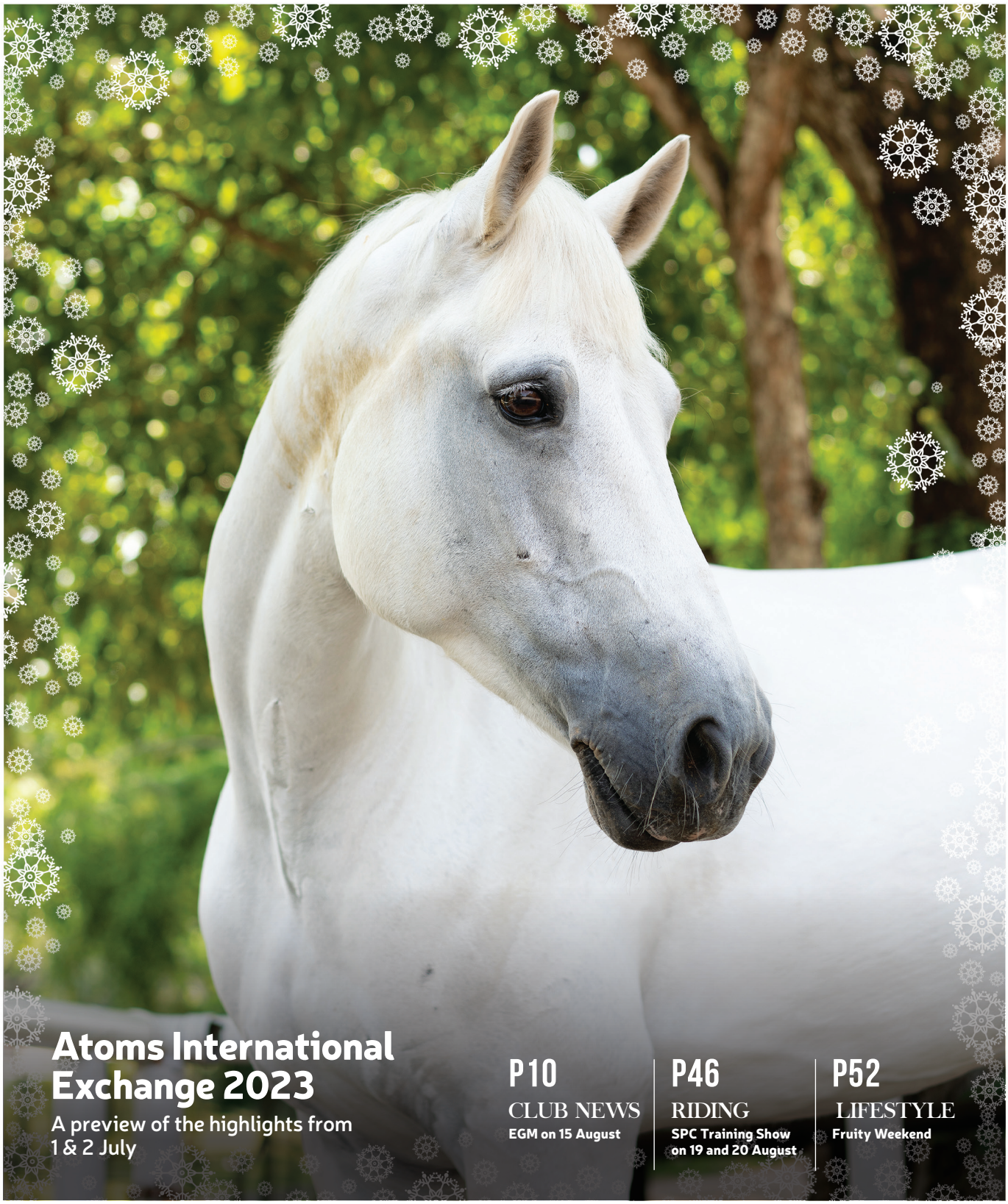
SINGAPORE

POLO CLUB



Atoms International Exchange 2023

A preview of the highlights from 1 & 2 July

P10
CLUB NEWS
EGM on 15 August

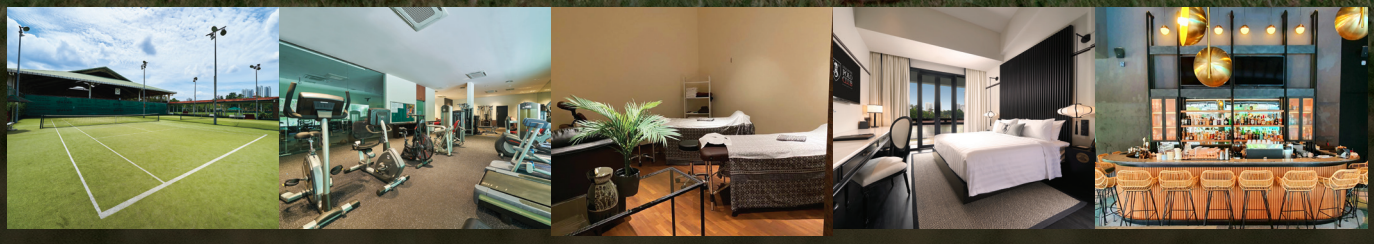
P46
RIDING
SPC Training Show on 19 and 20 August

P52
LIFESTYLE
Fruity Weekend

ISSUE 04

Be a part of the distinguished

Lifestyle



SIGN UP FOR A COMPLIMENTARY CLUB TOUR

For membership rates and enquiries, email

membership@singaporepoloclub.org

SINGAPORE POLO CLUB

Established in 1886

SINGAPORE POLO CLUB
Established in 1886



PATRONS

Derek Mitchell
K.C. Loh

COMMITTEE

Lawrence Khong
President

Satinder Garcha
Vice President

Daniel Chua
Polo Captain

Rickard Hogberg
Honorary Secretary

Stephanie Masefield
Honorary Treasurer

Leon Chu
Committee Member

Lee Joo Bae
Committee Member

April McKenna
Committee Member

Peggy Yeo
Committee Member

Wee Tiong Han
Committee Member

Federico Vescovi
Committee Member

MANAGEMENT

Sylvan Braberry
General Manager

Wendy Tham
Secretary

Victor Phua
Club Duty Manager

Irene Seah
Events Manager

MPS Rajan
Front Office & Club Rooms Manager

Han Peck Hoe
Facilities & Maintenance Manager

Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Marlene Teo
Marketing Communications & Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

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

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

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

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

FACILITIES

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

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

Gaming
12.00pm – 10.30pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (weekdays)
9.00am – 6.00pm (weekends)
Closed on Mondays and Public Holidays

The Wellness Studio
By appointment

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Marketing, Advertising & Lifestyle	marketing@singaporepoloclub.org
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Riding	riding@singaporepoloclub.org
Atoms Polo Loft	atoms@singaporepoloclub.org

CONTENTS



14

24



CLUB NEWS

4 New Members
5 President's Message
7 General Manager's Message
8 Calendar of Events
10 Extraordinary General Meeting 15 August 2023
12 CPPM Lunch
14 Welcome Dr Brenda Low/ Singapore Polo Club to Cease Print of Hard Copy Magazine
16 Welcoming Red Cross

POLO

18 Atoms International Exchange 2023
20 Ismail Junior Cup
21 De Silva Cup
22 Victor's Cup 2023
24 UFC Fighter Joanna Jedrzejczyk's First Polo Lesson At Atoms Polo Academy
26 Prince Harry, The Duke of Sussex Played in the 2023 Sentebale ISPS Handa Polo Cup
30 Polo Moments with the Alcocks
32 July Pony Camp
33 Soap & Soak
34 From Zero to Polo Player (and a Flirt or Two) in Rosario



34





RIDING

40 To Retirement and Beyond

44 NEC's Harvest Hooves Showjumping Interclub 2023

46 SPC August Training Show

48 S'mores & Room Spray Making Workshop

50 Autumn Overnight Camp

LIFESTYLE

52 Fruity Weekend

60 Eating Right: Healthy Plate and Understanding Food Labels



ON THE COVER



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New Members

JULY TO SEPTEMBER 2023

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

CHARTER

Nadia Yeo
Hendrik Pfiester
Samantha Louise Hsiao Li Mackie
Claudio Nuno De Castro Ribeiro
Alcock Geoffrey
Benn Chua Chi Jin
Clark James Alan
Duncan Yip Ming Sheng
Raghav Agarwalla
Matin Aasim Tajwaar
Miller Layla Mi-kim

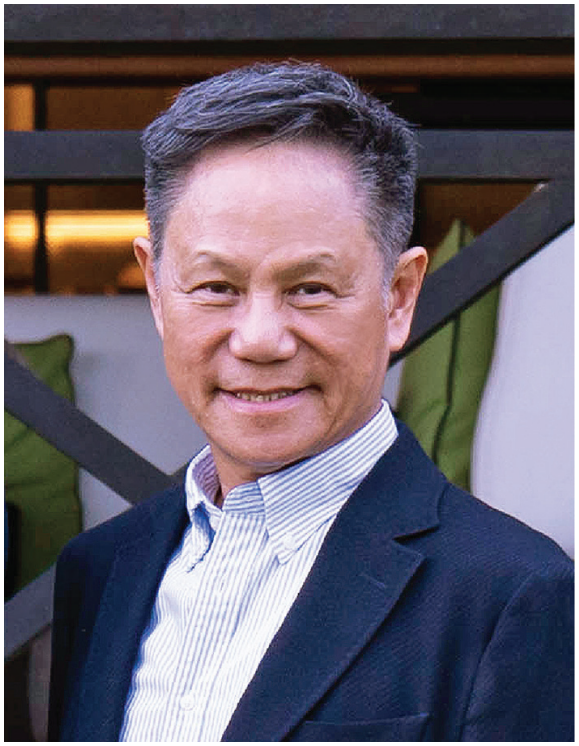
TERM

Kashibhat Ramachander Nikhilender
robert jackielyn lao
Elizabeth Helen Valerie Morrison
Benjamin James Baglin
Nicola Jodi Plenderleith
Sjoeberg Tristan Nenne
Tajinder Sohal
Julien Laurent Gilles Blocman
Christopher Harry Gilbert Chalk
Tan Cynthia
Darren John Wiggins

REGULAR

Peh Chee Keong
Adrian Troy Geyer
Xinyue Chang
Christian Dillon Schmollinger
Cheng Huajie
Clarissa Nicole Wang
Piparaiya Dhiraj Ramkrishna
Julian Barry Barendse
Elhassan Mohamed Hamed Abdellatif
Yoon Daeung
Edrick Ho
Koh Arlene
Gregersen Gregor Juergen
Chan Ting Ting
Shin Eunkyung
Ryan Gregor Younger
Chin Soon Yenn
Suzanne Karishma Johannes
Yeo Chuan Jie, Jeremy
Jatin Mohan Singh Dewan
Park Joo Man
Lucy Amelia Nicholls
Anders Rickard Levin
Ng Chih Wei (Huang Zhiwei)
Mira Dewan
Tadman Greg
Johannes Petrus Maria Van Osch
Rita Dayuan Luo
Giri Jadhav
West David s
Wong Nicholas Clarence
Dawn Teo Tju Wei
Wang Wenjun

Photo by Ben Wicks on Unsplash



Dear Members,

It's been an exciting six months as President and I would like to take this opportunity to share some updates with you.

Members at the EGM on 15 August 2023 had voted unanimously in support of the resolution to pay EFS a sum of SGD 2.3 million in advance in return for uninterrupted use of 72 boxes and current auxiliary facilities and shared use of a Stick & Ball Arena at NEP for a term of 10 years from 4 August 2024. SPC shall also donate to EFS SGD1.2 million spread annually over 10 years which will be used to upgrade the stables and facilities at the NEP. EFS shall appoint SPC as the service provider in relation to the management and operation of the NEP for the duration of the said term. Both SPC and EFS are now working on the details of the License Agreement which will then be followed up with the Service Agreement for SPC to manage the 60 stables at NEP/NEC.

My Committee and I hosted a lunch for our CPPMs and presented the Club's Vision and Mission Statement which also included the Strategies and Objectives of the Club moving forward. Over time, these will set the path for a quality membership experience while we look ahead to raise the Club's profile and presence regionally to increase our polo footprint and tourism value.

We welcomed Prince Harry, The Duke of Sussex, once again to play in the 2023 ISPS Handa Polo Cup. Team Royal Salute Sentebale and Team Singapore Polo Club rose to the challenge with multiple goals scored. The match eventually ended with a 7-7 draw and brought loud cheer from the more than 400 spectators. It is indeed heartwarming to know that this annual fundraising has to date, raised £11 million in supporting children and young people in South Africa.

I am pleased to also announce that our inaugural Outreach Polo Tournament & Carnival on 22 October 2023 is shaping up well and we are looking forward to a fun and exciting day and welcome everyone to join us at this meaningful initiative. Coupons can be purchased at the Club and all proceeds from the event will be channeled to our Outreach Fund which is used to assist various beneficiaries and the less fortunate.

The Club also extends our heartfelt appreciation to Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law for accepting our invitation to be the Guest-of-Honour for this wonderful event.

Our Lifestyle team has also planned for our annual Christmas Light-up on 1 December which will be at the roundabout next to the reception area of the Club. Members can look forward to Santa's surprise gifting, Christmas carols and the cutting of a huge Christmas Log cake for one and all to enjoy.

Come 2024, members can look forward to a vibrant, lifestyle-centric calendar of events with the possibility of our very own City Fringe Polo Tournament sometime in October/ November 2024. This event will be the perfect highlight to our exciting polo season.

I would like to thank my Committee and Sub-committees, the management and most importantly all our members who have been supportive of the many initiatives and events organised by the Club. We aim to create a positive, vibrant and fun environment for you, your families and friends where you can enjoy the warmth and camaraderie that makes our Club positively different.

I look forward to seeing you at the Club. Happy Holidays to everyone! ■

Warm Regards,

Lawrence Khong
President

Christmas Light-up 2023

Spark your holiday spirit at our Christmas Light-Up 2023!
Witness the Club transform into a celestial paradise as dazzling lights create a mesmerising galaxy.
Join us to create cherished memories amidst this enchanting spectacle
and share the joy with your loved ones.



Friday, 1 December 2023
6.30pm to 8pm
Polo Bar & Verandah

Highlights

4.00pm: Festive Bazaar
7.00pm: Light-up of Christmas Tree & Cake-Cutting
7.15pm: Visit by Santa Claus & Candy Gifting

This event is complimentary.

To register your attendance, please email **events@singaporepoloclub.org**

SINGAPORE POLO CLUB
Established in 1886



Dear Members,

It was a blast for many who spent the weekend mornings in September watching Atoms Polo Academy's League Championship matches played arena style on the polo field. Ten teams from both the Junior and Senior Leagues battled it out in thrilling, adrenaline rushing and highly competitive tournaments which saw the Yellow Jaguars emerging as League Champions for the Senior Division and the Black Hawks emerging as champions for the Junior division.

Fair Play awards were given to the Blue Daredevils (Seniors) and Orange Fireballs from the Junior League. Most Valuable Players were Nick Brocklebank (Yellow Jaguars) and Khayra Khan (Black Hawks). Atoms Polo Academy is the future of polo at SPC and with a current base of about 400 players, the Academy is the main feed pool to the continued expansion of our polo footprint not just at the Club but in the region. As the Academy continues its phenomenal growth, our players will see even more exciting tournaments and activities coming their way. I am so proud to announce that since its launch in October 2020, 17 Atoms have already passed the Polo Handicap Test with another 6 taking their test soon. We wish them only the very best.

At Atoms, we value good sportsmanship and camaraderie within a fun and positive non-political environment. Atoms full-time Polo Professionals are expected to be exemplary in their conduct as they need to set the correct values and standards as many of our budding young polo players look up to them. Each Atom has a fair chance to progress in their polo journey and excel according to their own abilities. The Academy will not compromise the integrity of its system and will maintain the correct standards to ensure every Atom is on par with any player of the same level anywhere once they pass the Polo Test.

The Riding Academy continues its positive competitive run with Elly Poh, Nikki Poh, Yasmine Bonehill, Megan Ding, Caeden Paul and Alessandro Caldana bringing the honours for our Club at the NEC Harvest Hooves Showjumping Competition on 2 & 3 September 2023. The riders also clinched significant standings in the FEI Jumping World Challenge Round 1 and Round 2 and STCRC's Septémvrios Jump Show. Well-done riders!

Our Club rooms saw high occupancy during the months of September and October and we have received excellent reviews from members and their guests. To avoid disappointment, please book your staycations early. Do also look out for riding & polo experiences and festive packages for family and friends coming your way soon. You may speak to our friendly team at the Reception for more details or contact our marketing team to be added into our bi-weekly e-newsletter mailing list which promises first hand updates of club promotions and events.

Look out for our Outreach Polo Tournament and Carnival as the Club goes on overdrive in its Outreach initiatives to organise both Atoms & Handicap Polo Tournaments in the morning and afternoon on 22 October 2023. This will be a fun-filled day with all kinds of activities from movie screenings, massive bouncy castle, games, entertainment and many activities to raise funds for our Outreach section. There will be stalls selling a variety of products at the Lifestyle Bazaar and the highly anticipated "Nasi Briyani" from HCSA's Culinary Academy. The Outreach event is in collaboration with RDA, Equal, HCSA and TOUCH Community Services. The Club also supports the Jane Goodall Institute amongst others as we grow our Outreach footprint to support the general community.

Wind down and party up with a live band performance from the ever-popular group, "Band on the Run" on 22 October 2023 and come dressed in your best as our keen-eyed judges will be picking out best dressed awards for a couple, a lady and a gentleman.

With so much happening at the Club, I can't wait to see you all soon! Happy festive greetings! ■

Warmest Regards,

Sylvan Braberry
General Manager

Calendar of Events



Polo

22 October
Atoms Senior & Junior Tournament
(Non-handicapped)
SPC Outreach Polo Tournament
(Handicapped)

28 & 29 October
Grooms Cup

4 & 5 November
Club Cup

4 & 5 November
Atoms International Cup

Riding

21 & 22 October
STCRC
(FEI JWC 2023 Leg 3)

28 & 29 October
NEC (Dressage)

4 & 5 November
BTSC (Dressage)

18 & 19 November
NEC
(FEI Dressage World Challenge 2023)

25 & 26 November
Riders' Club (Jumping)

2 & 3 December
BTSC (Jumping)

Social

28 October
Atoms and Riding
Halloween Trail

18 to 19 November
Atoms & Riding
Overnight Trail

1 December
Christmas Light-up
& Festive Bazaar

2 December
Atoms & Riding
Amazing Race and Movie Night



Extraordinary General Meeting 15 August 2023

The Club's Extraordinary General Meeting was held on 15 August 2023 where a resolution was submitted:

1. To approve the proposed Memorandum of Understanding ("MOU") to be entered between the Equestrian Federation of Singapore ("EFS") and the Singapore Polo Club ("SPC").

2. To authorise the Committee to negotiate, enter into and execute a licence agreement and a service agreement with EFS on terms to be agreed between the Committee and EFS and which shall capture the terms and conditions set out in the MOU, in particular:

2.1 SPC shall pay to EFS a sum of SGD2.3 million including any applicable stamp fees & GST in advance in return for uninterrupted use of 72 boxes and current auxiliary facilities and shared use of a Stick & Ball Arena at NEP for a term of 10 years from 4 August 2024 as the extension of the abovementioned State Lease provides;

2.2 Separately, SPC shall donate to EFS SGD1.2 million spread annually over 10 years, as set out under Clause 2 (1) (e) of the MOU.

2.3 EFS shall appoint SPC as the service provider in relation to the management and operation of the NEP for a term of 10 years from the extension of the above-mentioned land lease with SPC entitled to a share of net surplus.



The Resolution was voted upon with all in favour.

Resolution 1	Votes in favour		Votes against	
	Before Weightage	After Weightage	Before Weightage	After Weightage
Charter Polo Playing Members	21	210	0	0
Charter & Charter Corporate Members	8	8	0	0
Regular Individual, Regular Corporate & Term Members	2	0.2	0	0
Clubhouse Members	0	0	0	0
Total	31	218.2	0	0

INVALID VOTE: 0

VOTES FOR	VOTES AGAINST
218.2	0
100.0%	0.0%

RESOLUTION 1 IS CARRIED WITH 100% VOTES FOR.








CPPM Lunch

Our President, Mr Lawrence Khong and his committee members hosted a lunch for our CPPMs of the Club where key presentations were led by himself and our Honorary Secretary, Mr Rickard Hogberg.

During the lunch, Mr Lawrence Khong presented the Club's vision, mission and strategies for the forthcoming year which will enhance our polo and riding footprint in the region. Management will also be looking into partnering with social enterprises to support and offer Equestrian activities to establish our Outreach identity.

Mr Rickard Hogberg presented the plan between SPC and EFS which was approved at our EGM on 15 August 2023. He provided everyone with an insight to the proposed timeline for this huge project and what members can look forward to.



Mr Lawrence Khong shares with attendees about the Club's vision, mission and strategies for the coming year



Mr Rickard Hogberg presents the upcoming plans between SPC, EFS and NEP



Guests watching a video perfectly encapsulating our heritage, activities and our memorable milestones



Ms Justine Tan, Ms Margaret Ang, Mrs Stephanie Masefield and Ms Peggy Yeo



Mr Rickard Hogberg, Mr Yeo Kuo Lee, Mr Leon Chu and Mr Tan Hock



Mr Sylvan Braberry, Mr Iqbal Jumabhoy and Mr Lawrence Khong

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by Cathy Livingston

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

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

Scan to read a feature on Equine Assisted Therapy





SINGAPORE POLO CLUB
Established in 1886

Welcome Dr Brenda Low!

Singapore Polo Club is elated to announce the appointment of Dr Brenda Low as part of our current panel of consultant vets that includes, Dr Roshni Selvam and Dr Phyllis Yew who have been serving the Club for many years. Dr Low has spent 8 years as an equine veterinary surgeon at Singapore Turf Club and is an equestrienne herself. She is currently the Director & Head Veterinarian of Sunshine Equine Veterinary Services Pte Ltd.

Let us all welcome her on board!



SCAN TO VIEW DR LOW'S PROFILE

Singapore Polo Club to Cease Print of Hard Copy Magazine



In alignment with our commitment to environmental sustainability and a greener planet, we will discontinue the printing of hard copies of our quarterly Club Magazines and transition exclusively to digital formats starting from 2024. This will help to save trees and reduce the need for paper production, which is resource-intensive and often involves deforestation. Going digital also helps to reduce our carbon footprint.

Members are encouraged to update their email with us at marketing@singaporepoloclub.org to view our bi-weekly e-newsletter.

Please visit our website at www.singaporepoloclub.org to read our magazine in the new year!

Let's go green and stay connected!

MAKE A DIFFERENCE IN

SOMEONE'S LIFE



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

Open only to members of Singapore Polo Club.

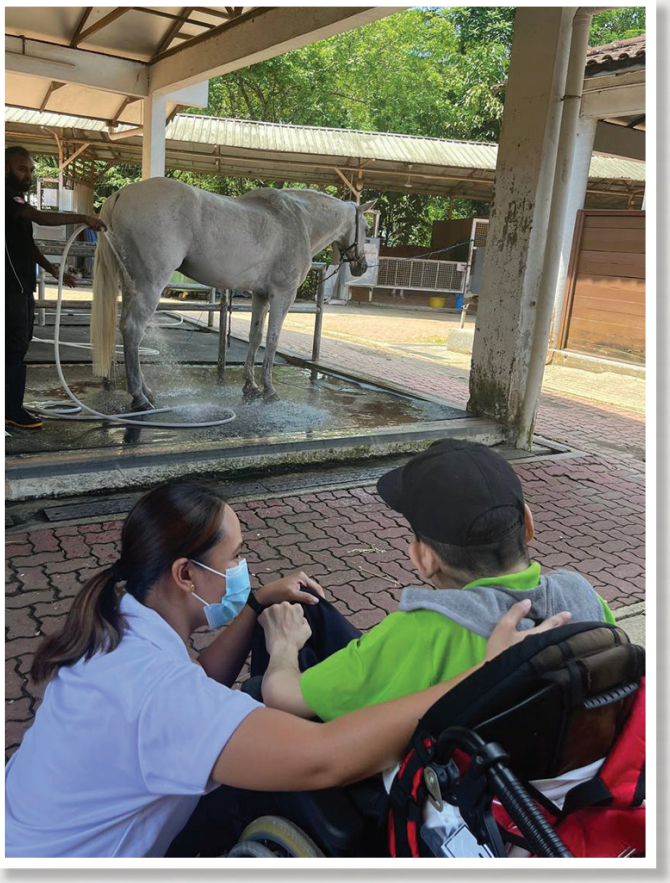
SINGAPORE POLO CLUB
OUTREACH

Welcoming Red Cross

We hosted Singapore Red Cross Society for two Outreach sessions on 31 August and 14 September. During the 2-hour sessions, our guests were brought around our stables where they viewed our facilities such as the feed room, automated walker and shower bay. They also interacted with our riding academy horses and had a hands-on experience of showering and feeding them. The sessions ended with them participating in a short handicraft session where they decorated horse shoes using various craft materials.

We welcome volunteers to participate in our Outreach sessions. Contact us at outreach@singaporepoloclub.org for more details.









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LA ILUSIÓN POLO CLUB









Atoms International Exchange 2023

The inaugural Atoms International Exchange Cup was a huge success, with handicap players from Ainsley Youth New Zealand (NZ) Polo teaming up with our Atoms Academy players over exhilarating 4 chukka matches over the weekend of 30 June to 2 July 2023. NZ Atoms Black and NZ Atoms Red shared the stage as joint winners after the final match as both teams won a match each. This exchange program between the both academies are not just about polo but also a cultural exchange and the opportunity to broaden our friendship across the region in the spirit of polo.



Adrenaline and excitement were flying high after the matches as the players settled into their newly formed friendships while they shared their polo experiences and exchanged helpful tips on how to improve their overall skills as polo players.

Look out for more excitement at Atoms as we see more international exchange matches coming your way. To be a part of Atoms Polo Academy, email atoms@singaporepoloclub.org



NZ ATOMS RED	NZ ATOMS BLACK
Hagen Thompson (NZ)	Wilbur Coates (NZ)
Jacob Mcdonald (NZ)	Hagen Thompson (NZ)
Alex Fisher (Atoms)	Scarlett Lowndes – Cox (Atoms)
Veer Bajaaj (Atoms)	Alexander Phang (Atoms)
Samara Baidwan (Atoms)	Charlie Somerville (NZ
James Reid (NZ)	













Ismail Junior Cup

We witnessed the perfect blend of passion and precision between Team SPC White and Team SPC Red at our annual Ismail Junior Cup on 8 and 9 July 2023 with the latter carrying the championship trophy.

Scores:	
8 July: SPC Red 7 vs SPC White 4 ½	
9 July: SPC Red 5 vs SPC White 5 ½	
Most Valuable Players:	
Ang Ban Tong (Amateur) | Cody Williamson (Pro)	
SPC Red	**SPC White**
Cody Williamson (Captain) Karan Narula/ Kunal Narula Daniel Chua/ Henry Lancaster Ivan Chua/ Chua Boon Lai	Ang Roon Kai Lee Joo Bae/ Ang Ban Tong Tim Zee Andy Soh/ William Peacock



A nice wrap to a beautiful tournament



The Champions!



Team SPC Red

From left to right: Henry Lancaster, Cody Williamson, Ivan Chua, Chua Boon Lai, Karan Narula and Daniel Chua



Team SPC White

From left to right: Ang Roon Kai, Lee Joo Bae, Ang Ban Tong, Tim Zee, William Peacock and Andy Soh



Ang Ban Tong from Team SPC White and Cody Williamson from Team SPC Red vie for the ball



The speed and agility on field

De Silva Cup

The De Silva Cup is an annual tournament that takes place at the Club. This year was no exception as high-octane polo took centre stage on 2 and 3 September with Team SPC Red emerging as champions.

Scores of Matches:
Saturday: SPC Red 6 ½ vs SPC White 2
Sunday: SPC Red 4 ½ vs SPC White 6

Most Valuable Player:

Ang Ban Tong

SPC Red	SPC White
Ang Roon Kai (Captain)	Sanaullah Khan (Captain)
Lawrence Khong/ Ang Ban Tong	Bruno Mascart
Quentin de Menten/ Andy Soh	Elbert Pattijn/ William Peacock
Sandy Deng/ Ella Santosa	Wu Jiat Hui/ Emma Gordon



Champions of the De Silva Cup

From left to right: Andy Soh, Sandy Deng, Lawrence Khong, Quentin de Menten, Ang Roon Kai, Ella Santosa, Ang Ban Tong with Ning Khong



Most valuable player, Ang Ban Tong and Nina Khong



One for the album



Ball throw-in by Nina Khong, wife of SPC Club President

Polo moments between the two teams





Victor's Cup 2023

We witnessed a thrilling afternoon of horsemanship at the Victor's Cup on 26 and 27 August. Held over four chukka matches per day, the tournament saw Team SPC White carrying the much-coveted championship trophy with pride. Well-played everyone!

Scores:
Saturday: SPC Red 5 vs SPC White 6
Sunday: SPC Red 5 vs SPC White 7

Most Valuable Player:
Bruno Mascart

SPC Red	SPC White
Johan Van Reenen (Captain)	Colonel Ravi Rathore (Captain)
Ang Ban Tong/ Anna Lowndes	Bruno Mascart
Purvish Shah	Tim Zee
Andy Soh/ Chua Boon Lai	Sandy Deng/ Ella Santosa



Team SPC Red

From left to right: Andy Soh, Chua Boon Lai, Purvish Shah, Anna Lowndes, Ang Ban Tong and Johan Van Reenen



Team SPC White

From left to right: Colonel Ravi Rathore, Tim Zee, Bruno Mascart, Ella Santosa, Sandy Deng with Mrs Diedre Van Reenen



Participants of the Victor's Cup 2023 with Mrs Diedre Van Reenen (Back row, middle in white)



Mrs Diedre Van Reenen presenting Bruno Mascart with the Most Valuable Player of the tournament



Johan Van Reenen (in red) and Colonel Ravi Rathore (in white) during an intense match moment



Chua Boon Lai from Team SPC Red takes the lead for his team



Bruno Mascart (in white) vies for the ball with Ang Ban Tong (in red)



PONY ACADEMY

- Weekly intakes
- Open to Members and Non-members
- Wholesome outdoor activities set in a safe and fun environment for children aged 6 to 12
- Classes are 45mins each and held on Tuesdays, Wednesdays, Fridays & Sundays
- Registration fee at $125 w/GST per year and rally fees at $88 w/GST per month*

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

Sign up now at the riding office or email **ponyclub@singaporepoloclub.org**

SPC RIDING ACADEMY

UFC Fighter Joanna Jedrzejczyk's First Polo Lesson At Atoms Polo Academy

Singapore Polo Club and Atoms Polo Academy had the pleasure to host Polish former professional mixed martial artist and Muay Thai kickboxer, Joanna Jędrzejczyk for her first-ever Polo lesson in July 2023. Here's a little light-hearted quick chat with her where she shared about her special experience with us.

SPC: Is this your first visit to Singapore and Singapore Polo Club?
JJ: It was not my first visit to Singapore - it was my second time in this beautiful country and city. It was really good to be back because the first time I was in Singapore, it was fight week and I had to fight, so I didn't have time to fully enjoy this beautiful place. It was my first time at the Polo Club. It was a great new experience.

SPC: Tell us more about your experience at Atoms Polo Academy.
JJ: I love to challenge myself and put myself out of my comfort zone into new sports because I love all sports. This was the greatest experience at Atoms Polo Academy in Singapore. It was an amazing day at such a high-level facility. It was great to be in one of the oldest polo clubs in the world. I did not know before that polo was so big in Singapore.



Stick and ball lessons on our wooden horse located inside our polo cage



SPC: Colonel Ravi Rathore, our polo professional coached you during your visit, share with us on what you've learnt from the lesson.
JJ: My coach was very dedicated, very open minded and he talked me through the whole process. Ravi is a mentor, he's the man! It was great to hear about his experience in the military in India and just to be able to learn from him.

SPC: Is this your first experience coming up close with horse? Have you learnt or tried other equestrian sports such as showjumping or dressage?
JJ: I'm familiar with horse riding. I love nature and especially animals. Sometimes I'm afraid but this was a great experience. I got a really good connection with my horse and it made me want to do horse riding more. I can't wait to do it more often. And play polo!

SPC: What was your favourite segment of the day?
JJ: My favorite segment of the day was meeting coach Ravi, and finding more about polo in general, because I saw polo only on TV so many years before. It was really great to experience playing polo.

SPC: Was there an activity that you disliked during the programme?
JJ: No, I loved everything about learning how to play polo.

SPC: Would you consider taking up Polo as a hobby?
JJ: I definitely would. I'm considering taking up a polo as a hobby. I will try to join the Polo Club in Warsaw, Poland because coach Ravi recommended me. He told me that he had been to Poland many times playing polo, so can't wait to do it more often.

SPC: Please share a tip to those who are considering horse-riding.
JJ: Horse riding is an amazing experience. Horses feel our energy and humour, so it's really a great connection. We all need this connection with horses and with nature in general, because in the 21st century we live too fast. Sometimes we need to slow down and take some time with nature. Horses definitely can help us do that.


Arena lessons with our polo professional, Colonel Ravi Rathore


Learning to shower a polo pony


Mounted on a polo pony

Prince Harry, The Duke of Sussex Played in The 2023 Sentebale ISPS Handa Polo Cup

Adapted from Press Release by Alice Lycett Green for Sentebale
Photo credits: Getty Images

On the 12th of August, Prince Harry, The Duke of Sussex, Co-Founding Patron of Sentebale returned to Singapore Polo Club to play in the 2023 Sentebale ISPS Handa Polo Cup. The annual fundraising event has raised over £11milliion to date for Sentebale's work supporting children and young people in southern Africa.

The Sentebale ISPS Handa Polo Cup was previously hosted by the Singapore Polo Club in 2017. Excited crowds cheered on the Royal Salute Sentebale Team, captained by Malcolm Borwick as they took on the Singapore Polo Club Team, captained by Sentebale Ambassador and long-time friend Nacho Figueras in a fast-paced game. This year's event saw Figueras, in opposition to The Duke's team, one of the few occasions in the tournaments history when the pair have played on opposing sides. Both rose to the challenge, each scoring impressive goals but ultimately the teams were evenly matched with the final score levelling at 7-7 with honours shared.

Around 260 guests, including former All Blacks rugby player and ISPS Handa Ambassador Dan Carter, attended the Sentebale ISPS Handa Polo Cup followed by dinner at the InterContinental Singapore.

Prince Harry, The Duke of Sussex, Co-Founding Patron of Sentebale said, "Sentebale has remained a pillar of support in communities across southern Africa for almost two decades, ensuring future generations are well equipped to address the many challenges facing our world. Adaptability and nimbleness have been a defining factor in our work since Prince Seeiso and I founded the charity 17 years ago. Our work has remained rooted in our mission, and in honour of our late mothers, we wish to ensure all children and young people in southern Africa are empowered, healthy and able to pursue their ambitions and dreams."

Nacho Figueras, Sentebale's Ambassador said, "Although Prince Harry and I played on opposing teams this year, we are always united in our support for Sentebale and the life-changing work they do for young people in southern Africa. It's a highlight every year to come together for this incredible charity, and I'm grateful to everyone who contributes to their work."

Dr Haruhisa Handa, Founder of International Sports Promotion Society said, "ISPS believes sport has the power to inspire, break down barriers, and change lives and communities for the better.




Featuring the teams of Sentebale

This ethos was exemplified today at the Sentebale ISPS Handa Polo Cup. Marrying the power of sport and the vital philanthropic work Sentebale undertakes in Lesotho and Botswana to eradicate HIV and AIDS stigma, ISPS is a proud and honoured partner of this platform. Our genuine thanks to the Sentebale team for their enduring commitment, and to Prince Harry, The Duke of Sussex, without whose vision the positive impact on so many lives would not have been realised."

The funds raised from this year's Sentebale ISPS Handa Polo Cup are essential to ensuring the progress made in recent years is maintained.

Sentebale's holistic package of support for vulnerable children and young people focusses on four key areas:

- **Strengthening the social and emotional wellbeing of those living with or affected by HIV.**
- **Working with communities to provide young people with access to health and social services.**
- **Driving youth advocacy to improve health, education, and social protection.**
- **Building individuals skills and livelihoods so they are more resilient, self-confident and empowered members of their communities.**

This layered approach is supporting positive health outcomes, improving access to education and services, and is nurturing children and young people to thrive.

Sentebale is enormously grateful to all the players and partners for their support in making this year's event possible including ISPS Handa, Royal Salute Singapore Polo Club, IHG Hotels & Resorts, U.S. Polo Assn and The Cox Family of Oklahoma.



The winners of 2023's Sentebale ISPS Handa Polo Cup!

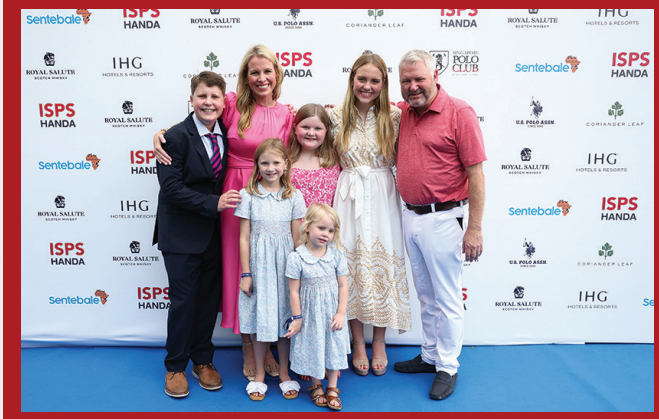

From left to right: Mr Lawrence Khong, President of SPC, Prince Harry, Duke of Sussex, Mr Sylvan Braberry, General Manager of SPC, Mrs Stephanie Masefield, Honorary Treasurer of SPC, Federico Vescovi, Committee Member of SPC, Mr Rickard Hogberg, Honorary Secretary of SPC and Karen Kranenburg


An afternoon of Polo


Throw-in by All Blacks rugby player and ISPS Handa Ambassador Dan Carter


Club President, Mr Lawrence Khong welcomes Prince Harry, Nacho Figueras and Dr Sophoe Chandauka

Guests present for the afternoon

















Match highlights













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Polo Moments with The Alcocks!

Meet Atoms Polo Academy's polo playing family. Having started their two sons on this hobby during the Covid-19 pandemic, the love for Polo has stood strong and the entire family now plays polo. Read their encouraging interview with us.

About Geoff and Tanya's family and SPC

SPC: Tell us about yourself and your family.

Geoff: We moved to Singapore from Canada in 2020 during the Covid-19 pandemic. Our son Liam was 5 and Patrick turned 3 during quarantine on arrival. Singapore is our first overseas posting and the family's first time living in Asia. Both kids have really enjoyed their Singapore experience till now.

SPC: How did you and your family get involved with SPC and the Atoms Polo Academy?

Geoff: We started during the pandemic and wanted to get our sons into as many outdoor activities as possible. It helped that both the boys were also keen to start learning to ride. The entire family plays tennis and the Club having tennis courts was an added bonus.

SPC: Was it a challenge to fit Polo into you and your family's schedule for work, school etc?

Geoff: The polo schedule has worked well for us. We are usually on the field at 7.15am during the weekday or weekend mornings which has allowed us to be active in polo while maintaining our work and personal schedules.



SPC: What is a typical day like for the family?
Geoff: We are on the field in the morning three times a week then back again some afternoons. Our sons take lessons on weekends.

SPC: How has polo enabled you to grow both physically and mentally together as a family?
Geoff: It is a sport that we all do together and binds us as a common interest and activity. Our eldest son is now taking lessons 3 to 4 times a week and it's his favourite sport. We look forward to when he is allowed on the field and we can play in the club family tournaments together.

About their Equestrian journey
SPC: How did you start with Polo and when did it become a family affair?
Geoff: The polo academy took our sons at an earlier age than the riding section, so both kids started to learn to ride at Atoms. The kids became more and more interested in polo and it eventually became an activity that we could do together.

SPC: Have you tried riding? If yes, which discipline suits the family more?
Geoff: We all spent time in the riding section and learning how to jump. Eventually we all moved to the polo section as the pace and competition appealed to us all, and we are now exclusively active in the polo section.

SPC: Do you have any polo playing experience overseas?
Geoff: We have done polo trips to both Kuala Lumpur and Thailand and will be going again to Thailand in December. We have done these trips with friends and have had a great time.



SPC: Tell us about your favourite horse at the Academy.
Geoff: We each have favourite horses. Liam's favourite is Flecha as he is smaller, fast and responsive. Geoff and Tanya like Caramelo and Rubia, while Patrick loves Isabella and looks forward to his lunge lesson every week with Sani.

SPC: Do you have any equestrian or polo goals for yourself and your family?
Geoff: Our goal is to play polo with our boys when they get proficient enough to play on the field and in the family tournament. We hope that this becomes a lifelong passion for them that they can take with them to wherever their lives lead.

About ATOMS Polo Academy
SPC: What do you like about Atoms?
Geoff: The Atoms Polo Academy is very well run. From Cess to Wendy, Colonel Ravi, Sani, Cody and Johan, each of them they really go out of their way to make the programs engaging, challenging and fun. We also can't forget Kumar and his team at the Mount Pleasant stables who work tirelessly to ensure the horses are ready on time for our lessons.

SPC: Who do you train under and what is the one thing that you like about your instructor?
Geoff: All of us have lessons with Sani, he has been great and both the kids learned to ride with Sani. Liam loves his "Chukkas with Sani" moment. It is his favourite activity during the week.

We also do lessons with Cody, Ravi and Johan. Each instructor brings a different approach to teaching and have all been really great.

SPC: Do you have any close friends at the Academy? What do you enjoy doing with them after lessons and chukkas?
Geoff: We have developed many close friends at both the Riding Academy and Atoms Polo Academy. For the most part, when any of us do not have to rush off to work, it's having coffee afterward.

About ATOMS Polo League
Geoff and Tanya, you were part of our Atoms Polo League Season 2. How was the experience?
Geoff and Tanya: It was a lot of fun and we all had a great time.

SPC: What was the reaction of Liam and Patrick, seeing their parents play in a league?
Geoff: I wish I could say they were impressed; I think Liam had a more enjoyable moment watching his favourite horse (Flecha) play.

SPC: How did you prepare for the tournament and de-stress once it is over?
Geoff: I think the tournament was more of enjoyable than stressful. Meeting like-minded polo enthusiasts and seeing both the younger and older generation showcase their love for the sport. It totally takes the "Sport of Kings" to a greater reach. We are eagerly awaiting next year's polo calendar!

SPC: Are there any fond memories that you have of the league? Please share them with us.
Geoff: Everything about the league was memorable. It was a really fun way to spend a couple of polo centric weekends with the boys and friends. Having a couple of great weekends of competition with our kids and friends.

July Pony Camp

Pony camps are where our little equestrians step into a wholesome experience of bonding with their fellow rider friends while getting to know more about our horses. From grooming sessions to trail rides, our campers learnt valuable horsemanship skills while having a blast. Join us for future pony camps as we unlock more magical adventures and memories with one another.

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to join their upcoming pony camps.



Thrilling train ride around our sand track



A quick briefing among our instructors and volunteers



Our happy equestrians





A quick briefing among our instructors and volunteers

Soap & Soak

Our Atoms Polo Academy and Riding Academy students are always up for some great fun on Friday nights! At July's post-riding activity, our young participants had so much fun creating tie-dye patterns by soaking socks with gorgeous colours on 28 July. They also got crafty and DIY-ed their very own lavender scented soap! The entire room had a calming ambience with the soothing scent of lavender wafting in the air. The evening ended with "Yes Day," an American comedy movie which sent everyone on a laugh riot.

Email atoms@singaporepoloclub.org to be on their mailing list for upcoming events.



Heading home with their specially crafted gifts

All ready to tie-dye

Lavender soap in the making

Cooling the soap in the mould

The end product – soaps ready to head home

From Zero to Polo Player (and a Flirt or Two) in Rosario

By Jane 'Anonymous' Blair

As a traveller with a penchant for lazy glamour, my holiday plan this year was hardly what you'd call typical. Binge-watching "The Crown" inspired not an urge to visit Buckingham Palace, but to embark on a journey to the heartland of polo. I landed upon an enticing little gem in Rosario, Argentina: La Ilusion Polo Club. The name alone sounded like a sultry whisper from Antonio Banderas, and with my love for all things luxurious but with a dash of adventure, it was a match made in heaven.

Upon arrival, La Ilusion sprawled before me like the set of a classic Hollywood film. Manicured thoroughbred horses greeted me from their stables only yards from my luxury suite. Lavish cabanas, overlooking the glamorous pool that glittered under the Argentinian sun spoke of lounging cocktail in hand. For someone who had occasionally swapped her heels for tennis shoes, the tennis courts were also inviting. But my eyes and heart, were set on something else: polo.

My first lesson, however, was nothing short of a comedy reel. While my compadres were gracefully mounting their horses, I was involved in a little dance, moving in circles with my equine partner, both of us apparently having two left feet. But then, my knight in shining armor - or should I say, instructor in dashing polo gear - came to the rescue. With a twinkle in his eye, he whispered, "Trust the horse." By the end of the lesson, I wasn't sure which of the two had won my trust more!

I was after all a complete beginner, having hardly ridden since girlhood, and truth be told more than a little apprehensive. Yet, the professional and friendly trainers made sure my initiation into the sport was smooth. From understanding the basic rules and getting to know the beautiful ponies to taking my first swing at the ball, every moment was an exhilarating discovery, the morning lessons graduating quickly into practice matches every evening.





Each day came with its set of challenges, and although there were times I found myself laughing heartily at my comical attempts, when I felt the thrill of a perfectly timed shot I felt like a genuine 10 goaler. (Ask a polo player!)



After the mallet-wielding, others sought out further tests of coordination chasing golf or tennis balls, flying lessons, or water sports on the nearby Parana River. Instead I'd unwind post massage in one of the cabanas, with a classic champagne cocktail in hand, dragged slowly away from my Colleen Hoover only by the inviting scent of Argentine barbecue that wafted through the air. The pool then became a palm tree oasis overlooking the pristine polo fields, where tales of the day's misadventures were exchanged with fellow guests, players and the ranch owners, and to my surprise, fuelled by our new shared passion, we became fast friends.



The days flew by with this mix of thrilling polo (where I genuinely appeared to be getting better) and leisurely relaxation. The excitement of the glamourous sport, the revelation of Argentine cuisine, my personal vindication of malbec, and my delight in unexpected warm friendships all meant as my holiday neared its end, I realized I had fallen in love. With polo, with the luxurious embrace of La Ilusion, and perhaps, with a certain polo instructor whose name I shall keep to myself. I have to leave you now – the tight white jeans and knee-high brown riding boots just having arrived at the front door - in exactly my husband's size!



Until next time, La Ilusion. Keep the polo mallets and Malbec ready for me!

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To Retirement and Beyond

Equine retirement refers to when a horse has a change of occupation with a cut back of activities as it gets older. This is a common practice in the industry and most of them are retired to stables and pastures which have the necessary lifestyle to help settle them down. They spend their remaining years as therapy horses or simply live a care-free life in their owner's stables or barns.

With that, our Riding Academy horses and ponies have had a new lease of life, thanks to our supportive members who adopted them over the past two years. We take a sneak peek into their lives at their new retirement homes.

Huge shoutout to the following members who adopted our riding academy ponies and horses

- Malcolm by Fuzet Farid on 1/8/23
- Sugar by Annie Soh on 15/6/22
- Destination (Passed away this year) - James Alan Clark on 18/6/22
- Cupcake by Pua Yien Yien on 15/6/22
- Triple Trio ("Teremana) by James Alan Clark on 18/6/22
- Boa by James Alan Clark & Joanna Ng on 1/12/22
- CVS Cascade ("Cassie") by Xu Yi Wen on 22/11/22



Cupcake in Ipoh

Let's hear from some of their adopted parents:

"I am so glad to have been given the chance to adopt and retire Cupcake. I try to visit her during weekends and spend as much time as possible with her. She's a joy to be with and she's currently enjoying her golden years in Ipoh."

Pua Yien Yien on Cupcake



Cassie belonging to Yiwen

"Cassie is doing well in her new retirement home and is enjoying her retirement life. Anthony and the kids last visited her in August 2023 and it's always a joy to see her in person."

Yiwen about Cassie

"Teremana and Boa are stabled in a farm in Ipoh where 280 of the 400+ acres are used for the horses. Previously the farm used to be the National Stud Farm. Teremana and Boa start their morning grazing and running together in paddocks that are rotated around for recovery as necessary. They may also spend the time with other retired horses after careful assessments to make sure the horses get along with each other. The paddock time is normally the whole morning until about 11am or 12pm depending on how hot the temperature rises. Then they are showered to refresh and go back to their stables. If it is rainy in the morning, they may go out in the afternoon, but they normally relax in the stables after spending time outside.

We visit them once every 2 months or so and our latest visit was in August, 2023. Teremana and Boa greeted us in one of the paddocks, eyeing off the carrots we brought for them and trying to eat one more carrot than the other. After a while, they were ready to go back to the stables so we gave them a shower and hand-walked them until they were dry. We spent a relaxing few hours also chatting with Imtaz who founded and manages the farm. Imtaz and his team have been an excellent help, teaching us how to take care of the horses whenever we visit them. It is great to see the horses enjoy their time in paddocks surrounded by the vast greenery and beautiful mountains in Ipoh."

Noriko and James Clark about Teremana and Boa



Teremana and Noriko's son

Teremana with Boa



Malcolm at SPC before he set off for his retirement

"Malcolm is happy and playful but at the moment they are just getting him used to the small grass paddock first. They don't want him getting over-excited in the big paddock and injuring himself. When he settles down, they will try to find a friend for him with whom he can get along, to be together in the big paddock."

Imtaz about Malcolm adopted by Fuzet Farid



Annie & Sugar in Germany

"Sugar is doing great at a stable in Germany. I last visited her in July 2023."

Annie Soh about Sugar

NEC's Harvest Hooves Showjumping Interclub 2023

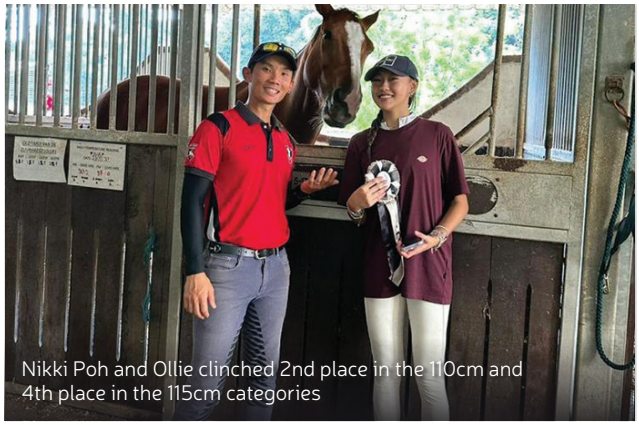
Our SPC Riding Academy students did us proud over the weekend of 2 and 3 September at NEC's Harvest Hooves Showjumping Interclub Show 2023. Huge Congratulations to Team SPC for clinching significant placings in the two-day event.



Caedan Paul and Red clinched the first place in the 115cm category



Elly Poh and Faylista clinched the first place in the 90cm, 95cm, 100cm and 105cm categories



Nikki Poh and Ollie clinched 2nd place in the 110cm and 4th place in the 115cm categories

DAY 1

90CM CATEGORY

1st place:
Elly Poh & Faylista

100CM CATEGORY

1st place:
Elly Poh & Faylista

110CM CATEGORY

2nd place:
Nikki Poh & Ollie

120CM CATEGORY

1st place:
Caedan Paul & Red

DAY 2

95CM CATEGORY

1st place:
Elly Poh & Faylista with a clear round and jump-off

105CM CATEGORY

1st place:
Elly Poh & Faylista with a clear round and jump-off

115CM CATEGORY

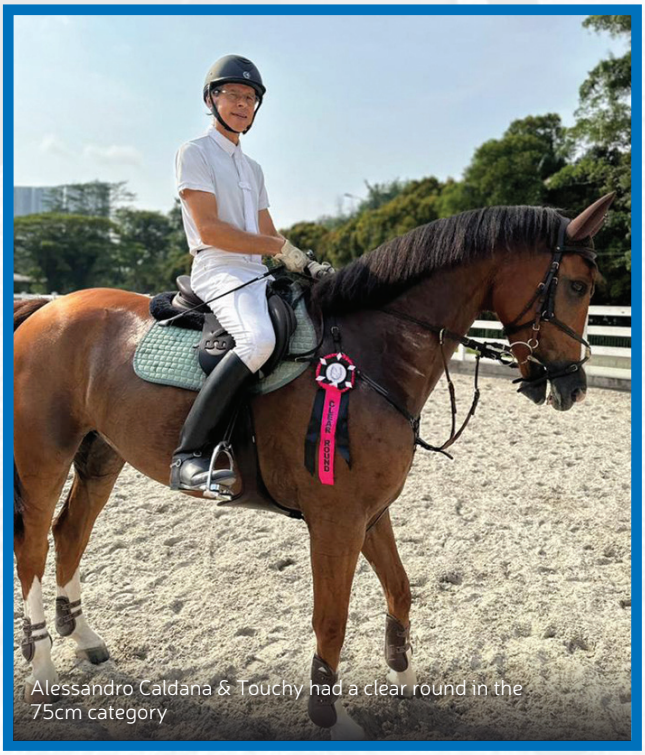
1st place:
Caedan Paul & Red with a clear round and jump-off

3rd place:
Yasmine Bonehill & Fontrice

4th place:
Nikki Poh & Ollie

75CM CATEGORY

Alessandro Caldana & Touchy with a clear round



Alessandro Caldana & Touchy had a clear round in the 75cm category

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3.

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2.

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SPC August Training Show

Triumphant cheers filled the air at our quarterly in-house training show held on 19 and 20 August. Here are the results of riders from our Riding Academy.

SHOWJUMPING

CLASS 16: 90CM 1 ROUND WITH JUMP OFF ART. 238 #2.1

1st place:
Nikki Poh and Oldtimer van de Zuurhaege
2nd place:
Elly Poh and Faylista

CLASS 17: 100CM 1 ROUND WITH JUMP OFF ART. 238 #2.1

1st place:
Lynly Fong and Akita 104
2nd place:
Elly Poh and Faylista

CLASS 18: 110CM 1 ROUND WITH JUMP OFF ART. 238 #2.1

1st place:
Yasmine Bonehill and Fontrice

CLASS 19: 120CM 1 ROUND WITH JUMP OFF ART. 238 #2.1

1st place:
Caedan Paul and Red





DRESSAGE (EFFECTIVE 2023)

EA ADVANCED 5.2

1st place:
Megan Ding on J'Adore with 68.68%
2nd place:
Caedan Paul on Red with 67.63%

EA ADVANCED 5.1

1st place:
Seah Sui Lyn on Gucci with 62.56%

EA NOVICE 2.2

1st place:
Elly Poh on Faylista with 67.50%
2nd place:
Lilly De Geytere on Rambo No.5 with 66.71%

EA NOVICE 2.1

1st place:
Averell Zee on Duende with 68.07%
2nd place:
Alessandro Caldana on A Touch of Sportsfield with 66.34%

EA PRELIMINARY 1.2

1st place:
Corinne Williams on Rambo No.5 with 65.53%
2nd place:
Bella Eskesen on Halifax with 63.39%

EA PRELIMINARY 1.1 20 X 60 ARENA

1st place:
Mey Yen Merel Schagen on Gaudi with 69.00%
2nd place:
Corinne Williams on Rambo No.5 with 66.00%
3rd place:
Arielle Tang on Mr Percy with 65.40%

EA PRELIMINARY 1.1 (SENIOR) 20 X 40 ARENA

1st place:
Alannah King on Tyrion with 72.00%
2nd place:
Julian Clark on Brownie with 69.00%
3rd place:
Tiara Shaw on Sharpy with 68.40%
4th place:
Leyla Duque on Sir James with 65.60%
5th place:
Olivia Douglas on Sharpy with 65.40%

EA PRELIMINARY 1.1 (JUNIOR) 20 X 40 ARENA

1st place:
Victoria Shaw on Keepsake with 64.20%

EA PREP 1 (SENIOR) 20 X 40 ARENA

1st place:
Andrea Eaton on Rev with 70.33%
2nd place:
Celyne Beverly Khiezt on Mr Percy with 67.00%
3rd place:
Jing Qiying on Rev with 67.00%
4th place:
Giulia Vescovi on Rev with 67.00%
5th place:
Deborah Tan on Hero with 66.66%

EA PREP 1 (JUNIOR) 20 X 40 ARENA

1st place:
Anna Srom on Keepsake with 65.33%
2nd place:
Grace Toal on Sir James with 65.00%
3rd place:
Indi Sicrea on Tiptoe with 64.00%
4th place:
Morgan Tay Jing Ling on Sir James with 62.66%
5th place:
Anna Iwaki on CJ with 62.66%

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Experiencing



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SPC RIDING ACADEMY

S'mores & Room Spray Making Workshop

The Atoms Polo Academy and SPC Riding Academy hosted various post-riding activities over the months for our young equestrians to de-stress and socialise.

In August, our riders and young polo players turned into chefs and perfumers at this two-hour Friday night workshop. They prepared their very own S'mores which doubled up as a movie snack for the later part of the night and hand-crafted bottles of room sprays to help them unwind for the day. A movie screening of Ratatouille wrapped up the cosy event.

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to be on their wait list for upcoming events and programmes.





S'mores sushi making and savouring every bite of it



A special screening of Ratatouille!



Exquisite room sprays handcrafted by our little equestrians

SPC RIDING ACADEMY

PONY CAMP

Keep a look out for more details coming your way



Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy. Great for kids 6 years old & above.

Autumn Overnight Camp

Our young equestrians got ready for an Autumn experience unlike any other at Atoms Polo Academy and SPC Riding Academy's Overnight Camp on 2 and 3 September. Coupled with indoor and outdoor activities, friendships and beautiful memories were formed with fellow riding buddies over making snacks, toasting S'mores at a bonfire, watching a movie together, grooming and tacking our riding horses and more!

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



A photo moment at the stables with Mr Rickard Hogberg, Honorary Secretary



Morning call – grooming our riding horse



Preparing snacks ideal for a cosy movie screening





Bonfire and bonding over S'mores

SPC RIDING ACADEMY

JUNGLE TRAIL TRAIN RIDE

Come chug along with us

$10 per person for one round of fun

All on Board
Saturdays and Sundays: 11.00am to 11.30am

Book your slot at **6854 3980** or email **riding@singaporepoloclub.org**

Train rides will be cancelled in case of bad weather.



Fruity Weekend

Fruit basket weekends have been a monthly occurrence at the Club. Held in the last week of the month, members and guests have been contributing these tropical delights for our unsung heroes.

It's easy to get involved in this meaningful initiative. Simply head over to Reception and drop your fruits into the basket placed there. The fruits will be distributed to our cleaners, gardeners, groomers and more.

We would like to extend our heartfelt thanks to members who have supported this giveaway the past few months. Let's work hand in hand and continue to do our part in building a happy, gracious and harmonious community at the Club!

Upcoming Fruit Basket Weekends:
- 27 to 29 October
- 24 to 26 November











SAVE THE DATE

OPEN TO PUBLIC

SINGAPORE POLO CLUB
OUTREACH
POLO TOURNAMENT & CARNIVAL 2023

In collaboration with EQUAL, RDA, TOUCH and HCSA Community Services

Guest Of Honour:
Mr Edwin Tong, Minister for Culture, Community and Youth & Second Minister for Law

Highlights:
Atoms Polo Academy's Senior & Junior Tournament (Non-handicapped)
SPC's Outreach Polo Tournament (Handicapped)



SUNDAY, 22 OCTOBER 2023
9AM TO 7PM

CARNIVAL HIGHLIGHTS

Horse Feeding | Pony Rides | Train Rides | Food & Game Stalls | Lifestyle Bazaar
Movie Screening and more
Live Performance by Band on the Run from 7.30pm (exclusively for SPC members)

Proceeds go towards our SPC Outreach Fund

For enquiries and to purchase coupons, contact **outreach@singaporepoloclub.org** or **6854 3999**



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Our spacious restaurant can accommodate cosy dates or private celebrations with 100 of your best friends.

COME AND SAVOR THE GOOD TIMES!

Lunch Service

Saturday - Sunday: 12PM - 3PM

Dinner Service

Tuesday - Sunday: 6PM - 11PM

Scan to book a table!

Eating Right: Healthy Plate and Understanding Food Labels

Ready-to-eat meals are satisfying but are also low in nutritional value and high in fats. The Nutrition and Dietetics Department at KK Women's and Children's Hospital (KK) explains what the healthy plate is about and gives tips on reading food labels.

With the increasing supply of fast-food chains, ready-to-eat foods, calorie-dense snacks and various types of sugar-sweetened beverages, people may not be aware that these food and beverages are often low in nutrients and high in calories.

"These are the popular food choices that people make especially when there are limited options around or the lack of time to prepare home-cooked food. Over time, this type of poor quality diet and unhealthy eating patterns do not only contribute to fast weight gain, leading to overweight or obesity risk but also the risk of chronic diseases, such as heart disease, high blood pressure, type 2 diabetes, gout and certain cancers," says Joey Ho, Dietitian at the Nutrition and Dietetics Department, KK Women's and Children's Hospital (KKH), a member of the SingHealth group.



Photo credit: Health Promotion Board



The Health Promotion Board, Singapore, has specially designed 'My Healthy Plate' to outline the different food groups and serving sizes that you are recommended to consume daily in order to achieve a healthy balanced diet.

The recommendations are as follows:

1. Fill a quarter of your plate with wholegrains (brown rice, wholemeal bread etc.).
2. Fill a quarter of your plate with meat or alternatives (dairy, soy products etc.).
3. Fill half of your plate with fruits and vegetables.
4. Use healthier oils (e.g. canola, sunflower, olive oil).
5. Choose water as the first choice of drink.
6. Be physically active, aim for 150 minutes of moderate-intensity activities every week.

However, for individuals who wish to lose weight, you may want to consult a dietitian for a personalised meal plan.



Remember to carefully read the date, ingredients and nutrition information on the package.

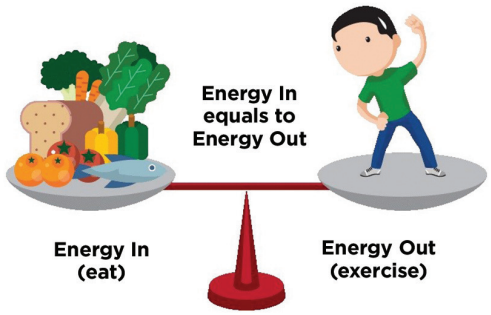
Maintaining a healthy weight

Obesity is recognised as a chronic condition where the body accumulates excessive fat that subsequently leads to health problems. It is important to understand your current weight status and work towards your healthy weight.

One of the simplest ways to measure your weight status is using the body mass index (BMI). It is a value calculated based on your current height (in metre) and weight (in kilograms).

A high value of BMI indicates that you may have a higher risk of developing type 2 diabetes, heart diseases and certain cancers. However, BMI itself is not a perfect diagnostic tool to determine health and fatness as it does not distinguish the amount of muscle mass and body fat. Therefore, waist circumference is also used to assess health risks as a large waist circumference indicates there is more fat stored around the abdominal region and likely to have an impact on the function of the heart and liver.

To manage your weight, you are encouraged to control your calorie intake and be physically active. It is important to understand the concept of energy balance, i.e. energy in = energy out, the amount of energy we consume from our diet and the amount of energy that the body uses for daily activity.



Concept of energy balance. Illustration courtesy of Health Hub

Reading labels of packaged foods

If you depend on packaged foods for your meals, remember to carefully read the date, ingredients and nutrition information on the package.



1. Healthier Choice Symbols (HCS)

Products with HCS are healthier than those without, it helps to compare the content of six particular nutrients in different food products within the same food category, including trans-fat, saturated fat, sodium, calcium, sugar and wholegrains (dietary fibre).

Products with nutritional claims should indicate the amount on its packaging, i.e. food product contains a 'high calcium' claim should indicate the amount of calcium. For example, 200ml of high-calcium soy milk should contain at least 50 per cent of daily recommended calcium intake of 800 mg/day, whereas products labelled with 'higher calcium' should contain at least 25 per cent more calcium compared to similar products.

2. Date of expiry

Usually they are indicated as "best before", "use by" or "expiry" date, which tells you when the food should be consumed for the best quality.

3. Ingredients list

Generally, ingredients are listed in descending order according to their amount. If an ingredient is listed among the first three ingredients, it means that the food contains high amount of that particular ingredient. For example, if sugar such as fructose is listed as the first three ingredients, this means the food is high in sugar. It is also important to differentiate the alternative names of fat, sugar and sodium in the ingredient list:

- **Sugar:** can be listed as sucrose, maltose, fructose, maple syrup, corn syrup, cane sugar etc.
- **Fat:** can be listed as milk solids, hydrogenated fat, shortening, cream etc.
- **Sodium:** can be listed as monosodium glutamate (MSG), sea salt, stock cubes, baking soda, sodium bicarbonate etc.

While the HCS may be a quick way for making healthier choices, it is still important to take note of the calories, fat, sugar and fibre content of the product if you are keen to lose weight or manage other health conditions such as diabetes or high blood pressure, etc.

It is encouraged to focus on healthy eating instead of strict calorie counting. Making healthier swaps can be done appropriately by looking out for healthier choice logos when purchasing food and drink products.

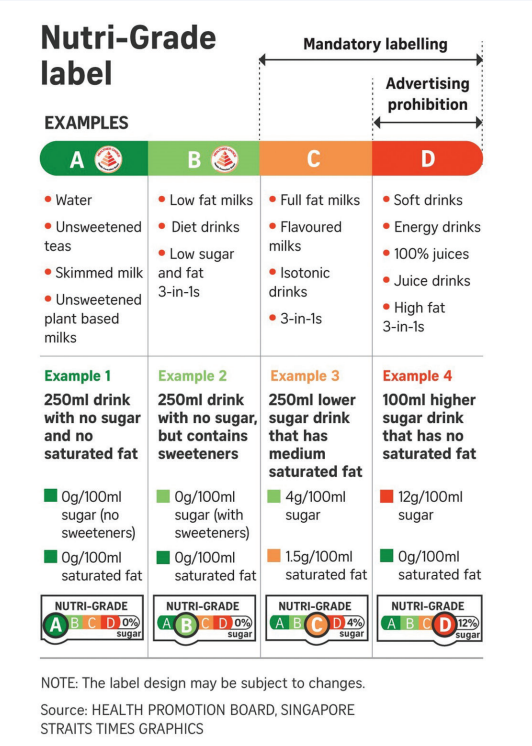
4. Nutrition facts

This informs you of the energy (calories), protein, total fat, saturated fat, carbohydrate, fibre and sodium. The amount of other nutrients like vitamins and minerals may be available, especially when specific nutrients are the subject of a nutrition claim. E.g. for a "high calcium" claim, the amount of calcium must be indicated to justify the claim.

When reading the nutrition label, pay special attention to the energy (kcal) if you want to lose weight. Next, look at the fat content, and then the fibre.

5. Nutri-Grade label

A new nutrition summary label, 'Nutri-Grade', will be introduced from the end of 2021, which requires all pre-packaged drinks to display their grades ranging from A to D based on the amount of sugar and saturated fat contents. This implementation will help consumers to identify heathier drinks at a quick glance. The labels on these beverages will be colour-coded and displayed as follows:



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Fights inflammation
Improves circulation





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- Vitamin-rich
- Eases sore throats
- Warming and nourishing



Manuka Honey Ginger Tea

- Aids digestion
- Fights inflammation
- Improves circulation



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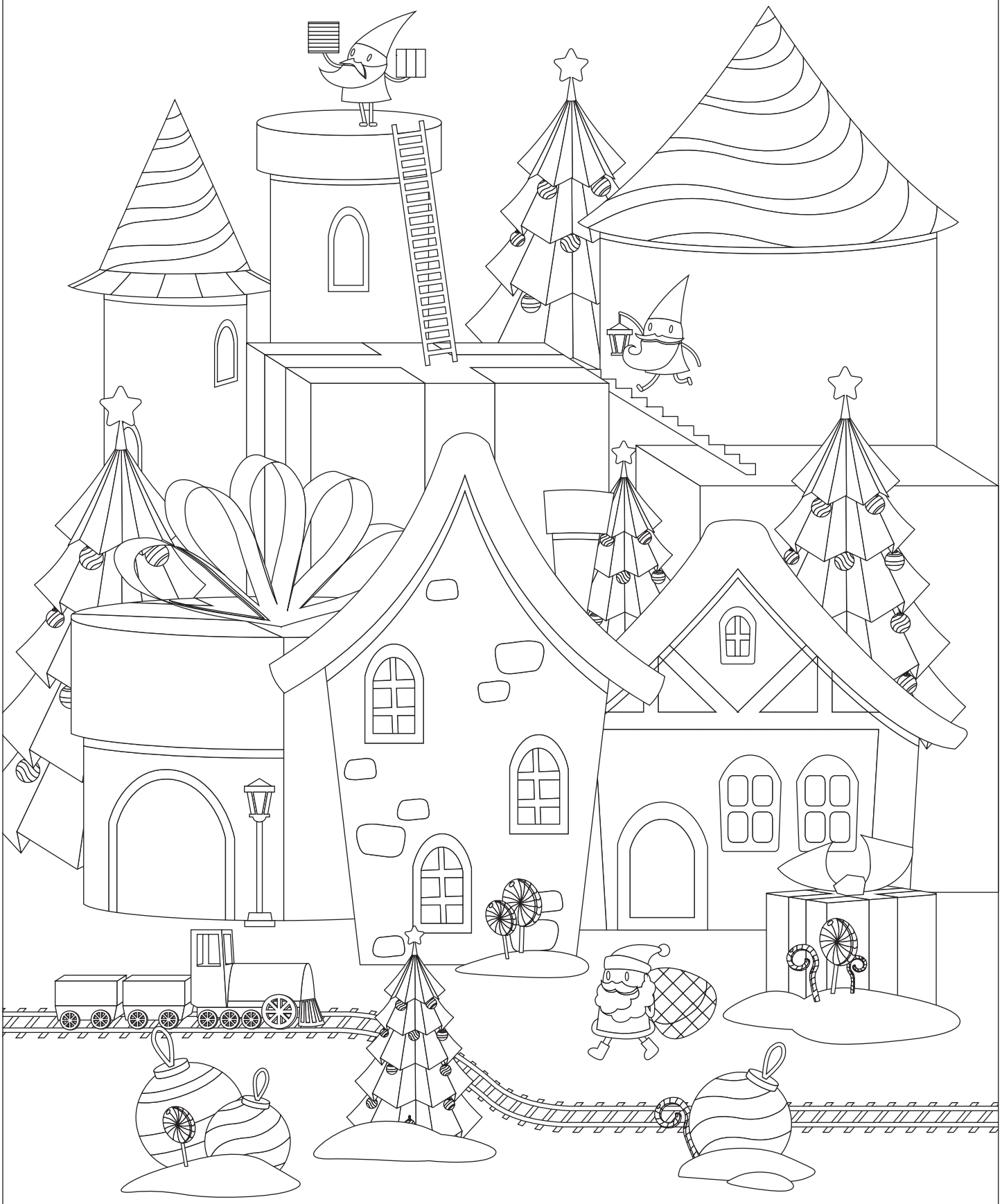
Unleash the Artist in You

Get ready to bring out the merry hues. Grab those crayons and start colouring away!

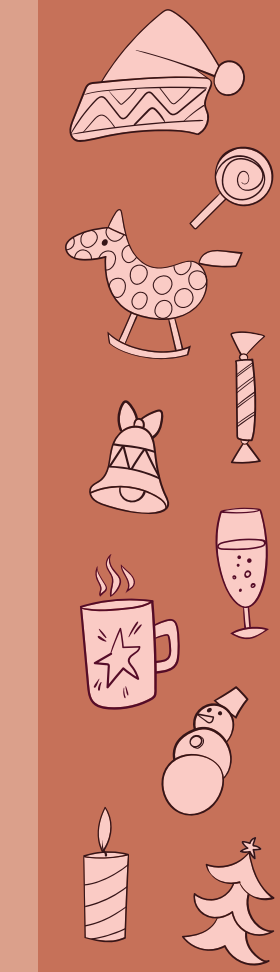
Happy Holidays!



CHRISTMAS FUN

We're getting into the festive spirit and we want you to join us!
Can you spot the 10 hidden objects? 3 lucky winners stand to win a Playmobil figurine set.

Find 10 hidden objects in the picture







Submit your completed entries to **marketing@singaporepoloclub.org** or drop them off at our Reception before **30 November 2023**. Remember to include your name, membership number, email and telephone number.

Image shown is for illustration purpose only. Prizes will be issued on a random basis.



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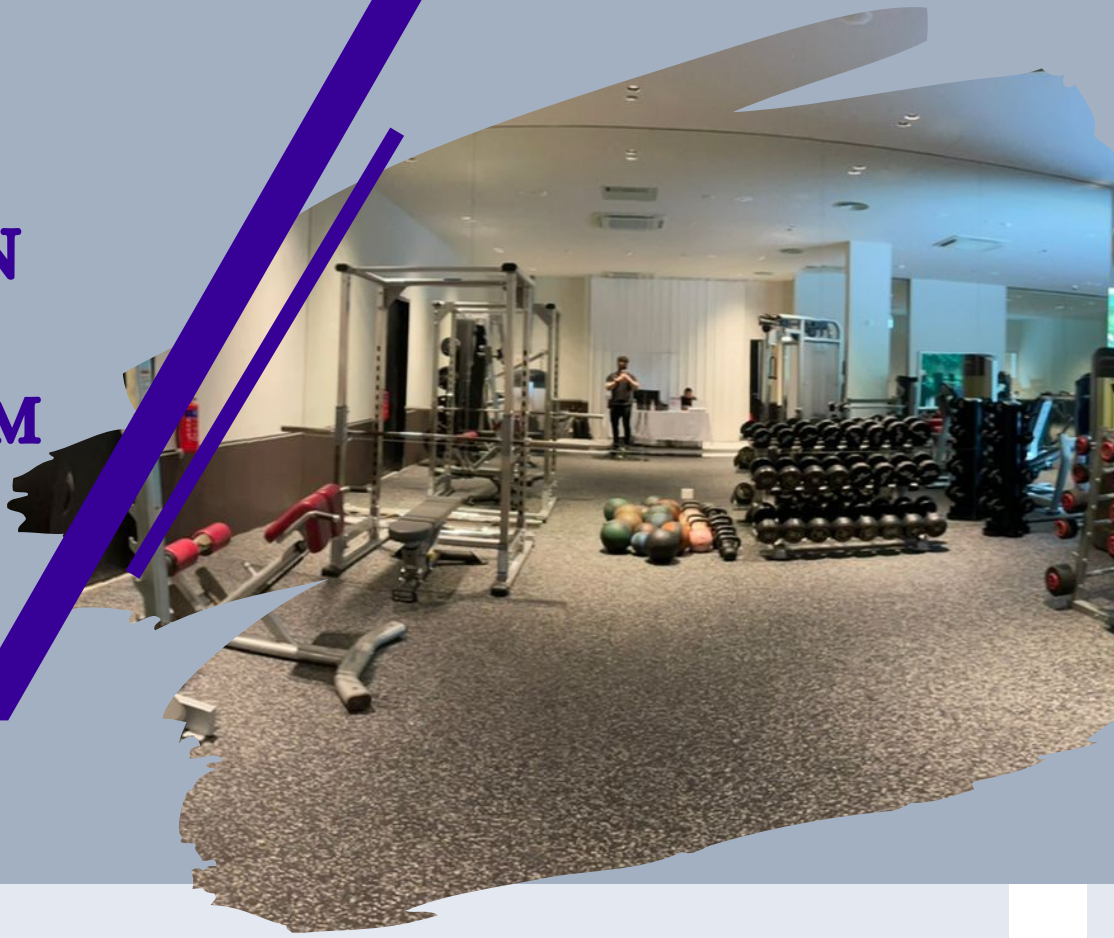
Established in 1886

GYM OPEN HOUSE
12PM TO 4PM



Join us for an exciting afternoon at The Fitness & Wellness Gym @ Singapore Polo Club Saturday, 3 February 2024



Take part in the following:

- Gym orientation
- Free fitness assessment

Trial Classes (half an hour)

- Martial arts - 12pm
- Yoga class - 1pm
- Muay Thai - 2pm

Email: fitrainersg@gmail.com
For more info, please contact
Louis @9010 6631 or Zulk @ 9767 0671

Tips for Portion Control, No Matter What You Eat

Hand Portion Sizes Based on Food Type

The part of the hand used to determine portion size varies based on the food group being consumed. Here is a basic guide:

- protein – the size of the palm equals one portion
- carbohydrate (including starchy vegetables) – one cupped handful equals one portion
- non starchy vegetables – one closed fist equals one portion
- fat – one thumb equals one portion

Portion Size vs. Serving Size

It's important to understand that there is a difference between a food portion and a food serving. When you look at a food's nutrition facts, this data is based on precise measurements. For instance, 1 cup of brown long-grain rice contains 248 calories. Depending on the size of your hand, your portion could be slightly more or less. Although the difference may be minimal, when it comes to losing weight, every calorie counts. And these differences can add up over time if portion sizes are consistently higher than serving sizes.

Other Tips for Better Portion Control

- Stay Hydrated
- Practice Mindful Eating
- Avoid Eating Out of the Box or Bag
- Make Healthy Food Choices
- If You're Going to Overeat, Encourage You to Overeat Vegetables
- Make Changes to Hand Portion Sizes, if Necessary
- Be Proactive at Restaurants

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