



MEMBER | INFORMATION

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Committee Member Mr. Brian Reinhart
Committee Member Mr. Gary Tiernan
Committee Member Mr. Ian Lander
Committee Member Ms. Lynly Fong
Committee Member Mr. Stijn Welkers

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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)

POOLSIDE DINING 12.00pm - 10.30pm (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)

IACUZZI

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

11.00am - 7.00pm (Tuesday to Friday)

10.00am - 7.00pm (Saturday to Sunday)

(Closed on Monday)

LUSH SPA

10.00am - 9.00pm (Daily)

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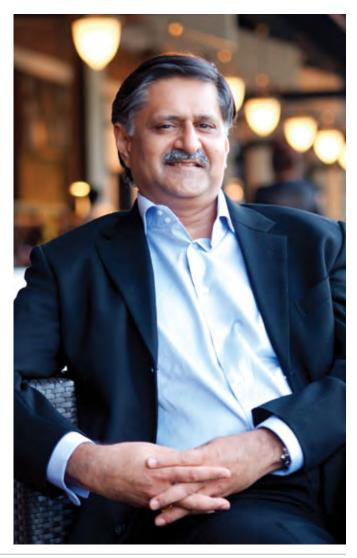




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PRESIDENT'S MESSAGE



Dear Fellow Members,

s the year comes to a close, one gets more reflective and in my case, I have been looking back at the enormous task that my Committee colleagues and I took on in March of this year. I have been reviewing what we have done and what more we need to do.

I am very pleased that Alan Jones, our new General Manager, has settled in to his role very well and is getting to grips with many of the issues surrounding the running of the Club. I am sure that many members will have seen the subtle changes taking place, not only in the physical appearance of the Club but also in the step up in activities.

A number of other plans are in progress. The Polo Captain has begun to restructure the polo section and I am pleased to report that Podger El-Effendi is back with us, and providing direction for the management of polo in 2013. He is a former 8 goal player and brings much experience that we can all benefit from. In addition, he was in Argentina recently, and has been instrumental in helping us replenish the club's string of horses. We have formulated a very active polo program for 2013 and he will be instrumental in making this a success.

I am happy to report that the Riding Sub Committee has formulated a plan to rejuvenate the Riding Section, which the Committee has approved. We will keep you informed of key activities as we progress. There will be a forum in January when these plans will be shared with members. We are now in the process of restructuring the Stables area and are looking forward to upgrading our management there to improve the quality of care that our horses deserve.

In the Sponsorship area, we have been working on the 2013 plan. In the last nine months, we have focused on building back our links with various sponsors and potential sponsors. We were able to complete a very active polo calendar with every event being sponsored. We signed a 3-year agreement with ESPN to televise the final of the Open, enhancing the profile of the tournament and also the Club. I am also pleased to inform you that we will replace the current analog polo clock (which breaks down regularly), with a digital display, which we will install before the start of the new polo year, thanks to a new sponsor, Opel. Having focused on polo in 2012, we are now seeking ways to bring more sponsorship into our Riding activities. We will announce these as we confirm arrangements through the year.

For those who ride regularly, you will have seen improvements to our grounds and facilities, so that more and better facilities will be available to you. I was very sorry to announce that Paul Murphy had to step down as convenor for Grounds and Facilities, due to his requiring treatment in Australia for an illness. We wish him the best for a full recovery.

Behind the scenes, there has been much activity in the "back-of-house" areas such as Finance, where we have been doing a critical review of our systems and also looking at upgrading our management and our computer systems.

Thank you all who have given us your advice and feedback to make the Club a better place. Your Committee is available to you, so please feel free to speak with us when you see us at the Club. In the meantime, may I wish you the best for 2013.

Best regards, labal Jumabhoy, **President**

GENERAL MANAGER'S MESSAGE



Dear Members,

Te welcome the new year and hope all had a welldeserved New Year's celebration!

My first three months with the Club have flown by and I continue on the learning curve to understand the structure and on Members' needs, particularly the equestrian side, which is a new and interesting industry to me. At the same time it is rewarding to see progress with management teamwork and with the support from the Committee and Sub Committees.

We welcomed on board in late October, Abdul Halim, our new Head of Sports & Recreation. Halim brings a wealth of experience in lifestyle recreation and will expand and enhance our non equestrian events to our many members with new sports and recreation programmes. Be sure to join us in the gymnasium to check out our new programme line up for the new year.

Children's activities and facilities are being upgraded. The children's play area apparatus is being replaced, including a new rubberised floor surface, the new equipments meets the ASTM safety standards that are required nowadays. No doubt children will enjoy the new area when completed in March.

Our Riding fraternity will take the lead with regular monthly shows, highlighted by the elegance and grace of Dressage and excitement of Show Jumping:

Valentine's New Year Spring Equestravaganza Fiesta Show 16 - 17 February 23 - 24 March 19 - 20 January

The Polo season will resume during the month of March, including our first Club Tournament – the Myra Čup on 23 – 24 March. This will be the first start of the polo season, with several major tournaments and new tournaments planned for 2013.

Not immediately visible to members is the work underway "Back of House" for organisation alignment, policies and procedures compliance with tighter controls work practises that will result in productivity improvement, reduced wastage and Member confidence of a well-run club.

The Club's website is being revamped to be more informative so that members can keep abreast of happenings at the Club. supplemented by the weekly e-news to keep up up-to-date on all of the latest information. The Constitution and Bye-Laws were recently loaded on to the website for members' convenience. 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

Lastly, 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

UPCOMING | EVENTS JANUARY - DECEMBER 2013

DON'T MISS THE EXCITING LINE-UP OF EVENTS & ACTIVITIES FOR YEAR 2013!









Riding - New Yea









Ballet for Kinder











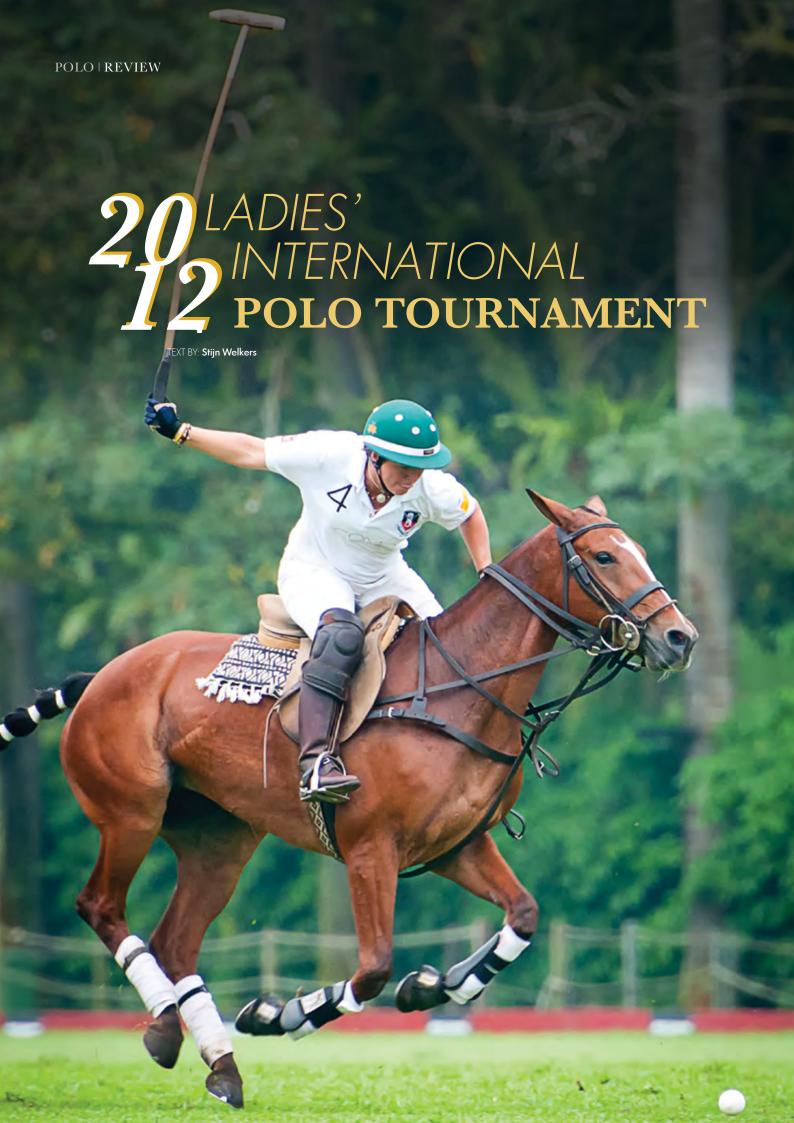


Polo Club Tourna Myra Cup

Spring Show



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



From 10 to 14 October 2012, the Singapore Polo Club hosted the 2012 Ladies International Tournament, an official international Women's Championship Tournament (WCT) qualifier. It was a dazzling display of competitive polo from the ladies, including eight visiting players.

Visiting players from Argentina, the US, UK and Thailand complemented our 10 member player on the field in four teams, supported by sponsors McLaren, COMO Hotel & Resorts, Veuve Clicquot and Jaeger-LeCoultre.

Backed by good weather, the day started with a toughly fought match to avoid a bottom placing.

Notable names were 2-goal Argentine player, Lia Salvo, brand ambassador for Jaeger-LeCoultre worldwide and 3-goal American player, Sunny Hale, the first woman to win a US Open Polo Championship and founder of WCT.

The first two days of play set the stage for an interesting finals day; both Jaeger-LeCoultre and Veuve Clicquot had won all their matches and COMO Hotel & Resorts and McLaren had lost both theirs.

In addition to great polo, Finals day delivered the glamour. Guests were greeted by models decked out in apparel from online fashion retailer Gnossem, and a beautiful silver McLaren was parked at Reception. Comprising members, ambassadors, sponsors and journalists, guests were treated to glasses of Veuve Clicquot champagne, Stella Artois beer and canapés.

Non-polo entertainment included a watchengraving demonstration provided by Jaeger-LeCoultre and a British Royal Art exhibition put up by Art Trove, featuring paintings by renowned horse portraitist Lesley Thiel.

Backed by good weather, the day started with a toughly fought match to avoid a bottom placing. McLaren's Sunny Hale proved instrumental in bringing the ball close to goal on several occasions for her teammates, Yvonne Twiss and Elaine Parnell, to score. COMO's Anna Lowndes and Melissa Tiernan marked Hale heavily in an attempt to counter the McLaren action. With only seconds to go to the final bell, Team McLaren whacked home one final goal to win third place by a narrow 7 to 6.5 goals.

The highlight of the day was the 1st-place match between Jaeger-LeCoultre and Veuve Clicquot. The game got off to an exciting

start with the players being escorted onto the field by a McLaren. Members Lynly Fong, Julie Harris and Ann Wilkinson, playing for Jaeger-LeCoultre, worked hard alongside Lia Salvo to keep the ever-attacking Veuve Clicquot team at bay. However, the combination of professionals Hazel Jackson and Sarah Wiseman and members Abigail Slater and Melissa Ko was clearly too much for the Jaeger team.

For her valiant efforts, Fong earned the Most Valuable Player title. Slater, who only recently started playing polo and has had an almost meteoric rise in the sport over the last year was given special mention for her performance in her first Ladies International. Ko's experience was apparent with her clever positioning and was clearly a strong contributor to Veuve Clicquot's eventual win by 7.5 goals to 3 over Jaeger-LeCoultre.









POLO | REVIEW

Adding to the joviality of finals day, COMO Hotel & Resorts surprised the audience with a lucky draw and presented a stay at one of their fabulous resorts to one of the spectator guests.

Guest-of-honorParalympic equestrian athlete, Gemma Rose Foo, presented the prizes to the third and fourth placed, while McLaren's Regional Director, Ian Gorsuch, presented the Winner's Cup to Team Veuve Clicquot. Each of the winning team's players was also presented with a McLaren coffee table book.

The players wound down with guests over a scrumptious buffet dinner prepared by Polo Bar & Restaurant, and danced the night away by the Chukka Bar as the guest DJ spun his tunes. Toasts were made to yet another successful polo event.



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GAVBATTE! BARCLAYS PRESENTS THE JAPANESE CUP 2012

TEXT BY: Stijn Welkers



POLO | REVIEW

irst played in 2011, the "Barclays presents the Japanese Cup" polo tournament was held on 27 and 28 October 2012 at the Singapore Polo Club (SPC).

The tournament proved an excellent introduction to the Club and polo as a sport for Singapore's Japanese business and socialite community, who turned up in their numbers. The event was given good exposure through media partners Jplus and AsiaxBiz.

The Club was honoured to host distinguished guests of Mr Taro Otsuka, CEO, Otsuka Warehouse – himself an avid polo player – and Ms Inés Ligron, a French and beauty expert respected in Japan as a TV personality and former National Director of the Miss Universe competitions.

In keeping with the Club's tradition of classy hospitality, guests and spectators were treated to canapes, Royal Salute whisky and Stella Artois beer. Japanese VIPs enjoyed a special selection of sake and sushi sponsored by Tenshin and canapés prepared by Kuishinbo.

Over the two days, six teams - featuring a mix of overseas players and 21 Club members - battled it out for the three titles of the tournament: The Japanese Cup, the De Silva Cup and the Beaujolais Cup.

The tournament proved an excellent introduction to the Club and polo as a sport for Singapore's Japanese business and socialite community.

Competing for the De Silva Cup were two SPC teams: the red team comprising Wee Tiong Han, Matt Harris, Yvonne Twiss and Melissa Ko played a convincing 8-3 win over the white team - Lars Lofgren, Leon Chu, Greg Parkhurst, Abigail Slater and Elaine Parnell.

It was a tightly fought game for the Beaujolais Cup. Team Royal Salute - Yeo Kuo Lee, Marc Hogberg, Gerry Gan and Anna Lowndes - narrowly beat Team Volvo - Ali Reda, Stijn Welkers, Lawrence Khong and Anne Wilkinson - by 8 goals to 6.

The day's main event was given more than a drum-roll by a Japanese taiko drum performance and motor car lead-in by Volvo, much to the delight and appreciation of the guests.

From start to finish, the game was fast and power-packed, with both Team Pocari, captained by Otsuka-san, and Team Volvo chasing goal and defending







aggresively. Pocari's visiting players - Mr Masayuki Fushida from Mexico and Ms Akiko Kume from Malaysia did not let the new playing conditions intimidate them and with the support of Club professional Sattar Khan, they scored several goals in quick succession.

Team Barclays, made up of SPC players Paul Murphy, April McKenna, Fernando Arteaga, Maryam Reda and Waqas Khan, responded to Pocari's efforts with long runs at goal and ultimately kept pace with Pocari to ensure an 8–8 score in the final chukka. But it was Barclays' composure that eventually won them the game and title in a nail-biting penalty shoot-out.





In addition to participation prizes (sponsored by Casablanca) presented to all players, Pocari's Kume-san was named Most Valuable Player; and Overa (Maryam Reda), was Best Playing Pony.

Best Dressed guest of the tournament was Mrs Sonoda Chie, who demonstrated classic elegance in her traditional Japanese outfit. Lisa Crosswhite, director of online fashion retailer GNOSSEM presented the prize.

Prizes for the "Barclays presents the Japanese Cup" match were presented by Mr Deputy Chief of Mission, Minister Counsellor, Mr Toshihide Ando of Embassy of Japan. All participants received a beautiful fan-shaped trophy with the winners each taking home a bottle of Royal Salute whisky.

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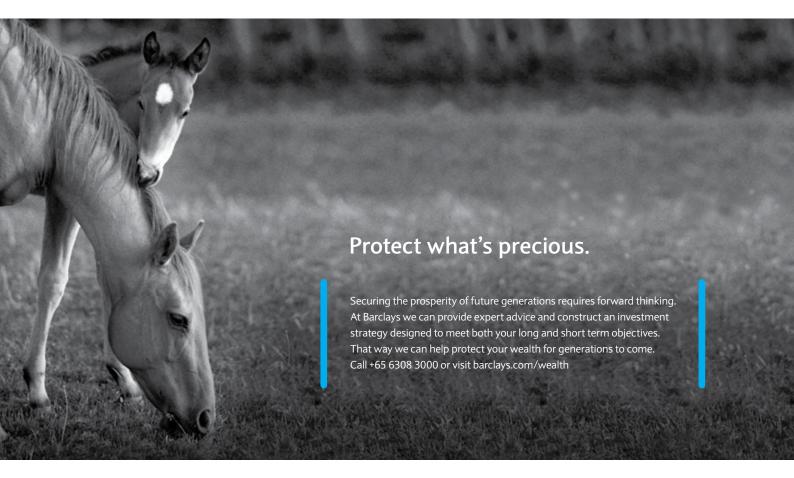












Wealth and Investment Management





uesday 6th November – over 80 members and guests turned out for the inaugural ANZ Private Bank Melbourne Cup day. Looking smart and elegant in their race day finery, the crowds arrived just in time for the Melbourne Cup race at midday. With champagne in hand, everyone cheered on their favourite horse but it was Hong Kong-based jockey Brett Prebble who rode Green Moon to victory in the 152nd running of the Melbourne Cup with Fiorente second and Jakkalberry third.

Prizes were presented to our happy winners who selected the right horses by our recently anointed commentator and emcee for the day, Greg Coops; Alan Casey, Tobert Talbott, Lara Dickinson, Silas, Ben Lightfoot, Dannielle Ian, David Griffin,

Jason Choe, Lisa Cooper and Paula Bethany. Best Hat prize, care of Seafolly, went to Emma Maxwell.

Off to a flying start, we then sat down to a delicious lunch on the verandah.

Then, the highlight of the day was upon us – despite the rain and a very heavy track, Greg Parkhurst (on a motorbike) and Sanaullah Khan (on a horse) lined up for the motorbike vs. horse race around the track on the polo field. Looking extremely smart in his racing silks, Sanaullah on Pancho (thanks Paul) let off the brakes and belted around the track. Greg did the same thing at the scoreboard side on a borrowed KTM dirt bike (thanks Ben). It was a close call but Sanuallah Khan on Pancho galloped over the finish line first!

Unfortunately, the weather was not in our favour but the show went on, guests and members moved down to the indoor arena to watch the show jumping event. Leanne Heslop, Nicola Bartropp, Katinka Thorburn and Amber Czajkowski battled it out in the six-bar jumping with Leanne Heslop and Amber Czajkowski both winning by jumping an impressive height of 145 cm. Ashley Low, Market Head of ANZ Private Bank, Asia Pacific kindly presented the prize.

And finally, the polo match which was also moved to the indoor arena. The ANZ team Australia vs. ANZ team Rest of World match saw some very thrilling polo as the players skillfully maneuvered their horses in tight quarters. The final score was 8 - 3 to Australia, captained by Ali Reda supported by Greg



Parkhurst, April McKenna and Maryam Reda, Playing for the Rest of World, the Yeo family; Creighton, Keith and Kuo Lee.

The other division chukkas were equally high in calibre, winners in B Division were ANZ White with a final score 9 ½ - 8, captained by Waqas Khan with other team members Abigail Slater, Maryam Reda/Kent Ertugal and April McKenna. Runners Up B Division ANZ Black — with Ranbir Singh, Keith Yeo, Florence Protain, Yeo Kuo Lee and Sattar Khan. Most Valuable Player award went to Keith Yeo with Madu collecting a prize for Deuda, the best turned out pony.

Our thanks to our generous sponsors, members and friends for making this a superb day.



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Quarterly Report from RIDING



he end of the summer is always a busy time for the Riding Section as our members return from holidays and the lesson schedule gets busy. This year was more challenging than normal as we welcomed a completely new team to the riding office of Angela Ng and Bessie Lin.

With on-going IT improvements, coupled with new time tables in the school and accommodating members from the wait list, it has been a huge challenge for the new staff. However, Angela and Bessie have done a great job over the last three months, trying to manage the new work environment, understand the operating system and clear some of the backlog of information

For these reasons, the September Equestrian Fanfare show was organised and successfully

run by Catrina Laird and Yuki Otani, for which the Riding Section was most grateful. We were fortunate to have Margirit Hoffmann as the dressage judge as this show served as a final preparation for FEI Dressage Challenge in October.

Mr Peter Abisheganaden, International course designer based in Malaysia, also joined the show as Course Builder.

The Autumn Jumping Festival, held on 20 and 21 October, was an opportunity for our riders to test their horses over 2 days of jumping with a two round competition, as well as Accumulator Classes. It was nice to see some of the rider/horse combinations, riding positively over the speed classes with a view of preparing for FEI World Jumping Challenge in November.

The 2012 FEI Dressage Challenge was hosted by NEC on 31 Oct to 1 Nov 2012, with SPC riders winning 4 out 7 classes.

Prix St George Class

2nd Audrey Njoto, Come Along Bustrup

Advance Class

1st Heather Laird, Donna Rubina

Medium Class

 $1^{\rm st}$ Anne Hicks, Rayman $2^{\rm nd}$ Cynthia Ee, Don to Fight

Elementary Class (Junior)

1st Sasha Thorburn, Kitty

Elementary Class (Senior)

Lst Asja Praetor, Akermanis



not only the best score of the day but also topped the ranking of 25 riders in her class for the whole region. Singapore Team of Asja Praetor, Soh Wei Chi, Roy Ibrahim and Tosca Little won overall team classification for the region of Singapore, Thailand, Malaysia, India and Indonesia.

The Thanksgiving Show, held on 17 and 18 November, was the last competition of the season. Final standings for the Annual

these classes.

The Pony Club had a great end to the year with a rally held on 13th November for badges and efficiency tests E,D, D+ and C. This was very well-supported with 21 children taking part and getting some great results. We extend a particular thank you to the Pony Club team for making these events possible.

Amber Czajkowski

RIDING | REVIEW













Pony Club Badges:

16 children passed the "Grooming Badge"
14 children passed the "Feed your Pony Badge"
15 children pass the "Points of the Pony Badge"
8 children passed the "Points of Tack Badge"
10 children passed the "Pony Behaviour Badge"
1 child passed the "Saddlery Badge"
1 child passed the "Points of Horse Badge"
1 child passed the "Horse Behaviour Badge"
1 child passed the "Care of Foot Badge"
1 child passed the "Care of Foot Badge"









Efficiency Test

Test passed
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C & D
D & D+
С
C

The 2012 FEI Jumping Challenge was hosted by NEC on 23 – 25 Nov 2012 and SPC riders won 2 out 3 classes in both Challenge and Non Challenge classes.

Cat A

 $3^{\rm rd}$ Clare Khoo, Teddy Waffles

Cat B

 $\begin{array}{ll} 1^{\rm st} & {\sf Nicola\,Bartropp,\,Minnie} \\ 2^{\rm nd} & {\sf Amber\,Czajkowski,\,Rosie} \\ 3^{\rm rd} & {\sf Leanne\,Heslop,\,Jencoyah} \end{array}$

Cat C

1st Austin Hicks, Rocksanne

Non Challenge Classes

Cat A

1st Sasha Thorburn, Kitty

Cat B

1st Erin Buswell, Quero Quero

The highlight of this show was Nicola Bartropp with her own Minnie, who achieved a perfect 4 clear rounds over the two days of the show.



Youths dominate the FEI WORLD JUMPING CHALLENGE 2012 in Singapore!

TEXT BY: Fiona Hammond



he National Equestrian Centre in Singapore was honored, once again, to host the 34th FEI World Jumping Challenge from Nov 23 - 25 2012.

One of the aims of the FEI World Jumping Challenge is to promote equestrian sport, particularly amongst up and coming talented young riders.

Twenty-six of Singapore's top riders from four clubs - the Singapore Polo Club, the Bukit Timah Saddle Club, the Singapore Turf Club Riding Centre and the National Equestrian Centre - faced off in the most anticipated show jumping event in the Singapore equestrian calendar, over four different courses in three categories of the Challenge. Category A was a 1.20m class, Category B was 1.10m & Category C was

 $1.00\,\mathrm{m}$. For categories A & B, the complete competition consisted of 2 competitions of 2 rounds; and for Category C, one competition over 4 rounds.

The World Jumping Challenge was originally created to give less experienced riders. An opportunity to compete internationally without having to leave their own country. The FEI divides the participating countries into 10 geographical zones, with Singapore joining India, Indonesia, Malaysia, Thailand, and The Philippines in Zone 9.

Riders in all zones jump the exact same courses designed by an FEI appointed Course Designer, in the same sized arena of $65 \text{m} \times 45 \text{m}$. This year, Mr Hossein Shafiee from Iran designed the courses, which are measured and built to encourage correct riding, and a nice line for both horse and rider.

The competition got off to an extremely soggy start on Friday afternoon, with the Category A 1.20m class being delayed for

an hour and a half after the first three riders had jumped, due to heavy rain, thunder and lightning. The first round eventually ended with two riders eliminated, three with rails down, and three clear rounds. Round 2 saw them settle down and get into a better rhythm and finished with three double clears from newcomer Janine Khoo riding Chateau du Lys, Dikie Mardiyanto on LH Titan, and last year's Category C winner, Clare Khoo on Teddy Waffles. Kirsten Reinhart and Ryan J finished with 4 faults, and Kate Murphy riding Mr Sheen and Leanne Heslop on Van Diemen ended the first competition on 12 faults each. (LH Titan, Teddy Waffles, Mr Sheen & Van Diemen were former Youth Olympic Games horses that were bought and trained by Glen Haven Park.)

The second competition for Category A took place the following day, earlier than originally scheduled, in an effort to stay ahead of the monsoon season's predictable thunderstorms.



The slightly more technical courses, consisting of some interesting combinations, dog legs and related distances, proved to be more of a challenge for the riders, and many struggled to leave the rails up. In the end, fifteen year old Janine Khoo was the only rider to complete four beautifully-ridden clear rounds. Dikie Mardiyanto on LH Titan came second with 12 faults over the four rounds, and Clare Khoo and Teddy Waffles were third with a total of 16 faults. Unfortunately, last year's winner, Leanne Heslop on Van Diemen, who had picked up 12 faults after three rounds and stood a good chance of placing, had to scratch from the last round, as her horse threw a shoe and required specialist shoeing

In the Category B 1.10m class, Nicola Bartropp on her new mount, Glenwood Park Marjorie, took an easy lead with two perfectly ridden clear rounds, leaving Amber Czajkowski on Chatham Park Rosie, and Leanne Heslop with Jencoyeh in hot pursuit on four faults each. In the second

competition, Amber caught up with two stunning clear rounds on Rosie, but Nicola was determined to hang onto her lead, and she delighted the crowd with another two clear rounds to clinch first place! Leanne Heslop and Jencoyeh finished third with 14 faults.

The Category C 1m class saw only one of six riders complete the four rounds of competition. The winner was 16 year old Austin Hicks and his talented new mount, 7-year old Danish warmblood, Rocksanne, who only arrived in Singapore earlier this year.

One of the aims of the FEI World Jumping Challenge is to promote equestrian sport, particularly amongst up and coming talented young riders, and considering that two out of the three categories held in Singapore were won by a fifteen year old and a sixteen year old, I would say "Mission Accomplished"!

Category A

- Janine Khoo / Chateau Du Lys
- Dikie Mardiyanto / LH Titan Clare Khoo / Teddy Waffles (SPC)

Category B

- Nicola Bartropp / Glenwood Park Marjorie (SPC)
- Amber Czajkowski / Chatham Park Rosie (SPC)
- Leanne Heslop / Jencoyah (SPC)

Category C

Austin Hicks / Rocksanne (SPC)

NEC Jumping Challenge 110cm

Erin Buswell (SPC)

NEC Jumping Challenge 100cm

- Kenza David
- Eve Magowan
- Nicola Hammond (SPC)

MID-AUTUMN Festival 2012

The Mid-Autumn Lantern Festival on Friday, 21 September was a tremendous success, with 100 children attending.

The entertainment included a 'Tikam Tikam' game, Chinese acrobatics and face-mask changing performances, lantern-making and a pomelo-peeling competition. The 'Chang-er' fairy mascot appeared halfway through the evening, distributing lanterns, piglet biscuits and mooncakes to add to the candy floss and popcorn the children had already had! This was followed by a 'liondance', with parents leading the children and their lanterns round the polo field in a procession parade.

The Festival ended with a lucky-draw segment, with five lucky children taking home Toy R'US gift vouchers - and all children taking home happy memories of a fun-filled evening.











CHILDREN'S Halloween Party

The Clubhouse was transformed into a spooky zone on a cloudy afternoon on Saturday, 20 October. The children all arrived in their Costumes and were welcomed by a Witch as a start to the games. The Verandah was packed with

activities such as face-painting and craft-making; a Candy Buffet and a Pinata added more excitement (and noise!) to the party. All children went home with big smiles and a goody bag.











SPORTS & RECREATION | TEAM

Itness instruction can come in a variety of formats. Personal training is a type of fitness instruction that offers one-on-one attention. Our Personal Trainers build professional relationships with their clients and develop individualized plans that help their clients meet their personal fitness goals.

Our group fitness instructors are eager to motivate, challenge and coach you to give your personal best in every group exercise class. With so many group workout class options, our instructors focus on a few selected formats, making them experts in the group exercise class they are leading and better able to address your fitness needs.

Now let's meet the team!





RISHAM

Risham has been in the fitness industry since 2007, coming to us from True Fitness. He specialises in weight-loss management, functional training and kickboxing.

Risham is certified under ACE (American Council of Exercise) and the World Association of Kickboxing Organizations (Singapore) (WACO), and is also a TRX Suspension Training Certified Trainer (USA). Although compact in size, many of his clients are 6-ft and upwards - proof that height is no barrier to success!

Risham works with his clients to combine bodyweight exercises, bands, cables and medicine balls with traditional resistance training for optimal results. He emphasises creative workouts rather than conventional, repetitive exercise routines, and his enthusiasm and passion for health and fitness motivate his clients to achieve their individual goals - whether it be weight-loss or any other objective.



SONNY REYES

With over 10 years of experience in training a wide variety of people, Sonny is well-qualified to meet Club members' needs. One of his greatest strengths as a trainer is meeting each person's unique requirements by developing a thorough understanding of each client as a person.

Sonny obtained a Bachelor of Science in Physical Therapy in 1998 and has been a personal sports trainer and physiotherapist since his graduation.

He has expertise in Weight-loss & Strength Training, Manual Manipulation for Chronic Musculoskletal Injury, Neuro-muscular Mobilization and Kickboxing.



HALIM ABDUL

Halim has 25 years of experience in the field of fitness and recreation. He is certified under FISAF (Federation of International Sports, Aerobics and Fitness), holds qualifications in Sports & Strength Conditioning and Sports Nutrition from the USSA (United States of Sports Academy) and is an approved member of A.C.E. (American Council of Exercise). He is also qualified in Training Older Adults (A.C.E.) and Spinning by TOMAHAWK (UK), to name just a few.

By combining his theoretical knowledge and practical experience, Halim specialises in fat-loss and functional training programmes. Recently, Halim has also developed innovative strength-training programmes aimed at specific sports, helping players optimise their potential through a range of developmental and corrective excercises.

He created his latest programme, for golfers aged 12 and above, not just because he believes in the importance of strength-training for all sports and all ages, but also because he knows that imbalance in the development of muscle in relation to overall physique will eventually result in long-term injury – an increasingly common scenario today.

Halim's popularity is due not just to his wealth of knowledge and experience, but more importantly, his cheerful personality and positive disposition. To many of his clients, he is more than just a personal trainer - he is a friend and advisor.



A warm welcome to the members who have recently joined the Singapore Polo Club Family.

October - December 2012

Ulla Berit Basse
Robert Alan Coombs
Chin Chia Kit, Kenny
Frechin Laouenan Veronique Marie-Noelle
Rosemary Margherita Fischer
Emily Fork
Peter Adam Kenealy Graham
Roland Jozef Janssen
Lim Ee Lee Eloise
Loh Yen-Yi, Rachel Lee
David Giacomo Mercurio
Michael Thomas Morrison

Shashidran S/O Nathan
William Hugh Peacock
Sheila Harilal Patel
H.R.H Prince Philip, Duke Of Edinburgh
Sandra Ribeiro
Anders Hagbarth Schau
Cong Sheng
Richard James Smith
Sun Xiushun
Naomi Nadia Harumi Troni
Titian Wilaras
Gregoire Charles Philippe Zaugg







Nam Yoon Suck



Knotty Back Energiser | \$150 nett, 80min

floral foot bath + 80 min ginger lemon full body + scalp massage

Face Energiser | \$175 nett, 2 hrs

warm foot spa - 20 min back massage - Decleor full facial

Spa Energiser | \$175 nett, 2 hrs

rosemary hair cream bath + clove steam + 70 min sweet orange & lime full body

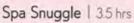


FEBRUARY SPA SNUGGLES

An intimate snooze together this Valentine's...

Massage Snuggle | 2 hrs

\$380 nett/couple, \$195 nett/single warm foot bath + 90 min lavender full body + 20 min foot massage + champagne



\$580 nett/couple

vanilla milk footbath + rich chocolate body scrub & steam + champagne jacuzzi with canapés + 90 min full body + face spa

and more.

MARCH SPA BUSTERS

Sore Muscle Buster

\$175 nett 12 hrs

warm foot bath + 80 min warm stone full body massage

- 30 min foot massage

and more





RACLETTE NIGHT (7PM)

Every Fourth Friday of the Month

\$38+ inclusive of a glass of premium wine



CRAZY MONDAY LUNCH

1 For 1 Ala Carte Menu from 11:30am to 2pm



WEEKEND ENGLISH TEA SET

Freshly Baked Scones served with Fresh Cream, Jam & Butter /
Finger Sandwiches / French Pastries and a pot of Coffee or Tea .

Available only on weekend, Sat & Sun 3pm-6pm

@ \$12+ per set per person



VEUVE CLICOUOT LOUNGE PROMOTION

Available only on weekend, Sat & Sun @ \$16+ per gls and \$98+ per btl.



STRAITS WORLD CUP PETANQUE COMPETITION (10AM)

Every Second Saturday of the month



EPL BEER BUCKET PROMOTION

Come and join us to watch your favourite EPL team every weekend. Available only weekend, Sat & Sun at Mountbatten Room. San Miguel Bucket of 5 bottles at \$30+ per bucket.



WORLD CUP POOL COMPETITION ON TUESDAY, 8 JANUARY 2013

Please register your name or member's number with our friendly staff or call 6854 3985. Package includes canapes and Stella Artois Beer @ promotional price



CHILDREN PIZZA COOKING MAKING CLASS ON SATURDAY, 26 JANUARY 2013 FROM 3PM TO 4:30PM

Polo Restaurant is organizing Children Pizza cooking class. Please call us at 6854 3985 to find out more.

No registration required.



CHINESE NEW YEAR 2013

Polo Restaurant "CNY" menu available from 1 February to 24 February 2013. Call for bookings now at 6854 3985 to avoid disappointment.

- * 6-course menu (4 Paxs) @ \$268+ per table
- * 8-course menu (8 Paxs) @ \$368+ per table



For Enquiry and/ or registration, please contact us at 6854 3985 or e-mail: poloservice@restaurant.com.sg

