

# LONGITUDE

A PUBLICATION OF  
ONE°15MARINA  
SENTOSA COVE  
SINGAPORE



## GREEN OUTLOOK

The 10<sup>th</sup> Singapore Yacht Show's sustainability goals

+

Earth-friendly fashion, zero-waste cooking methods  
and the eco-warriors watching the seas

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# PASSING THE BATON



It's September, and the Club is inching back to normalcy with the phased re-openings post the Circuit Breaker. We are heartened to see Members returning to the Club, be it sitting down for a sumptuous meal at one of our restaurants, participating in recreational facilities or being on the marina. On some days, the Club can be busier than pre-COVID—even with safe distancing measures in place. This bears testimony to the trust that Members have in us in keeping the place safe and secure for them and their family's enjoyment.

As one of the first five hotels endorsed by the Singapore Tourism Board for staycations, it is also a mark of our safety standards. Overseas travel is still not an option, but families and couples will be able to spend quality time together at the Club with our attractive staycation packages.

Sustainability has remained top-of-mind in all the progress we have made at ONE°15 Marina Sentosa Cove, and this issue of *Longitude* is an ode to that. In Fine Food (page 20), we have shared tips on root-to-stem cooking techniques. We speak with Mar Casariego, the young captain of the *Ocean Warrior*, about her efforts to help international governments monitor, control and survey their waters for illegal fishing activities (page 10). We also introduce you to the eco-conscious brands and designers making a difference (page 6).

This September also marks my move to the corporate office to take on an expanded portfolio as SUTL Global Group General Manager, overseeing the SUTL consumer brands, in addition to the ONE°15 Marina global portfolio. Taking this time to look back on my four year tenure—2016 to 2020—as General Manager at the marina, I am happy to have played an active part in the Club's ongoing commitment towards sustainability. These have included various concerted events such as eco-dives—annual marina clean-up—launch of the ONE°15 Marina – Seakeepers Asia Coral Garden project, and measures to eliminate single-use plastics in the Club.

As Members' engagement is one of my key focus, we stepped up on the number of events and introduced new ones such as Sea Sports Extravaganza, CEO dialogues and Chinese New Year Members' Appreciation Dinner. We also saw international events being hosted at our marina—SB20 Asia Pacific Championship and Superleague Triathlon, where Members could experience the action live. ONE15 Christmas Boat Light Parade also expanded with Sentosa Cove Holiday Market, which has become a yearly tradition and has grown strength to strength.

“SUSTAINABILITY HAS REMAINED TOP-OF-MIND IN ALL THE PROGRESS WE HAVE MADE.”

In efforts to strengthen our communication, we also leveraged on new platforms such as WhatsApp and Facebook. In addition, we revamped our communication channels such as *Longitude* and eDMs for a more contemporary outlook to allow better readability.

It gives me great pride to announce that as of 1 September, Jonathan Sit has taken over from me at ONE°15 Marina Sentosa Cove as Acting General Manager. No stranger to Members at the Club, Jonathan shares about his journey at the marina (page 14)—from Management Associate to his latest appointment. I have no doubt that he will continue to carry our strive towards excellence and see us emerge stronger from this pandemic. Please join me in extending our heartfelt congratulations to him. 🎉

**Teo Joo Leng**  
Group General Manager, SUTL Global



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2020

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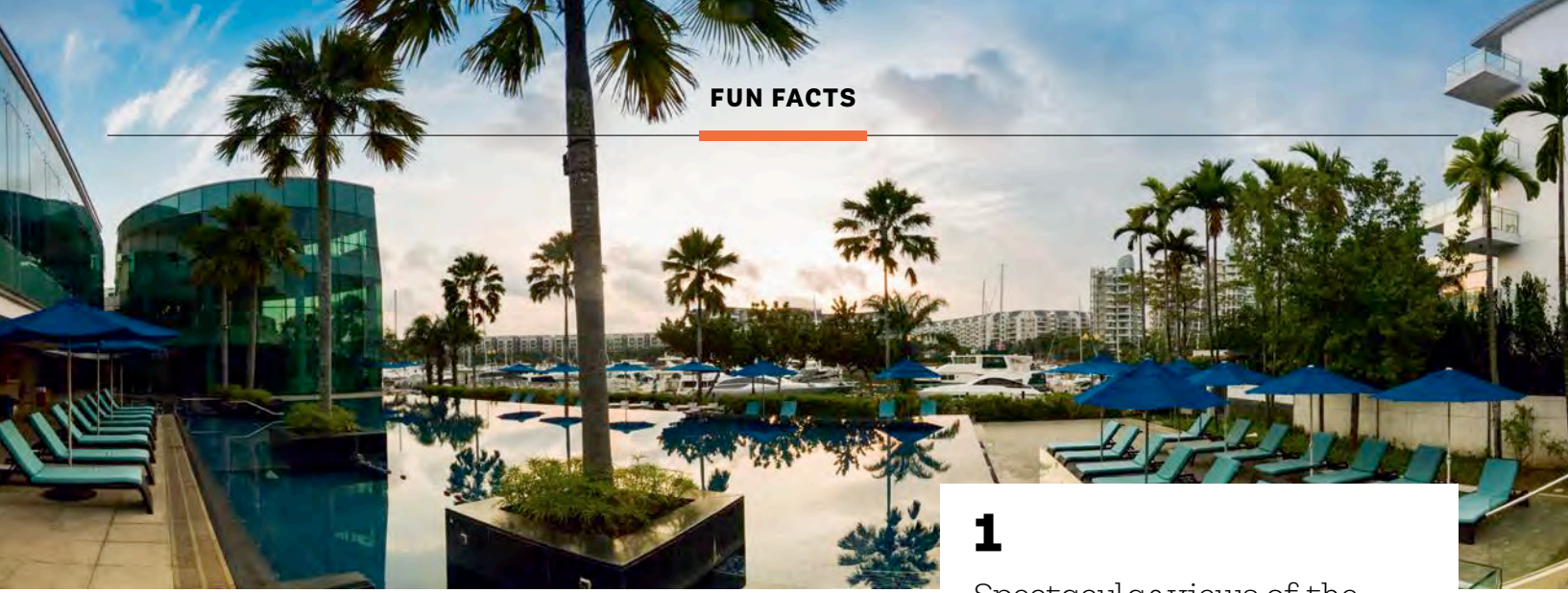


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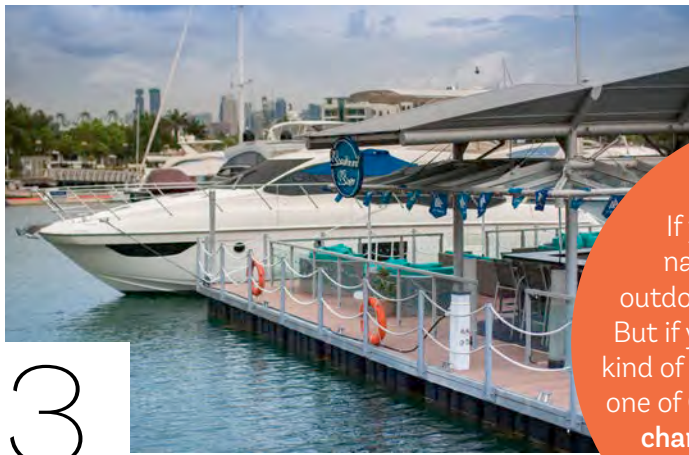


1

Spectacular views of the marina and the yachts berthed along its glistening waters—that vantage point and a cool respite from the heat is what the **infinity pool** at ONE°15 Marina Sentosa Cove offers. The area also features a wading pool and pool bar, so it's perfect for some family time amidst open nature.

# Green Views

FIVE SPOTS IN THE CLUB WHERE YOU CAN BE ONE WITH NATURE AND AT THE CENTRE OF ALL THE ACTION.



3

What can beat catching up over drinks with friends and family? Doing so while floating on water surrounded by the marina's night lights at **Boaters' Bar**. The best part, you will have 50 species of marine animals revelling in the moment with you.

4

LOOKING FOR FITNESS? HOW ABOUT A ROUND OF **TENNIS** IN A COURT SURROUNDED BY LUSH GREENERY AND SITUATED ATOP A HILLOCK? TALK ABOUT REFRESHING THE MIND AND BODY.

2

If you want to be near nature, you have to be outdoors. That's a no-brainer. But if you are up for a different kind of experience, hop on board one of ONE15 Luxury Yachting's **charter yachts**. It's where luxury meets uninhibited nature.



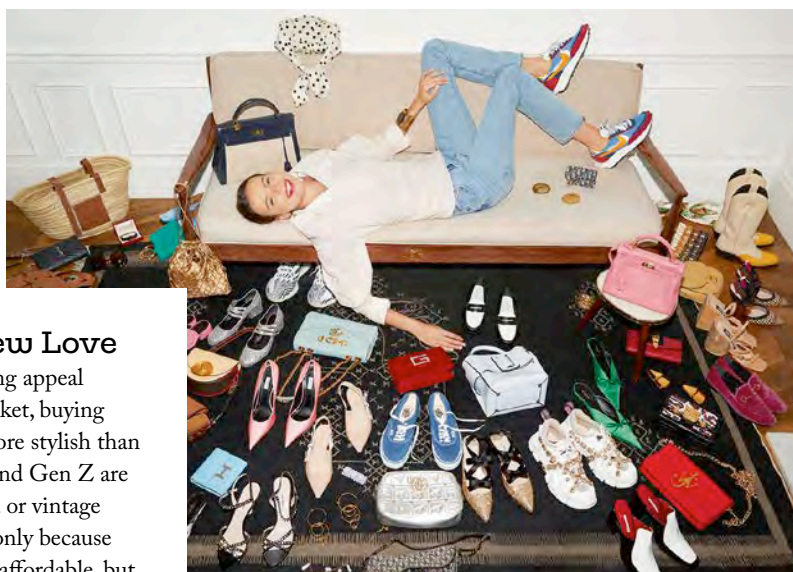
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Waking up to 180-degree views of the marina and its sparkling superyachts is divine. Soaking in a warm tub saturated with aromatic oils after a long day and having an uninterrupted view of the starlit sky, equally so. For a part in these uplifting experiences, check in to the **Marina view room** or **Hillview room**, respectively, at ONE°15 Marina Sentosa Cove.

# Conscious Style

GIVE YOURSELF A FASHIONABLE UPDATE WITH THESE ECO-FRIENDLY BRANDS THAT MELD STYLE WITH LOVE FOR THE EARTH.

BY YING RUI



## Finding New Love

With the increasing appeal of the vintage market, buying second-hand is more stylish than ever. Millennials and Gen Z are buying pre-owned or vintage luxury goods not only because they are the more affordable, but also because of their sustainability and responsible consumption considerations. Buying second hand reduces the demand on raw materials and production, thereby reducing subsequent waste that pollutes the environment. E-commerce brands such as The Fifth Collection, Vestiaire Collective and Style Tribute offer the perfect balance between authenticity and feel-good factor of a different kind. Your own pre-loved luxury items can also find a second home through these sites.

Available at [thefifthcollection.com](http://thefifthcollection.com), [vestiairecollective.com](http://vestiairecollective.com) and [styletribute.com](http://styletribute.com)



## Treading Ahead

Rubber soles made from car tyres? British brand Hugs & Co. does just that by upcycling tyres that would otherwise end up in landfills. Only a fraction of the energy used to produce new soles is required to convert the waste tyres into usable shoe parts. Manufactured in Portugal, the upcycled Tyre Sole Driving Loafers are then combined with Italian leather to create a stylish and durable shoe. Available at [hugsandco.com](http://hugsandco.com)



## Natural Beauty

New York-based beauty brand Raha's products are made from ingredients growing wild in the virgin rainforests of the Amazon, and from self-sustained trees. The non-toxic formulae in all its products also prevent pollution of waterways. Add to that, the indigenous people who source the anti-oxidant ingredients, and hand-extract the oils, are paid above fair-trade price. Available at [raha.com](http://raha.com)





Gabriela Hearst's It bags are also produced in limited quantities to reflect the brand's sustainability efforts.



1/Off Paris transforms high-end classics, like a Burberry trenchcoat, into contemporary designs that connect the past with the future.



Summersalt's Travelwear is made from their signature vegan silk that is crafted entirely from pre-consumer waste used in factories.



## Sustainable Arm Candy

Why harm animals for the sake of fashion when there are vegan bags? Cue in brands such as Stella McCartney, JW Pei and Matt & Nat. Technological advancements mean that the man-made raw materials can be obtained from sustainable, some even biodegradable, sources such as pineapple leaves, cork and cardboard. Whether it's a crossbody or tote bag or a satchel, you'll find modern and elegant designs from these brands.

Available at [stellamccartney.com](http://stellamccartney.com), [jwpei.com](http://jwpei.com) and [matandnatt.com](http://matandnatt.com)



## Plastic Vibes

At least eight million tons of plastic end up in our oceans every year—the majority of which is from the single-use plastics we discard on an everyday basis. American brand Girlfriend Collective not only makes activewear out of recycled plastic bottles fished out of the ocean, it pushes for environmental sustainability by using regenerated materials, reducing energy and water use. No harmful chemicals are used in the production process.

Available at [girlfriend.com](http://girlfriend.com)





# LUXE LIFE

## FULL STEAM AHEAD

Our guide to the latest developments at the Club, the people making waves, memorable holiday destinations, expert tips on what to eat and easy recipes to whip up.

The 10<sup>th</sup> Singapore Yacht Show plans to hit our shores with a spectacular lineup of megayachts as always. In commemoration of its 10-year anniversary, we will also witness the ushering in of a new-and-improved approach to the show, the yachting industry and an awareness of its impact on the environment.



# DEFENDER OF THE DEEP

PROTECTING THE WORLD'S OCEANS IS ALL IN A DAY'S WORK FOR THIS YOUNG YACHT CAPTAIN AND GREEN ACTIVIST.

TEXT RYAN REUBEN PHOTOGRAPHY BENNY LOH

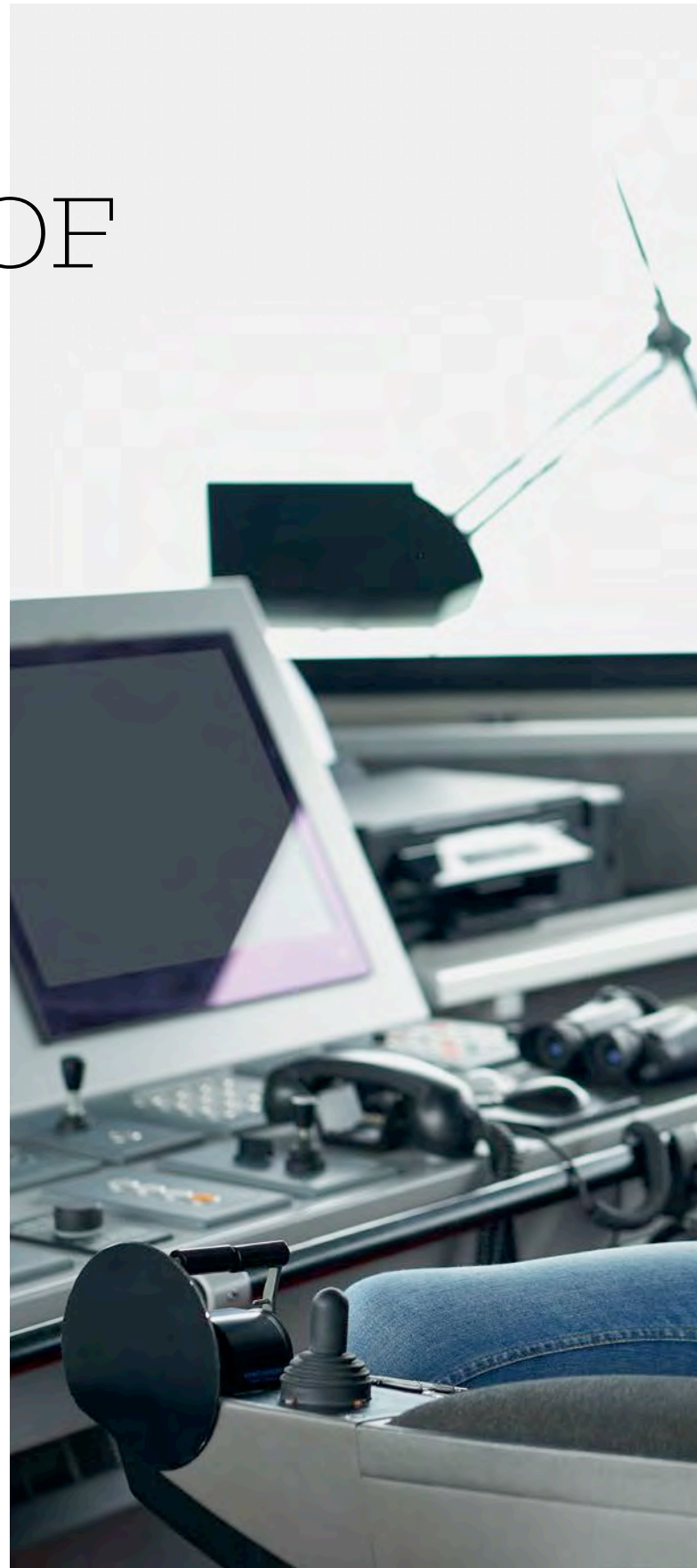
**M**ar Casariego prefers a wide smile as she invites us into her abode, the 54-m yacht *Ocean Warrior*, which she captains for the Netherlands-based marine conservation group Sea Shepherd. The research and patrol vessel is currently docked at ONE°15 Marina Sentosa Cove for maintenance works. We move to the bridge for the interview with Casariego sitting ensconced in the captain's chair.

It is hard not to immediately warm up to the Spaniard, yet Casariego's friendly demeanour and diminutive build belie a steely resolve to play her part in safeguarding the world's oceans and its marine life. The 27-year-old is strongly passionate about sustainability, and leads a crew comprising mainly volunteers to fight illegal fishing around the globe. It is a calling that stems from a deep-rooted love of the sea spanning years; her first name itself, "Mar", is Spanish for "ocean".

## SIREN SONG

Casariego was born in Palafrugell, a municipality located north of Barcelona. Her father, an engineer by profession, was the lighthouse keeper for her village. Fuelled by a diet of books detailing adventurous trips to faraway lands, the younger of two siblings (she has an older brother) started sailing as a child, joining her dad on expeditions and later landing a job as a sailing instructor in her teenage years.

"TO ME, ANYTHING THAT IS SUSTAINABLE IS RESPECTFUL TO THE ENVIRONMENT."





Captain of the *Ocean Warrior*, Mar Casariego's journey from a small village north of Barcelona to the high seas is aspirational as it is awe-inspiring.

## A WATCHFUL EYE

NGO SEA SHEPHERD, IN A NUTSHELL

Sea Shepherd was founded in June 1977 in Vancouver by former Greenpeace activist Paul Watson. Its work chasing Japanese whaling fleets propelled it to global prominence, before it switched focus in 2017 to thwart illegal, unreported and unregulated fishing practices such as shark finning, illegal bycatch and fishing without a licence. The NGO shares its expertise and resources, namely its 14 vessels and 160 crew, with various governments globally in a bid to combat such illicit maritime activities.

11



The international law and human rights studies university graduate soon decided to chart her course to larger vessels. Casariego started working on superyachts as a crew member, and took a year off after her studies to traverse the globe and “learn a bit more about the world”. “I love to be at sea and have always been involved with volunteering and the environment, so I thought it would be a good idea to travel and volunteer at the same time,” she declares.

It wasn't long before she heard about non-government organisation (NGO) Sea Shepherd and its work thwarting Japanese whaling ships in the Southern Ocean; famously the subject of Discovery Channel's reality TV series, *Whale Wars*. “I decided to apply (to join Sea Shepherd), and they accepted me,” she says. “It was kind of the perfect time.”

Casariego started out as a deck hand even though she already had a captain's licence and prior maritime experience. “You usually come on board as a deck hand so you have time to learn about the ships and the way Sea Shepherd works,” she says. The diligent Casariego showed her mettle and was promoted to the position of first mate after just one month.

Today, as master and commander of the *Ocean Warrior*, she oversees the vessel's campaigns, its crew (who incidentally are all vegan), and navigation. "We focus on any type of threat to the world's oceans, from marine pollution to illegal fishing to protecting marine reserves or helping governments to start new marine reserves," she says.

### STATE OF PLAY

Being out on the open waters, Casariego has witnessed her fair share of worldly sights and sounds. She revels in the natural beauty and fauna of places such as South America and the islands of the Archipiélago de Revillagigedo. "They have the most amazing marine life, huge Pacific manta rays, and one of the biggest populations of hammerheads in the world," she enthuses.

In Singapore for the first time, she is amazed by the fact that she can "get lost" in one of the city-state's many lush green spaces and still be in "one of the most high-tech cities in the world". Being vegan, her dietary choices here are more diverse, too. "It's really nice to be in Asian countries, because tofu is part of the (normal) diet." And incidently, the tofu in Singapore, she says, is unlike any other she has tasted before.

However, not everything she encounters on her travels is as pleasant. She laments over the destructive effect illegal fishing has on marine stocks, the environment and even humanity. "Trawling, for example, is one of the most destructive ways of fishing. The net just catches everything that is in its path, and it destroys the seabed. The algae cannot recover and that kills everything else because without algae, the whole food chain is affected."

Compounding matters is the human element, specifically the exploitation of impoverished communities. "Due to their situations or low incomes, many people are forced to become fishermen, and they get onto boats that don't give them a place to sleep, or proper food, or a healthy number of hours of work," she says. "They are not treated well, and not allowed to contact their families or go back home. This is a huge problem that we are supporting by buying fish."





(Clockwise from top right) Some of the wondrous sights along the Ocean Warrior's Antarctic cruises: a spectacular display of the Aurora Australis or Southern Lights, a herd of Fur seals-lazing around on ice pans and Adélie penguins hitching a ride on an iceberg.

## A BETTER TOMORROW

Yet Casariego fights on, doing what she can to fulfil her vision of a brave new world with recovering oceans and thriving marine life, her youth and gender notwithstanding. “I get lots of surprised faces,” she laughs. “When we arrive at a new port and a person asks for the captain and I go down, they say, ‘But I want to speak with the real captain.’”

However, her team knows who’s boss. “I am really lucky with my crew. They are very respectful and understand that anyone can be captain as

long as they have the right certification and the right attitude.

“Knowing that every day I am at work, be it maintenance on the ship or being out on campaign, goes towards something I believe is good for the world is an amazing feeling,” adds the self-described “perfectionist”, who practises yoga on board to keep herself fit. “I’d like to think that all the struggles I go through because I am a woman are helping all the girls behind me who want to become captain someday.”

## NO EFFORT TOO SMALL

CAPTAIN MAR CASARIEGO ON LIVING SUSTAINABLY

### 1. AVOID SINGLE-USE PLASTICS.

“A future without single-use plastics would be a big thing. The amount of plastic I’ve found everywhere, even in the most remote places, is just unbelievable.”

### 2. TRAVEL JUDICIOUSLY.

“I try to travel in a conscious way. I will travel by bike instead of taking a car, if I can car pool, I will. If I can go by train instead of taking a plane, I will do that. I always try to pick the option that has the least impact on the Earth.”

### 3. CONSUME LESS.

“Society pushes us all the time to buy more things and own new things, but we really don’t need them. It actually makes us more stressed. This is something I really learnt about on ships, because when you are out at sea you don’t have supermarkets, you don’t have shops, and you can’t even buy online because you don’t have an address to send your purchases to. We can be as happy and enjoy ourselves as much as we do now without buying things.”



# SURGING AHEAD

## HIS CURIOUS NATURE AND PASSION FOR CHALLENGES HAVE HELD JONATHAN SIT IN GOOD STEAD THROUGH HIS JOURNEY AT ONE°15 MARINA SENTOSA COVE.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH

**H**ow do we innovate? How do we keep changing? How do we stay relevant? “These are my biggest challenges,” says Jonathan Sit. A certain restlessness coupled with an uncompromising focus on the end goal have not only directed him in life, but also accelerated Jonathan’s career growth at the marina—he is now the Acting General Manager of ONE°15 Marina Sentosa Cove (previously, Head of Operations and F&B), having taken over from Teo Joo Leng who has assumed a global role with SUTL Group.

A native of Hong Kong, Jonathan’s love affair with Singapore began when he was pursuing his degree in Hotel Management from Cornell University, New York. Inspired by the Singaporean friends he made during his four years there, Jonathan first visited Singapore while still studying. “I loved it so much that I decided I would come back here and work for a couple years once I graduated,” he says. Couple of years extended to many more, a job at ONE°15 Marina Sentosa Cove and a permanent resident status in the country.

### STABLE PROGRESSION

Jonathan started his career at the marina on a humble note, as a management associate. But it gave him a crucial opening into the nuances of a world he knew nothing about. During that time, he was also recruited to work on the contracts secured by the marina’s then-start-up, ONE15 Management and Technical Services, and grow the team from the ground up. The learning curve was steep to say the least, but a great mentor and colleague, coupled with enormous personal determination got him through.

Jonathan’s resilience surely paid off, and he moved on to other departments, and became head of F&B, catering, rooms and operations, departments. By the time of his new promotion, Jonathan was leading a large team of over 100 staff across nine teams.

### SAY NO TO STATUS QUO

Compounding constant innovation with niche organisational identity, traditions and cultures have always been Jonathan’s focus. More so in a case such as the Club, which caters to a specific clientele day after day, as against that of a hotel, where that is ever changing. So whether it was overseeing the re-branding of the Chinese restaurant, WOK°15 Kitchen, or reinvigorating Boaters’ Bar by shifting the focus to a different target group or curating lifestyle events such as Durian Party and Eyes to the Front summer parties at the rooftop—optimal use of resources and unblemished service to Members have been key. Under Jonathan, Boaters’ Bar has not just become a choice hangout for boaters after a day at sea for conversations and quality ale, it is where a lot of business discussions are held and transactions are made—what with its live-screening of sports events, \$6 drinks promotions and sell-out Trivia Nights.

As for the changes he initiated in the restaurant menus, Jonathan was also coming from a sustainability standpoint. “I believe in the general concept that you consume less than you contribute,” he says. “It takes so much energy and resources to bring one carrot onto your table and we are just throwing things without thinking if it is terrible for the environment. Thankfully, the chefs and I have always tried to reduce costs in terms of food wastage, and we’ve been very lucky that we’re quite accurate in terms of forecasting what we need.”

Implementing changes and innovation are things Jonathan relishes most in his job, along with the friendships he has developed. “I’ve worked with a lot of people in the company on a very hands-on basis during my management associate days and at all different levels. This gives me a unique opportunity to see exactly the stress points and bottlenecks, because I was there doing it with them,” he says. “They also trust me a little more because I’ve been in the trenches with them, so to speak.”

From being a complete newcomer to an exciting new promotion, Jonathan has come a long way. Yet, he can never forget the first time he set foot into the Club. It was in late 2013, the day of his interview when Chairman Arthur Tay convinced him to consider a career in the marina industry. “I was really driven by his vision and intrigued that someone would give me this opportunity without any prior experience and two years to just learn all about it,” he says in all earnestness.

By the looks of it, the Chairman’s foresight and trust were not misplaced, and this might very well just be the beginning. 📧

“I BELIEVE IN THE GENERAL CONCEPT THAT YOU CONSUME LESS THAN YOU CONTRIBUTE.”



## JONATHAN'S TOP THREE

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### BOOKS

"I like to read. I'm currently reading *The Ride of a Lifetime* by Robert Iger, the Executive Chairman of The Walt Disney Company. Reading about how he transformed the company, his experiences, the mistakes he made and how he overcame them, and how he gained the trust of the team has been quite useful for me as well. And that to me is a very interesting business read in a very casual way."

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### FOOD

I love most foods, but I miss Hong Kong food the most. The good thing is that now, more and more brands from Hong Kong are actually coming to Singapore. Egg tarts from Tai Cheong are my favourite, but now they are here in Singapore as well. So, in a way it's good and bad, because I tend to eat more.

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### MOTTO

"Innovate or die. I actually have that pinned on my work desk as a phrase (laughs). But I do believe in that because if we don't change, we're just going to be left behind."

**Jonathan Sit's secret ingredients to success: a thirst for new challenges, keen attention to detail, never-say-never attitude and a whole lot of passion.**



LUXE LIFE × ON WATER

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# LUXURY SANCTUUMS

THE SINGAPORE YACHT SHOW EXPLORES NEW HORIZONS WITH A FLEET OF LUXURIOUS AND SUSTAINABLE WATERCRAFTS.

TEXT ANNIETAN

The Singapore Yacht Show (SYS) is one of the most anticipated events on the island, and the upcoming edition, having been postponed from its usual calendar slot in April and now expected to be with enforced limitations of scale due to anti-COVID precautions, will be poignantly special as it marks the 10th anniversary of the internationally-acclaimed event.

Disruptions to traditional modes of travel means private yachting remains one of the few safe sanctuaries for family and friends during the pandemic. This has resulted in a huge surge of interest in the yachting lifestyle, according to Andy Treadwell, CEO and founder of the show.

SYS has, right from its beginning in 2011, been pivotal for the nascent boating industry in Asia. Accounting for less than one per cent of the global yachting market, yet harbouring roughly one third of the world's private wealth, Asia is a region with tremendous growth potential for the industry, says Treadwell, and "in order to introduce people to the pleasures of the boating lifestyle, you have to actually show them a boat and let them try it—show then what it's for, and where and how to use it".

Despite the restrictions, enthusiasts can look forward as usual to a stunning fleet of watercrafts that add a new dimension of luxury to the idea of "sheltering in-place". Leading yacht builders such as Ferretti Group and Princess Yachts plan to line up a star-studded selection, including a Riva 76 Perseo,

The 10th edition of the Singapore Yacht Show promises a spectacular show amidst the uncertainty of the COVID-19 landscape.

## GIVING BACK

To develop Asia into a leading yachting destination and nurture the region's youth, Singapore Yacht Show supports two charitable foundations in Indonesia and Sri Lanka.

- The **Sumba Hospitality Foundation** equips youngsters with basic hospitality and yacht tourism skills.
- The **Sail Lanka foundation** teaches youth in Sri Lanka boat-building skills required to start a local boating industry.

Princess F70 and Princess Y85. New models such as an Iliad 50 Catamaran, a Ferretti 670 and Ferretti 720 also plan to make their debut at the show.

Service and accessory providers, as well as luxury lifestyle offerings are expected to further enhance the boating experience. The SYS Captain's Lounge, powered by MTU, leading producer of power units to many of the biggest yachts in the world, is expected to once again be a key entertainment highlight at this 10th edition.

To round up a decade of presenting boating excellence, the upcoming show plans to offer a more immersive and private experience for what will inevitably be a mainly local audience. For the first time, the entire show plans to shift from the surrounding spaces right onto the water of ONE°15 Marina Sentosa Cove. Every corner of this 360-degree exhibition experience is expected to give visitors a taste of the true yachting lifestyle.





The world's best yachting brands will be on display alongside exciting fringe activities at the 10<sup>th</sup> Singapore Yacht Show at ONE°15 Marina Sentosa Cove, for the pleasure of lovers of the yachting lifestyle.

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Named the Best Asian Marina in last year's Asia Pacific Boating Awards, ONE°15 Marina Sentosa Cove has surpassed itself with a carefully redesigned configuration, and SYS plans to enliven it further with air-conditioned exhibition booths and showrooms lining the whole of the north-eastern waterfront. Although, the COVID-19 situation has put somewhat of a dent on SYS' larger-scale plans for its

“THERE ARE INCREASING CONCERTED EFFORTS TO FINDING SOLUTIONS THAT WOULD REDUCE THE INDUSTRY'S CARBON FOOTPRINT.”

—Andy Treadwell, CEO & Founder, Singapore Yacht Show

10th Anniversary edition, there is expected to be no dearth of interest and excitement, says Treadwell. “We plan to unveil some long-awaited new developments and changes to the layout that is expected to elevate the experience for exhibitors, sponsors and visitors alike,” he adds.

As the marina gears up for the groundbreaking Asian show, the utmost safety measures, as recommended by the Ministry of Health and Singapore Tourism Board, are expected to be put in place. This includes temperature scanning, as well as heightened security and social distancing procedures to protect exhibitors, partners, sponsors, contractors and visitors in every way possible.

The love of the ocean and marine life has always been a key inspiration for boaters, and today's owners care deeply about the impact of climate change and environmental waste. To that end, sustainability is expected to be a central theme for the show.



The vessels on display will be greener than ever—many of them will harness technological innovations to reduce their carbon footprint without compromising on luxury, comfort and performance.

SYS itself is expected to be designed to reduce its environmental impact wherever possible. Bamboo lanyards and wristbands, paper printed badges, rented furniture—sustainably produced, and with no wrapping—and BYO (bring your own) container water stations will reduce waste. Plastic cups, cutlery and straws will be completely eliminated, and recycling bins will be provided.

The organiser is looking to present the 10<sup>th</sup> edition of the SYS in October this year—but it is subject to approval from authorities alongside consideration of the COVID-19 situation. Upon given the green light, visitors may expect a show-stealing lineup as always.

Ever a trailblazer and incubation ground for the yachting industry, SYS and ONE<sup>o</sup>15 Marina Sentosa Cove's role of developing Asia as a yachting destination has never been more important. SYS plans to further that tradition by continuing to offer a new breed of yachting aficionados access to the region's crystal-clear waters and best-kept secrets during and beyond during these troubled times. 📍

## ECO WAVE

ANDY TREADWELL, FOUNDER OF THE SINGAPORE YACHT SHOW (SYS), SHARES ABOUT SUSTAINABILITY IN THE YACHTING INDUSTRY.

### HOW HAS THE YACHTING INDUSTRY CHANGED IN RECENT YEARS?

There are increasing concerted efforts to finding manufacturing solutions to reduce the industry's carbon footprint. Engineering teams and shipyards the world over are working together to build yachts that have the lowest environmental footprint possible through innovations in aspects such as electric or hybrid power generation, and waste management—we absolutely need to ensure that no waste ends up in the oceans.

### WHO IS LEADING THE CHARGE FOR MORE SUSTAINABLE OCEANS?

Water Revolution Foundation, a nonprofit organisation, has brought together nine of the biggest players in superyachting to drive its mission of sustainability in the industry. Many long-term partners of SYS, such as leading Dutch superyacht builder Amels, have pledged to reduce their carbon footprint, reinvest in ocean conservation and carving out a sustainability agenda specific to the industry.

### WHAT ARE SOME TOP-OF-MIND ECO-CONSCIOUS YACHT BRANDS, AS WELL AS THEIR INNOVATIONS?

CRN, part of Ferretti Group, is the first shipyard in Italy to receive IMO Tier III certification for the CRN M/Y 137, a soon-to-be-delivered fully custom steel and aluminium 62-m megayacht. IMO Tier III is the International Maritime Organization standard that enshrines the naval industry's commitment to safeguarding the environment. In accordance with the regulation, a certified reduction of 70 per cent in harmful emissions of nitrogen oxides in engine exhaust gases is now guaranteed for all CRN motor yachts. The new 62-m CRN 137, launched last November, is therefore the first IMO TIER III-compliant megayacht built in Italy, to be followed by the other three fully custom CRN yachts currently under construction: the 62-m CRN M/Y 138, 72-m CRN M/Y 139 and 60-m CRN M/Y 141.

Princess Yachts is also committed to reducing its environmental impact, adopting manufacturing processes that release far fewer odours and toxins into the atmosphere, and sourcing for sustainable materials for furniture-making and design. A good example is the Esthée synthetic teak deck, which comprises of 25 per cent recycled materials along with natural resins, fibres, minerals and colour pigments. Princess' more efficient hull shapes deliver up to 30 per cent fuel savings whilst being incredibly stable throughout the speed range as well.

For details and updates, visit [singaporeyachtshow.com](http://singaporeyachtshow.com)





# ZERO- WASTIE MEALS

MAXIMISE NUTRIENTS, MINIMISE WASTAGE  
AND USE EVERY PART OF THE EDIBLE PLANT  
WITH ROOT-TO-STEM COOKING.

BY ANNABEL MIDDLETON

Any Singaporean will tell you that food is the pride of the nation. For a country that loves to eat, it is startling to discover that a considerable amount of food goes to waste. That includes perfectly edible parts of fruit and vegetables that end up in the bin simply because they are considered scraps.

According to the Food and Agriculture Organization of the United Nations, “in medium- and high-income countries, food is, to a significant extent, wasted at the consumption stage, meaning that it is discarded even if it is still suitable for human consumption”.

Enter root-to-stem eating—where vegetable trimmings get creatively repurposed in another dish as a key ingredient. This food philosophy adopts the same “waste-not” approach to greens as the “nose-to-tail” approach with meat.

So instead of simply lopping off asparagus stems or tossing those celery leaves, everything gets picked from top to bottom. This way of eating not only helps increase your vegetable intake, it makes the variety of food more nutritious and diverse while minimising waste simultaneously.

Here are some quick and easy ways to use vegetables in their entirety in your dishes.



## Broccoli Stalks

These dome-shaped green crowns are a healthy addition to every diet. Known for its high antioxidant content, which neutralises cell damage caused by free radicals, broccoli also contains bioactive compounds that help to reduce inflammation. These cruciferous vegetables can be enjoyed cooked or raw, as a main dish, or as a side dish.

Most of us only use the florets, but did you know that the stalks themselves are actually just as delicious and filling? To make a side dish using broccoli stalks,

season them with onion, spices and rosemary to boost flavour. Or, you can peel and slice them, then cook them up with shallots, onions, garlic and butter.

If you don't like butter, you can substitute with truffle or olive oil, or balsamic vinegar.

Alternatively, make it a Western affair with a cheesy broccoli au gratin, a tasty dish that is slathered with a melted cheese of your choice. You can use either cheddar, parmesan, gruyère or emmenthal.

## Asparagus Stems

Low in calories, these pack a powerful punch when it comes to nutrition as well. Containing a slew of vitamins (A, C, E, K and B6), as well as folate, iron, copper, calcium and protein, this veggie also provides plentiful fibre for maintaining gut health.

The key to preparing asparagus is finding that perfect balance so as to neither over- nor under-cook it. Heat activates its cancer-fighting properties, but if it is boiled or fried for too long, you may end up cancelling out its nutritional benefits.

When serving asparagus stalks as a main dish, avoid wastage by saving the stems and turning them in a hearty and healthy soup.

Simply dice the stems, sauté them with onion, garlic, chicken stock and fresh thyme, and blend it into a puree until the texture is smooth. Then, add cream, butter and flour to infuse flavour and thicken the soup. Serve garnished with the tip of the asparagus.





## Celery Stalks and Leaves

This crunchy vegetable is low in calories and also a good source of fibre. It is also a vitamin powerhouse—a mere stalk contains 25 per cent of your daily vitamin K needs and five per cent of your daily needs for vitamin A, folate and potassium.

Often found on crudité platters and eaten raw with a dip like hummus or salsa, this earthy vegetable with a slightly bitter bite also adds a ton of flavour when cooking pasta sauces, lentil soups or casserole fillings.

The skinny stalks and leafy greens on top are often discarded, but those edible parts can be used to make a variety of dishes, including beef or lamb stews, braised meat or stock.

Alternatively, make celery juice. Chop the stalks and leaves into small pieces and blend until smooth. Strain out the fibrous bits and drink to good health.



## Orange or Lemon Peels

An excellent source of vitamin C, and rich in flavonoids, these immunity-boosting citrus fruits help fight inflammation and keep our skin smooth and elastic.

Compounds in these fruits also improve cholesterol levels by raising the “good” (HDL) cholesterol and lowering the “bad” (LDL) cholesterol.

Before you toss those fruit peelings, give them a new lease of life by incorporating their zest in your next baking endeavour. They can also be used to flavour rice—put the grains inside the empty skins to extract as much flavour as possible. When garnishing seafood dishes or making canapés, blanch the peels in hot water first to release their flavour.

WHEN COOKING RICE, PUT THE GRAINS INSIDE THE EMPTY SKINS TO EXTRACT AS MUCH FLAVOUR AS POSSIBLE.



## Leek Tops

Related to garlic and onions, these aromatic greens have a milder and sweeter taste. A member of the allium vegetable family, it is also called a “poor man’s asparagus” as you can cook them in the same manner—boil, steam or roast.

Besides vitamins A, E and K, this heart-friendly superfood contains folate, which helps to protect blood vessel linings, and high levels of flavonoids, which can lower the risk of heart attacks and diseases.

Often, it is the bottom half of the leek—the white and light green parts—that is consumed. However, the darker green top

parts are packed with just as much flavour. Just cook them along with the rest of the leek. Braise until soft or sauté longer to get them tender.

Leeks can also be used when making quiche or preparing leek and potato soup, a classic combination that is like clam chowder minus the clams. To garnish dishes, julienne the leek and fry them up to use as a topping. Or, throw the leek leaves into a pot of water with mushrooms, chicken or fish, bay leaves and black peppercorns to make a delicious soup stock.



## Beet Greens

While the beetroot—the bulbous portion of the beet vegetable—is more familiar to most of us, the luscious beet greens are equally tasty and nutritious. In fact, these leaves are packed with a plethora of vitamins and minerals, and believed to contain properties that facilitate wound healing as well as boost immunity and lower blood pressure.

Whizz them up in a blender to make a tasty pesto sauce or saute them with your favourite

aromatics such as onion, garlic, ginger or chilli, to create a delicious veggie dish.

Another way to incorporate these healthy greens into your meal is to simply toss them into a salad with nuts, almonds and cranberries, for example. If you like, you can blanch them first. Like most healthy foods, beet greens contain high levels of oxalates, but too much can interfere with mineral absorption. A quick flash boil for a minute or two can reduce the amount of oxalates. 📖



## RECIPES OF THE MONTH

# BUBUR CHA CHA

PREP TIME:  
60 mins

SERVES:  
10 persons

### INGREDIENTS

200g sweet potatoes  
200g tapioca  
300g yams  
4 litres water  
1 litre coconut cream  
250g sugar  
4 sprigs pandan leaves  
100g colourful tapioca starch cubes (ready-made)

### METHOD

Peel and cut tapioca, sweet potatoes and yams into 2cm cubes. Steam for 10 minutes. Set aside.

Cook tapioca starch cubes in hot water until transparent.

In a large pot, boil pandan leaves and sugar with water. Add the steamed tapioca, yams and sweet potatoes, and cook until tender.

Add coconut cream and colourful tapioca starch cubes. Serve.

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# FRIED SWEET POTATO LEAVES

PREP TIME:  
60 mins

SERVES:  
4 persons

### INGREDIENTS

500g sweet potato leaves

#### Spices

6 red chillies (chopped)  
2 chilli padis  
20g garlic (chopped)  
100g shallots (chopped)  
30g dried shrimp  
20g belachan

#### Seasonings

50ml coconut cream  
salt and pepper to taste

### METHOD

Blend spices in a blender till well combined. Set aside.

Blanch sweet potato leaves in hot water for 2 to 3 minutes and drain.

Fry blended spices paste with some oil in a wok until fragrant, add in the sweet potato leaves and stir fry for 2 to 3 minutes. Stir in coconut milk and seasonings. Serve.

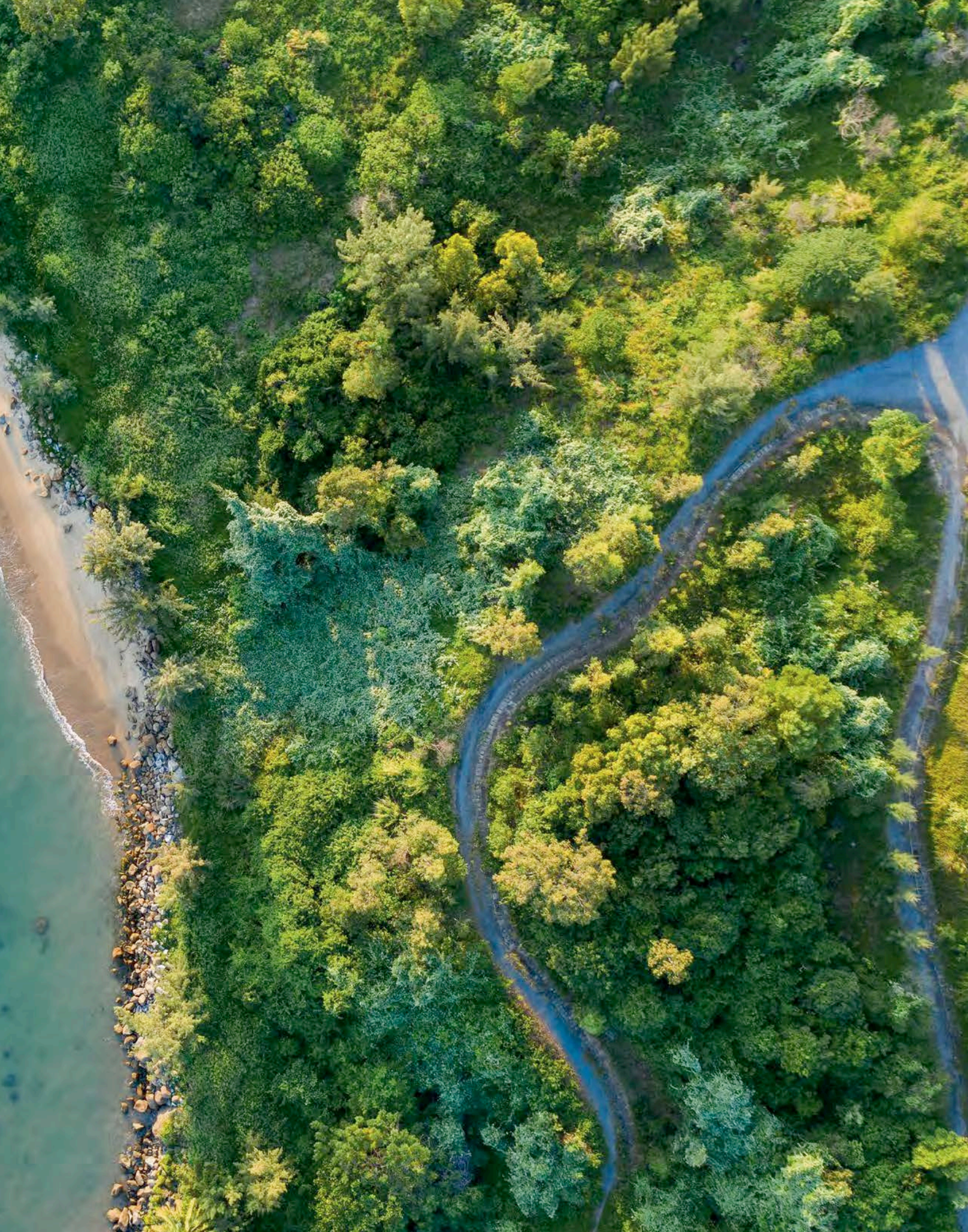


# BREATHING SPACE

TRAVEL AND SOCIAL DISTANCING AREN'T MUTUALLY EXCLUSIVE AS THESE LUXURY WELLNESS GETAWAYS OFFER THE EXCLUSIVITY AND HEALING EXPERIENCES SOUGHT AFTER IN THE WAKE OF A PANDEMIC.

BY CARA YAP

Touted as the tourist capital of South Central Vietnam, Danang offers the perfect mix of culture and tranquil nature.





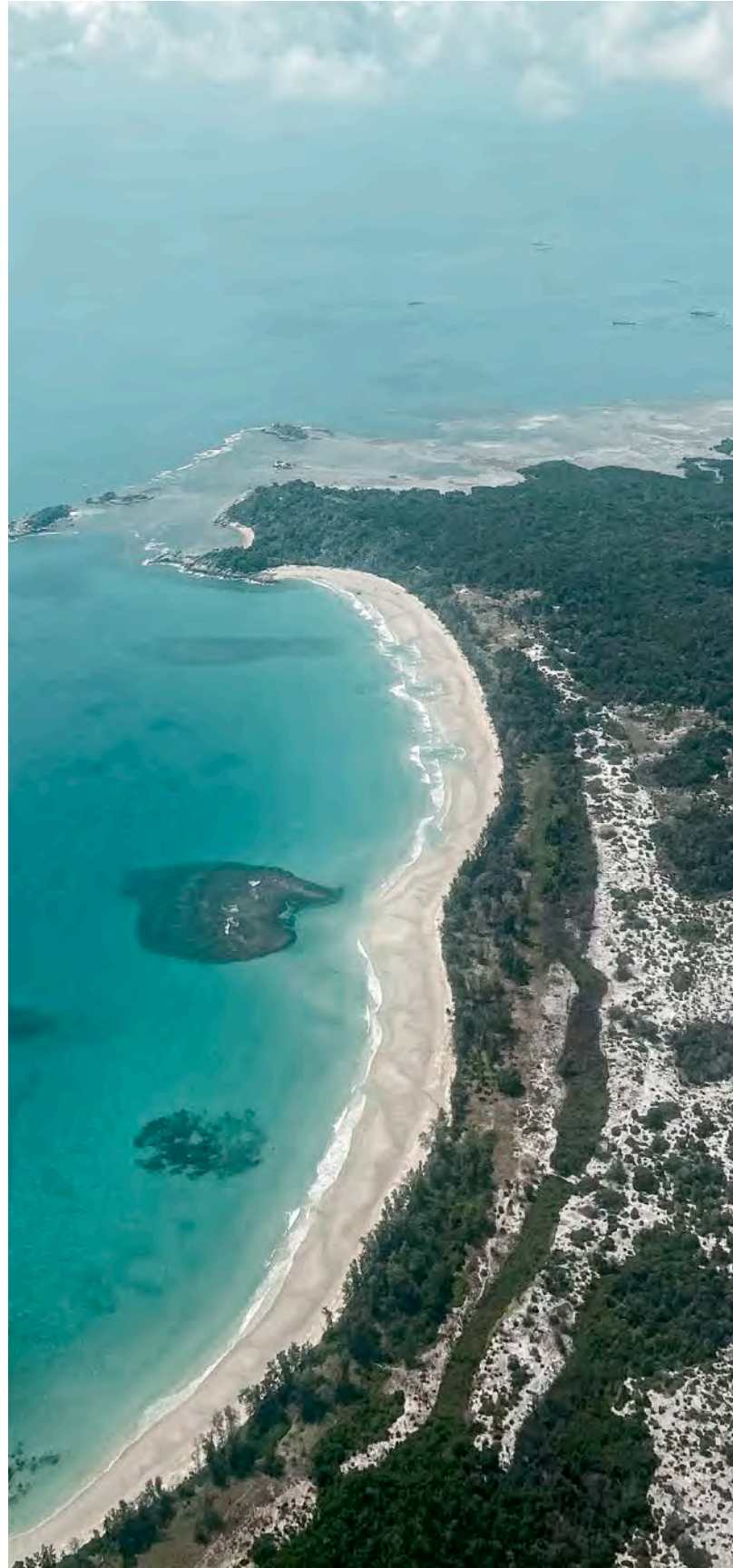
## Bintan, Indonesia

Just a ferry ride from Singapore, the Riau island of Bintan is known for its mass market appeal, but has—in recent years—burnished its image with a clutch of luxe properties where you can evade the madding crowds. Among them is beachfront resort, and ONE°15 Marina Members Privilege Partner, The Residence Bintan, where ample suites and private villas dot a calm bay. Score your getaway exclusivity points by ensconcing yourself in the sole 131sqm Sanctuary Villa, which boasts an infinity pool that juts out over the sea. The resort's spa and wellness menu includes healing treatments, Balinese massage and complimentary Jamu—the traditional local herbal remedies favoured by Indonesian president Joko Widodo for their purported immunity-boosting properties. For that personal touch, private yoga and fitness workouts are available, as are customised healthy menus or cooking lessons. The restaurant's chef is said to have mastered an impressive repertoire of cuisines from around Indonesia, and sources organic ingredients from an onsite farm. *Visit [cenizaro.com/theresidence/bintan](http://cenizaro.com/theresidence/bintan)*

### LONGITUDE TIP

Members of ONE°15 Marina can enjoy benefits at all membership privileges partners indicated in the article. To find out more, visit [one15marina.com/privilege-category/all/](http://one15marina.com/privilege-category/all/)

Members also enjoy access to reciprocal clubs around the world. To visit International Associate Clubs, obtain an IAC card and letter of introduction from our front desk by contacting +65 6305 6988 or [frontdesk.sc@one15marina.com](mailto:frontdesk.sc@one15marina.com).





## Danang, Vietnam

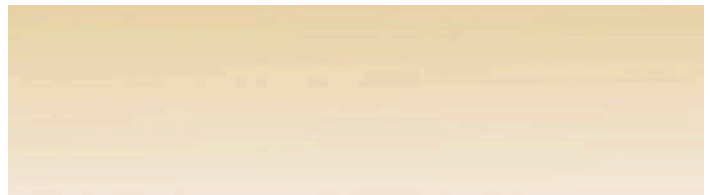
If you like your high-end hospitality gilded and unabashedly ostentatious, the towering Danang Golden Bay Hotel won't disappoint. A retreat at this ONE<sup>®</sup>15 Marina Members Privilege Partner is framed by million-dollar views. Think, a 29<sup>th</sup>-storey gold-plated infinity pool overlooking the glittering ocean that bleeds into mist-wreathed mountains. Equally dizzying is the array of pampering options on offer at its spa, running the gamut from traditional Vietnamese therapy with cupping, to hot stone body therapy. Day trippers can avoid the frenetically developing city and make a beeline for lush Son Tra nature reserve, which teems with ancient Banyans and wildlife species such as the red-shanked douc. Dine in style on modern French cuisine at nearby La Maison 1888, housed in Intercontinental Danang Sun Peninsula Resort. The restaurant is led by Pierre Gagnaire, whose eponymous Paris restaurant bears a three Michelin-star distinction. *Visit [dananggoldenbay.com](http://dananggoldenbay.com)*

(From far left) Pampering traditional Indonesian treatments and refreshing sunrise yoga session at The Residence Bintan. Pulau Mapur, another exotic island on Riau Archipelago. Chef Pierre Gagnaire at work, luxurious spa surrounds and surreal views from the infinity pool at Danang Golden Bay Hotel,



## Jebel Akhdar, Oman

Dramatic natural surrounds are increasingly prized in the world of luxury hospitality. This is clearly apparent in Oman's arid and craggy Jebel Akhdar mountain region, where the likes of Anantara have carved their "escape to recharge" brand identities into Saiq Plateau—2,000m above sea level. With front-row views of the weathered Hajar mountains, it's no wonder the site of ONE°15 Marina Members Privilege Partner Anantara Al Jabal Al Akhdar Resort has been graced by the late Princess Diana. Guests here certainly get the royal treatment at the world renowned Anantara spa, which is fitted with a private Hammam suite, indoor pools and thermal suites—plus a picturesque courtyard to bliss out in. Signature treatments use local ingredients such as rose and pomegranate. These are, of course, complemented by the requisite yoga sessions—from lofty heights—and a wellness menu. The hotel has been sensibly designed to let the abutting landscape take centrestage, with its squat buildings in neutral tones, as well as elegant Moorish archways that perfectly frame sunsets over the dusty canyon. Choose its Cliff Villa, where you can soak in such sublime vistas from your infinity pool. *Visit [anantara.com/en/jabal-akhdar](https://www.anantara.com/en/jabal-akhdar)*





## London, UK

A wellness sojourn does not necessarily have to be far-flung or involve tedious connections. In the heart of London's upscale Mayfair district, St. James's Hotel and Club is a five-star 60-room bolthole that has hosted royalty and celebrities including Prince Philip, Duke of Edinburgh, Keith Richards and Cher. The glitterati clientele is said to appreciate this former gentleman's club's reverence for white-gloved service and discretion. The hotel is also home to one-Michelin star restaurant Seven Park Place, which celebrates the best of Britain's fresh produce and has a special wellness breakfast menu. Also a bonus are the personal fitness training service and in-room spa treatments—from massages to manicures—so you don't have to leave the sumptuous confines of your room. While you're seeking seclusion, we recommend checking into the Penthouse Suite, which has a private lift and terrace, plus creature comforts including a Bose sound system and Penhaligon's toiletries. *Visit [stjameshotelandclub.com](http://stjameshotelandclub.com)*



(From top left) Tranquil spa settings at Anantara Al Jabal Al Akhdar Resort. Sunset over the majestic Jebel Akhdar mountain range as viewed from the hotel's sun deck. Bustling London. Gourmet offerings of Seven Park Place restaurant at St. James's Hotel and Club. Ocean views from Anantara Bazaruto Island Resort's spa and one of its 44 villas.

## Bazaruto Island, Mozambique

Known as the Island of the Mist, Bazaruto, in the Southeastern African country of Mozambique, lies among a pristine archipelago that's a protected marine reserve and national park. Here, 30km from the mainland, you can swim with dolphins and witness the annual migration of humpback whales between the months of July and September. The remote private island also packs in the trappings of barefoot luxury, thanks to the 44-villa ONE°15 Marina Members Privilege Partner Anantara Bazaruto Island Resort that crowns its coast. Expect a signature focus on holistic wellness with sunset meditation and yoga sessions against the backdrop of the Indian Ocean, nutritious meals including superfood salads, and a balmy beachside spa that nails the understated-opulence aesthetic. State-of-the-art facilities here include a Rhassoul chamber for traditional Arabian detoxifying treatments using clay, and hydrotherapy and ice plunge pools. *Visit [anantara.com/en/bazaruto-island](http://anantara.com/en/bazaruto-island)*





# CLUB BUZZ

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## MEMBERS ONLY

The definitive list of all that's happening in and around ONE°15 Marina Sentosa Cove.

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**34**

The best culinary and sports facilities available for Members and their families.

**38**

The most exciting events and workshops to RSVP to during the school holidays.



**SPECIALS OF THE MONTH**

Offering an assortment of surf and turf, the chefs at LATITUDE Bistro and WOK°15 Kitchen are whipping up a delectable potpourri of delights to whet your appetite this September.

There is nothing like a hearty buffet to get your digestive juices flowing, and at LATITUDE Bistro's International Buffet Dinner, that includes your very own individual mala hot pot as well. Sink your teeth into your favourite meats—be it succulent Wagyu beef slices, flavourful Kurobuta pork slices or kampong chicken seasoned with a secret spice blend.

For a marriage of flavours, make sure you try the Miso Garlic Pork, which is pan-fried in garlic oil and seasoned with Japanese miso paste, a fragrant dish like no other.

In October, the surf is out at the Seafood with BBQ Buffet, which brings the ocean to your table in the form of decadent snow crab, fresh sashimi and a host of other seafood on ice. If you prefer them cooked, the chefs will grill them perfectly to your liking.



(From left) From decadent mala hot pot and hearty soups at LATITUDE Bistro's International Buffet Dinner, to the plethora of seafood offerings at WOK°15 Kitchen, Members are in for a gastronomic treat in September and October.



To relish a taste of Malaysia, the KL Claypot Seafood Noodle is the order of the day. Distinctly different from its white Singapore counterpart, these thick noodles are braised in dark soya sauce and topped with a healthy portion of premium seafood.

Over at WOK°15 Kitchen, the crustaceans have also taken centre stage, with the Hong Kong Shelter crab shuffling out in September. Boat dwellers by the waterfront of Hong Kong's Causeway Bay years ago used to fry up the fresh crabs from their haul from the harbour—those they had not managed to sell that day—in their typhoon shelters, hence the name “Shelter Crab”. This iconic dish is intensely flavourful, thanks to the heaps of garlic and dry chilli it is slathered in.

Meanwhile, the Drunken Prawns—another Cantonese favourite—which is making a splash in October, must not be missed. Drowned in strong Chinese wine while still alive, these succulent shrimps retain their freshness as a result and are full of juicy goodness that every seafood connoisseur will happily savour. 🍷



## LATITUDE BISTRO

### Miso Garlic Pork

**September: Lunch and Dinner**

Savour succulent pork loin that is pan-fried with fragrant garlic oil and seasoned with Japanese miso paste. Featuring a flavour profile that is both sweet and salty, miso adds richness to this lean and tender pork—a perfect pairing with rice or noodles.

**PRICE: \$21+**

### International Buffet Dinner

**September: Friday & Saturday, Dinner**

If the delicious durian and jackfruit ice kachang desserts are not enough to tempt you, let the action station get you salivating! With individual mala pots to devour your food in, take your pick from a wide spread of meats, including slices of the much-desired Wagyu beef and Kurobata pork, and kampong chicken stir-fried with a secret blend of Sichuan pepper and chilli powder.

**PRICE: \$58+ (Adult), \$29+ (Child)**

### KL Claypot Seafood Noodle

**October: Lunch and Dinner**

What sets this Malaysian version of Hokkien Mee apart is that the thick noodles are braised in dark soya sauce, giving them a rich fragrance and distinct colouring, compared to the lighter-coloured noodles in the Singapore version. Flavoured with pork fat, this dish comes with a hearty serving of premium seafood such as scallop, prawn and mussel.

**PRICE: \$24**

### Seafood with BBQ Buffet

**October: Friday & Saturday, Dinner**

Make sure you come with an empty tummy, so you can indulge in a plethora of freshly grilled meats and seafood on ice, including snow crab and fresh sashimi. This smorgasbord of delectable protein, scrumptious delicacies and mouth-watering desserts will not disappoint.

**PRICE: \$58+ (Adult), \$29+ (Child)**

## WOK°15 KITCHEN

### Hong Kong Shelter Crab

**September**

This speciality dish of the shelter crab is not just intensely flavourful, it's downright addictive. Made iconic by the boat dwellers of old-Hong Kong, who lived in junks and sampans, this crab dish is sautéed with loads of garlic bits and dry chilli, so every bite explodes in your mouth with astounding flavours.

**PRICE: \$8+ per 100g (U.P. \$10+ per 100g)**

### Drunken Prawns

**October**

Prepared using traditional methods, live prawns are placed in a clay pot and dunked in Chinese wine to ensure they are totally "drunk" to ensure maximum freshness and sweetness. These plump and juicy prawns will have you coming back for more.

**PRICE: \$5+ per 100g (U.P. \$8+ per 100g)**

## MIND THE GAP

SAFETY MEASURES TO KEEP IN MIND WHILE EATING OUT.

The Club has implemented various measures for the safety of its Members as Singapore breaks out of the Government-initiated Circuit Breaker in phases. These include hand sanitisers at various points and well-trained staff. Add to that, socially responsible behaviour by all will help ensure we are able to get back to normalcy sooner than later.

While social distancing and maintaining high levels of personal hygiene will continue to be mandatory for some time, individuals and families can also employ proactive measures of their own by choosing to dine-in at the restaurants during off-peak hours whenever possible. Asking for alfresco dining or opting to sit in well-aired spaces whenever weather conditions permit will also go a long way in keeping infections at bay. Happy dining.



The flavour profile of WOK°15 Kitchen's Hong Kong Shelter Crab pays homage to old-Hong Kong style of cooking and will keep your tastebuds tingling.



## RECREATION

## FITNESS

**Personal Training Packages**

After having been indoors for the past few months due to the lockdown, get your body back in shape with a personal trainer who can help you achieve your fitness goals, be it losing weight or building strength. Each training session is customised according to your individual needs and goals. Let our professional trainers optimise your exercise regime and take your fitness to the next level.

**PRICE: \$1,000 for 10 sessions**

**Cross Core 180 & Personal Training (60 minutes)**

While cardio helps to burn calories, weight training is what you need to get your core muscles in tip-top shape. Incorporate the Cross Core 180 into your fitness regime and give your core a boost with this rotational bodyweight device that is designed to develop full-body strength and improve balance so you can confidently engage in all your favourite sports.

**PRICE: \$1,000 for 10 sessions**

**Kickbox Fit (60 minutes)**

Get your muscles moving and heart pumping to the beat with this high-energy workout. This intense kickboxing routine combines the techniques of traditional martial arts with fat-burning cardio and engages every part of your body while greatly improving coordination, flexibility and reflexes.

**PRICE: \$1,200 for 10 sessions**

## AQUA

**AcquaPole® & AcquaPole Boxing®**

September & October:

Every Thursday, 9.30am – 10.30am

Tone up your muscles and get a workout in without wearing down your knees. Suitable for beginners, hop into the Infinity Pool and strengthen your body and core while exercising in shallow water – a fun experience everyone will enjoy.

**PRICE: \$100+ (Member), \$120++ (Member's guest)**

**Aqua Bike Endurance**

September & October:

Every Tuesday, 9.30am – 10.15am,  
7pm – 7.45pm

Every Friday, 8.30am – 9.15am

Combining interval and aerobic training with arm movements for a full-body routine, this Level 2 class takes it up a notch as you switch things up. If you are a triathlete or marathon runner, this also substitutes for cross-training. Aqua shoes are required for these sessions.

**PRICE: \$120+ (Member), \$140++ (Member's guest)**

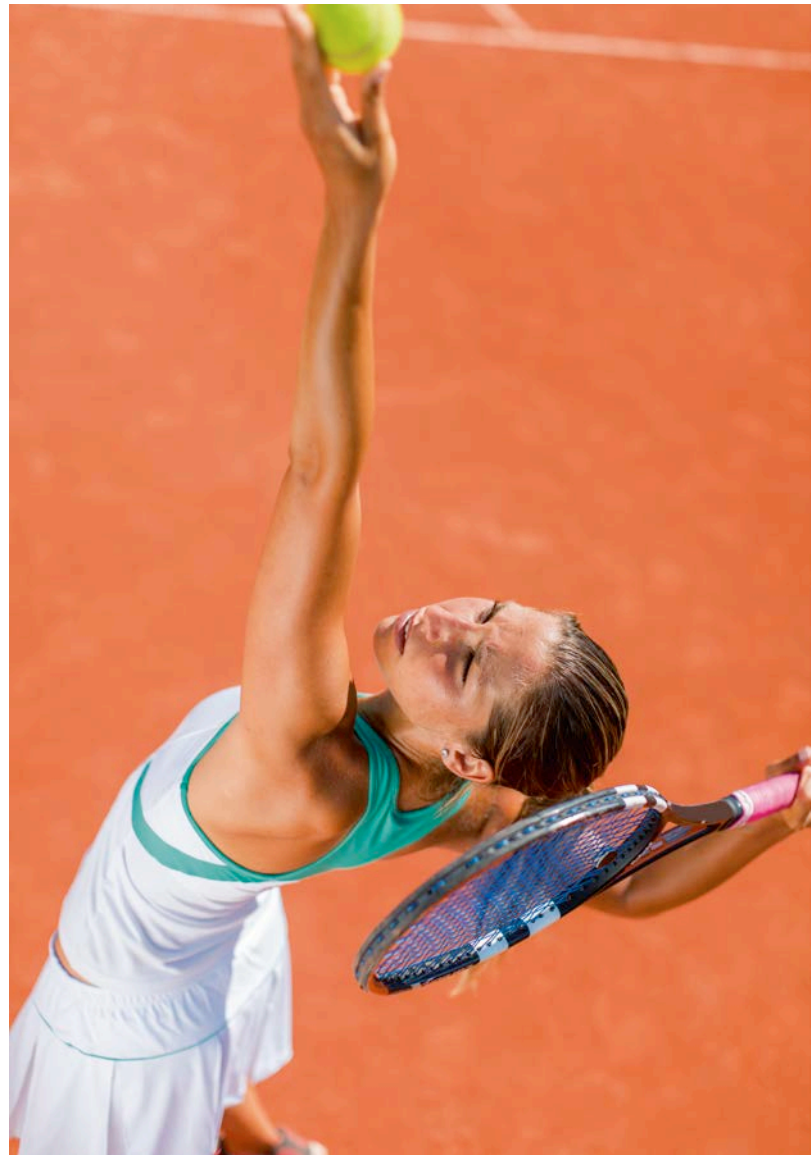
**Aqua Bike Lite**

September & October:

Every Friday, 9.30am – 10.15am

Pedal to the beat while combining simple arm movements in this low-impact class that still gets your circulation going. Great for beginners, gets your muscles working out in a fun and relaxing way. Aqua shoes are required for these sessions.

**PRICE: \$120+ (Member), \$140++ (Member's guest)**

**Deep Water Workout**

September & October:

Every Saturday, 11.30am – 12.15pm

With the help of a deep-water belt, your body is kept afloat vertically while you engage in a series of interval-training exercises to strengthen muscles and boost your cardiovascular fitness. The resistance provided by the water helps to burn more calories as you exert against its force. The best thing about working out in water is that the buoyancy reduces the impact on your joints.

**PRICE: \$120+ (Member), \$140++ (Member's guest)**

**Private Swimming Lessons**

Daily

If you are looking for personalised instruction, let the private instructors at Yvonne Swim School teach you the strokes and finesse your swimming skills with one-on-one lessons.

**PRICE: Private lesson for**

**Individual:**

**\$60+ per swimmer (30 minutes)**

**\$70+ per swimmer (45 minutes)**

**\$80+ per swimmer (60 minutes)**

**Private lesson for**

**2 swimmers:**

**\$40+ per swimmer (30 minutes)**

**\$45+ per swimmer (45 minutes)**

**\$50+ per swimmer (60 minutes)**

## SPORTS

### **Playball – Children’s Multisport Enrichment Programme**

September & October:

Every Monday, 3.50pm (1 year old);

4.40pm (4 – 6 years old);

Every Tuesday, 3.50pm (2 years old); 4.40pm (3 years old);

Every Wednesday, 9am (12 – 22 months old); 9.50am (23 – 28 months old); 10.40am (29 months – 3 years old)

An international multisport programme for kids aged between 10 months and four years old, playball is a non-competitive enrichment activity that places the emphasis on having a good time while exposing the kids to a variety of ball sports.

**PRICE: \$20 per lesson**

**Call the Recreation Centre for schedule.**

## TENNIS

Hone your tennis skills with Olaso Tennis Academy, where our friendly instructors and elite coaches will help you to build the right foundation and refine your technique so you can be a true master on the court. Book your lessons today!

**PRICE:**

**Private Tennis Lessons**

**Regular/ Assistant/ Junior Coach \$80+ (1 player); \$45+ (2 players)**

**Head Coach**

**\$100+ (1 player); \$55+ (2 players)**

**Director of Tennis**

**\$120+ (1 player); \$65+ (2 players)**

**Group Lessons**

**Available upon request**

**Any Coach**

**\$45+ (4 to 6 players)**

For more information about the Junior Tennis Programme, email the Recreation department at [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).

## SAILING

### **Powered Pleasure Craft Driving License (PPCDL) Course**

September & October:

Every Saturday and Sunday

If you are an aspiring sailor who is preparing for the PPCDL test, this two-day course is for you. Conducted by professional instructors from the Singapore Maritime Academy (SMA), learn about everything from theoretical topics such as sound and light signals to practical sessions that get you right behind the wheel to pilot the boat under supervision. At the end of the course, you will be awarded a Certificate of Attendance which is required for the PPCDL test conducted by SMA.

**PRICE: \$297.50 (Member);**

**\$262.50 (Member’s birthday month), \$280 (student or NSF), \$350 (Member’s guest)**

*Prices exclude test fees. A minimum of three persons must be in attendance for the course to commence.*

*Reservations & Enquiries:*

*Recreation Department: 6305 6988 / [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*

## OTHERS

### **Lockers for Rent**

Ongoing

While you are at the Club, secure your belongings in lockers which are available in both the male and female changing rooms. Locker rentals start as low as \$10 per month (depending on size), with a minimum rental period of six months. Bonus: Get the 12th month free when you pre-pay for a year of rental.

**Rental fees for six months:**

**\$60+ (small), \$120+ (medium), \$180+ (large).**



## SPA RAEL

### Signature Massage Therapy

September & October

Give those tired muscles some much-needed relief with a pampering massage that combines a blend of traditional techniques from all over Asia. Your body will thank you for it.

**PRICE: \$98 nett (60 minutes), \$142 nett (90 minutes, including scrub). To redeem, please quote "OMC0910-SR2". Each guest is limited to a one-time redemption**

## ROOMS

### Romantic Escape

1 - 15 September

Travel options are limited for now, so why not get some couple time with a staycation at the Club's Marina View Room? Enjoy a honeymoon set-up with a complimentary bottle of wine, à la carte breakfast for two, and two hours of aromatic massage for two at Spa Rael (worth \$856++). Plus, there's a take-home surprise gift.

**PRICE: From \$558+\***

### Family Getaway

1 - 15 September

The time is also perfect for making memories with family. How about a staycation at the Hillview Room? Enjoy a la carte breakfast for the whole family (2 adults and 2 children), as well as two-hour bicycle rental and \$20 worth of arcade tokens for entertainment. An extra rollaway bed, board games on rent and a children's fun kit ensure there is uninterrupted family time.

**PRICE: \$328+\***

\* Book an extended stay to enjoy further discounts or top up to upgrade to a luxurious suite with a complimentary in-room minibar.

**PRICE: \$185+ per additional night Suite Upgrade: \$100+ (Junior Cove Suite/ Monte Carlo 1); \$200+ (Monte Carlo 2), \$260+ per additional night**



### Foodie Escapade

15 September - 31 October

A gourmet getaway while revelling in marina views is exactly what the current climate calls for. Enjoy à la carte breakfast and four-course dinner at LATITUDE Bistro for two. Add to that, a complimentary bottle of Prosecco and Charcuterie Platter.

**PRICE: \$300+**

## ONE15 LUXURY YACHTING

### Live BBQ Onboard

September & October

Wine and dine in style aboard the majestic *Lady Quikglow 1*, a magnificent 83ft catamaran designed with elegant modern living spaces. Let a professional chef whip up a sumptuous spread of live BBQ—an eight course meal, no less—according to your preference. Included into your four-hour charter is also a bottle of Prosecco, which you can savour with the curated feast in the luxurious inner saloon or on the spacious top deck with a panoramic view of the ocean skyline.

**PRICE: From \$3,500++ onwards for 10 persons, four-hour charter**

For bookings and enquiries, email [sales@one15luxuryyachting.com](mailto:sales@one15luxuryyachting.com) or call +65 6305 9676.

## ONE°15 Life

September & October

Fishing enthusiasts will not want to miss this! Hop aboard the *Ocean Blue* for a luxurious fishing trip. Guided by fishing experts, this nifty craft will get you to those fishing hot spots to catch your own fish, it also comes equipped with a variety of essential fishing tools. Enjoy complimentary usage of fishing rods and baits when you charter during the promotional period.

**PRICE: \$699++ (weekdays), \$749++ (weekends) for up to 10 persons, four-hour charter**

For bookings and enquiries, visit [one15life.com](http://one15life.com) or email [sales@one15life.com](mailto:sales@one15life.com).

Due to COVID-19, yacht capacity is subject to MPA's latest guideline.





### SCHOOL'S OUT! KIDS POOL PARTY

**Date:** Saturday,  
5 September 2020

**Time:** 12pm – 6pm

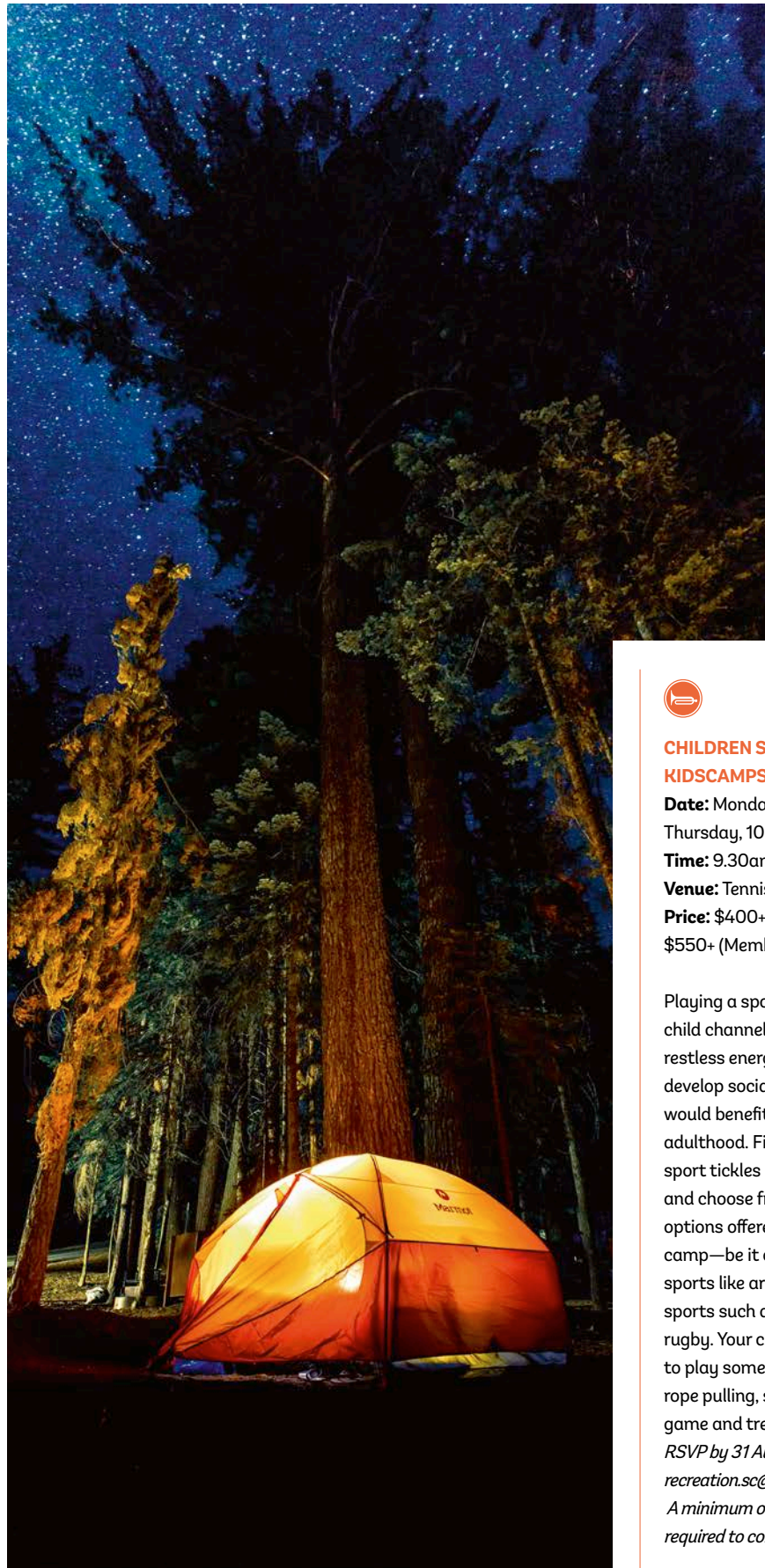
**Venue:** Pool

**Price:** Complimentary  
(Member)

\$10+ (Member's guest)

*\*Prices inclusive of ice-cream  
for children and free drinks  
for adults*

It's the school holidays and time for some fun in the sun at ONE\*15 Marina Sentosa Cove's infinity pool. From navigating a 10m pool obstacle course, to kids craft and balloon sculpting, there's a plethora of activities planned for your kids. Your challenge will be getting them to come out of the pool. Register at Recreation Office upon arrival for wrist bands



All events are subject to the prevailing COVID-19 national guidelines and measures.



### CHILDREN SPORTS CAMP BY KIDSCAMPSSINGAPORE

**Date:** Monday, 7 September –  
Thursday, 10 September 2020

**Time:** 9.30am – 3pm

**Venue:** Tennis Pavillion

**Price:** \$400+ (Member)  
\$550+ (Member's guest)

Playing a sport helps your child channel his or her restless energy as well as develop social skills, which would benefit them in their adulthood. Find out which sport tickles your child's fancy and choose from the various options offered by this sports camp—be it concentration sports like archery or contact sports such as football and rugby. Your child will also get to play some fun games like rope pulling, sack run, flag game and treasure hunt. *RSVP by 31 August 2020 to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). A minimum of 10 persons required to commence the camp.*





**ECO-FRIENDLY CRAFTS**

**Date:** Sunday,  
13 September 2020  
**Time:** 2pm – 4pm  
**Venue:** Outside  
Recreation Office  
**Price:** Complimentary  
(Member)  
\$10+ (Member's guest)

Love the Earth is the buzzword in the Covid-19 landscape. Enrol your child in this crafts session for a chance to spend a fruitful afternoon learning how to reuse recycled materials such as egg cartons. Children will also get to express their artistic side through drawing or painting. *RSVP by 9 September 2020 to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



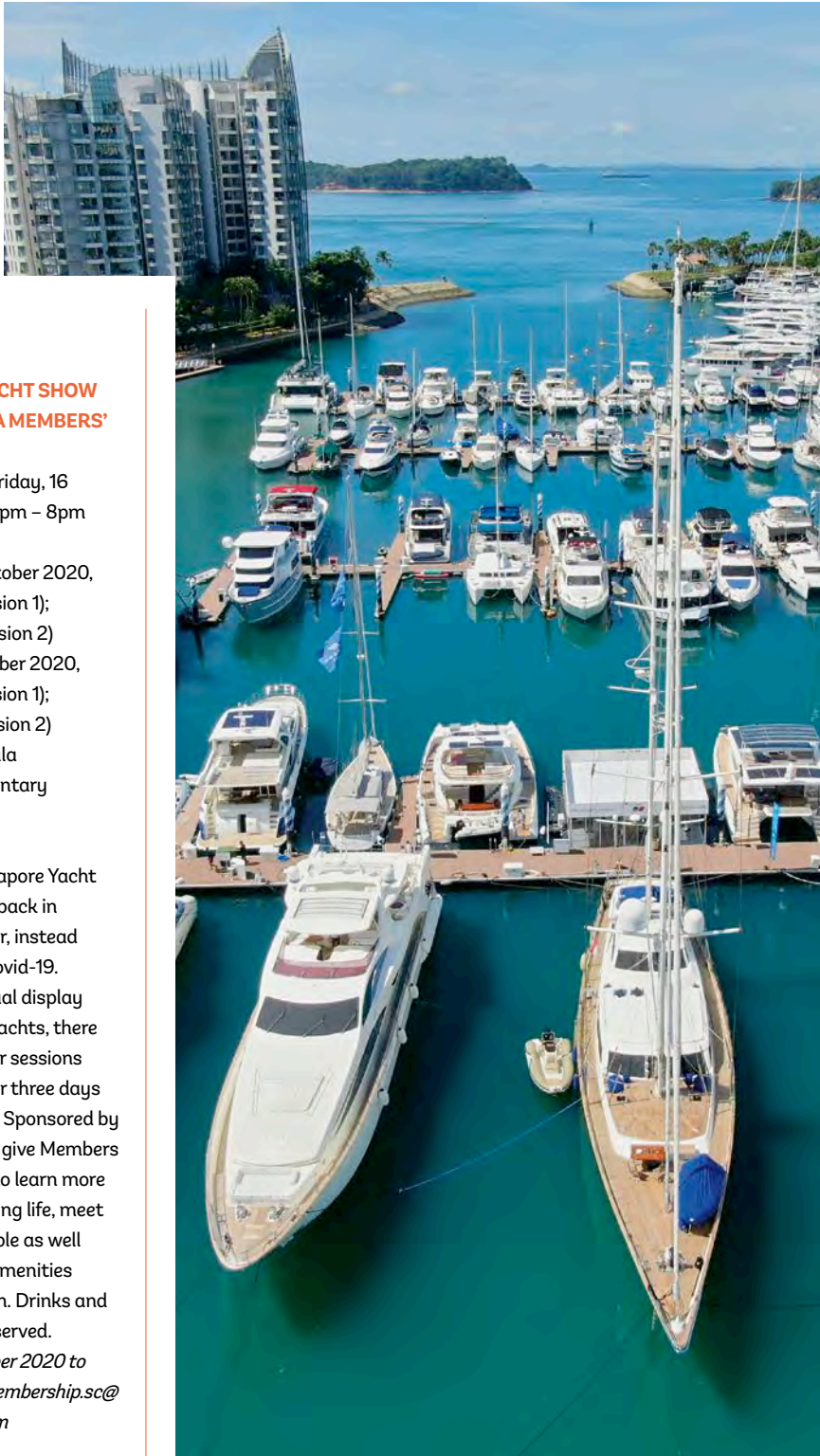
ART AND CRAFTS HELP IN THE DEVELOPMENT OF YOUR MOTOR SKILLS AND BOOST YOUR CHILD'S SELF ESTEEM.



**GLITTER OCEAN SLIME JARS**

**Date:** Sunday, 4 October 2020  
**Time:** 2pm – 4pm  
**Venue:** Kids' Playroom  
**Price:** \$15+ per pax (Member)  
\$20+ per pax (Member's guest)

Slime is a fun, easy and safe way for kids to learn about chemical and physical changes. This event offers your child the opportunity to learn aquarium- or marine-life-inspired craft, which will be equal parts fun and creative. This easy slime recipe will also show them how to make glitter slime with ocean toys to store in a small container. *RSVP by 28 September 2020 to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). A minimum of 5 persons required to commence the workshop*



**SINGAPORE YACHT SHOW  
(ONE15 MARINA MEMBERS'  
LOUNGE)**

**Dates & Time:** Friday, 16 October 2020, 5pm – 8pm (Session 1)  
Saturday, 17 October 2020, 1pm – 4pm (Session 1); 5pm – 8pm (Session 2)  
Sunday, 18 October 2020, 1pm – 3pm (Session 1); 4pm – 7pm (Session 2)  
**Venue:** Bar Nebula  
**Price:** Complimentary (Member)

The annual Singapore Yacht Show is coming back in October this year, instead of April due to Covid-19. Aside from a usual display of magnificent yachts, there will be close-door sessions for Members over three days during the show. Sponsored by HSBC, these will give Members an opportunity to learn more about the yachting life, meet like-minded people as well as about other amenities available to them. Drinks and canapés will be served.  
*RSVP by 9 October 2020 to 6305 6988 or [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com)*



**LITTLE MAGICIAN  
WORKSHOP**

**Date:** Saturday, 17 October 2020  
**Time:** 4pm – 5.30pm  
**Venue:** Captain's Table  
**Price:** \$45+ (Member)  
\$60+ (Member's guest)

Who doesn't dream of learning at least one magic trick in their life. This workshop offers your child the opportunity to do just that. Best suited for kids aged 7 to 12 years of age, it will take your child through an ice breaking session with the rest of the participants, which will help them ease into the next part—practising the tricks they learn on one another. Plus, they get to bring home custom magic props to hold their own little magic show.  
*RSVP by 14 October 2020 to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*

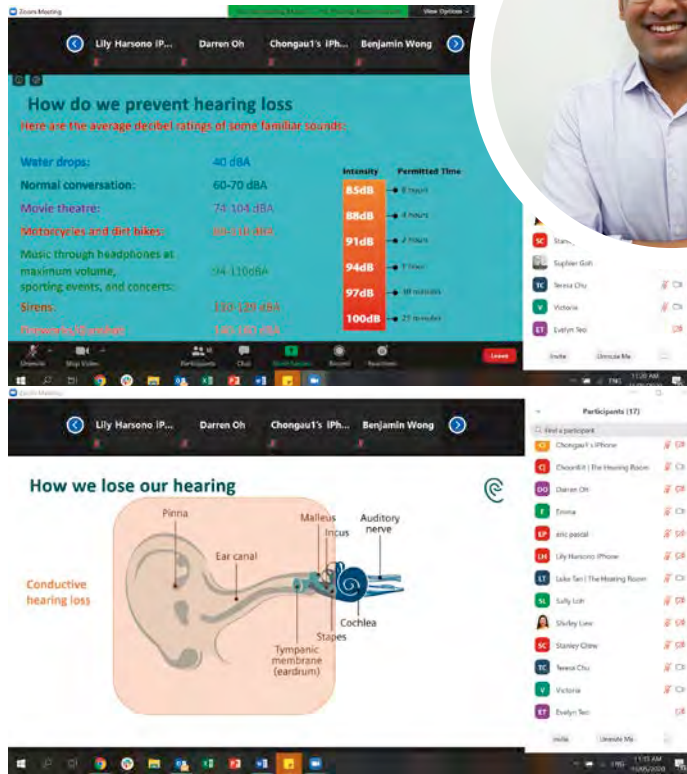


*All events are subject to the prevailing COVID-19 national guidelines and measures.*

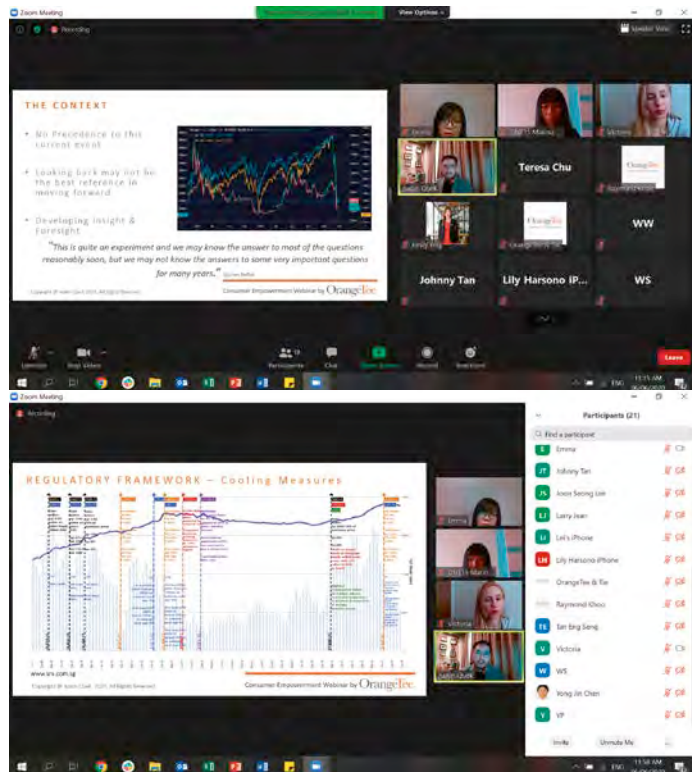
# Learning About Your Hearing Health

## MEMBERS GAINED EXPERT INSIGHT ON THE SCIENCE OF HEARING

The call of chirping birds, waves crashing on the shore, even the sizzle of a steak being done to perfection, these soft sounds enrich our lives. But these could be lost forever if we take the organ that facilitates it for granted. This was the talking point of the Webinar by Ankesh Juneja on 16 May. The audiologist highlighted the workings of the ear and how we can protect it by minimising every-day strain. Simple practises such as keeping away from loud noises, turning down the volume of our speakers and earphones and protecting them with ear muffs when necessary, can go a long way. He also addressed questions on the subject and provided tools that can help us gauge our range of hearing. Needless to say the Members gathered on Zoom were all ears.



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# The Defensive Play - Fundamentals of Singapore's Residential Market

## REAL ESTATE AGENCY SHARED INSIGHTS ON SINGAPORE'S PROPERTY MARKET

As the name suggests, this webinar conducted by OrangeTee & Tie Pte Ltd on 6 June assessed the current trends in the property market and its future. Justin Quek, Associate Deputy Group Director of the real estate agency, had the Member participants in rapt attention as he shared his insights on the changing buying behaviour of the younger generation as well as the current climate of the global property market and its future. He also regaled them with an aspiring example of a how a young couple strategically graduated from their first HDB to a dream landed property. Members commented on the talk being very informative and also appreciated the presenter's knowledge and articulation skills.

# Essentials of Will Writing

## DON'T LEAVE IT TO THE VERY LAST MINUTE, ADVISED EXPERTS

Writing a will is often an action prone to procrastination. But experts urge us to plan ahead in order to save the bereaved family additional despair. The Webinar on 20 June focused on the nuances of writing a clear and comprehensive will that takes into consideration the key people—family and caregivers—and details how the assets will be distributed. The talk was hosted by bestselling author Andrew Ang. He highlighted to the Members who participated on the importance of clarity and planning in such matters, as otherwise, the assets will be distributed as deemed fit by the law. Not only did Ang touch in detail on some very key points, he illustrated them with real-life scenarios for comparison, which made for easy understanding. Members found the session informative as well as eye-opening.



# Boat Ownership Secrets

## ASPIRING YACHTING-OWNERS BENEFITED FROM A BOATING EDUCATION

Living the yachting lifestyle is a dream come true especially when in an island nation. That enthusiasm when combined with essential know-how about buying and maintaining boats can make it all the more enjoyable. Dione Schick of BASCO Boating advised on the topic—she co-owns the education and technology company with her husband William. In an online session held on 27 June for Members, she talked about how she and her husband went about the process of buying their first yacht, their trials and tribulations and the lessons learnt. She advised first-time boat buyers to consider going through some foundation courses in order to be able to make informed choices, as well as shared information about the right brokers to approach. The session was well-received by boaters who found the sharing useful, even for those in the market for buying subsequent boats.





### GO FOR GIRO

Paying monthly bills is now more convenient as the Club has implemented GIRO payments. Select this mode of payment and receive \$20 worth of F&B credits from the Club. All you need to do in order to enjoy these additional benefits is, scan the QR code and complete your GIRO application form.



### BOOK YOUR TENNIS COURT SLOTS

The Club's tennis courts are available for booking a week in advance. Members are advised to plan ahead as availability of courts is on a first come, first serve basis—each slot is for a minimum of one hour and a maximum of two. In view of the latest government advisory, Members are requested to complete your temperature check and SafeEntry submission at the guardhouse before proceeding to the tennis courts. *To book, Members can contact the Recreation office at 6305 6980 between 9am to 7pm on weekdays, or reach out to the Front Desk between 7pm and 11pm at 6305 6988. Or, you can email [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



### NEW MARINA RECEPTION AND OFFICE

Members who need to access the Marina Reception can now find it at #01-15. Its prominent new location at the unit opposite to the Boaters' laundry room makes it easier for new boaters to locate—it is also equipped with letterboxes, which they can rent. Add to that, the Marina Reception has been given an aesthetic update that makes it modern and welcoming at the same time.

**ONE 15 MARINA**   
Sentosa Cove Singapore

## A HEARTWARMING MID-AUTUMN FESTIVAL

Celebrate treasured reunions and delight your loved ones with our signature collection of classic mooncakes.

Inspired by the nautical lifestyle, the mooncakes are beautifully encased in an elegant box with a timeless shade of marine blue and embossed nautical waves.

**Available for collection from  
9 September – 1 October 2020.**

Enjoy free delivery to a single location  
with a minimum purchase of 10 boxes.



双黄白莲蓉



冰皮猫山王榴莲

### WHITE LOTUS PASTE WITH DOUBLE EGG YOLK 双黄白莲蓉

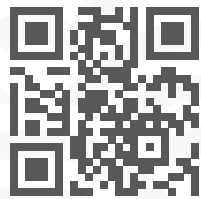
Enjoy the perfect blend of sweet and savoury flavours in this traditional mooncake with double yolks that symbolize the full moon at Mid-autumn and reunion of families.

**Per box of 4 mooncakes:  
\$48+ per box (Member), \$68+ per box (Non-member)**

### MAO SHAN WANG DURIAN SNOW SKIN 冰皮猫山王榴莲

A must-have for all durian lovers, savour rich and luscious Mao Shan Wang durian plup encased in a soft, chewy snow skin.

**Per box of 4 mooncakes:  
\$78+ per box (Member), \$98+ per box (Non-member)**



**Scan QR code to order online**

For more enquiries, contact 6305 6998 or  
wok15.sc@one15marina.com

[bit.ly/one15mc](https://bit.ly/one15mc)



# SEP 2020 – MAR 2021

## 2020 SEP

**4 – 10**  
Formula Kite Individual World  
Championship  
Weifang Binhai, China  
[formulakite.com](http://formulakite.com)

**5 – 11**  
Dragon Gold Cup  
Kinsale, Ireland  
[internationaldragonsailing.net](http://internationaldragonsailing.net)

**13 – 20**  
Cold Hawaii PWA World Tour  
Klitmøller, Denmark  
[pwaworldtour.com](http://pwaworldtour.com)

## OCT

**3 – 8**  
GKA Kite-Surf World Cup Morocco  
Dakhla, Morocco  
[gkakiteworldtour.com](http://gkakiteworldtour.com)

**3 – 11**  
Barcolana 52  
Gulf of Trieste  
[barcolana.it](http://barcolana.it)

**8 – 12**  
Swan 45 World Championship  
Marina di Scarlino, Italy  
[swan45class.com](http://swan45class.com)

**11 – 16**  
Raceboard Masters World Championship  
Hondarribia, Spain  
[raceboard.org](http://raceboard.org)

**15 – 18**  
Singapore Yacht Show 2020  
Singapore, Singapore  
[singaporeyachtshow.com](http://singaporeyachtshow.com)

**17**  
Rolex Middle Sea Race  
Valetta, Malta  
[rolexmiddlesearace.com](http://rolexmiddlesearace.com)

## NOV

**8 – January 2021**  
Vendée Globe  
Les Sables-d'Olonne, France  
[vendee-globe.org/en](http://vendee-globe.org/en)

**9**  
Deepavali

**16 – 22**  
M32 World Championship  
Florida, USA  
[m32world.com](http://m32world.com)

**21 – 22**  
ONE15 Christmas Boat Light Parade

## DEC

**9-13**  
Hydrofoil Freestyle  
Fortaleza, Brazil  
[gkakiteworldtour.com](http://gkakiteworldtour.com)

**17 – 20**  
America's Cup World Series Auckland  
Auckland, New Zealand  
[americascup.com](http://americascup.com)

**25**  
Christmas

## 2021 JAN

**9**  
RORC Transatlantic Race  
Puerto Calero Marina, Lanzarote  
[rorctransatlantic.rorc.org](http://rorctransatlantic.rorc.org)

## FEB

**27 – 29**  
Flying Fifteen World Championship  
Freemantle Sailing Club, Perth  
[flying15worlds2021.com](http://flying15worlds2021.com)

## MAR

**6 – 12**  
J/24 WORLD CHAMPIONSHIP  
Asociación Mendocina de Windsurf,  
Argentina  
[j24arg.blogspot.com](http://j24arg.blogspot.com)



8 NOV –  
JAN 2021

Historically, 46 per cent of the boats that start the Vendée Globe don't finish. It's a risk that comes with offshore sailing as well as the fact that competitors are not allowed any outside assistance in the form of weather routing or spare parts.

# FIRST-TIME BOAT BUYER EXPO

POWERED BY BASCO ONLINE

## ASIA ONLINE BOAT SHOW & EXPO

The First Ever Virtual Boat Buyer Expo & Asia Online Boat Show

20th - 31st October 2020

Speaking, Sponsor & Virtual Exhibition Opportunities

### About the company

BASCO is a global community of boaters, partners, and clients, on a mission to provide trusted advice that takes risk and uncertainty out of boat ownership. BASCO informs and advises through the virtual Boat Buyer Expo, and through the Online Boat Show marketplace, connects boat owners with boating lifestyle clients, and to service providers, technical partners and dealers, who can assist them with their boating needs.

Contact [info@boatbuyerexpo.com](mailto:info@boatbuyerexpo.com)

Now Boat Owners Can Affordably Exhibit in a Boat Show

**BASCO**  
**BOATING**  
CONNECT · ADVISE · TRADE

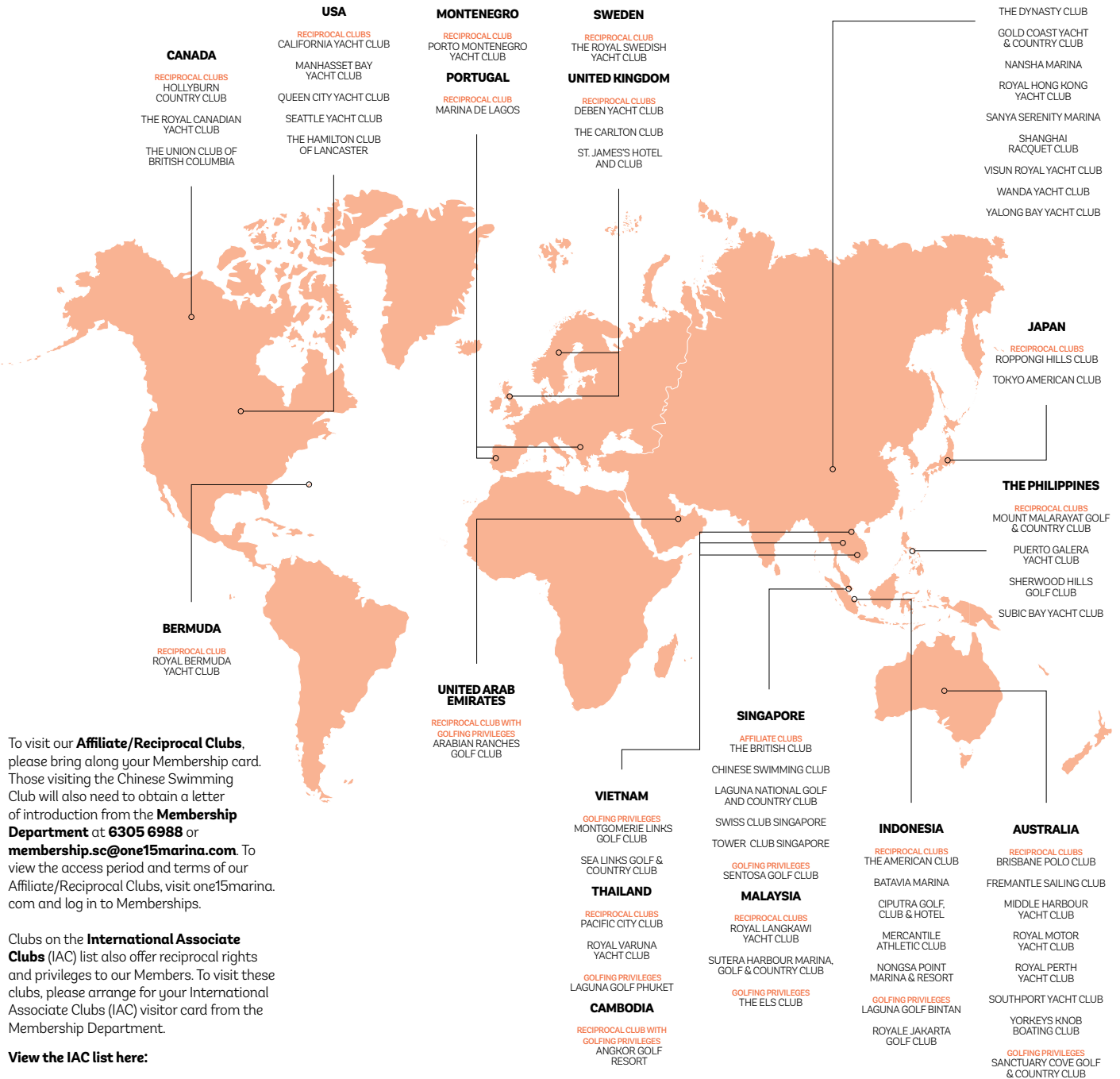
*take me to the sea*

[www.boatbuyerexpo.com](http://www.boatbuyerexpo.com)

+65 9155 4060

# THE WORLD AT YOUR FINGERTIPS

As a Member of ONE°15 Marina Sentosa Cove, your privileges extend beyond our premises. The Club has partnered with a top-tier selection of the world's best marinas, yacht, golf and city clubs to enable our Members to access their facilities.



To visit our **Affiliate/Reciprocal Clubs**, please bring along your Membership card. Those visiting the Chinese Swimming Club will also need to obtain a letter of introduction from the **Membership Department at 6305 6988** or **membership.sc@one15marina.com**. To view the access period and terms of our Affiliate/Reciprocal Clubs, visit [one15marina.com](http://one15marina.com) and log in to Memberships.

Clubs on the **International Associate Clubs (IAC)** list also offer reciprocal rights and privileges to our Members. To visit these clubs, please arrange for your International Associate Clubs (IAC) visitor card from the Membership Department.

View the IAC list here:



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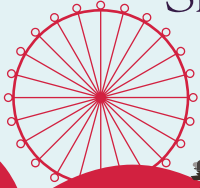
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11 Cove Drive, Sentosa Cove, Singapore 098497

10<sup>TH</sup> ANNIVERSARY

# SINGAPORE YACHT SHOW

SENTOSA COVE



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