Club Riding Centre on 30 September and 1 October.

RESULTS

FEI CATEGORY B 120CM CLASS

1st place:

Caedan Paul and Red

FEI CATEGORY C 110CM CLASS

1st place:

Yasmine Bonehill and Fontrice

100CM 2 PHASE SPECIAL

1st place:

Elly Poh and Faylista

95CM SJ CLASS 1 ROUND WITH JUMP OFF

2nd place:

Elly Poh and Faylista

95CM 2 PHASE SPECIAL

2nd place:

Elly Poh and Faylista

85 CLEAR ROUND

Alessandro Caldana and Touchy (cleared on both days)



Caedan Paul and Red



Yasmine Bonehill and Fontrice



Alessandro Caldana and Touchy



Elly Poh and Faylista

Photo credit: @patrickhphotos @eslayphoto

SPC Dressage Interclub

Our last interclub dressage show at the club for the year 2023 and we are pleased to have many of our riders clinch the top spots in the various categories. Well done everyone!



Featuring participants from Day 1's competition

SATURDAY

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

1st place:
Grace Toal on Sir James with 59.40%

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

1st place:
Vaness Wong on Guinness with 66.60%
2nd place:
Alannah King on Tyrion with 65.80%
3rd place:
Belinda Cabanes on Tyrion with 65.80%
4th place:
Jamie Plenderleith on Tyrion with 65.00%
5th place:
Claudette Hoepffner on Lily with 61.20%

EA PRELIMINARY 1.1 (EFFECTIVE 2023)

1st place:
Sophie Grotowski on Lily with 63.20%
3rd place:
Chui Wai Cheng on Mo with 62.60%

EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:
Elly Poh on Faylista with 69.03%
3rd place:
Belinda Chin on Halifax with 63.46%

EA ELEMENTARY 3.1 (EFFECTIVE 2023)

1st place:
Andrea Siow on Dueda with 57.429%

FEI CHILDREN INDIVIDUAL TEST/ SENIOR I EDITION 2020, UPDATED 2022

1st place:
Roshni Pannirselvam on Dream a little Dream with 61.08%

FEI PRIX ST. GEORGE EDITION 2009 – UPDATE 2022

2nd place:
Gina Lim on Heathrow-W with 58.67%

SUNDAY

EA ADVANCED 5.3 (EFFECTIVE 2023)

1st place:
Soh Wei Chi on Luke with 63.86%

EA NOVICE 2.3 (EFFECTIVE 2023)

1st place:
Elly Poh on Faylista with 65.57%
2nd place:
Belinda Chin on Halifax with 64.71%
3rd place:
Yasmine Bonehill on Fontrice with 64.28%

EA PRELIMINARY 1.3 (EFFECTIVE 2023)

3rd place:
Lilly De Geytere on Kane with 62.50%

EA PREP.1 (VERSION 2023) SENIOR

2nd place:
Gia Piparaiya on Tyrion with 68.00%
3rd place:
Kaveeya Jadhav on Rascal with 67.66%
4th place:
Dayna Ho on Rambo No. 5 with 66.66%
5th place:
Zarah Kenwright on Tiptoe with 66.00%

EA PREP.1 (VERSION 2023) JUNIOR

1st place:
Anna Iwaki on CJ with 70.33%
2nd place:
Morgan Tay Jing Ling on Sir James with 69.66%
3rd place:
Olivia Craggs on Maverick with 66.33%
4th place:
Ruien Chen on Rascal with 64.66%
5th place:
Melody Wong on Shadow with 64.66%



Andrea Siow came in first in the EA Elementary 3.1



Belinda Chin was awarded 3rd Place in the EANovice 2.1



Gina Lim clinched 2nd Place in the FEI Prix St. George Edition



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STCRC Októvrios Jump Show & FEI Jumping World Challenge (Leg 3) 2023

Team SPC clinched several significant placings once again at Singapore Turf Club Riding Centre's Októvrios Jump Show and the FEI Jumping World Challenge Leg 3. Kudos to all riders!



Edric Lee, SPC Riding Academy Instructor with Yasmine Bonehill and Fontrice, overall champions of FEI Jumping World Challenge Category C 110cm



Caedan Paul and Red clinched first place in the FEI Jumping World Challenge Category B 120cm Round

RESULTS	
90CM SPECIAL 2 PHASE COMPETITION	
1st place:	Elly Poh and Faylista
100CM SPECIAL 2 PHASE COMPETITION	
1st place:	Elly Poh and Faylista
110CM SPECIAL 2 PHASE COMPETITION	
1st place:	Yasmine Bonehill and Fontrice
2nd place:	Caedan Paul and Red
80CM CLEAR ROUND CLASS	
Alessandro Caldana and Touchy (Cleared)	
FEI JUMPING WORLD CHALLENGE CATEGORY C 110CM OVERALL CHAMPION	
Yasmine Bonehill and Fontrice	
FEI JUMPING WORLD CHALLENGE CATEGORY B 120CM ROUND 3	
1st place:	Caedan Paul and Red
90CM 1 ROUND WITH JUMP OFF	
1st place:	Elly Poh and Faylista
100CM 1 ROUND WITH JUMP OFF	
3rd place:	Elly Poh and Faylista
80CM CLEAR ROUND CLASS	
Alessandro Caldana and A Touch of Sportsfield (cleared)	



Elly Poh and Faylista came in first in the 90cm and 100cm Special 2 Phase Competition



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NEC's October Dressage Show

A successful weekend for Team SPC competing at the NEC October Dressage Show held on 28 & 29 October 2023. Huge Congratulations to all riders!

DAY 1

FEI PRIX ST. GEORGES

1st place:

Soh Wei Chi and Luke

EA ADVANCED 5.1

1st place:

Megan Ding and Jadore

EA NOVICE 2.1

1st place:

Elly Poh and Faylista

2nd place:

Yasmine Bonehill and Fontrice

3rd place:

Alessandro Caldana and Touchy



From left to right: Elly Poh, Yasmine Bonehill, Edric Lee and Alessandro Caldana

DAY 2

FEI SENIOR 2/ JUNIORS TEAM

1st place:

Megan Ding and Jadore

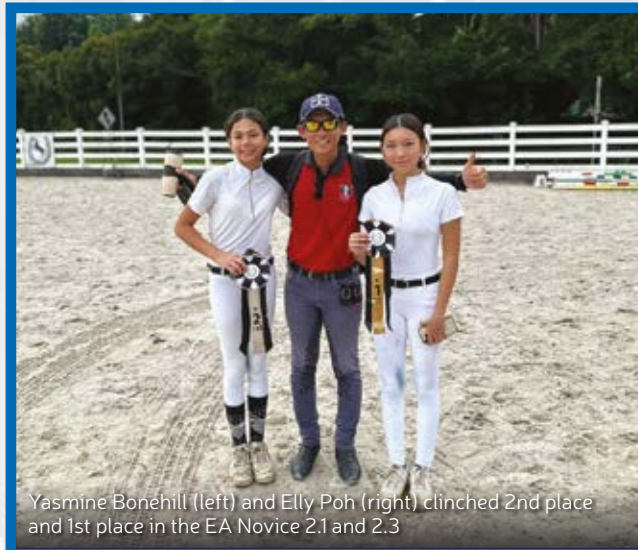
EA NOVICE 2.3

1st place:

Elly Poh and Faylista

2nd place:

Yasmine Bonehill and Fontrice



Yasmine Bonehill (left) and Elly Poh (right) clinched 2nd place and 1st place in the EA Novice 2.1 and 2.3



Megan Ding and Jadore clinched first place in the EA Advanced 5.1 and FEI Senior 2/ Juniors Team



Alessandro Caldana came in 3rd place in the EA Novice 2.1



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BTSC Festival of Rides Dressage Show

Our SPC Riding Academy riders did us proud at Bukit Timah Saddle Club's Festival of Rides Dressage Show 2023 on 4 & 5 November. Well done and our heartfelt congratulations to all riders!

Here are the results from the weekend:

EA NOVICE 2.3
2nd place: Elly Poh and Faylista
FEI YOUTH/ CHILDREN TEAM TEST
2nd place: Elly Poh and Faylista
EA PRELIMINARY 1.3
3rd place: Alessandro Caldana and A Touch of Sportsfield
4th place: Yasmine Bonehill on Fontrice



BTSC Showjumping on 2 and 3 December

We ended the riding season with a couple of victories at Bukit Timah Saddle Club's two-day showjumping competition on 2 and 3 December. Well done riders and here's looking forward to the start of the new riding year!

110CM SPECIAL TWO PHASE
1st place: Yasmine Bonehill and Fontrice
80CM CLEAR ROUND
Alessandro Caldana and Touchy (cleared)
110CM ONE ROUND WITH JUMP OFF
1st place: Yasmine Bonehill and Fontrice



Yasmine Bonehill (left) and Alessandro Caldana (right)

FEI Dressage World Challenge

In conjunction with NEC's Harmony in Motion Dressage Gala on 18 November, Team SPC riders aced their way to the FEI Dressage World Challenge on 19 November 2023. It proved to be a very successful weekend for everyone.

Congratulations to the entire team! Special thanks to the show organisers, judges Ms Mary Seefried & Ms. Gabriela Valerianova, Team NEC and EFS for hosting this big event.

EA ADVANCED 5.2
1st place: Megan Ding and J'adore 68.421%
EA NOVICE 2.2
1st place: Elly Poh and Faylista 65.687%
2nd place: Yasmine Bonehill and Fontrice 63.671%
4th place: Priya Selvam and I'm Incredible 61.953%
FEI SENIOR 2/ JUNIORS TEAM TEST (NON-CHALLENGE)
1st place: Megan Ding and J'adore 69.409%
FEI YOUTH/CHILDREN'S TEAM TEST
2nd place: Elly Poh and Faylista 68.000%



Participants, show officials and judges of the FEI Dressage World Challenge 2023



From left to right: Megan Ding, Elly Poh, Edric Lee, Yasmine Bonehill and Priya Selvam



Megan Ding (middle) with her dad Mr Arthur Ding and SPC Riding Academy instructor, Edric Lee

Riders' Club Showjumping

Team SPC took the top spots at Riders' Club's showjumping competition at Singapore Turf Club Riding Centre on 25 and 26 November. Here are the results of the 2-day competition.

100CM COMPETITION AGAINST THE CLOCK

3rd place:

Elly Poh and Faylista

4th place:

Nikki Poh and Oldtimer Van de Zuurhaege

110CM COMPETITION AGAINST THE CLOCK

1st place:

Caedan Paul and Red

2nd place:

Yasmine Bonehill and Fontrice

80CM COMPETITION AGAINST THE CLOCK

1st place:

Alessandro Caldana and Touchy

100CM ONE ROUND WITH JUMP OFF

3rd place:

Elly Poh and Faylista

4th place:

Nikki Poh and Oldtimer Van de Zuurhaege

110CM ONE ROUND WITH JUMP OFF

1st place:

Caedan Paul and Red

2nd place:

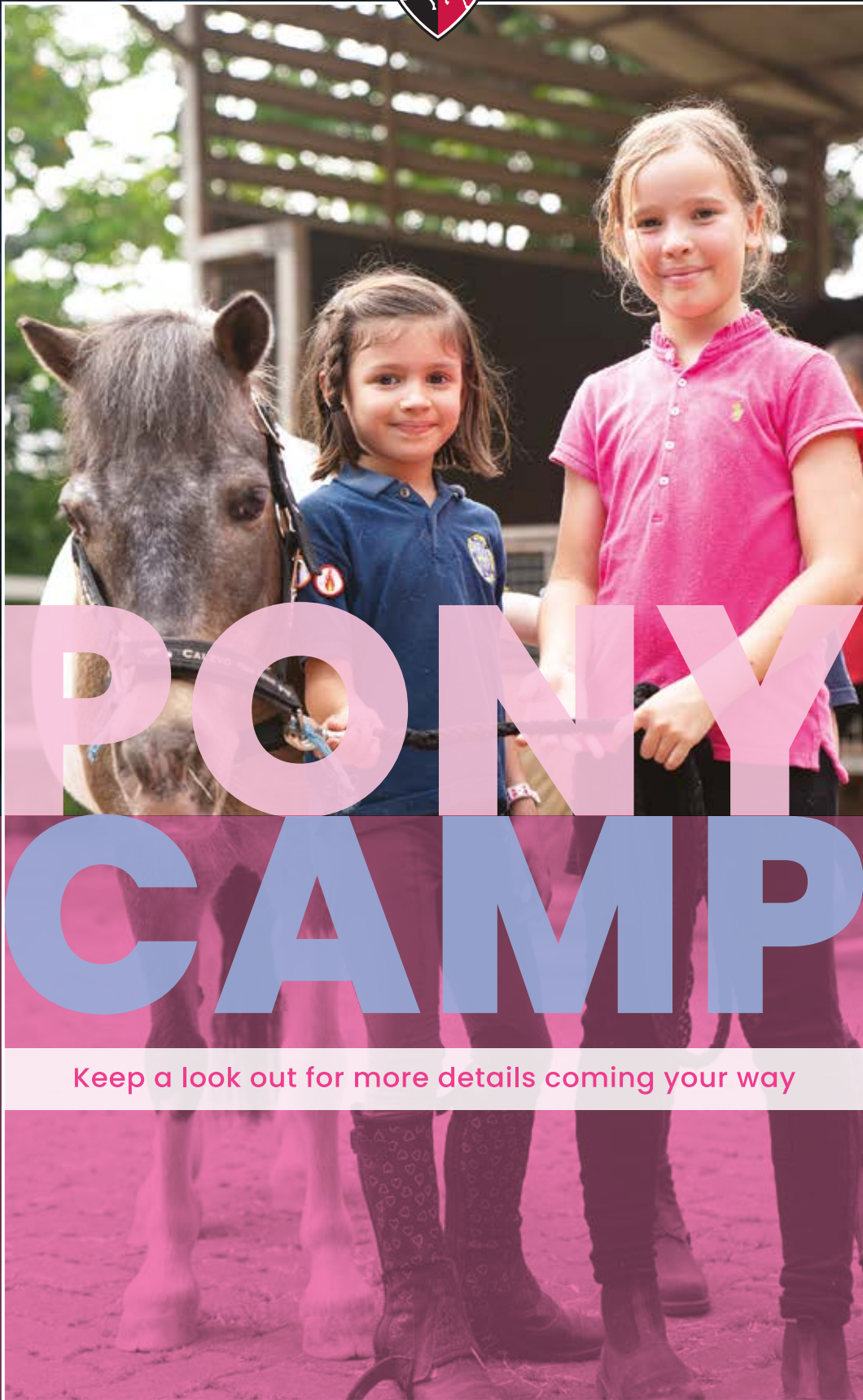
Yasmine Bonehill and Fontrice



Team SPC with Edric Lee, our riding academy instructor



Caedan Paul and Red



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.

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SPC Young Rider Arielle Tang

In our first issue for the year, we feature 17-year-old Arielle Tang who has been riding with SPC Riding Academy for the last 7 years. She shares with us about her equestrian journey, her future plans and on how she strikes a chord between school work and riding lessons.

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

I started riding when I was 10 years old. I really like horses and wanted to pick up a sport, so I started riding to see how it would go. It has been several years now and my passion for riding has grown a lot since then.

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

I joined SPC in 2016. I like that everyone in the club is friendly and all the instructors are very supportive. The facilities are great and I love the horses here.

How long do you train and how many days do you train in a week?

I took up a lease on Mr Percy recently so I've started taking more classes. Currently, I train four times a week, with two flat classes, one jump and one self-ride. I try to ride more during the school holidays when I have more time!



Arielle at our covered arena during her regular lesson



Arielle and Mr Percy after an interclub

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

I have been riding since young so I have gotten used to balancing school work with riding. School is always busy and I usually take less riding classes during the school term so that I can juggle between the two.

Riding is a nice break for me and I enjoy being at the club since it's time off from school for me to destress and have fun.

Any interesting riding experience?

I remember going trekking in New Zealand and having a lot of fun riding in the open fields and taking the horses out for a nice hack. I also did some bareback riding at that same stable; it was fun being able to try something new outside of the usual arena training.

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

I don't own a horse, but I do love many of the horses at the club. I've taken up a lease on Mr Percy and hope to ride him and get to know him more in the future. He's very sweet and well-behaved.

I also adore Rebell. Though I won't be able to ride him anymore, I still visit him occasionally to give him some treats. I'm also fond of many of the ponies in the stable, like Dimples and Sonny as they were the ones who first taught me how to ride.

Who is your idol in terms of riding?

Charlotte Dujardin has been a large inspiration to me, as well as many of the older riders in SPC. Many of them are talented equestrians in both dressage and show-jumping and I look up to them a lot.



Showjumping at our Interclub

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

I competed in the recent August 2023 Training Show, placing 3rd for Dressage and jumping a clear round for the show-jumping class.

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

I have ridden overseas in Australia and New Zealand. I hope to ride more in other countries, especially trekking or even going on some overseas riding expeditions.

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

Have fun! Enjoy the process.

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

I will be going to university next year but I hope I can continue riding frequently. I also want to compete at higher levels for both dressage and jumping.



Arielle in New Zealand

Adopt and Change a Life!

It is time to say goodbye to some of our Riding Academy horses as they look towards retirement with their new found owners. We will miss them terribly but are comforted knowing that they would be enjoying their well-deserved rest.

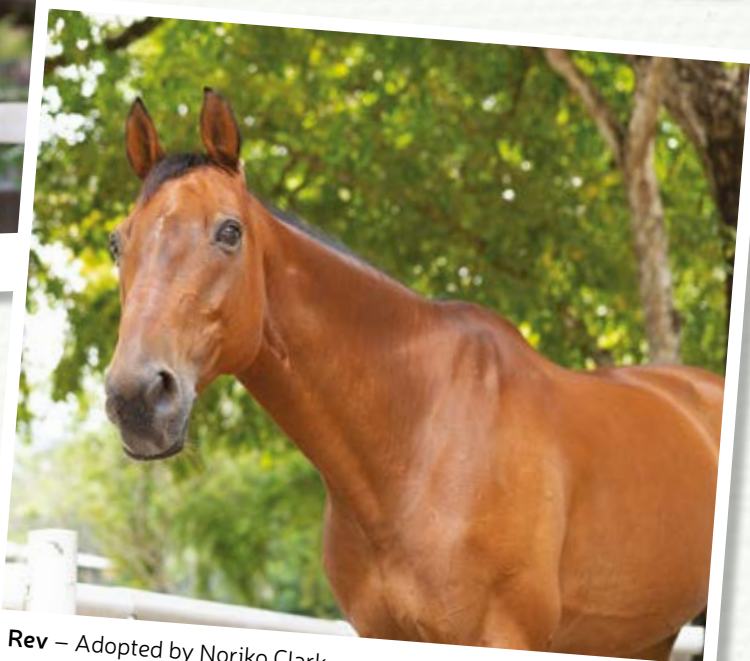
Our hearty thanks to the following members who embraced the love of a majestic companion through this meaningful adoption.



Lisco – Adopted by Yiwen and Anna Strom



Rebell – Adopted by Yiwen, Fuzet Farid and Noriko Clark



Rev – Adopted by Noriko Clark

Junior Academy Programme

LESSONS ON MONDAYS & FRIDAYS

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Inaugural SPC Outreach Polo Tournament & Carnival

On a sunny Sunday, 22 October 2023, the Singapore Polo Club opened its doors to welcome members and the public for the inaugural SPC Outreach Polo Tournament & Carnival.

The day commenced with a thrilling polo tournament from 8.15am to 10am, featuring Junior and Senior players from the ATOMS Polo Academy as they set the stage for an exhilarating day of sportsmanship.

From 9am to 7pm, the participants enthusiastically immersed themselves in a day brimming with fun carnival games and activities such as Cup Pong, Bull's Eye, Line Fishing, Movie Screening and the Bouncy Castle.

Despite a brief afternoon shower, the atmosphere echoed with the contagious sounds of laughter from our youthful participants. The highlight of the carnival was the Pony Ride and Horse Feeding at the covered arena, a much-loved event that the young and the young at heart looked forward to. The train ride around the sand track also brought many smiles to the little ones.

Delectable Nasi Biryani from one of our beneficiaries, HSCA Academy proved to be a popular choice among the attendees. Various finger food were also sold by Coriander Leaf. The Lifestyle Bazaar presented a variety of vendors showcasing items like 18k jewellery from Spain, soy candles, crystal bracelets, crochet accessories, hand-painted bags and apparels, menswear, boho dresses, brownies, cakes and refreshing tea, just to name a few.

In the afternoon, the Club welcomed Mr. Edwin Tong, Minister for Culture, Community and Youth, and Second Minister for Law as the Guest-of-Honour. His throw-in signalled the start of the SPC Outreach Polo Tournament Cup, ushering in a spirited competition among the club's seasoned polo players, each with handicaps ranging from minus 2 to 3. Ultimately, the SPC White team emerged as the triumphant team and was awarded the Champion's Trophy.

It was a day of joyous celebration of familial bonds, exhilarating equestrian pursuits, and a collective commitment to supporting the less fortunate in our community. At the heart of this achievement, Club President Lawrence Khong and Minister Edwin Tong presented a generous cheque of \$8,888 to each of the four beneficiaries – EQUAL, HCSA Community Services, Riding for the Disabled Association, and TOUCH Community Services.

President Lawrence Khong emphasised that beyond the substantial fundraising for both the beneficiaries and the Club's Outreach Fund, the polo tournament played a pivotal role in fostering public awareness about the Club and its endeavours. The day, marked by unity, generosity and spirited activities, not only provided crucial support to those in need but also served as a platform for community engagement and understanding.

In the evening, the crowd was treated to the Riding Team's impressive Showjumping demonstration and the awe-inspiring tent-pegging performance by Lead Polo Professional, Colonel Ravi Rathore. As night fell, the enchanting sight of fairy lights adorning the horses added a magical touch, creating a mesmerising display as Colonel Ravi skillfully pierced targets with a lance at high speed. The combination of skillful horsemanship and the twinkling lights against the night backdrop added an extra layer of excitement and charm to the event's grand finale.

Adding to the jubilation, Band on the Run took the stage, treating the audience to a lively performance of classic songs. The infectious rhythm had many attendees singing and dancing, elevating the overall atmosphere. Their live music not only enhanced the festivities but also brought smiles to the faces of all who were present, making it a truly memorable and joyous occasion.



Team SPC White emerged victorious at the Outreach polo tournament



EQUAL, HCSA, RDA and TOUCH Community Services were each presented with a sum of \$8,888



Minister Edwin Tong interacting with our riding horses during his visit

Pony ride at the covered arena was another well-loved activity by carnival-goers





Colonel Ravi's tent-pegging exhibition



5-line bar showjumping by SPC Riding Academy



Mallet try-outs on our wooden horse



Horse feeding, a favourite activity!



"Band on the Run" got everyone grooving through the evening with a selection of popular hits



Scrumptious finger food

Popular carnival games: Knock down the Cans, Bull's Eye, Line Fishing, Cup Pong



Henna art

Wellness booths at our Lifestyle Bazaar



Train rides around the sand track



Outdoor bouncy castle fun!

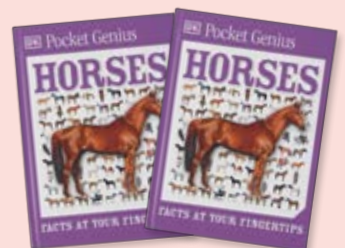
CAMOUFLAGE FUN

Twinkle Pie is ready to usher in the Lunar New Year with her friends at the safari. Can you spot her friends? 3 lucky winners stand to win a "Pocket Genius Horses" informative book.

Find 10 hidden objects in the picture



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **23 February 2024**. Remember to include your name, membership number, email and telephone number.



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Christmas Light-up & Festive Bazaar

It's that magical time of the year again when glistening fairy lights and beautiful decorations create a mesmerising atmosphere for all to marvel at.

Our Christmas light-up on 28 November saw members and their guests come together to celebrate the holiday cheer. Along with their loved ones, they took part in delightful activities such as the Santa Quiz, Emoji Quiz and Scavenger Hunt. They also shopped at the vibrant Christmas Bazaar which sold various goodies ideal for festive gifting. Joyous Christmas carols filled the air with love and warmth as everyone gathered around the Polo Bar cheering the carollers on!

The ceremonial cutting of the huge festive log-cake and the enchanting appearance of Santa Claus distributing candies

to the delight of the children brought smiles to every face, making it a truly magical and heartwarming experience for all in attendance.

We also launched the sale of our SPC Commemorative Book, *The Singapore Polo Club: A Remarkable History and a Bright Future, 1886-2002* on the same evening.

Please do give your support and purchase a copy of the book from the Atoms Polo Loft before 31 January 2024 to enjoy the early bird rate. For further enquiries, email retail@singaporepoloclub.org.



Christmas Crafts



Happy December everyone!



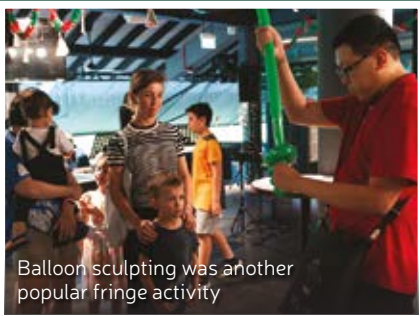
Our SPC commemorative book was soft launched during the light-up



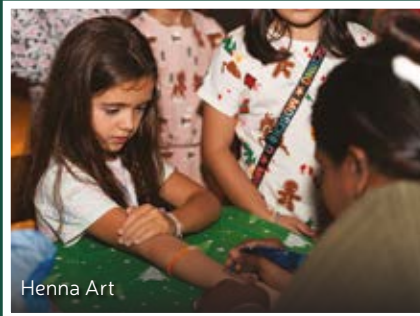
Cake-cutting led by our President, Mr Lawrence Khong, Honorary Secretary, Mr Rickard Hogberg and Honorary Treasurer, Mrs Stephanie Masefield



Ho! Ho! Ho! Santa's here!



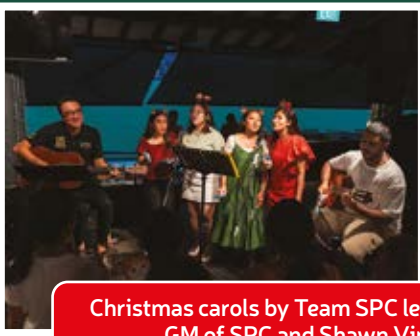
Balloon sculpting was another popular fringe activity



Henna Art



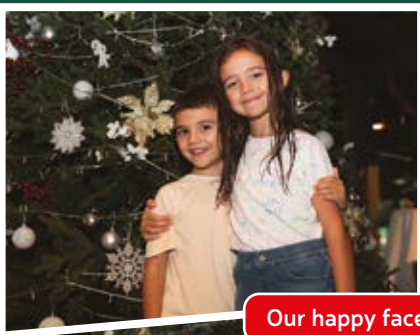
Piñata fun



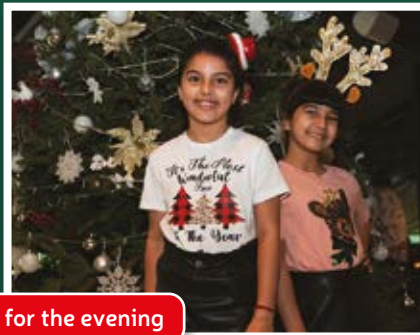
Christmas carols by Team SPC led by guitarists, Mr Sylvan Braberry, GM of SPC and Shawn Vincent, Riding Admin Officer



Christmas-themed games



Our happy faces for the evening



Lifestyle bazaar which saw an array of festive goodies



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Diabetes Tips: How to Manage Your Blood Sugar During Chinese New Year

People with diabetes can still enjoy Chinese New Year goodies. Get easy tips from the Department of Dietetics at Singapore General Hospital (SGH) on how to keep diabetes under control during the festive period.

Even with Diabetes, you can still enjoy CNY goodies. Just take simple steps such as having a healthy meal before going on house visits, consuming smaller frequent meals and replacing sugary drinks with water.



7 Tips to keep diabetes under control during Chinese New Year

Ms Kala Adaikan, Principal Dietitian, Department of Dietetics, Singapore General Hospital (SGH), a member of the SingHealth group, provides the following tips on keeping diabetes under control during Chinese New Year:

1 Eat a healthy breakfast before starting your house visits

Your breakfast should include complex (starchy) carbohydrates packed with lots of fibre (e.g. whole oats, multi-grain cereals, wholemeal bread), nuts and seeds. Starchy carbohydrates will release glucose into the blood stream at a slower rate compared to sugary foods.



2 Set a limit to the amount of festive goodies you can eat in a day

If you're unsure what limit you should set on the love letters and pineapple tarts, check with your doctor or your dietitian. Beware how easy the total carbohydrates consumed add up with every additional peanut cookie or kueh bangkit.



3

Skip the sugary canned drinks

Ask for tea, water or lemon water instead, or pick one with reduced sugar.



4 Spread out the carbohydrates throughout the day

Prevent sudden spikes in blood glucose levels by eating small, frequent meals.



5 Cut down on your portions

If you must have bak kwa and other new year goodies, have a bite-sized portion.



6 Snack on fruits, seeds and nuts

The complex (starchy) carbohydrates contained in fruits, seeds and nuts (e.g. sunflower seeds almonds, pumpkin seeds) will fill you up and make you less inclined to binge on the festive goodies.



7 Walk more

Exercise helps muscle cells to absorb blood glucose. So pick up your walking pace during the festive period. Walk 30 to 60 minutes every day.



SHOULD WOMEN PRACTICE INTERMITTENT FASTING?

Skipping or dramatically delaying meals is counterproductive for most women. That's the general conclusion of a super-deep dive we did on the topic of women and intermittent fasting (IF).

Molecular biologist Dr. Helen Kollias explains that while IF can work well for many men, most women won't benefit. (To be sure, there are always exceptions.)

That's because women might be more sensitive to calorie restriction. Intermittent fasting involves shorter feeding windows (and longer periods of fasting), which means people usually eat less.

- Fasting in women may upset female hormone balance, menstrual periods, ovulation, menopause symptoms, and metabolism.
- Nutrient deficiencies, overexercising, mental / emotional stress, illness, or too little rest and recovery—can compound the negative effects of IF.
- Changes in reproductive hormones can also affect mood and thinking, digestion, recovery, protein turnover, bone formation, fat storage, and appetite.
- Intermittent fasting isn't advised in children, teens, pregnant women, or anyone with a history of disordered eating. It's also probably not a good idea for women who are trying to get pregnant, or who are breastfeeding or experiencing menopause.
- There MAY be some support for fasting in women who have polycystic ovary syndrome (PCOS).
- Women curious to try intermittent fasting might start with gentler approaches: reducing snacking between meals, and slightly extending the time between eating.



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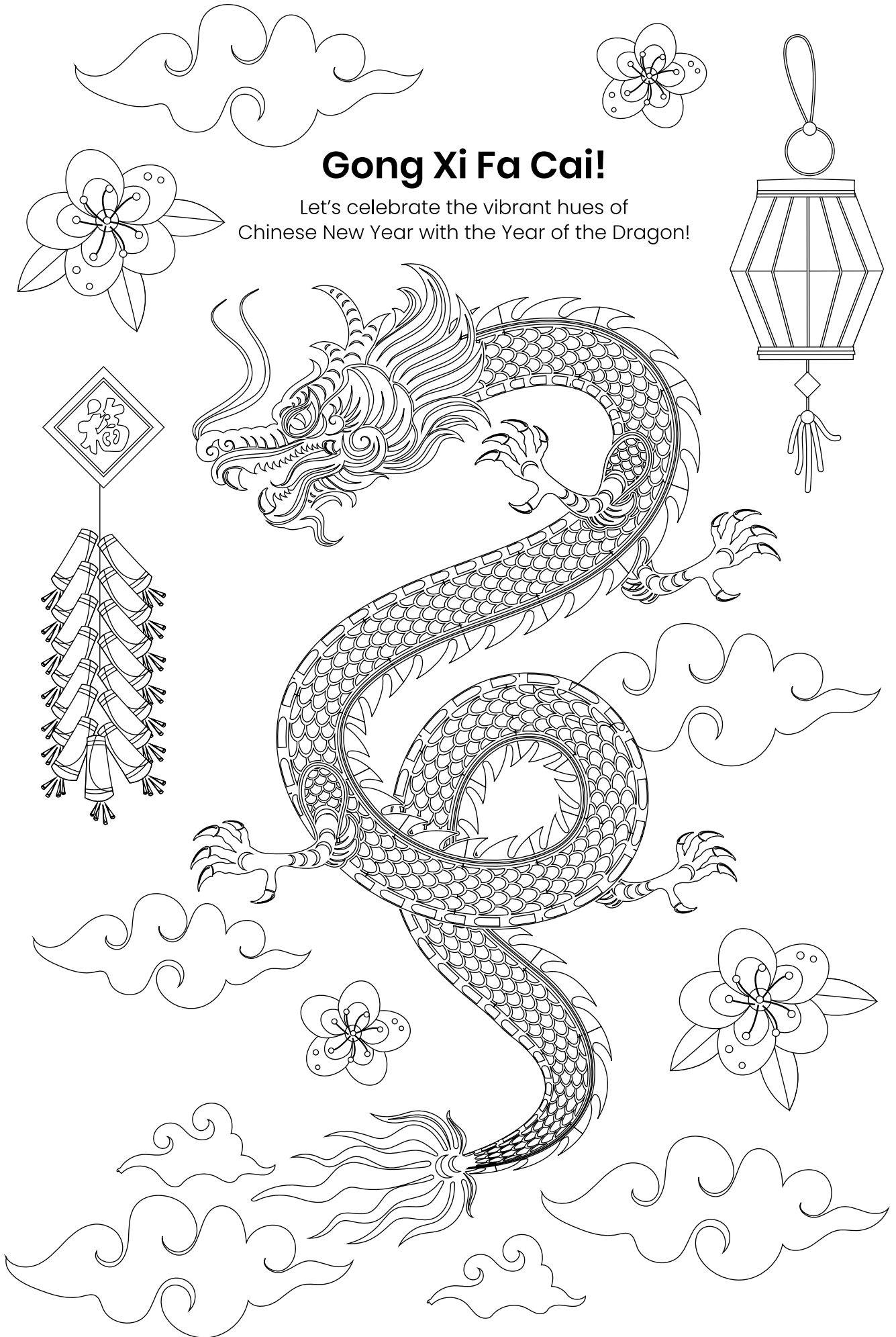
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Gong Xi Fa Cai!

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