

# LONGITUDE

A PUBLICATION OF  
ONE°15 MARINA  
SENTOSA COVE  
SINGAPORE



## LIFE IDEA-LISTIC

The wakeup calls that have led to  
inspiring life choices, holidays with art

+

how to give leftovers a gourmet twist



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# CONNECTING THE DOTS

Half the year has almost gone by. May and June are when we get to celebrate the two people that have invariably shaped our lives in more ways than one. Celebrating Mother’s and Father’s Day are two time-honoured traditions at ONE°15 Marina Sentosa Cove and this year is no different. Refer to this issue of *Longitude*’s Club Buzz section (from page 30) to see what we have planned—from a three-course French-style brunch and dim sum buffet, to pampering sessions, staycation deals and more for both mum and dad. Add to this, we have planned workshops for children that can help them show their appreciation for their parents. School holidays also fall around the same time, so expect the Club to be buzzing with events and workshops to keep the young ones occupied too.

The Club was recently awarded the Best Waterfront Lifestyle Destination Award 2021 by *APAC Insider* as part of the lifestyle publication’s annual awards. This year is especially important as it shines the light on businesses that have not just survived the challenges of the pandemic, but also thrived by redefining themselves and moving along with the times. To us personally, it is an affirmation

THE BEST WATERFRONT LIFESTYLE DESTINATION AWARD 2021 IS AN AFFIRMATION THAT WE ARE HEADED IN THE RIGHT DIRECTION.

that we are headed in the right direction. It keeps us steadfast on our quest to providing Members with safe and enriching experiences. On a broader view, the award is a call out to the entrepreneurial spirit and creativity that Singapore revealed during these difficult times.

I refer to the quality as “creativity” on purpose. Too often, the usage is relegated to art and artistic forms. But creativity is all about using the imagination to solve problems or create something of value—and we themed this issue of *Longitude* around that concept. In Fun Facts (page 5), we talk about the yachts that have stretched the limits of that imagination in their design. We are proud to have had these outstanding vessels berth at ONE°15 Marina Sentosa Cove at some point over the years. The profiles we have featured, Member, Daniel Lim, and staff, Chef Desmond Goh, have proven their artistic capabilities in their chosen professions without ever wielding a brush. Cooking is in itself a creative skill, but transforming leftovers into gourmet dishes of their own right, even more so. Fine Food (page 16) explains how.

While on the topic of creativity, Boaters’ Bar reopened at its new venue on 3 March, and might I add, to a full house. The revamped interiors and Japanese-inspired menu planned by the Club’s in-house culinary team served to redefine the concept of this well-loved hangout. The team also exhibited its culinary expertise with the dim sum buffet sets and à la carte menu at WOK°15 Kitchen during Singapore Restaurant Week Spring 2021, between 5 and 28 March—winning it the Best Destination Restaurant award. This is the first time the Club’s restaurants have participated in this annual culinary extravaganza, and we hope it’s the first of many more to come.

On that high note, here’s to an eventful summer for you with us!

**Jonathan Sit**  
Acting General Manager



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**ONE<sup>15</sup> MARINA  
SENTOSA COVE, SINGAPORE**  
#01-01, 11 Cove Drive, Sentosa Cove,  
Singapore 098497  
T 6305 6988  
F 6376 0888  
W www.one15marina.com

[instagram.com/one15marina](https://www.instagram.com/one15marina)  
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**TATLER ASIA (SINGAPORE) PTE LTD**  
34 Bukit Pasoh Road,  
Singapore 089848  
T 6323 1606  
F 6323 1692  
E [sginfo@tatlerasia.com](mailto:sginfo@tatlerasia.com)

**PROJECT EDITOR** Sandhya Mahadevan  
**GRAPHIC DESIGNER** Charlene Lee  
**CONTRIBUTORS** Ying Rui, Joanne Vincent, Cara Yap  
**IMAGES** Benny Loh, Shutterstock, Unsplash, 123rf.com  
**PRODUCTION DIRECTOR** Grace Lim  
**TRAFFIC EXECUTIVE** Jane Lau

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## TEAM & CONTACTS

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Arthur Tay

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### DISCIPLINARY COMMITTEE

Edmund Lee  
Lionel Tan  
Keith Magnus

### MANAGEMENT TEAM

#### ACTING GENERAL MANAGER

Jonathan Sit  
[jonathan.sit@one15marina.com](mailto:jonathan.sit@one15marina.com)

#### DEPUTY GENERAL MANAGER

Sabrina Shi  
[sabrina.shi@one15marina.com](mailto:sabrina.shi@one15marina.com)

#### DIRECTOR, MEMBERSHIP

Teresa Chu  
[teresa.chu@one15marina.com](mailto:teresa.chu@one15marina.com)

#### DIRECTOR, MARINA

James Roy  
[james.roy@one15marina.com](mailto:james.roy@one15marina.com)

#### HEAD OF F&B AND EXECUTIVE CHEF

Desmond Goh  
[desmond.goh@one15marina.com](mailto:desmond.goh@one15marina.com)

#### DIRECTOR, CATERING SALES

Joni Lim  
[joni.lim@one15marina.com](mailto:joni.lim@one15marina.com)

#### SENIOR MANAGER, HUMAN RESOURCE

Evelyn Teo  
[evelyn.teo@one15marina.com](mailto:evelyn.teo@one15marina.com)

**SENIOR MANAGER,  
ONE15 LUXURY YACHTING**  
Sylvia Ng  
[sylvia.ng@one15luxuryyachting.com](mailto:sylvia.ng@one15luxuryyachting.com)

#### MANAGER, ADVERTISING AND PARTNERSHIPS

Esther Ang  
[esther.ang@one15marina.com](mailto:esther.ang@one15marina.com)

#### MANAGER, FINANCE

Khoo De Wan  
[dewan.khoo@one15marina.com](mailto:dewan.khoo@one15marina.com)

#### MANAGER, SECURITY

Azhar Bin Hamid  
[azhar.hamid@one15marina.com](mailto:azhar.hamid@one15marina.com)

### DIRECTORY

#### MEMBERSHIP

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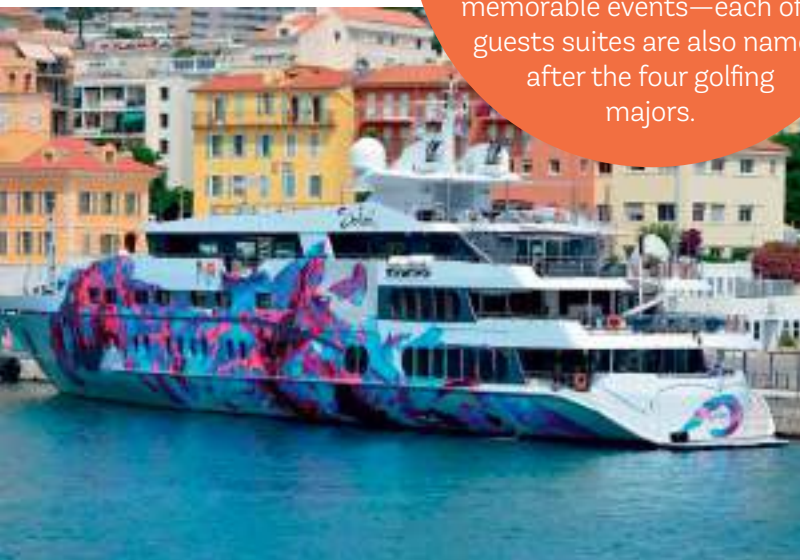
# Sea Innovations

THESE LUXURY YACHTS THAT HAVE DOCKED AT ONE°15 MARINA SENTOSA COVE TAKE DESIGN AND SEAFARING TO A WHOLE OTHER LEVEL.



1

The largest permanently based vessel available for superyacht charter in Asia, the **Saluzi** is like a floating beach house with five decks across its 1,650sqm space, which can house 32 guests. It bears an artwork by Chinese artist Li Jiwei of its namesake—the mystical warhorse that delivered the wounded Tang Emperor Taizong to safety.



2

THE 220-FT **VERTIGO** IS THE SEVENTH LARGEST SAILING YACHT AND THE FIRST OF HER SIZE TO HAVE A VERTICAL BOW, WHICH GIVES HER GREATER WATERLINE STRENGTH. SHE WAS AWARDED THE PRIX DU DESIGN AWARD BY HIS SERENE HIGHNESS, PRINCE ALBERT OF MONACO, IN 2012.

3

The **Sea Bear**, named after its owner Jack Nicklaus' golf moniker, is a floating museum. The 130-ft vessel houses picture galleries of the prolific golf star's many victories and memorable events—each of its guests suites are also named after the four golfing majors.



4

The largest solar-powered boat in the world, **Tûranor Planet Solar** also became the first such to circumnavigate the world from 27 September 2010 to 4 May 2012—to create public awareness on the importance of renewable energy.

5

The 252-ft **Silver Fast** is the fastest aluminium yacht of its size and has stunning features to boot. Aside from the usual accoutrements of a luxury yacht, it has an outdoor cinema, an eight-person spa, beauty salon, beach club and a temperature-controlled “winter garden” with outdoor dining.



# Art Attack

THE SEASON'S MUST-HAVES THAT BLEND STYLE WITH ART AND CREATIVITY.

TEXT YING RUI

## Urban Mobility

Maison Tamboite Paris' classic bicycle has been given the Louis Vuitton treatment with a monogram flower chainset, LV-shaped frame and leather wrapped saddle and frame. Adding state of the art technology to the elegant bicycle, an integrated tracker allows for location tracking via a dedicated smartphone app. Four versions of the made-to-order LV Bike are available, and for each, a Maison Tamboite master craftsman will assess the rider's measurements, which includes height, inseam, and even shoe size, to create a computerised model of the final product. **LV Bike is available at louisvuitton.com.**



## To Infinity And Beyond

Young French artist Ugo Bienvenu has designed several silk scarves for Hermès, and his distinctive style is inspired by mid 20<sup>th</sup>-century American comics. The latest edition combines sci-fi with Greek mythology: six superhero jockeys, led by the Hermès woman, race across the galaxy with horses and chariots. His earlier designs feature on double faced scarves—a technique



which took the French luxury house a decade to perfect—the design plays on translation and colour, offering a multicoloured French version on one side and a monochromatic English version on the other. **Hermès scarves are available at #01-02A Liat Towers; hermes.com.**



## Hypnotic Scents

Celebrating its 60<sup>th</sup> anniversary, Diptyque revisits its graphic heritage with limited edition candles with a playful oval design. Choose from fruity Berries, woody Fig Tree, fresh Roses and floral Tuberose, each glass candle is adorned with black lines inspired by the oval. The shadows cast vary from candle to candle, and they vibrate and dance to create a unique visual spectacle to accompany the aromatic experience. **Diptyque is available at #B1-33A Ngee Ann City.**





### Soak Up The Sun

Italian luxury brand Moncler has been collaborating with independent designers as part of its “one house, different voices” concept for its Moncler Genius collection. Designer Jonathan Anderson is back for its third edition with pieces that flow fluidly across genders. Tops, bottoms and parkas, come reimagined in Moncler’s signature lightweight puffer fabric, as well as sustainable cotton and ECONYL—nylon derived from ocean- and land-based waste—perfect for the nomadic adventurer. **Moncler Genius collection is available at B1-141 and L1-63, The Shoppes at Marina Bay Sands.**

### In Full Bloom

Japanese artist Takashi Murakami’s *Flowers* continue to make their mark on contemporary fashion. Taking the spotlight in Hublot’s limited-edition Classic Fusion Takashi Murakami, the iconic smiling flower, set with 500 black diamonds, has a three-dimensional effect and has petals that turn every time your wrist moves due to an ingenious ball-bearing system developed by Hublot’s engineers. **Hublot Classic Fusion Takashi Murakami All Black 45mm is available exclusively at The Hour Glass, #01-58 The Shoppes at Marina Bay Sands.**



## WHAT'S ON

# in May and June



### A GIFT TO THE UNIVERSE – CELEBRATING BACH III

Experience the brilliance of Bach’s Brandenburg Concerto No. 2 through the strings of talented young violinist Chloe Chua. She will perform live on stage along with Singapore Symphony Orchestra violinist Ye Lin, which can be watched online. **Prices from \$8, 21 May to 4 June, Sistic Live, [sistic.com.sg/events/206442SSO](https://sistic.com.sg/events/206442SSO)**



### KARUNG GUNI BOY

A theatrical adaptation by Tan Beng Tian of Lorraine Tan and Eric Wong’s book of the same name, the play tells the heart-warming tale of young Ming’s love for invention and how the all-too-familiar sound of the karung guni van gives him the brainwave to fashion them by recycling old items. **Price \$20, on till 23 May, Esplanade Theatre Studio, [esplanade.com/studios](https://esplanade.com/studios)**



### STAR WARS IDENTITIES: THE EXHIBITION

Relive moments from this cult-favourite film series—from original movie props, artworks, costumes and starship models. Hardcore fans can get a glimpse of the movie-making process through concept drawings as well as see how the identities of their favourite *Star Wars* characters were shaped. **Prices \$25 (Adult); \$80 (Family), on till 13 June, ArtScience Museum, [marinabaysands.com/museum](https://marinabaysands.com/museum)**



### PICTURING THE PANDEMIC: A VISUAL RECORD OF COVID-19

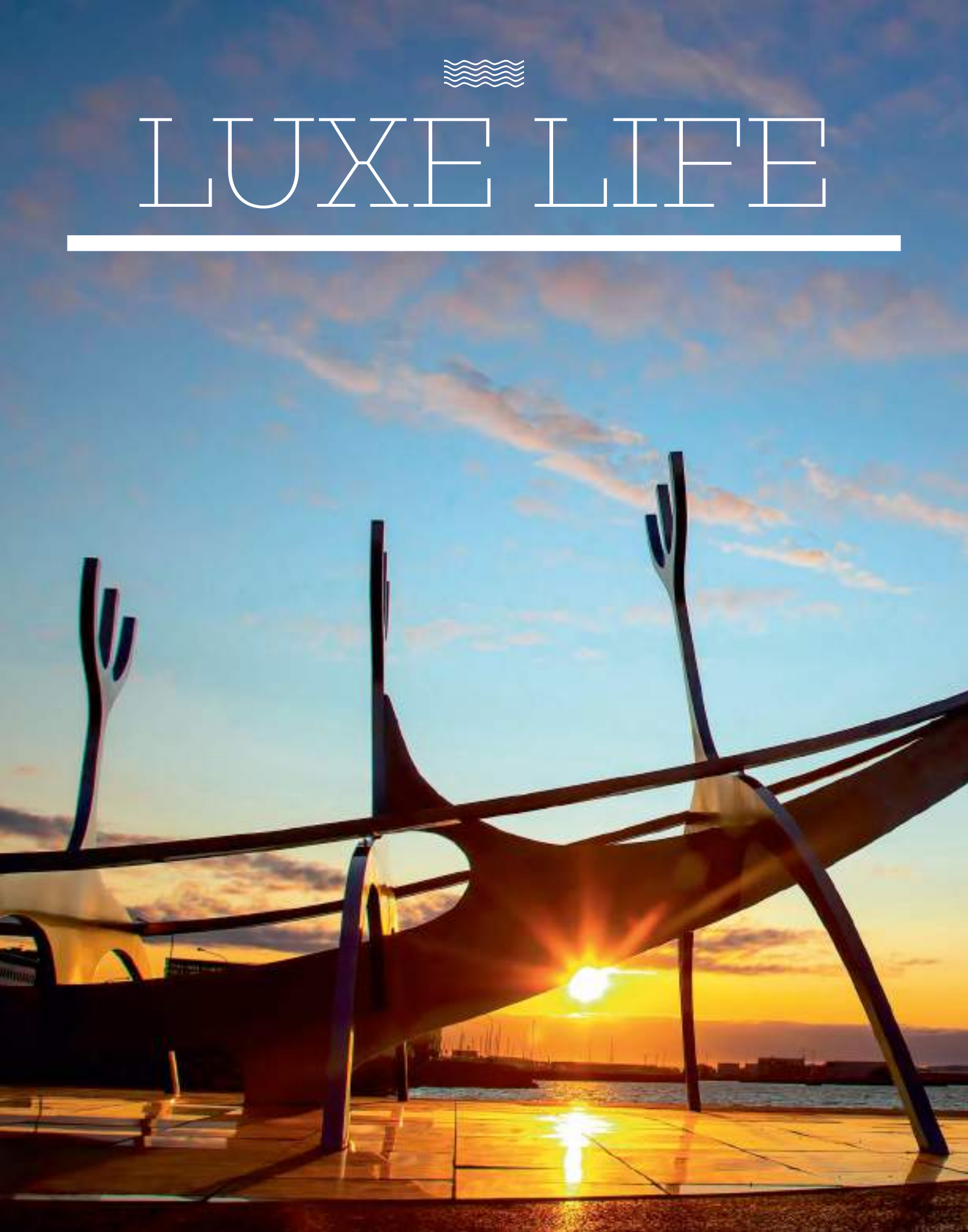
This visual documentation of the year past comprises 272 photographs, a short film and 16 donated artefacts. It tells the heartwarming, yet lesser-known, stories of Singaporeans who came forward to help others in the early phases of the pandemic, and how they adapted to the New Normal. **Free admission, on till 29 August, National Museum of Singapore, [go.gov.sg/picturingthepandemic](https://go.gov.sg/picturingthepandemic)**

*\*Information of events correct at the time of printing*





# LUXE LIFE





## C FOR CREATIVITY

Inspiring transformative journeys, lifestyles of adventure and art-inspired holiday experiences, plus gourmet creations from leftovers.

The Sun Voyager, a sculpture by Jón Gunnar Árnason, in Reykjavik stands as symbol of freedom, hope and the promise of undiscovered territory .

# THE BETTER LIFE

HIS LOVE FOR PEOPLE, EFFERVESCENT CONVERSATIONS AND HUMAN CONNECTIONS STEERED SERIAL ENTREPRENEUR DANIEL LIM TOWARDS HIS CALLING IN LIFE.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY REBECCA TOH



## "I ENJOY UNSCALABLE CONVERSATIONS AND DEVELOPING DEEP CONNECTIONS."

guardian angel"—he made up his mind to give back to the community by helping others find themselves, the way he had been helped.

**D**aniel Lim is a life and business coach, and co-founder and podcaster at LITO, but that is just skimming the surface. By his 30s, his portfolio also included other businesses focused around brand identity, branding, UX and UI design, interactive design, and web and app development—all of which are thriving till today.

A serial entrepreneur of a different cadre—"I consider myself a 'cereal' entrepreneur," he jokes, "I do things for the love of it. And usually just to scratch an itch." That passion has translated into success in all his endeavours, having gained his business acumen from his father.

When in conversation with Lim, it becomes very apparent that he is a storyteller, and that he has a lot to share. That he is a podcaster doesn't come as a surprise; but that he is a life coach, perhaps, does.

### THE WAKE-UP CALL

This new direction in Lim's life was triggered when he was at the Guggenheim Museum in New York, about 17 years ago. It was neither art nor the buzz of the city that moved him, rather he went through a meltdown on the hallowed grounds of the museum. It was a state of complete mind and body dissociation that was so severe that Lim had to be airlifted to Singapore.

Up until that time, Lim knew that he was a workaholic, an adrenaline junkie who revelled in the thrill of success. But he also had a very destructive relationship with money, which he realised was deep-seated trauma from his father having abandoned him and his family when he was barely 10 years old. Life until then had been in the lap of luxury as his father's family came from money.

"We went from super rich to pauper overnight," he says, although eternally grateful for the fond memories of growing up with his maternal family, especially his grandmother, who took them in after his father left the family.

But the transience of money affected him in his 20s and 30s in more ways than he realised. "My narrative around money wasn't a very healthy one, it was more like, 'I don't really like money' and 'I can make all this money, but I don't want to hang on to it.'" What resulted was an over-indulgent, extravagant and wasteful lifestyle, hinged on the mindset that more was never enough.

His meltdown and the therapy sessions that followed proved to be the lifeline he needed. At the encouragement of his therapist Koriynne Wong—"my

### A NEW DIRECTION

Today Lim's entire focus is on his coaching business and podcasts with his other pet project, LITO (litolabs.com), which he runs with his friend and photographer Rebecca Toh—the name is in fact a combination of both their last names.

"It was challenging at the beginning, when I started out, not many people knew what life coaching was," says Lim, but that has changed today with more and more young people wanting to dig deeper into their psyches and find meaning in life—so much so that his youngest client is a 12-year-old boy. But age is just a number, "when I look at a person, I look at their spirit", he says. Lim gains inspiration from the things around him, and that includes carrying back life lessons from his own coaching sessions.

"I enjoy unscalable conversations and developing deep connections," adds Lim, and he could very well be explaining the concept behind LITO (which is also the Japanese pronunciation for "light"). The podcasts touch on topics related to business, life and happiness and explore how one could lead a meaningful and fulfilled life—"to living a life with intention, and not by default," says Lim

When Rebecca and Lim started out, they pushed out 52 episodes in the first year—they were churning one episode every single week. The meaning of what they do really hit home during COVID-19, as they saw more and more people plagued by uncertainties of a post-pandemic world tuning in to hear a voice of upliftment and empowerment. This spurred the need to continue and the release of Season 2. The pandemic also made Lim realise that he was probably not reaching out to as many people, as few could afford his one-on-one coaching sessions, so on 21 February, LITO Academy, a membership programme, was launched,

which would allow him to coach many people at the same time.

As a Member of ONE\*15 Marina Sentosa Cove, Lim is also looking forward to co-organising some webinars and workshops on mental and emotional health at the Club.

"I really treasure having a good deep and meaningful conversation with one human being at a time. But I have realised that [with the group sessions], I am having unscalable conversations, while at the same time, I am scaling my conversations. It energises me. This is my calling now," says Lim. ☎

### LIM'S TOP THREE

#### BOOKS

Reading calms me down. No matter how busy I am, I slot in some reading time, even if it's just 15 minutes. The book I am reading now is *Superfans* by Pat Flynn—it teaches the concept of running a viable, sustainable and highly profitable business with just 1,000 true fans.

#### RAIN

I am a self-professed pluviophile. I love the rain—something about the ionised air awakens my senses.

#### FOOD

I am a heartlander at heart. I love a good curry puff, Tiong Bahru chwee kueh, and mee tai mak—in fact, that was the first meal I asked for after my emergency flight back home.





# PLATINGS OF THE HEART

---

**FROM A REBELLIOUS CHILDHOOD TO A MICHELIN GUIDE LISTING AND MORE, CHEF DESMOND GOH, HAS COME A LONG WAY, AND HE IS JUST GETTING STARTED.**

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH  
ART DIRECTION CHARLENE LEE



**C**hef Desmond Goh is only about eight months old at ONE°15 Marina Sentosa Cove, but he is no stranger to Members. As Executive Chef and Head of F&B, they know he has a hand in every dish and tippie they relish in every restaurant, bar and event at the Club.

Since coming on board, Chef Desmond has introduced Monday specials, and exclusive wine-, sake- and truffle-paired dinner events as well as 7 Wonders of the World, which explores the cuisine of seven different countries over a period of seven months.

Trained at the prestigious Le Cordon Bleu in Paris, he describes his style as eclectic. “I wouldn’t want to tie down my style to any boundaries of cuisine,” he explains. “I have trained under numerous Michelin star chefs including Hiroki Yoshitake, Nathan Outlaw and Mads Refslund—so the influences have extended from Japanese-French, to British and Nordic cuisines. What I like to do is blend what I’ve learnt from them with various ingredients to create something that is uniquely mine,” he says.

Chef Desmond himself was listed in the Michelin guide in 2017 for modern European restaurant, The Disgruntled Brasserie.

### THE TOTAL TURNAROUND

One would think that Chef Desmond grew up dreaming of becoming a chef. But, what he wanted was to be a law enforcement officer. “I was not very good in studies; not because I couldn’t, but because I wouldn’t,” he says, explaining why his career path was steered in a new direction.

However, Chef Desmond quickly turned his life around after his National Service—it not only instilled strict discipline in him, it changed his life. He decided to get into the culinary world, and started his journey at hospitality school, Shatec—which he paid for through a bank loan his father stood guarantor for, and by working in the kitchens of Chinese restaurants. His father wanted him to prove that he was ready to get serious in life, and Chef Desmond proved it in spades by also earning a scholarship awarded by Far East to study in Le Cordon Bleu.

His stint after Shatec was probably the most exposure he got of Chinese cooking styles, although growing up, he recalls helping his mother and late grandmother make Peranakan cookies, tarts and kuehs during the annual festival time. “My late grandmother was a very good cook. My mother, a better baker than a cook. I still call her for advice and ask her to dig up some of my late grandmother’s recipes,” he says. He leveraged this access and clubbed it with organic ingredients for the Club’s festive offerings for this Chinese New Year—“we sold almost 700 jars of pineapple tarts”.

### A NEW ROLE

There is no denying that Chef Desmond is accomplished in the kitchen—he has also curated F&B concepts at Habitat by Honestbee—but his role at the Club extends beyond. Besides, working at a marina requires a whole other set of skills, “because we are always talking about

“I WOULDN'T  
WANT TO TIE  
DOWN MY  
STYLE TO ANY  
BOUNDARIES  
OF CUISINE.”

## CHEF GOH'S TOP 3

### SMALL PLATES

I always like to serve small bites before my first and second courses. We recently did a foie gras springroll—we compressed foie gras into a ring, which we wrapped in rice skin and fried. This was topped with hoisin sauce and some candy. We used san zha—which I have fond memories of eating as a child. So we have the sweet, the savoury as well as the acidity.

### INSPIRATION

I get inspiration from many things. I read a lot about the culinary scene. When I travel, I can eat almost eight meals a day non-stop. It's not because I want to eat—I love food, no doubt—but it's to understand the flavour, culture and the origin of the product.

### MENTOR

The person who taught me cooking, who grounded my basics, was Chef Jusman So from French restaurant, Sage The Restaurant. I joined him as a trainee, after Shatec, and became a sous chef. He was very strict though—I was chased out of the kitchen twice—but he gave me the opportunity to learn. So much so that by the time I joined Le Cordon Bleu, I was already a trained chef.

Members’ privilege and how we can provide them with the best experiences”, he says. Nonetheless, it’s a challenge he has been meeting head-on from day one.

Being involved with the business side of things has meant that Chef Desmond has less time to spend in the kitchen everyday. His sous chef and team handle it all under his expert guidance. What’s even more remarkable is that they are all on the same page with Chef Desmond’s style of cooking and the influences he is inspired by.

“The staff here are not trained in modernist cooking, but they are very hard working and skilled in traditional style of cooking. So I just have to demonstrate how they can adapt that to create dishes using different kind of ingredients and also integrate with new plating techniques,” he says.

In this manner, he has led the team to revamp the menu with unique offerings not only at LATITUDE Bistro and WOK°15 Kitchen, but also at Boaters’ Bar, which reopened at the beginning of March. Besides the fact that everything on the Japanese-inspired menu is sourced from local suppliers, their pizza dough is made inhouse. “I would say we have the best pizza on Sentosa island. This is something I would like to proudly shout out,” smiles Chef Desmond.

His ambition is to own a pizzeria as well in the future. Right now, he is happy managing the F&B operations at the Club and with the every-day learning on the job, and the time he gets to spend with his wife and three children—who are what gets him up every morning, literally and figuratively. 🍕



# THE BOATING LIFE

## SUPERYACHT MOANA MAY BE GROUNDED ON SINGAPORE WATERS DUE TO THE PANDEMIC, BUT ITS CAPTAIN CHRISTOPHER GARRAULT IS BUSY AS EVER.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH  
ART DIRECTION CHARLENE LEE

**A** 86ft Monte Carlo Yacht with two 1,800 horsepower engines, Moana would be sailing the high seas grandly if not for the border restrictions due to COVID-19.

This has meant that she and her four-person crew, including Captain Christopher Garrault, have been berthed at ONE°15 Marina Sentosa Cove—Moana is owned by a Swiss family based in Singapore—since July last year. For industry veteran Captain Garrault, the circumstances are as unprecedented as they come, but he stays positive and believes in keeping calm and carrying on with a positive attitude. Here, he shares about his work, his experiences and future goals.

### Tell us a bit about yourself.

I am from Cannes in South France, so the sea has been part of my childhood growing up. My father was a ship broker for almost 35 years—he has since retired and my sister has taken over the business—so I have spent most of my childhood and growing years with my dad on yachts. I entered the industry in 2006 and worked my way up from a deckhand to a captain's position by the age of 25. I upgraded my license to handle 500 tonnage vessels while working on the Ferreti 112 for an Indonesian family—and subsequently made Bali my home. I have a six-year-old daughter and a two-and-a-half-year-old son.

### What does it take to be in such a profession?

To me, it's not work; it's a passion. I love the sea. You have to have that to work in this kind of profession,

otherwise you tend to give up after a few years—because you are away from home and family for long periods of time. I have not seen my wife and children for more than eight months due to the COVID-19 situation. Being a captain is a dream, but not if you want family life and balance. I am 35 years old now, I hope to retire as a captain in five years time and start my own business as a manager or crew trainer.

### What are some challenges being a captain?

Being a captain is not just steering the boat. In fact that's the easy part. You have to have intrinsic knowledge about the boat, its various functions, and be on top of all maintenance and repair work. Working on a yacht is not always fun as most people believe. It involves hard work and there is always something to do—from cleaning the decks, waterside and strainer in the engine room to maintaining the oil genset and many more.

As a captain, you have to think of the owner's yacht as your own, and the crew as your own family. It is the best, and sometimes, challenging part of the job. The safety of the yacht, the passengers and crew is 100 per cent my responsibility. Deciding when is the right time to go out to sea is an important part of the job, as weather is beyond our control. Especially in our case, we have to remember that we are not working on sturdy supply boats, but a yacht made of fibreglass. It's like a Ferrari—it is delicate and we have to be sure that it can withstand the weather conditions. Convincing the owners is not always easy. To them, it is like a holiday, they may not realise the dangers involved. But, at the end of the day, as a captain, if I do not want to start the engine to go out, nobody can. To be a good captain, you have to be patient, fair and honest, but at the same time tough. Luckily, the owner of Moana has seafaring knowledge, so we speak the same language.

### What are some adventures you and the owners have had on Moana?

Right now because of the pandemic, we have not crossed Singapore waters, but there is actually quite a lot of things to do in Singapore for





yachting. We always try to do something different, such as fishing, visiting the islands, especially Pulau Hantu as well as the floating seafood restaurants by Pulau Ubin. Moana is fully equipped for such fun outings. We do not have jet skis as it can be dangerous, especially where young children are involved. When you are going in high speeds, the water surface can become like asphalt—if you do not have the right experience, that can be very dangerous. In my younger days, I used to participate in jet ski competitions and I once had a bad accident, which put me in a temporary coma. Now as a father myself, I do not recommend it. But we have four sea bobs, wet boards, snorkelling and fishing equipment and a banana boat.

Moana was also one of the first boats to organise the cleaning of the waters. We led a team of 16

boats to Hantu, Lazarus and St John's Island. We gathered almost one and half tons of plastic waste from the waters—a lot of which had been washed over from neighbouring countries too. People need to realise that even one object of plastic can cause immense damage to the waters. Singapore waters, I must say, are much cleaner compared to what it was when I made my last trip three years ago with different owners. It is really well maintained.

#### **How do you unwind?**

I find sports, walking or running, strangely relaxing. Whenever I am stressed, I go for a 10km walk or run, and I feel instantly energised. I love trying different kinds of food, Asian and Western. Due to the current situation, we are not allowed to go into the mainland, but there are ample options on Sentosa island itself. I especially like the pizza at Boaters' Bar. I am from South France, which is close to Italy and I would say, the pizza base here is the most authentic I have had outside of Italy. 🍕





# GOURMET SECONDS

LEFT WITH EXCESS FOOD AND NOT KEEN ON EATING THE SAME THING ONCE AGAIN? HERE'S HOW YOU CAN GET CREATIVE WITH LEFTOVERS.

TEXT SANDHYA MAHADEVAN

Ever have those times when you feel you went overboard with your portions? Hosted a dinner party and now your refrigerator is spilling over with leftovers? Happens to the best of us. Perfect portion cooking is overrated to say the least. It's not something you can master even if you have been to culinary school—what if your guests had an exceptionally full lunch before coming over or were calorie counting? These are things that you cannot predict.

Not cooking enough is worse than leftovers. But then, you don't want to contribute to the waste in landfills either. Food waste is one of the biggest problems in the world and Singapore specifically. Reportedly, in 2019, Singapore generated around 744 million kg of food waste. That is equivalent to two bowls of rice per person per day, or around 51,000 double decker buses.

The good news is that there are many creative ways to repurpose leftovers, says Chef Desmond Goh, Executive Chef and Head of F&B, ONE°15 Marina Sentosa Cove. While it is difficult to plan a meal beforehand around leftovers, it is possible to anticipate how much of it will be used, so you don't end up heating and reheating food. "For example, if you were making fish soup for dinner, you can plan ahead on the number of portions you are going to serve and separate the sliced fish and other protein so that you only cook them when you are going to consume them," says Chef Goh.

This is also the healthier way, he adds. "Reheating food a number of times increases the risk of food poisoning. Bacteria can multiply when cooled too slowly or reheated insufficiently," says Chef Goh, adding that this is one of the reasons why the National Health Service (NHS) recommends that we don't refreeze leftovers.

The same goes for the fish stock, you can use leftovers to flavour fish congee or san lau hor fun, a Hokkien stir-fried flat noodle dish tossed with bean sprouts and sliced fish. Comfort, taste and fast-tracked cooking, all in one.

Here are some foods that can be easily turned into delicious new recipes. All it takes is a little bit of planning and creativity.



## Roast chicken

Typically cooked over an open fire or a rotisserie, roast chicken is one of the most versatile dishes and a fast favourite in most homes, regardless of the cultural variations in cooking style. Even better, you can really give vent to your creativity when it comes to repurposing leftovers. The reason being the manner in which it is cooked—with its own fat and juices—packing it with a burst of flavours, says Chef Goh. Shred leftover roast chicken and add to a stew along with a hearty helping of vegetables such as carrots, celery, peas, onions and garlic, and serve it with a slice of toasted bread. A simple risotto pasta salad with shredded chicken, fresh vegetables with a drizzle of olive oil, garlic, lemon juice and Dijon mustard will also hit the spot on evenings when you want to keep it simple and healthy.

The key to reheating chicken is to make sure it does not dry out. Allow the chicken to come to room temperature before tossing it into the oven preheated to about 170 degrees. Add chicken stock or water to the pan, so that the chicken is resting on a shallow pool of liquid. Then cover with double layer of foil to lock the moisture in before reheating.

Roast chicken is also a good source of protein and does not contain saturated fat. But if you are particular about sodium content, opt for kosher salt.

### FUN FACT

Chicken is one of the most popular poultry meats, and is a staple in many cultures around the world. It was also one of the most common meats available in the Middle Ages—chicken as a meat has been depicted in Babylonian carvings from around 600 BC. There are more chickens on earth than people.



## Stale bread

An odd reference to dried bread, which is still edible—the word stale does not do it justice considering the number of recipe iterations it can lend its taste to. Stale bread is nothing but bread that has dried out either due to improper storage or weather conditions. If well within its expiry date, and importantly, not moldy, dried bread can be revived. Just flick a few drops of water on it, wrap it in foil and throw it into an oven heated to 150 degrees for about five to 10 minutes—it should get back its sponginess. If your bread is rock-hard, as some artisanal bakes can get, then you will need to give it a water bath, before wrapping it in foil and popping into the oven. But for this one, do not preheat the oven, rather heat it with the bread to 150 degrees.

Bread is one of the highest food waste categories—about 100 million tons of bread are produced globally every year of which hundreds of tons are thrown away, “so don’t throw them away if they are still edible”, says Chef Goh. “Nothing beats a bread and butter pudding that is made out of stale bread.”

They can also be used as crunchy toppings for soups and pasta—just roast them in an oven pan with olive oil, sea salt and a mix of dried herbs. Not just us, fish love stale bread too, so drop some in your aquarium, adds Chef Goh.

### FUN FACT

Bread became a staple food during the Neolithic period, around 10,000 years ago and is used in the rituals and traditions of Abrahamic religions. Penicillin, one of the most important antibiotics in use today, was isolated from molds growing on bread.

## Steak

Cooked steak can be stored in the refrigerator for up to four days, but there may not be many reasons to, as they are hard to resist. “If they are done medium, store them in the chiller until you are ready to reuse them,” says Chef Goh. Slice them thinly and add them to a sandwich, top with lettuce, tomatoes, mayonnaise and mustard and enjoy. “If your leftover steak is well done, don’t bother being creative with it, just make it as a lip-smacking stew,” says Chef Goh.

The key to reheating steak without drying the meat out is to cook it in low heat. Overheating it will not just rob it of its texture, but also the pleasure of eating choice meat. The good news is that you can do so in a microwave, but make sure to loosely place a damp paper towel over it. Set the microwave to medium heat and cook for up to two minutes, flipping it at every 30-second interval. Steak can also be reheated in the stovetop. Add a drop of oil to the pan, cover and cook on low heat.

### FUN FACT

When we think of steak, only beef comes to mind, but the word “steak” comes from an old Saxon word “steik”, which literally stands for a slice of meat on a stick, and in that sense, that from any animal that can be eaten.





## Cooked rice

This is one where you don't have to worry about reheating to avoid losing moisture. In fact, fried rice made from leftover rice works way better than using freshly cooked rice. The dry consistency of rice that has been stored in the chiller will make the best fried rice you will ever get, says Chef Goh. The vegetable and seasonings you add will give it just the right amount of moisture it needs. You can also explore making it with cubed tofu, frozen shrimp or even leftover cooked chicken or steak.

Stuck with some leftover risotto, but do not have enough for a meal, make cakes out of them. Roll them into balls, dredge on some flour or bread crumbs and fry them till they turn golden brown. You have an easy-to-make and favourable snack that your children or your guests won't be able to resist.

Be sure to not store leftover cooked rice for more than three days, and once reheated, do not refreeze to avoid food poisoning.

### FUN FACT

Cooked rice makes a great adhesive and has been explored as such since the Ming Dynasty. When building the Great Wall, workers used a porridge made with rice and mixed it with calcium carbonate and used it as a mortar to hold the stones together. A standing example of its adhesive properties.

## STORING LEFTOVERS 101

Best way to store food is in an airtight container for a maximum of two days.

Wait for food to cool down before storing. Transferring food out of a hot pan, away from the heat source will help it cool faster and ensure it's not being kept warm through the residual heat. Transferring it into a large, shallow dish will help dissipate the heat faster.

Do not leave food outside for too long. Avoid leaving them out overnight, unless required.

When reheating, ensure that they reach and maintain 70 degrees or above.

Better planning is required when cooking dishes with lots of sauces and fat as they tend to spoil faster.

## Cooked Pasta

Considering the number of pasta dinners, you have cooked, you would expect to have mastered the portions by now. Think again. If this has happened to you on more than one occasion, consider keeping your sauce and pasta separate and mixing them onto individual servings. This way you can convert them into completely new dishes if you are not in the mood for another pasta night.

If reheating pasta, boil a large pot of salted water and dip the leftover pasta in it using a collander for about 30 seconds. Toss in sauce of your choice and enjoy.

The easiest and probably tastiest is to make whisk in some eggs and make them into frittatas—top with an ample helping of cheese. Alternatively, layer the pasta in a casserole dish, with some vegetables and sauce. Cooked vegetables work just as well and may even add some unexpected flavours. Add a generous scoop of cheese and throw it in the oven, and bake at 180 degrees for about 30 minutes. Your family will be hoping for leftover pasta. 🍝

### FUN FACT

Now synonymous with Italy, pasta is believed to have originated in China and was brought to Italy only in the 1100s by Marco Polo. Same goes for the "pasta maker", which is credited to Hephaestus, the Greek god of fire. He is believed to have invented a device that made strings out of dough.



*"BACTERIA CAN MULTIPLY WHEN FOOD IS COOLED TOO SLOWLY OR REHEATED INSUFFICIENTLY"*



## RECIPE OF THE MONTH

# STROGANOFF

PREP TIME:  
20 – 30 mins

SERVES:  
2 persons

### INGREDIENTS

120gm leftover chicken or beef  
 15gm mushrooms  
 35gm onions, small  
 35gm garlic, chopped  
 1/2 tsp thyme, dried  
 1/2 cup stock or broth  
 1 tbsp tomato paste  
 120g egg noodles or pasta  
 2 tbsp butter, unsalted  
 1/2 cup sour cream  
 1/2 cup wine, preferably white  
 Pepper and salt to taste

### METHOD

Dice up leftover chicken or beef.

On a hot pan, drizzle some olive oil and sweat down onions and garlic. Add in tomato paste to allow it to slowly caramelize—this process also helps kill the acidity and bring out the sweetness of the tomato paste.

Toss in diced up protein and sauté.

Deglazed with dry white wine or beer or even vermouth. Allow the liquor to simmer down and add in stock or leftover chicken broth.

Add in pasta or noodles. Give it a slight toss, season with salt and pepper and finish with butter and sour cream.



ONE\*15 Marina Sentosa Cove's Head of F&B and Executive Chef, **Desmond Goh** oversees the kitchens in LATITUDE Bistro and WOK\*15 Kitchen. He also looks after the banquets, catering services for the yachts and charters, as well as special Members' events. His wealth of experience and creativity has made him one of the most sought-after chefs in Singapore. In this issue of Longitude, Chef Goh offers insight into giving second whisk of life to leftovers, as well as tips on proper storage.

LUXE LIFE × LUSH ESCAPES

# CREATIVE TRAVELS

DISCOVER THE  
WORLD'S GREAT CITIES  
THROUGH THE PRISM  
OF THEIR CELEBRATED  
ART MOVEMENTS.

TEXT CARA YAP





## Art Nouveau: Riga, Latvia

Around the turn of the century, freedom of expression and a reignited love affair with nature manifested in Art Nouveau's unapologetically ornamental curlicues and voluptuous forms. Libertarian ideals—and the sinuous motifs that embodied them – flowed into the Latvian capital, a UNESCO World Heritage Site home to Europe's largest flourish of Art Nouveau architecture. Admire sublimely surreal masterpieces across the city, including prolific architect Konstantins Peksens' sculpture-draped houses at Smilšu Street, and Mikhail Eisenstein's iconic works at Alberta iela and Elizabetes streets. The latter are fronted by a menagerie of reliefs including depictions of a satyr, screaming woman and peacock. For apposite context, head to Riga Art Nouveau Museum, where you'll also find an array of objets d'art, household items and artwork from an era swept by whimsy and excess. Speaking of which, you can indulge on sweet treats amid chandeliers and fine porcelain in the time capsule-like Art Cafe Sienna. Then stretch out in sumptuous suites in Neiburgs Hotel, an Art Nouveau gem overlooking the charming Old Town.



### LONGITUDE TIP

Members of ONE<sup>15</sup> Marina can 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).

### PLAY

When you're done delving into the city's past, surround yourself with contemporary art at city club The Riga ([thelobby.lv/](http://thelobby.lv/)). Its rooftop terrace sets the stage for cocktail- and cuisine-led summer soirées.



(Clockwise from facing page) Learn about the pioneers of Latvia's Art Nouveau movement at Riga Art Nouveau Museum. Spot Mikhail Eisentein's surreal Jugendstil building at Elizabetes Street. Mama Shelter Los Angeles' cheery rooftop terrace commands an iconic view of the city. Be inspired by eye-catching pop art works at The Broad.

## Pop art: Los Angeles, USA

New York City may be ground zero of the pop art movement, characterised by its usage of everyday imagery and bold colour to address consumerism and mass media. But you could argue that La La Land is the living embodiment of the distinctive style, with its bright, instagrammable attractions and interminable loop of celebrity discourse. Begin your visual feast with an aperitif – or craft beer - at ArtBarLA, which plays host to a revolving gallery of tongue-in-cheek artwork by local creatives, along with lively events set to the beats of a DJ. Also a sight for sore eyes is the venue's exterior, which functions as an impermanent canvas for street artists. Solo travellers will want to get installed at the cheerfully designed Mama Shelter Los Angeles, whose popular rooftop terrace is a hive of social activity. Finally, you would be remiss to skip The Broad, a pop art inspired museum boasting a repository of works by none other than the genre's godfather, Andy Warhol, or Los Angeles County Museum of Art, which houses graphic prints by Ed Ruscha. The Nebraska native immortalised Hollywood culture in a way that singularly resonates with Angelenos.

### PLAY

Escape the urban sprawl of downtown LA for a game of golf at the 18-hole course of Calabasas Country Club ([calabasasgolf.com](http://calabasasgolf.com)). It's ensconced in a sylvan, hilly residential area that's the lair of the Kardashians.





## '85 New Wave: Shanghai, China

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Shanghai is arguably one of the most vaunted destinations for contemporary art. The beginnings of modern art in China can be traced to the mid-80s, as—in the wake of the Cultural Revolution—a proliferation of local artists began to experiment with new styles and subject matter, beyond conventional Socialist Realism. Among the movement's most seminal figures is Geng Jianyi, best known for his visceral oil paintings of grotesque laughing faces appropriated over the years. View his works at ShanghART, one of the country's oldest galleries, or at Power Station of Art by the Huangpu River. More '85 New Wave masterpieces promise to be on display at the highly anticipated UCCA Center for Contemporary Art slated to open its Shanghai outpost this year. Make a toast to the audacity of Avant Garde Chinese art at tony shrines to cocktails such as Arch, Union Trading Company and Sober Company. The latter embodies the spirit of irreverence through coffee-based cocktails and modern Chinese fare such as foie gras mapo tofu and libations concocted from ingredients such as green tea and blue cheese.

### STAY

Settle into Shanghai Racquet Club's (src.com.cn/) plush apartments, which are surrounded by meticulously landscaped gardens and calming water features—rare for city living.

(Clockwise from above) Power Station of Art's collection is among Shanghai's most vaunted. Shop Nordic essentials from Reykjavik's Folk while fuelling up on burgers at Yuzu. With its decor and fun creations, Tulus Lotrek is as quirky as they come.

## Expressionism: Berlin, Germany

Expressionism—a modernist movement that eschews cold reality for the evocative—is writ large on the German capital's thriving, boundary-pushing Avant Garde arts scene. If you're there towards the end of May, don't miss the Performing Arts Festival Berlin 2021. Last year's edition was framed around societal issues including gender equality, brought to the fore in a roster of diverse acts. For artful small plates in a Michelin-starred restaurant that doesn't take itself too seriously, head to Tulus Lotrek. Its dishes, which include ocean trout with goat's milk and jalapeno, are a reflection of its owners' eclectic tastes. The city is famed for its gallery circuit. Check out Schinkel Pavillion in the gardens of the Kronprinzenpalais; Brucke Museum, which borders Grunewald Forest and showcases the striking creations of Dresden Expressionist art group Die Brucke; Kraftwerk, a power station reimagined into a club/art space; and last, but not the least, Arte Luise Kunsthotel—a veritable contemporary art museum where no two rooms are the same.

### PLAY

Hobnob with the city's business elite, some of whom may be art collectors, at Berlin Capital Club (berlincapitalclub.de/). Its exclusive wine club is choice setting for discovering fine drops and art.





## Minimalism: Rekjavik, Iceland

The term for the abstract art form that originated in the US in the '60s now extends to design and architecture, through which pared down sensibilities have come to define the Scandinavian aesthetic. In the chilly Icelandic capital, look beyond the comfortingly familiar glow of IKEA and immerse yourself in soothingly clean, well-balanced spaces across the city. Japanese burger restaurant Yuzu, with its raw industrial materials and minimal shapes, is a good choice for noshing in style, while you can pick up functional items with beautifully rendered clean lines from Folk. A lesson in understated elegance, 101 hotel proves that minimalism isn't devoid of character. You'll notice this in its monochromatic rooms streamed with sunlight, as well as the contemporary artworks adorning the public area. If you only have time for one museum, make it Rekjavik Art Museum, which is spread over three sites and hosts the country's largest contemporary art collection. 📍

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### PLAY

Meet and tap design recommendations from the city's creatives at city club Kjarval ([kjarval.com/](http://kjarval.com/)). Set in the top floor of a historic building, it features a co-working space overlooking the world's oldest parliament.

### ALL TOMORROW'S PARTIES

Want to immerse yourself in art and history? Pop by some of these famous artist haunts around the world, in situ.

#### Paris, France: La Closerie des Lilas

With its gorgeous, sky-lit dining room, you can imagine why French Post-Impressionist painter Paul Cezanne would enjoy frequenting this storied brasserie, which supposedly saw the end of the Dada movement.

#### Padua, Italy: Caffè Pedrocchi

Picture Marinetti dreaming up the Futurist movement he eventually founded, beneath the high ceilings and chandeliers of this dramatic, pillared café—said to have also been a favourite of English poet Lord Byron.

#### New York, USA: Caffè Reggιο

Once frequented by the likes of Andy Warhol and Bob Dylan, this Greenwich Village institution is a living museum with its Renaissance-era bench from the Medici family, and paintings from the school of Caravaggio.







# 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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**30**

New flavours in town—super dim sum brunch, French set menu and Californian set dinner.

**36**

Exciting events and interactive workshops to RSVP to.

**SPECIALS OF THE MONTH**

You can always count on ONE°15 Marina Sentosa Cove to add an extra edge to special occasions, and that's exactly what's happening on Mother's Day and Father's Day here. An indulgent dim sum buffet will be served at WOK°15 Kitchen for Mother's Day with premium dishes such as lobster pork siew mai, black summer truffle-scented rice rolls, roasted kurobuta pork and more. Mums and dads will also get complimentary treats in the form of double-boiled bird's nest and Peking duck.

LATTITUDE Bistro is pulling out all the stops too with its Mother's Day three-course set brunch and a French gastronomy dinner, complete with a series of sides and a gorgeous seafood platter. Want something comforting? Opt for the Californian three-course, which has seafood and meat options alongside complimentary, free-flow sides.

End the night with tipples and pints at both Boaters' Bar and HELIOS93. At Boaters' Bar, each drink will go for only \$7+ the whole night, while HELIOS93 has two options: tuck into cake and coffee, or pick up bottled Asahi, Corona Extra, Singha and more from \$5+ per bottle. 🍷



## LATITUDE BISTRO

### Mother's Day 3-course Set Brunch 8 to 9 May 2021

Not only will all mothers dine for half-price, there's also a complimentary seafood platter and Mother's Day cake for every table. Menu highlights include Poulet Aux Gousses d'ail, seafood platter, country pate, and cheese & onion soufflé. Cakes will require advanced reservation.

**PRICES: \$68+ (Adult)  
\$38+ (Child)**

### Gastronomy of France 3-course Dinner

May, Friday and Saturday

Get a taste of France when you tuck into the French cheese and charcuterie platter, with Bouillabaisse and duck rilette.

There's also a complimentary seafood platter to be enjoyed, comprising Fanny Bay oysters, snow crab, poached sweet prawns and mussels.

**PRICES: \$68+ (Adult)  
\$38+ (Child)**

### Californian 3-course Dinner June, Friday and Saturday

Sit down to dishes such as yellowtail collar with soy garlic glaze and grilled cabbage and duck ragu with white beans, tomato, bacon, verde sauce and country bread all through the month of June. These special dishes are paired with complimentary, free-flow sides such as hot island rock oyster with grapes, caviar and seaweed (side dish) and spiced pork ciccoli with tapioca, and jalapeno chilli salsa.

**PRICES: \$68+ (Adult)  
\$38+ (Child)**

## WOK°15 KITCHEN

### Mother's Day Super Dim Sum Brunch Buffet

8 to 9 May 2021

Dim sum gets a luxurious upgrade with premium ingredients for Mother's Day at WOK°15 Kitchen! Share servings of Fanny Bay oyster with apple jelly & caviar, black summer truffle-scented rice rolls with Chinese crullers, roasted kurobuta pork char siu, lobster pork siew mai and wagyu beef fried rice. Mums will dine at half-price and receive a complimentary double-boiled bird's nest.

**PRICES: \$58+ (Adult)  
\$28+ (Child)  
\$38+ (top-up for free-flow of sparkling wine)**

### Father's Day Super Dim Sum Brunch Buffet

19 and 20 June 2021

Sit down to decadent servings of black summer truffle-scented rice rolls with Chinese crullers, roasted kurobuta pork char siu, lobster pork siew mai and wagyu beef fried rice this Father's Day. All dads will dine at half-price; groups of five diners will receive a complimentary half Peking duck, while groups of eight will receive a whole Peking duck.

**PRICES: \$58+ (Adult)  
\$28+ (Child)  
\$38+ (top-up for free-flow of sparkling wine)**

## BOATERS' BAR

**\$7 Drinks All Night**

Ongoing

Wind down with your squad after a long week with a tippie of your choice—choose from a selection that includes Carlsberg draughts, Prosecco, house wines and house spirits.

**PRICE: \$7+**



(From left) Peking duck at WOK°15 Kitchen adds extra pomp and spice to Mother's Day and Father's Day. Escape to France for an evening with LATITUDE Bistro's offerings.

## MIND THE GAP

SAFETY MEASURES TO KEEP IN MIND WHILE EATING OUT.

The Club has implemented various measures for the safety of its Members during COVID-19. 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. 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.

## HELIOS93

Happy Hour

Daily, 3pm to 7pm

Sip on coffee as you nibble on a decadent slice of cake between 3pm and 6pm, or opt for bottles of Asahi, Corona Extra, Kronenbourg 1664 and Singha between 5pm and 7pm.

**PRICES: \$8+ for cake and coffee  
\$5+ to \$7+ per bottle of beer**

For reservations:

LATITUDE Bistro: Call 6805 6982 / 9144 7124 or email [bistro.sc@one15marina.com](mailto:bistro.sc@one15marina.com)

WOK°15 Kitchen: Call 6305 6998 or email [wok15.sc@one15marina.com](mailto:wok15.sc@one15marina.com)



RECREATION

FITNESS

**Personal Training**

Demotivated to reach your fitness goals? Hire a personal trainer to keep you on track and help develop a healthy approach to your fitness and health.

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

**Cross Core 180 & Personal Training**

Strong core muscles can improve your stability and balance, and minimise injury risks. Work your core (and get the six-pack abs you desire) at these 60-minute sessions that utilise the Cross Core 180, a rotational bodyweight device.

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

**Kickbox Fit (60 minutes)**

Did you know you can burn up to 900 calories in one 60-minute kickboxing session? It's a great way to tone your body and learn a few self-defence moves.

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

AQUA

**Aqua AcquaPole & AcquaPole Boxing**

May and June:

Thursdays, 9.30am to 10.30am

Burn fat without straining your muscles in this low-impact workout at the Infinity Pool. The classes are suitable for beginners, and are a great way to beat the heat, too.

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

**Aqua Bike Lite**

May and June:

Fridays, 9.30am to 10.15am

Keep to the beat and pedal your way to a healthy body in this joint-friendly exercise session. It's suitable for those who are only just easing into regular exercise.

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

**Aqua Bike Endurance**

May and June: Tuesdays, 9.30am to 10.15am, 7pm to 7.45pm;

Fridays, 8.30am to 9.15am

This intermediate class blends interval and aerobic training with strategic arm movements—the perfect full-body workout when you're short on time.

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

**Deep Water Workout**

May and June: Saturdays, 11.30am to 12.15pm

A deep-water belt keeps your body afloat and adds more resistance to your interval training. But you won't have to worry about joint pain afterwards, as the water will reduce the impact on your joints.

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

**Private Swimming Lessons**

Daily

Perfect your backstroke and master new swimming techniques with a personal instructor of your choice. Each session is conducted on a one-on-one basis.

**PRICES:  
Private lessons for 1 swimmer:  
\$60+ per swimmer (30 minutes)  
\$70+ per swimmer (45 minutes)**

**Semi-private lessons for**

**2 swimmers:  
\$40+ per swimmer (30 minutes)  
\$45+ per swimmer (45 minutes)**

SPORTS

**Playball - Children's Multi-sport Enrichment Programme**

May and June:

Mondays, 3.50pm (1 year old),

4.40pm (4 – 6 years old);

Tuesdays, 3.50pm (2 years old),

4.40pm (3 years old);

Wednesdays, 9am (12 – 22 months

old), 9.50am (23 – 28 months old),

10.40am (29 months – 3 years old)

The easy-to-follow games in these sports sessions for children will teach them a range of skills such as teamwork, discipline and sports participations with playball. The sessions offer a safe, positive and non-competitive environment, allowing them to have plenty of fun with various ball sports.

**Price: \$23+ per lesson**

TENNIS

Not only will the pros from OIaso Tennis Academy help you hone your tennis skills, you'll also learn the right techniques from these master coaches.

**PRICES:**

**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)**

**Any Coach: \$45+ (4 to 6 players)**

*Group lessons available upon request*





## SAILING

### **Powered Pleasure Craft Driving License (PPCDL) Course** May and June: Weekends

Learn how to sail like a pro with this two-day course that's taught by Singapore Maritime Academy (SMA) instructors. The course will cover theoretical topics and practical techniques, and participants will get a Certificate of Attendance—a necessity for SMA's PPCDL test that is conducted at the end.

#### **PRICES:**

**\$297.50nett/ trainee (Member)**

**\$262.50nett/ trainee**

**(Member's birthday month)**

**\$280nett/ trainee**

**(NSF & Students)**

**\$350nett/ trainee (Guest)**

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

## OTHERS

### **Lockers for Rent**

#### **Ongoing**

Stow your belongings in the lockers before participating in any activities at the Club. There are lockers in both the male and female changing rooms, and rental fees are valid for six months.

**PRICES: \$60+ (small)**

**\$120+ (medium)**

**\$180**

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

## SPA

### **Spa Rael**

#### **Mother's Day Promotions** May 2021

Treat Mum to a 60-minute HANN Tremella Hydrating Face Spa this Mother's Day. The luxurious facial is designed to soften and hydrate all skin types, especially skin that's dry, delicate or finely textured. While you're at it, book her a 60-minute deep-tissue body massage to soothe tight, stressed or aching muscles. Quote MUM21-SR2 upon booking to enjoy discounts for each treatment.

#### **PRICES:**

**\$165nett for the facial (U.P. \$300)**

**\$110nett for the massage**

**(U.P. \$202)**

#### **Father's Day Promotions**

##### **June 2021**

Say "Thank you, Dad" with a 60-minute deep-tissue body massage, which eases the knots in muscles using Swedish and cross muscle massage techniques. Quote OMCDAD-SR2 when you call to book.

**PRICE: \$110nett (U.P. \$202)**

*Discounts only apply for only one person and for a one-time redemption. This promo is only applicable for first-time Singaporean, PR, EP and DP holder customers who have not visited Spa Rael in the last 12 months. Call 6271 1270 or WhatsApp 9037 1700 to make a booking.*

For more information on recreation programmes, contact the Recreation department at 6305 6988 or [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)



## LUXURY YACHTING

### Mothers' Day Surprise on the High Seas

3 to 9 May 2021

Celebrate Mother's Day at sea with a charter from ONE15 Luxury Yachting. Each charter with at least one mother onboard will receive a complimentary Mother's Day chocolate cake.

**PRICES: Based on prevailing yacht prices.**

### Pay 4 Cruise 5

May and June 2021

No plans for the weekend? Hop onboard the 42-foot monohull Zen Sea (Princess) yacht. Water play will be a blast, as the booking includes complimentary water toys such as dinghy, kayaks, floats, snorkelling kits, fishing rods and more. Even better, each five-hour charter will only be billed for the first four hours.

**PRICES: From \$800+**

## ROOMS

### Mother's Day Promotion

3 to 9 May 2021

Give mum a well-deserved break with a staycation, complete with a bouquet of roses and strawberry shortcake. The staycation also includes a four-course dinner for two (two kids below age 12 dine for free) and a bottle of sparkling wine.

**PRICES:**

**\$355+ (Hillview rooms with breakfast for two)**

**\$387+ (Marina view rooms with breakfast for two)**

**ROOM UPGRADES:**

**\$100+ (Cove Suites)**

**\$200+ (Monte Carlo 1)**

**\$150+ (Monte Carlo 2)**

### Father's Day Promotion

19 to 26 June 2021

Not sure what to get the men in your life? Then book a staycation with the kids or as a couples-only escape. Your getaway comes with 20 complimentary arcade tokens and a four-course dinner for two (two kids below 12 dine for free).

**PRICES:**

**\$305+ (Hillview rooms with breakfast for two)**

**\$338+ (Marina view rooms with breakfast for two).**

**Members can add \$33+ for 2 persons to join the Magic Workshop series.**

**ROOM UPGRADES:**

**\$100+ (Cove Suites)**

**\$200+ (Monte Carlo 1)**

**\$150+ (Monte Carlo 2)**

### In-Room Happy Hours

Ongoing

Buy five bottles of Singha beer and get one free—a great way to keep the celebrations going after dinner.

**PRICE: \$45+ (Members)**



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



**MOTHER'S DAY CRAFT**

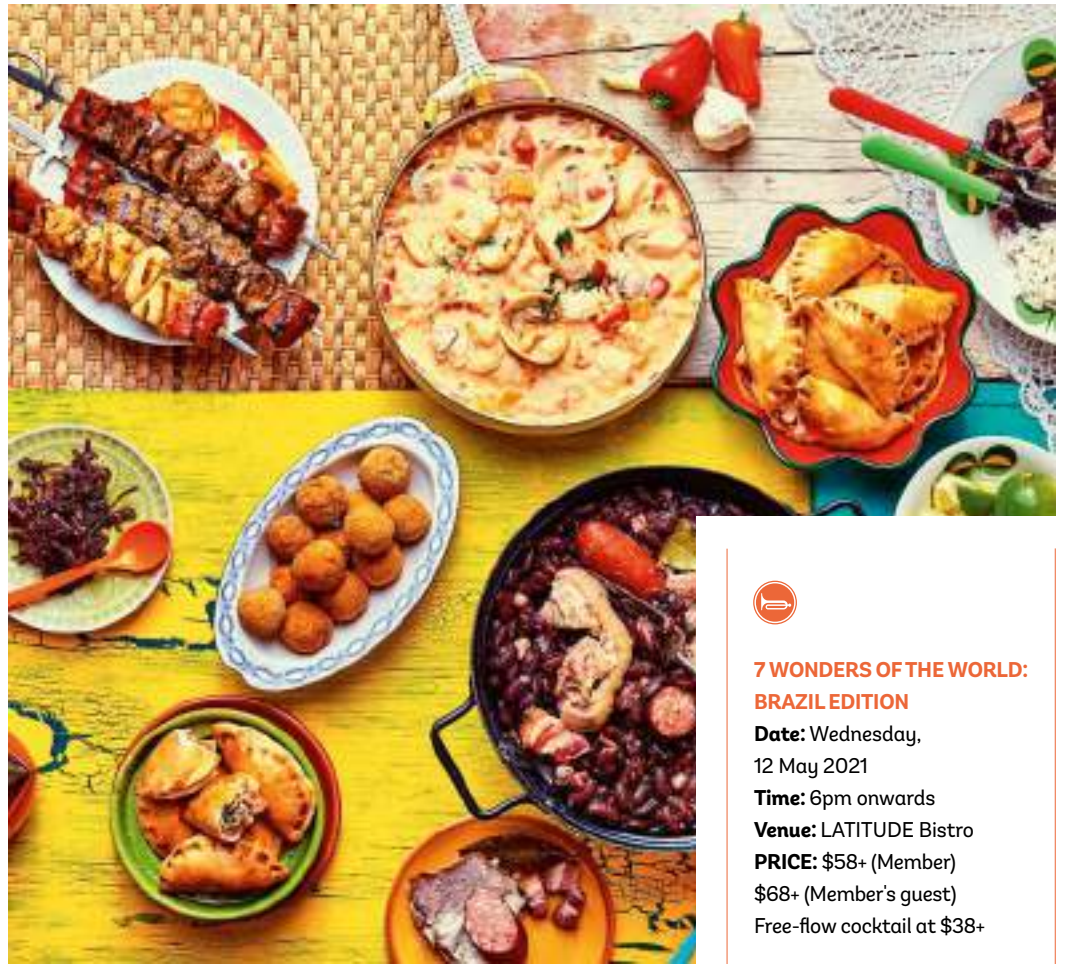
**Date:** 9 May 2021

**Time:** 10am – 2pm

**Venue:** Kids' Playroom

**PRICE:** Complimentary

We don't really need a special day to be grateful for what our mothers do for us and the role they have played in shaping our lives. But it would indeed be thoughtful if we could show our appreciation with a gift from the heart, such as a handmade flower complete with a handwritten thank you note. This workshop will give children the opportunity to not just express their love, but also exercise their creative skills. *RSVP by 5 May 2021 to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



**7 WONDERS OF THE WORLD: BRAZIL EDITION**

**Date:** Wednesday, 12 May 2021

**Time:** 6pm onwards

**Venue:** LATITUDE Bistro

**PRICE:** \$58+ (Member)

\$68+ (Member's guest)

Free-flow cocktail at \$38+

LATITUDE Bistro's 7 Wonders of the World exclusive dinner menu is back to explore exotic cuisine from another part of the world. Flaming the experience in May will be an authentic Brazilian Churrasco experience—from prime top sirloin cap, picanha, to chicken thighs and pork sausages, complemented by a plethora of condiments. A smorgasbord of small plates will kickstart the experience, while traditional Portuguese tipples and creative cocktails will get you deeper into the spirit of it all. No trip to Brazil is complete without a pudim de leite condensado. No reason not to have it in this world tour as well. *RSVP by 7 May 2021 to [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com)*



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



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



**SWIM MEET 2021**

**Date:** 29 May 2021  
**Time:** 10am – 2pm  
**Venue:** Swimming Pool  
**PRICE:** \$10 per category (Member)  
 \$20 per category (Member's guest)\*  
 \*maximum one guest per Member

Calling all underwater superheroes, the Club's annual swimming event is back with a splash. From timed competitive swimming, to activities that focus on team building and creating memories with friends, there's a fun-filled day to look forward to. Suited for children aged 12 and under, the competitive categories include 25m races in freestyle, backstroke, breast-stroke and butterfly. Parent and child relays include kick race and swim relay in 25m and 50m, across different age groups—participants can join in more than one category. As always, attractive prizes are up for grabs across all the categories. *RSVP by 2 May to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



**YOGA CLASS**

**Dates:** Wednesdays, 2, 9, 16, 23 June 2021  
**Time:** 9am – 10am  
**Venue:** Rooftop Terrace  
**PRICE:** \$45 per class  
 \$112+ for 4 classes (Member)  
 \$140+ for 4 classes (Member's guest)

If you are looking for a routine that is low impact, yet provides overall health, fitness, and boosts energy levels, the answer is Hatha yoga. Designed to address modern-day stress, these classes focus on posture, balance, range of motion, joint health and tone with easy yoga poses. Suitable for working adults of all age groups, here's to making a pact to connect with your body, mind and breath and starting your day right. *RSVP by 5 May to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). \*A minimum of 5 persons needed to commence the class.*



INDIAN CUISINE STRIVES FOR THE DELICATE BALANCE OF SIX DIFFERENT FLAVOURS: SWEET, SALTY, BITTER, SOUR, ASTRINGENT AND SPICY.



**MERMAID WORKSHOP FOR KIDS**

**Date:** Wednesdays, 2, 9, 16, 23 June 2021  
**Time:** 4.30pm – 5.30pm  
**Venue:** Swimming Pool  
**PRICES:** \$486+ (Member)  
 \$551+ (Member's guest)

Time to get your kids kitted out to be water babies. Comprising four sessions, it starts with basic swimming skills with Singapore's first mermaid, then on to storytelling and mermaid games, and finishes with a swim and photoshoot. A minimum knowledge of swimming is required—participants must be able to confidently swim a lap without a board. *RSVP by 23 May to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



**ZUMBA**

**Dates:** Wednesdays, 2, 9, 16, 23 June 2021  
**Time:** 10am – 11am  
**Venue:** Rooftop Terrace  
**PRICES:** \$42+ per class  
 \$103+ for 4 classes (Member)  
 \$130+ for 4 classes (Member's guest)

Do regular cardio workouts bore you? Are your go-to footwear dancing shoes? Zumba has dance, music and will whip you into shape and cardiovascular health. Combining Latin and international music with dance moves, this Zumba class incorporates interval training, so you will be burning calories by the hour. How does burning 599kcal in an hour while having fun sound? *RSVP by 5 May to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). \*A minimum of 5 persons needed to commence the class.*



**7 WONDERS OF THE WORLD: INDIA EDITION**

**Dates:** Thursday, 3 June 2021  
**Time:** 6pm onwards  
**Venue:** LATITUDE Bistro  
**PRICES:** \$58+ (Member)  
 \$68+ (Member's guest)

With beverage pairing  
 \$78+ (Member)  
 \$88+ (Member's guest)

Hop on board! LATITUDE Bistro is all set to take you on a gastronomic journey down east to India for the next edition of 7 Wonders of the World exclusive dinner series. From dishes with a Japanese twist such as masala grilled Alaskan crab and octopus, to classic Indian delicacies, the four-course spread comes capped with Masala Chai pudding, a delectable dessert comprising cardamom soy bean chips, banana ice-cream and cacao nibs. Expect an explosion of flavours, spices and influences. *RSVP by 27 May 2021 to [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com)*





**POWER ABT**

**Dates:** Fridays,  
4, 11, 18, 25 June 2021  
**Time:** 9am – 10am  
**Venue:** Rooftop Terrace  
**PRICES:** \$23+ per class  
\$60.75 for 4 classes (Member)  
\$70.10 for 4 classes  
(Member’s guest)

The name says it all—this workout’s got your abs, butt and thighs fitness goals in mind. The best part, you can actually tone all of them within the same routine. Regardless of your level of fitness, this class is your best choice if you are looking to build lean muscle and burn fat. *RSVP by 28 May to recreation.sc@one15marina.com*



*JOE PILATES, INVENTOR OF PILATES, ORIGINALLY CALLED THE EXERCISE METHOD CONTROLOGY—CONTROL OF BODY, MIND AND MUSCLE.*



**KARATE CLASS (JUNIOR)**

**Dates:** Saturdays,  
5, 12, 19, 26 June 2021  
**Time:** 9.30am – 10.30am  
**Venue:** Tennis Court Pavillion  
**PRICES:** \$120+ per 4 classes  
(Member)  
\$140+ per 4 classes  
(Member’s guest)  
*\*excludes grading (test) fees of \$70*

It’s always good to learn a form of self-defence, but martial arts such as Karate are much more than just that, especially for children. From a very early age, they realise that defense is the best form of offense and also develop discipline and respect for their body as well as towards others. The training focus of the class, which is conducted by Shitoryu Karate Association is on sparring and counter-attacking body movements—development of mind and body. Suitable for children aged 6 to 14 years. *RSVP by 28 May to recreation.sc@one15marina.com.*



**PILATES MATWORK**

**Dates:** Mondays,  
7, 14, 21, 28 June 2021  
**Time:** 10am – 11am  
**Venue:** Rooftop Terrace  
**PRICES:** \$42+ per class  
\$112+ for 4 classes (Member)  
\$140+ for 4 classes  
(Member’s guest)

Strong core muscles are important for overall body health as well as stability, and Pilates knows that. It is popular with physiotherapists in injury rehabilitation for the same reason. Exercise fiends love it because it also throws in heaps of muscle toning into a low impact workout routine. Add it to your wellness plan for the year and reap the benefits. *RSVP by 1 June to recreation.sc@one15marina.com.*





### PLAYBALL – DINKIES HOLIDAY PROGRAM

**Date:** Monday,  
7 & 14 June 2021  
**Time:** 10.15am – 11.45am  
**Venue:** Tennis Pavillion  
**PRICES:** \$35+ (Member)  
\$38+ (Member's guest/  
Sentosa Cove resident)

Specially designed for children who are just starting school, the DINKIES program gives them the opportunity to practice skills that will develop their confidence to continue the exciting journey into sports participation and tackling more advanced sport skills using a series of structured lessons. The class runs for a duration of 90 minutes, so parents can drop off their young ones off and chill with a cuppa in the bistro while waiting. *RSVP by 18 May to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



### PLAYBALL – TODDLERS HOLIDAY PROGRAM

**Date:** Monday,  
7 & 14 June 2021  
**Time:** 9am – 10am  
**Venue:** Tennis Pavillion  
**PRICES:** \$35+ (Member)  
\$38+ (Member's guest)

Get your toddler to expend her of his energy with this Toddlers Holiday program. It will expose your little ones to a number of fun activities using coloured equipment, music, and more. Talk about clubbing fun with learning. They will not want to leave after the 60 minutes. *RSVP by 18 May to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



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





**MAGIC WORKSHOP SERIES  
(FATHER'S DAY)**

**Dates:** Saturdays,  
19 & 26 June 2021

**Time:** 4pm – 5pm

**Venue:** Captain's Table

**PRICES:** \$36+ per session  
(Member)

\$45+ per session

(Member's guest)

10% off for father and child pair  
for 19 June

Add some magic into your celebration of Father's Day. The workshop will equip each participant with a mini magic kit and some fascinating secrets to capturing the awe of your audience. There are three sessions of lessons, which will focus on different sets of skills. All that you would need to do: get your cape and hat out. RSVP by 8 June 2021 to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).



**ONE\*15 OUTDOOR  
BOOTCAMP**

**Dates:** Saturdays,  
8, 15, 22, 29 May 2021

**Time:** 8am – 8.45am

**Venue:** Poolside

**PRICES:** \$25 per entry  
\$70 for 4 classes (Member)  
\$80 for 4 classes  
(Member's guest)

Get ready to wake up those sleepy and tired muscles with a refreshing yet effective workout conducted by the Club's in-house instructor. This group exercise class will also help you burn up to 600 calories within a 45-minute session through a mix of traditional calisthenic and body weight exercises with interval and strength training. No pain no gain, but the scenic backdrop might help. RSVP to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).

*THE TALL HAT AND THE CAPE,  
THAT WE ASSOCIATE MAGIC  
WITH WERE INTRODUCED  
BY FRENCH MAGICIAN  
ALEXANDER HERMANN.*





### FATHER'S DAY CRAFT (ROOMS, F&B)

**Date:** Sunday, 20 June 2021

**Time:** 10am – 2pm

**Venue:** Kids' Playroom

**PRICE:** Complimentary

DIY flowers for mum, tick. It's now time to show dad some love on his special day. How does a Best Dad award, made by hand sound? That would hit the spot as nothing else can, so get crafting. *RSVP by 12 June 2021 to recreation.sc@one15marina.com.*



### PAPER MARBLING ON COASTERS FOR KIDS

**Date:** Tuesday, 29 June 2021

**Time:** 2pm – 4pm

**Venue:** Captain's Table

**PRICES:** \$62+ (Member)

\$65.5+ (Member's guest)

Do you love dripping paint on surfaces and seeing what form they take? Then this workshop is for you. What's more, what you thought was just past time is in fact a bona-fide artform called marbling, where sliding the surface and swirling with brushes, combs and sticks can create some unexpected and awe-inspiring designs. To save your work for posterity, the workshop teaches you how you can capture these on six coasters. Suited for children 8 years and above. *RSVP by 19 June 2021 to recreation.sc@one15marina.com. \*A minimum of 10 persons needed to commence the class.*



### CEO DIALOGUE

**Dates:** Thursday, 24 June 2021

**Time:** 7pm – 10pm

**Venue:** InnerCove

**PRICE:** Complimentary

A quintessential explanation of a jack of all trades, serial entrepreneur Daniel Lim also has the uncanny ability to be a master of it all. Having found his calling as a life coach and podcaster, Lim is dedicated to helping others become the best versions of themselves (read his profile on page 10). As the guest speaker in this edition of CEO Dialogues, Lim will throw light on the various ways one can get the best out of their life and career. Also available on Members' Facebook Live. *RSVP by 17 June 2021 to membership.sc@one15marina.com*

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





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## AWARDS TIME

The Club is pleased to announce that it has received the Best Waterfront Lifestyle Destination Award 2021. The award is presented by *APAC Insider*—one of the foremost resources of major players in the vibrant Asia-Pacific business scene. This award is of special significance as it shines the light on the businesses that have stayed at the top of their game and prospered despite the challenges thrown at them by the COVID-19 pandemic. Being a recognition of ONE°15 Marina Sentosa Cove’s entrepreneurial spirit, the award solidifies the Club’s strive to constantly do better and create better experiences for our Members.

As additional testament to the quality of the offerings at ONE°15 Marina Sentosa Cove, WOK°15 Kitchen won the Best Destination Restaurant award at the Spring 2021 edition of Singapore Restaurant Week. As winners were selected on the basis of the overall creativity of the menu, number of reservations made and average feedback, the win is a matter of pride and an equally humbling moment for the Club.



## PLEASE RECYCLE

At ONE°15 Marina Sentosa Cove, we believe that caring for our planet is the responsibility of each and every one of us. The Club has installed new recycle bins at phase 1, 2 and 3 next to the trolley collection points. The brightly colour-coded bins are also clearly marked to indicate the kind of trash they can hold—cans, plastic and paper. Help us keep the marina clean and healthy.

*\*Information accurate at time of print.*

Give Dad the gift of joy with an array of delightful offers to make his celebration a memorable one.



### Super Dim Sum Buffet

Complimentary full Peking duck for 8 diners and half Peking duck for 5 diners | Dads dine at half price

WOK°15 Kitchen | 19 & 20 June 2021 | 11am – 2.30pm  
\$58+ (Adult), \$28+ (Child)



### 2D1N Staycation

Staycation with breakfast | 4-course dinner |  
20 complimentary arcade tokens |  
Magic workshop\* (Top up \$33+)

19 – 26 June 2021  
From \$305+



### Deep Tissue Body Massage

A gift of relaxation for Dad which will bring a smile to his face.

Spa Rael | 1 – 30 June 2021 | 60-min  
\$110nett (U.P. \$202)



### \*Magic workshops

Surprise dad with new magic tricks and create special memories on this occasion!

Captain's Table | 19 & 26 June 2021 | 4pm – 5pm  
\$36+ for Dad & child



@one15marina

one15marina.com

FIND OUT MORE:



## 7 Wonders Of The World: China Edition

On 18 March, LATITUDE Bistro took Members on a trip to China—without them having to move out of their cushy chairs and luxurious seaside and marina views. This first of a seven-month series that will cover a different destination every month was kicked off with aplomb by the food and the ambience.

To give guests the authentic travel experience, they were issued “boarding passes” upon entry with choice trivia about the destination, its culture and, most importantly, the cuisine. The spread, painstaking prepared by the Club’s Executive Chef and Head of F&B, Desmond Goh, and his team, won the guests over with its creativity and ingenuity. Taking pride of place were the interpretations of the Szechuan dried chilli chicken dish reimaged with wagyu—specifically using the intercostal—and seasoned with Szechuan spices, and the chocolate tofu dessert paired with orange chrysanthemum ice cream. The truffle infused xiao long bao also caught the fancy of many.

It was overall a memorable experience for guests, who complimented the chef and his team on the fine curations. The concept of a boarding card brought back many fond memories of travel as well. A great way to kickstart a seven month long gastronomic journey.



(Clockwise from top left) Kurobuta xiao long bao with black and white truffles, lobster ma po tou fu, 70% dark chocolate tou fu, dried chilli beef finger ribs.



## Aston Martin Test Drive

Safe distancing measures need not take away from the fun of outdoor experiences. That's what guests who attended the personalised test drive of the Aston Martin DBX on 27 February realised. Aside from the satisfaction of being at the wheel of an iconic British road machine, guests were also indulged with some great food. Members loved the concept of not just being able to see the vehicle in the showroom, but also discuss about its capabilities and share their test drive experience with brand ambassadors over a meal. The well-planned and executed event held in collaboration with Aston Martin looked to be the first of many, going by the reactions of the Members involved.



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## Sip And Paint

Putting paint to canvas while sipping wine, being dined in style and taking in spectacular marina views—this cinematic experience was a reality for six Members who attended the painting workshop at Bar Nebula. The two-hour session was a crash course on painting with acrylics. Each Member was given a 12" x 17" canvas, two flat bristle brushes (no. 2 and 6) and a wooden palette, and were taken through the basics, as well as given quick tips on mastering the medium. Members were introduced to the colour wheel and taught the difference between hue, value and intensity, and how they could manipulate the opacity and behaviour of acrylics to get the desired effect. Bar Nebula's light filled interiors added just the right ambience and feel to bring their canvas dreams to fruition. Members commented that the event was relaxing and informative with the only negative aspect being that it lasted only for two hours.



# MAY – NOV 2021

## MAY

**30 Apr – 8**  
470 European Championships  
Hyeres, France  
[470.org/](http://470.org/)

**13 – 15**  
Grand Prix De L'ecole Navale - Neo 495  
Brest, France  
[classneo495.org](http://classneo495.org)

**21 – 28**  
Finn Master World Championship  
Medemblik, Netherlands  
[finnworldmasters.com](http://finnworldmasters.com)

**26**  
Vesak Day

## JUN

**2 – 6**  
Medemblik Regatta  
Medemblik, Netherlands  
[medemblikregatta.org/](http://medemblikregatta.org/)

**16 – 21**  
Soling European Championship  
Santander, Spain  
[soling europeans.com](http://soling europeans.com)

## JUL

**2 – 9**  
F18 World Championship  
Gaeta, Italy  
[f18-international.org/](http://f18-international.org/)

**5 – 11**  
9ER, 49ERFX, Nacra 17 Junior World  
Championships 2021  
Gdynia, Poland  
[49er.org](http://49er.org)

**20**  
Hari Raya Haji

**23 – 8 Aug**  
Tokyo 2020 Olympic Sailing Competition  
Enoshima Yacht Harbour  
[sailing.org/tokyo2020](http://sailing.org/tokyo2020)

## AUG

**31 Jul – 6**  
RS Aero World Championship  
Lake Garda, Italy  
[rsaerosailing.org](http://rsaerosailing.org)

**9**  
National Day

**2 – 14**  
Europe Class – Youth And Masters  
European Championships  
CN El Masnou, Spain  
[regatasnm.sailti.com/ca/default/races](http://regatasnm.sailti.com/ca/default/races)

**22 – 28**  
Platu 25 World Championship  
Nida, Lithuania  
[platu25.com](http://platu25.com)

**29 – 4 Sep**  
International 8 Metre World Championship  
Enkhuizen, Netherlands  
[8mr.org](http://8mr.org)

## SEP

**4 – 11**  
Flying Dutchman World Championship  
CN Altea, Spain  
[cnaltea.com/fdworld](http://cnaltea.com/fdworld)

**14 – 19**  
Soling World Championship  
MYC, Milwaukee, USA  
[solingworlds.com](http://solingworlds.com)

**19– 21**  
International One Design Class World  
Championship  
Fishers Island, New York, USA  
[iodwca.org/regattas](http://iodwca.org/regattas)

## OCT

**2 – 3**  
2021 Viper 640 Women's International  
Championship  
Noroton Yacht Club, CT, USA  
[viper640.org/](http://viper640.org/)

**26 – 31**  
Italian Grand Prix #4 And European Gp  
Finals  
Sanremo, Italy  
[yachtclubsanremo.it](http://yachtclubsanremo.it)

## NOV

**17 – 21**  
Harken International Youth Match Racing  
Championship  
Pittwater, Sydney NSW, Australia  
[intyouthmatchracingchampionship.com.au/](http://intyouthmatchracingchampionship.com.au/)

**17 – 21**  
49er, 49erfx & Nacra 17 World  
Championships  
Al-Mussanah Sports City, Oman  
[49er.org](http://49er.org)



4 – 11 SEP 2021

The Flying Dutchman, a 20-foot, high-performance monohull, remains one of the fastest racing dinghies in the world. The first Flying Dutchman World Championships were held in Stamberger See in 1956, Germany's second-largest fresh water body and fifth-largest lake.

\*Information of events correct at the time of printing

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## **Yoga**

Wednesdays | 9am – 10am

## **Zumba**

Wednesdays | 10am – 11am

## **Power ABT**

Fridays | 9am – 10am

## **Outdoor Bootcamp**

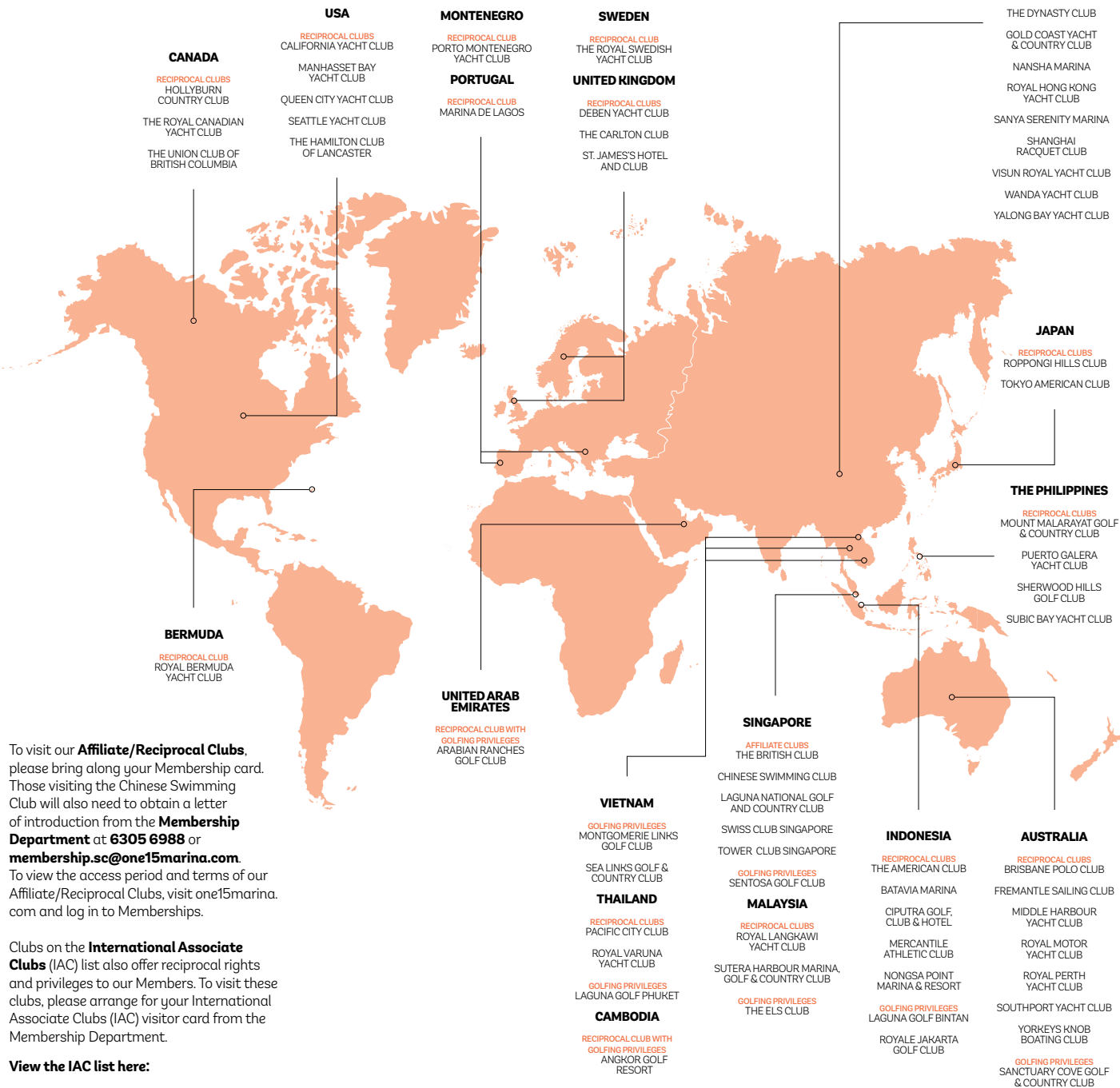
Saturdays | 8am – 8.45am

## **Junior Karate**

Saturdays | 9.30am – 10.30am

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11.30am – 3pm

Sat, Sun & PH  
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### DIM SUM BUFFET

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\$38+ (Adult)  
\$19+ (Child)

### SUPER DIM SUM BUFFET

Sat, Sun & PH  
11am – 3pm

\$48+ (Adult)  
\$28+ (Child)

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