

# LONGITUDE



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+

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in the wake of the viral pandemic





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# TAKING THE EXTRA STEP FOR SAFETY



A lot has happened in the past few months. I hope that everyone is staying safe.

In keeping with the precautionary measures mandated by the Government for the COVID-19 pandemic, most outlets within the Club had to temporarily close, while our restaurants remained open for takeaways and deliveries.

During the Circuit Breaker, we are appreciative of the unwavering support from Members despite the Club facilities not being available for use. As a return gesture of goodwill, we have credited F&B vouchers to Members' accounts and they can be utilised at the restaurants.

The Club has also taken this time to focus on maintenance of common facilities that otherwise would be used on a 24/7 basis. We are making good use of this window to perform deep cleaning and maintenance of facilities, including the marina, gym and tennis courts.

ONE°15 Marina Sentosa Cove is also pleased to announce that we have been certified "SG Clean" by the Singapore Tourism Board, having fulfilled an extensive sector-specific sanitation and public hygiene programme. In addition to mandated safety measures, we have also applied an antimicrobial disinfectant on all high-touch surfaces in the Club. The "SG Clean" quality mark is a premises-based hygiene indicator that the Club is a safe place to visit and of high standards of environmental public hygiene.

"OUR GOAL IS TO STILL TRY AND PROVIDE AN EXCITING ARRAY OF OFFERINGS AT THE CLUB TO OUR MEMBERS."

We are also compliant with all government advisories, including temperature taking, collecting travel and health data, implementing SafeEntry systems and more. Read all about it on page 42.

Despite most of our facilities being closed owing to the current situation, our goal is to still try and provide an exciting array of offerings for our Members online. From recommendations on stay-home activities to online events, including culinary demonstrations, webinars and exercise classes, there is bound to be something for everyone. For those who have missed out on our past programmes, do log on to the Club website to view them and sign up to our upcoming events.

On the note of bringing better programmes for Members, the Club has now entered into a partnership with Oloso Tennis Academy, headed by Guillermo Oloso, who was ranked 160 on ATP (Association of Tennis Professionals), details are on page 36.

We are also happy to announce that we have opened a new online gift shop. Visit it at [one15marina.com/shop](http://one15marina.com/shop) to send your thoughts and wishes to your loved ones.

Last but not the least, as you will notice, we have revamped *Longitude*—with modern fonts, brighter colours and cleaner layouts. In a bid to ramp-up readability and visual impact, we have divided the magazine into dedicated lifestyle and Club sections with arresting opener images leading into each. The subtle use of icons—anchors and waves—throughout the magazine also lend a stronger nautical feel.

We are all moving on with life in the COVID-19 landscape, but the situation is ever-evolving. So please stay tuned to our website for the latest measures rolled out at the Club and changes in our offerings and operations.

Take care. 🏠

**Teo Joo Leng**

Group General Manager, Marina & Club Operations





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2020

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



Information is correct at time of print and subject to change without prior notice.

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\*Charges apply  
+ Guest fees apply





# ONE°15 MARINA GIFT SHOP

Send your thoughts and appreciation to a loved one with quintessential gifts from the ONE°15 Marina Gift Shop.

Brighten up someone's day with a thoughtfully assembled care bundle or surprise them with a bevy of elegant boutique wines.

**Scan the QR Code to shop now.**



[bit.ly/ONE15store](https://bit.ly/ONE15store)





# Business as usual

GROUNDING AT HOME, FEELING RESTRICTED AND UNINSPIRED? HERE ARE SIX WAYS YOU CAN WORK COMFORTABLY FROM HOME AND BE PRODUCTIVE AT ONE°15 MARINA SENTOSA COVE.



1

The first step towards productivity: setting a good vibe for the day. In fact, studies show that background music or ambient noise can help boost your creativity and productivity. If you are missing the low-key bustle of your daily hangout **LATITUDE Bistro**, download a mellow Bossa Nova playlist on Spotify to accompany you through the day—it will be like you never left.

2

Enrich your day with a gourmet lunch courtesy of **Chef William Soh**—but, prepared by you in your own kitchen. Catch Chef Soh's live cooking demos on ONE°15 Marina Sentosa Cove's Facebook page, where he shares easy recipes from his new cookbook. Alternatively, enjoy a 25 per cent discount when you takeaway food from LATITUDE Bistro or WOK°15 Kitchen.





3

Now is the perfect time to upgrade yourself—especially as ONE°15 Marina Sentosa Cove is working to bring expert speakers onboard to conduct **online seminars** for Members. Or, you could master basic sailing theory online. If you have little ones at home, bond with them by learning how to tie nautical knots and quizzing each other on seafaring terms.



4

Video calls are cool now. What's cooler? Backgrounds that best project your personality and lifestyle to your co-workers and business associates. Choose one from the many **Zoom background** options created by staff at ONE°15 Marina Sentosa Cove, and be the envy of all.



5

Spending hours staring at the computer screen can cause neck, shoulder and back pains. A simple **bodyweight exercise** routine with the Club's senior fitness instructor Ehsaan Khaled should sort you out. Sign up for his easy-to-follow, home-based strength and HIIT workouts suitable for all ages.

SPICE UP YOUR WORK-FROM-HOME MEETINGS WITH ZOOM BACKGROUNDS OF THE COOLEST SPOTS IN ONE°15 MARINA SENTOSA COVE.

6

WE MAY BE STUCK AT HOME, BUT THAT DOESN'T MEAN WE CANNOT NETWORK. LOG ON TO ONE°15 MARINA SENTOSA COVE'S PRIVATE MEMBERS FACEBOOK GROUP TO EXPLORE NEW OPPORTUNITIES AND BENEFIT FROM QUALITY PARTNERSHIPS WITHIN THE CLUB COMMUNITY.



# Add to Cart



## Mini Me

A big part of having fun with fashion is being able to dress up the little ones in your favourite designs. With Baby Dior offering the exact same Lady Dior bags, pretty cardigans, Dior Oblique sneakers and smart shirts for girls and boys, now you can. You will surely be the most stylish family on vacation—not to mention picture-perfect photos to share! **Call Dior Singapore at 1800-4159-990 to place an order for delivery**

## LUXE ITEMS TO STOCK UP ON FOR THE ENTIRE FAMILY

BY YING RUI



## Sweet Sound

Keep the kids entertained on the plane or during a long drive with JBL's wireless on-ear headphones. Available in a range of delightful vibrant colours, the Bluetooth-enabled headphones also come with funky stickers so the kids can personalise the padded headband and ear cushions. JBL legendary sound is designed to always limit the volume below 85dB (decibels) making them safe for even the youngest listeners. The lightweight headphones have a 12-hour battery life and quick-recharge function. **Available at [jbl.com.sg](http://jbl.com.sg)**



## Picture Perfect

Encourage your kids to try their hand at photography with a camera—instead of a smartphone. If your kid loves to multitask, opt for the VTech Kidizoom Duo, which also has games and an inbuilt MP3 player. For the creative kid who likes some novelty, there's the Kodak Smile Instant Print Camera which is a great 2-in-1 idea—it not only prints HD quality image on sticky-backed paper, it also saves a digital copy on the microSD card. **Available online at Amazon Singapore**







## Splish Splash

For good quality and stylish swimwear, look no further than Australian labels Seafolly and Seed Heritage—think bright colours, tropical prints and fun detailing. Seafolly even has a Mini Me range so mums and daughters can wear matching bikinis or one-piece swimsuits! Boys can make some waves in boardshorts and cool rashguards with graphics of penguins, sharks and fish from Seed Heritage—it also stocks cute towels, adorable bucket hats and beach bags. **Available at** [seafolly.com/sg](http://seafolly.com/sg)

## Good Eye

You probably know that too much exposure to the sun's ultraviolet (UV) rays can cause sunburn and skin cancer, don't forget to protect your eyes from harmful solar radiation as well. Oakley has functional yet stylish sunglasses that block 100 per cent UV whenever you are outdoors in daylight. Whether you're in the city enjoying some shopping or having a day out at sea fishing, there are different styles and designs for the whole family.

**Available online at Lagada and Zalora**



## EARTH FRIENDLY

THE PAST FEW MONTHS HAVE BEEN A WAKE-UP CALL OF SORTS FOR ALL OF US. HERE ARE TWO SMALL WAYS TO ACT UPON YOUR SUSTAINABLE-LIVING GOALS

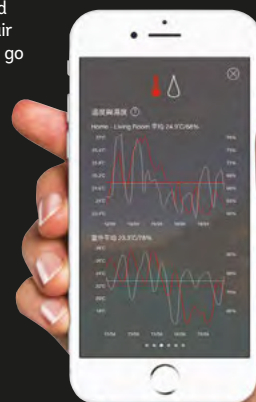
### SAY NO TO PLASTIC

But say yes to these portable charger made from non-recyclable plastic. A product of U.K.-based company Gomi, this charger is also powered by repurposed waste batteries—all of which have been collected locally from the seaside cities of Brighton and Hove. Not just chargers, the kickstarter campaign-based brand has also made other one-of-a-kind products such as speakers and even coffeetables from plastic that would have otherwise ended up in a landfill. The products, albeit very pretty to look at are a constant reminder of what we are doing to our earth. **Available at gomi.design**

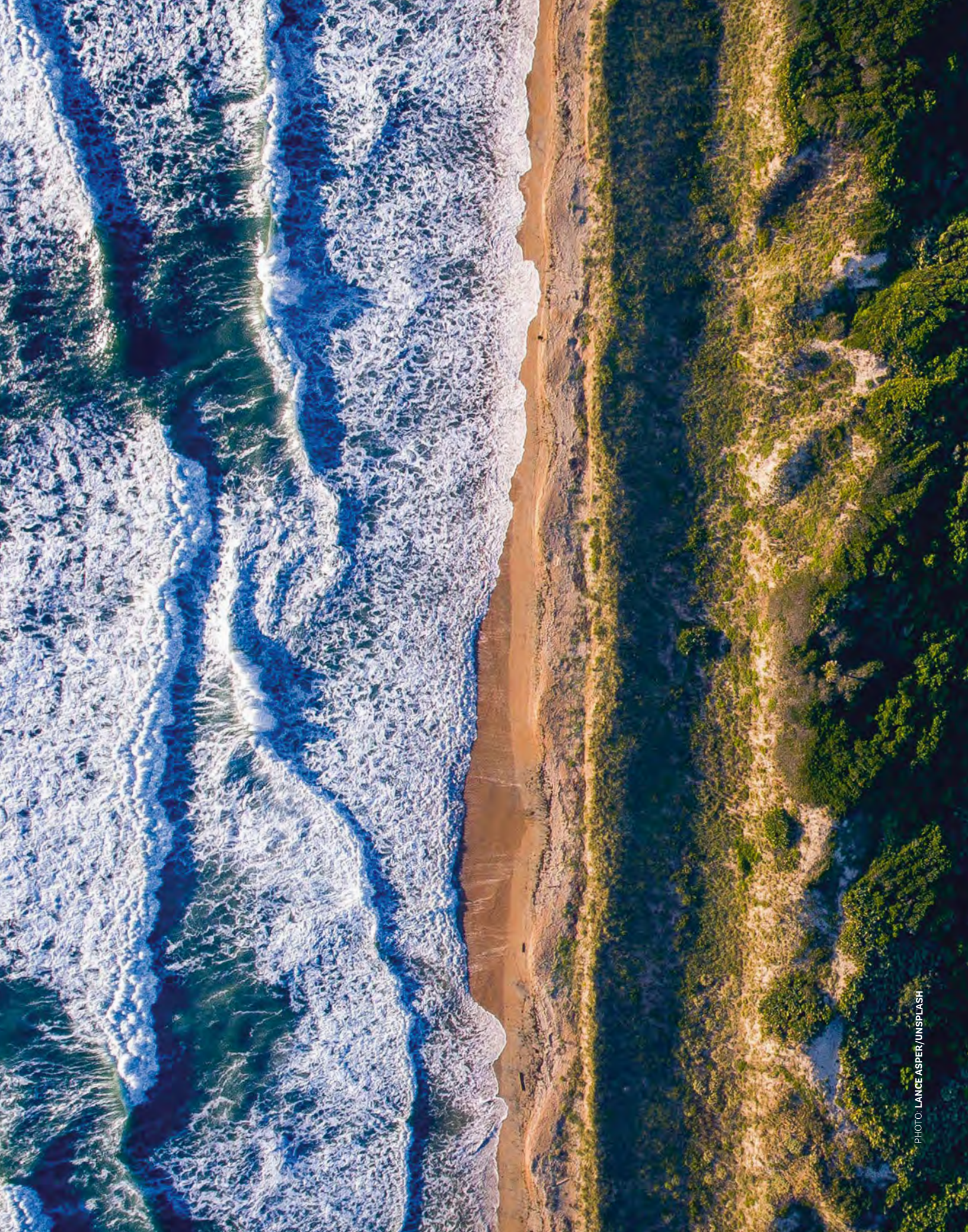


### CONSCIOUS AIR

The work-from-home culture looks to be here to stay. So also, steeper electricity bills as you unsuccessfully try to figure out the right air conditioner settings to keep you comfortably cool. Enter Ambi Climate with built-in smart sensors that detect temperature changes based on weather conditions, humidity levels and time of day. The nifty little gadget then analyses how it impacts your thermal comfort. You can set your preferences and even auto-adjust your air conditioner while on the go with the Ambi Climate smartphone app. It is compatible with voice integration systems such as Amazon Alexa and Google Home, allowing you to give voice commands as well as feedback. This means it also ticks off energy-efficiency from your list. **Available online at Lagada, Shopee and Amazon Singapore**









An aerial photograph of a two-lane asphalt road winding through a dense, lush green forest. A small white car is visible on the road, moving away from the viewer. The trees are thick and vibrant green, with some sunlight filtering through the canopy.

# LUXE LIFE

## FULL STEAM AHEAD

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

Road trips are a great way to explore the countryside as your destination allows it. Besides, it puts families in a relaxed mood, allowing them to be engaged and present in the moment, and enjoy each other's company.



# LOVE OF ADVENTURE

## OFF-THE-GRID LIVING INSPIRES SERIAL ENTREPRENEUR SEAH LIANG CHIANG TO ESCAPE EVERYDAY STRESS, PLUG IN TO NEW COMMUNITIES AND MAKE A POSITIVE IMPACT

TEXT ANNIE TAN PHOTOGRAPHY BENNY LOH

One might be forgiven for assuming that Singapore's first container hotel was dreamt up by a young millennial. This quirky hipster pad, however, is the brainchild of 55-year-old Seah Liang Chiang, a serial entrepreneur of 30 years, and a Member of ONE°15 Marina Sentosa Cove for close to a decade.

The spirit of adventure courses through his veins, and probably explains his youthful demeanour, infectious energy and out-of-the-box ideas at an age where many of his peers may be winding down for retirement.

### LIFETIME OF ADVENTURES

Seah spent his 40s checking some 25 gruelling endurance sports such as triathlons, duathlons and marathons off his list. He joined ONE°15 Marina Sentosa Cove and sought out unbridled adventures and freedom at sea on his own speedboat, which he subsequently traded for a yacht.

"My whole life is an adventure. I don't want to live a mundane nine-to-five life. And to me, ONE°15 Marina Sentosa Cove epitomises that kind of adventurous feeling. It is a launch pad for me to discover the world," he says.

"I find it stressful being on a plane and dealing with immigrations, but I love boating because it allows me to escape for half a day and switch off from my daily worries," he adds, sharing that Pulau Seringat, five minutes from Sentosa Cove, is among his favourite hangout spots to swim and kick back on the beach.

A few years ago, the adventure junkie sold off his yacht in favour of a jet ski. "Being a business owner, you endure a lot of stress. When you go jet skiing, you're focused on doing something. You can't check your phone and are not thinking about (your) business," says Seah, whose love for the sea and adventure matches his fascination with being off the grid.

### BUILDING HIS SANCTUM

"In the purest sense, 'off the grid' means you have no electricity or access to telecommunications, and rely on nature. I have always been captivated by the idea. In a lot of American and European movies, people own a cabin in the woods and drive there for the holidays and weekends," he shares.

This was something Seah always wanted to try himself. So two years ago, he brought this fantasy to fruition on an empty half-acre (0.20ha) plot of land he owned in Johor. Plus, it faced a picturesque lake.

"In America, most people build wooden cabins. But in our kind of weather, wood would rot. I looked for alternative types of cabins and chanced upon shipping containers being used as houses in the West. It makes so much sense to use metal over wood. It is much cheaper, and easy to transport a shipping container from one site to another," he says.

Seah drove around ports in Johor shopping for a suitable shipping container, and finally acquired one for RM5,000 (approximately \$1,650). With a budget of about \$16,500 on hand, he designed a fully air-conditioned cabin with windows, hot water and a toilet.

Once every few months, Seah would go to his man den to hang out for the weekend. One day as he was enjoying his morning coffee on the deck of his metal cabin facing the lake, an idea dawned upon him: what if he could offer Singaporeans an off-the-grid escape like this as well? And just like that, Singapore's first container hotel was born.

### NOMADIC STAYCATIONS

Seah chose to set up his first container hotel at the JTC LaunchPad @ one-north, beginning with just two units or rooms. "JTC LaunchPad is an 'exclusive club' for new ideas. There are many companies

there, all of which are start-ups. It encourages risk-taking," he notes.

That said, Seah never intended his container apartments to remain at one-north permanently. What is unique about these mobile metal cabins is that they can be lifted by a crane and easily moved to a new location.

"Most hotels want you to be a captive within their premises. My hotel allows people to be plugged

"MY WHOLE  
LIFE IS AN  
ADVENTURE.  
I DON'T WANT  
TO LIVE  
A MUNDANE  
NINE-TO-  
FIVE LIFE."







into different environments so they can explore the neighbourhood. This can be moved every two years to a new location such as the beach, park or hills—places where they cannot usually find a hotel,” he enthuses.

“When young people today stay in a hotel, they don’t just look for a room. They are living in an Instagrammable moment, and the key word here is ‘experience’. They are so influenced by social media. They see it every day on their mobile phones and want to be a part of that ecosystem,” he observes.

Seah seems to have read the pulse of youth culture well. Despite the COVID-19 outbreak, his two container hotel rooms remained 80 per cent full for the month of March 2020, and mostly booked by young local guests.

### SHARING THE PASSION

Besides off-the-grid living, another thing the businessman is equally passionate about is giving back to the community. Together with a few friends, he set up a fund to support budding entrepreneurs in impoverished communities in Cambodia.

Seah has been conducting a four-day business course yearly via his church’s outreach programme. After the course, students are encouraged to present a business plan. The best five presentations are supported with funds and a mentorship programme. Over the past five years, Seah and his friends have supported more than 20 such projects. One of their best investments is a business set up by a divorcee who was a victim of domestic abuse.

“She used the funds to buy sewing machines and set up a shop, hiring other abused divorced women like her to sew clothes and purses. This not only helped her to get out of poverty but helps people around her as well,” says Seah. He adds that that is in fact what he loves most about travelling—the opportunity to plug into communities and make a positive impact.



(Clockwise from right)  
Entrepreneur Seah Liang Chiang's first container hotel at the JTC LaunchPad @ one-north. Although inspired by the concept of holiday cabins in the woods and going back to nature, Seah's air-conditioned containers are fully furnished and even come with amenities such as hot water. Seah running a business training programme in Cambodia.



“WHEN YOUNG PEOPLE TODAY STAY IN A HOTEL, THEY DON'T JUST LOOK FOR A ROOM. THEY ARE LIVING IN AN INSTAGRAMMABLE MOMENT, AND THE KEY WORD HERE IS ‘EXPERIENCE.’”



### A NEW NORMAL

Today, Seah is gearing towards a future impacted by the COVID-19 pandemic, where, he believes, “there will be a shift in preference and behaviour among travellers”. This includes higher expectations of hygiene standards towards facilities related to travel. Seah’s hotels went from running full capacity to zero-business during the Government-initiated circuit breaker—on 7 April, 2020. But rather than let that dampen his spirits, he is looking forward to changing his business model to adapt and focus more on local tourism, unique experiences and wellness.

If there’s anything we have learnt from the pandemic, it’s that we all need to adopt more earth-friendly lifestyles. Today, we can no longer plead ignorance to the harm our actions are causing the environment, he says, which has goaded him to relook at his business model as well. “I no longer look at work or business from purely a bottom line point of view. I look at work and life more holistically now,” he says. “Going forward, my work and the way I live my life has to compliment and benefit the world that we live in today. I want, in my own small way, to take care of the environment and the less fortunate.” 📌



### SEAH'S TOP FIVE

THE PURSUITS THAT FAN THIS SAVVY BUSINESSMAN'S FLAMES

#### TRAVEL ACTIVITIES

“I like travelling only if it involves activities. I don’t like to sightsee because to me it’s a waste of time. You see one church, and you’ve seen 50 churches—they all look the same to me. I need to be active. One of my best holidays was skiing in Japan and Switzerland.”

#### THE SEA

“I am afraid of the sea, but I also love it. When I did my triathlons, I swam 1.5km in the sea at East Coast Park—it’s so murky that you cannot see your hands and the currents are very strong. But I challenged myself to overcome this fear.”

#### CULINARY ARTS

“I relax by cooking. Two to three times a week, I prepare Chinese, Japanese, Western and Peranakan dishes, because I am Peranakan. Last night, I did a Japanese steamed egg, and soup, which I boiled with chicken bones, potatoes and carrots for three hours. My wife and daughter loved it.”

#### INTERIOR DESIGN

“I love design and taught myself to design. The shipping container I bought and placed on my empty land in Johor really got my creative juices flowing. I downloaded a free software from the Internet and designed a house via 3D imaging.”

#### STAYING ACTIVE

“I rest by working and doing things. I go for an hour-long jog up Mount Faber every Sunday. I also find it relaxing to work while enjoying a glass of red or white wine.”





# A NEW CHAPTER

“AFTER A DECADE OF ESTABLISHMENT IN SINGAPORE, ONE°15 MARINA SENTOSA COVE IS MAKING ITS FORAY INTO THE GLOBAL SHORELINES AND EXPANDING AT A FAST PACE.”

**DEVELOPING A WORLD-CLASS MARINA CAN BE A CHALLENGE, BUT IT’S ONE THAT TEO JOO LENG STRIVES TO MEET HEAD-ON.**

TEXT HAZEL VINCENT DE PAUL

In 2016, when Teo Joo Leng embarked on his career at ONE°15 Marina Sentosa Cove Singapore, he was its General Manager. Harnessing more than a decade of senior level experience, Joo Leng spent the next four years overseeing the Club and marina operations, playing his part in the shaping of ONE°15 Marina Sentosa Cove into the region’s leading marina. He continues to hold that torch in his new role as the Group General Manager of Marina and Club Operations—which he assumed in February this year.

The new role sees an expansion in Joo Leng’s portfolio. Aside from being responsible for ensuring profitability and advising on key strategies to upkeep and enhance the stature of the flagship ONE°15 marina at Sentosa Cove, he is also involved in the company’s international projects in Malaysia, China, Indonesia and Thailand, from the planning and construction phases to the launches.

Joo Leng is involved in bringing the projects to fruition, including working with consultants on the layout and design, hiring the local team and conceptualising business strategies as well as the imparting of brand standards and operational processes. Setting the benchmark for the quality that is now expected of the ONE°15 Marina brand around the globe is an integral focus of Joo Leng’s work at the flagship Club as well.

Communication is a big part of Joo Leng’s work ethos, and he strives to create a stable and harmonious environment for his staff and team to work, foster trust and develop healthy work relationships. It’s a key element in “ensuring expectations and aligning procedures”, he says.

Although he had no prior experience in the marina industry, Joo Leng’s determination and ability to adapt and learn quickly have held him in good stead. His hard work paid off with the Club being able to maintain its position as the Best Asian Marina for three consecutive years under his helm. ONE°15 Marina was recognised by *Corporate Insider* as the 2019 winner for Business Excellence, for its leadership role in growth and innovation as well as influence in the industry. It was also given a Commendation Award by the South West Community Development Council (CDC)

and National Environment Agency (South West Regional Office) for its eco-friendly practices and conservation efforts.

Preserving the marine habitat has been one of Joo Leng’s passion projects—and one that’s also close to the heart of the group’s Chairman Arthur Tay. To that end, the Club has actively participated in eco-initiatives such as supporting research in coral restoration and building a coral garden while educating boaters on reducing their footprint on the seas. It has also organised an eco-exhibition, with a life-size whale skeleton display, in a bid to inform and educate the public about marine conservation.

One of the largest public initiatives undertaken by the Club is an annual eco-dive, an underwater marina clean-up that encourages active participation from Members as well as the public—and has consistently had overwhelming response.

“Marina development and consultation is a niche industry and we are honoured that over the years, ONE°15 Marina Sentosa Cove has made its mark as a reputable brand,” adds Joo Leng. Add to that, it has developed a business model that is replicable globally—in tandem with the Chairman’s vision to build a string of world-class ONE°15 Marinas along the regional and international coastlines.

As for a recipe for success in the expansions, Joo Leng says, “In the way that no two pearls are exactly the same, this is true for our marinas. Each marina has its own unique geographical advantage and local flavour. To this end, we hope to infuse the local flavour and culture into the experiences of Members at the Club.”





A sneak peak into ONE°15 Marina's two upcoming marinas:



### ONE°15 MARINA PUTERI HARBOUR, MALAYSIA

ONE°15 Marina Puteri Harbour will comprise a 13,616sqm integrated clubhouse and three marinas spread across 0.5ha of land, and with plenty of facilities for modern sailing enthusiasts.

**Impressive Facilities:** Members can expect a spacious Clubhouse, 77 deluxe rooms and suites, a Members-only lounge, pools and bars, all-day dining spaces, a floating bar and grill, co-working areas, 360-seat ballroom, day spas, yacht chartering services, indoor kids' club and much more.

**Room For All:** The Club can accommodate up to 294 berths. These include a 148-berth public marina for boats up to 40m in length, a 207-berth private marina for Members and a megayacht marina that fits 11 vessels and features a fuel pontoon.

**For Sports Fans:** ONE°15 Marina Puteri Harbour, Malaysia, also incorporates the sprawling ONE°15 Estuari Sports Centre. It houses five tennis courts, five badminton courts, two squash courts, an Olympic-sized swimming pool, childrens' wading pool, fitness centre, yoga rooms and more.

**Exciting Activities:** Members' children can enjoy fun workshops and programmes that aim to nurture their passion for sports. Serious athletes can also join the Club's training facility at the ONE°15 Estuari Sports Centre.







## ONE°15 MARINA NIRUP ISLAND, INDONESIA

Clear waters and lush greenery shape Nirup Island, which sits within eight nautical miles of Singapore.

**Capacious Settings:** The upcoming ONE°15 Marina Nirup Island is an integrated development that spans 47,100sqm of space.

**Amenities Galore:** It also comprises a lifestyle Clubhouse that offers hospitality and leisure amenities, fueling and bunkering services. These conveniences will be open to visitors from Singapore, Malaysia, Indonesia and other surrounding nations.

**For Big and Small:** The Marina will also be equipped with 70 berths for both yachts and superyachts, a sea sports centre and other recreational amenities.

**Luxury Respite:** The Club is home to luxury hotels and water villas, a seafood centre and a plethora of attractions. The hotels and villas are set for completion in the second quarter of 2021.

**One-stop Access:** ONE°15 Marina Nirup Island, Indonesia, will offer customs, immigration, quarantine and port clearance services for avid boaters who travel in and out of Indonesia frequently. 🇮🇩

*Information is accurate at time of print.*

(Clockwise from top left) An artist's impression of ONE°15 Marina Puteri Harbour, Malaysia—offering an exciting waterfront lifestyle, the full-service marina will accommodate up to 294 berths. An artist's impression of ONE°15 Marina Nirup Island, Indonesia, which is positioned as a premier eco-living destination. The integrated development features 70 berths as well as luxury hotels and water villas. Estuari Sports Centre at ONE°15 Marina Puteri Harbour, Malaysia, as it exists today.





# HEAD START

GIVE YOUR CHILD A NUTRITIOUS LEG-UP  
WITH THESE PROTEIN- AND  
ANTIOXIDANT-RICH INGREDIENTS

BY HAZEL VINCENT DE PAUL



There's plenty of talk about free radicals and the damage they do to the human body. These elements are often said to be the cause of an array of health troubles such as heart disease, cancer, macular degeneration and more. The good news? Balancing your diet with foods that are high in protein and antioxidants is a great form of damage control. Not only do these foods control your hunger levels, they minimise cravings, boost muscle mass and act as a deterrent to the cell damage that triggers most health issues. The key to boosting your wellness, however, is to start early, which is why you should begin incorporating these types of foods into your children's diet. Executive chef William Soh of ONE°15 Marina Sentosa Cove shares six healthy foods you can use to pack a punch in your child's meals.



## Chickpeas

### HIGH IN: PROTEIN

Round in shape and beige in colour, this legume is nutrient-dense and high in protein, dietary fibre, folate and minerals such as phosphorus. The chickpea also contains iron and calcium, which can help boost bone density and strength, and has a low glycaemic index, which keeps you full for longer. It's easy to incorporate chickpeas into your child's meals, says chef Soh. "For older children, boil the chickpeas and mix them into a salad with olive oil—it is a great option if your family is vegetarian." If you're serving it as a snack on its own, dress it up with masala spices for a touch of heat. "For younger ones, blend it with olive oil to make a spread, and slather it on bread or puree it and serve as a dip."





“BLEND THE TOFU WITH FRESH MILK, AND VEGETABLES AND SWEET FRUITS SUCH AS AVOCADOS OR BANANAS FOR A REFRESHING TREAT.”



## Tofu

### HIGH IN: PROTEIN

Made from coagulated soya milk that's pressed into solid white blocks, tofu has a versatile texture that makes it easy to play around with when cooking. It can be silky, firm or soft; can contribute to improved brain and bone health; and is also gluten-free. “Tofu itself has no taste, so you will need other ingredients to make it stand out,” says chef Soh, who recommends steaming it with eggs, minced meat or seafood, boiling it in seaweed soup if you're vegetarian or simply adding it to *charwanmushi*. If your child can't stomach tofu in these dishes, then disguise it in a smoothie instead. “Blend the tofu with fresh milk, and vegetable and sweet fruits such as avocados or bananas for a refreshing treat.”



## Quinoa

### HIGH IN: PROTEIN

It's one of the oldest foods in the world, and was a large component of Incan cuisine a millennia ago. Quinoa's high-fibre content aids in digestion and its low glycaemic properties keep you satisfied for longer without the afternoon slump. Quinoa can be polarising because of its taste, so it's suitable for adventurous little eaters. But skip the bells and whistles, advises chef Soh, who recommends simply blanching the quinoa and seasoning it with olive oil and salt. “You could also serve it Mediterranean style—sauté onions and mix them well with blanched quinoa, chopped parsley, diced tomatoes, lemon juice and olive oil.”





## Kale

### HIGH IN: ANTIOXIDANTS

The antioxidants in kale are said to have anti-cancerous, anti-depressant and also anti-inflammatory properties. In fact, a single serving is packed with nutrients such as magnesium, potassium and various vitamins. "However," says chef Soh, "kale has a rather hard texture that can be tricky for children who are picky eaters." It can be chewy and has a strong aftertaste, too. The best way to serve this vegetable to children is to disguise it entirely, he says. "Blend kale into a pesto sauce with bowtie pasta, or make bite-sized balls with a mix of kale and mozzarella cheese."





## Dark Chocolate

### HIGH IN: ANTIOXIDANTS

One of the world's most popular treats, dark chocolate often acts as a mood-booster and can improve your memory and brain function. It's something you won't need to convince your child to eat, either. "Give a few squares as is to your child after a meal, or stir some into a hot cup of milk," says chef Soh. "Consider melting it and drizzling over waffles or pancakes, or breaking a bar into smaller chunks and mixing that into pancake batter. It's also great as a dip for fruits such as strawberries and bananas, and snacks like pretzel sticks."



## Mangoes

### HIGH IN: ANTIOXIDANTS

Mangoes are one of the world's most antioxidant-rich foods. The national fruit of India and Pakistan, mangoes contain an antioxidant called zeaxanthin as well as vitamins A and C, which help boost eye health, minimise dry eyes and help strengthen the immune system. They are sweet and soft, and go well with white meat, poultry or seafood, says chef Soh, who enjoys a healthy serving of chilled, frozen or cool mangoes with lobster or crab meat. "Don't cook it as the flavour will be lost. Instead, serve your little one a few slices after a meal, or cut the mango into cubes and pair them with a grilled chicken breast and greens for a punchy salad." 🍷





## RECIPE OF THE MONTH

# SALAD OF CHICKEN BREAST

PREP TIME:  
30 - 40mins

SERVES:  
1 person

### INGREDIENTS

120g	chicken breast, cooked
20g	onions, chopped
1 sprig	fresh thyme
20g	avocado, diced
30g	fresh raspberries
40ml	olive oil
1 tbsp	balsamic vinegar
30g	spinach leaves
	Salt and pepper (to taste)

### METHOD

Steam the chicken breast and cut into strips before setting aside.

Place olive oil and balsamic vinegar in a bowl. Add the chopped onions and fresh thyme.

Stir well before adding the diced avocado and raspberries. Add salt and pepper to taste.

Place the spinach leaves on a plate and arrange the chicken strips neatly on top. Serve the avocado and raspberries in a small dressing bowl.



**EXECUTIVE CHEF**  
**WILLIAM SOH** helms the kitchens at LATITUDE Bistro and WOK\*15 Kitchen. The experienced chef also looks after the banquets, catering services for the yachts and charters at ONE\*15 Marina Sentosa Cove, as well as special Members' events.



LUXE LIFE X LUSH ESCAPES

# TOWN HATCH

AT A TIME WHEN TRAVEL AS WE  
KNOW IT IS HEADED TOWARDS  
DRASTIC CHANGE, ESCHEW  
THE ALL-INCLUSIVE RESORT-  
CENTRED FAMILY VACATION  
FOR CULTURAL GETAWAYS  
AND CHILD-FRIENDLY  
OUTDOOR PURSUITS

BY CHARLIE SHAPIRO

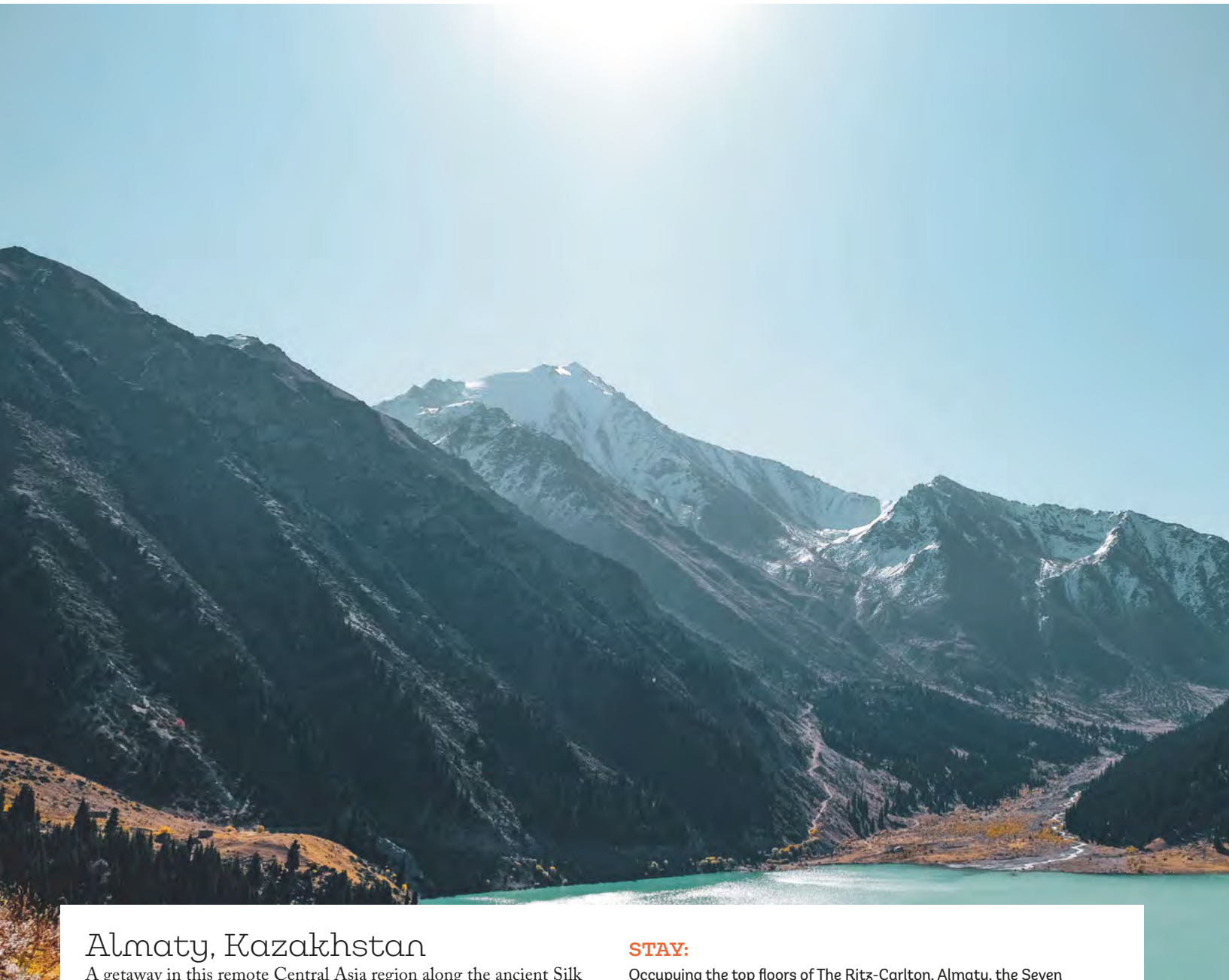




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## Almaty, Kazakhstan

A getaway in this remote Central Asia region along the ancient Silk Road spells bragging rights for intrepid families, with snow-dusted mountains, glassy lakes and wild plains that are ripe for exploration. Wind through serpentine canyons and Kolsai Lake for a taste of unspoiled nature. In the warmer months, you can go horseback riding around the famed lake in a national park that is home to lynxes, bears and foxes. Almaty, its gateway metropolis glittering with upscale shopping malls, suits those who like their adventure with a side of cossetting. Here, sample authentic Kazakh dishes such as *beshbarmak* (braised horse meat with noodles) at Arnau National Restaurant, then shop for designer threads at grand mall-in-a mansion Villa Boutiques & Restaurant. While a gondola ride up Kok-Tobe Hill is recommended for panoramic city views and great photo opportunities, don't miss commuting via the Almaty Metro, whose stations form a network of veritable art museums.

### STAY:

Occupying the top floors of The Ritz-Carlton, Almaty, the Seven Private Members Club ([iacworldwide.com/clubs/seven-private-members-club](http://iacworldwide.com/clubs/seven-private-members-club)). exudes oak-walled comfort within a development that incorporates a luxury shopping mall.

### 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 or [frontdesk.sc@one15marina.com](mailto:frontdesk.sc@one15marina.com).





(From above)  
The mountains  
surrounding  
Almaty are  
perfect for hiking  
in the summer  
and skiing in the  
winter. Bolivian  
fine-dining vegan  
restaurant Ali  
Pacha prepares  
its cuisine with  
ancient cooking  
techniques.



## La Paz, Bolivia

Sitting 3,640m above sea level, the world's highest capital does not exactly scream "family-friendly". Its exciting gastronomic scene and colourful cultures are, however, accessible to those with older kids who can acclimatise to the high altitude. Dive into the intoxicating fray at Feria 16 de Julio, one of the world's largest flea markets where you can purchase everything from handwoven textiles to fresh honey spooned out of mobile hives. The journey to the market, unfurled on a lofty plain, is an adventure in itself as you glide over skyscrapers and adobe buildings in a cable car via Mi Teleferico, the city's soaring answer to the subway. If it's all too overwhelming, head to Prado Boulevard, which turns into a car-free street festival every Sunday complete with food stalls, live music and a kids' zone. End your day at fine-dining restaurants such as Ali Pacha for plant-based dishes including a ceviche of Andean tubers, or Gustu, the brainchild of Noma co-founder Claus Meyer, which works with ingredients such as Amazonian catfish and llama. Those seeking rugged adventure can charter a plane to Cochabamba, from which you can reach the dinosaur footprint- and canyon-carved Torotoro National Park.

### STAY:

For all your family's recreational needs, look no further than the one-hectare Club de Tenis La Paz ([iacworldwide.com/clubs/club-de-tenis-la-paz](http://iacworldwide.com/clubs/club-de-tenis-la-paz)), which features tennis courts, a pool, indoor and outdoor playgrounds and a football pitch, alongside its accommodation options.







## Johannesburg, South Africa

It's near-impossible to think of Johannesburg without the accompanying *National Geographic*-esque images of big game grazing, prowling and leaping in the legendary Kruger National Park—four hours from the city by car. Here, come face-to-face with elephants and cheetahs on a bespoke private safari, if you feel like living it up. Such operators can set you up at the classiest lodges—think glass suites perched on rugged cliffs—and glamping sites, on journeys led by experienced guides. Continue your quest for knowledge at the Cradle of Humankind Visitor Centre Maropeng, a Unesco World Heritage site set within two mountain ranges where you can view important fossil finds and learn about natural history as well as environmental issues. Young explorers will be thrilled with the underground boat tour, an excursion to the Sterkfontein Caves and star-gazing evenings. Back in the city, savour Mediterranean fare at Bambanani, a bona fide kids' activity centre with its jungle gym, theatre, and various classes. Curate a special experience for yourself and your loved ones by splurging on a stay at one of the many hilltop hotels and resorts to enjoy the sunrise the next morning.

### PLAY:

Unwind over a game of golf at The Bryanston Country Club ([iacworldwide.com/clubs/the-bryanston-country-club](http://iacworldwide.com/clubs/the-bryanston-country-club)), a sprawling property with facilities such as tennis courts, a pool and a play area for kids.





## Bali, Indonesia

The dance and yoga club-strewn island, beyond its reputation for hedonism and spirituality, also has plenty of draws for families. Nowhere is this more apparent than Nusa Dua in the Southern peninsula whose wide powder-sanded coast is dominated by all-inclusive resorts. But if you prefer to explore outside the five-star comfort zone, there are other cultural and outdoor pursuits within easy access. For instance, Devdan Show at Bali Nusa Dua Theatre—the 90-minute performance reimagines the sprawling Indonesian archipelago through spectacular acrobatics and dance choreography. Garuda Wisnu Kencana, a cultural park presided over by a 21-storey tall monument of Hindu deity Vishnu astride the mythical winged Garuda, also stages spellbinding traditional dance performances covering disciplines such as Keris Barong, Garuda Wisnu Ballet and Nusantara. Then, let your kids—and their imaginations—run wild at Pirates Bay Bali. The outdoor cafe's playground, a Neverland-esque daydream, will delight free-spirited souls with its larger-than-life wooden ship and zip line. Kids can also participate in a treasure hunt while adults wash down grilled barracuda and mahi mahi with a large Bintang.

### STAY & PLAY:

Book a stay-and-play package at the Bali National Golf Club ([iacworldwide.com/clubs/bali-national-golf-club](http://iacworldwide.com/clubs/bali-national-golf-club)), which includes rounds of golf, a stay in a luxurious villa and use of the property's private beach club.



(From far left) Kruger National Park. South Africa's beach dunes are perfect for sandboarding. Immerse your family in Balinese culture and tradition at Garuda Wisnu Kencana and Bali Nusa Dua Theatre. Sri Lankan fire dancers set the night ablaze at the Esala Perahera festival in Kandy.



## Kandy, Sri Lanka

Sri Lanka's gentle pace and abundance of wildlife make it a dream destination for families of all ages. Kandy, with its backdrop of misty hills and colonial architecture, is a haven for aesthetes, while its ritual-steeped festivals draw culture vultures from afar. Don't miss the annual Kandy Esala Perahera festival (26 June – 6 July), which is marked by a procession that showcases fire dances, musicians and other cultural performances. Sri Lanka is well known for its friendly locals; meet them at their most relaxed at the 59ha Royal Botanical Gardens, Peradeniya, which teems with more than 4,000 species of plants. The colossal giant fig tree, with its gnarly canopy of outstretched branches, calls to mind something straight out of an Enid Blyton book. Marvel at untamed nature at Dunumadalawa Forest Reserve, a quivering swathe of towering trees roamed by leopards, barking deer and macaques, just a 10-minute drive from the city. For a relaxing lunch, fuel up on hearty curry and rice sets on the breezy verandah of manor/restaurant The Empire Cafe.

### STAY:

Book a stay in a plush, colonial-style bungalow or chalet at Victoria Golf and Country Resort ([iacworldwide.com/clubs/victoria-golf-country-resort](http://iacworldwide.com/clubs/victoria-golf-country-resort)), which is sequestered in the lush Knuckles mountain range, a 40-minute drive from Kandy. 📍

## TRAVEL SAFETY

Countries will eventually open their borders, but the COVID-19 outbreak will have a lasting impact on how we plan for travel. Here's how you can stay safe when travelling with your family.

Refer to a health advisory and/or talk to your travel or airline company before your trip.

Pack and carry with you at all times masks, alcohol-based rubs and disinfectant soaps and wipes.

Avoid close contact with anyone who has a fever or cough.

Exercise caution when handling raw meat, milk or animal organs at your destination.

Avoid visiting live markets and crowded beaches whenever possible.

Have a heart-to-heart chat with your child on the coronavirus and the importance of maintaining health and hygiene at all times.

Stress the importance of frequent and thorough washing of hands—for 20 seconds minimum—with soap.

Carry disinfected small plush toys and other squeezey objects to distract your child from habitually touching their face with their hands.

When it comes to family time while commuting, opt for cosy road trips in place of other modes of travel.







# CLUB BUZZ

## MEMBERS ONLY

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

**34**

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

**40**

Club upgrades, service updates and the latest news for Members.





The Club is looking forward to reopening post-Circuit Breaker with upgraded facilities and a new tennis programme.





### SPECIALS OF THE MONTH

Carb-conscious foodies have plenty to look forward to in July and August and as both WOK°15 Kitchen and LATITUDE Bistro offer up plenty of protein-filled plates for you to choose from.

Kickstart your July weekends with LATITUDE Bistro's International Buffet selection—think dishes such as flavourful Flambé Black Pepper Pork, Jumbo Prawns and a tantalising Mediterranean Seafood Soup. A slice of Homemade Yuzu Passionfruit Cake topped with macadamia nuts and served with a generous dollop of strawberry ice cream from the a la carte menu should cap the meal perfectly. At WOK°15 Kitchen, meaty delights steal the show as it shines a spotlight on its Pan-fried Kurobuta Pork.

Come August, it will be time to tuck into LATITUDE Bistro's Heritage Buffet. Indulge in classics such as satay bee hoon—springy noodles coated in a rich satay sauce and topped with Kurobuta pork and crab—Oyster and Scallop Omelette and Superior Soya Braised Pork Knuckle. A generous helping of durian ice kacang and chendol will clinch the deal. WOK°15 Kitchen mixes things up as well in August with a stunning pan-grilled lamb chop served with button mushrooms. 🍷

(From top)  
Set out on a  
gastronomic  
exploration  
of places far  
and wide with  
LATITUDE  
Bistro's  
International  
buffet. Indulgent  
Homemade Yuzu  
Passionfruit  
Cake.





## LATITUDE Bistro

### International Buffet

**July: Friday & Saturday, Dinner**

Sit down to a sumptuous selection of meats and seafood served in various styles. Start with a plateful of Flambé Black Pepper Pork and Jumbo Prawns, which pair well with the Mediterranean Seafood Soup. Savour the world without having to get on a plane.

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

### Homemade Yuzu Passionfruit Cake

**July: Lunch and Dinner**

A meal is never complete without dessert, and LATITUDE Bistro is going above and beyond with a special treat. We are talking about a sweet serving of homemade passionfruit cake with yuzu and macadamia nuts that your palate will thank you for after a hearty meal. A scoop of strawberry ice cream will top each slice as well as the overall experience.

**PRICE: \$12+**

### Satay Bee Hoon

**August: Lunch and Dinner**

Created by the Teochew community that migrated to Singapore, Satay Bee Hoon is a unique dish that is slowly disappearing from Singaporean cuisine. The team at LATITUDE Bistro elevates this traditional noodle dish with lashings of spicy satay sauce and generous portions of Kurobuta pork and crab.

**PRICE: \$18+**

### Heritage Buffet

**August: Friday & Saturday, Dinner**

Singapore's cuisine is diverse, thanks to the influences from the island's various ethnicities. Sit down to a uniquely Singaporean meal at LATITUDE Bistro's Heritage Buffet, which highlights some of the island's best dishes. Take your pick from favourites such as Oyster and Scallop Omelette, Superior Soya Braised Pork Knuckle and Durian ice Kachang and Chendol.

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



(From top)  
WOK°15 Kitchen's  
Pan-grilled Lamb  
Chop and Pan-  
fried Kurobuta  
Pork, will take  
care of your meat  
cravings for  
July and August  
respectively.

## MIND THE GAP

SAFETY MEASURES TO  
KEEP IN MIND WHILE  
EATING OUT.

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

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

## WOK°15 Kitchen

### Pan-fried Kurobuta Pork

**July: Lunch and Dinner**

The meat of the famed Berkshire pig is generally labelled as the equivalent of Wagyu in the world of pork. The meat is tender and flavourful, and you'll get to appreciate all that and more in WOK°15 Kitchen's offering which comes pan-fried to perfection.

**PRICE: \$8+ U.P. \$10+**

### Pan-grilled Lamb Chop with Button Mushrooms

**August: Lunch and Dinner**

This versatile cut of meat is the star of the show throughout the month of August, so you will have plenty of chances to go for seconds. Pan-grilled to perfection, the chops come served with sautéed, herbed button mushrooms.

**PRICE: \$9.80+ U.P. \$12+ per piece**





# Ace The Game

ADDING TO ONE°15 MARINA SENTOSA COVE'S  
HIGH-OCTANE PROGRAMMES FOR MEMBERS IS  
A NEW TENNIS ACADEMY PARTNERSHIP.





THE ONE°15  
TENNIS  
LADDER  
SYSTEM IS  
AIMED AT  
ENCOURAGING  
PLAYERS AND  
COACHES  
TO UP THEIR  
GAME.

Members can look forward to a new and exciting vibe at the tennis courts once the recreational facilities resume and safety measures are relaxed.

The Club's tennis programmes are getting a revamp, thanks to a new partnership with Olaso Tennis Academy, co-founded by former ATP (Association of Tennis Professionals) player Guillermo Olaso.

The former director of SITA Tennis Academy recently launched a new tennis training programme at ONE°15 Marina Sentosa Cove.

The programme, Olaso says, is designed to “bring back excitement and following from all tennis members young and old”, and aims to set a new standard of tennis for the Club. His goal is to build the Club's teams so they can compete at the various tennis tournaments around Singapore, from the junior tennis league (JTTL) to Singapore Inter-club competition and other national tournaments.

The first order of the day for the programme, however, will be to create a ONE°15 Tennis Ladder. This ladder league system will rank players like the rungs of a ladder—where they can challenge each other to matches and their ratings will move up or down based on their wins and losses. The system is not just for players and Members, coaches will take part in it as well.

With this partnership, ONE°15 Marina Sentosa Cove is looking to enhance its presence in tennis circuits around Singapore. The academy also aims to make the tennis courts and its surrounds areas of recreation and social engagement with fringe activities. These include organising Club Open Championship in the open age and junior categories for both men and women with prizes awarded and a mention in a “hall of fame” wall. This will not only encourage more participation from Members, but bring a community spirit to the Club's sport activities.

## DID YOU KNOW?

ONE°15 Marina has two outdoor hard courts, each furnished with acrylic surface sand, that sit on the hillside across the Clubhouse.

The Club has tennis balls and rackets available for rental in case you have forgotten to bring your gear.

The Club hosts a plethora of tennis training programmes and packages, suitable for players of all ages.

## GUILLERMO OLASO

With 23 titles under his belt, the Spaniard holds the record for the longest tie break in the ATP Challenger tour as well as a world ranking of 160 in the singles and doubles categories. The former Spanish doubles national champion has also competed nine times in various Grand Slam events and has many years of high-performance tennis coaching experience under his belt.





## MEET THE COACHES

Olaso is aided by a team of qualified ATP players and professionals coaches.



### CHRISTO WIESE

Co-founder of the tennis academy, Christo Wiese is a five-time semi-finalist at the Singapore Open. Wiese aims to have a positive impact on tennis on multiple fronts, ranging from grassroots junior development to social club tennis integration by melding players from different walks of life. He has also organised an array of corporate and long-term training programmes throughout his career and honed his coaching skills at Rafael Nadal's BTT Tennis Academy.



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### JORGE JIMENEZ

The former ATP player is currently head coach to Sarah Pang, Singapore's most driven tennis icon. He has also trained ranked players—senior and junior leagues—and worked in Spanish Tennis Academies, the Lithuanian Federation as well as in the USA. The high-performance and mental-tennis coach is backed by over 15 years of experience—no surprise that he has a long waitlist of people wanting to train under him.





## ALOK BHIDE

A former top-ranked Indian doubles player, Alok Bhide is a PTR (Professional Tennis Registry)-certified coach. Highly regarded for his impeccable technique and dedication, Bhide is considered a specialist in high-performance tennis coaching across all levels. He has been coaching in Singapore since 2016.



## SEBASTIAN MAROT

A championship player, the Mauritian brings with him more than a decade's experience in coaching players of all levels. Marot has represented his country at many international tournaments and also captained the national team for the Davis Cup in 2005. He also has his own tennis academy in South Africa and has coached in Germany, Thailand and Malaysia.



## ANAIS GOMAR

Coach Anais Gomar is internationally certified by the Global Professional Tennis Coaching Association. The Spaniard comes with over 10 years of coaching experience—she has taught at various prestigious institutions, including Harvard and MIT (Massachusetts Institute of Technology) in the U.S.—and worked with players of all ages. She will be in charge of the Club's Junior tennis programme. 📧

## CLUB PERKS

Kick-start your tennis practice post Circuit-Breaker period with Olaso Tennis Academy at ONE\*15 Marina Sentosa Cove. One-hour lessons for varying numbers of players available to suit your preference.

### Private Lessons

Available upon request

**PRICE: Director of Tennis**

**\$120+ (1 player);**

**\$65+ (2 players);**

**PRICE: Head Coach**

**\$100+ (1 player);**

**\$55+ (2 players);**

**PRICE: Regular/Assistant / Junior Coach**

**\$80+ (1 player);**

**\$45+ (2 players);**

### Group Lessons

Available upon request

**PRICE: Any Coach**

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



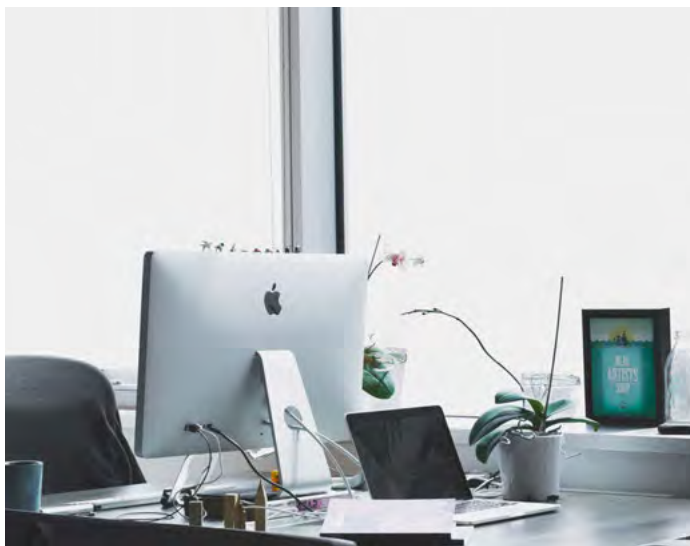




## GO PAPERLESS

### HARD-COPY STATEMENTS TO END

We extended our eco-friendly initiatives by phasing out paper statements from 1 July, with Members receiving soft-copy statements via email instead. We also encourage Members to settle their bills through Giro for hassle-free monthly payments.



## OFFICE SPACES FOR RENT

### CHOOSE BETWEEN INNERCOVE OR THE MAIN BUILDING

Get business done while enjoying a picture-perfect view. The Club is offering a variety of office spaces for rent, exclusively for Members. Up for grabs are spots at the plush innerCove lounge or a scenic marina-facing location in the main building. Submit your interest at [one15marina.com/offers-category/others](https://one15marina.com/offers-category/others) and we will contact you for a viewing slot.

## WRAPPED WITH LOVE

### ONE°15 MARINA HAS AN ONLINE GIFT SHOP

Let your friends and family know that you are thinking of them even when you are social-distancing with a beautifully-wrapped thought—ONE°15 Marina online gift shop has something for everyone. Visit [one15marina.com/shop](https://one15marina.com/shop).







## HELPING THE HEROES

### ONE°15 BROOKLYN MARINA FEEDS FIRST RESPONDERS

The marina's resident brasserie, Estuary, and bakery Ebb & Flow are delivering up to 900 meals a week to overwhelmed healthcare workers and hospitals fighting the COVID-19 pandemic in New York. .

Estuary's loading bay has also been designated as a parking space for ambulances, with the restaurant itself being a makeshift base for medical personnel. The marina is also offering its harbour to medical workers arriving from out of town to fight the virus.



## NEW GYM EQUIPMENT

### UPGRADES FOR BETTER WORKOUTS

The Club will be updating some of the exercise gear in the gym as part of our continual efforts to elevate the Member experience and keep up with the latest fitness industry trends. Look forward to better gains as we refresh a selection of our cardio, strength and resistance, and functional training equipment.



## ROLL WITH IT

### NEW TROLLIES TO TAKE A LOAD OFF

Boaters need not struggle when transporting heavy or bulky items any longer. ONE°15 Marina Sentosa Cove has acquired 20 new trollies so you can move your goods and groceries to your vessels quickly and easily instead of carrying them by hand. How's that for convenience?





## WE ARE SG CLEAN!

### ONE\*15 MARINA SENTOSA COVE IS SAFE TO VISIT

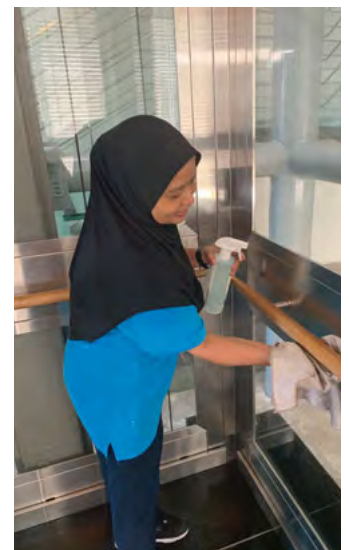
The Club is pleased to announce that we have been certified “SG Clean” by the Singapore Tourism Board, having fulfilled extensive sanitation and hygiene requirements during the ongoing COVID-19 crisis. Essentially, the “SG Clean” mark means that ONE\*15 Marina Sentosa Cove is a safe place to be.

Besides educating our staff on good personal hygiene, daily temperature taking for all Members,

guests and staff, and ensuring social distancing, we trained them on how to deal with suspected COVID-19 cases.

The Club has also put in place additional precautionary measures. These include sanitising high-touch areas multiple times a day, and placing hand sanitisers all around the Club for guests to use. As thermometers and masks were in short supply as the outbreak escalated in Singapore,

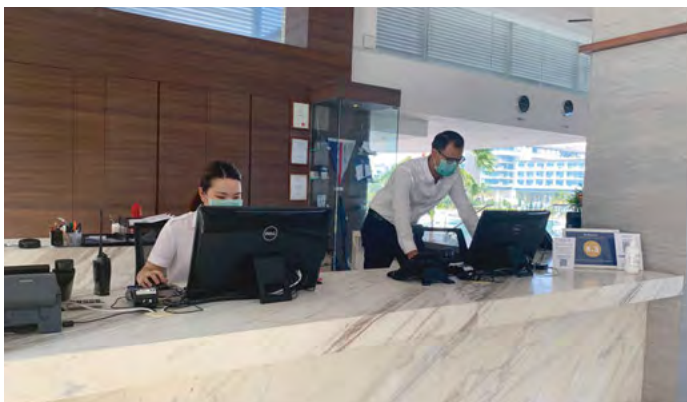
we trawled through various sources to acquire them. We also reviewed some of our existing processes. For example, we worked with our contracted cleaning company to replace their cleaning agents with those with disinfecting functions.



From upskilling customer-facing personnel to maintaining health declaration documents and sanitising high-touch areas in public areas such as staircase railings, elevators, doors, and tables and chairs, the team at ONE\*15 Marina Sentosa Cove tirelessly maintains high standards of hygiene to ensure the safety and health of all.

In addition to mandated safety measures, we have also applied an antimicrobial disinfectant on all high-touch surfaces in the Club. This SDST self-disinfecting coating inactivates viruses, kills bacteria and fungi, and works 24/7 for 90 days with just one application. This is the same product that is being used by Changi Airport, SBS Transit and Singapore Town Councils at HDBs. We intend to carry on with all these measures even post the Government-initiated circuit breaker period for the safety and wellbeing of everyone.

Learn more about our precautionary COVID-19 measures and what it means to be “SG Clean” on our blog at [one15marina.com/news-post/club-updates/we-are-sg-clean-certified](https://one15marina.com/news-post/club-updates/we-are-sg-clean-certified).



THE “SG CLEAN”  
QUALITY MARK  
INDICATES THAT  
THE CLUB IS A  
SAFE PLACE TO  
VISIT AND IS  
COMMITTED TO  
MAINTAINING HIGH  
STANDARDS OF  
ENVIRONMENTAL  
PUBLIC HYGIENE  
AT ITS PREMISES.



# EXCLUSIVE MEMBER PRIVILEGES

The Club continues to add more privileges for Members!  
Enjoy preferential rates and special benefits at these establishments.



**A Li Yaa Island Restaurant & Bar**  
15% off food & beverage.

**An Acai Affair**  
10% off at all outlets.

**Blue Elephant Bar**  
15% off food & beverage.

**Gin Khao**  
20% off food bill.

**Green Wood Fish Market**  
10% off for dine-in only.

**Mykonos on the Bay**  
10% discount on total food only.

**Neroteca Plaza Damansara**  
15% off food & beverage.

**Sabio By The Sea**  
15% off a la carte food items.

**Sole Pomodoro**  
10% discount on total food only.



**Adeva Spa**  
Spa indulgence at \$42nett and 10% off a la carte spa services.

**Anantara Vacation Club**  
35% off published rate and 10% off F&B and spa.

**Danang Golden Bay Hotel**  
Complimentary upgrade to higher room category & preferential rates for your hotel stay.

**Himawari Hotel Apartments**  
Special booking rates from USD 110nett.

**Luxexplorer**  
10% off tour bookings and free 2-way airport transfers.

**Regal Kowloon Hotel**  
5% off room rates and up to 30% off at food & beverage outlets.

**Resort World Sentosa**  
1 year of Gold Membership for you and your spouse.

**The Residence Bintan**  
10% off website rates & activities.



**AJ Hackett Sentosa**  
20% off activities and 15% off dining.



**Augustman**  
Complimentary 1-year digital subscription.

**Edit Suits Co**  
Discount prices with exclusive promotional codes when shopping online.

**Etonhouse**  
50% off student registration fee for Pre-N to K2 Classes.

**Prestige Magazine**  
Complimentary 1-year digital subscription.



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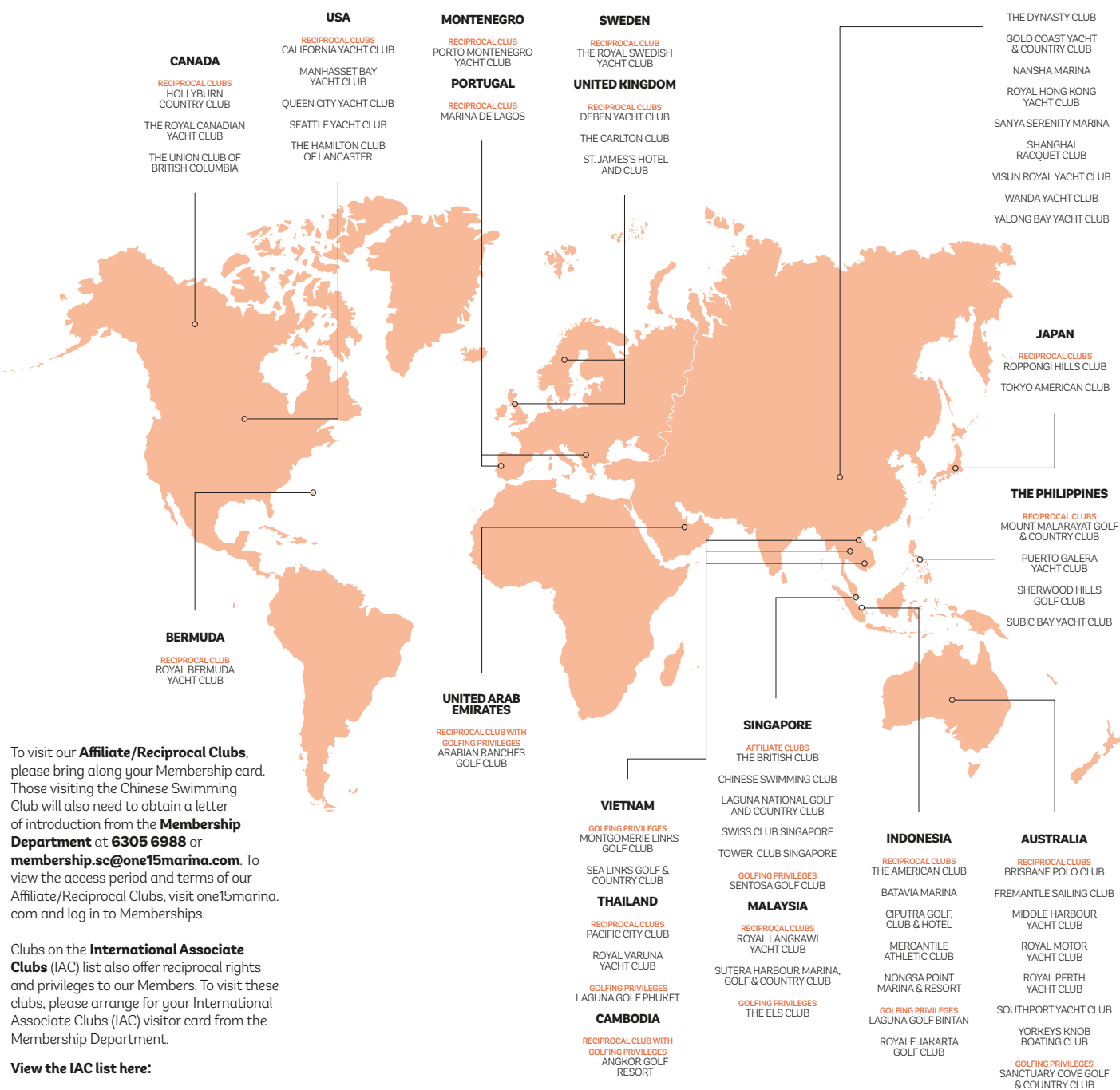
For more information, visit [www.one15marina.com/privileges](http://www.one15marina.com/privileges)

Terms and conditions apply. Log on to Membership account for discount codes and more details.



## THE WORLD AT YOUR FINGERTIPS

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



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

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

View the IAC list here:





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voyage at Asia's Finest Marina*

Say 'I Do' at our beautiful selection of waterfront venues. From a dreamy rooftop terrace to a floor-to-ceiling glass room with a 180° view of the marina, we present you the perfect backdrop for a memorable solemnization.

Scan the QR code to discover a wedding gift just for you.



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