

SINGAPORE POLO CLUB

January – March #01 / 2017



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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

8.00am – 11.00pm (Daily)

The Verandah

8.00am – 11.00pm (Daily)
(Last food order at 10.30pm except for Poolside at 10.00pm)

FACILITIES

Gaming

11.00am – 1.00am (Sunday – Thursday & Public Holiday)
11.00am – 2.00 am (Friday, Saturday & Eve of Public Holiday)

Gym

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

Jacuzzi

7.00am – 9.00pm (Daily)

LUSH Spa

10.00am – 9.00pm (Daily)

Sauna

7.00am – 9.00pm (Daily)

Squash Court

8.00am – 10.00pm (Daily)

Swimming Pool

7.00am – 9.00pm (Daily)

Tennis Courts

8.00am – 10.00pm (Daily)

The Polo Loft

9.00am – 7.00pm (Tues –Sun)

Towel Counter

7.00am – 9.00pm (Daily)

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Dear Members,

The Club recently celebrated its 130th Anniversary with a Gala Dinner at the Swissotel Stamford on 19th November 2016. The walk through the aisle towards the event was filled with pictures of our glorious past and fond memories of our heritage and history. With such illustrious history and quality of members, it is important that our Club continues to be relevant, vibrant and sustainable in the long term.

In June 2016, the Committee had worked closely with the Management to come up with a Strategic Plan to bring our Club to the next level. We had set out the following objectives:

- Retain and expand our membership
- Improve on our system of internal controls and corporate governance
- Improve and build up our financial position towards the lease renewal
- Create a vibrant and “happening” Club for all
- Be a responsible club through our Corporate Social Responsibility initiatives
- Create a Gracious and Harmonious Membership

Committee and Management Roles

The Committee and Management's roles were presented and approved by the Committee with the objective of letting the Management manage the Club while the various Committees would provide advice and support through their interactions with and feedback from all of you. We recognize that while the Committees may come and go, it's important that the Management is stable. The Club has been seen as a revolving door for Management which does not bode well for us.

Challenges Ahead

The year 2017 will see a number of challenges for our Club. The recent acquisition of the Raffles Country Club in such short notice is a reminder that the land that we sit on is precious and we must work together to build a gracious, harmonious, vibrant and responsible Club and excel in our efforts as the only Polo Club with a field in the country.



Club's Financials

The economic slowdown will have its impact on our financials. The Jackpot income has dropped by about \$800,000 in 2016. The casinos and on-line gaming will have a further impact on our jackpot revenue and the Committee has directed that cost centres be allotted to each specific department/section for their accountability and responsibility. This is to shift our dependence on jackpot income which has given us a false sense of financial stability in the past.

The inaugural Beach Polo 2016 was an event of such magnitude outside the Club, while financially we could learn much from this experience, the event itself was a great success covered by television, radio, local and international media which had brought our Club international recognition.

The rising costs of health care, insurance, safety, legal and compliance will also see operational cost rising. With the Government initiatives clamping

down on the hiring of foreign labour, staff costs is expected to increase. Management has been tasked to improve on productivity and service quality. I am pleased that with the various initiatives by the Management Team, the Club has managed to achieve a reasonable operating surplus.

The Impact of Social Media

While there are many benefits from social media, irresponsible usage of such platforms can cause the Club challenges. This may result in untruths, innuendos and personal attacks which ultimately puts the Club in a bad light. It is important that the members communicate directly with the Club for clarity when in doubt. Management has already started to put in place various initiatives to improve on our internal and external communications.

Upgrading Plans

The Upgrading Committee has worked with the Management and consultants to prepare a presentation to you to support the proposed upgrading plans.

There is a need for our Club to remain viable, competitive and attractive to the membership. The proposed upgrading works will bring general improvements to our Club and will also cater to the various memberships. With proposed rooms, improved F&B and general maximization of premium space, members can look forward to enjoying our Club better. This is also aligned to our objective of creating a vibrant and "happening" Club for you.

EFS/NEP Matters

The Mediation on 24 August 2016 between the Equestrian Federation of Singapore (EFS) and SPC resulted in Sport Singapore proposing the formation of the NEP Task Force to be headed by a Member of Parliament. The proposed Task Force will also include one legal representative from each party, two representatives from each party and representatives from Sport Singapore. The Committee will further update you at the appropriate time on any further developments.

Teamwork

The Committee and Management Team will continue to work together to improve on the quality of services and facilities of our Club. Positive changes are already being seen. Recently, Management organized a casual cocktail event with the riding community which saw a healthy turnout of almost 60 members.

The team also updated members on its current and future initiatives and also had a Q & A session. Many members walked away happy with the openness and effectiveness of the event which is the start of more to come in the New Year.

On behalf of my Committee, I would like to thank the various Sub-Committees, the Management and Staff and most importantly, all of you who had made the past year an exciting and fruitful one. There is much coming your way in 2017 and I hope to see all of you here more frequently.

Wishing you and your loved ones, a Happy Lunar New Year filled with joy, happiness, good health and blessings!

Best Regards,
Rickard Hogberg
President

Dear Members,

With the festive season over, the Management Team can look back at a challenging but yet very exciting 2016. The past year has seen Committee and Management roles successfully laid out and this has played a major part in Management's contribution towards achieving the following objectives set by the Committee:

- Improve on our system of internal controls
- Create a vibrant and "happening" Club for all
- Improve and build up our financial position towards the lease renewal
- Be a responsible Club through our Corporate Social Responsibility initiatives
- Create a Gracious and Harmonious Membership

To achieve these objectives, Management presented a Strategic Plan Framework which was approved by the Committee in June 2016. The Plan was communicated to all levels of Management and also to their respective staffs. This set the tone for better internal communications as we strive towards achieving the Committee's objectives as a team.

Improve on our System of Internal controls

As part of the Club's corporate governance and internal controls, the team has worked together to achieve the following:

- Standard Operating Procedures (SOPs) were rolled out in July 2016 to set a consistent standard for operations.
- HR Policies and Procedures were aligned with industry practices and were endorsed and put into practice in August 2016
- In compliance with the Workplace Safety & Health Regulations, the Club has passed the external safety audit and achieved the BizSAFE Level 3 Certification on 19 December 2016
- Management signed the Code of Conduct & Ethics for good Corporate Governance and Compliance in December 2016
- The Staff's Disciplinary Matrix was introduced in December 2016 to ensure consistency and fairness on staff matters

Re-structuring the Management Team

The exercise was done to streamline and define the various roles and responsibility of the Management. Respective HOD/Section Managers were empowered to manage and made responsible and accountable for their sections. This would encourage innovation and is in line with the Committee and Management



roles. This initiative would result in cost savings of about \$300,000 per year.

Maximizing on Government Grants and Initiatives resulted in cost savings for the Club. The Team is working closely with E2i to tap on their expertise in raising productivity and assisting with recruitment initiatives in a tight labour market.

Creating a Vibrant and "Happening" Club

The Members' Satisfaction Survey 2016 set the benchmark for quality of service and facilities. Members' input was helpful in our strategy to make this Club an even better place for you.

Members & Management Get-Together

Recently, our Committee and Management had dialogues with members with the latest being the social gathering of the riding community which saw more than 60 members attending. The event was also a benchmark on how the Club would improve on its internal communications.

The Management Team shared highlights of coming events and initiatives that would create a vibrant and exciting riding community.

Riding Community

A Riding League and Quadrilles will be introduced

in January 2017 and the Pony Club would be undergoing a re-structuring to reach out to more of the young ones with activities to create a better experience for them.

New jumps and dressage equipment have already been procured and full length mirrors to increase your training pleasure will be completed sometime in mid-February 2017 instead of end January 2017 due to CNY business closures.

Lifestyle Section

A lifestyle section was created to expand the scope of our activities and events to a wider base of members.

The creation of a Youth section is aimed at positively engaging our younger members to build their own community here at their Club. We encourage them to come forward so that we can hear from them what they would like at their Club.

The Marcom Department has been tasked to bring in sponsorships to support the various events and activities to create a more "Happening" Club and to also improve on our internal and external communications.

Human Resource/Capital

The labour market is expected to get even more challenging

A Staff Satisfaction Survey was conducted with anonymity encouraged so that Management would receive genuine feedback from staff without hesitation. While the rating was a credible 90% staff happiness, we will endeavour to constantly improve on our staff engagement and development.

A Staff Town Hall meeting was convened sometime in November 2016 without management staff and the GM encouraged a Q & A session to promote lively and informative dialogue and to hear the concerns of the grooms, rider boys and maintenance staff. Almost all concerns were put to rest as many were based on hearsay, rumours and gossip. Future Town Hall meetings will include the management team to encourage teamwork and bonding amongst the various sections and to gather valuable feedback from the team for Management to improve further.

Training & Development

12 grooms sat for the British Horse Society (BHS) certification examination and we achieved a record

100% pass in horse care and grooming. 8 of the grooms achieved passes with distinctions while Supervisor Agilan passed his BHS Diploma with distinction.

Management is now working on an in-house management training program tailored for "workmen" so that they can further improve on their operational supervision and management skills.

Performance Rating System

The Traffic Light Performance Rating System was introduced in November 2016 to monitor the quality of work performance. This would assist Management with a more accurate appraisal of staff performance and a fairer system of rewards and incentives. This is also to monitor quality and identify areas for improvements.

Staff Welfare

Project Restroom commenced sometime in mid-July 2016 in an effort to improve staff welfare and to create a better work environment for our team. The staff Christmas party saw a large turnout of staff from the various sections including our F&B catering staff. This is in line with fostering closer teamwork, co-operation and better camaraderie.

Moving Forward

The Management Team will work towards continually improving on the quality of facilities and services for our members and introduce more practical and workable initiatives that would achieve the Committee's objectives to make your visit to your Club a pleasurable one.

The above initiatives would not have come to fruition if not for the support and guidance of the Committee, Sub-committees and Members who have in one way or another made the past year for my team an exciting and inspirational year!

From all the Management and Staff; a very big thank you and wishing one and all, a Happy Lunar New Year!

Best Regards,
Sylvan Braberry
General Manager

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JANUARY – DECEMBER 2017

Don't miss the exciting line-up of events and activities!

SOCIAL EVENTS

4 February, Saturday	CNY "Lo Hei" Lunch in <i>The Mountbatten Room</i>
14 February, Tuesday	Valentines' Day <i>Candlelight Dinner</i>
25 March, Saturday	New Members Get Together – <i>Champagne High Tea</i>
8 April, Saturday	Easter Party – <i>Egg Hunt</i>
12 May, Friday	Tennis Night
14 May, Sunday	"Super Mum" Buffet – <i>Mother's Day Celebration</i>
18 June, Sunday	"Super Hero" Champagne Afternoon – <i>Father's Day Celebration</i>
21 – 23 June, Wednesday – Friday	Summer Camp "6-12 years old"
4 August, Friday	Tennis Match – <i>Locals vs Expats</i>
9 September, Saturday	Mid Autumn Festival
29 September, Friday	Oktoberfest Festival – <i>Beer & BBQ</i>
28 October, Saturday	<i>Halloween Horror Night</i>
2 December, Saturday	Christmas Party – <i>Oyster, Caviar & Champagne Dinner</i>

RIDING EVENTS

14 – 15 January, Saturday – Sunday	New Year Competition
25 – 26 February, Saturday – Sunday	Riding Competition
4 March, Saturday	Riding Open House at Singapore Polo Club
25 – 26 March, Saturday – Sunday	Singapore Polo Club Competition
29 – 30 April, Saturday – Sunday	Riding Competition
26 – 28 May, Friday – Sunday	National Dressage Championships
9 – 10 September, Saturday – Sunday	Riding Competition
September (TBC)	Riding in the City
14 – 15 October, Saturday – Sunday	Riding Competition
25 – 26 November, Saturday – Sunday	Riding Competition

**The above schedule is subject to change.



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NEW MEMBERS

October – December 2016

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!

REGULAR INDIVIDUAL MEMBERS

- Amanda Marie Williams
- Andrew David Jonathan Spink
- Anthony Edward Fenn
- Arthur Gladstone Van Stolk
- Bankim Mitra
- Benjamin James Wheeler
- Christopher Eamon Ferrarone
- Emilie Mathilda Coles
- Graham John Smallshaw
- Ian Robert Pinner
- Leif Lybecker Eskesen
- Loo Chee Tong

- Melanie Jane Temple-Smith
- Ong Boon Chung, Don
- Richard Alan Hocking Wallis
- Shailendra Jain
- Siddhartha Chidambaram
- Sivaramakrishnan
- Timothy William Martin
- Vinayak Subramaniam Balakrishnan

CHARTER MEMBERS

- Elbert Jacobus Pattijn
- Praveen Lingamneni
- William Robert Gordon-Canning



For reciprocal clubs, please refer to our website www.singaporepoloclub.org or email us at membership@singaporepoloclub.org



The Club has been accredited with bizSAFE Level 3 on 19 December 2106.

17 participants from various departments were trained by a consultant over 2 days from 20-22 June 2016. The session encompassed leadership training, documentation of WSH procedures, conducting of risk assessments and complying with safety standards.

The auditors were at the Club on Tue, 29 November to do a Risk Management Audit and were satisfied with the individual department's adherence of the safe work procedures, safe guards instituted in the use of machineries, storage of chemicals, staff compliance in the use of personal protective equipment etc. Through their reports to WSH, the Club was awarded with the accreditation to bizSAFE level 3.



CONGRATULATIONS RIDING SCHOOL TEAM

The Riding School team did the Club proud with their excellent BHS approval rating.

Approval Rating		The British Horse Society
SINGAPORE POLO CLUB		
Horse Welfare:	Highly Commended	
Customer Care:	Highly Commended	
Teaching/Instructing/Coaching:	Highly Commended	
Riding Out:	Approved	
Stabling:	Commended	
Arenas (Indoor and Outdoor):	Highly Commended	
Grossland Management & Turnout:	Approved	
Tack Room:	Commended	
Feed Room:	Commended	
Show Jumps:	Commended	
Cross Country Course:	N/A	
Working Procedures:	Highly Commended	
Additional Facilities:	Highly Commended	
Organisation id: 1441	Inspected on:	26 October 2016



LONG SERVICE AWARDS

For their continuous dedication and tireless contributions to the Club, seven staff were honoured with the long service awards on 25th November 2016. Ranging from 5 years of service to 40 years of loyalty, the Club is grateful to them for their hard work over the years.



Rhusli Bin Ahmad
Groom



Dao Madukar Reddy
Groom Supervisor



Kanis S/O Pavadisamy
Groom Supervisor



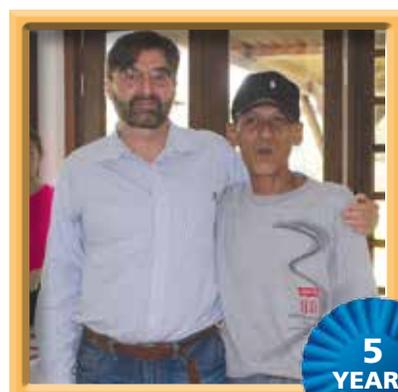
Rayman Moses
Groom



**Agilan A/L
Manikamvasagam**
Groom



Nelson Thomas
Groom Supervisor



Masian Bin Suryan
Groom



EVENTS & MEETINGS

Social Events

Corporate Meetings

Weddings

Established in 1886, the Singapore Polo Club strives to promote the sport of polo and equestrian activities both locally and internationally. Its history dates back to the colonial period and the Club has always had an illustrious membership. Several members of the British Royal Family have at various times played polo on the lush tropical grounds of the Club, which is situated along Mount Pleasant Road. The Singapore Polo Club is where luxury and privacy come together, and is the perfect venue for you to hold your Corporate Seminars, Birthdays, Anniversaries and Celebrations.



THE COMMITTEE ROOM

The committee meeting room is a boardroom setting and the room is perfect for a private and exclusive corporate meeting

SEATING CAPACITY

16 persons



THE MOUNTBATTEN ROOM

The Mountbatten Room is a wine lounge that is part of the Polo Restaurant and Bar.

SEATING CAPACITY

Round table : 50 persons Theatre Seating : 90 persons
U-Shape Style : 35 persons Cocktail Standing : 100 persons



THE POLO GALLERY

The Polo Gallery is a Private Room that has a seminar-style set up. The room is also suitable to conduct trainings / workshops and private parties.

SEATING CAPACITY

Round table : 30-40 persons Theatre Seating : 70 persons
U-Shape Style : 20-25 persons Cocktail Standing : 70 persons



THE CHUKKA BAR TERRACE

The Chukka Bar Terrace is an extension of the Chukka Bar, next to the Chukka Board by the field side of the Polo Ground. It oversees the lush greenery of the polo field and one can relax while at the same time be near to the Polo action. The space is perfect for cocktail parties and group gatherings.

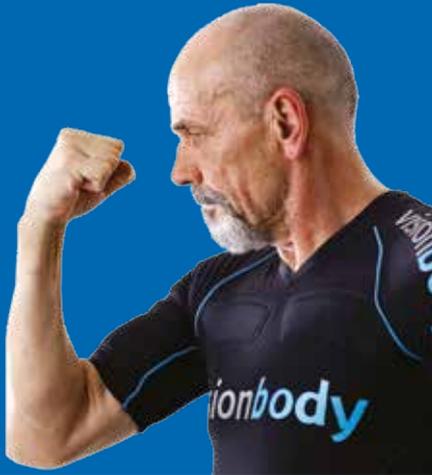
SEATING CAPACITY

Square Tables of 8 : 8 Tables Round table of 10 : 6 Tables
Cocktail Standing : 80 persons

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Schedule:

- Thursday - 5:00-6:30pm
Rhythmic Gymnastics (7-9 years old)
- Sunday - 9:00-10:00am
Rhythmic Gymnastics (4-6 years old)

Members of Polo Club - \$450 per 10 sessions
Non-members - \$550 per 10 sessions

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Going for Gold!

Polo & the 2017 SEA Games



Later this year in Malaysia, between August 19th & 31st, polo will once more be in competition at the 29th Southeast Asian Games. After an absence of exactly a decade – the last time polo was included was at the Bangkok SEA Games in 2007 – participating nations have at long last decided to include polo, this sport having been dropped at the successive four intervening SEA Games (Laos, Indonesia, Myanmar as well as at the 2015 SEA Games in Singapore).

This is a national effort and the Singapore Polo Club has once again been called upon to provide its determined and best efforts to ensure Singapore's success at the upcoming SEA Games which will take place later this year. Indeed, at the 2007 Bangkok games, Singapore, after months of serious preparation and effort made it all the way to the finals, which saw our seasoned players drawing on every last ounce of their collective experience to win a Silver Medal. In the event, we were bested by arch rivals Malaysia;



however, considering that the average age of Team Singapore at the time was somewhat over fifty, a final score of 9 to 3½ was quite respectable against their much younger Malaysian opponents. In the ensuing decade, our younger Singaporean polo players have come of age and this year, of the eleven athletes shortlisted to represent

Singapore in polo, most range from their early twenties to late thirties. Consequently expectations are high and the pressure is on!

Encouragingly for the longer term prospects of polo in Singapore, the children of quite a few of the members of the 2007 team are by now talented players in their own right and included in the 2017 short list of athletes. Along with the two junior players Ang Roon Kai and Ameer Jumabhoy) seen in the photograph, other young players on the short list include Waqas Khan, Keith Yeo, Imran and Ali Jumabhoy among others.

Planning, directed at putting in place all the necessary components for launching Singapore's medal attempt in polo at the 2017 SEA Games, is by this time fairly well advanced. Central to this effort is the appointment of Hector Julio ('Juni') Crotto from Argentina as chief team coach, who will be based in Singapore between May and August 2017 to coach and oversee the preparation of the players short listed for Team Singapore. Juni Crotto's highest polo handicap has been 9 goals and he has played in several countries including the USA, UK, France, Ireland, Germany, Australia, South Africa, Brazil, Chile, Perú, Brunei and Malaysia, winning over 100 tournaments in the course of his playing career. He has coached teams that have played in the Argentine Open as well as high goal in the UK. Juni Crotto has therefore extensive experience of both playing as well as managing polo at a high goal competitive level for very many years.

While being able to field a relatively youthful team this year is all to the good and indeed augurs well for the future of polo here, it does present specific challenges. One such challenge is that many of our younger players are presently based outside Singapore, either studying or working overseas. This makes it rather difficult for them to train together and practise as a



Above: Some players of the 2007 SEA Games training squad. Seated from L to R: Asad Jumabhoy, Ang Ban Tong, Lawrence Khong, Yeo Kuo Lee, Satinder Garcha (team captain) & Peter Abisheganaden. Standing from L to R: Ali Namazie (team manager), Ang Roon Kai (junior player), Philip Elliot (team coach) and Ameer Jumabhoy (junior player).

team, obviously crucial for us to have any reasonable chance of success. To address this issue, we shall have to telescope the final preparation period into some 3-4 months of very intensive polo training and practice matches. This has been factored into the Club's 2017 calendar of fixtures, so members may look forward to some pretty exciting polo over the coming months.

Of course the key component of competitive polo remains, as always, horses. While each of Team Singapore's players will be required to bring with them a string of upwards of four of their own quality polo ponies, the Club is to supplement Team Singapore's overall pool by allocating six tournament polo ponies which have already been purchased by the Club and are earmarked for the SEA Games.

The eleven players on the short listed and who have been 'spex carded' by Sports Singapore include Sattar Khan (+4), Waqas Khan (+4), Satinder Garcha (+3), Ang Roon Kai (+1), Ameer Jumabhoy (+1), Gerry Gan (0), Imran Jumabhoy (0), Vinod Kumar (0), Ronnie Lim (0), Keith Yeo (0) and Ali Jumabhoy (-1). The final cut to form Team Singapore (comprising a maximum of seven players) will be made in coming months. I am sure all readers will wish our players every success with their training, upcoming tournaments and of course, come August 2017, with their performance at the 29th SEA Games.



A tense Team Singapore immediately before the start of the Malaysia vs. Singapore finals match at the 2007 SEA Games.



Above: An exhausted and jubilant Team Singapore just after the match - Silver for Singapore!

Article by Polo Captain, Ali Namazie



Children's Polo Takes Off!

.... and we are off to a great start!

It's been a fantastic start to the Children's Polo Programme, which we initiated earlier this year with the support of the Polo Sub-Committee.

The idea of the program is to attract young children to polo and develop the next generation of players in Singapore. And it is happening!

When I joined SPC, I was pleasantly surprised by the number of active players at the club. But what did strike me was that there are hardly any young players (under 20 years old) playing regularly. Having played in Argentina, US and England, I've seen how polo clubs around the world focus on developing the sport sustainably, which revolves, fundamentally, around developing younger players for future generations.

With my two sons Lucas and Matias now riding regularly at the club (and my daughter also eager to get on a horse soon!), I proposed setting up a basic children's programme for the club to help us develop our young players, by having the little ones learn the basics of polo. They would learn to hit the ball, ride well and get to play the game in a fun environment.

From my personal experience in both Argentina and England, polo is learned at a young age mostly in farms and clubs around the country. Contrary to what people might think, in Argentina there is no such thing as a structured program to develop players. Far from it – everything sort of...just happens! Children start riding from a very young age, then begin playing with foot mallets, and from when they turn six, they move on



to very tame horses and sticking ball. Children learn to play with their older siblings, parents, and the small polo communities on farms and small clubs, etc, so the sport grows with every generation, as it becomes sustainable by having a constant flow of young players.

The principle we are instigating in the program is, we believe, what makes it so successful in Argentina and England. Very simply put, it is learning to play polo..... by playing polo! By minimizing formal instruction, and letting the children play and enjoy the game, they 'get it'

very quickly. And, as in everything, the younger you start, the more natural it then becomes.

Of course, as they play, we give them some coaching and instruction on their riding, then teach the polo swing as well as safety rules (very important!). We make sure that kids have fun, learn the sport and get a good understanding of both riding safely and the rules of polo.

I'm delighted with the response so far. We have a very enthusiastic group of eight kids between the ages of 8 and 15. They all have some riding experience and are getting better and better every week! We do some warm up stick-and-ball, some coaching of their swing and riding and then play 3-a-side mini-chukkas in the arena. I have to say it is great fun for the children and also for the parents watching!

We have our sessions on Friday evenings in the big indoor arena, and on Sunday mornings in the Mount Pleasant Road arena. Once the children have good control of the horse and a good handle of the mallet, we take them to start sticking ball in the big field.

In 2017 we are aiming to grow our little group of players, with the objective of hosting exhibition chukkas for children on tournament days, and eventually to host mini-tournaments for them. So get your young ones to come and watch us in action, and see if they would like to give it a try!

None of this would have been possible, of course, without the enthusiastic support of the parents, some of whom have been getting on the ponies themselves and joining the mini-chukkas. I encourage more parents to get involved as well - it is a fantastic and very rewarding experience to ride with your children and see how they learn the sport, and progress week-on-week.

Our current group of parents, as well as the Polo Sub-Committee, are very keen to continue supporting this initiative and get more children to join. If you would like your son or daughter to give it a go, please bring them along to our sessions and let them see for themselves how our group is playing, learning and having fun at the same time!

I look forward to a great year for our young players, who you will hopefully see playing in the big field soon!

Article by Patrick Furlong



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"After 3 weeks of training and Jo's food I found I'd lost 3kg and was feeling so much lighter and more energised" Helen P. SPC Member

"Brilliant results for me training with Jo. Plus I love a week of great food not made by me!" A. Clarke SPC Member

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Non-Members \$110 per hour



VANTAGE
FITNESS

Anyone Can Make A Change If You Want It Bad Enough

Jo Rathbone, a Kiwi and mum of two teenage boys was starting a new chapter in her life four years ago. Overweight and unhappy, she decided to make a change by getting fit. And what a change! Jo now competes in international body building competitions. In 2014, at the tender age of 44, Jo competed overseas in her first competition where she was placed 2nd in Manila and 3rd in the 2015 Shawn Rhoden Classic.

As part of her weight loss and health journey, Jo started researching and cooking organic clean cuisine to eat during her "off season" – after many inquiries from friends who followed her transformation, Jo decided to make a business out of it and so 'Muscles 'n Meals' was born .

"Half the problem with weight loss is most people want a quick fix and get frustrated when weight loss is slow. They give up and go back to bad eating habits. It's a perpetual cycle of yoyo dieting which in the end will damage your metabolism".

Muscles 'n Meals concept is to provide portion-controlled healthy meals delivered to your door.

"Basically we all know what we should be eating. Not having the time or knowing what to cook or simply being too tired after a long day derails people's best intentions" says Jo "And that's where I come in. I cook the meals and healthy decadent snacks are supplied. We deliver each week and all the client has to do is heat and eat".

Jo has a growing number of delighted clients ranging from people who want to lose weight or due to a hectic schedule and don't have the time to prepare meals.

One such client, Fran Boyd, says "I met Jo in April 2015 and it sounds dramatic but meeting Jo was life-changing for me.

I'd been on a diet more or less permanently for 35 years. I'd failed at all of them. I'd typically cracked after two weeks of starvation and always put back more weight than I'd lost. But with Jo's food and her weight training, I've now lost 13 kg and the biggest shock of all is that the weight hasn't gone back on and I still have more energy than ever."

Jo's message to women and men who want to feel better, have more energy and lose weight is ; STOP dieting and concentrate on WHAT and HOW MUCH you eat. Weight loss is all about the food and by combining a clean diet with weight or strength training, not only will you restart your metabolism, you will lose weight and transform your body shape.

"My clients are often surprised when I tell them in order to lose weight you must eat. The concept is foreign to people



caught on the diet merry-go-round. For me, Muscles 'n Meals is not a diet but a lifestyle", shared Jo.

Jo is available for Personal Training and also runs classes at the Singapore Polo Club. Jo's classes are a challenging one hour work out which combines Strength Training and High Intensity Interval Training.

"The question I get asked 99% of the time is - Will I get bulky? The answer is NO! Your body shape will change and you will end up becoming leaner and tighter".

To join a class or to find out more about Personal Training with Jo and her Clean Cuisine Home Delivery Service contact Simon Mason at the gym or contact Jo personally on 9230 8694

CLASS TIMES :

Monday	8.00am & 11.15am
Tuesday	8.00am & 11.30am
Wednesday	8.30am & 11.30am
Thursday	8.00am only
Friday	8.30am & 11.00am

Article by Muscles 'n Meals



From left to right: Rickard Hogberg, Gary Tiernan, Melissa Tiernan & their son, Vinod Kumar, Lynly Fong & son, Sonja Piontek, Isabelle Larenaudie, Giles Twiss, Sarah Wiseman, Ali Reda, Anna Lowndes & her children

Battle of the Sexes

27-30 October 2016

This year the Club resurrected the Battle of the Sexes challenge pitching an All-Ladies against a Men only team. The first challenge was actually fielding a men's team and this may have been out of trepidation knowing that the opponents would be led by 2-goal England international Sarah Wiseman (Captain) and ably assisted by the top four Singapore ladies, Anna Lowndes, Isabelle Larenaudie, Lynly Fong and Melissa Tiernan. This was certainly a formidable line-up with all the ladies having strong 0-goal handicaps.

There was a warm up match on Thursday played at 0 handicap. The ladies team was Sarah, Anna, Melissa, Valerie Boffy, Marie Hesselman and Adeline Jen who took on Sani Khan, Ang Ban Tong, Brook Thomas and Matthew Ma. The ladies used this match very well scoring a resounding victory of 8½-3.

The 2-goal feature match on Sunday took place on a slightly heavy field which some thought would favour the men. The team was captained by Ali Reda with Giles Twiss (both 1-goal), Vinod Kumar and Gary Tiernan. Certainly the men started well with Giles putting Sarah under pressure in her own half and rarely letting her find the easy passing game for which she is known. By half time, the men held a slight lead and many in the crowd sensed victory.

However, the keen observers noted that Sarah, never one to give up, was giving an encouraging team talk and focusing the ladies on the job at hand.

The ladies were inspired and wasted no time taking a lead into the final chukka with a deserving win of 5-4. The men had tried hard to turn things around but the momentum was with the well organised ladies and they ran out deserving winners.

Who is the weaker sex now?

Article by Gary Tiernan





The women power





From Left to right: Saket Vaswani, Olivier Duguet, Diane Goldberg, Arnaud de Chenevarin, Florent Garaud and Alex Sztarkman

Sealed with a French Win

12-13 November 2016

Polo Club du Domaine de Chantilly gallops to victory at the last polo tournament of the season

The unfamiliarity of the playing ponies coupled with the extremely wet and soft grounds of the polo field following the heavy downpour from the day earlier proved no feat for the French team who galloped to victory winning 5 to 3½ at the first ever Singapore Polo Club vs Polo Club du Domaine de Chantilly tournament on 13 November 2016.

The harmonious and soothing tunes by saxophonist Tim Stocker set the mood for the elegantly dressed crowd of over 300 who were indulging in the fine selection of teas, pastries and macarons by TWG Tea as they eagerly waited for the match between the French and Singapore team to begin.

Florent Garaud, captained the French team which was sponsored by UBS, and the team included Alex Sztarkman, Arnaud de Chenevarin, Olivier Duguet / Marc Goldberg. The French team claimed the lead as soon as the first chukka began with a goal two metres away from the goal post by Arnaud de Chenevarin. Team Textron Aviation – comprising Singapore Polo Club members - was captained by Shane Boyd, the Club's polo professional, and included Vinod Kumar, Isabelle Larenaudie and Melissa Tiernan displayed a strong team effort with their



strategic passing. Melissa Tiernan drew cheers from the crowd when she almost managed to seal a goal, less than five metres away from the goal post but it was quickly hit away by Florent Garaud. In the final seconds of the first chukka, Arnaud de Chenevarin put up a strong fight against his opponents who were determined to block his goal by scoring another goal, ending the first chukka with 2 goals for UBS.

Textron Aviation's Vinod Kumar braved through the strong defence by UBS in the second chukka to give his team the goal which they needed to catch up. However, it wasn't long before Olivier Duguet from UBS took advantage of the battle and hit the ball in his direction, giving him the opportunity to score right in front of the goal post, with members of his opponent team trailing aggressively



behind, trying to prevent the goal. As soon as Olivier scored, Isabelle Larenaudie, representing Textron Aviation wasted no time getting hold of the ball, with her team mates defending her from behind as the French team chased her to possess the ball. Larenaudie's attempt to score was a little short of the goal post but it was met with enthusiastic applause from the crowd who were impressed by her effort. Olivier Duguet surprised the crowd when he did it again, taking the ball into his possession and scored! That concluded the second chukka at 4 – 2½.

Under the dark and cloudy skies of the third chukka, Textron Aviation scored a goal, making it to 4 to 3 ½. Both teams defended strongly while also trying their best to score.

The final chukka was the most intense with team Textron Aviation attacking at every opportunity as they tried their best to take the lead, hitting team UBS's ball out of their field of play. Impressively defending and attacking, team UBS eventually sealed the game in their favour with a final goal, concluding the final polo tournament of the season with a well-deserved final score of 5 to 3½.

It was double joy for The French team who was presented with the Royal

Selangor Trophy, each won a Leica camera, while team captain Florent Garaud also won the Most Valuable Player award and received a Challice filled with Stella Artois beer.

"Today was a real pleasure. We started very well at the beginning and over the course of the different chukkas, we tried to stay well-organised on the field since we knew each other well. At the third chukka we had some surprises, we missed some goals, we had a bit of rush and we started to play badly. In the fourth chukka we raised our level of playing and we told ourselves to stay strong and it paid off," shared Florent Garaud.

The Best Playing Pony was awarded to Amigacha belonging to Vinod Kumar, looked after by Rama while the Best Turnout Pony was awarded to Estrella belonging to Singapore Polo Club and groomed by Iswaran.

Members and guests came dressed to the theme "White Hat Elegance", and Miss Nadia Randriamirado, the Best-Dressed lady for the afternoon, was presented with a Chaghan Cashmere Shawl by Yvonne Twist.

The triumphant wins and incredibly tactful polo game between both teams in addition to a bedazzling Haute Couture Jewellery fashion show by

Caratell which won the hearts of both the men and women and an exclusive meet the Players TWG Teas Session rounded up the final polo tournament of the season in style.

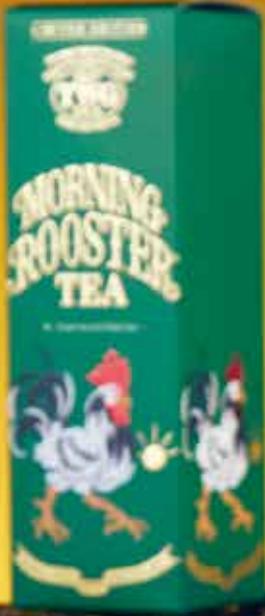
A big thank you to our sponsors Textron Aviation, UBS, TWG Tea, Stella Artois, Royal Selangor, Leica, Caratell 100 Plus and Ice Mountain for the generosity and wonderful partnership throughout this tournament.

Article by SPC

The **sportsmanship spirits** of these
goal thirsty players and their **elegant horses**
were not dampened by the drizzle



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NEVER TOO YOUNG

Founded in 1929, The Pony Club began in England for youth interested in ponies and riding. Today, The Pony Club is an international voluntary youth organisation, represented in over 27 countries, with membership exceeding 110,000, and a starting point for many equestrian athletes.

The Pony Club (Singapore Polo Club)

Held at the Singapore Polo Club, members age 4 to 21 years old participate in weekly un-mounted rallies, where instructions in equitation and horse management are shared in a fun and safe environment.

With 45 riding school ponies & horses to groom, wash, shoe, feed and cuddle, members are sure to get a weekly dose of horse interaction.

Our Aim

To cultivate respect, understanding and trust between our horses and youths, to build confidence in our young equestrians and to promote the highest ideals of sportsmanship – strength of character and self-discipline.

What We Do

The Pony Club Standards of Efficiency Tests, segmented into 8 levels of achievement, beginning with 'E' and culminating with the prestigious 'A', are designed to show members progress of knowledge in different areas of horsemanship. We also organise gymkhanas, annual camps, lectures, film screenings and even Easter and Christmas parties!

Who Can Join

We welcome both members and non-members of the Singapore Polo Club. As part of The Pony Club, we collaborate with the Riding Section to expedite our members waiting time for riding lessons, to supplement un-mounted learning with mounted training!

Email us at ponyclub@singaporepoloclub.org any time! Our application form can be found at the front of the Riding School Office.



As the Singapore Polo Club, The Pony Club is an affiliated overseas centre, members can transfer to another branch/centre and become a full member.
Note: The Pony Club Membership is separate from the Singapore Polo Club Membership



Instructor Rolando with the Pony Club test participants

Hasta Luego 2016 Dressage Results

Class 23- FEI Intermediate I

- 1st Place: Audrey Njoto riding Come Along

Class 23- FEI Prix St George

- 1st Place: Roshni Selvan riding Montepiano
- 2nd Place: Imogen Laird riding Donna Rubina

Class 20 – EFS Medium 4.1

- 1st place: Samantha Parkhurst riding Dartagnan

Class 18 – EFA Elementary 3.2

- 1st Place: Andre Vennhaus riding Rebel

Class 16 – EFA Novice 2.1

- 1st Place: Chante Els riding Mr Percy
- 2nd Place: Angelina Saliling riding Impero
- 3rd Place: Chloe Lim riding Toby
(It is Chloe's first time taking part in a dressage)

Class 17 – EFA Novice 2.2

- 1st Place: Peggy Yeo riding Akermanis
- 2nd Place: Clara Kong riding Warrior

Class 15 – EFS Preliminary 1.2

- 1st Place: Sasha Tiernan riding Tuli (Sasha was riding a polo pony)
- 2nd Place: Tara Wee riding Rosa
- 3rd Place: Tara Wee riding Mo

Class 14 – EFA Preliminary 1.1

- 1st Place: Sasha Tiernan riding Tuli
- 2nd Place: Karen Cariss riding Red

Hasta Luego 2016 Show Jumping Results

Class 4-80cm

- 3rd Place: Raffaella Santosa and Falco

Class 5-90cm

- 2nd Place: Tia Gabler and Sweet Tart

Class 6- 100cm

- 1st Place: Severine Arambulo and Nacre de la Roche
- 2nd Place: Maryam Reda and CW Conquest



1st Place winner for EFS Preliminary 1.2 and EFA Preliminary 1.1, Sasha Tiernan with Daniel Sitranen

ZACK'S TACK

Wishing Everyone a Fabulous 2017!



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Riding School 2017 Plans

2016 has been a good year for the Riding section however there is always room for improvement. By mid-January, the Riding section will have another instructor joining the team. At the moment, we are already halfway through the interviewing process and we have shortlisted a couple of candidates that would be able to teach both higher and lower level riders in dressage and show jumping.

The Pony Club will be revamped and a pony club coordinator will be hired to help with the planning and administration aspects, freeing up some time for the instructors to coach more riders.

A showjumping league will be organised this year, specifically targeting youth riders. This will be done in four tiers:

1. Debutants: For riders in their first year of competition, 30cm – 60cm
2. Children (8-12 years old): Jumping 70cm – 80cm
3. Junior(13-15 years old): Jumping 80cm – 90cm
4. Teams formed with 2 riders jumping 60cm – 70cm

All riders will spend the season accumulating points so as to be in the running for "Champion", "Sub- Champion" or 3rd Placing.

The Riding section will introduce Quadrille Squads classes for youths and adults, it will be fun and challenging and it is up to 8 riders per class where they will learn synchronized riding. These squads will then have the opportunity to perform at our Club events.

The Riding calendar will see new addition such as a Riding School Open House on 4th March and Riding in the City, potentially in September. The Riding section will also display Showjumping, Dressage to Music, Quadrille, Chase me

Charlie, Barrel Racing, Gymkhana and Pony rides. We will be supporting our SEA Games hopefuls by providing:

1. 20 x 60 dressage arena on Mondays for practice in the covered arena
2. Full showjumping course on Mondays in top school for practice
3. A selection of riding school horses for them to practice on
4. A selection of Clinicians will be visiting to assist in coaching as well as general improvements that will also benefit the whole riding school

The Riding section will continue general improvements around the club including:

1. New training and competition showjumps
2. Arena mirrors
3. Installation of robot camera which will follow the rider and record his/her lessons so they can review it with their coach
4. New Tack for the horses
5. Purchasing 3 additional riding horses

Lastly, we've also recently added brand new horse walkers on the main yard and all main yard stables are being rewired.

My team and I look forward to fostering closer ties with our members and providing them with better service this year.

Let's make 2017 a memorable one.

Sincerely,
Daniel Sitranen
 Riding School Manager

Welcome to the Club!

Three new school horses from Southern Ireland were brought in by the Club recently. They are a great asset to the riding section as all three horses can jump as well as do lower level dressage.



Dandy, 7 year old full Irish Connemara



Joey, 10 year old Show Hunter Cob



CJ, 8 year old Irish Sport Horse

The Pony Club Achievement Badges

The Pony Club Achievement Badge scheme is a fun way to gain a greater knowledge of horsemanship. Training is provided at Pony Club Rallies and exams are organized at the Singapore Polo Club. We have an average of 100 badges passed each badge day, held twice a year.

The Pony Club offers Mini Achievement Badges for younger members as well as both Equine and Non-Equine Achievement Badges. Both types of achievement badges will help one to learn a wide range of skills like first-aid, building showjumping, dressage arenas, saddlery, shoeing, feeding and grooming.



Cheers To Riding Get Together!

To round up the wonderful riding year, the Riding school organised a get together on 16 December 2016 to share its 2017 upcoming plans with members. It was an enjoyable evening with riders interacting and bonding with one another on top of sharing their ideas for 2017. The Riding school hopes to organise more get together in the coming year.



Happy Faces Of The Children From First Toa Payoh Primary School On The Last Day Of The Second Outreach Programme



SEA Games 2017! Here we come...



Photo credits: OneShot Photography

Alysha Nair

What are some of your preparations for the SEA Games 2017?

I was really inspired and motivated watching our Singapore riders win the Show Jumping Team Gold at last year's SEA Games on home ground. I chose to take a break before starting university to commit time to riding as I aspire to make it to the SEA Games 2017.

I look up to my coaches Roy Ibrahim and Manuel Fernandez Saro for their guidance in helping me grow as a rider. Currently, I split my time training between Holland

and Singapore. Since I started training in Europe, I have competed at CSI events in Arnhem, Knokke, Vilamoura, Poznan and La Coruña.

How has 2016 changed you as a rider?

I've been gaining exposure and experience competing at an international stage, from being able to watch top riders compete live and just being immersed in such a strong riding culture in Europe. It's been an incredible eye-opening year for me as a rider and I want to continue competing as long as I can.

Maryam Reda

What are some of your preparations for the SEA Games 2017?

I train under a few coaches including Roy Ibrahim at the Club. In addition to jumping lessons, Roy coaches me for riding on the flat as we believe that flatwork is essential to jumping a good round.

My new horse, CW Conquest has just arrived and is taking some time to adjust but he is surely making himself feel at home at the NEP stables.

I hope that with time as well as guidance from my coaches and moral support from my family, friends and the SPC community, CW Conquest and I can represent Singapore at the 2017 SEA Games in Kuala Lumpur.



Photo credits: Wenny Tan

Nadia Chen

What are some of your preparations for the SEA Games 2017?

Crispy is an 8 year old Oldenburg mare from Germany which landed 2 months ago in Singapore. With teamwork from the grooms, farrier and management she is settling well in her new home at the Singapore Polo Club.

The polo track is vital to her conditioning work and the well-manicured arenas ensure the best riding conditions possible. We train with the dedicated Daniel Sitranen towards harmony and precision.

To bring in a high performance sports horse is the 'easiest' part. The first few months is about getting to know each other and acclimatizing. As eager as I was to start jumping over big fences, I had to halt and give Crispy time to get used to the weather, new sights sounds and smells.

Having done the SEA Games back in 2005 with Caija, my best teacher; I hope to learn from old mistakes, make new ones and keep on riding. With a supportive team, cups full of coffee and early mornings, we hope to represent Singapore in the upcoming SEA Games 2017 with Crispy.



Roshni Selvam

What are some of your preparations for the SEA Games 2017?

I have been training with the Swiss Grand Prix rider, Katherine Desbaillets at the Club. Currently, I have two high-level dressage horses from Germany; Dancing Boy 20 also known as Dancer and Montepiano 1 fondly known as Monty. Dancer and me were placed second in the region at the FEI World Dressage Challenge Prix St Georges in Singapore last year while Monty has competed up to the Grand Prix Level with my trainer, Katherine. Recently, Monty and I scored 64% at the Intermediate 1 level which is the level of the SEA Games Individual finals next year. I will have to choose between both horses as to which I should compete on should I make it to the final four riders chosen for the SEA Games dressage team in July 2017.



Vesilia Ng

What are some of your preparations for the SEA Games 2017?

I have been travelling to Belgium and Germany to be trained and to gain more experience in multiple areas such as learning to ride horses of vastly different temperaments and also to build a stronger foundation with both dressage and showjumping.

In Germany, I was trained by Lars Meyer zu Bexten, an International Showjumping Trainer and FEI Tutor with a maximum of 4 sessions of intensive training daily, learning to ride and control horses of different ages and temperaments. Lars also highlighted on my minor mistakes so as to help me improve on my riding foundation.

I was trained by Kim Thiry, an International Showjumping rider and IGEQ-Level 1 trainer, and Muriel Coppin, another National Showjumping rider and IGEQ-Level 3 trainer in Belgium. They gave me an opportunity to participate and compete in 2 Gold-Class shows and 6 regional shows with professional riders from all over Belgium during the 20 days I spent there.

It boosted my confidence and I gained a higher level of sportsmanship from the competitions I participated in. The shows has increased by morale and gave me more inspiration and motivation to do better and achieve every goal I set for myself, no matter how difficult.

I also learnt how to handle myself when it came to waking up in the morning (as early as 5am), grooming horses, loading and unloading them, and constantly checking on the welfare of both the horses I rode with, and also the other horses in the stables (feeding, preparing and bringing them out to the paddock).

How has 2016 changed you as a rider?

I received many opportunities to participate in countless other shows such as the Longines FEI World Cup Jumping League in China, Beijing, one CSIY-B in Thailand, Bangkok, and one CSIJ-B in Taipei, Taiwan. I also gained vast amount of experience, both in riding and handling borrowed horses. All of my training and the shows I had a chance to compete in, gave me a very eye opening and enriching experience which I will never forget.

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From left to right: Amelie Villeneuve, Jalal Gilani, Ali Namazie, Ernest Tan, Diana The, Iqbal Jumabhoy, K.C. Loh, Ameerali Jumabhoy, Brian Miller, Rickard Hogberg, Leon Chu, Wee Tiong Han, Tan Hock, Jeffrey Hardee, Ang Ban Tong and Stijn Welkers

130 Years Of Grandeur

A night of reflections, giving back to the underprivileged and nostalgia

In an evening of glitz, elegance, sophistication and smooth dance moves, the Singapore Polo Club commemorated 130 years of equestrian milestones with an exclusive gala dinner presented by DBS Insignia at Skysuites @ Equinox at Swissotel The Stamford on 19 November 2016.

The contemporary tunes of the saxophonist against the beautiful skylines of Singapore serenaded guests as they enjoyed a special cocktail reception before dinner. From men clad in sleek tuxedos to women in elegant gowns and stunning heels, the evening started off with guests mingling and catching up with one another before they were surprised with a blast from the past as they walked through photo memories of the Club in its very early years.

Beaming with joy, Mr Ameerali Jumabhoy, the Club's patron remarked *"That's me and my horse, Blue Jeans, during one of my early years playing Polo"* as he recounted memories to new members who were intrigued by the rich history of the Club.

As soon as guests were seated in the ballroom for dinner, a slideshow consisting of past polo tournaments, riding competition and social events was played on the screen with guests grinning as they reminisced photos of themselves in their younger (and wilder) days.

From laughing and chuckling at old memories on the screen, the mood in the room which was packed with members including past presidents and committee members soon turned sentimental when Club President Mr Rickard Hogberg shared how the Club has been a home for him and his family over the years and today, the warmth he felt since the first day he joined the Club is still present. Mr Hogberg also took time to address the achievements of the Club this year and he thanked the General Manager, various Head of Departments, members, committee members and staff for playing a part in helping the Club to soar.



A Polo field and mallets 130th Anniversary cake!



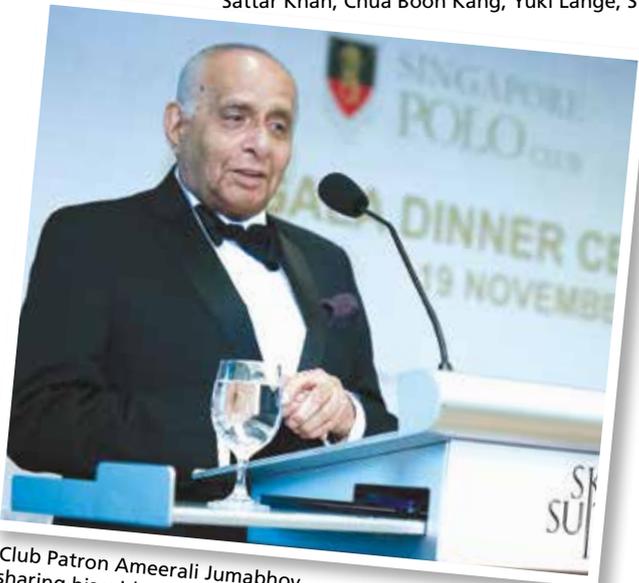
Elegant table set-up



K.C. Loh, Ameerali Jumabhoy, Brian Miller, Rickard Hogberg, Leon Chu and Wee Tiong Han



Sattar Khan, Chua Boon Kang, Yuki Lange, Stephanie Masefield, Brian Miller, Maureen Miller, Koh Pei Bei and Daniel Chua



Club Patron Ameerali Jumabhoy sharing his wishes for the Club

Shaping the Club's growth in its early stages as the Club's longest serving President, Mr Ameerali Jumabhoy, shared his wishes for the Club. A reflective Mr Jumabhoy said he hopes in the coming years, the strength of the Club will continue to grow and polo tournaments can include royalties from our neighbouring countries to join us, something which Mr Jumabhoy had done actively in the past. With their glasses raised, everyone raised a toast to Mr Jumabhoy's wishes for the Club.

After the heart-warming speeches, members indulged in a four course meal of the finest ingredients coupled with desserts buffet while enjoying a mix of jazz and pop fusion hits by Fuchsia band. The evening was made even sweeter with the official launch of "Galloping Hearts", a CSR initiative targeted at helping the less privileged.

The launch was marked with an auction featuring jewellery from Caratell, an oil painting from Goshen Art Gallery and an antique wooden coffer from Elliott's Antiques. A special mention to Mr Ameerali Jumabhoy, Mr Rickard Hogberg, Miss Jane Drummond, Miss Sharel Ho, Mr Richard Bailey and Mr Michael Ma for their generous bids. Proceeds will be donated to Equal Ark Singapore, a non-profit organisation which helps vulnerable youth remain engaged in the community through a philosophy of equine-assisted learning.

With the lights dimmed and the band switching to an anniversary tune, a special 130th anniversary cake, lighted with 130 candles was brought out, much to the joy of everyone who started clapping. Past and present committee members were ushered on stage to cut the cake which commemorated the Club's close knit family, camaraderie, significant achievements, wonderful milestones and hardships which it had withstand.

Dancing wasn't just restricted to the young, the night summed up on a high note with members, in particularly the senior members grooving to a variety of beats with one another.

As 2016 draws to a fruitful close with the Club commemorating 130 years of legacy, tradition and heritage in this exclusive gala dinner, it was a night made possible with the kind sponsorship from DBS Insignia, Peroni and supporting partners Elliott's Antiques, Caratell and Goshen Art Gallery.



Club President Rickard Hogberg reminiscing about the Club's early days



Guests appreciating photo memories from the past



Marilyn See, Larry Lim, Jane Drummond, Hannah Brown, Ash Khan and Tara Khan



Crystal Chu, Catherine Hogberg, Rickard Hogberg, Leon Chu and Ernest Tan



Tetiana Myronchuk, Hashim Idris and Elena Zhdanova



Ang Ban Tong, Chua Boon Kang and Tan Hock



Inger Wong, Penelope Hardee and Jeffrey Hardee



Iqbal Jumabhoy, Ernest Tan, Stephanie Lim, Sylvan Braberry, Ameerli Jumabhoy, Michael Ma, Leon Chu, Sattar Khan, Wee Tiong Han, Ang Ban Tong, Tan Hock, Jeffrey Hardee, Stijn Welkers and K.C. Loh



K.C. Loh, Ang Ban Tong, Elaine Loh and Ernest Tan



Richard Bailey, Ameerli Jumabhoy, Tracy Dawson and Cheryl Bailey



Niki Erdmann, Hannah Brown, Tara Khan and Ben Wright



Stijn Welkers, Hema Welkers, Crystal Chu and Leon Chu



Everyone grooving to Fuchsia's tunes



Mr and Mrs Miller on the dancefloor



Tetiana Myronchuk raising a toast



Jane Drummond, Neil Thorburn, Katinka Thorburn, Ash Khan and Tayler Houlihan



John Wong, Amelie Villeneuve-Moore and Dr Benjamin Villeneuve-Moore



Members of Band on the Run



Sobers Sethi, Sylvan Braberry, Ivy Braberry and Rasina Rubin



Ali Namazie ...all smiles



Sattar Khan, Yuki Lange, Faith Lam and Sharel Ho



Krystal Wang, Lady Christin Seymour and Doreen Pattijn



Isabelle Miaja, Marco Trevisan, Severine Miaja Arambulo and Rolando Gonzalez



Marie Godenir admiring the photo walls



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Group photo of the Cricket participants

Fit & Fab Ahead of the Festivities

Members and staff shaped up and bonded over Cricket, mass workouts and BBQ

Move aside Sachin Tendulkar, the Singapore Polo Club members and staff batted their way to an impressive afternoon of cricket in an exclusive mixed, friendly and social 20/20 overs match on a specially prepared wicket on the polo ground held on 10 December 2016.

For the first time in ten years, in conjunction with the Club's 130th Anniversary celebration, the finest cricket players in the Club enthusiastically signed up to compete head to head and it was an afternoon which definitely did not disappoint. Two teams of 11 each consisted of members and staff who worked in tandem to defeat the opposing team.

With live expert commentary, both teams proved they were fine cricket players just as they were excellent members and staff. After tireless runs, team Manyam Eleven, led by team captain Subrahmanyam, who is also the facilities and grounds manager of the Club, were crowned champions, scoring 125 runs in 20 overs. Runner- up team Chill Eleven achieved 98 runs with a fall of 10 wickets.

"I am very happy because this game gave me and my fellow colleagues a chance to bond and interact with one another as well as the members. Cricket is a sport which a few of us has been playing for years when we were back home so to play it once again is really very exciting. I hope there will be more of such events," shared Sainadh, the Club's technician.

Cricket wasn't the only sport which thrilled everyone that afternoon. The sand tracks of the polo field saw variations of Usain Bolts vying for the top three prizes at the inaugural staff fitness day. In a Club's first, staff from each department including those who played cricket



Team Captain Subrahmanyam receiving the trophy from Greg Coops

spontaneously took part in a massive workout and relay matches which saw both men and women competing against one another.

Cheered on by the spectators who were mainly members, each staff ran at least two rounds around the polo field to their own bewilderment. Some chuckled at their ability to run that many rounds while others heaped a sigh of relief as they looked forward to indulging in a warm BBQ and icy cool drinks at the Chukka Bar with everyone.

It was an afternoon well spent with members and staff bonding together over food, drinks and sports! A round of applause to everyone for their effort and enthusiasm.

Article by SPC



Group photo before the mass workout



The top 3 winners for the mass workout receiving their prizes from Gregory Parkhurst



Cheers to a wonderful workout!



Group photo of mass workout and cricket participants with President Rickard Hogberg and General Manager Sylvan Braberry

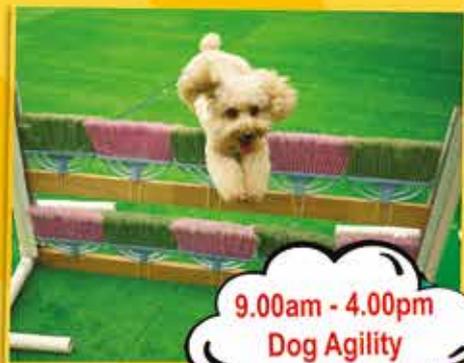
FREE ADMISSION



RIDING SCHOOL OPEN HOUSE

4 March 2017 Saturday 10am - 3pm

Venue: 80 Mount Pleasant Road (298334)



9.00am - 4.00pm
Dog Agility
Competition



10.00am - 10.30am
Gymkhana



10.30am & 2.00pm
Stable Tours

Coupons are priced
at \$10 per booklet

Dog Agility
Competition

Gymkhana

Stable Tour

Quadrille

Showjumping

Photo-taking with
Pony

Horse Pageant

Pony Rides

Truck Rides

Pony Feeding
Session

Lucky Draw

Food Stalls

Membership Booth



11.00am - 11.30am
Quadrille
Performance



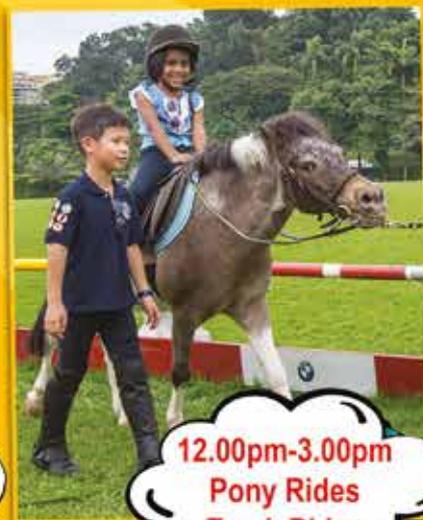
11.30am
Photo-taking
with Pony



11.30am - 12.00pm
Showjumping



12.00pm-12.30pm
Fancy dress
horse pageant



12.00pm-3.00pm
Pony Rides
Truck Rides

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January Circulation Boost 2 hr | from 198 nett per pax

SPA TREAT warm foot bath + 80 min geranium black pepper body massage + 30 min relaxing foot massage

BENEFITS Improves blood flow; promotes relaxation

ADD-ONS warm stones \$20 | Slim-Effect tummy or thigh \$30



February Spa For Two 2 hr | from 398 nett per couple

SPA TREAT warm chocolate body scrub & steam + 50 min lavender full body massage + Decleor face spa + champagne & strawberries

***Limited sessions on 13 & 14 Feb 2017. Book early for Valentine's Day!**



March Anti-Ache Cure 2 hr | from 198 nett per pax

SPA TREAT sea salt foot bath + 80 min warm stone lemongrass body & scalp massage 30 min relaxing foot massage

...and more

A Jolly Christmas



Of Santa's surprise gifts, Santarina's balloons sculpting, colourful candy buffet, sumptuous Christmas dinner buffet, plenty of engaging games and activities. 80 parents and children celebrated the merriest time of the year at the Club's Magical Family Christmas party on 3 December.

Participants also got to make their very own Christmas tree ornaments before being entertained by an enchanting magician. Parents were thrilled to take part in games with their young ones, in particular wrapping them up as a Christmas tree which amused everyone.

While the young ones rejoiced in plenty of sweet treats, the adults took part in a series of interactive quizzes to win a bottle of wine each for themselves. The spirit of Christmas was embraced the whole evening with families bonding with one another over drinks, food and games.

The highlight of the event was Santa's appearance which got everyone excited, mainly the children who noticed he came with a bagful of gifts for them. It was a wonderful Christmas celebration and thank you to those who participated.

Merry Christmas and a joyful New Year to everyone!



Toss to Prosperity Lo Hei Luncheon

4 FEBRUARY 2017

11.00AM - 2.30PM

Ride into the Year of the Rooster with opulent Chinese New Year festivities, prosperity and a Chinese feast with the Singapore Polo Club. Usher in good fortune with a delectable spread of Chinese New Year Luncheon at \$48+ or \$68+ per person.



Photo for illustration purposes only

ABUNDANCE SET

Member \$48+* Guest \$68++*

This set includes:

- 🍷 Fa-cai King Salmon Yusheng
- 🍷 Fish Maw in Chicken Essence
- 🍷 Crisped Skin Roast Chicken
- 🍷 Golden Sand Prawns
- 🍷 Vegetables Golden Pot
- 🍷 Crab Meat Fried Rice
- 🍷 Mandarin Orange Creme Brulee
- 🍷 Lotus Flower Tea

LONGEVITY SET

Member \$68+* Guest \$88++*

This set includes:

- 🍷 Fa-cai King Salmon Yusheng
- 🍷 Summer Palace Duck
- 🍷 Fish Maw in Chicken Essence
- 🍷 Crisped Skin Roast Chicken
- 🍷 Roast Duck, Lychee & Pineapple
- 🍷 Lemon Juice Steam Seabass
- 🍷 Vegetables Golden Pot
- 🍷 Hong Kong Ee-Fu Noodles
- 🍷 Mandarin Orange Creme Brulee
- 🍷 Lotus Flower Tea

*Minimum 4 to dine

For bookings: ✉ membership@singaporepoloclub.org or ☎ 68543999



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JAN 2017

Norwegian Salmon 'Prosperity' Yusheng

Classic Norwegian salmon yu sheng with pickles, crushed peanuts, sesame seeds, golden crackers, spices and traditional sauce
(available from 28th January till 1st February)

\$38+ (for 2-4pax) | **\$68+** (for 4-6pax)

Steam Seabass Fillet with Soya Bean Crumbs

Fresh seabass fillet, steamed and drizzled with soya bean crumbs & crispy garlic

\$22+

House Roast Duck

House roast duck served with pickles and homemade dip
*Fragrant jasmine rice are suggested to pair with the above dishes

\$20+



Steam Seabass Fillet with Soya Bean Crumbs

FEB 2017



Korean Beef Bulgogi

Norwegian Salmon 'Prosperity' Yusheng

Classic Norwegian salmon yu sheng with pickles, crushed peanuts, sesame seeds, golden crackers, spices and traditional sauce
(Available from 28th January till 1st February)

\$38+ (for 2-4pax) | **\$68+** (for 4-6pax)

Korean Beef Bulgogi

Classic Korean dish with Prime New Zealand beef striploin, sunny side up, Home-made Kimchi and fragrant jasmine rice

\$17+

Kimchi Seafood Soup

Homemade with fish fillet, New Zealand Mussels, prawns and squid

\$18+

Home-made Kim Chi **\$8+**

MAR 2017

Inlay Style Grilled Curry Chicken Curry with Rice

Traditional Burmese recipe with boneless chicken thigh & fragrant jasmine rice

\$15+

Khaw Suey Crispy Noodles with Beef

Burmese-style rich curry with duo crispy & fresh noodle, sliced grass-fed beef.

Served with fresh lime, pickled vegetable and chilli

\$16+



Inlay Style Grilled Curry Chicken Curry with Rice

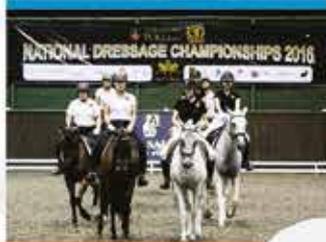


Khaw Suey Crispy Noodles with Beef





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