

SPCC

Singapore Polo Club
Quarterly Magazine #02/2013

Highlights

FIRST SHOW OF THE YEAR –
NEW YEAR EQUESTRAVAGANZA
VALENTINES SHOW

Plus

CHRISTMAS LIGHT UP &
CHILDREN'S CHRISTMAS PARTY



SINGAPORE
POLO CLUB

MEMBER | INFORMATION



COMMITTEE 2013/2014

President	Iqbal Jumabhoy
Vice President	KP Lee
Polo Captain	Ali Namazie
Hon. Secretary	Lawrence Khong
Hon. Treasurer	Christine Foong
Committee Member	Lynly Fong
Committee Member	Ian Lander
Committee Member	April McKenna
Committee Member	Stijn Welkers

MANAGEMENT

General Manager	Alan Jones
Polo Director	Podger el-Effendi
Stable Director	Jennifer Jennings
Chief Instructor (Riding)	Predrag Marjanovic (Pedja)
Head, Membership & Marketing	Esther Ong
Head, Finance	Mark Kevin Ng
Head, Facilities & Grounds	Subrahmanyam
Head, Gaming	David Lim

CONTACTS

General Enquiries	enquiry@singaporepoloclub.org
Committee	secretary@singaporepoloclub.org
Polo	polo@singaporepoloclub.org
Riding	riding@singaporepoloclub.org
Food & Beverage	poloservice@polorestaurant.com.sg
Membership	membership@singaporepoloclub.org
Marketing	marketing@singaporepoloclub.org
Finance	accounts@singaporepoloclub.org
Gaming	gaming@singaporepoloclub.org
Facilities Management	facilities@singaporepolo.org
Sports & Recreation	snr@singaporepoloclub.org
HR & Admin	hadmin@singaporepoloclub.org
The Polo Loft	polo loft@zackstack.com

CONTRIBUTORS

Vanessa Chen
Debbie Saliling
Philippa Edwards
Fiona Hammond

PHOTO CREDITS TO

Edward Choong
Nicola Hammond



Photo by: Edward Choong

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Address: 80 Mount Pleasant Road
Singapore 298334

Tel: +65 6854 3999 Fax: +65 6256 6715

Website: www.singaporepoloclub.org

Email: enquiry@singaporepoloclub.org

Permit No.: MICA (P) 170/02/2012

CONNECT WITH US AT:

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OPERATING HOURS

FRONT DESK

7.30am – 9.00pm (Sunday to Thursday)
7.30am – 10.00pm (Friday & Saturday)

F&B OUTLETS

THE POLO BAR
8.00am – 11.00pm (Daily)

THE MOUNTBATTEN ROOM
4.00pm – 12 midnight (Daily)

THE VERANDAH
8.00am – 10.30pm (Daily)
(Last food order at 10.30pm except for
Poolside at 10.00pm)

FACILITIES

GAMING
10.00am – 1.00am
(Sunday – Thursday & Public Holiday)
10.00am – 2.30am
(Friday, Saturday & Public Holiday Eve)

GYM
7.00am – 9.00pm (Weekdays)
8.00am – 8.00pm (Weekends)

JACUZZI
7.00am – 9.00pm (Daily)

SAUNA
7.00am – 9.00pm (Daily)

SWIMMING POOL
7.00am – 9.00pm (Daily)

TOWEL COUNTER
7.00am – 9.00pm (Daily)

INTERNET ROOM
8.00am – 9.00pm (Daily)

SQUASH COURT
8.00am – 10.00pm (Daily)

TENNIS COURTS
8.00am – 10.00pm (Daily)

THE POLO LOFT
9.00am – 7.00pm (Tuesday to Sunday)
(Closed on Monday & Public Holiday)

LUSH SPA
10.00am – 9.00pm (Daily)

CONTENTS

- 03 PRESIDENT'S MESSAGE
- 04 UPCOMING EVENTS
- 05 GENERAL MANAGER'S MESSAGE

RIDING REVIEW

- 07 FIRST SHOW OF THE YEAR – NEW YEAR EQUESTRAVAGANZA
- 08 VALENTINES SHOW
- 09 NEW PONIES AT SINGAPORE POLO CLUB! | TWO GOLDS ON THE TROT FOR TEAM HONGKONG AT CSIIY-B SHOW JUMPING EVENT!
- 10 PONY CLUB UPDATE

EQUESTRIAN FEATURE

- 11 THE LONGINES CS15* HONG KONG MASTERS

EVENTS REVIEW

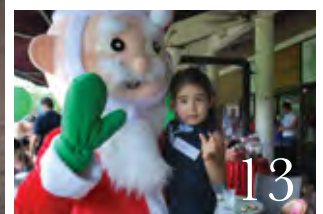
- 13 CHRISTMAS LIGHT UP & CHILDREN'S CHRISTMAS PARTY
- 14 UDDERS ICE CREAM WORKSHOP & MONTHLY QUIZ NIGHT
- 15 INTERNATIONAL WOMEN'S DAY | NEW MEMBERS LIST

SPORTS & RECREATION

- 16 JUNIOR BOOT CAMP
- 17 ADULT MODERN DANCE | UNDERSTANDING YOUR ANKLE & TYPES OF RUNNING SHOES & RUNNING TECHNIQUES
- 18 ADULT DANCE FITNESS | MIXED MARTIAL ARTS
- 19 LEGS, BUMS & TURNS WITH VIV! | LEARN TO SWIM PROGRAMME
- 20 SPORTS & RECREATION: FACILITIES OPERATING HOURS

OTHERS

- 21 CLUB NOTICE
- 22 RECIPROCAL LIST
- 24 F&B PROMOTIONS



HIGH PARF REBATE >>

140 BHP >>

7 SEATER >>



The new **ZAFIRA TOURER 1.4 TURBO**

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PRESIDENT'S MESSAGE



Dear Fellow Members,

My first message for 2013 marks the handing over of office to a new Committee. Your previous Committee ended its term with the AGM of 26th March. I would like to thank all those who served on the Committee and various sub-committees in the 2012/13 year. This has been the hardest working group of people I have had the privilege of serving with and they leave the Club much better for having served. I hope that you will join me in thanking them. For my part, I know that not all decisions have suited all members and in all humility, I ask your indulgence for any of my lapses. At the same time, I would like to thank Alan Jones, our General Manager and his team for the hard yards they have put in thus far.

We start now with a new Committee and we are soon to set up a fresh set of sub-committees. As before, as I request the various Committee members to take up responsibilities for the various portfolios, I will be urging them to propose as many members to be involved in the running of the Club.

The Polo season has begun, and our first club tournament took place on 23 & 24 March. In line with our goal of raising the profile of our monthly tournaments, the tournament was sponsored, with Estancia Jagorawi of Indonesia as our main sponsor. In addition, we were able to accommodate all club players who wished to participate in the 3 matches. The event was filmed and will be aired on Star Sports. A very full season has been planned for 2013 and I will be asking the new Polo Captain to take on the calendar put together for the year and to make this yet another banner year for Singapore polo.

In the Riding Section, I am pleased to report that we have made some progress towards building up our team of instructors, with a verbal acceptance from 1 full time instructor with experience in top stables and riding schools in the USA, Australia, and the Caribbean. In addition, 2 permanent part-time Singaporean instructors with experience teaching children and adults joining us. We are also completing the purchase of additional horses and ponies scheduled to arrive in May. With a full contingent of instructors and horses the riding section will be at full capacity and enable substantial reduction of waiting members.

With your approval at the AGM for the Committee to work towards the completion of the NEP, the new Committee will take on this responsibility as well as continue the improvement of facilities that you saw in the 2012/13 year.

I would like to thank all members who attended the AGM of the Club. It is important that you make your views known and also exercise your right to vote. Your vote makes a difference and I encourage all members to use the Club and also to make your views known. In the coming year, I will continue to encourage greater transparency, governance and professionalism from my fellow Committee members and Club management as we create a Club for all. Thank you for your support.

Best regards,
Iqbal Jumabhoy, **President**

UPCOMING | EVENTS

APRIL - JUNE 2013

DON'T MISS THE EXCITING LINE-UP OF EVENTS & ACTIVITIES FROM APRIL TO JUNE!



APR 8 - 10

Junior Boot Camp



APR 10

Adult Modern Dance



APR 13

Mix Martial Art



APR 13 - 14

Polo Club Tournament - Mackray Cup



APR 20

Polo Forum and Polo Test



APR 20 - 21

Riding - Easter Festival



APR 21

Legs, Bum and Turns with Viv



APR 25 - 28

Polo - Diplomat's Cup 2013



MAY 11 - 12

Polo - Club Tournament - Novice Tournament



MAY 16

Adult Dance Fitness



MAY 18 - 19

Riding - National Dressage Championships



MAY 30 - 31

Polo - 2013 International Pro/Am



JUN 1 - 2

Polo - 2013 International Pro/Am



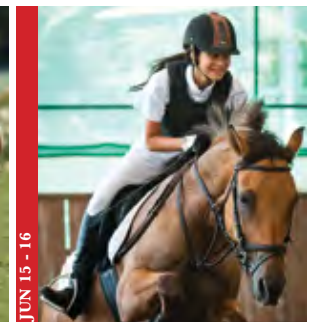
JUN 3 - 6

Learn to Swim Programme



JUN 12 - 16

Polo - Singapore Open



JUN 15 - 16

Riding - National Jumping Finals

*Information is correct at the time of print. The Club reserves the right to change the schedule of events without prior notice.

GENERAL MANAGER'S MESSAGE



The Club will host a new polo tournament, Diplomat's Cup 2013 during the weekend of 25-28 April; in inviting Ambassadors and High Commissioners witnessing their teams competing, this promise to be a spectacular event. And, the glamour and excitement of polo shall continue with the second year, Singapore Open from 12-16 June.

In addition to these prestigious events, our Polo players will compete for club trophies and competitions at the monthly and high level tournaments throughout the second quarter of this year season:

Mackray Cup	Novice Tournament	International Pro/Am
13 - 14 April	11 - 12 May	30 May - 2 June

The elegance and grace of Dressage and excitement of Show-jumping will be showcased during our monthly Riding competitions; with these events to include visiting competitors from other local equestrian clubs:

National Dressage Competitions	National Jumping Finals
18 - 19 May	15 - 16 June

Feedback from Members on the overcrowding at the poolside, particularly as the hotter weekends are approaching. Steps are underway to better manage the poolside area so that members and their guests can enjoy the facilities with a level of comfort. Tighter security is being implemented for weekends, with identity spot checks to ensure only Members and their

signed in guests are at the poolside. Private parties are no more allowed on weekends, this has been a problem with overcrowding, we thank members for their understanding and cooperation for these changes.

Non equestrian activities continue to attract an increased participation from members the Sports and Recreation team are introducing new and more interesting activities, it is pleasing to see that members are responding and participating.

With an eye on safety at the club, we have noticed some fast moving cars traveling along the Club's car parks. For the safety of everyone, particularly children and horses, we urge members who drive to maintain at the speed of not more than 15km/hr in both car parks. Signage is being placed to remind members and guests of the speed limit.

Please note that the Club will be closed on Monday 1 July for our Annual Staff Day. We thank you for your support of this special occasion which is much appreciated by all staff and a well-deserved reward to all for their hard work and contribution to the Club throughout the year. Thank you.

If you have not received our weekly e-news and would like to keep up with all the latest events and promotions, please forward your name and email address to email: membership@singaporepoloclub.org

We strive to keep our members data base current, please ensure that you inform the Club should you change your address, telephone/mobile number or email address to avoid any possible discrepancy or delay in communications from the Club.

I look forward to seeing members at the Club.

Alan Jones, **General Manager**



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First show of the year NEW YEAR EQUESTRAVAGANZA

Kicking off 2013 with the New Year Equestravaganza on Jan 19 & 20, more than 38 Dressage entries and 82 jumping entries braved the rainy weather to enjoy spirited competition to start out the year.

Some new rider/horse combinations did well in their dressage tests. Nikki Coventry and the second-ever entry for Rosa was rewarded by a 60% score and a win in Preliminary 1A.

The 63.51% score for Rebell & Debbie Saliling topped the Novice 2A class, followed by a 3rd place for Amber Czajkowski & Rosie - for both pairs, it was their first attempt at Novice level.

Asja Praetor's consistent riding with the handsome Akermanis earned her a win in

the Medium 4A, though the 65% achieved by Akermanis in the Medium 4B was good enough only for a second place. A long-overdue outing for Katinka Thorburn on Falcon Kittywaik was rewarded by 66.11% and their first win at the Medium level.

Two representatives from the Laird family had a successful outing as well. Heather with Fantastic Diamond achieved a win with 52.57% in Novice 2B while birthday girl Catrina could not wish for a better present than two scores above 65% with Donna Rubina in the first elementary outing for this pair.

Persistent rain on Saturday did not deter the 82 jumping entries to tackle courses set by Predrag Marjanovic in the covered arena in front of judge Monique Heah. Determined riding by our young riders in the 30cm,

60cm & 70cm classes produced 19 clear rounds out of 26 starts, showing a strong group of young riders coming up.

Consistent performer at the 100cm height, Jackie Duffy & Kipster took the top ranking again with 32.35s in the jump-off followed by Alana Thorburn on Robert. Following their second placing in the FEI Jumping Challenge, Amber Czajkowski & Rosie came firing on all cylinders to top two clear rounds by Nicola Bartropp on GP Marjorie and Alana Thorburn on Robert with fastest time of 34.30s in the 110cm class jump-off.

The long triple combination in the highest class of the day caused some problems for the field of entries. However, one mistake by Nicola Bartropp on GP Marjorie in the time of 69.83s was sufficient to claim 1st win in 120cm class for this year.



VALENTINES SHOW

Feb 16-17



Joanna Hager and Popcorn



Amber and Rosie



Annelise Thurley and Cupcake



Emily Harayda and Istria



Jessica Skinner and Maverick



Severine Miaja and Nacre



Isabelle Mackey and Giant

The largest show in memory, the Valentine's show had more than 45 entries in dressage on Saturday and 92 show jumping entries. For Dressage day, we were honored to have Mrs. Alison King, International FEI level dressage judge from Hong Kong, who also will be officiating our Dressage Championships in May.

For show jumping day, overcast weather with a light breeze created an opportunity for many horselider partnerships to tackle the courses set by Predrag Marjanovic.

Marathon efforts were made by Katinka Thorburn, Emma McMurray and Katherine Desbaillets who competed in 3 and 4 tests. Riding Fantastic Diamond, Katherine Desbaillets secured the top spot in Novice 2D and Elementary 3A with 63.71% and 62.79%. Emma McMurray performed a feat of stamina by presenting herself and Rosa and Quero Quero in 2 preliminary and 2 novice

tests with two second places and 1 win. Completing the marathon group, Katinka Thorburn presented Kipster (Elementary), Libby (novice), and Falcon Kittywaikie with an eventual win at 62.2% in Medium 4A.

Joanna Hager and her much-adored partner, Popcorn, continued their dominance in the Preliminary category with wins in both tests and the high score of the day: 67.5%.

For show jumping day, overcast weather with a light breeze created an opportunity for many horse/rider partnerships to tackle the courses set by Predrag Marjanovic. A number of new competitors and new pairs were welcomed as well, including Su Yen and Claim Collin, as well as Foxdale Vilarni, Katinka Thorburn and Libby, and Isabelle Mackey with Giant. It was also great to see the return of some pairs we haven't seen in a while, such as Anthony Lowrey and Hinnerk, as well as Clare Khoo and Teddy Waffles. Three of our school horses had their first show experience: Istria completed a double clear round with Emily Harayda, Katinka Thorburn ably guided Rosa around the course, and Brownie, an inexperienced school pony, had her first show outing with Predrag Marjanovic.

Recent arrivals to the Singapore Polo Club, Severine Miaja and Nacre, showed their full acclimatization and readiness to challenge and annihilate the 22-entry 105cm class with the fastest jump-off round with 36.1 seconds.

Some riders in the show took the opportunity to ride new horses in efforts to prepare for the CSIB young riders borrowed-horse competition to be held March 8-10 at the National Equestrian Centre.

Such a large field of entries created an enormous need for volunteer assistance, and efforts made by these volunteers made it an enjoyable and successful day for all.

We would like to thank all the members who volunteered their time to assist us to successfully run both of these shows - Clare Khoo Jones, Vivian & Brian Reinhart, Nicole Wyrill, Liane Buswell, Holly Yang, Sylvia Kwan, Neil Thorburn, Catrina Laird, Nikki Coventry, Samantha Parkhurst, Titien Irvianty, Anne Hicks, Debbie Saliling, Ana Schleicher, Olivia Morrison, Lucy Hinton and Sandra Ludwig. Also, a big 'Thank You' to Emma McMurray and Neil Thorburn for stepping up to serve as show-jumping judges.

NEW PONIES at Singapore Polo Club!

Sir James is a 9 year old 13.2 grey Welsh-bred Danish pony, trained up to Elementary level in dressage, and arrived in February from Kuala Lumpur. Sir James is easily recognizable with his Arabian-type head and expression, and his elegant movement. Stop by and say hello and admire him.

Another new pony, previously known as **Vegemite** (and sometimes called **Marmite**), this stocky grey 14-hand 6-year-old gelding has a friendly disposition and is quickly settling into his role in the riding school. He was recently purchased from BTSC and will be used for children's riding and trail rides.

Solidly built, bay and lively, **Flo** came to the Club from BTSC. Flo is a 14.2 gelding with a cheeky attitude and is being integrated into the riding school after some training.



Sir James



Flo



Marmite

TWO GOLDS on the trot for TEAM HONG KONG AT CSIY-B SHOW JUMPING EVENT!

TEXT BY: Fiona Hammond



Amber Czajkowski with Dr. Melanie Chew, President of the EFS

There was a real buzz in the air last weekend, as Singapore's riding community came together at the National Equestrian Centre for the only international show jumping event on the Singapore equestrian calendar - the FEI CSIY-B Young Riders borrowed horse competition.

In the team competition, young riders from Hong Kong, India, Malaysia, Thailand & Singapore faced off in a two-round competition, on horses they had only sat on for 30 minutes the day before! After the first round, Singapore & Malaysia were in joint first place with just 4 penalties each, followed by the Hong Kong team with 8 penalties. In round two however, the talented Hong Kong riders stepped up their game & produced three clear rounds to win the event on 8 faults in total. Singapore finished second with 12 faults and Malaysia came third with a total of 16 faults after the two rounds.

In the Singapore International Jumping Open, SPC, BTSC & NEC riders pitted their skills against the visiting riders over a two round individual competition. Out of a field of 21 riders, only 8 produced the

clear rounds required to go through to the final round. Spectators held their breath as Kirsten Reinhart and Clare Khoo were the first to ride two more faultless clear rounds, with respectable times of 47.16 and 54.12 seconds respectively. Not to be outdone, Hong Kong's Patricia Chan rose to the occasion once again and rode a spectacular clear round, in a much faster time of 43.04 seconds to take first place. Amber Czajkowski tried her best to shave a second off that time, but finished in second place overall with a clear round in a close 43.92 seconds.



1st place - HK's Patricia Chan & Belcam Hinnerk



Pony club UPDATE

Pony Club continues to grow and teach more children all about horses and ponies. To date, 75 children are actively participating in weekly pony club rallies to learn about grooming, feeding and pony behaviour. Badge days are planned for the year, with the first one coming up *March 16*. Badge days are an

opportunity for the children to be tested on their knowledge and earn badges signifying their achievement in gaining knowledge over various areas. Rallies are all currently full, and children are being accepted to the waitlist.

Competition training round: To help riding members new to the competition

arena, the Riding Section offers a 'training round' series of practice competitions throughout the year to help riders gain confidence.

Pony club C-level and D-level tests are offered (www.pcuk.org). To enter, talk with your instructor and seek his/her guidance on which test is best for you.



Alysha and Magic - Training round



G for Giant Training round



Emma and Quero Quero - Dressage at Valentines show



Best turned out - Sophie Parkhurst and Toby



Del Montie - Training round



Penelope - Training round

Competition training round schedule for the full year:

Feb	Sat 23 rd
March	Sun 31 st
April	Sun 28 th
May	Sat 25 th
June	Sat 22 nd
Sep	Sun 8 th
Nov	Sat 2 nd
Dec	Sun 1 st

A prize for Best Turnout will be presented.



THE LONGINES CSI5* HONG KONG MASTERS

A FIVE-STAR EVENT
IN EVERY WAY!

TEXT BY: Fiona Hammond IMAGES BY: Nicola Hammond



The riders walk the 1.60m course



The best woman rider in the world rankings, Edwina Tops-Alexander from Australia & Erenice Horta



Equestrian artist Clemence Faivre & Romeo

It's not every day you get to hang out with the top 25 show jumpers in the world. So we were certainly in for a treat at the Longines Hong Kong Masters – Asia's first international show jumping event and the only five-star accredited competition in Asia in the equestrian calendar.

The competition showcased the strength, speed & skills of this exhilarating sport, as the world's top 25 riders and their horses competed for a total prize of USD\$1 million.

Cheers, suspense and jubilation marked the inaugural event, which took place from 28 Feb – 2 Mar 2013, before thousands

of show jumping fans at the sold-out equestrian arena of the AsiaWorld Expo. Comprising two captivating, five-star show jumping sessions each day, the competition showcased the strength, speed & skills of this exhilarating sport, as the world's top 25 riders and their horses competed for a total prize of USD\$1 million, over different courses that ranged in height from 1.45m to 1.60m.

Participants included some of the biggest names in the discipline, such as world number one Christian Ahlmann from Germany, London Olympic Gold medalist Ben Maher from the UK, the world's number one female rider Edwina Tops-Alexander from Australia and former European Champion Kevin Staut from France. Two of Hong Kong's top riders, Kenneth Cheng and Raena Leung also took part in the competition.



Nicola Hammond with 2012 Olympic champion, Ben Maher, from Britain



British Olympian, Michael Whitaker & Viking



Winner Patrice Delaveau from France & Lacrimoso



Romeo

However, the star of the weekend was undoubtedly France's Patrice Delaveau, whose display of faultless horsemanship over the weekend won him four out of the six competitions, including the two major events, the 1.50m Gucci Gold Cup & the 1.60m Longines Grand Prix. Second and third place in the Gucci Gold Cup went to Marcus Ehning from Germany and Edwina Tops Alexander, respectively. In the Longines Grand Prix, second place went to seasoned British rider Michael Whittaker, and Frenchman Kevin Staut took third place.



World No.1 Christian Ahlmann from Germany & Asca Z



Nicola & Alex with the world's number 1 female rider, Edwina Tops-Alexander from Australia

In between the show jumping classes, there was plenty to keep visitors occupied. The 'Prestige Village' featured over twenty exhibitors of luxury & equestrian fashion around The Paddock, where riders warmed up in preparation for the events. There was also a lounge bar & restaurant open to the public, featuring a Veuve Cliquot counter and cooking displays from Gaggenau, making it the perfect place to sit back and enjoy some refreshments. In The Paddock, some of the riders gave clinics, and there

were beautiful displays from Clemence Faivre, a renowned equestrian artist and performer who specialises in freedom work with horses and in Haute Ecole.

With the HK Sky City Marriott hotel only a two-minute stroll away, you were guaranteed to be able bask in the company of 'riding royalty' at the lobby lounge each evening - and that was just as thrilling as the show jumping itself!



Nicola & Alex Hammond with British Olympian Michael Whitaker

CHRISTMAS

Light Up

1 December 2012

A quiet Saturday evening at the Polo Bar and restaurant was brightened by choir members from Saint Andrew Junior College as they conjured up the Christmas spirit with traditional carols. Members enjoyed the singing whilst having dinner with families and friends, and Santa made a surprise appearance - delighting not just the children with a hearty "HO HO HO"!



CHILDREN'S

Christmas Party

15 December 2012

The Club organised the traditional Children's Christmas Party at the left Verandah on Saturday, 15 December. Many (and their parents) arrived early in their Christmas costumes and by 3pm, the Verandah was packed with children waiting for the festivities to begin. Activities included garland-making, tree-decorating and face-painting, with Papa Santa lending a hand with the games and posing for polaroids with excited children buzzed on sugar from endless visits to the candy buffet bar!



MONTHLY Quiz Nights

The first of the Club's regular quiz nights this year took place at the Mountbatten Room in March, and the room buzzed as eight teams of friends, family and colleagues battled it out.

Congratulations to 'The Cunning Stunts' for winning, the eight beautiful ladies of 'The Clueless' as the runner-up and to 'The Wailers' for a respectable third place.

Our grateful thanks to the wonderful emcee, Mr Nick Hadow, and queen of quiz questions, Ms Stefanie Hauger, for making this night a success!

Quiz nights are held regularly on every 1st Friday of each month. To register your team, please contact tel: 6854 3999 or email enquiry@singaporepoloclub.org for further assistance.



UDDERS Ice cream Workshop



A Saturday morning in February saw 14 members (kids and adults) arrive at Udders Ice Cream in Novena not just to eat, but to learn how to make ice-cream. Workshop instructor Daryl prepped the group with some fun questions, and vouchers for ice-cream were given away for each correct answer before the hands-on part of the session started.

Upon tasting ice-cream made by their very own hands, everyone was amazed to find that it tasted as good as (if not better) the pints they bought from the supermarket!

Afterwards, everybody 'rewarded' themselves for all their hard work at the "Eat-All-You-Can" ice cream buffet with 21 flavours accompanied by monster cones, waffles and cups.





INTERNATIONAL Women's Day

On March 8, the Club buzzed with ladies marking International Women's Day with some therapeutic glitz and glamour.

The Polo Restaurant & Bar held a special promotion 'to celebrate being a woman', with ladies receiving 50% off all food items from the a la carte menu. One of the ladies happily exclaimed that "It is certainly a great day not to be cooking at home!"

Women from all walks of life joined in the celebration with their girlfriends, sisters, mothers, aunts and cousins - eating, drinking and treating themselves to the retail goodies on offer that evening.

GNOSEM, an online store for unique, quality fashion brought in an exclusive range of accessories and clothes that sourced from the world's top independent designers.

Ladies received a personal styling session from founder Lisa Crosswhite, who compared them with celebrities with similar body types and suggested the best outfits to flatter their body shape.

To top it all off, a lucky draw was held and one lucky lady won an exquisite hand-made jewellery set made with black lace and pearls worth \$346. Two other lucky ladies won hand-woven items with beautiful beading worth \$156 each. All prizes were presented by Lisa Crosswhite.

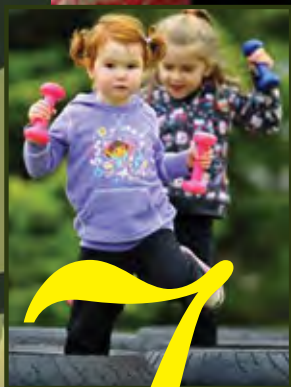
Our thanks to GNOSEM, members and friends for supporting this event and making it an evening to remember.



A warm welcome to the members who have recently joined the Singapore Polo Club Family.
January - March 2013

- Christos Antipatis
- Chung Wui Thye, Sheryl
- Daniel James Clark
- Leo David Alexander
- Nicholas Philip Hugh Hadow
- Sandra Kunalan
- Stephen Philip Punch
- Walter Fernandez





Junior BOOT CAMP

It is our goal for every child to have the ability to enjoy a healthy lifestyle through active play in a safe environment, and this Boot Camp is an introduction to fitness which is not only fun but also functional.

In a time when so many children lead sedentary lives, we believe in training using simple, everyday movements - squatting, running, jumping, pushing, climbing, and throwing - to 'recondition' bodies to function in the way nature designed.

We believe simple repetition of these functional movements will help develop strong, well-balanced bodies ready to take on any task or obstacle.

This boot camp incorporates a CrossFit program for a better foundation to make health and fitness a way of life, starting

with bodyweight exercises to improve motor skills, agility and coordination. Further, CrossFit workouts are designed to creatively incorporate cardiovascular and respiratory endurance, flexibility, coordination, agility, balance, accuracy, power, speed and balance through consistency in form and technique.

Instructor

Reehana Shihab is a certified CrossFit/ personal trainer; sports have been a constant in her life, and she has a particular interest in rugby, kickboxing and endurance events. She has been in the fitness industry as a trainer for over five years; specializing in CrossFit for the past 4 years.

Although a trainer to mainly adults, Reehana has also worked with Juniors (aged 6 -17) from Victoria Junior College, Learning Horizon and United World College (both campuses), as well as individuals on a one-on-one basis.

Instructor	Reehana Shihab
Date	Monday to Wednesday, 8 to 10 April 2013
Time	3.00pm - 5.30pm
Age eligibility	9 to 12 years
Venue	Fitness Studio
Fee	\$135 (inclusive of light snacks & goodie bag)
Min	10 participants
Maximum	12 participants
Closing date	Monday, 1 April 2013

Adult *Modern Dance* (Free Trial for members)

Instructor

Elizabeth began ballet at the age of 6 under the Royal Academy of Dance (RAD). She then chose Nanyang Academy of Fine Arts (NAFA) to pursue her passion in dance and emerged as the Best Graduate in 2012. Recent major events that she performed in recently include the Esplanade D:ns Festival, NAFA Crossings and the Hong Kong TVB Star Awards Show.

Currently she is teaching Modern Dance as well as Dance Ditness at Taneo Dance Academy.

Modern Dance

Modern dance allows students to explore movements and expressions. In this class, emphasis will be placed on breathing, weight shift, energy, momentum and placements. No dance experience is required for the beginner class.

Instructor	Elizabeth Sarah Lee
Date	Wednesday, 10 April 2013
Time	7.00pm - 8.00pm
Age eligibility	16 years and above
Venue	Fitness Studio
Attire	Gym Attire
Minimum	6 participants
Maximum	8 participants
Closing date	Wednesday, 3 April 2013



UNDERSTANDING *Your Ankle, Types of Running Shoes & Running TECHNIQUES*



This presentation will explain the ankle's structure, its movement, types of running shoe and fitting. There will also be a discussion on the different landing patterns/techniques (Barefoot vs. Shod). The aim is to impart an understanding of how certain foot structures/motions can contribute to running-related injuries and to enable the audience to shortlist suitable types of running shoes.

About the speaker:

Andy Neo is the ASICS Regional Senior Technical Representative and an avid runner (PB 3:05 in 2013 Xiamen Marathon). He holds a Bachelors Degree in Sports Education (Monash University 2008) and as the ASICS Tech Rep he has presented for the Podiatry Association of Singapore, the Singapore Physiotherapy Association and has lectured to Physiotherapist students at Nanyang Polytechnic.

Date	Wednesday, 19 June 2013
Time	7.30pm to 8.30pm
Age eligibility	16 years and above
Venue	Mountbatten Room
Attire	Sports casual
Fee	FREE (for members and guests)
Closing date	Wednesday, 12 June 2013

*Attractive discounts on purchase of ASICS shoes will be offered to members after the talk!!

All prices above are subject to GST.

For further enquiries and registration, please call the Sports & Recreation Department on 6854 3984 or email snr@singaporepoloclub.org



Adult Dance Fitness

(Free Trial for members)

Dance Fitness is a 60-minute workout session which incorporates dance moves, Pilates, cardio, strengthening and stretching exercises. It is suitable for all ages, with or without dance background.

Instructor	Elizabeth Sarah Lee
Date	Thursday, 16 May 2013
Time	7.00pm - 8.00pm
Age eligibility	16 years and above
Venue	Fitness Studio
Attire	Gym Attire
Minimum	6 participants
Maximum	8 participants
Closing date	Thursday, 9 May 2013



MIXED MARTIAL ARTS

(Free Trial for members)

Mixed Martial Arts is full-contact, all-round unarmed combat and is one of the the fastest-growing sports in the world. It involves striking and grappling techniques derived from traditional Martial Arts like Judo, Muay Thai, Wrestling and Jiu-jitsu and blended into a modern combat system. These techniques are also useful for self-defence.

Learn basic striking techniques, joint locks, choke holds, take downs and throws in a **fun, conducive and safe** manner.

*"I am trained in various forms of Martial Arts and have competed regionally and internationally. I am also a certified coach for all the different Combative Sports that I have competed in. Be it **confidence-***

***building, weight-loss, stress-busting, self-defence** or simply to have a **fun workout**, I believe that the team here in the Polo Club have what it takes for you realise your full potential and reach your goals."*, said Sul.

Instructor	Sul
Date	Saturday, 13 April 2013
Time	4pm to 5pm
Age eligibility	16 years and above
Venue	Fitness Studio
Attire	Gym Attire
Minimum	6 participants
Closing date	Thursday, 9 May 2013



LEGS, BUMS & TURN

with Viv (Free Trial for members)

Legs Bums and Tums is a workout that targets all the main muscles in the lower region.

The class is not choreographed, which means that most people are able to follow easily. Participants work at their own level, through a planned set of exercises while learning and perfecting their technique. It is an extremely effective class where only the weight of the body is used. Suitable for all types of exerciser. Comfortable clothes and gym shoes are advisable, and of course - bring water!

Using my dance background, I specialise in teaching adults and children, in all types of Dance-based classes including, salsa, zumba, yoga, Pilates and ballet-based workouts and the latest craze - BOKWA!

Before arriving in Singapore I was Course Tutor and Assessor on the Exercise to Music programmes for one of the biggest training providers in the UK. I am currently undergoing my 500hr YA qualification in Ashtanga Yoga which will enable me to teach yoga at the highest level. Very exciting.....!!

Instructor	Vivienne Riedlin
Date	Sunday, 21 April 2013
Time	10.00am to 10.45am
Age eligibility	16 years and above
Venue	Fitness Studio
Attire	Gym Attire
Minimum	8 participants
Maximum	12 participants
Closing date	Saturday, 14 April 2013

LEARN TO SWIM

PROGRAMME (Crash Course)

The first step towards learning to swim is feeling at ease in the water. As children progress, remember that swimming should continue being fun. Once they start, try to let them swim regularly as children learn much more in short, frequent sessions than in occasional long ones. Improvement often comes naturally with plenty of progressive

practice and, above all, continued enjoyment of the water.

The aim is to learn water skills which include Water Confidence, Water Safety, Swimming Technique and Survival. Teaching points include Blowing Bubbles, Buoyancy, Gliding, Propulsion, Understanding the Danger and Survival.

Instructor	Vince Soh
Date	Monday to Thursday, 3 to 6 June 2013
Time	10.00am to 11.00am
Age eligibility	16 years and above
Venue	Swimming Pool
Age	4 years and above
Attire	Swim Wear & Goggles
Fee	Group \$100 (4 sessions) -Private lesson \$60/session (upon request)
Minimum	3 participants
Maximum	6 participants



FACILITIES OPERATING HOURS



POLO GYM
 Operation Hours: Weekdays 7.00am – 9.00pm
 Weekends 8.00am – 8.00pm
 Charges: \$10.00/per entry (Guests of Member)
 Age Limit: 16 years old & above

BOXING
 Day/Time: Available Upon Demand
 Venue: Gymnasium/Fitness Studio

PILATES
 Day/Time: Monday 9.00am – 10.00am
 Saturday 9.30am – 10.30am
 Venue: Gymnasium/Fitness Studio
 Instructor: Ange
 Charges: \$100.00/4 sessions

HATHA VINYASA YOGA
 Day/Time: Friday 10.00am – 11.00am
 Saturday 11.00am – 12.00noon
 Venue: Gymnasium/ Fitness Studio
 Instructor: K.C.
 Charges: \$120.00/ 4 sessions

YOGA (NEW)
 Day/Time: Friday 10.00am – 11.00am
 Saturday 11.00am – 12.00noon
 Venue: Gymnasium/ Fitness Studio
 Instructor: K.C.
 Charges: \$120.00/ 4 sessions
 \$32.00/ 1 session



ARCHERY
 Day: Saturday
 Time: 10.00am to 12.00noon
 Venue: Polo Filed
 Instructor: Letchu
 Charges: \$60.00/month

TENNIS
 Day: Monday to Saturday
 Venue: Tennis Court 1
 Instructor: Jerome
 Charges:
 1 player \$70.00/lesson
 2 players \$37.50/lesson
 3 players \$30.00/lesson
 4 players or more \$25.00/lesson

TINY TOTS & JUNIOR TENNIS PROGRAMME
 Day: Wednesday
 Time: 4.00pm to 5.00pm (3 - 7 years old)
 5.00pm to 6.30pm (8 - 12 years old)
 Venue: Tennis Court 1 & 2
 Instructor: Jerome
 Charges: \$125.00/month

SWIMMING
 Day: Mondays to Sundays
 Venue: Polo Swimming Pool
 Instructor: Vince
 Charges:
 Group \$100.00/month
 Individual \$50.00/lesson
 Duo \$35.00/lesson

PERSONAL TRAINING
 Day/Time: Available Upon Demand
 Venue: Gymnasium

****NOTE: ALL CHARGES ARE SUBJECT TO PREVAILING GST CHARGES**

For more information/registration on the above activities, please contact Abdul Halim, Sports & Recreation Manager, at Tel: 6854 3984 or Email: abdulhalim@singaporepoloclub.org or snr@singaporepoloclub.org

DID YOU KNOW?

The Clubhouse has recently been enhanced with bougainvilleas in planter boxes in front of the verandah. We encourage members to drop in and enjoy the new flora with a cup of tea or coffee (or something stronger!) whilst taking in a fast-paced game of polo.



CLUB | NOTICE

Dear Members,

Please be advised that the field facing camera is functioning again. The field camera delivers both a picture as well as a live video feed via the internet.

The quality of the video feed is good enough to be able to judge whether weather

conditions are suitable for the activities you have planned at the Club.

The field facing camera can be accessed by clicking the 'weathercam' icon on the club website www.singaporepoloclub.org.



APR - JUN 2013

lush spa
small in size - big on treats

may 2013

LUSH MUM'S SPA

Rejuvenating moments that Mum will really, really want!

fr \$115 nett | 85 mins

Mum's Ache-buster

milk foot bath + 60 min lemongrass full body + scalp massage + 20 min foot massage

Mum's Age-Smart Fix

floral foot bath + luxurious anti-aging full facial + 20 min relaxing foot, hands & scalp massage + champagne

Mum's Fatigue Cure

floral milk foot bath + eucalyptus body scrub + 50 min deep circulation balm massage + 10 min tension relief scalp + face spa + champagne

Or simply...

Mum's Spa Certificates - Give her some good relaxing moments at her own time.

APRIL SPA JUNKIES

The only addictions that are naturally good and restorative!

2 hrs | fr \$175 nett

Massage Junkie

floral foot bath + 70 min invigorating body massage + 30 min foot + 10 min scalp

Facial Junkie

Decleor deep cleansing full facial + 10min décolleté (neck) massage + hands & scalp massage

Spa Junkie

calming foot bath + coconut scrub + 60 min sweet orange full body & scalp massage + face spa (facial point massage; not a facial)



JUNE SPA BREATHERS

2 hrs | fr \$175 nett

Anti-ache Breather

warm stone invigorating upper & lower back massages

and more...



RECIPROCAL | CLUBS

ARGENTINA

Pilar Pilara Polo Club

AUSTRALIA

Brisbane Brisbane Polo Club
 Canberra Canberra Club Ltd
 Sydney, NSW The American Club
 Sydney Polo Club
 Perth The Western Australian Club

CANADA

Calgary The Ranchmen's Club
 Vancouver Terminal City Club
 Toronto The Boulevard Club

CHINA

Beijing Beijing Riviera Country Club
 Beijing The Tang Polo Club
 Shanghai Nine Dragons Hill Polo Club

EUROPE

France St. James Paris
 France Polo Club de Chantilly

HONG KONG

Kowloon Kowloon Cricket Club
 New Territories Clearwater Bay Equestrian & Education Centre

INDIA

Jaipur Jaipur Riding & Polo Club
 Kolkata Calcutta Polo Club
 Mumbai Golden Swan & Country Club
 Mumbai Mumbai Cricket Association Recreation Centre

INDONESIA

Jakarta Mercantile Athletic Club

JAPAN

Yokohama Yokohama Country & Athletic Club

KOREA

Seoul Seoul Club

MALAYSIA

Ipoh Iskandar Polo Club
 Kuala Lumpur Sunway Lagoon Club
 Kuala Lumpur Royal Lake Club
 Kuala Lumpur Bukit Kiara Equestrian & Country Resort

PHILIPPINES

Cebu Cebu Polo Club
 Makati Manila Polo Club

SRI LANKA

Colombo The Colombo Swimming Club

AFRICA

South Africa Inanda Polo Club

THAILAND

Bangkok The Capitol Club
 Pattaya Thai Polo & Equestrian Club

UNITED STATES OF AMERICA

Connecticut The Hartford Club
 Denver The Denver Athletic Club
 Hawaii The Plaza Club Honolulu
 Houston The Houston Club
 Iowa The Des Moines Embassy Club
 Mexico The University Club of Mexico
 New York The Explorers Club
 San Francisco The University Club
 Washington Capitol Hill Club
 Washington The Bellevue Club

UNITED KINGDOM

London St. James's Hotel & Club
 London Royal Over-Seas League
 London The Calvary & Guards Club
 London The Eccentric Club
 Surrey Guards Polo Club

To visit any of the Reciprocal Clubs, an Introductory Letter is required from the Singapore Polo Club. For reciprocal arrangement and/or information please contact Membership & Marketing Department at Tel: +65 6854 3999 or Email: membership@singaporepoloclub.org.





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We want you to enjoy more...



RACLETTE NIGHT

Get together with your friends & family
\$38+ inclusive of a glass of premium wine
From 8pm-10pm. Every last Friday of the month.
(26 April, 31 May & 26 June.)

ASADO NIGHT

Enjoy the succulent rib and tenderloin
with Kartoffel Salad!
Grill at verandah. \$18+ per serving
On 18 April (Thursday)



WEEKEND ENGLISH TEA SET

\$12+ per set per person
Freshly baked scones served with
fresh cream, jam & butter
Finger sandwiches, French pastries
A pot of tea or coffee.
Available only on weekend during Polo Season
Sat & Sun, 3pm - 6pm





MOTHER'S & FATHER'S DAY

IT'S ALL ABOUT FAMILY

Celebrate the special day with your mom and dad with special promotion.

Call us to find out more about the offer from our friendly staff.

VEUVE CLICQUOT LOUNGE PROMOTION

\$18+ per glass, \$98+ per bottle
Available only on weekend Sat & Sun



SECRETARIES' WEEK

Give an appreciation lunch or dinner to mark this special day dedicated to your secretaries, administrative staffs, receptionists, etc...

Special set meal available at \$35+ per person.

From 22-26 April

PARTY WITH US

We plan. You enjoy and relax.
Have your party with fun and memorable moment with us. Find out more details from our F&B Manager.



Polo Restaurant & Bar

Reservation Hotline: 6854 3985

Email: poloservice@polorestaurant.com.sg



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