

# LONGITUDE



## INTERNATIONAL WOMEN'S DAY

Get to know the successful and enterprising  
women in the ONE°15 network

+

Solo travel destinations for women



# WELCOME BACK TO SINGAPORE'S ONLY FLOATING BAR

Toast to good times again on the floating Boaters' Bar!

Featuring a new menu of Japanese-inspired dishes and a refreshed aesthetic, come join us at our breezy hideaway and enjoy sophisticated tipples with luscious bar bites.

## **\$7 DRINKS ALL NIGHT**

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# INSPIRING LIAISONS



It's March already, the first two months of 2021 have rushed past in the blink of an eye. We had a wonderful Chinese New Year (CNY) celebration with Members, who spent the festive season at the Club and also showed great support by purchasing CNY goodies, which was launched at WOK'15 Kitchen for the first time. Based on the positive feedback, we will be rolling out more homemade goodies next year. So stay tuned.

Family and community have always been big for ONE°15 Marina. In view of International Women's Day, we have dedicated the March issue of *Longitude* to women. From luxe essentials for women on the go, to inspiring success stories and quick tips for busy mums on creating fun, bento-style picnic food, this issue is a collection of all things uplifting, positive and worth celebrating.

The two women profiled in this issue have shown extraordinary resilience and excelled in an industry that is until today considered a male domain. Now, they want to give back to the community in their own way. In Fun Facts, we dwell on some of the most fascinating achievements by women in the yachting world, while Lush Escapes fuels your wanderlust with journeys curated by women entrepreneurs who want to create a positive impact on local communities.

With Singapore reopening at a steady pace, we are happy to introduce new fitness and sports activities at the Club. With our new Sports and Recreation Manager—featured in this issue's staff profile—bringing her vast experience in the field and enthusiasm to the job, we hope to line up many more exciting activities.

It's the time of school holidays, and with travel still on pause, we want to ensure there are plenty of fun activities for children to play, create and learn. Check out our Club Buzz section for exciting staycation deals for families and the latest fitness classes and craft workshops to participate in. Reserve a table at LATITUDE Bistro to experience the cuisine of different cultures. As the name suggests, the 7 Wonders of the World menu will spotlight the cuisine of a particular country per month for the next seven months. Kick-starting this culinary journey will be Chinese cuisine.

The Club is also happy to announce the highly-anticipated reopening of Boaters' Bar at a new location on 3 March. Toast the occasion with \$7 drinks all night and enjoy the new menu comprising smoked meats, skewers, pizzas and more.

As we adapt to the New Normal with caution, safety and adherence to regulations remain top priority for the Club.

One other thing we remain committed to is providing memorable experiences to our Members and telling the stories that need to be heard. On that note, we tip our hats to all the women around us. Happy International Women's day!

**Jonathan Sit**  
Acting General Manager

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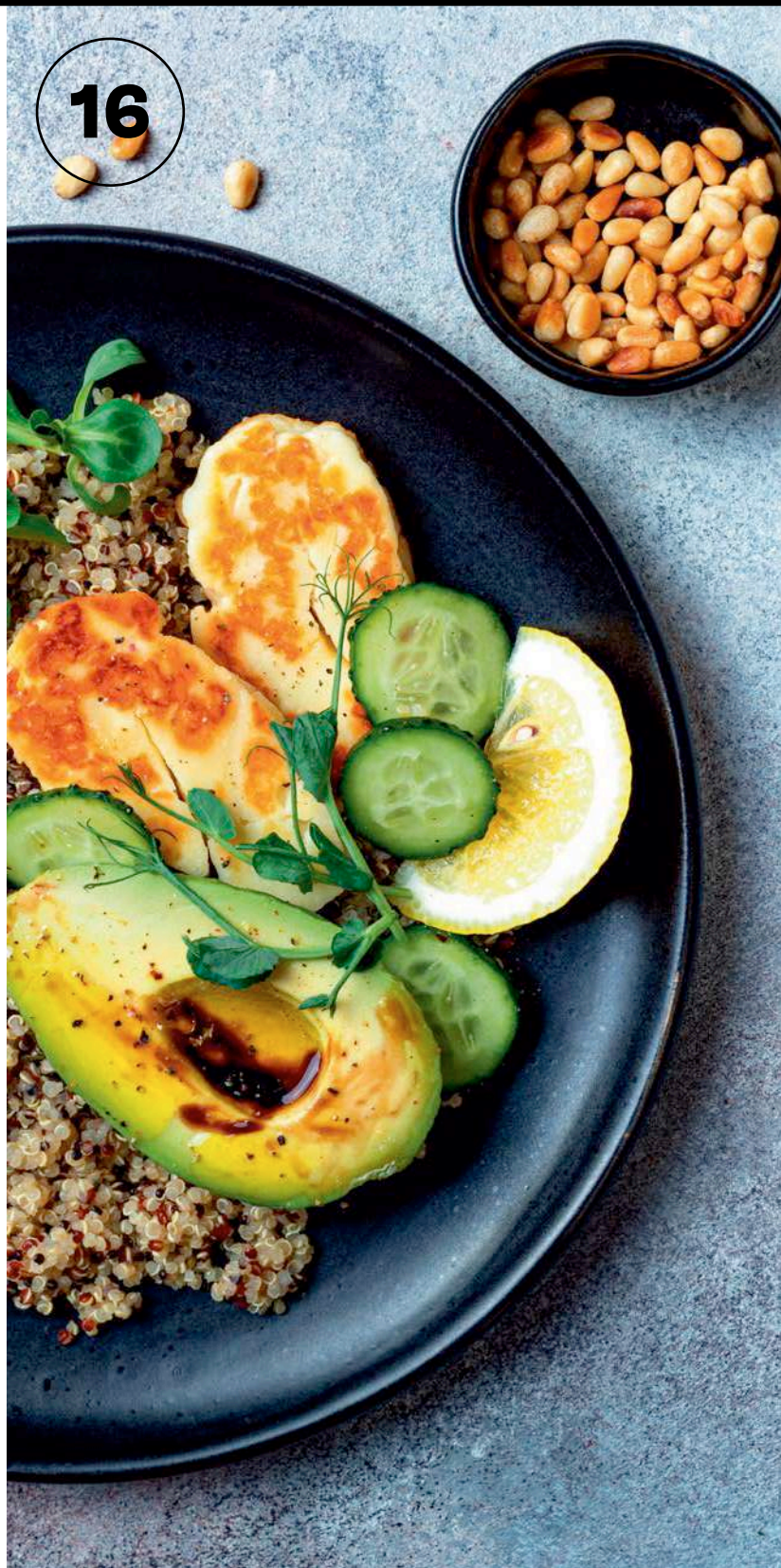
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\*Charges apply  
+ Guest fees apply

# Women at Sea

SOME AMONG THE MANY INSPIRING FEMALE TRAILBLAZERS IN THE SAILING WORLD.



1 Long before women were accepted in the male-dominated world of sailing, some in the 16<sup>th</sup> up to the end of the 18<sup>th</sup> century went to sea disguised as men and even fought in many naval battles.

1

**Krystyna Chojnowska-Liskiewicz** was the first woman to single-handedly sail around the world. Starting at Las Palmas de Gran Canaria on 28 March 1976, the Pole completed her journey two years later after a brief illness, covering 31,166 nautical miles.

2

Australian-born **Kay Cottee** was the first woman to circumnavigate the world non-stop and without any external assistance. The journey took her a mere 187 days, and she did not step on land even once during this time.



3

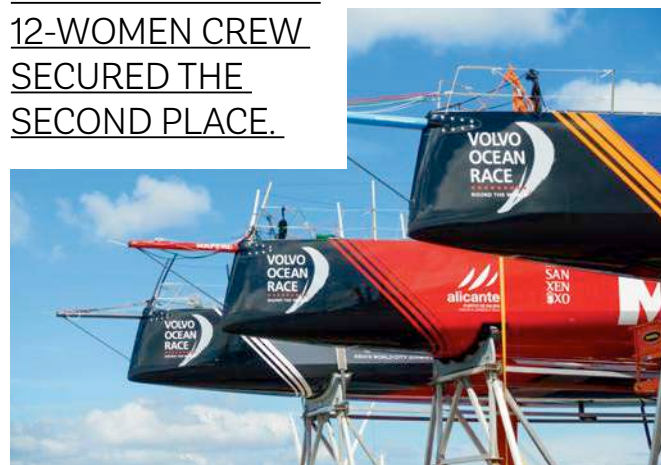
Kiwi **Dame Naomi James** was the first woman to sail around Cape Horn during her solo journey around the world between 1977 and 1978, beating the then-world record of English adventurer Francis Chichester. She achieved this even though she suffered from sea sickness.

5

British sailing legend **Dame Ellen Patricia MacArthur** is the highest woman achiever in competitive distance sailing and also holds the record for a single-handed woman monohull east-to-west passage, among many others.

4

**BRIT TRACY EDWARDS** SKIPPERED THE FIRST ALL-FEMALE CREW IN 1989 FOR THE WHITBREAD AROUND THE WORLD RACE— NOW CALLED THE VOLVO OCEAN RACE. HER 12-WOMEN CREW SECURED THE SECOND PLACE.



# Chic, New Finds

STYLISH MUST-HAVES FOR THE CONTEMPORARY WOMAN AND HER MANY ENDEAVOURS.

BY WEI K



## BED OF ROSES

Mysterious, sensual, confident, and caring, there are multiple facets to a woman. That's what Cartier's trio of rose perfumes aims to capture in each bottle. L'Heure Osée digs deep into the woody and sensual notes of the rose, while Pure Rose does an unfiltered, raw take with leafy base notes and Oud et Pink blends it with the smoky notes of oud and musk. There's one for your every mood and kind of day.

**Cartier's perfumes are available at #01-20 ION Orchard; cartier.com.**



## MAKE STRIDES

You've got places to go, and Hermès' newest footwear collection is going to get you there. Choose from comfy clogs printed with the French brand's iconic scarf prints, leather gladiator sandals and summer-ready espadrilles for off-duty days. For dressier options, colour-saturated wedges or suede sandals step up to the occasion—both designs also come with low heels to keep each step comfortable and functional all the way. Now, you're ready to conquer the city.

**Hermès is available at #01-02A Liat Towers; hermes.com.**



## KID COUTURE

If there's one thing we know: "mum and her mini-me" moments never get old. Versace's new childrenswear collection is out to prove our point. From sporty separates to statement must-haves—all peppered with the brand's signature patterns—there's a complete wardrobe for your young fashionista to explore and discover her own sense of style.

**Versace Children is available at #B1-64 The Shoppes at Marina Bay Sands; versace.com.**







## ABOUT FACE

What every woman needs is a no-fuss, no-fluff skincare range that delivers on its promise. Korean brand Celloom, developed by dermatologist Dr Grace Cho and her daughter Kim Da Ye, was founded on that premise. All their products are made using

natural, cruelty-free and vegan active ingredients. They love your skin and effectively fight its battle against the stress, dirt and grime from your day-to-day grind.

**Celloom is available at SocietyA, #03-14A Ngee Ann City; society-a.com.**



## STYLE STAPLES

Clean lines, functional separates and searingly-bright colours come together to create a wardrobe of everlasting pieces for the go-getting woman in Bottega Veneta's latest collection. Think tailored wide-legged pants in bright teal or marigold—perfect for the woman on the move—and slouchy silk dresses that can take you from day to night. Throw on some statement earrings and sling on a chic bag, and you are guaranteed to turn heads.

**Bottega Veneta is available at #01-04 ION Orchard; bottegabeneta.com.**



## WHAT'S ON

# in March and April



### ONCE UPON A TIME ON THE ORIENT EXPRESS

The icon of luxury rail travel has made a stopover in Singapore in the form of an interactive pop-up exhibition. Visitors can actually board the train to relive the experiences of 19<sup>th</sup>-century elite on the train as well as explore the era through artefacts. **Prices from \$25, on till June 2021, West Lawn, Gardens By The Bay, sistic.com.sg**



### THE OTHER F WORD

This candid play spotlights on the regressive cultural stereotypes that are still prevalent when it comes to people who are overweight. Explore these through the world of Miriam Cheong—her relationship with her body, society's perceptions and the body positivity movement. **Priced at \$25 to \$35, 24 - 28 March, Wild Rice @ Funan. sistic.com.sg**



### DRAGON LADIES DON'T WEEP BY MARGARET LENG TAN

New-York based Singaporean music artist Margaret Leng Tan made her name in American avant garde as a professional toy pianist. Her unusual performances are known to have a combination of spoken and recorded text, projected images and original music for toy pianos, toys and percussions. **Priced at \$35, 1 - 4 April, Esplanade Theatre Studio, esplanade.com/studios**



### LOST CINEMA 20/20

Multimedia veteran Brian Gothong Tan likens dreams to cinema for our subconscious mind. This multi-disciplinary performance combines text, film, theatre and video art and also dwells on the golden era of Singapore cinema, from the late 1940s to the early 1970s when many films were made here by Cathay Organisation and Shaw Brothers. **Priced at \$35, 14 - 18 April, Esplanade Theatre Studio, esplanade.com/studios**

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





# LUXE LIFE

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## WOMAN'S WORLD

Inspiring stories of women entrepreneurs at the forefront of male-dominated industries and unusual, immersive holiday experiences, plus fun bento-style picnics.

Fogo Island's long maritime history lends to its idyllic settings and gentle aesthetics of bright-coloured clapboard houses.

# GOURMET TRAILS

**PASSION, GUMPTION AND A KEEN EYE FOR QUALITY HAVE BEEN HELENE RAUDASCHL'S GUIDING FORCES IN THE FOOD INDUSTRY.**

TEXT **SANDHYA MAHADEVAN** PHOTOGRAPHY **BENNY LOH**  
ART DIRECTION **CHARLENE LEE**

**A** Hong Kong Chinese by birth, Helene Raudaschl is a supplier and manufacturer of high-quality foods—and halal food is one of them. Add to that an Austrian last name by marriage, and there is nearly nothing “expected” about the young Founder and Chairman of Indoguna Productions FZCO.

Her introduction to the food industry wasn't by chance either. Raudaschl and her older sister were introduced to the best and most exotic in the industry by their entrepreneur mother Elena Tang. A supplier of high quality meats, seafood, dairy products and fine foods, Tang would source them from around the world for the local Hong Kong market.

Barely eight to 10 years old, the sisters were savouring quality caviar, truffles, raspberries and blueberries, and could tell the difference between European cheeses. This was in the '80s when these were all exotic and unusual to this part of the world—as it was for a woman from a traditional Chinese family to set up her own business.

“My mum's time was very challenging; she had to battle many odds to get to where she was without any support. Everything she achieved was also purely through self-exploration—it's not like she had a business degree or anything to back her,” says Raudaschl with genuine respect. “That aspect is one of the main things that drives me to be a strong woman myself.”

Raudaschl grew into the food business by first working in her mother's company. About two years later, she entered a joint-venture with a small company called Indoguna, owned by one of their Indonesian partners in the business. That, and marriage to chef and entrepreneur Georg Raudaschl brought her to Singapore—“the rest as they say is history”, she smiles.

Today, Indoguna occupies three buildings within a 5,500sqm compound in Singapore. In 2005, Raudaschl expanded business operations to Dubai and subsequently built a factory that manufactures top quality halal food.

## NEW LAND NEW GROUND

Raudaschl attributes her ability to spot gaps in the market to her experience working with her mother—she was quick to spot the influx of Asian tourists to the Middle East and the growing demand for traditional Asian products. With great foresight, she progressed to tag her intent to offer good quality Asian food with a full line of production for halal foods as well.

It was very difficult to produce things that were very Asian, but had to be halal, she recalls. Although proximity to Singapore and Malaysia made finding producers who shared the same philosophy that much easier, it was important to also ensure that her in-house team had the complete know-how about what was allowed and what wasn't.

Additionally, every product from her manufacturing facility in Dubai comes locally and internationally certified—they are certified for export to the U.K., EU and the U.S. as well—and sans MSG.

“It's not about the money or how much it costs, to me, it's about quality in life,” she says. “I'm very quality-driven in terms of many aspects of my life, and not just the business,” says Raudaschl steadfastly.

Equally important to her are passion, perseverance and the strength to follow through. These qualities have held her in good stead in business and an industry that continues to be a male-dominated one, but “I have never felt or been made to feel different just because I am a woman, even in a place such as Dubai”, she says. “People have a little bit more respect when they see what you know and give you the benefit of the doubt when they see you have the knowledge. It doesn't matter if you are a woman or man.”

“I'M VERY  
QUALITY-  
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AND NOT  
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BUSINESS.”

## GREENER PASTURES

“The Hong Kong business is 33 years old, Singapore's coming to 28, and Dubai, 16 years,” rattles Raudaschl almost absentmindedly. Albeit sure signs of a successful business, it also means that it has been that many years of long working days and extensive travel away from home and family. Regardless of how busy she has been in all these years, she and her husband have always made it a point to spend time with their son.



“We are both very close to our son. No matter how busy I have been, it was really very important for us to explore a new city with him every year as a family—experience the food, the culture, together,” she says.

Her eyes light up with affection and pride as she talks about her 20-year-old son Maximillian, who has also lovingly coerced her to become flexitarian. In true fashion, Raudaschl also recently launched a new fully plant-based line called Arlene.

She is also busy planning Vegan concepts for an upcoming family venture in Chiang Rai, Thailand—a coffee concept that embraces farming and roasting, which is the brainchild of her husband. It will also include a café and school for the Akha people, the tribe indigenous to the area.

Canny and straightforward, by her own admission, Raudaschl has an easy smile and laughs heartily—there is no half-way for her. But she realizes that it is time she slowed down as well and has been actively working with her board to appoint her successor.

Her life now revolves more around the things she loves—family, tennis, gym and swimming. “I love the water—I used to be a competitive swimmer. That’s one of the reasons I became a Member at ONE°15 Marina Sentosa Cove. But I have not found the time to plan yacht outings so far. Now I can,” she smiles.

“Today, my time is spent on thinking of new concepts, about how we can put new products like our plant-based line out into the market—our communication and our message to the public. I enjoy these things a lot,” she says.

To Raudaschl, success is a sum of all of the above. “It could be any number of things, but if speaking of today, it is having the luxury of time,” she says. What better measure can there be? 📧



# SUPER MAMA

**WHEN MUM OF FOUR NICHOL NG BOUGHT OVER HER GRANDFATHER'S BUSINESS, LITTLE DID SHE KNOW THAT IT WOULD BE THE INSPIRATION FOR A THRIVING CHARITY.**

TEXT **SANDHYA MAHADEVAN, CLAIRE TURRELL**  
PHOTOGRAPHY **BENNY LOH**  
ART DIRECTION **CHARLENE LEE**

12

The first thing you notice when you meet Nichol Ng, is her ruby-red hair. Then you see the four bubbly children hovering around her—or balancing on her knees. That's when you notice the five-inch black platforms that Ng is wearing. While some of us may find ourselves wobbling away in these heels, the 43-year-old does the perfect balancing act. Like everything else in her life, the Managing Director of FoodXservices Inc and the co-founder of The Food Bank Singapore (FBSG) takes it all in her stride.

Though not everything has always run smoothly for Ng. At the age of 16, her family was hit by the Asian Financial Crisis and her entrepreneur father went bankrupt. Ng remembers being told to leave their house and watching her mother's car being towed away. But the one business the family managed to hold onto was the food distribution company that her grandfather launched in 1939.

Ng did not realise at that time that this would prove to be huge stepping stone in her life. She had no idea then that she would buy over the business in 2007 and that it would inspire her to start a non-profit initiative, which would distribute 13,000 meals daily to Singaporeans in need during the COVID-19 Circuit Breaker.

Before Ng bought out her grandfather's company, she cut her teeth in media as a marketing executive and ran her own sandwich shop. She only joined the family business when the SARS pandemic hit and her father needed help digitising the business.

A family person at heart, Ng knew it was the right move to make and jumped right in to help the business through this tough period. They were naysayers all around. Firstly, she was a woman in a male-dominated business and secondly, her alternative style of dressing was not for the conservative at heart. "My uncles said I'd last one year in the industry. That made me more determined to prove myself," says Ng.

## NEW IDEAS

When Ng bought her grandfather's business, she didn't keep its name (Ng Chye Mong), but held onto his philosophy—to put thought into whatever one does in business. She restructured the company, FoodXservices Inc, based on a U.S. model, attracting clients such as Shake Shack, the Privé Group and Redmart. "We call it a start-up with an 80-year-old soul," she laughs.

Success in business instilled a strong urge in Ng to give back to society. Ng and her younger brother Nicholas, who had joined the company in 2008, noticed that the price of food had increased dramatically over the years. They also found they were being asked by more charities for food donations. In a cityscape that was dominated by glittering skyscrapers, and where you can eat a hot and hearty hawker meal for \$4, it seemed strange to Ng that people were finding it difficult to put food on the table. What was even more surprising was their research finding, which showed that one in 10 people in Singapore were food insecure.

As food distributors, they knew that 92 per cent of it was imported, yet 30 per cent of that food was thrown away. "We were not only throwing a lot of food away, but increasing our carbon footprint as well," says Ng. So in 2012, they launched the nonprofit FBSG, which collects all sorts of excess foods from traders, supermarkets, hotels and restaurants and distributes it via charities such as Willing Hearts, Salvation Army and Family Service Centres.

Around the time they launched the charity, Ng's responsibilities started to grow even more. Ng and her husband Eddy Tapsir, welcomed their daughter Sascha (now 8 years old). She was soon followed by Shaia, 6; Xander, 4; and Skylar, 1.

**"THERE IS NO SCHOOL THAT CAN REPLACE WHAT YOU DO AT HOME, IN TERMS OF VALUE SYSTEM."**

There is no stopping this self-proclaimed 'Energizer Bunny' though. Barely two weeks after giving birth to Skylar, Ng and Nicholas moved into Xpace in Pandan Loop. Not just the headquarters for FoodXservices Inc and FBSG, the five-storey building is a coworking, co-cooking, co-distribution hub, designed to help other entrepreneurial foodies to dream big.

"It's basically like a playground for anybody that's in the food industry," says Ng.



### RISING TO THE CHALLENGE

The biggest challenge for Ng came in 2020 when COVID-19 struck. It brought FBSG face-to-face with the people who needed the help most. “During the Circuit Breaker, we realised that the need for cooked food far outweighed the need for dry rations,” says Ng. “It would bring tears to my eyes, because I would hear children saying things like, ‘my mum has not eaten for two days,’ or ‘my dad hasn’t eaten for three days’. It made the situation so real.”

It spurred Ng to pivot the white label charity quickly in response to the needs on the ground—so instead of delivering produce to charities, FBSG delivered hot meals to homes. At the height of the pandemic, they were delivering 13,000 meals a day to families cooked by hotels in Singapore.

But multi-tasking Ng manages to keep all the balls in the air, and her role as a wife and partner to her husband is one of her top priorities. Equally important is being a good mum, a good daughter and a good niece to her children, mother and great aunt respectively, who all live with her. “I feel a great responsibility to look after everyone. I have 10 people living in my house,” she laughs. But she is in no way complaining, as she would still love to add two more children to their brood.

Ng makes sure that she spends time with her children. From packing their lunches, driving them to school or tucking them into bed and hearing tales of their day’s adventures. Saturdays are dedicated to swimming at the Club.

“There’s no shortage of private schools to give them the opportunity to study what they want, but there is no school that can replace what you do at home, in terms of value system,” she says. And maybe, the work that she is doing with FBSG, is the best lesson she can give them of all. 📖





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# SHAPE OF LIFE

EMELYN GOH, ONE°15 MARINA  
SENTOSA COVE'S NEW SPORTS  
AND RECREATION MANAGER HAS  
BIG PLANS FOR ALL THINGS SPORTS  
AT THE CLUB.

TEXT SANDHYA MAHADEVAN, JOANNE VINCENT



**D**espite pursuing mechanical engineering at Singapore Polytechnic, Emelyn Goh's heart was set on fitness and sports since young. After all, her biggest muse is the mother of aerobics, Jane Fonda. While Fonda's drive and energy may have led Emelyn to pursue a career in fitness, she's set on making her mark at ONE°15 Marina Sentosa Cove. Here, she talks about her inspirations and plans for the Club's activities.

#### **How did your job at ONE°15 Marina come about?**

I have always been in the fitness industry. However, most of my time at my previous jobs were spent handling business development and marketing tenders, which I found to be very dry. When I stumbled upon the advertisement for this job, it sounded exactly like what I wanted. It's more than just a fitness role, because in addition to managing the gym, I handle the recreational offerings as well.

#### **What have you achieved in your role so far?**

I have been working here only since late last year, but I have just introduced some new fitness classes. For now, we have got Zumba and yoga in addition to the Acqua Fitness and Aquabox classes, but we are also introducing a Power ABT class—ABT stands for abs, butt and thighs. I will be teaching this class myself!

#### **How do you decide what activities make the cut at the Club?**

I look at what are the trending activities out there and measure it against the membership demographics to see what might interest Members. From there, I will shortlist activities to go for, and source for instructors with good reviews, who are able to conduct a professional and fun session for Members. As these activities are new to the Club, we usually offer trial sessions, so Members do not have to commit to a long programme. They can also invite friends to join them in future sessions.

#### **What has been your biggest challenge so far?**

With COVID-19, a big challenge for everyone is not being able to come together for events or activities. And this is greatly felt by the fitness industry especially since a part of our offerings are group exercises. Having said that, we have to overcome the limitations by thinking out of the box

“THE WORK CULTURE HERE IS HEALTHY, AND THE MEMBERS MOTIVATE ME BECAUSE THEY ARE SO POSITIVE AND WELCOMING.”

such as creating virtual workouts or conducting them in smaller, safer groups. The execution is another challenge itself because crossing from physical to online exercise is new to us. We looked up resources like YouTube or learnt from friends in order to bring our plans into fruition. I am glad that we were able to adapt quickly and continue to provide Members with fitness services during this period.

#### **Are there any women who inspire you?**

Other than Jane Fonda? Definitely, the general manager of my previous company, who I was fortunate to meet and be mentored by. I learnt a lot from her, particularly when it came to teamwork and partnerships. She is also a strong believer of giving back to the society, and we have worked on charity events for seniors and the Salvation Army. I am inspired by how well and wisely she manages her time between family, work, charity and her own dreams. Even during the pandemic, she managed to open an online flower shop. Despite the challenges, she never gave up on her dreams or stopped working. That is inspiring to me.

#### **What do you enjoy most about your job?**

The breathtaking view of the marina is a bonus, but what I love most is the job itself. The work culture here is healthy, and the Members motivate me because they are so positive and welcoming. I enjoy having the liberty to introduce and revamp the offerings here and seeing Members becoming more engaged with the Club.

#### **How has your love for sports and the outdoors shaped your work ethic?**

Even during my polytechnic days, I was dabbling in sports—dragon boating, rock climbing, hiking, sailing and more. They have all been learning curves of their own. I have also done triathlon training, which teaches discipline and time management. This is very handy in my role. It's how I manage a training schedule for my students, too. If I have to be honest, my diverse experience and background allows me to relate better with Members. This is helpful because I want to essentially build a strong fitness community—a place where people can meet, train and then hang out as a group.

#### **What is your vision for ONE°15 Marina Sentosa Cove?**

I will soon be reintroducing kayaking, stand-up paddling and more water sports into our programme as we have a clean water marina—which is perfect grounds for such activities. Having licenses for powerboat, scuba diving and kayaking helps me to curate water sports with the safety aspect in mind. I would like to utilise my expertise to the fullest and make ONE°15 Marina Sentosa Cove a one-stop-destination for Members when it comes to water sports. 📌





LUXE LIFE X FINE FOOD

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# FUN WITH BENTO

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SUMMER PICNICS CAN BE EVEN MORE INTERESTING AND SAFE WITH INDIVIDUAL PORTIONS INSTEAD OF SHARED PLATTERS.

BY ANNABEL MIDDLETON



## JAPANESE

Sushi and sashimi come to mind when we think about Japanese food. What we forget is that a traditional Japanese meal is often centred around steamed white rice—much like Chinese food—which can be served with miso soup and other side dishes like pickled vegetables, as well as a main source of protein such as fish, chicken or beef.

“If you are hankering for some Japanese flavours, you can never go wrong with miso and sesame sauce, paired with your favourite meats and vegetables,” adds Chef Goh.

Miso paste is a fermented mixture of soy beans and packs an amazing amount of umami and flavour. The good news is, it does not need to be cooked, so you can just stir a generous dollop into that salad dressing you just made, or toss it with some roasted vegetables.

### FUN FACT

Bento boxes first appeared in Japan about 1,000 years ago, during the Kamakura period, when they were used to carry rice. In late 16<sup>th</sup> century, the distinct lacquered wooden box was developed. Over the next few hundred years, bento boxes were used not just to pack lunches, but for entertaining, theatre excursions, travel, tea services and the like.



It's the school holidays and while travel may be on pause for now, families can still enjoy fun in the sun with picnics. The best part about these outings is the mutual enjoyment of tucking into portions of delicious foods together. But instead of picking from the same platters, consider preparing individually packed portions—bento-style.

Bento boxes also come pre-proportioned to offer a fully cooked, complete meal in one box. This makes portion control so easy and brings healthy eating to a whole new level.

“An ideal bento box should contain a balance of dishes, including rice, meat or fish, vegetables, and a small dessert,” explains Chef Desmond Goh, Head of F&B and Executive Chef at ONE°15 Marina Sentosa Cove. “The idea behind a bento box is beyond a simple takeaway lunch because it is not just about convenience, but about having a well-rounded and balanced meal.”

In addition, having individual portions allows everyone to be more present and enjoy the gathering without having to worry about logistics (all mums say hurrah!). It not only saves you the hassle of having to serve or pick up after anyone, it prevents double-dipping or cross-contamination, since each person has their own portions of food and utensils, which is crucial in the current landscape.

Chef Goh says creating bento boxes is easy and fun, and can be made with any type of cuisine, be it Eastern or Western fare. Getting a compartmentalised box at the store also helps with organising the food and keeping the different dishes separate within the same container.

Plus, it's a chance to throw your creative hat on, says Chef Goh when it comes to planning the colour complements of the food in each of your bento. “You may have noticed that bento boxes always feature a variety of colours such as red, green, white, and yellow. This is because a lot of food dishes look brown after cooking, so this is the main colour you will have to balance out to make the meal appealing,” he says.

Alternatively, if you are already juggling enough on your plate and simply do not have the time to prepare food, consider LATITUDE Bistro's ready-made bento boxes—there's one for every kind of cuisine.

(Bottom)  
Deluxe Japanese  
Vegetarian  
Bento: rice,  
miso-glazed  
eggplant, pickled  
cucumber, fried  
beancurd with  
kabayaki glaze,  
Japanese spinach  
salad with  
roasted sesame  
sauce, and stir-  
fried lotus root  
with carrots and  
ginkgo nuts.

(Bottom from left) Premium Asian Seafood Bento: X.O. fried rice, gan xiang (golden fragrance) prawn, stir-fried mixed vegetables, Chinese cucumber salad. Oriental Bento: egg fried rice, oriental fish fillet, chicken nuggets, Chinese-style seasonal vegetables, achar. Deluxe Sedap Nasi Lemak Bento: Fragrant coconut rice, fried chicken, stir-fried sambal long beans and eggplant, ota, anchovy, peanuts, hard-boiled egg and sambal chilli.



## MALAY

One of the most popular dishes borne from Malay culture is nasi lemak (rice made with coconut milk and pandan leaf) paired with ikan bilis (anchovy), egg, a piece of meat like fried chicken, and a good dollop of the signature sambal belacan—a spice paste comprising a blend of shallots, onions, garlic, ginger and chillies.

You can make nasi lemak at home using either a rice cooker or the stovetop. The process is similar to cooking regular rice—use rice and coconut milk in a 1:1 ratio for the rice cooker, or a 1:1½ ratio for stove-top cooking.

If you can get freshly squeezed coconut milk from the wet market, ask for the “first press”, which is thicker and undiluted. If not, you can also use canned coconut milk or coconut cream. The cream is preferred, as it is thicker and adds flavour without making the rice mushy.

### FUN FACT

In Malaysia, the traditional method of pounding spices into rempah (a spice paste) is using a mortar and pestle. It is believed that the blunt pressure of the mortar and pestle destroys the plant cells more thoroughly, releasing more flavour compounds and forcing them to commingle more effectively.

## CHINESE

Through the years, the dishes of the Cantonese, Hakka, Hainanese, Hokkien and Teochew have come to incorporate Southeast Asian ingredients, thanks to the influx of migrants from southern China to the port of Singapore in the 19<sup>th</sup> and early 20<sup>th</sup> centuries in search of greater fortunes.

While each dialect group has its own distinct contributions—the Cantonese are renowned for dumplings, while pork chop and chicken rice are credited to the Hainanese—a typical Chinese meal usually comprises a staple such as rice, noodles or steamed buns. These come paired with side dishes of vegetables and meat or “chai”.

To prepare your “chai”, a quick stir-fry is your best bet. Choose meats such as chicken, beef or pork, which cook fairly quickly at high heat. Add some ginger, garlic, soy sauce and oyster sauce and toss your ingredients until well cooked.

### FUN FACT

The tiffin carrier is a bento equivalent prevalent in Asia (outside Japan). A lunch box that is made of steel or aluminium, it comes in two or three tiers, with a locking catch on each side of the handle. Its stacked containers make it a convenient tool to transport rice, meats and vegetables separately. Tiffin originated as an Indian-English word that refers to a light tea-time meal or a light breakfast.





(Bottom from left) Premium French Bento: potatoes au gratin, 40-clove garlic chicken, half-grilled celeriac with soy glaze and citrus salsa, salsa verde. Premium Vegetarian Platter Bento: superfood grains (edamame beans, buckwheat and brown rice), grilled cauliflower steak, smoked sour plum tomato with compressed watermelon lemon vinaigrette.

## FRENCH

Akin to an art form, French cooking is a marriage of fresh ingredients with a high level of technique. The vast diversity of the cuisine stems from the fact that it is prepared using fresh regional produce that is local to that particular area. Thanks to the likes of Julia Child, among others, the world is now privy to the finesse and flair of French foods.

One of the tricks of the trade when it comes to preparing French cuisine is to add butter. Lots of it, actually. From savoury eggs to roasted potatoes to spinach salads, butter will help elevate whatever French dish you are making.

### FUN FACT

The French on an average are known to consume about 500,000,000 snails a year. They have a different cheese for every day of the year, and also produce 10 billion baguettes each year. A traditional baguette, by law, must weight 250g and can only have three ingredients: flour, yeast and salt.



## VEGETARIAN

To fix a bento box that is bursting with vibrant veggies and meat-free mains, make sure you include a variety of ingredients that are rich in protein, iron and fibre. These include items like quinoa, beans, nuts and chickpeas.

To intensify the flavour of your beans, you can marinate them overnight or for a few days. For almonds or walnuts, you can roast them in the oven for added crunch. And if you are making hummus with chickpeas, add some tahini, minced garlic and lemon juice to make a delicious dip for your carrots and celery sticks. 🌱

### FUN FACT

Vegetarianism has been traditionally linked to people of ancient India. However, some of the great figures of the classical world were also vegetarians, including mathematician Pythagoras (580 BCE) believed that all animals should be treated as kindred, therefore we should abstain from eating meat.



## TIPS TO CURATE A GOOD PICNIC MEAL

### TIP #1:

Venturing into the great outdoors for a picnic is a thrilling treat for everyone—be it for a romantic date or a family outing with the kids. To make your excursion fun and fuss-free, do your food prep in advance. By making bento boxes ahead of time, it takes away the headache of having to deal with the complications that come with feeding a crowd.

### TIP #2:

Leftovers are great for picnic foods. Use whatever you have available in your fridge. Protein from last night's dinner can be repurposed into another meal for lunch tomorrow (see Chef Goh's Avocado Ranch Chicken Wrap recipe) and save you the trouble of having to prepare yet another dish.

### TIP #3:

Spruce up your bento box by choosing dishes with a variety of colours. "Eat the rainbow", as they say, by including colourful foods such as red peppers, green beans and orange carrots.



RECIPE OF THE MONTH

# AVOCADO RANCH CHICKEN WRAP

PREP TIME:  
35 mins

SERVES:  
4 persons

## INGREDIENTS

- 32g Greek yoghurt or sour cream
- 45g light ranch dressing (bottled or homemade)
- 15g tablespoon fresh cilantro or parsley (chopped)
- Salt and pepper to taste
- 4 medium flour tortillas
- 356g chicken (chopped or shredded)
- 1 avocado (peeled, pitted and sliced)
- 1 large tomato (sliced)
- 35g shredded cheddar or mozzarella cheese (optional)

## METHOD

- In a small bowl, combine the greek yoghurt, ranch dressing and cilantro. Add salt and pepper to taste.
- Place tortillas on a clean flat surface. Top each tortilla with 1/4 of the chicken, avocado, tomato, and shredded cheese.
- Drizzle with a few tablespoons of the yoghurt-ranch sauce and roll tightly.
- Secure with a toothpick if necessary. Enjoy!

ONE\*15 Marina Sentosa Cove's Head of F&B and Executive Chef, **Desmond Goh** oversees the kitchens in LATITUDE Bistro and WOK\*15 Kitchen. He also looks after the banquets, catering services for the yachts and charters, as well as special Members' events. His wealth of experience and creativity has made him one of the most sought-after chefs in Singapore. In this issue of Longitude, Chef Goh offers insight into the ways bento-style cooking and packaging can be used for fuss-free safe picnics.

To shop the bento boxes featured in the article, visit [bit.ly/one15bentomeals](http://bit.ly/one15bentomeals)



# SHIFTS NOT LOST

SOLO TRAVEL IS FAST GAINING TRACTION AS A TREND WITH WOMEN. CELEBRATE THAT ADVENTUROUS SPIRIT IN DESTINATIONS WHERE FEMALE ENTREPRENEURS ARE MAKING A POSITIVE DIFFERENCE.

TEXT CARA YAP







## Aqaba, Jordan

Look beyond Jordan's conservative cultural norms to embrace its rich tradition of hospitality plus tolerance and rust-tinted ancient archaeological marvels. For easy access to UNESCO World Heritage Sites such as Nabataean caravan city Petra and the other-worldly Wadi Rum, base yourself at the coastal city of Aqaba. Set against a backdrop of craggy mountains, the picturesque settlement hugging the Red Sea is a flâneur's dream—stroll through Souk by the Sea, a night bazaar replete with local handicrafts and jewellery. Make further cultural inroads with ArchaeoAdventures, which partners with a wellspring of local female guides and female-owned businesses, thus breaking barriers in patriarchal Middle Eastern society and offering unique perspectives of the region. They can get you comfortably installed in a local guesthouse where you'll enjoy home-cooked meals, lead you to discover Jordan's Roman heritage at the ruined city of Jerash, and guide you through Ajloun Nature Reserve and Forest. The company's co-owner, Genevieve Hathaway, is a former archaeologist who champions gender equality.

### PLAY

Tee off with a view of the Red Sea at Ayla Golf Club ([ayla.com.jo/plan-your-visit/golf/](http://ayla.com.jo/plan-your-visit/golf/)), a Greg Norman-designed Championship 18-hole course that has the oasis-paradise atmosphere down pat.





## Mexico City, Mexico

Live large in the Mexican capital, where public spaces pulsing with vivacity and a booming culinary scene make for a city break that excites even jaded urbanites. Here, sticking to streets and stalls with plenty of foot traffic is a good rule of thumb for solo travellers, as is avoiding the metro after rush hour. Erring on the side of caution is ideal, but there's nothing pedestrian about visiting iconic attractions such as Museo Frida Kahlo and UNESCO-listed The Floating Gardens of Xochimilco—their colourful histories and scenes invariably intrigue. For foodie recommendations by the discerning, try Eat Like a Local's nightly street food and mezcal tour. The all-female travel company is run by domestic violence survivor Rocio Vazquez Landeta, who has made it her mission to support local vendors, distil local culinary culture for travellers and provide fair opportunities for women. If high-brow contemporary Mexican cuisine is what you're after, don't miss the vaunted Pujol, which features an omakase taco bar, and Limosneros, where the well-heeled nosh on rabbit carnitas.

### PLAY

Relax over a tippie in the wood-panelled comfort of The University Club of Mexico ([universityclub.com.mx/](http://universityclub.com.mx/)), a private members club that holds roster of food and wine events.



(Clockwise from far left) Exploring Wadi Rum with Archaeo Adventures. The ancient city of Petra. Eat Like a Local's nightly street food and mezcal tour. The authentic Mexico City experiences on a girls' night out.

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### 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).

## Stockholm, Sweden

With its walkable neighbourhoods, relatively low crime rate and progressive culture, Stockholm is among the top picks for wandering solo. Not to mention, rail travel is a treat for those with time to pause and contemplate, pop-eyed, over the larger-than-life subterranean art installations lining the Stockholm metro. If you're a fan of pared back, sophisticated Nordic design, head to Portal, a convivial bar which serves up seasonal small plates and a backdrop of playful illustrations by Swedish artist Jesper Walderston. Also, don't miss National Museum, which—apart from the requisite Rembrandt—is decked out in furniture by a who's who catalogue of contemporary Nordic designers. The stylings of Sweden's tastemakers are largely inspired by the country's natural landscapes, of which you can turn your attention to at Kiruna, a town in the Swedish Lapland that's 90 minutes from the capital city by plane. Here, Sami female entrepreneurs Ylva Sarri and Anette Niia—who hail from reindeer herding families—run photography and other tours that zoom in on wildlife and their culture.

### PLAY

Set in the former premises of a design college, private member's club Alma ([thisisalma.com/](http://thisisalma.com/)) is a good spot to meet the city's creatives. Dine at its eponymous restaurant and catch up on work at its lounge.



## Bogota, Colombia

Colombia's capital is often overlooked for destinations with more occidental appeal, including Cartagena and Medellin, but its youthful urban edginess and underrated historic attractions make it the perfectly respectable bucket list entry for intrepid female travellers. Tap into the city's vibrant cultural scene with 5Bogota, a travel company run by a sister-mother trio. Staffed mainly by women, the company curates experiences such as a salsa and Colombian cocktail workshop and foodie plus street art tours led by an eclectic roster of hipster-friendly locals—see: bartender, historian, photographer. Opportunities to meet people also abound at one of Bogota's free music festivals, which cover genres from hip-hop to folkloric dance. Away from the hum and tangle of the city sprawled beneath the Andes, chase natural and manmade wonders including La Chorrera Waterfall, as well as the hushed, ethereal Salt Cathedral of Zipaquirá—hewn by miners in the 1930s.

### STAY

Surround yourself with a hive of activity and mod-cons at Club El Nogal ([clubelnogal.com/](http://clubelnogal.com/)), a monolith that's home to restaurants and bars, an indoor pool, gym, Turkish baths and hair salons. Suites feature warm woody tones and biophilic elements.



(Clockwise from bottom left) Get a feel of Sweden's wildlife and Sami culture with Anette Nii and Ylva Sarri. Curated Columbian experiences with 5Bogota. The futuristic architecture of Fogo Island Inn. Wild and natural beauty of Fogo Island.

## Halifax, Canada

Outdoorsy explorers will appreciate this charming Nova Scotian harbour town, where you can rent canoes for free (see: St. Mary's Boat Club) or cast off into the frigid waters of the Shubenacadie River on a diminutive boat. Known as tidal-bore rafting, the adrenaline-charged activity is borne on huge waves that sweep into the river from the Bay of Fundy at high tide. Landlubbers day tripping in the area can skip the watery rush for the six-kilometre Cape Split hike that snakes through forest and debouches into sheer cliffs that plunge into the bay. Gush about your adventures among hop-happy locals at one of Halifax's numerous craft beer breweries—Unfiltered Brewing offers about eight beers on tap at its onsite pub. If you fancy venturing farther afield, a one-and-a-half hour flight lands you in Gander, which is a couple of land and sea connections from Fogo Island. Here, Canadian businesswoman Zita Cobb has helped revitalise a place once threatened by the collapse of the cod fishing industry through the Shorefast Foundation. The latter supports Fogo Island Inn, an exclusive retreat dramatically perched on a rocky outcrop, which provides employment for local islanders.

### PLAY

Surround yourself with art and historic architecture at The Halifax Club ([thehalifaxclub.com](http://thehalifaxclub.com)), a private social club that dates back to 1852, and hosts musical and culinary events plus cocktail nights where you can hobnob with the city's elite. 🍸





# CLUB BUZZ

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## MEMBERS ONLY

The definitive list of all that's happening in and around ONE<sup>15</sup> Marina Sentosa Cove.

30

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

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The exciting events and interactive workshops to RSVP to.

Start the day on a note of health and wellness with the offerings at ONE<sup>15</sup> Marina Sentosa Cove.





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## SPECIALS OF THE MONTH

There's always plenty to savour at ONE°15 Marina Sentosa Cove, Singapore. Two types of cuisine grace the menus this month at LATITUDE Bistro. Get a taste of classic Spanish flavours with a three-course dinner with mains such as seafood paella and chicken with chorizo sausage. The meal also comes with five different complimentary tapas. Think free-range fried egg with baby squid, patatas bravas, deep-fried calamari with aioli, jamón serrano with tomato bread and padrón peppers—free-flow seafood on ice and a delectable cheese platter.

If you'd rather explore Singaporean flavours, then opt for LATITUDE Bistro's six-course tze char dinner. This popular street food style will be dished out with a twist using premium ingredients like kurobuta pork. The menu comprises six main dishes: green dragon vegetables with fermented dace

fish; cantonese-style dry-fried shrimps with sweet soya sauce; kurobuta pork with sweet and sour sauce; 3-cup chicken; steamed barramundi with fermented bean sauce; and minced pork cake with salted fish. You'll be spoiled for choice, as the tze char menu also comes with complimentary grilled otah and chicken satay, double-boiled winter melon soup and a seafood platter filled with Fanny Bay oysters, snow crabs, poached sweet prawns and mussels.

Planning a night out instead? Hit up Boaters' Bar where Carlsberg draught, Prosecco, house wines and house spirits will go for merely \$7 a serving. Pair your poison of choice with the mouth-watering Boaters' Smoked Shack Platter. Expect juicy servings of brisket, pork finger rib, burnt ends stew and smoked beef sausage, complemented with refreshing slaw salad, warm corn bread, pickled onions and more. 

Enjoy free-flow of seafood on ice in the month of March at LATITUDE Bistro.



## LATITUDE BISTRO

### A Spanish Affair

March: Friday and Saturday,

#### Dinner

Sit down to a three-course dinner filled with two classic Spanish delights – think seafood paella and chicken with chorizo sausage. The dinner comes with complimentary, free-flow seafood on ice, a range of tapas and a cheese platter.

#### PRICES:

**\$68+ (Adult)**

**\$38+ (Child)**

**Top up \$38+ for free-flow Spanish sangria**

### Six-course T̄ge Char Dinner

April: Friday and Saturday, Dinner

T̄ge char is one of the hallmarks of Singaporean cuisine, but it's getting an upgrade at LATITUDE Bistro this month. Tuck into sumptuous servings of kurobuta pork with sweet sauce, steamed barramundi with fermented bean sauce, minced pork cakes with salted fish and more. The dinner comes with a complimentary, free-flow seafood platter, satay and otaf.

#### PRICES:

**\$68+ (Adult)**

**\$38+ (Child)**

(From top)  
Choice tipples at unbeatable prices at Boaters' Bar. Cheese platters and tapas galore at LATITUDE Bistro's Spanish extravaganza.

### Easter Day Brunch

4 April, 11:30am to 3pm

The Easter bunny is here! Celebrate with the family over a luscious spread at LATITUDE Bistro, which includes eggs done three different ways in a live gourmet egg station. Think truffle omelette, slow cooked egg with Ikura and fried egg with jamón serrano. There will also be a live carving station serving crown roasted pork, roasted whole leg of lamb and black Angus ribeye. Kids will delight in the mochi waffle station as well as the complimentary coloured Easter eggs and chocolates.

#### PRICES:

**\$78+ (Adult)**

**\$38+ (Child)**

**Top up \$38+ for free flow**

**Prosecco and wine**

## WOK°15 KITCHEN

### À La Carte Dim Sum Buffet

Tuesday to Sunday, Lunch

Dim Sum is a popular Cantonese meal of small dishes, sweet and savoury, served with tea. Immerse in the tradition at WOK°15 Kitchen with delicious Chinese dumplings chock full of meat, seafood and vegetables, and the plethora of classic bite-sized delicacies on offer.

#### PRICES:

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

**Top up \$38+ for free flow Prosecco**

### À La Carte Dinner Buffet

Tuesday to Sunday, Dinner

End the day with a treat to the senses—an expansive buffet with the choicest meat, seafood and vegetables cooked to perfection with Oriental spices. Highlights include Oriental abalone in oyster sauce, live tiger prawns flambé with Shaoxing wine and herbs, sautéed beef with mushrooms.

#### PRICES:

**\$58.80+ (Adult), \$28.80+ (Child)**

## BOATERS' BAR

### Boaters' Smoked Shack Platter

3 March to 2 May:

#### Saturday and Sunday

Calling all carnivores! Sink your teeth into a generous serving of brisket, pork finger ribs, burnt ends stew and smoked beef sausage – all complemented with homemade slaw salad, warm corn bread and served with pickled onions, cucumbers, carrots, kohlrabi and radishes. For a limited time, you'll get two free Singha beers with every purchase of the Boaters' Smoked Shack Platter.

#### PRICES:

**\$68+ (U.P. \$78+)**

### \$7 Drinks All Night

#### Ongoing

Pick your poison—Carlsberg draught, Prosecco, house wines and house spirits—for the night at Boaters' Bar. It's perfect for a night out with your squad.

**PRICE: \$7+**



## MIND THE GAP

SAFETY MEASURES TO KEEP IN MIND WHILE EATING OUT.

The Club has implemented various measures for the safety of its Members during COVID-19. These include hand sanitisers at various points and well-trained staff. Add to that, socially responsible behaviour by all will help ensure we are able to get back to normalcy sooner than later.

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

For reservations:

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

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



## RECREATION

## FITNESS

**Personal Training**

Struggling with your fitness goals for 2021? Engage a personal trainer to get your health back on track and crush your New Year's resolutions with customised workout plans and one-on-one guidance.

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

**Cross Core 180 & Personal Training**

Build a stronger core in these 60-minute sessions, which utilise the Cross Core 180, a rotational bodyweight device that works your core muscles and helps build those six-pack abs.

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

**Kickbox Fit (60 minutes)**

Burn body fat and tone up with an intense kickboxing session. This cardio workout is a fun way to learn basic self-defence moves and improve flexibility.

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

## AQUA

**Aqua AcquaPole® & AcquaPole Boxing®**

March and April: **Thursdays, 9:30am to 10:30am**

Get all the benefits of a high-intensity workout without adding stress on your body at these joint-friendly exercise sessions at the Infinity Pool. Classes are suitable for beginners.

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

**Aqua Bike Lite**

March and April: **Fridays, 9:30am to 10:15am**

Pedal your way to health in this underwater spin class. All you have to do is keep to the music's beat and follow the simple arm movements. This low-impact class is great if you're just easing into your exercise routine for the year.

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

**Aqua Bike Endurance**

March and April: **Tuesdays, 9:30am to 10:15am, 7pm to 7:45pm; Fridays, 8:30am to 9:15am**

Up the intensity at this Level 2 class, which blends interval and aerobic training with strategic arm movements for a killer full body workout. It's a great cross-training alternative of you're planning to join triathlons or marathons this year. Bring your own aqua shoes.

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

**Deep Water Workout**

March and April: **Saturdays, 11.30am - 12.15pm**

A deep-water belt will keep your body afloat, adding an extra challenge to your interval training. However, you won't have to worry about joint pain afterwards, as the water will add enough resistance for heightened calorie burn while reducing the impact on your joints.

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

**Private Swimming Lessons Daily**

Work with a private instructor of your choice from Yvonne Swim School to master the right strokes and perfect your swim techniques. Each session is conducted on a one-on-one basis.

**PRICES:**

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

**Semi-private lessons for 2 swimmers:**

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

## SPORTS

**Playball – Children's Multisport Enrichment Programme**

March and April:

**Mondays, 3:50pm (1 year old); 4.40pm (4 – 6 years old); Tuesdays, 3:50pm (2 years old); 4:40pm (3 years old); Wednesdays, 9am (12 – 22 months old); 9:50am (23 – 28 months old); 10:40am (29 months – 3 years old)**

Introduce your little ones to constructive sports participations with playball. The easy-to follow game teaches physical and life skills in a safe and positive environment. A non-competitive programme, playball allows children to have fun in different types of ball sports.

**PRICE: \$23+ per lesson.**

Call the Recreation department for a complete schedule.



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

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



### **Tennis**

Let the pros from Olaso Tennis Academy help you hone your skills. You'll learn the right techniques from these master coaches and build a stronger foundation and love for the game.

#### **PRICES:**

##### **Private Tennis Lessons**

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

##### **Head Coach**

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

##### **Director of Tennis**

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

##### **Group Lessons**

**Available upon request**

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

### **Powered Pleasure Craft Driving License (PPCDL) Course & Sailing Competent Crew Course**

#### **March and April: Weekends**

Sail the high seas once you've completed this two-day course, which is taught by instructors from the Singapore Maritime Academy (SMA). The course focuses on theoretical topics and practical techniques, and participants will get a Certificate of Attendance – a necessity for SMA's PPCDL test that is conducted at the end.

#### **PRICES:**

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

**\$262.50nett/ trainee**

**(Member's birthday month)**

**\$280nett/ trainee**

**(NSF & Students)**

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

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



## OTHERS

### Lockers for Rent

#### Ongoing

Keep your belongings safely in the lockers in both the male and female changing rooms. Locker rentals start from \$10 per month; a minimum rental period of six months is required. Get the 12th month free when you pre-pay in advance for a year.

#### Rental fees for six months:

**\$60+ (small)**

**\$120+ (medium)**

**\$180+ (large)**

## SPA

### Spa Rael

#### 1 March to 30 April

Use booking code ONE168-SR to enjoy a 60-minute massage to soothe sore and fatigued muscles. The one-time redemption is valid for aromatic, Shiatsu, Tui Na and deep tissue massages at Spa Rael.

**PRICE: \$98 for one, \$168 for two (GST Inclusive)**

## LUXURY YACHTING

### Speedboat Tours

#### March to April

#### Southern Island Speedboat Tour:

**Wednesdays, 5:35pm to 7:45pm**

#### Singapore's Port Heritage

**Speedboat Tour: Thursdays,**

**5:45pm to 7:45pm**

#### Western Island Speedboat Tour:

**Fridays, 5:45pm to 7:20pm**

Still haven't utilised your SRV vouchers? Redeem them on these special tours and get a healthy tan while you're at it. Conducted by the Boat Shop Asia, these tours offer three different itineraries—Southern Islands, Heritage Ports and Western Islands. Each tour is one-and-a-half to two-hours long, and your guide and captain will share special anecdotes, scenic highlights and the history of each location.

#### PRICES:

**\$160+ per person**

**(Western Island speedboat tour)**

**\$200+ per person**

**(Southern Island & Singapore's Port speedboat tours)**

### Kayak Tours

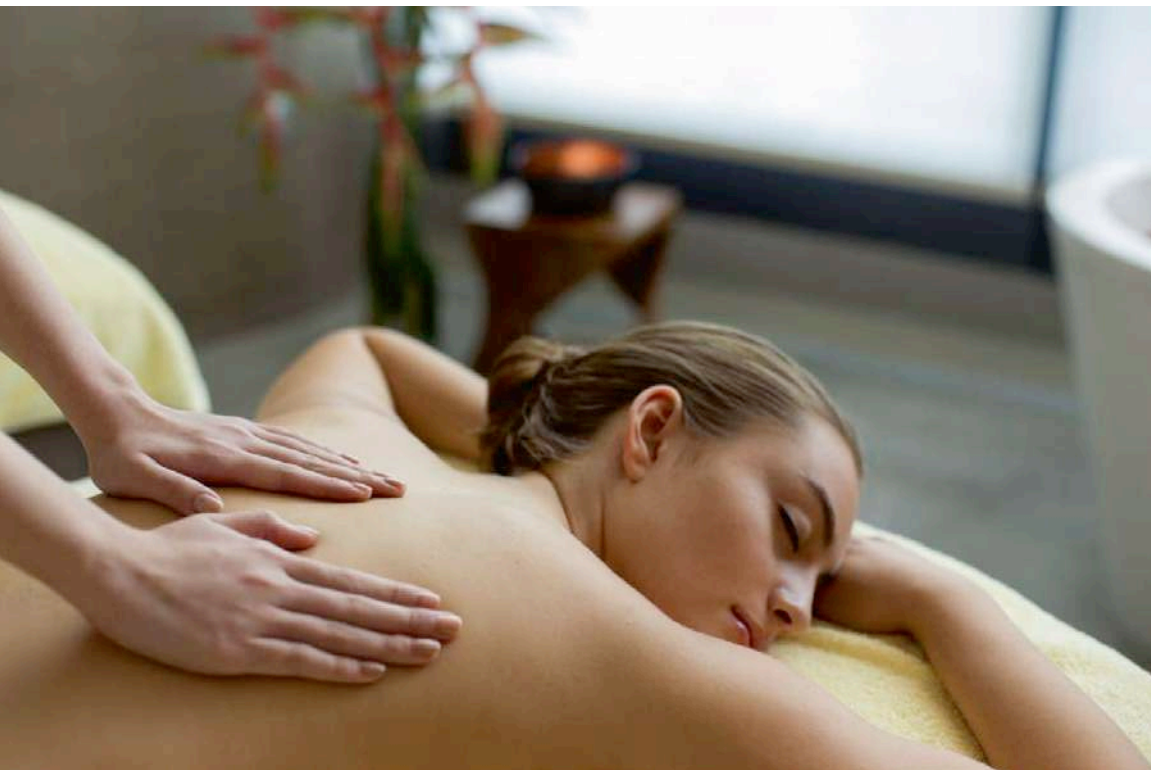
Need a recommendation? Sign up for Ninja Kayaker's popular Singapore's Miami tour, which lets kayakers paddle from ONE°15 Marina Sentosa Cove to Seringat Island—a hot outdoor lunch is included.

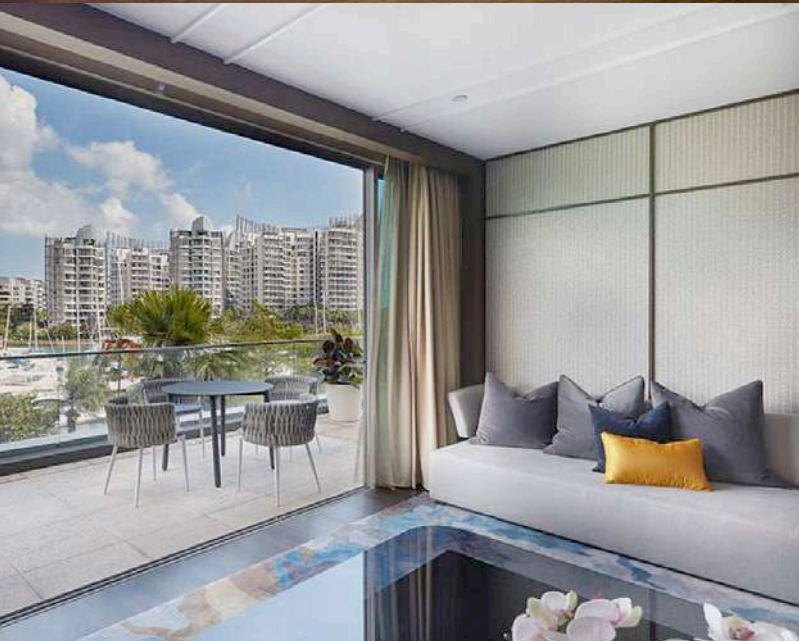
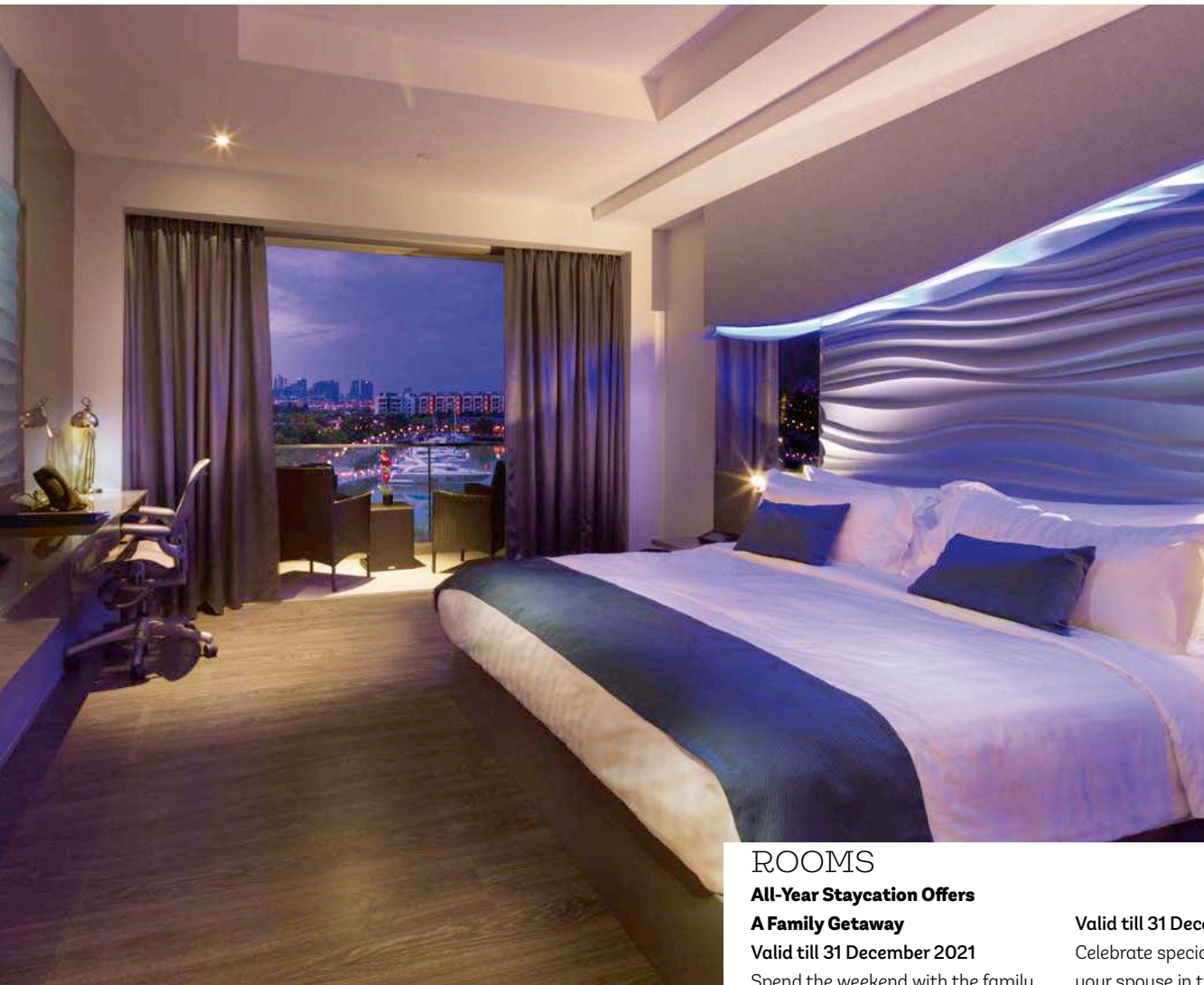
#### PRICE: From \$140+ per person

A minimum of five people is needed for each tour. Kayak tours are subject to tidal conditions, and you can email [sales@one15luxuryyachting.com](mailto:sales@one15luxuryyachting.com) or call 6305 9676 to book speedboat tours and to find out more. Members who book kayak tours directly with ONE15 Luxury Yachting will enjoy a complimentary pint of beer.

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

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## ROOMS

### All-Year Staycation Offers

#### A Family Getaway

Valid till 31 December 2021

Spend the weekend with the family in the Club's Hillview room and bond together over board games and a fun kit for children. The package also comes with two-hour bicycle rental, \$20 worth of arcade tokens and à la carte breakfast.

**PRICE: \$328+ (Members)**

**ROOM UPGRADES: \$185+ per night (Marina View rooms); \$330+ per night (Monte Carlo I); \$100+ (Junior Suites and Cove Suites)**

#### A Romantic Escapade

Valid till 31 December 2021

Celebrate special occasions with your spouse in the Hillview or Marina View rooms and its honeymoon set-up. The package includes complimentary wine, a take-home gift for members only, and a two-hour aromatic massage for two at Spa Rael.

**PRICE: from \$558+ (Members)**

**ROOM UPGRADES: \$152+ per night (Hillview room); \$185+ per night (Marina View room); \$70+ to \$100+ (Junior Suite and Cove Suite); \$110 to \$140+ (Monte Carlo II); \$300+ to \$330+ (Monte Carlo I); \$333+ per night/ additional nights (upgrade from Hillview room to Monte Carlo I); \$290+ per night/ additional nights (upgrade from Marina View room to Monte Carlo I)**





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

**Dates:** Thursday,  
18 March 2021  
**Time:** 6pm onwards  
**Venue:** WOK°15 Kitchen  
**Price:** \$68+ (Member)  
\$78+ (Member's guest)

Experience the cuisine of seven different destinations in the next seven months. Kick-starting this gastronomic journey will be cuisine from China—Brazil, India, Mexico, Italy, Peru and Jordan will be the next editions to look forward to. This edition's gourmet offerings run the gamut—from Duck Liver Spring Rolls, Peking Duck "Taco", to Evening Dim Sum and Lobster "Ma Po Tou Fu" and more—all of which pair beautifully with wines from Tuscany. *RSVP by 11 March 2021 to 6305 6988/ membership.sc@one15marina.com*



*THE UNIQUENESS OF CHINESE CUISINE IS THAT EACH RECIPE AND EVERY INGREDIENT USED HOLDS A MEANING.*



**BOXING TOURNAMENT  
ARCADE GAME**

**Dates:** 1 to 27 March 2021  
**Time:** 9am - 7pm  
**Venue:** Arcade Room  
**Price:** \$5 for two games (Member)  
\$7 for two games (Member's guest)

Need to blow off steam, want to practise your punches, or you are just someone who is incredibly good at arcade games? There are no wrong reasons for participating in this arcade game. Become the highest scorer and unbeatable champion of this arcade game and receive a delicious, juicy Grilled Chicken Burger (worth \$16) from LATITUDE Bistro as your trophy. Scores are updated daily on the Leaderboard near the Recreation office. *RSVP to recreation.sc@one15marina.com*



**CEO DIALOGUE**

**Dates:** Thursday,  
23 March 2021  
**Time:** 7pm - 10pm  
**Venue:** InnerCove  
**Price:** Complimentary

With restrictions for social gatherings being relaxed, one of the Club's popular events is back. The speaker of March's edition Masoud Bassiri is the CEO of Consistel and OMTel and a board member of several global companies. He will be sharing his vast experience in the business of communications systems. *RSVP By 16 March 2021 to 6305 6988/ membership.sc@one15marina.com \*subject to Safe Management Measures*



### ONE\*15 OUTDOOR BOOTCAMP

**Dates:** Wednesday, 24 March and Saturday, 27 March 2021

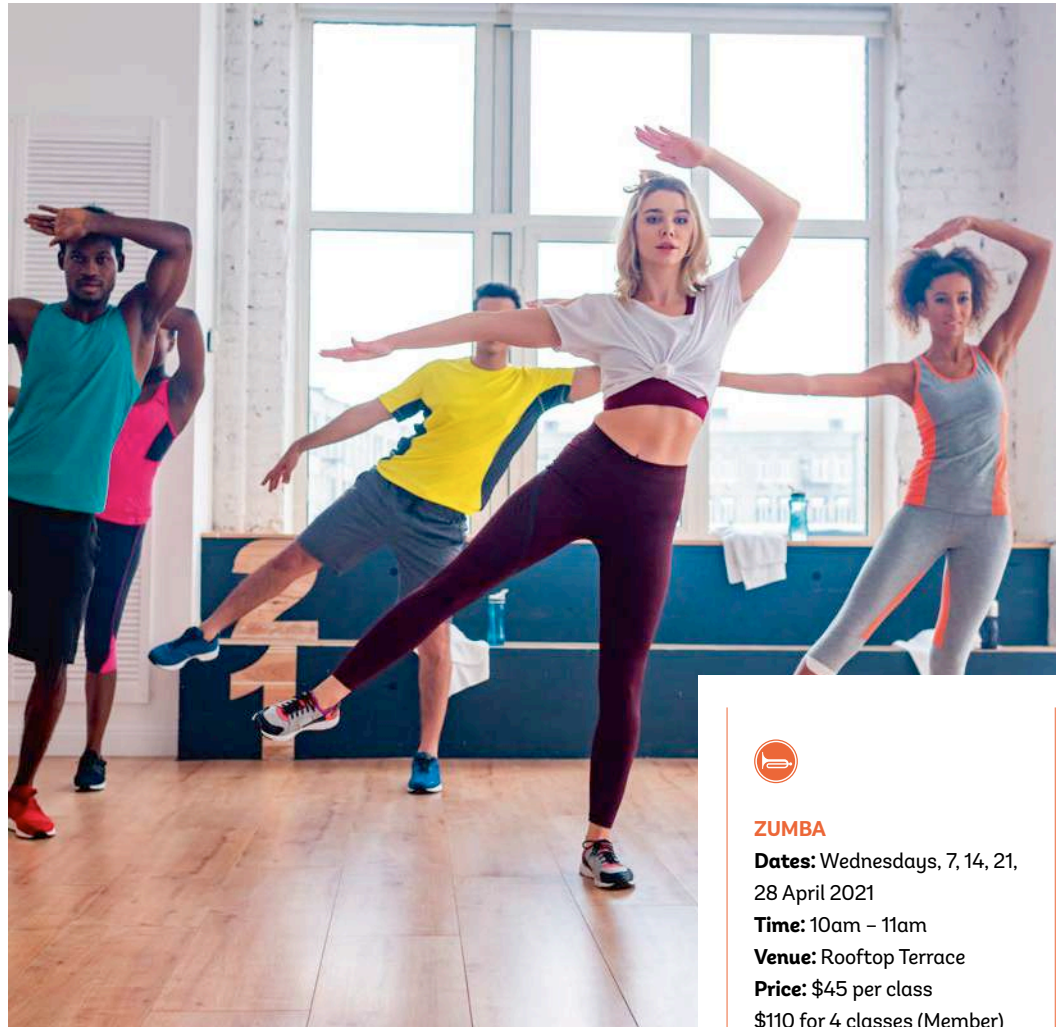
**Time:** 8am – 8.45am

**Venue:** Poolside

**Price:** Complimentary (Member)

\$12 (Member's guest)

Nothing beats a bootcamp workout to wake up those sleepy muscles. This group exercise class will also help you burn up to 600 calories within a 45-minute session through a mix of traditional calisthenic and body weight exercises with interval and strength training. No pain no gain, but the scenic backdrop might help. *RSVP by 19 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



### ZUMBA

**Dates:** Wednesdays, 7, 14, 21, 28 April 2021

**Time:** 10am – 11am

**Venue:** Rooftop Terrace

**Price:** \$45 per class

\$110 for 4 classes (Member)

\$140 for 4 classes

(Member's guest)

Do regular cardio workouts bore you? Are your go-to footwear dancing shoes? Zumba has dance, music and will whip you into shape and improve cardiovascular health—plus inject loads of fun into your exercise routine. Combining Latin and international music with dance moves, this Zumba class incorporates interval training, so you will be burning calories by the hour. *RSVP by 31 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).* \*A minimum of 5 persons needed to commence the class.



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





**POWER ABT**

**Dates:** Fridays, 2, 9, 16, 23 April 2021

**Time:** 9am – 10am

**Venue:** Rooftop Terrace

**Price:** \$25 per class  
\$65 for 4 classes (Member)  
\$75 for 4 classes (Member's guest)

The name says it all—this workout's got your abs, butt and thighs fitness goals in mind. The best part, you can actually tone all of them within the same routine. Regardless of your level of fitness, this class is your best choice if you looking to build lean muscle and burn fat. *RSVP by 26 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



**KARATE CLASS (JUNIOR)**

**Dates:** Saturdays, 3, 10, 17, 24 April 2021

**Time:** 9.30am – 10.30am

**Venue:** Tennis Court Pavillion

**Price:** \$45 per class  
\$130\* per month (Member)  
\$160\* per month (Member's guest)

*\*excludes grading (test) fees of \$70*

It's always good to learn a form of self-defence, but martial arts such as Karate are much more than just that, especially for children. From a very early age, they realise that defense is the best form of offense and also develop discipline and respect for their body as well as towards others. The training focus of the class, which is conducted by Shitoryu Karate Association is on sparring and counter-attacking body movements—development of mind and body. *RSVP by 27 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). \*A minimum of 5 persons needed to commence the class.*



**PILATES MATWORK**

**Dates:** Mondays, 5, 12, 19, 26 April 2021

**Time:** 10am – 11am

**Venue:** Rooftop Terrace

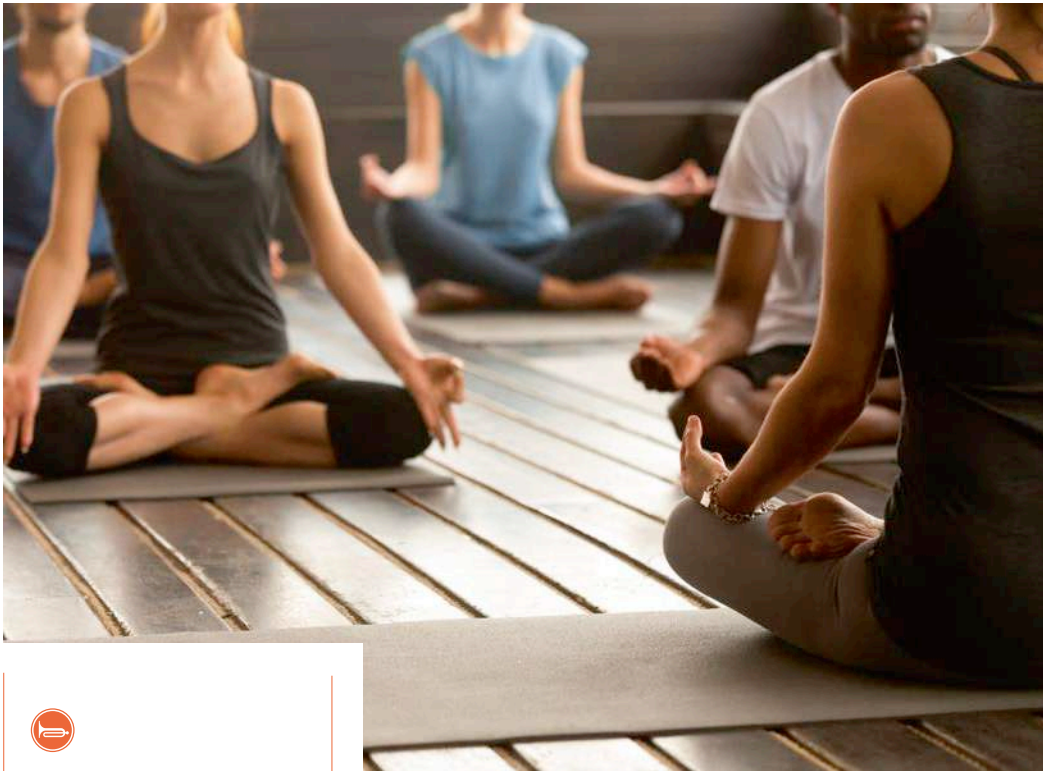
**Price:** \$45 per class  
\$120 for 4 classes (Member)  
\$150 for 4 classes (Member's guest)

A low-impact workout which loves your body as much as you do, that's Pilates. It is also popular with physiotherapists in injury rehabilitation as it focuses building core strength along with toning. Add that to your wellness plan for 2021 and reap the benefits. *RSVP by 25 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



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





**YOGA CLASS**

**Dates:** Wednesdays, 7, 14, 21, 28 and Saturdays, 3, 10, 17, 24 April 2021

**Time:** 9am – 10am

**Venue:** Rooftop Terrace

**Price:** \$45 per class  
 \$120 for 4 classes (Member)  
 \$150 for 4 classes (Member's guest)

If you are looking for a routine that will help improve overall health, fitness, and boost energy levels, this may be the class for you. Designed to address modern-day stress, these classes focus on posture, balance, range of motion, joint health and tone with easy yoga poses. Get ready to connect with your body, mind and breath and start your route to a healthy, energetic life. *RSVP by 31 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). \*A minimum of 5 persons needed to commence the class.*

*THE BIGGEST CHOCOLATE EGG, MADE IN CORTENUOVA, ITALY, IN 2011, WAS 34-FT TALL AND WEIGHED ABOUT 7,200KG.*



**MAKING YOUR OWN EGG-CITING EASTER TERRARIUM**

**Dates:** Sunday, 4 April 2021

**Time:** 10am

**Venue:** Virtual

**Price:** \$30\* (Member)  
 \$40\* (Member's guest)

\*includes all materials and delivery

Simply explained, a terrarium is like an aquarium for plants—they are both housed within a glass container. Children will be taught the essential components as well as explained the rationale behind through a simple story, before they start making their own. Being an online session, it also gives parents and children the opportunity for bonding and learning something in the comfort of their homes. *RSVP by 4 March to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com).*



## Exclusive Truffle and Wine Dinner

On 10 December, Chef Desmond Goh led our Members and guests through a gastronomical journey of luxurious flavours. The dinner hosted at LATITUDE Bistro featured four different wines, of varying body and age, chosen so that they could enhance the flavour of truffle in the food courses. Served as small bites, Jamón Ibérico Rice Chips and Salmon & Tuna Noodle were paired Domäne Pinson Chablis 2018, followed by Twice Baked Souffle—with Autumn black truffle—which was paired with the complex notes of Domäne Pinson Freres Chablis Montmain Premier Cru 2018. For the third course, Chef Goh chose Domäne Gros Frere et Soeur Bourgogne Rouge 2017. The fruity notes of this pinot noir variety were enhanced by pairings with either 200 days grain-fed Angus “Stockyard” striploin or “Silver Hill” duck breast. For the final course, artichokes—served in two different ways—were served with Francois Gaunoux Vieux Marc de Bourgogne 2008. The dinner proved to be a very informative night for the guests, who also complimented the chef on the quality of the food and the execution of the pairings.



## MINI LOGCAKE DECORATING WORKSHOP

What's Christmas without a log cake? What takes the experience to a different level is when it is a communal experience. On 14 December, Captain's Table at ONE°15 Marina Sentosa Cove saw a congregation of 10 eager young participants for a log cake decorating workshop guided by a chef. The Club provided the participants with essential tools and decorations such as edible pearl beads. The fun and interactive event revealed some excellent piping skills and creativity by the participants—celebrity chefs Valerie Bertinelli and Duff Goldman would definitely approve.



H A P P Y  
 Mother's Day

Show Mom how much she's adored with our specially curated offers. Whatever the occasion, we are here to make her celebration count.

## DINING

### 3-COURSE BRUNCH

A French-style brunch with a free-flow seafood platter and complimentary cake.

LATITUDE Bistro  
8 & 9 May 2021, 11am – 3pm  
\$68+ (Member), \$38+ (Child)  
**Mums dine at half price.**

### DIM SUM BUFFET

A luxurious dim sum spread that includes lobster steamed dumplings, wagyu beef fried rice, truffle-scented rice rolls and more. Comes with a complimentary double-boiled bird's nest.

WOK°15 Kitchen  
8 & 9 May 2021, 11am – 2.30pm  
\$68+ (Member), \$28+ (Child)  
**Mums dine at half price.**

## STAYCATION

### OASIS INDULGENCE

A well-deserved vacation for Mom with a complimentary breakfast and 4-course dinner for two. Other surprises also include a bottle of sparkling wine, strawberry shortcake and a bouquet of 6 roses!

3 – 9 May 2021  
Hillview Room at \$355+ | Marina View Room \$387+

## SPA

**HANN TREMELLA HYDRATING FACE SPA** \$140nett (U.P \$300)

**DEEP TISSUE BODY MASSAGE** \$110nett (U.P \$202)

Now till 31 May 2021

## YACHT CHARTER

### SURPRISE ON THE HIGH SEAS

Surprise Mom with a complimentary Mother's Day chocolate cake (500g) with every yacht charter from ONE15 Luxury Yachting!

3 – 9 May 2021

FIND OUT MORE:  
[bit.ly/one15md](https://bit.ly/one15md)



## SCIENCE CAMP

From 15 to 17 December, Captain's Table was taken over by young budding scientists and inventors. The camp, which was attended by seven Members and guests covered a variety of programmes—Eye, Aye, Captain, Charge IT, Weather Wizards Day. Children learnt about the anatomy of a human eye and facts about static electricity and also got to make their own electroscope and human eye using clay, as well as craft a UV sensitive bracelet—which they got to bring back home to show off to their parents.



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## DETOX YOGA

A few Members at ONE°15 Marina decided to start their day on a wellness note with a yoga session at the Rooftop Terrace of the Club. The detox session, which took place on 9 January introduced Members to some easy stretches and Hatha yoga poses that could aid in flexibility and build muscle and core strength. Safety first at all times, the class was conducted with the utmost safe distancing measures—Members were also encouraged to bring their own mats and practice safe distancing at all times. Members were heard saying at the end of the session that “it was a good sweat and stretch”. The Club also holds other regular yoga sessions, check out page 39 for details.

# SHAPE IT UP

Achieve your health and fitness goals with a series of fitness sessions.



Scan QR code to find out more!



[bit.ly/getfitone15](https://bit.ly/getfitone15)

## **Pilates Matwork**

Mondays | 10am – 11am

## **Yoga Class**

Wednesdays | 9am – 10am

Saturdays | 9am – 10am

## **Power ABT**

Fridays | 9am – 10am

## **Zumba**

Wednesdays | 10am – 11am

## **Junior Karate Class**

Saturdays | 9.30am – 10.30am

For enquiries: ☎ 6305 6980 | ✉ [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)



### GYM UPGRADES

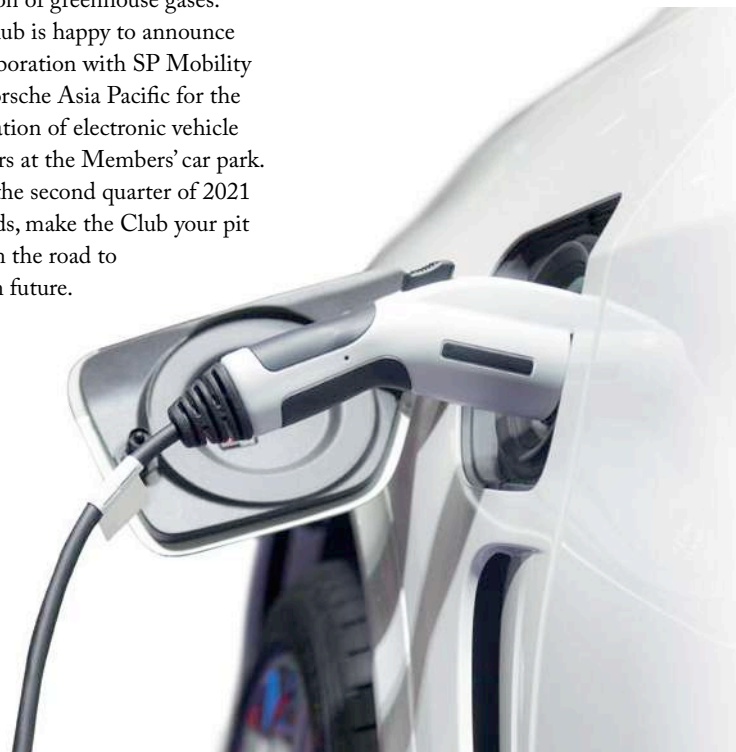
Cardio and strength training at the Club's gym just got better, thanks to recent upgrades to equipment. These include a Treadmill, Elliptical Crosstrainer, Assault Air Runner, Indoor Rower, Spinning bike, Squat Rack, Adaptive Motion Trainer with Open StrideAMT 835, and Assault AirBike. New strength training equipment such as Leg extension/Leg Curl, Abdominal/Back extension, Leg Press and Shoulder Press machine as well as a PlyoBox to step up your plyometric routines have also been added.

### NEW GROUNDS

Bar Nebula and NOVA Room, the Club's popular venue for meetings and wedding solemnisations, are being upgraded with new flooring. Along with a renewed ambiance, the Club looks forward to also inviting Members back to Bar Nebula once restrictions are lifted.

### GREEN POWER

Meeting climate change challenges is important to ONE°15 Marina—as is providing conveniences for Members committed to reducing the emission of greenhouse gases. The Club is happy to announce a collaboration with SP Mobility and Porsche Asia Pacific for the installation of electronic vehicle chargers at the Members' car park. From the second quarter of 2021 onwards, make the Club your pit stop on the road to a green future.



\* Information accurate at time of print.



### BEAT THE HEAT

The Club has installed a new vending machine at the Tennis Pavilion. Players can now enjoy a cold, refreshing drink post play or in between sets. Rain or shine, it is important to keep hydrated at all times.

### BOATERS' BAR REOPENED

The Club's favourite hangout is open now at its new location near Sentosa Cove Village. Along with its ever-popular \$7 drinks promotions, there is also a refreshed menu. Think smoked meats such as Boaters' Smoked Shack Platter, sausage platter and hot smoked black Angus brisket, and pizzas—made using the finest quality wheat flour from Japan and Italy. In keeping with its new vibe, there are also Japanese-inspired treats such as skewers and steak, as well as sake and soju.

# MAR – SEP 2021

## MAR

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

**25-28**  
Portuguese Grand Prix  
Cascais, Portugal  
[cncascais.com](http://cncascais.com)

## APR

**28 – 1 May**  
French Grand Prix  
Cannes, France  
[yachtclubdecannes.org](http://yachtclubdecannes.org)

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

## MAY

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

**26**  
Vesak Day

## JUN

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

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

## JUL

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

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

**20**  
Hari Raya Haji

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

## AUG

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

**9**  
National Day

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

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

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

## SEP

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

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



22 – 28 AUG 2021

The Platu 25 is a 25ft monohull yacht designed by world-renowned designer Bruce Kenneth Farr in the early 1900s. It was commissioned by a group of avid Thai sailors led by entrepreneur and founder of Phatra Marina and Yacht Club, Viroj Nualkair—they were looking for a small racing yacht suited to Thailand's prevailing light wind conditions. Hence it is often referred to as the Thai Platu.

\*Information of events correct at the time of printing



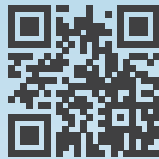
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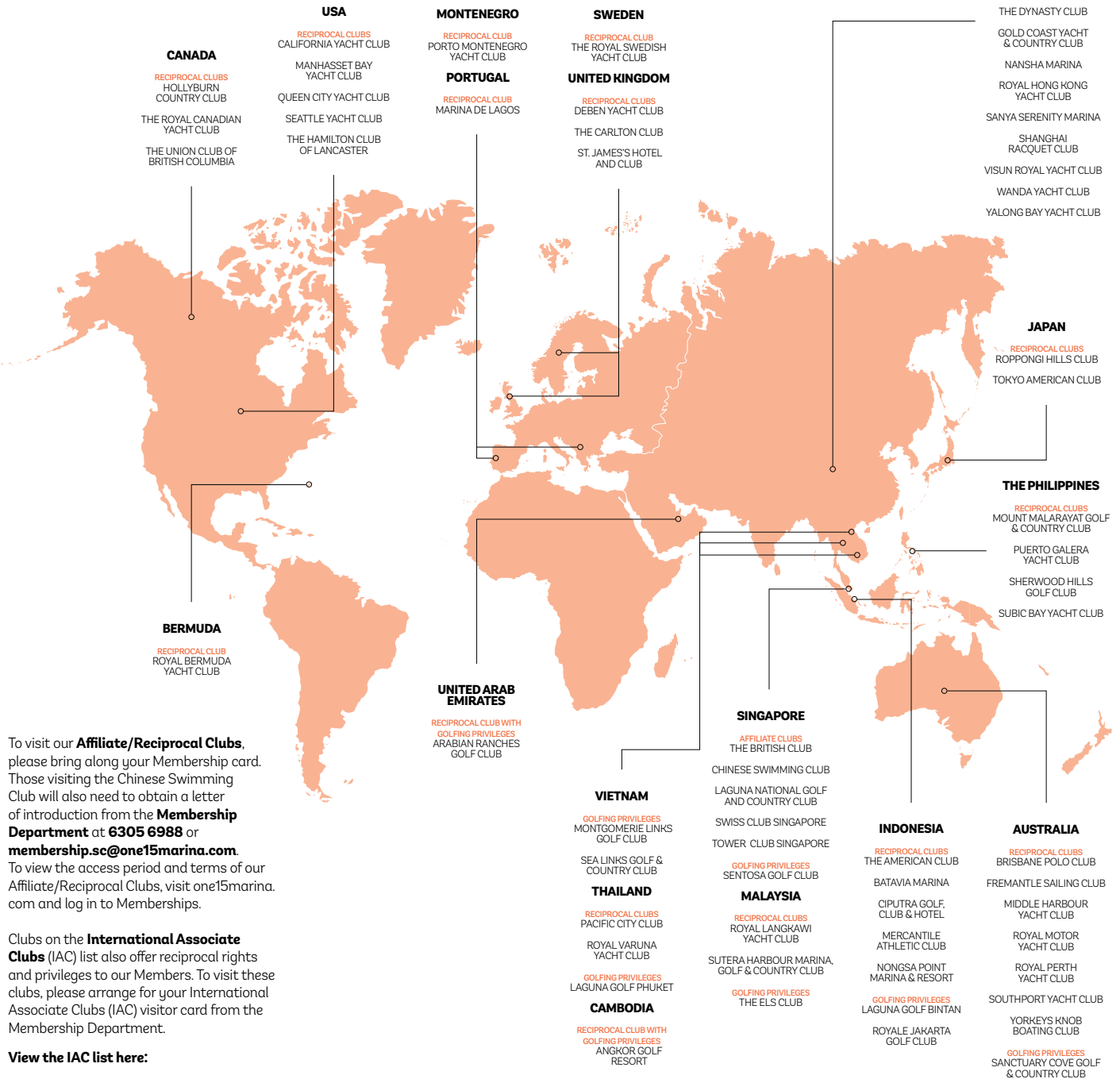
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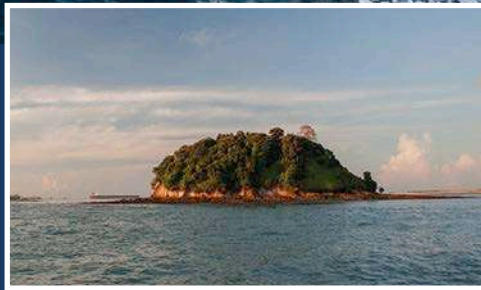
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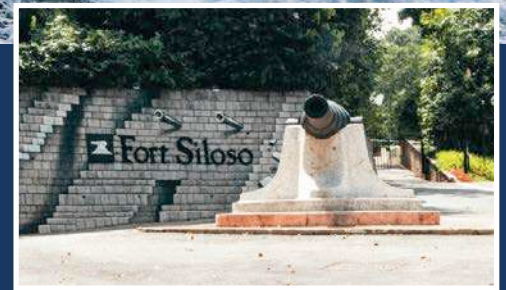
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