

LONGITUDE

A PUBLICATION OF
ONE°15 MARINA
SENTOSA COVE
SINGAPORE



UNDERWATER TREASURES

Urban getaways for the eco-conscious,
the vegan life, a night at sea

+

Marine conservation warriors

ONE°15 ECO MONTH

1 – 30 SEPTEMBER 2022

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in a series of events and exhibits.

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Take part in quizzes and win exclusive merchandise.*

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ONE°15 MARINA
Sentosa Cove Singapore





RACING AHEAD

September is always a special month for us being our anniversary month—a time to celebrate our achievements and learn from things that could have been done differently.

This year marks the 15th year since our launch. Throughout our journey, there are two things that have remained a constant: Our commitment to sustainability and verve to serve our Members better each year. To that end, for September, which is ONE°15 Eco Month, we have organised a range of activities that tie in both—from Coral Garden & Seabin tours, Marine Science Classroom and Eco Talks to weekly craft activities. Not just educational, these are fun activities that families can enjoy together with opportunities to win ONE°15 merchandise.

In keeping with Club's mission, we have themed this issue of *Longitude* after sustainability and marine conservation. It is only befitting that we profile our Eco Advisors Dr Toh Tai Chong

and Sam Shu Qin (page 18) in it. The marine biologists have also been instrumental in the launch of the ONE°15 Marina Coral Garden with us in 2018. They share their inspirations, about their non-profit Our Singapore Reefs and the splendours under Singapore waters. In Lush Escapes (page 12), we put the spotlight on metropolitan cities taking the conversation of eco-living forward, while Fine Food (page 26) talks about plant-based meat alternatives that are equally healthy for our bodies as they are for the planet. In Essentials (page 6), we explore nautical design brands that have sustainability at their core. Fun Facts (page 9) honours nature's intrinsic role in keeping Earth liveable by highlighting the marine animals that help keep it carbon-neutral. This issue, we also profile one of the Club's longest serving staff members, Nancy Chow (page 22), the Restaurant Manager at WOK°15 Kitchen, who has been with us in our journey for the past 12 years.

ONE°15 Marina Sentosa Cove is also pleased to announce the launch of Blue Water Edufest. Held from 3 to 6 November 2022, this inaugural ocean and coastal conservation event puts the emphasis on "Blue Water", the ocean—which is the real lung of the Earth—and reinforces our role in its protection. The Edufest will encompass a conference, a fund-raising party and sustainable luxury showcase, before culminating with a marina clean-up. We are also proud to be hosting the Blue Water Heroes Awards on 4 November 2022 as part of the four-day event, which recognises individuals and organisations who have made significant contributions to advancing the protection and conservation of marine life and the marine environment in Southeast Asia.

On the note of new things, we have finished upgrading our Chart and Meeting Rooms to be able to fit up to 10 and 18 persons respectively for private discussions. They are available for booking with our Catering Sales team.

We would also like to extend our welcome to superyachts *Family*, *Lady Candy*, *Paraffin*, *Petratarra*, *Serendipity*, *Trident* and *Tango 5* that berthed with us in the months of July and August.

Our goal to be a world class marina is ever continuing, 15 years hence, and we take this as yet another opportunity to express our gratitude to Members who have been on this journey with us. Thank You.

Jonathan Sit
General Manager

THERE ARE
TWO THINGS
THAT HAVE
REMAINED A
CONSTANT: OUR
COMMITMENT TO
SUSTAINABILITY
AND VERVE
TO SERVE OUR
MEMBERS
BETTER EACH
YEAR.



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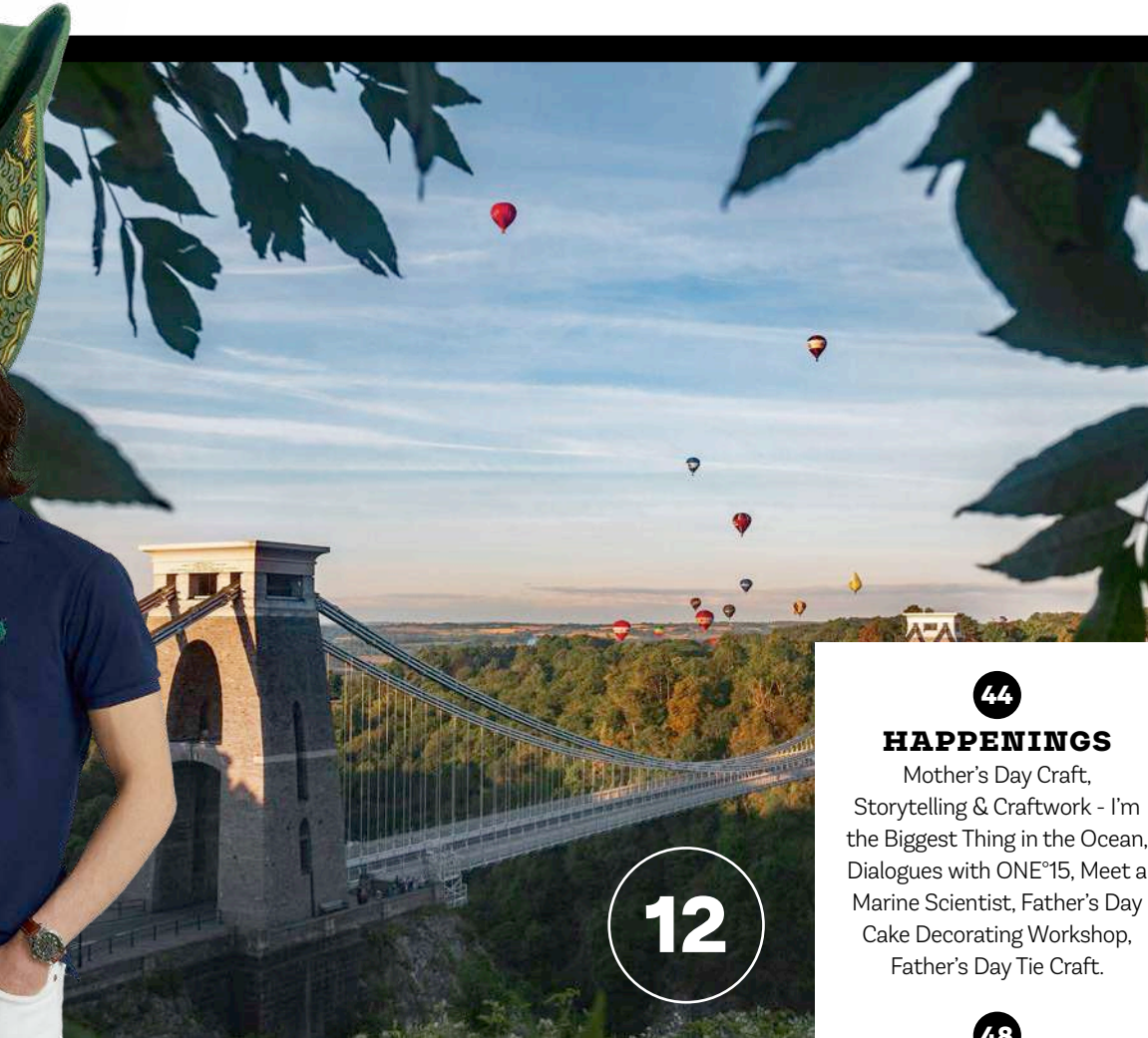
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Live it up at the best marinas, yacht, golf and city clubs around the globe.

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WOK°15 Kitchen

11.30am – 3pm (Tue - Fri)
11am – 3pm (Sat, Sun & PH)
6pm – 10pm (Tue - Sun)
*Closed on Mondays,
except Public Holidays
Last order for lunch at 2.15pm,
last order for dinner at 9.15pm
6305 6998
wok15.sc@one15marina.com

LATITUDE Bistro

7am – 10pm (Sun - Thu & PH),
last order at 9.15pm
7am – 11pm (Fri - Sat & Eve of PH),
last order at 10.15pm
6305 6982
bistro.sc@one15marina.com

Bar Nebula

Temporarily closed

Pool Bar

11am – 7pm (daily)

innerCove

8am – 10pm (daily)

Boaters' Bar

5pm - 11pm (Wed, Thu & Sun)
5pm - 12am (Fri & Sat)
Last order for food at 9.45pm, last order
for drinks at 10.15pm (Wed, Thu & Sun)
and 11.15pm (Friday & Saturday)
Closed on Mondays & Tuesdays
boatersbar.sc@one15marina.com

HELIOS93 (Lobby Bar)

Temporarily closed

FITNESS & SPA

Fitness Centre
7am – 10pm (daily)
6305 6981
gym.sc@one15marina.com

Spa Rael

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10am – 8pm (Sat, Sun & PH)
*Closed on Tuesdays
6271 1270

RECREATION

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6305 6980
recreation.sc@one15marina.com

Infinity and Children's Pools

7am – 9pm (daily)+
*Closed on Mondays,
7am – 10pm (daily)+
Arcade Room
9am – 7pm daily

CORPORATE/PRIVATE FUNCTIONS

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*Charges apply
+ Guest fees apply

A BUFFET FOR EVERY OCCASION



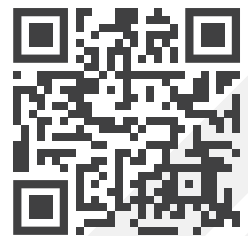
Elevate your dining experience at WOK°15 Kitchen, Singapore's Top Restaurant by Wine & Dine. Indulge in our upgraded buffets and enjoy luxurious premium dishes.

Weekday Dim Sum Lunch Buffet : \$39+ (Adult), \$19+ (Child)
Weekend Dim Sum Lunch Buffet : \$49+ (Adult), \$29+ (Child)
À La Carte Dinner Buffet : \$58.8+ (Adult), \$28.8+ (Child)

*Minimum 2 persons. Terms and Conditions apply.
Lunch buffet first seating: 11.30am – 1pm, second seating: 1.30pm – 3pm.
Dinner buffet first seating: 6pm – 7.30pm, second seating: 8pm – 9.30pm.
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WOK°15
KITCHEN

Set Sail

THESE COMPANIES ARE PLAYING THEIR PART TO COMBAT ENVIRONMENTAL POLLUTION WHILE CREATING STYLISH PRODUCTS THAT YOU CAN USE ON YOUR NEXT DAY OUT AT SEA.

TEXT YING RUI

Clean Water

Every year, over a million seabirds and 100,000 marine mammals are killed by ocean plastic. This is why Sperry launched its SeaCycled collection. Its classic boat shoe is made with 52 per cent recycled leather, while the non-marking rubber outsole is made with 15 per cent recycled rubber and features signature Sperry Razor-Cut Wave-Siping™ for ultimate wet/dry traction. On average, the equivalent of 12 recycled plastic bottles is used to make one pair of shoes. **Sperry is available at Takashimaya D.S. level 3 and sperry.com**



Deep Dive

Limited to 200 pieces, Ulysse Nardin's environmentally friendly The Ocean Race Diver has a caliber UN-118 Manufacture movement with a 60-hour power reserve and is water-resistant to 300m. The watch, which is the official timekeeper for the open-sea sailing race, comprises a 44mm case made from 60 per cent recycled fishing nets. The brand's latest 100 per cent waterproof fabric wrist strap uses innovative polyamide yarn also fully recycled from fishing nets. **Ulysse Nardin is available exclusively at The Hour Glass and ulyссе-nardin.com**



Sun's Out

Polaroid Eyewear's PLD4123/S flat-top sunglasses are made from a special BPA-free plastic with up to 50 per cent recycled content. Unlike flashy sporty shades, this has a subtle colour palette of transparent frames in brown and grey with blue and copper lenses respectively, and opaque black and brown Havana with grey and green lenses, respectively. The ladies' PLD4124/S bears a retro hexagonal shape and comes in equally chic shades, including opal violet with lilac temples and grey lenses. **Polaroid Eyewear is available at polaroideyewear.com**





Ethical Trash

Topiku's caps are handcrafted by artisans in West Java, Indonesia, using 95 per cent upcycled and recycled waste materials such as deadstock fabric, aluminium cans and plastic buckets. Founded in 2015 through a Kickstarter campaign, the San Diego-based company contracts local trash pickers to collect buckets and metal scraps, which are then shredded, washed and melted to be remoulded into brims and buttons on top of the caps with adjustable straps. **Topiku is available at topiku.co**

7



Environmental Impact

American label Ralph Lauren's iconic polo shirt has been designed with Mother Nature in mind. Available in a range of colours, the Earth Polo is crafted from fabric made entirely from recycled plastic bottles, dyed using an innovative waterless process to minimise carbon emissions. The brand aims to remove at least 170 million bottles from landfills and oceans by 2025, as shared by its Chief Innovation Officer, David Lauren. Each shirt contains an average of 12 bottles' worth of recycled plastic which is processed into high quality yarn that is soft to touch. **Polo Ralph Lauren is available at ralphlauren.asia**

WHAT'S ON

in Sep and Oct



Ballet Under the Stars 2022

An evening surrounded by lush greenery, under the stars and watching the most fluid and graceful moves of ballerinas—nothing can come close to that. This favourite annual dance show by Singapore Ballet is back for two weekends after a hiatus due to the pandemic. Time to get your picnic mats and accessories in place. Visit the website for more details on the performances per weekend. **Price: \$40, 2 to 11 September 2022, Fort Canning Green, ticketing.sistic.com.sg**

Slava's Snow Show

We are all used to having the annual circus extravaganza on our shores, but this is the first time that a world class clowning show is coming here—no less than Slava Polunin and his company of clowns. He is known for moving clowning out of the circus to the theatre—taking inspiration from artists such as Charlie Chaplin, Marcel Marceau and Leonid Engibarov. It's no wonder it's been lauded the theatrical show of the century. **Price: From \$68, 2 to 6 November 2022, Sands Theatre, marinabaysands.com/entertainment/shows.html**



Michael Lives Forever: A Tribute To Michael Jackson

As presented by Rodrigo Teaser—the only impersonator who has been acknowledged on the pop star's official website. Teaser will be performing with a live band and entourage of dancers with over 60 costume changes. Expect a dazzling night. **Price: From \$68, 20 September 2022, The Star Performing Arts Centre, sistic.com.sg/events**



The LKY Musical

As Singaporeans, we cannot get enough of the journey the nation went through towards independence, especially as navigated by one of our beloved founding fathers—the late Lee Kwan Yew. This theatrical-musical by Singapore Repertory Theatre, captures all that through his life story. Adrian Pang plays the lead role and Kit Chan, the love of his life—wife Kwa Geok Choo. **Price: From \$49, 7 September 2022 onwards, Sands Theatre, marinabaysands.com/entertainment/shows.html**

Pulau Ujong / Island at the End

This is what the island of Singapore was referred to as—not many of us would have known that. This play, written by Alfian Sa'at and directed by Edith Podesta, takes us back to that time. But the idea behind it is not a history lesson, rather how we human beings have wrought havoc on the land and its bounties through our callous actions. Join in the cry for help by gaining insight from scientists and climate change experts while enjoying some good theatre action. **Price: From \$30, 15 September 2022 onwards, Wild Rice @ Funan, wildrice.com.sg/event/66630-pulau-ujong**



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



1

Coral reefs help balance the **carbon levels** in the air by capturing, releasing and accumulating it through its multiple functions—**photosynthesis** performed by their zooxanthellae, cellular respiration and calcification.

5

WHALES ARE KNOWN TO ABSORB 33 TONS OF CO₂ THROUGHOUT THEIR LIFETIME—THIS REMAINS TRAPPED IN THEIR CARCASS, WHICH SINKS TO THE OCEAN BED UPON THEIR DEATH.

2

Fish help in ridding our world of carbon by **releasing carbon-rich fecal pellets** as they move up and down through water columns. These then sink to the bottom of the ocean—what scientists call Twilight Zone Carbon.



3

Underwater sea kelp are known to be the most efficient absorbers of carbon dioxide. **Sea otters** play an indirect role in maintaining these kelp forests by foraging sea urchins—that love feasting on sea kelp—and keeping their population in check.

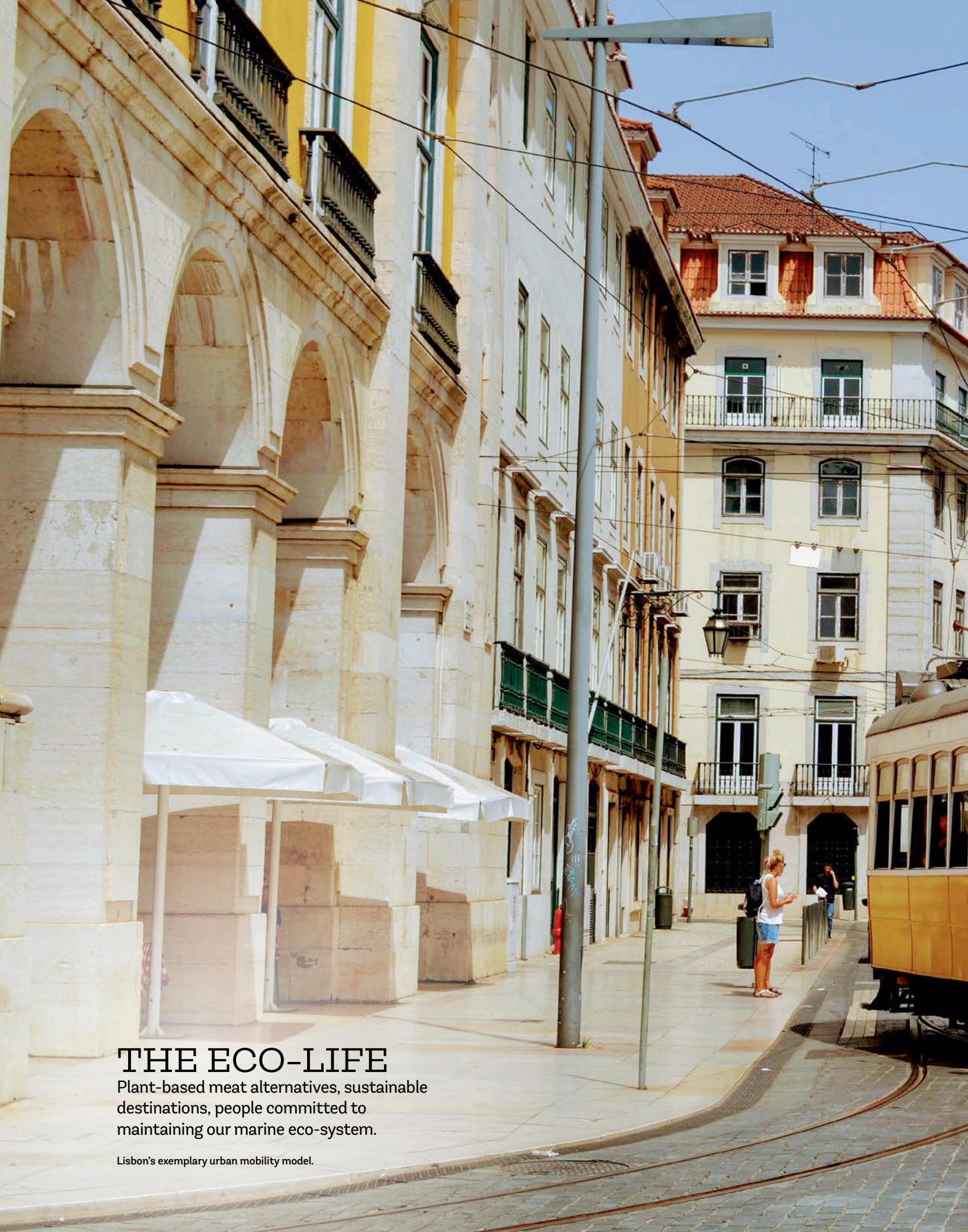
4

Our oceans are responsible for the air we breathe—they produce **50%** of the world's oxygen and also absorb about **50%** carbon dioxide from the air.

Marine Saviours

FIVE WAYS MARINE ANIMALS AND ORGANISMS HELP US LIVE A CARBON-NEUTRAL LIFE





THE ECO-LIFE

Plant-based meat alternatives, sustainable destinations, people committed to maintaining our marine eco-system.

Lisbon's exemplary urban mobility model.

LUXE LIFE



GOING GREEN

WITH SUSTAINABILITY A PRESSING GLOBAL CONCERN, URBAN SPACES ARE INCREASINGLY BECOMING LOCI FOR CHANGE. GETAWAYS TO THESE SUSTAINABLE CITIES ARE PERFECT FOR MEANINGFULLY ENGAGING WITH THESE ECO-CONSCIOUS SHIFTS.

TEXT BEATRICE BOWERS





Clockwise from left: Chapel of Santo Amaro in Alcântara. Palace Fronteira—the 17th century structure is a privately owned museum. Lush picnic spots in Monsanto Forest Park.

LISBON, PORTUGAL

Lisbon has long had its own particular charm. The Portuguese port-side capital is a vision from afar, with colourful mid-rise buildings set on low cliffs overlooking the sea. Up close, Lisbon has plenty of nostalgic quarters and architectural marvels that date back to early modernity.

What most travellers may not know, though, is that Lisbon is actively pushing for urban sustainability. The city has made massive strides in reducing CO₂ emissions, and energy and water consumption, all in the past two decades. Their picturesque trams that are a Lisbon icon also double up as an avenue for sustainable urban mobility. Most Lisbon natives use bikes and public transport to get around. If they drive, it's typically electric cars, as the city has the world's largest network of electric vehicle charging points—great to note if you're renting a car for a road trip through Portugal.

Green urban spaces have also become a big priority for Lisbon, so if you ever want to decompress from the city's buzz, head over to the Monsanto Forest Park for a day of cycling. This verdant, sprawling forest is an oasis of calm, with lakes and picnic spots to soothe the weary. While there, visit The Fronteira Palace, a 17th-century castle. Its manicured gardens and striking vermilion facade make for great photo ops.

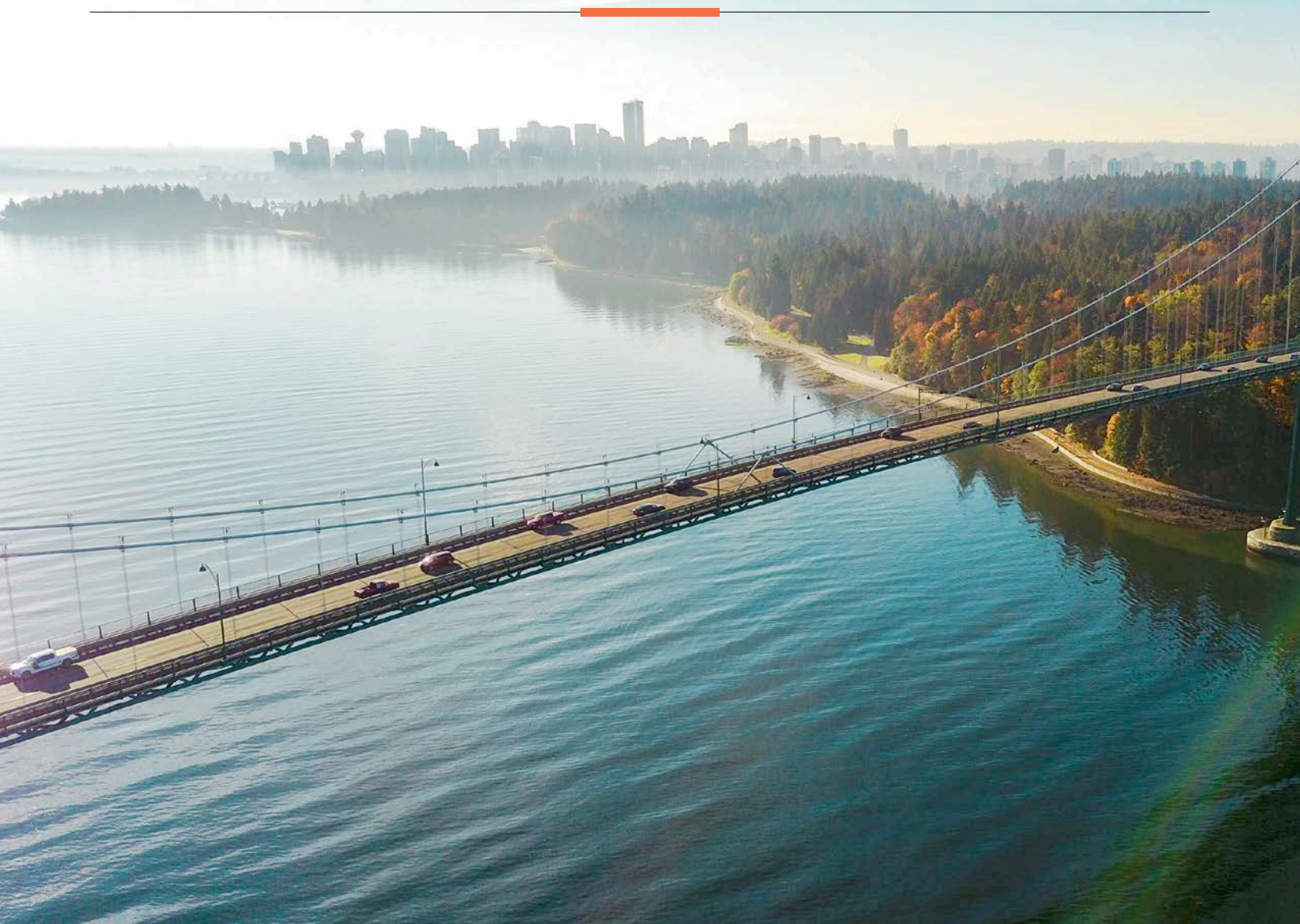
PLAY

Any Portugal trip is incomplete without a jaunt to Lagos and its serene, golden beaches. Explore the famous Bay to its fullest by booking a stay at the Marina de Lagos Resort (marinadelagos.pt).

LONGITUDE TIP

Members of ONE¹⁵ 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, frontdesk.sc@one15marina.com or membership.sc@one15marina.com.





VANCOUVER, CANADA

Canada's lush, untamed ecosystems have managed to find pockets of expression in Vancouver city. The metropole has become something of a garden hub, with large parks dotting its map, and rugged mountains dotting its skyline. Being so close to natural wonders has driven Vancouver to be more sustainable, and it is now recognised as one of the world's leading green cities for its efforts.

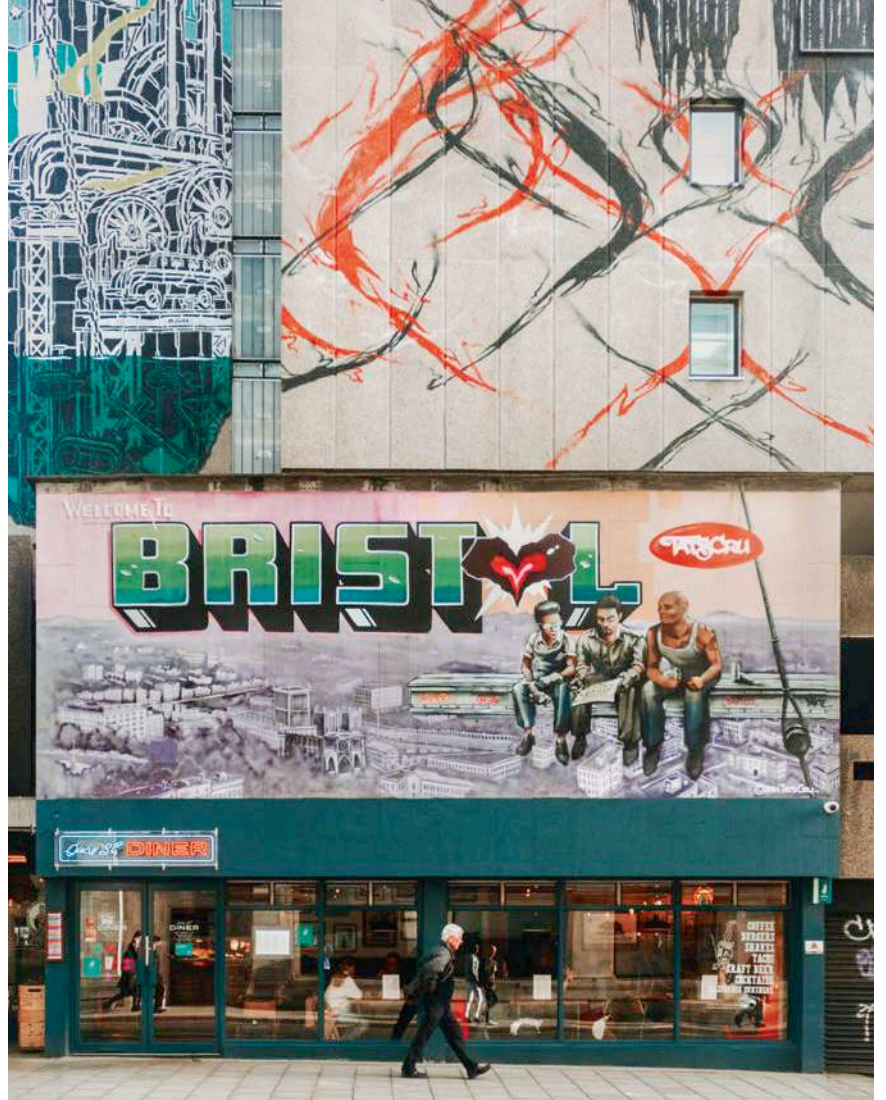
Vancouver's zero waste by 2040 goal is matched by a very ambitious zero carbon emissions by 2050 push. Renewable energy resources abound alongside greener architecture and transport systems to achieve this. The city is also committed to ensuring its citizens live with nature at their doorstep—so every Vancouver resident now lives within five minutes of green space.

Appreciate the seamless connection between the urban and the natural by taking a quick day trip to Stanley Park and its arresting forest views. Stanley Park is also home to Ocean Wise, Canada's largest aquarium with dedicated conservation efforts for marine life. You can also engage with indigenous art by visiting Gastown. The historic stretch just shy of the city centre is full of shops celebrating First Nations artists, as well as jewellery.

PLAY

A quick getaway from Vancouver's bustle, Hollyburn Country Club (hollyburn.org), a members-only destination chock full of amenities for some R&R and splendid views.





Clockwise from bottom left: Vancouver's port and Lion's Gate bridge. Thrift stores and graffiti in Bristol.

BRISTOL, ENGLAND

Over the past few years, Bristol has enjoyed a renaissance amongst travellers, one-upping cities like London and Edinburgh as UK's top city. It is now also UK's leading green city, thanks to its renewable energy pushes, ban on diesel vehicles, and high recycling rate. Its multitude of secondhand stores is also another sustainable win, as it helps combat the looming issue of fashion waste with circular commerce.

This makes Bristol a great holiday destination if you're big on thrifting. The city is home to many vintage apparel stores—Loot Vintage is a particularly popular one. They are Europe's leading vintage retailer, sourcing their clothes from major fashion capitals around the world. Over 200 new pieces are added to their store each week. Secondhand fashion is enjoying a huge moment now, so dip your toes in with Bristol's expansive offerings.

Bristol also has a huge rep for being an artsy hub, and it wears its identity on its streets. Dubbed as the home of British graffiti, Bristol is the birthplace of Banksy, and many other equally talented street artists, like Nick Walker and Cheba. Spot their murals decorating walls, buildings, and signboards as you wander around.

PLAY

If you are travelling to Bristol from London, spend a few days in England's capital to shake off your jet lag. A stay at the esteemed The Carlton Club (carltonclub.co.uk) should set you right as rain, and ready to take on the rest of your UK trip.





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COPENHAGEN, DENMARK

With aims to be the world's first carbon-neutral city by 2025, Copenhagen constantly tops as a sustainable travel destination. They are remarkably on track to achieving this goal and are setting the standard across the board.

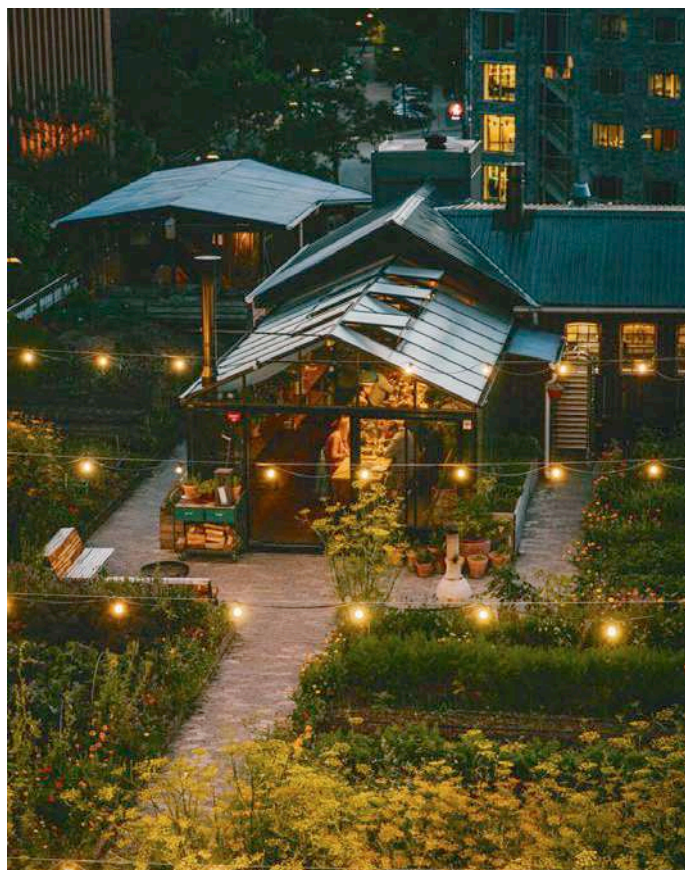
Renewable energy pervades the city's ecosystem, and low carbon footprint elements are ubiquitous. You can explore the capital's picturesque canals on solar-powered boats, then book a biking tour as you zip around dedicated bridges for cyclists.

Attractions are now also greenified. The city's famed Tivoli Gardens has received a sustainable facelift. It may be the world's second-oldest theme park, but it has adapted to the times. Over 85,000 bulbs have been swapped for LED across the park, and guests are charged for drinking cups in a bid to reduce waste.

Copenhagen is also a sustainable dining pioneer, thanks to René Redzepi's Noma, the birthplace of New Nordic cuisine. No sweat if you can't get a place on the lengthy waiting list, as the city has plenty of other New Nordic offshoots for you to explore this seasonal cuisine. Gro Spiseri, for example, is a no food waste restaurant set amidst a lush rooftop garden. Family-style dishes are prepared from the garden's harvests and locally farmed produce.

PLAY

Book a stop in Stockholm to explore the nearby Nordic city's unique take on eco-conscious living. Its flagship yacht hub, The Royal Swedish Yacht Club (ksss.se), has taken sustainable measures to maintain its marina's water reserves.



TOKYO, JAPAN

Tokyo has built a reputation as an Asian holiday favourite, but it also has another badge of honour to wear: it is one of the region's greenest mega-cities. The dizzying metropolis has plans underway to transition to renewable energy systems, as well as develop smart resources that can better help the city grow green. Food waste reduction and supporting local producers are two other big initiatives Tokyo has taken on to reduce its impact on the environment.

Japanese produce and artisans are a world unto their own. Take your time to visit local boutiques, galleries, breweries, and the like during your trip there, instead of buying wares from global brands with a higher carbon footprint.

2K540 Artisan Shops in Akihabara is one great option. The arcade has 50 different stores spotlighting local producers, and many of the goods sold here are one-of-a-kind. Add ceramics shop Utsuwaya Tuku in 2K540 to your must-visit list if you're a home decor fanatic, thanks to its zen range of handmade Japanese pottery. Boutique Nico To Row is another, for small-batch leather goods and striking footwear. 📍



Clockwise from bottom left: Gro Spiseri's facade. Copenhagen's canals. Street scenes from Tokyo.

PLAY

Enjoy some R&R at the Roppongi Hills Club (roppongihillsclub.com), housed on the 51st floor of the skyscraping Roppongi Tower. Take in a 360-degree view of Tokyo as you dine at its variety of restaurants and bars, both Japanese and Western.



BLUE NOTES

MARINE BIOLOGISTS DR TOH TAI CHONG AND SAM SHU QIN HAVE DEDICATED THEMSELVES TO OPENING SINGAPOREANS' EYES TO THE RICH BIODIVERSITY BENEATH OUR WATERS.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH
ART DIRECTION CHARLENE LEE

18

Meeting marine biologists Dr Toh Tai Chong and Sam Shu Qin is an experience in itself—more so for an aspirational diver like me. But their work extends beyond a shared passion for what lies underneath. In 2017, the duo founded Our Singapore Reefs, which is dedicated to rehabilitating the marine biodiversity in Singapore waters, educating the people on conserving them, while expanding their horizons to the splendours of what lies beneath. This is besides having full time careers—Dr Tai Chong is a Senior Lecturer & Associate Director of Studies at College of Alice & Peter Tan, National University of Singapore (NUS) and Shu Qin, a research associate at its Tropical Marine Science Institute—and busy family lives. They have been collaborating with ONE°15 Marina Sentosa Cove on building its coral garden after having developed a novel way to restore and rehabilitate coral reefs ravaged by unsuitable conditions. A father of two girls, aged 7 and 10, Dr Tai Chong aims to inculcate environmental awareness in his children from young. Here, they share about their work, and the marine biodiversity under our waters.

How did you both meet?

Dr Toh Tai Chong (TTC): It was around 2007—we were working part-time at Underwater World Singapore in Sentosa. She was just getting into university, and I was graduating—so we met very briefly and didn't really keep in touch. It was not until 2015, when I got a job and we were on the look out for like-minded people, that I got back in touch with her. I reached out to her through her Facebook profile, and

she subsequently joined the team.

Sam Shu Qin (SSQ): At that time, there was really not much opportunity to study marine science in Singapore—my parents, like most of them from that era would rather I became a doctor, or a lawyer. But I didn't give up. I got a degree in science from School of Biological Sciences in Nanyang Technological University and just went out exploring different kinds of jobs that allowed me to work in the marine environment, with marine animals or related to aquaculture. That's when I met Tai Chong—he was my mentor and taught me all that I know about this field. When he reconnected with me, I had just gotten my diving license, so the timing was just right.

How did Our Singapore Reefs come about?

TTC: As marine biologists, we see a lot of things in the water that shouldn't be there, but when we are out in the field, so to speak, we are working, which leaves us little time to pick up trash—although the marine scientists in Singapore have been organising cleanups periodically, we soon realised that we needed a larger community to get involved in the process. Coincidentally, at that time, a lot of people were calling our laboratory asking whether they could volunteer with us. So in 2017, we formed Our Singapore Reefs. Our vision is to clean up Singapore's sea so that everyone can enjoy it. We're trying to make it more visual, raise awareness on the debris

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ONE°15 MARINA CORAL GARDEN

Started in early 2018 in collaboration with NUS, the coral garden programme was spearheaded by Dr Tai Chong and Shu Qin's then boss and mentor—to grow corals on metal frames provided by the marina. Subsequent to its success, the corals were brought on to the sea water.

"The place we were working on was just a couple of metres from the boats, so we were very surprised to see them growing so well, given the input of oil, soap water and chemicals in the area. This encouraged us to populate the sea walls around the marinas," says Dr Tai Chong. This was complemented by a rigid selection process of coral species that can adapt best to the specific environment, as "those that can survive in other circumstances may not do very well here and vice versa", explains Shu Qin.

The nursery rack at the marina is also one of the first of its kind. As Shu Qin explains, usually coral restorations are done on nursery tables, but as the substrate tables were difficult to anchor, a floating frame was designed that hung on to the pontoons and rose and fell with the tide. This attracts other marine animals as well to the nursery rack. "To be able to help the environment is empowering, and watching the corals we have replanted thrive is like nurturing a baby, it makes us very proud," she adds.



Coral nursery racks suspended on the pontoons.



Hedgehog coral (*Echinopora horridab*)



Lobed brain coral (*Lobophyllia* sp.)



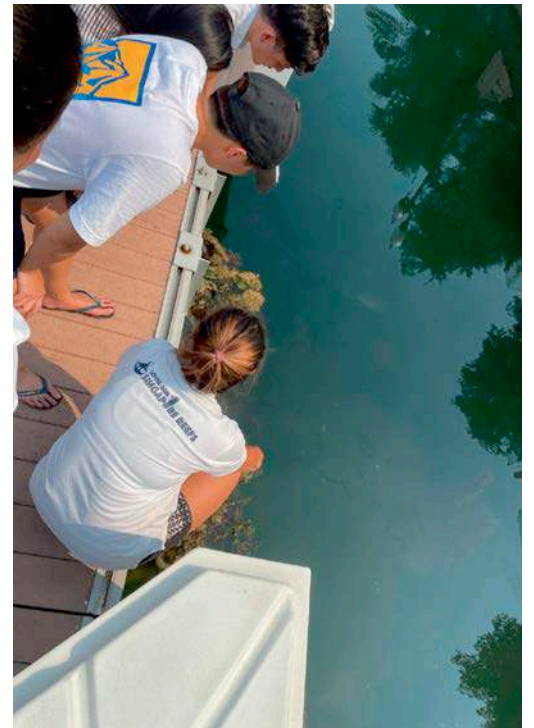
From top: Feather duster worms (*Sabellidae* sp.), Disc coral (*Turbinaria mesenterina*)



Haddon's carpet anemone (*Stichodactyla haddoni*)



Tiger-tailed seahorse (*Hippocampus comes*)



underwater—just because it is not visible on the surface does not mean that it is free of trash.

SSQ: We also wanted to tackle the misconception that Singaporeans have about the water here—that just because it's so green, there's no life there. We want to showcase the rich marine biodiversity, and at the same time, expose them to what else is there, such as the trash. When we transplant corals, we have to periodically go back and record their progress, and when we see them suffocated by plastic bags, caught in fishing lines, or crushed by fishing cages—it is very heartbreaking. We have seen chairs and mattresses as well—a washing machine was perhaps the last straw. Our Singapore Reefs was conceived as a platform to raise awareness on these threats to our marine ecosystem, inculcate positive behaviours among divers, which they can in turn pass on to their friends and families.

Tell us about Singapore's marine biodiversity, especially corals.

TTC: Southeast Asia in general, is a hotspot for coral reefs, compared to other parts of the world. Singapore's proximity to the coral triangle of the Philippines, Indonesia and Malaysia drives a lot of coral population in our waters, and they in turn contribute to those worldwide. About 800 coral species have been recorded worldwide, and one-third of those are actually found in Singapore waters—historically, Singapore has about 250 species. It may sound surprising because the water is murky, but in fact, a nice little habitat exists naturally here.





From far left: The Our Singapore Reefs team checking on the coral garden. Sam Shu Qin on a dive at Raja Ampat, Indonesia, photographed by Virginia Bria.

SSQ: They are so resilient and diverse, despite all the land development, reclamations and climate change. It's quite interesting. Government intervention has helped as well—Sisters' Islands, designed as Singapore's first marine park is protected by law. It's an offence to fish, collect corals or moor boats within the area without the approval of National Parks Board. This creates a nice haven for them to thrive.

What were some of the challenges when you started Our Singapore Reefs?

TTC: Finding volunteers in Singapore was never a challenge as there are people who are really passionate about the environment here. However, securing stable funding was a huge struggle for us. Boat rentals are very expensive in Singapore, and for the longest time, we were footing the bills for the equipment and transport costs ourselves. Having to focus on community development and securing partnerships on top of our day jobs was difficult as well—although we are grateful over time for the support we have been able to garner.

SSQ: Convincing people that we had our risk management measures in place took some time—as diving is still considered a dangerous sport by many. We are also constantly working towards extending our reach—we are working with partners that bring us to heartland hawkker centres to talk to aunties and uncles about corals and diving. Working with the marina has exposed us to the boating community, whom we would not have met otherwise.

What are your favourite diving spots in the region?

SSQ: Raja Ampat in Indonesia—it's a role model

for what a protected marine park should be like. In Singapore, Pulau Semakau is very diverse with some big and vibrant coral covers, and even sharks.

TTC: I like this region in Indonesia called Bunaken, which is also a marine park. It's known for its coral wall that extends all the way from the top to 60 to 70m depth in crystal clear water. Every inch of it is covered with marine animals—you can even see sharks moving in and out of it. It's quite a sight to behold and you can see the effects of marine park protection. In Singapore as well, the sea walls, especially around the Southern islands nurture coral population. That is very encouraging for us, that despite land reclamation, the corals will come back when the environment is conducive. There are times when we've found corals that are fairly rare here even in an artificial environment. Recently, people spotted a mandarin fish at the marina—a rare and elusive fish that people travel to Indonesian waters to see.

Do you feel that there is a lot more awareness now than before about marine life?

TTC: I will say yes. When I first joined NUS as a graduate student, the awareness was significantly lesser. Marine biology is still very much seen as a niche field, something that only scientists do. But over the years, we have seen a lot of citizen scientists, who are equally passionate, stepping up to support conservation efforts. Divers and non-divers alike are a lot more vocal and proactive in trying to advocate for a cleaner ocean for the animals. Social media has also helped with a flood of impactful images, which has catapulted the awareness, as compared to a decade ago. In Singapore as well, with the increase of accessibility of marine activities, people have become more aware of marine conservation.

SSQ: Being able to bring more people to the sea through dives organised by Our Singapore Reefs has helped open their eyes a bit more. They are a lot more people interested in exploring Singapore waters and wanting to do their own part, however small, to protect the environment. 📷

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THE INDUSTRIOUS SOUL

DESPITE HAVING LITTLE FORMAL EDUCATION, RESTAURANT MANAGER NANCY CHOW TOOK A LEAP OF FAITH AND EMBRACED THE CHALLENGES OF LEADERSHIP WITH JOY.

TEXT **PRAISE POH** PHOTOGRAPHY **BENNY LOH**
ART DIRECTION **CHARLENE LEE**

Married to her first love and a mother of three, Nancy Chow radiates an aura of friendliness and hospitality with her big, wide smile—qualities that befit her role as the Restaurant Manager of WOK°15 Kitchen.

Growing up in Ipoh, Malaysia, Nancy started working shortly after completing her primary school education. “My first job was working at a coffee shop near my house when I was 13 years old,” she recalls.

“The pay was low and I was working 12 hours a day, but I stayed there for four years and worked my way up to the position of head coffee maker before I left for Kuala Lumpur in search of better job opportunities.”

Nancy landed a waitressing job in a seafood restaurant in Kuala Lumpur, and picked up a fount of knowledge on the different types of seafood. It was also during her stint at the restaurant when she met her husband who was a fellow colleague.

FROM STRENGTH TO STRENGTH

At the recommendation of her friend, Nancy quit her job at the seafood restaurant after five years and ventured to Singapore.

“My friend got me a job at a factory, and I was there for two, three years before moving on to a Chinese restaurant at Chinatown,” she shares.

Since then, she has been making her way up in the F&B industry having worked with many well-known Chinese restaurant groups in Singapore before joining the Club’s Chinese restaurant in January 2011 as a Senior Supervisor.

Despite the demanding work schedule, the 50-year-old F&B industry veteran remains passionate. When asked what has kept her motivated all these years, her response is immediate—the satisfied look on her customers’ faces is her greatest reward and drive.

Nancy’s attention to detail and little gestures endear her to the customers—from remembering the preferences and dislikes of her usual customers to anticipating their needs, such as serving a condiment of their must-have cut chillies before they ask for it.

“It is my duty to make them feel valued and welcomed,” adds Nancy with earnest. “Besides, once they feel your genuineness and sincerity, they will see the value of quality service and return, bringing their friends and family along with them.”

Interestingly, it is her daily interaction with her customers that broke her out of her introvert shell.

“I used to be very shy but since working in the F&B industry, I have become bolder and will even initiate conversations with my customers. They are like my teachers, having taught me many things, and not just in terms of customer service but also life lessons. Therefore, I always encourage my colleagues to get to know the customers and engage in conversations with them whenever possible,” adds Nancy.

OVERCOMING CHALLENGES

This year marks Nancy’s 12th anniversary with ONE°15 Marina.

NANCY’S TOP 3

UNWIND

Whenever a new movie is out, my husband and I plan a movie and dinner date—on Monday since the restaurant is closed that day. It is one of the few things I enjoy doing during my off day.

DREAM

If I could learn a skill instantly, I would like to pick up hair dressing. I always find it fascinating how a tiny pair of scissors can create so many different hair styles and looks.

TRAVEL

I plan to work for another eight to 10 years, retire and enjoy my golden years. Top of my retirement list is to go for long holidays and visit a winter country as I have never seen snow.



With her excellent work ethics and attitude, Nancy was promoted to the role of Deputy Restaurant Manager in a span of just a few years, and when the position of Restaurant Manager came up, her then F&B Manager encouraged her to step up.

“I am not afraid of hardships, nor will I shy away from challenges, but I was indeed a little apprehensive initially as I do not know any English and am not IT savvy—and the role does require these skillsets. However, I was greatly emboldened by my bosses’ faith in me, and I went ahead with it,” she shares.

Nancy remains truly grateful for the trust and support of her supervisors and the management, considering her basic educational background and lack of English speaking skills. Now, in her sixth year as Restaurant Manager, Nancy has since picked up some basic English phrases and can even reply to simple emails.

Paying it forward, she makes it a point to share her valuable experience generously with her colleagues and strives to build a united team.

As much as she takes it upon herself to lead by example and emulate the professionalism she expects from her team, Nancy believes it is okay to make mistakes as there are no perfect leaders.

To ensure the team morale remains high throughout the day, she also reserves her teachings to after the restaurant has closed. “If I were to reprimand them on the spot, they would most likely be affected negatively, and it is very difficult to provide quality services to customers when you are not in a good mood,” Nancy explains.

“My ultimate goal is making sure that all my customers will know me by name because of the great guest experience they have received at the restaurant.” 📌





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ALL NIGHT LONG

OVERNIGHT YACHT CHARTERS HAVE BECOME POPULAR SINCE THE PANDEMIC. THIS FIRST-PERSON ACCOUNT UNCOVERS THE CHARM.

TEXT & IMAGES WADE PEARCE

Pre-Covid in Singapore, overnight yacht charters almost didn't exist, but recently with the influx of regular charterers and a nation-wide drive for "sea-cations", overnight trips have become a lot more interesting for those in Singapore. And why not when you get to see two of the most beautiful times on the water—sunrise and sunset—all while being looked after by a crew providing activities, making breakfast, barbecuing and providing a completely outside perspective of Singapore? There are two common ways to experience an overnight yacht charter. Firstly, you can head out on an afternoon to the Southern Islands, anchor down for the night and make your way back in the morning but if you are looking for a memorable experience you can plan your trip to go to several locations all around Singapore and spend the night at a different location.

Here's what we experienced on a 3D2N trip we went with *Ximula Sail*.

Departing from ONE'15 Marina, we made our way to the pretty little islands of Pulau Hantu, passing through the large ship anchorage—we were taken aback by how huge some of the ships looked up close. The captain gave us details on the differences between each vessel, where they come from and how long they were in Singapore for. After cruising for 45 minutes, we anchored down outside Pulau Hantu—taking advantage of the high tide, we jumped into the kayaks and made our way into the cove. Upon reaching the beach, we decided to explore the island on foot—taking in the quiet and peaceful surroundings. It took us just a few minutes to reach the other side of the island, where we could see the second, smaller island of Pulau Hantu, and swam across to check it out. The tide started dropping quickly and the lagoon we just





swam to was shallow enough to walk from island to island—we saw a school of fish being chased in the shallow waters by what looked like a baby shark.

We got back to the boat for lunch—the tide had dropped so much by then that there was a sandbank exposed in the middle of the sea. The captain informed us that there was a shipwreck there, so we decided to check it out post lunch. We searched the waters for about 15 minutes—snorkelling mask and fins on. Our visibility was about three to four metres, so we could only spot the top of the ship as the rest of it had sunk four metres deeper to the ground—an exploration for another time with more equipment.

The boat then headed to the second destination St John's anchorage—we set off South to view the historic Raffles Lighthouse, which used to serve as the beacon for all ships along the Singapore Strait. We couldn't stop there as it's a restricted area, so we moved

(Clockwise from left) On board the catamaran *Ximula Sail*. Kayaking through Pulau Ubin's mangroves. Lunch stop at Smiths Marine. Idyllic staycation on sea.

along towards the Sisters' Islands Marine Park—which unfortunately was not accessible as the dock was under construction.

We cruised the waters for an hour before lowering anchor for the night at St John's Island. But not before capturing a spectacular sunset, which we captured with drones, and a delicious barbecue cooked by the captain.

Day two started just as beautifully with an amazing sunrise. We wanted to take a look around the islands, so the captain drove us over on the small tender and dropped us off at Lazarus/Seringat dock. A trail links the three islands—but we were short of time to explore it fully. On the way back, we walked a bit off-track—which was serendipitous as we chanced upon a large mangrove lagoon inside the islands. We spotted something moving in the water and realised when we got up close that they were two one-metre long monitor lizards swimming. That capped our trip to the islands and it was time to embark on a five-hour journey to the North of Singapore.

During the cruise North, we passed by the city skyline and navigated through the shipping anchorage, avoiding the Changi Naval Base as it is a restricted zone, before setting our sights on Pulau Ubin. We stopped by Smiths Marine for a fresh seafood lunch—the floating kelong is just one of the many kelong in the area, but is one of the ones where the boat could dock alongside. The owner gave us a quick tour around the individual farms explaining the different types of fishes they were breeding.

We anchored down in a calm water channel between Pulau Ketam and Pulau Ubin, and began our exploration—first kayaking up the mangrove river and then further into the island by foot. The day wound down with another gorgeous sunset—the peace and tranquility of the spot, sound of wildlife, and the rustle of fish hunting in the water, all make you forget that you are in Singapore anymore. It's also one of few places in Singapore where you can see a starlit night sky.

On the final morning, we took a quick cruise around Seletar Island, a hidden gem of the northern coastline. We took the small tender up into the river towards Singapore—we passed by old settlements and docks of yore. Departing from Seletar Island, we cruised around north Pulau Ubin before sailing back towards the marina. The wind was behind us as we approached the northeast part of Singapore and the captain taught us to put the sails up for the journey South—with the wind behind us we shaved around an hour off the time we took to motor up the day before, so the captain brought us by Lazarus Bay for a quick swim before taking us back to ONE°15 Marina. 📷

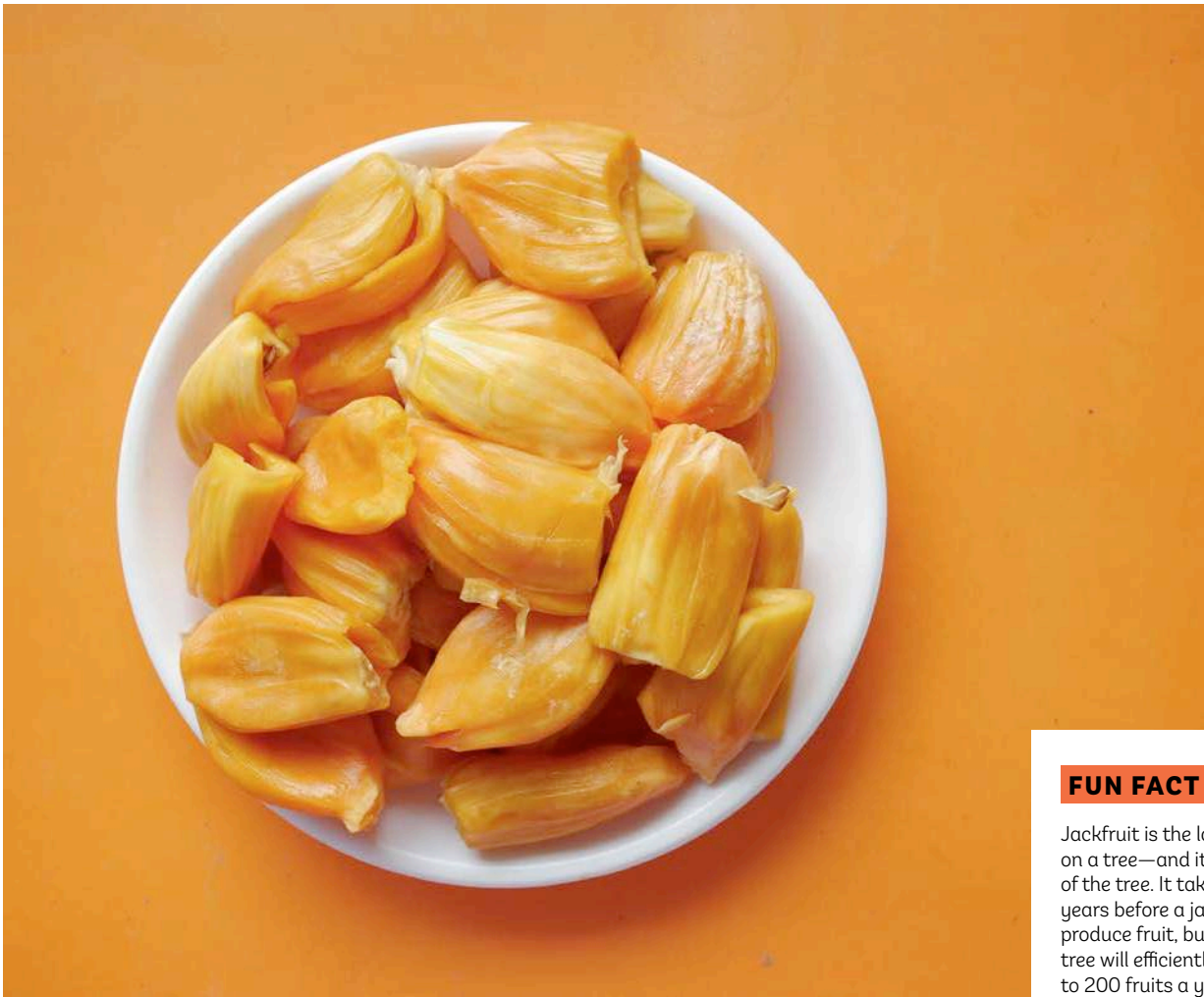


THE VEGAN LIFE

EMBRACE PLANT-BASED MEAT ALTERNATIVES AS PART OF OUR DIET—
NO COMPROMISE ON TASTE OR NUTRITION. BON APPÉTIT!

TEXT AMY VAN





FUN FACT

Jackfruit is the largest fruit grown on a tree—and it grows on the trunk of the tree. It takes five to seven years before a jackfruit tree will produce fruit, but once it starts, the tree will efficiently grow about 150 to 200 fruits a year.

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Healthy living, vegan lifestyle, gut health... these have been trending buzzwords in the culinary industry in the last decade with plant-based meats. Made from vegetables and plants, processed to taste and look like real meat, these are fast becoming the chic new diet.

Being completely vegan, plant-based meats use coconut oil, vegetable protein extract, beet juice and the like as natural binding agents, resulting in a product that is lower in saturated fat and calories.

US-based brands Impossible Meats and Beyond Meats have been offering juicy meat-free creations with similar bite and colour to beef since 2009, and in the last couple of years, other alternative proteins have made their way into our diets. Various food-tech companies have been rolling out a range of innovative plant-based food products—many of which are, in fact, based in Singapore.

The global market for plant-based meat alternatives is expected to be worth \$140 billion by 2029, according to data from Barclays Plc and US food technology company Benson Hill. Singapore-based food tech companies are also aiming to meet Singapore's 30 by 30 goal—to produce 30 per cent of our nutritional needs locally by 2030. Recent food security concerns have also created a real urgency to embrace these alternative proteins in Singapore.

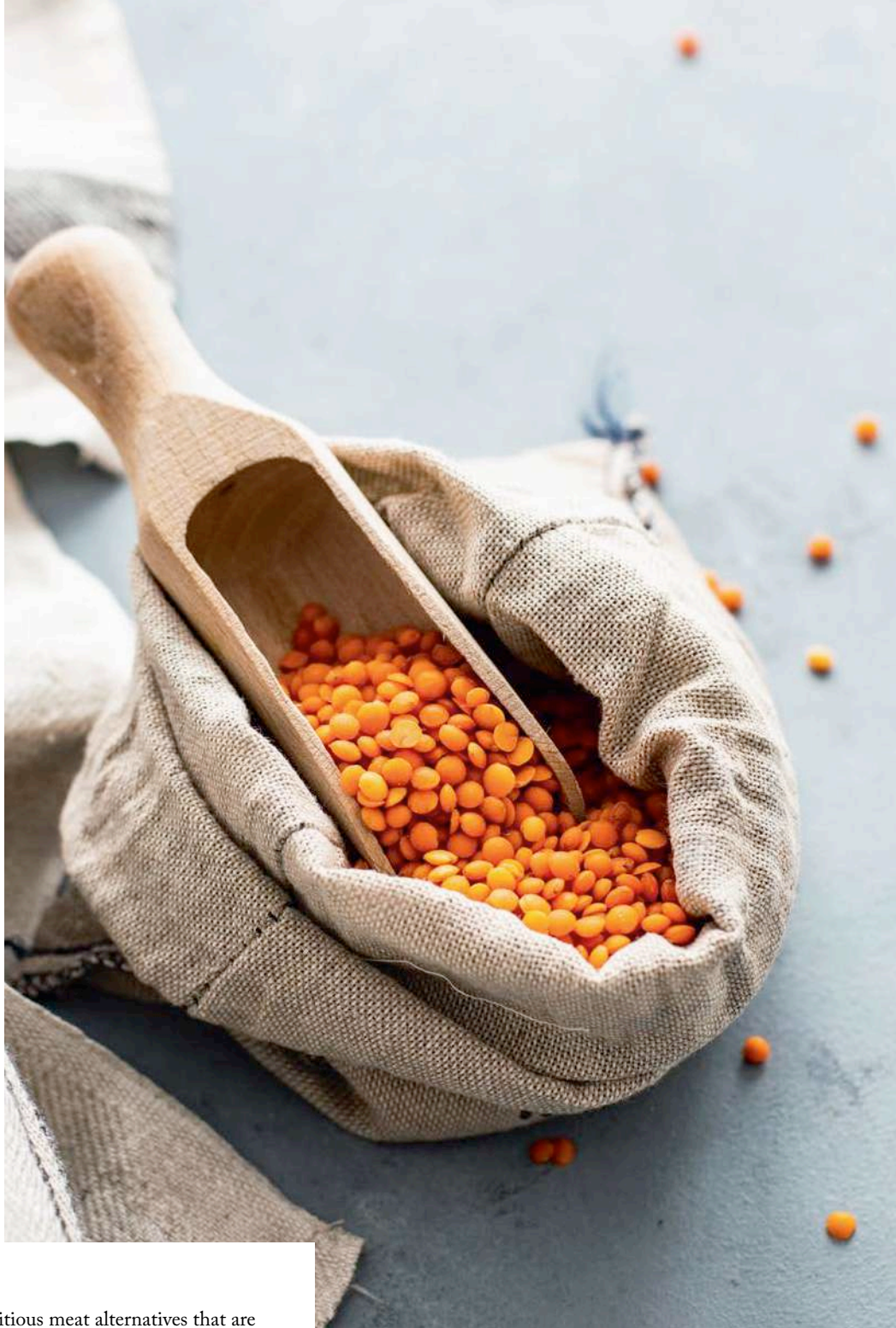
Find out more about these innovations and the various plants—fruits, vegetables and more—used to create these meat substitutes.

Jackfruit

This tropical fruit grows in Asia and Africa. Its greenish rind is thick and bumpy, and vibrant yellow flesh is soft and stringy. The flesh can be consumed fresh, roasted or dried. And the seeds can be simmered down into a sauce or gravy. Thanks to its mild flavour and texture, jackfruit flesh is often used in place of meat dishes like shredded or pulled pork.

The fruit is low in calories but doesn't have as much protein or fat compared to other plant-based meat alternatives. However, it contains dietary fibre and nutrients such as vitamin C, magnesium, potassium, and calcium.

Launched in 2021, Karana pork, made from young jackfruit, is marketed as the first whole plant-based meat product manufactured in Singapore. Karana uses proprietary processing technology to enhance the texture of the ingredient, without chemicals or heavy processing. The company sources for jackfruit from Sri Lanka which has huge potential for product applications and a remarkable sustainability profile.



Lentils

Legumes are nutritious meat alternatives that are high in protein and fibre, and low in fat. Besides peas, beans and chickpeas, another popular legume is lentils, which can range from brown (most widely eaten), to yellow, red, green or black varieties. They are a rich source of lean protein, fibre, and contain nutrients like iron, potassium, zinc and magnesium.

Lentils are one of the easiest plant food substitute for ground meat thanks to their texture which can bind nicely into burger patties or 'meatballs'. Lentils have a neutral enough flavour to be infused with different seasonings and spices. Vegetarians can use lentils to cook Bolognese sauce, curry or stews.

FUN FACT

The first world's first 100 per cent plant-based liquid egg white substitute is made from legumes. It is equivalent to the protein content of a chicken egg and has similar taste and appearance to regular egg whites when cooked. This plant-based product developed by Singapore start-up Float Foods is also cholesterol-free, gluten-free and contains no artificial colouring.



Soy

Soy is a major meat-alternative ingredient. Soy foods are an excellent source of vitamins and minerals such as calcium, iron, zinc, omega 3, selenium, magnesium, fibre and protein. They are also lower in fat, cholesterol and sodium compared to their animal-based alternatives. Soybean is one of the few plants that contains all nine essential amino acids, called complete proteins (found in beef, fish, poultry and eggs).

There are various types of alternative meat products that contain soy protein, which is made from soybean meal/flour. Japan's food-tech startup Next Meats, which specialises in the R&D of Japanese-style alternative meat products, created a vegan kalbi (boneless short rib) made mostly with soybean proteins.

Protein from soy is also used in veggie burgers such as the popular Impossible Burger. The flavour of this meat-free burger is further enhanced with heme, a molecule that gives meat its welcome meaty taste. Impossible Foods produces plant-based heme using a yeast genetically engineered with the gene for soy leghemoglobin (short for legume hemoglobin), which is derived from soy plants. This 'meat' also contains fats from coconut and sunflower oils. At LATITUDE Bistro, the Impossible Smashed Burger is elevated with jalapeño barbecue sauce, cheddar cheese, onion confit, gherkin, and mustard.

FUN FACT

A traditional Japanese food made from fermented soybeans, natto is a superfood that's often eaten for breakfast. Old records have suggested that natto was introduced in the 700s and became popular among aristocrats and warriors in the Kamakura period (1192-1333).





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Peas

In recent years, pea protein is a vegan alternative whose popularity has grown. Yellow pea is a particularly sought-after source of protein for plant-based meats. Harvested at maturity, the dried peas can be stored for long periods of time. They have the added benefits of being soy-, gluten- and lactose-free, hence it serves as an alternative for people with allergies. Pea protein is produced by extracting protein from dried and ground yellow peas. In general, peas are a great source of dietary fibres, proteins, vitamin C, B3 and B9, zinc and iron.

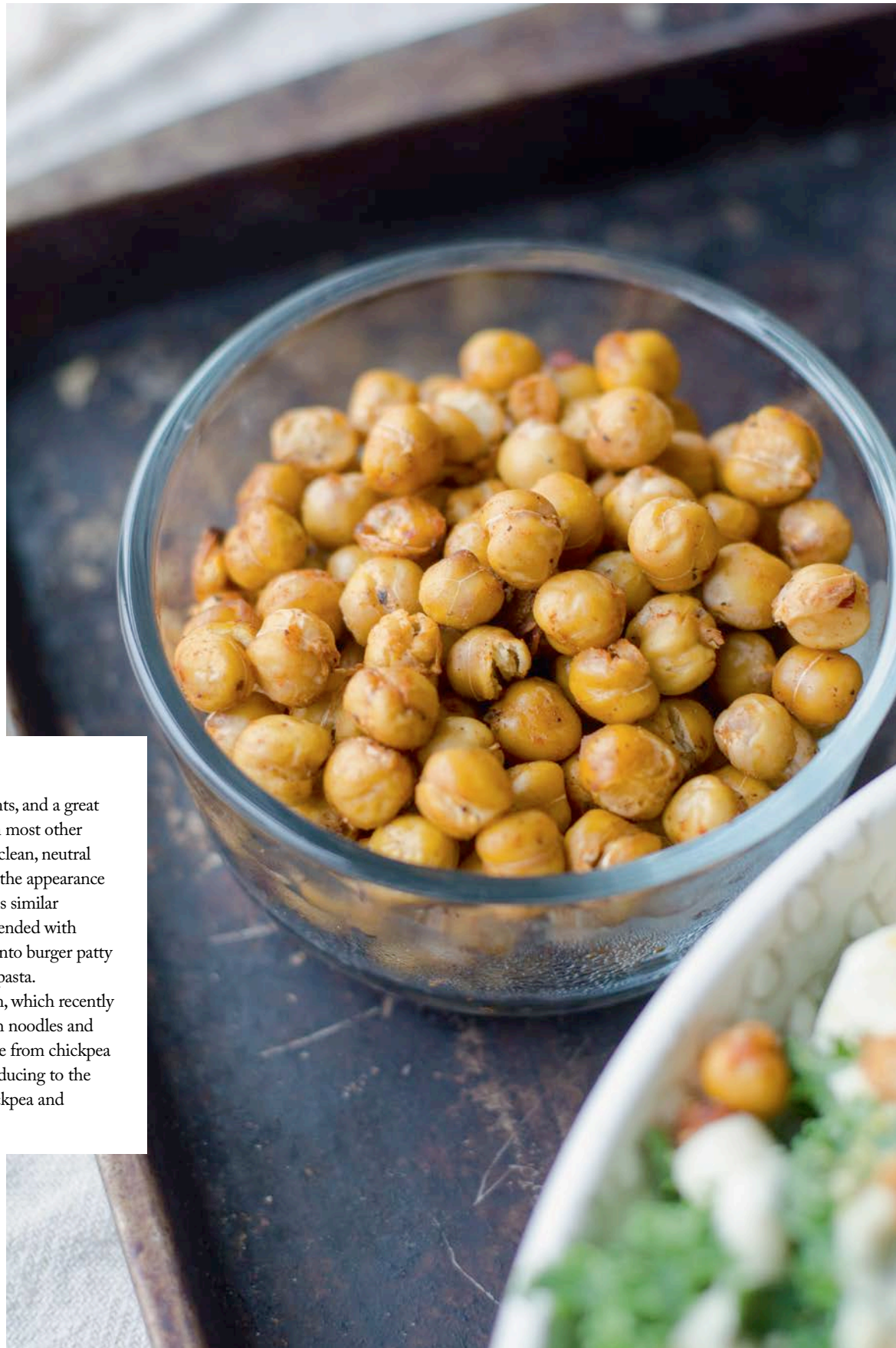
American brand Beyond Meat uses pea protein for its meat alternatives, which lends a meaty texture to their products. The red colour of Beyond Meat's plant-based patty comes from beet juice, and apple extract helps to turn the patty from red to brown as you cook it. The white 'fatty flecks' or 'marbling' comes from cocoa butter and coconut oil.

Another newly launched product is Pea Paneer, the first soft cheese by HerbYvore, the plant-based foods brand of Singapore-headquartered supply chain company Agrocop. The key ingredient is pea protein from Canada. Nutrient-wise, it has 30 per cent less fat and 30 per cent more calcium than dairy cheese and has 50 per cent more protein than tofu. The company also plans to launch flavoured, marinated and melting cheese.

IN 1896, JOHN HARVEY KELLOGG, CREATED NUTTOSE, A PEANUT-BASED "MEATLESS MEAT". HE ALSO POPULARISED CEREAL AS AN ALTERNATIVE TO EGG- AND MEAT-HEAVY BREAKFASTS.

FUN FACT

The world's oldest pea—3,000 years old—was found at the border of Thailand and Myanmar. The Romans who ate both fresh and dried peas grew over 37 varieties of peas during their heyday.



Chickpeas

Chickpeas are rich in fibre and nutrients, and a great source of vegetable protein (more than most other legumes). Chickpea protein delivers a clean, neutral taste and aroma. As a meat substitute, the appearance and consistency of mashed chickpeas is similar to that of chicken and turkey meat. Blended with breadcrumbs, chickpeas can be made into burger patty or used as a 'meat' sauce for tacos and pasta.

Food-tech start-up ChickP Protein, which recently expanded to Singapore, plans to enrich noodles and kway teow with chickpea protein made from chickpea starch. Other foods that they are introducing to the local market include tempeh, tofu chickpea and chickpea ice-cream. 📖

FUN FACT

Chickpeas were believed to be first cultivated in the Middle East 7,500 years BC. They were grown and consumed in many ancient civilisations such as Egypt, Greece and Rome.



MEMBERS ONLY

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

34

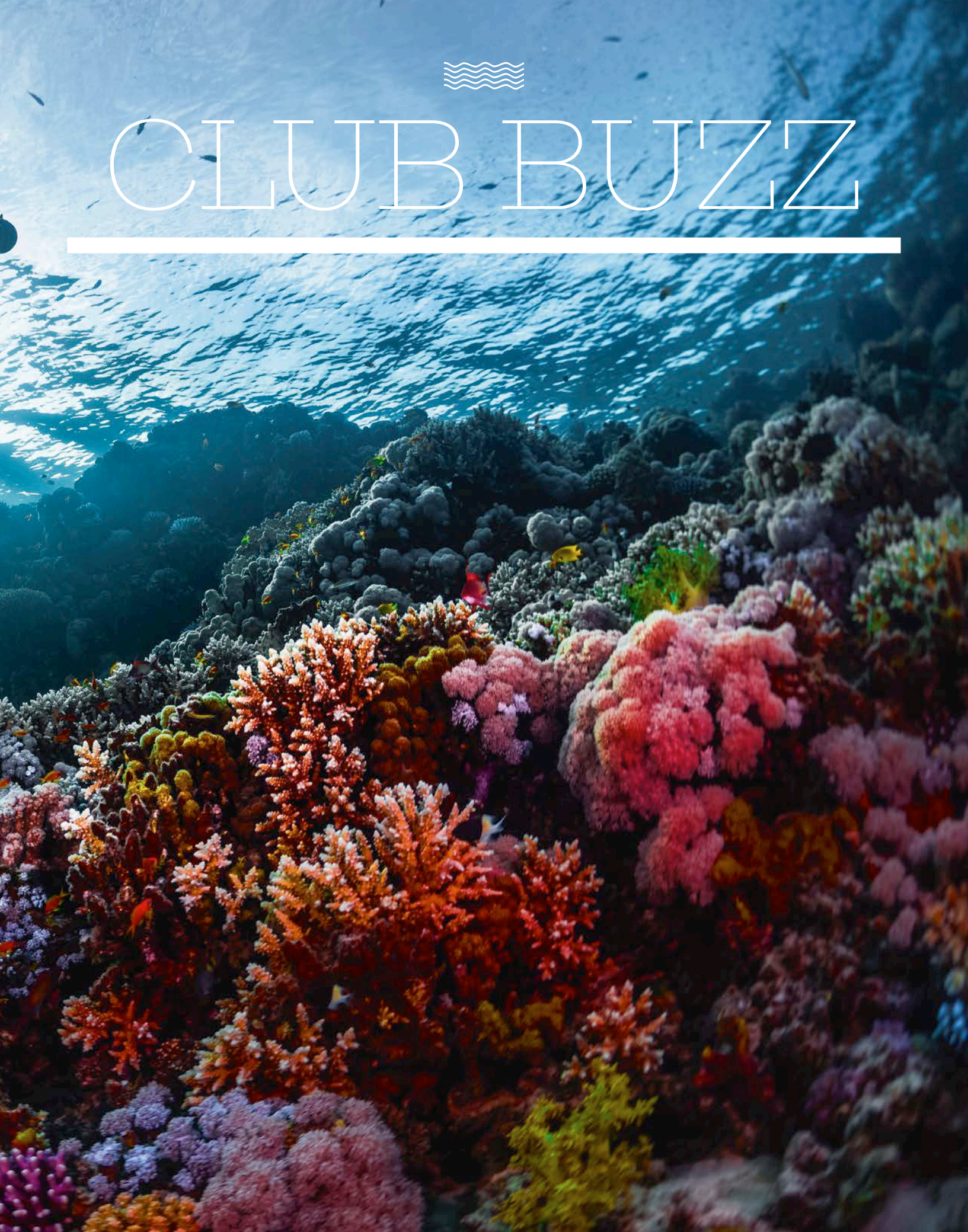
Healthy fare, international festivals, happy hour promotions, fun activities and offerings for family time.

40

Exciting events and interactive workshops to RSVP to.



CLUB BUZZ





WOK°15 KITCHEN

Claypot Rice Wine Chicken

September 2022

This popular Cantonese dish is said to have originated in Guangdong, China, and is a hit with diners in Hong Kong, Singapore and Malaysia. This month, it shines at WOK°15 Kitchen with the addition of rice wine for enhanced flavour.

PRICE: \$24+ per portion

Steamed Mud Crab with

Glutinous Rice

October 2022

Expect generous servings of steamed mud crab, seasoned to perfection and paired with a hearty serving of glutinous rice.

PRICE: \$68+ per portion (U.P. \$98+) (serves 2)

BOATERS' BAR

Sundown Steals

Ongoing

Kick back with Tiger draughts, prosecco and house wines plus other house spirits all night for only \$8 per glass.

PRICE: \$8+



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SPECIALS IN SEP & OCT

LATITUDE BISTRO

Barramundi & Croquette

September 2022

On a health kick? Sit down to a nutrient-rich meal that's also sustainable at LATITUDE Bistro. Its Barramundi & Croquette offering all through September comprises locally sourced Kuhlbarra barramundi with complementary sides like a Chickpea & Quinoa Croquette, Sautéed Kale & Mushroom and a drizzle of capsicum purée.

PRICE: \$28+ per portion

Oktoberfest Platter

October 2022

Ring in the world's most celebrated beer festival with a platter that's filled with kurobuta rack tomahawk, crispy pig trotters, snail sausage alongside sides such as Blaukraut (German braised red cabbage), steamed gem potato, cornichon, pearl onion and mustard grain. The offer also includes two bottles of Schneider Weisse German beer.

PRICE: \$78+ per portion

For orders and reservations:

LATITUDE Bistro: Call 6305 6982, WhatsApp 9144 7124 or email bistro.sc@one15marina.com

WOK°15 Kitchen: Call 6305 6998, WhatsApp 8500 1015 or email wok15.sc@one15marina.com

Boaters' Bar: Call 9848 0115 or email boatersbar.sc@one15marina.com



FITNESS

Personal Training Referral

September and October 2022

Nothing elevates your fitness more than a training session tailored to your needs and goals. Refer another Club Member for a personal training package and enjoy a complimentary group fitness lesson of Gentle Yoga.

PRICE: From \$1,000+ for 10 sessions (Member)

ABT

Fridays,

September and October 2022

9.30am to 10.30am

You don't have to be a fitness enthusiast to enjoy these classes. Each session will take you through a series of strength-enhancing and muscle-toning exercises that target your abs, butt and thighs. The workouts are conducted with and without equipment, and are suitable for all fitness levels.

PRICE: \$60+ for 4 sessions

Gentle Yoga

Tuesdays, 6.30pm to 7.30pm;

Wednesdays, 9.30am to 10.30am

Elevate your fitness with Gentle Yoga, designed to align, strengthen and promote flexibility. Each session also integrates breathing techniques and meditation, and emphasises simplicity, repetition and ease of movement.

PRICES: \$110+ for 4 classes (Member)

\$140+ for 4 classes (Member's guest)

\$40+ per entry





AQUA

AcquaPole & AcquaPole Boxing

Thursdays, 9.30am to 10.20am

Burn fat without straining your muscles in a series of low-impact workouts at the Club's Infinity Pool. The classes are suitable for beginners—and perfect for beating the heat.

PRICES: \$100+ for 4 lessons

(Member)

\$120+ for 4 lessons

(Member's guest)

Aqua Bike

Tuesdays, 8.15am to 9.15am

Keep to the beat and pedal your way to a healthier body and life with this joint-friendly exercise session that's great for those who are easing into regular exercise and want to burn fat and build a stronger core.

PRICES: \$120+ for 4 lessons

(Member)

\$140+ for 4 lessons

(Member's guest)

Deep Water Workout

Saturdays, 11.45am to 12.30pm

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, as the water will reduce the impact on your joints while burning added calories, increasing muscle strength and boosting cardiovascular fitness.

PRICES: \$120+ for 4 lessons

(Member)

\$140+ for 4 lessons

(Member's guest)

Swimming Lessons – Kids' Group Lesson (4 to 16 years)

Tuesdays, Thursdays and Saturdays

Help your child develop their muscles, confidence and coordination with swimming lessons. Beginner sessions are only 30 minutes each, while intermediate and advanced lessons run for 45 minutes.

PRICE: \$100+ for 4 lessons

Swimming Lessons – Babies & Toddlers Group Lesson (6 months to 3 years)

Saturdays, 9am and 10am

Children will develop a love for water play early on in these 30-minute lessons, where they will master vital swimming techniques and have a blast under the careful guidance of trained instructors.

PRICE: \$100+ for 4 lessons

Private Swimming Lessons

Ongoing

Work with a private instructor to master the right strokes and perfect your swim techniques. Each session is conducted on a one-on-one basis with level of difficulty options for beginner, intermediate and advanced swimmers.

PRICES:

Private Lesson for 1 Swimmer:

\$60+ (30 minutes)

\$70+ (45 minutes)

Semi-Private Lesson for 2 Swimmers:

\$40+ per person (30 minutes)

\$45+ per person (45 minutes)

TENNIS

Private Tennis Lessons

Ongoing

Hone your tennis skills and learn the right techniques from master coaches in these lessons, personalised to suit your playing needs.

PRICES:

Head Coach

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

Associate Director of Tennis

\$120+ (1 player); \$65+ per player

(2 players)

Director of Tennis

\$130+ (1 player); \$70+ (2 players)

Cardio Tennis Drills Group Lessons

Mondays, 7.30pm; Wednesdays,

7am and 7.30pm; Fridays, 7am

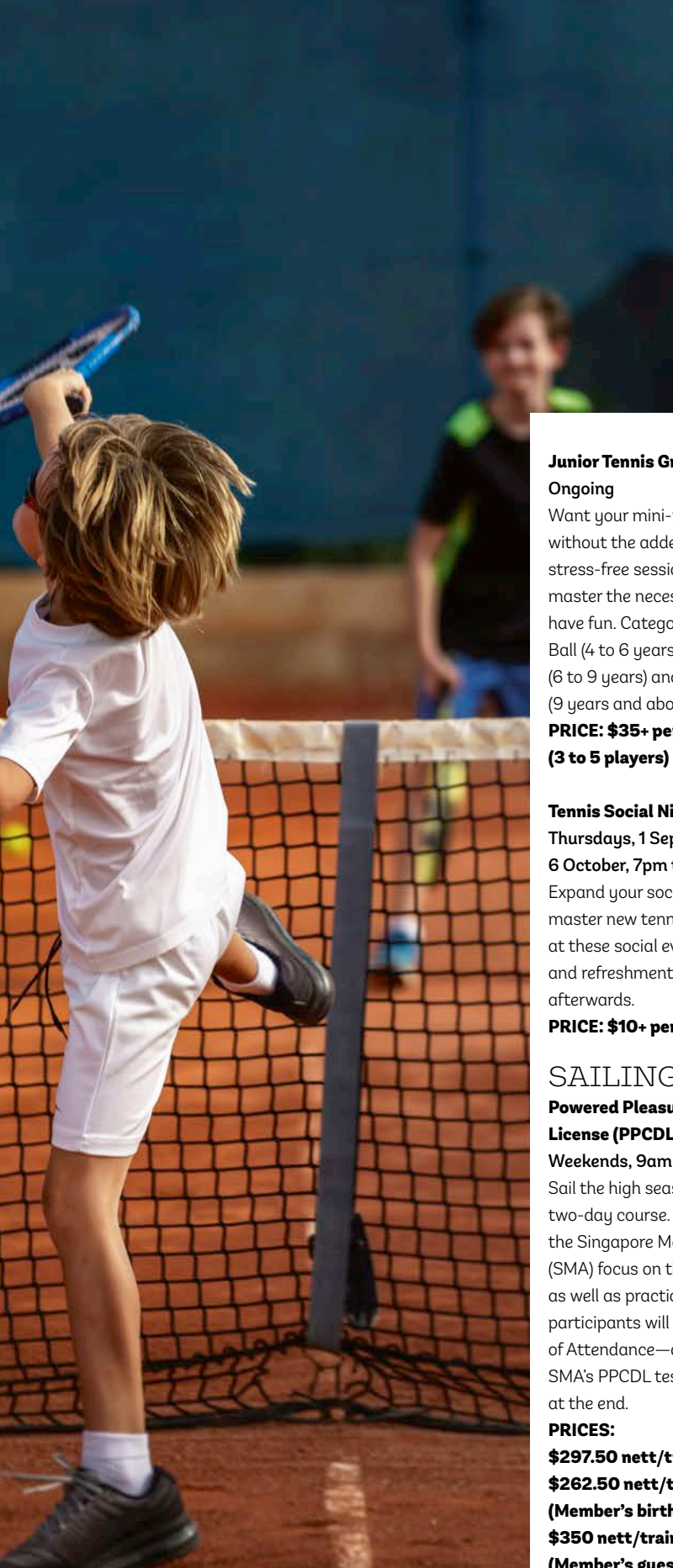
These drills have everything you require to become a tennis pro. The fundamental techniques taught in these drills will help you get consistent and boost your confidence on the court.

PRICES:

\$45+ per player (60 minutes)

\$65+ per player (90 minutes)





Junior Tennis Group Lessons Ongoing

Want your mini-me to learn tennis without the added pressure? These stress-free sessions will let them master the necessary skills and have fun. Categories include Red Ball (4 to 6 years), Orange Ball (6 to 9 years) and Green Ball (9 years and above).

**PRICE: \$35+ per player
(3 to 5 players)**

Tennis Social Night Thursdays, 1 September and 6 October, 7pm to 10pm

Expand your social network, master new tennis skills and tricks at these social evenings. Nibbles and refreshments will be served afterwards.

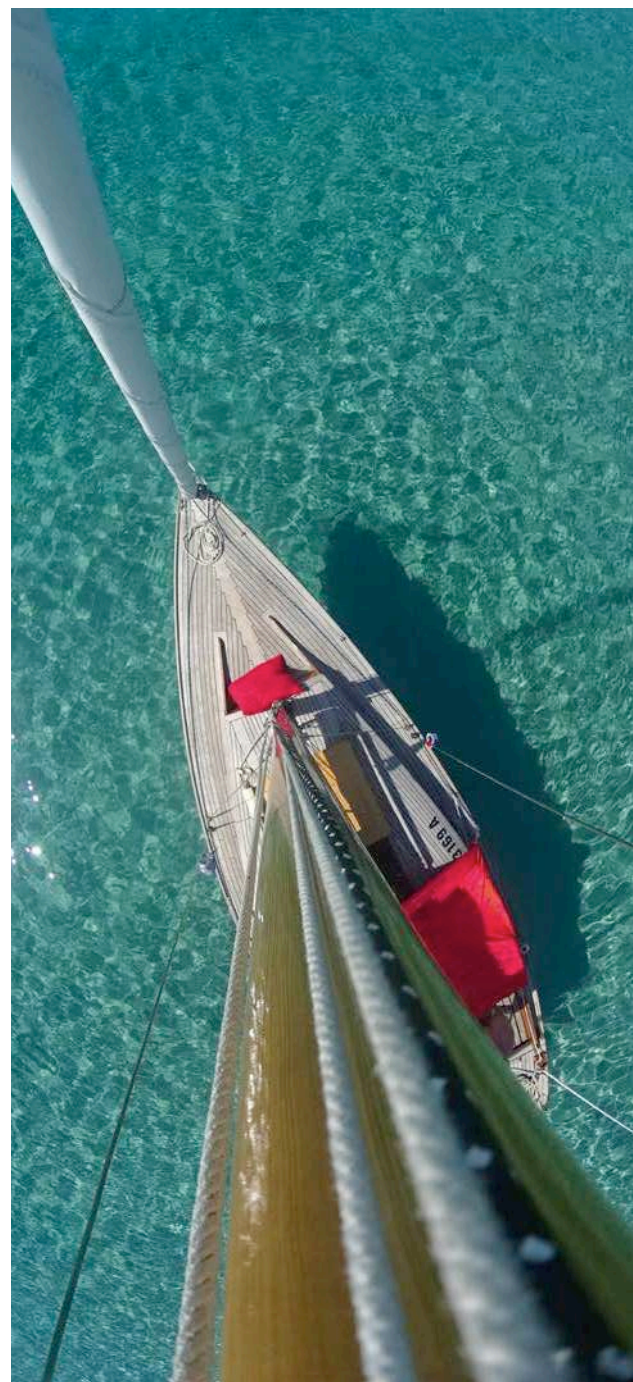
PRICE: \$10+ per Member

SAILING

Powered Pleasure Craft Driving License (PPCDL) Course Weekends, 9am to 5pm

Sail the high seas like a pro with this two-day course. Instructors from the Singapore Maritime Academy (SMA) focus on theoretical topics as well as practical techniques. All participants will receive a Certificate of Attendance—a necessity for SMA's PPCDL test that is conducted at the end.

PRICES:
\$297.50 nett/trainee (Member)
**\$262.50 nett/trainee
(Member's birthday month)**
**\$350 nett/trainee
(Member's guest)**



For more information on recreation programmes, contact the Recreation department at 6305 6980 or recreation.sc@one15marina.com



DIVING

Discover Scuba

Daily, 10am to 11am

If you've always wanted to learn how to scuba dive but aren't ready to get certified, then Discover Scuba Diving by White Manta Diving is perfect for you. These introductory sessions aren't certified, but it's a quick and easy introduction to what it takes to explore the ocean. Participants must be at least 10 years old to join.

PRICES:

\$125+ (Member)

\$150+ (Member's guest)

Refine Scuba

(Diving Refresher Course)

Daily, 10am to 11am

Are your diving skills rusty after two years in a global lockdown? Dust off your scuba suit and refine your diving expertise in this refresher course. Core skills that are taught include mask-work, buoyancy, and finning.

PRICES:

\$315+ (Member)

\$370+ (Member's guest)

PADI Open Water Dive Course (Advanced)

Daily, 9am to 5pm

Dive right back into your underwater adventures with White Manta Diving's advanced course for seasoned divers. Participants aged 10 and above are welcome to join.

PRICES:

From \$830+ (Member)

From \$980+ (Member's guest)

LUXURY YACHTING

Mid-Autumn Voyage

10 August to 12 September 2022

Set sail this Mid-Autumn Festival and cruise along the island's calm waters with a complimentary box of mooncakes.

PRICES:

From \$1,800 to \$2,499

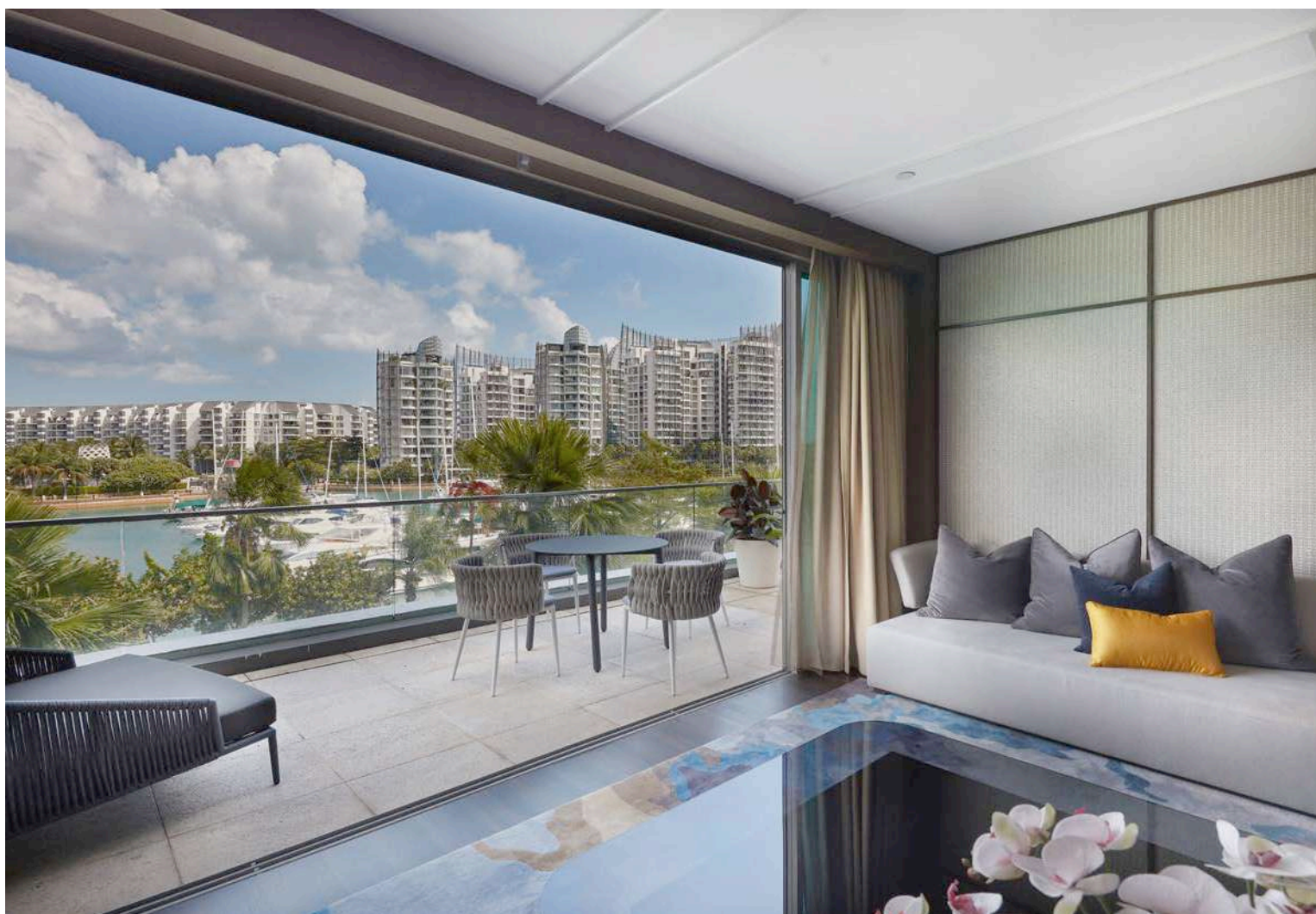
(includes a complimentary box of traditional mooncakes);

From \$2,500

(includes a complimentary box of snow skin mooncakes)



For more information on recreation programmes, contact the Recreation department at 6305 6980 or recreation.sc@one15marina.com
All diving programmes are conducted at the ONE¹⁵ Marina – P Berth.



ROOMS

Gastronomical Staycation

September to December 2022

There's no better place for a quick staycation to refresh your mind and body than at ONE¹⁵ Marina Sentosa Cove. Check in to enjoy a one-night stay with complimentary English afternoon tea served to you in-room and lunch from LATITUDE Bistro upon checking out. Staycation packages are suitable for two, and are valid on weekdays only.

PRICES:

\$313+ Hillview room (U.P. \$445+)

\$346+ Marina View room (U.P. \$478+)

\$128+ per additional adult

Gourmet Getaway

September to December 2022

Calling all foodies! Enjoy a relaxing one-night island getaway with plenty of delicious meals; these include WOK¹⁵ Kitchen Super Dim Sum Lunch Buffet for two as well as drinks and a generous skewers platter from Boaters' Bar. The latter includes two happy hour drinks, and two skewers of beef, prawn, chicken thigh, pork, octopus and aubergine.

PRICES:

\$325+ Hillview room (U.P. \$469+)

\$360+ Marina View room (U.P. \$499+)

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+ (large)

Bicycles for Rent

Ongoing

Take in Sentosa's sights with the family on bicycles! Helmets are complimentary with your rental. You can also bring your own bikes and rent just the helmets.

PRICES:

\$8 for the first hour (adult)

\$6 for the first hour (child)

\$5 per subsequent hour

\$20 for bicycle returns after 7pm

\$5 for helmet rentals only

To book your stay, contact Front Desk at 6305 6988 or frontdesk.sc@one15marina.com



MARINE SCIENCE CLASSROOM

Date: Saturday, 3 September 2022
Time: 10am to 11.30am; 11.30am to 1pm
Venue: Constellation Ballroom
Price: Complimentary

Marine science is the study of the ocean—its biological, chemical and geological makeup, and more. With marine health one of the chief concerns, children will be able to see firsthand how much of an impact it can have on our lives. Working closely and assisting a marine scientist, they will also get to learn the inner workings of the boat and the tools that aid in marine exploration. *RSVP by 1 September 2022 to marketing.sc@one15marina.com.*



UNDERWATER SCENE ORIGAMI CRAFT

Date: Saturdays, 10, 17, and 24 September 2022
Time: 1.30pm to 2.30pm
Venue: Kids' Playroom
Price: \$5+ (Member)
\$10+ (Member's guest)

Do you recall childhood days spent creating paper boats that could then sail on puddles of water? It's your children's turn now to carry forward that fascination for the water—only this time they get to dive deeper and hand craft marine animals and create an underwater scene. They will explore different species on each Saturday—seahorse and stingray; dolphin and fish; and shark and squid on 10, 17, 24 respectively. This Origami craft event is suited for children aged 5 to 12 years of age. *RSVP one day before the event to recreation.sc@one15marina.com.*



ECO TALK

Date: Sunday, 11 September 2022
Time: 4pm to 5pm
Venue: Constellation Ballroom
Price: Complimentary

Dive more into the conversation of conservation with ONE°15 Eco Advisor Sam Shu Qin, also the cofounder of non-profit Our Singapore Reefs and part of the team that is involved in rehabilitating the Club's coral garden. The marine biologist will also talk about her underwater explorations and the measures needed to preserve Singapore's rich marine biodiversity. *RSVP by 7 September 2022 to marketing.sc@one15marina.com.*





DIALOGUES WITH ONE¹⁵

Date: Thursday,
15 September 2022
Time: 7pm to 8.30pm
Venue: InnerCove
Price: Complimentary

We all know the importance of protecting our planet, and conserving its marine environment has always been of utmost importance to the Club. In view of that commitment, the Club invited marine biologists and ONE¹⁵ Eco Advisors Dr Toh Tai Chong and Sam Shu Qin to share their love for the ocean and about the work they do in keeping Singapore's waters clean and raising awareness amongst Singaporeans through Our Singapore Reefs, a non-profit organisation founded by them. *RSVP by 8 September 2022 to membership.sc@one15marina.com.*



UNO GAMES DAY

Date: Friday, 7 October 2022
Time: 2pm to 3pm
Venue: Kids' Playroom
Price: \$5+ (Member)
\$10+ (Member's guest)

Want your kids to be off their mobile and laptop screens, and yet exercise their brains? A game of UNO on Children's Day is exactly what the doctor ordered. Kids 8 to 12 years will enjoy matching colours and numbers, and also develop their memory skills through this fun event. What's more, this is a group activity so they will get to make new friends as well—and take home a well-deserved scoop of ice-cream. *RSVP by 1 October 2022 to recreation.sc@one15marina.com.*

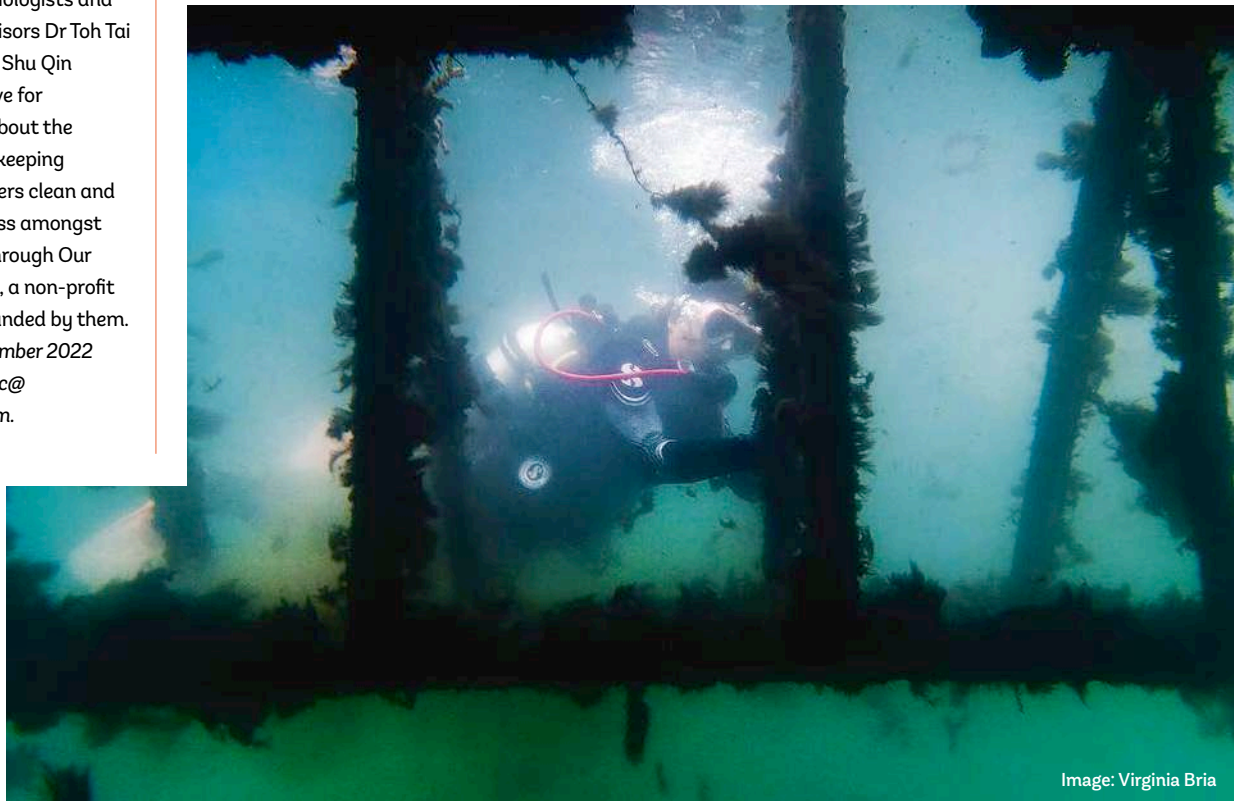


Image: Virginia Bria



KIDS' BAKING CLASS

Date: Sunday,
9 October 2022
Time: 11.30am to 1pm
Venue: Kids' Playroom
Price: \$40+ (Member)
\$48+ (Member's guest)

Every child has a favourite superhero. In fact, it's one thing that surpasses generations—we have all been through that phase. In this fun and interactive baking workshop, children 3 to 12 years of age get to not just exercise their culinary skills, they get to theme their cupcakes after a superhero. Parents are welcome to join in the fun and bond with their children through the session. *RSVP* by 1 October 2022 to recreation.sc@one15marina.com.



OYSTER NIGHT

Date: Thursday,
13 October 2022
Time: 7pm to 9pm
Venue: LATITUDE Bistro
Price: \$68+ (Member)
\$78+ (Member's guest)

Gather up for an exquisite night of feasting as our chefs line up the finest and freshest selections of seasonal oysters. Vodka-based cocktails will be specially concocted to pair with the oysters. *RSVP* by 6 October 2022 to membership.sc@one15marina.com.



KID'S HALLOWEEN – THE DAY OF THE DEAD

Date: Saturday, 29 October 2022
Time: 3.30pm to 4.30pm
Venue: Kids' Playroom
Price: \$15+ (Members) \$20+ (Member's guest)

Dia de Muertos or The Day of the Dead is an annual event observed in Mexico, where as the name suggests, they pay their respects to family and loved ones who have passed. Far from morbid, the day is celebrated with the donning of colourful and very creative masks. Like celebrating Halloween with a twist, children will get to learn about this special day of remembrance as well as design their own masks so they can participate. *RSVP* by 23 October 2022 to recreation. sc@one15marina.com.



RANGOLI SAND ART

Date: Sunday, 16 October 2022
Time: 2.30pm to 3.30pm
Venue: Kids' Playroom
Price: \$5+ (Member) \$10+ (Member's guest)

An art form that originated in the Indian sub-continent, Rangoli is one where you can give vent to all your creativity as far as colours and forms go. Originally created using rice powder, the art has since progressed to coloured powders—read, more fun. Children will get to create their representations and also proudly be able to show off two of their designs to their parents back home. *RSVP* by 1 October 2022 to recreation. sc@one15marina.com.

RANGOLI PATTERNS WERE ORIGINALLY MADE OF RICE POWDER—WHICH PROVIDED FOOD FOR ANTS—WHILE THE VIBRANT COLOURS INVITED BIRDS INTO THE MIDST.





Storytelling & Craftwork – I am the biggest thing in the ocean

Giant squids are known to be the largest invertebrates on our planet, yet they remain elusive and mysterious. This was also the story of Stefano the squid, the protagonist of the book *Stefano the Squid: Hero of the Deep* that children gathered at Kids' Playroom read on 19 May. That said, they also realised that these water giants are creatures to be contended with. Stefano felt largely ignored by divers as compared to graceful dolphins or beautiful angelfish among others. But when it came to a diver in distress, he showed strength and agility—this was a lesson for children to never underestimate themselves and not let others dictate their capabilities. Through pictures and detailed descriptions, children also got to know the secrets of the deep and the wonderful marine creatures dwelling underwater. The beautiful Origami squids that children created in the craft session afterwards was proof enough of their new-found respect for the giant squid. The feedback received reiterated the fact children would love more sessions such as these.



Mother's Day Craft

On 8 May, children gathered at the Kids' Playroom for some balloon fun. We are not talking just about being surrounded by colourful balloons, they actually learnt a special craft that would put a smile on their mothers' faces: Balloon sculpting. Kids twisted the colourful balloons to various shapes—from a poodle to an adorable flower. There were challenges, no doubt, with some bursting in the midst of it all, but children persisted and gave full vent to their creativity in showing their love and appreciation for their mothers. They even got to make their own Thank You cards, which they decorated with drawings and vibrant stickers that they gleefully showed off to their fellow participants. Suffice to say, it was a day that brought happiness all around.



Dialogues with ONE°15

On 13 May, Members gathered at innerCove for an inspiring success story: How Vincent Chew, CEO of White Manta Diving started from scratch and built his business to where it is today. A naval officer by profession, Chew regaled Members about how he pursued his passion for diving through his company, sacrificing his free time as well as family time in the process—and not for one or two but 40 long years. He also related how an unfortunate seizure of his boat *White Manta* by Indonesian authorities eventually proved to be a blessing in disguise, as he escaped being caught in a tsunami because of that. Members shared that they were touched and inspired by his courage and determination. His diving experiences also opened their eyes to the rich biodiversity under our waters. Going by the attentive audience and the active participation in the Q&A session afterwards, it was clear that yet another dialogue session had been a huge success.



Meet a Marine Scientist

On 26 June, NOVA Room turned into a biology lab as children got hands-on dissecting a squid and learnt about its various body parts. Marine biologist Sam Shu Qin, who was their guide and teacher for the workshop, emphasised the importance of maintaining this rich biodiversity that is a gift to mankind. As one of the founders of non-profit Our Singapore Reefs, Shu Qin is known for her work on coral preservation and part in the Club's own coral garden—she is profiled along with her cofounder in this issue. Children were excited for having met a scientist in person and gained valuable insight on the biology of a squid—many remarked that they couldn't wait for a second round.





Father's Day Tie Craft

In another workshop on 19 June, little ones gathered at Kids' Playroom to craft paper ties for their dads—and colour them in his favourite shade. Add to that, they designed a Thank You card and a cup to express their appreciation. Each child was provided with a glass cup on which they wrote messages of their choice. One child even remarked that she was so thankful for the hard work her father did to make her life comfortable. Needless to say, dads had their cups brimming with love. Did they like the thoughtful gifts their children presented them with? There was no room for doubt there.



Father's Day Cake Decorating Workshop

On 16 June, it was the turn of fathers, as children gathered at Captain's Table to decorate a cake for their dads. Guided by the Club's pastry chef, children mastered various techniques of cake decorating, including how to spread buttermilk frosting evenly on a two-tier sponge cake and pipe their cake design to perfection. The enthusiastic budding pâtissiers experimented on their own as well instead of blindly following what was being demonstrated. It was heartening to see children of all ages including one as young as 5 years exercising their skills. The cakes were so beautiful that it took a lot of self-control for the young ones to stop themselves from devouring them before dad could see it.



SEP 22 – MAR 23

SEP

2 - 12
6m European Championship
Cascais, Portugal
6metre.com

10 - 11
France SailGP
Saint-Tropez, France
sailgp.com

13 - 17
Finn European Masters Championship
L'Hospitalet de l'Infant, Catalonia, Spain
finnworldmasters.com

24 - 25
Spain SailGP
Cadiz, Spain
sailgp.com

OCT

3 - 9
M32 World Championship
Cascais, Portugal
m32world.com

14 - 22
J/70 World Championship
Yacht Club de Monaco, Monaco
yacht-club-monaco.mc

19 - 23
2022 Viper 640 North American
Championship
Gulfport Yacht Club, MS, USA
viper640.org

21 - 29
470 World Championship
Sdot Yam, Israel
470.org

24
Deepavali

NOV

3 - 6
Blue Water EduFest
Singapore
bluewateredufest.com

12 - 13
Dubai SailGP
Dubai, UAE
sailgp.com

25 - 27
CFMR Women - Championnat de France
de Match Racing F minin - Brest (J80)
Brest, France
brestbretagnenautisme.fr

DEC

1 - 4
31. Regata Sveti Nikola 2022 - 2.Memorijal
Vladimir Barbić
Sailing Club VECA, Pula, Croatia
web.vega.hr

3 - 7
South American Championship
late Clube Guaratuba, Brazil
lightningclass.org

13 - 18
KiteFoil World Series Final
Jeddah Corniche, Saudi Arabia
kitefoilworldseries.com

25
Christmas

28 - 31
EurILCA Europa Cup
Hvar, Croatia
eurilca.eu/europacup

2023 JAN

1
New Year

9 - 12
International Contender 2023 50th (Perth)
World Championship
Royal Freshwater Bay Yacht Club, Perth
revolutionise.com.au/icaa/events/45262

14 - 15
Singapore Sail Grand Prix
Singapore
sailgp.com

24 - 31
Finn Gold Cup
Miami, USA
2022.finngoldcup.org

MAR

9 - 25
2023 Flying Fifteen World Championship
Fremantle Sailing Club, Perth
flying15worlds2023.com

18 - 19
New Zealand Sail Grand Prix
Christchurch
sailgp.com

31 - 8 Apr
Trofeo S.A.R Princesa Sofia
Spain
trofeoprincesasofia.org



13 - 17 SEP 2022

Swede Rickard Sarby created the first Finn prototype as his design entry for the 1952 Helsinki Olympic Games. This singlehanded dinghy has since been an Olympics mainstay and gone through a few changes—from the wooden hulls, masts and cotton sails of the 1950s to the carbon masts and kevlar sails of the 1990s.

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

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 and log in to Membership.

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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Private Bank

BLUE WATER EDUFEST

Join the conversation on coastal conservation and hear from leading eco-champions at the inaugural Blue Water EduFest. Make a lasting impact on our beautiful oceans and coastlines for the next generation.

Purchase your tickets to connect, support and unite with one heart at this meaningful fund-raising event by the water.

Ocean Collective Summit | Cocktail Party Fundraiser | Sustainable Luxury Showcase | Marina Clean-Up



Held in



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In support of

