

# LONGITUDE

A PUBLICATION OF  
ONE°15 MARINA  
SENTOSA COVE  
SINGAPORE



## GONG XI FA CAI

Fiery fashion, healthy ingredients of Asian cuisine

+

Marine conservation champions



# DRAGON'S TREASURED FEAST

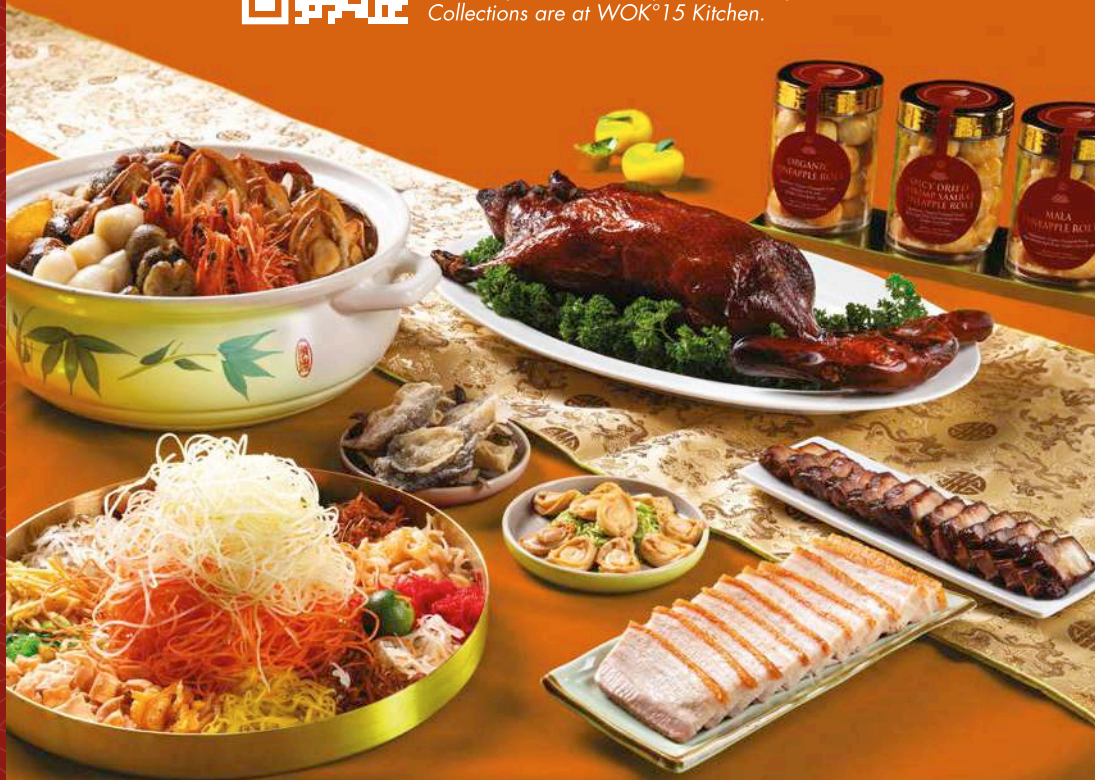
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**9 January – 25 February 2024**



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*Chinese New Year goodies are available for  
takeaway from 9 January - 25 February 2024.  
Collections are at WOK°15 Kitchen.*







# A FRESH START

**W**e are at the start of yet another new year and we feel fortunate to be able to look back on the year that passed and say with conviction that it was an eventful one.

We ended 2023 on a high note with another successful edition of our annual marine conservation event Blue Water EduFest, which took place between 2 and 4 November. This is its second iteration since inception in 2022.

Greek philosopher Plato had this to say about taking a bold step forward: “The beginning is the most important part of the work.” ONE°15 Marina’s landmark marine conservation event was conceived with that thought—to not wait till someone else takes the first step, rather pioneer the call for urgent action and facilitate a platform where marine conservationists of all disciplines, industry experts and stakeholders could share and learn and foster change. The scientific discussions

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and valuable insights shared during the two-day conference, The Ocean Collective Summit, along with the plans charted for the future of the planet were all a nod to Plato’s statement. The 10 finalists of Blue Water Heroes Awards and the three among them who were crowned winners are all stellar examples of individuals who have bravely taken the first step towards making a change. Read all about it on page 20.

Our Christmas and New Year countdown celebrations were special as well along with the Club’s 16<sup>th</sup> Anniversary Bonanza. Read all about what went down in Happenings (page 42).

We are looking forward to other landmark events at the Club this year as well. They include the Singapore Yachting Festival 2024, and SB20 Asian Grand Slam and Asia Pacific Championships and the SB20 Fun Race in May.

We have rightfully dedicated this issue of *Longitude* to inspirations and new beginnings. It’s timely, as we recently welcomed SUTL Group of Companies’ new Group General Manager, Kerry Chung. In his profile feature on page 18, he shares about his own bold steps towards a career pivot from finance to business development. He also outlines his journey towards mentoring and coaching, and how that has added a new perspective to his career.

Speaking of purposeful pursuits, Lush Escapes (page 12) rounds up destinations in the region that offer meaningful activities for a gap year.

In February, we usher in the Year of the Dragon. Club Perks (page 32 onwards) lists all that we have planned for an eventful Lunar New Year celebration—from Chinese New Year (CNY) goodies and reunion dinners to accoutrements for hosting family at home without the fuss and stress of cooking.

We have also planned many dragon and CNY-themed activities for children and adults alike. RSVP (page 38 onwards) has all the details. We haven’t forgotten the romantics either—check out our Valentine’s Day staycation promotions.

A new year calls for a new look. LATITUDE Bistro will be undergoing a two-month long revamp. Many have shared with us about their fondness for our in-house restaurant and we hope to take the experience up another notch.

Here’s to a promising new year and new beginnings. Cheers!

**Jonathan Sit**  
Regional General Manager, Marina Division





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# Enter the Dragon



**FASHION AND LIFESTYLE ACCESSORIES THAT ARE INSPIRED BY THE POWERFUL MYTHICAL CREATURE.**

TEXT YING RUI



## Live Long and Prosper

Gold dragons, born in the years 1940 and 2000, are lauded as symbols of wealth, power and prosperity. Harness that spirit by stepping into the new year with a pair of gleaming gold heels from Bottega Veneta. The Knot

galvanised heel is subtle yet stylish and perfect with any outfit. Here, the Italian luxury fashion house's signature detail adds a nautical touch to the heel. Choose from mules, mid-heels, high heels and ankle boots. **Bottega Veneta is available at #01-04 ION Orchard and [bottegaveneta.com](http://bottegaveneta.com)**

6



## Fast and Fiery

Fireworks are part of the festivities of the Lunar New Year, and that exuberant and celebratory mood is captured in the gold sequined and chrysanthemum dresses from Kate Spade New York. The vibrant textures and colours make for Instagram-worthy pictures at family gatherings and are comfortable enough to be in through all the feasting.

**Kate Spade is available at #B2-101A The Shoppes at Marina Bay Sands and [katespade.com](http://katespade.com)**







## Plenty of Abundance

Balmain's creative director Olivier Rousteing was inspired by Pierre Balmain's travels across Asia for the Spring/Summer 2024 menswear collection. The designer borrowed from Vietnamese, Korean and Japanese cultural references for the collection. The result: Exuberant and statement tops and varsity jackets in rich ornamental colours, intricately embroidered with gold sequins and fiery dragon motifs.

**Balmain is available at #B1-11 The Shoppes at Marina Bay Sands**



## Health & Happiness

Celebrate the Year of the Dragon by adding this playful figurine to your home. Representing strength, honour and good luck, the design is crafted in the auspicious colours of red and yellow, with 218 facets that are made to catch the light. Metal accents in red lacquer and gold tones create a piece that

is traditional yet modern. For something more fun and playful, there's the dragon designed by Hiroshi Yoshii that is crafted in blue crystal with pink and yellow detailing. **Swarovski is available at #02-36A/37 Paragon and swarovski.com**



## Stream of Success

This statement bag from Louis Vuitton's cruise collection is a headturner—think a unique silhouette and beautiful sculptural details, which emulate scales and the fluid movement of water. The translucent scales of the bag mirror the calm nature of clear water—the same characteristics of a person born in the year of the water dragon. **Louis Vuitton is available at #B1-38 The Shoppes at Marina Bay Sands and louisvuitton.com**





## WHAT'S ON

## in Jan and Feb

**The Very Hungry Caterpillar Show**

Eric Carle's endearing story that teaches an important lesson about eating right has been a part of our childhood and continues to our children's. Created by Jonathan Rockefeller, this production retells it using a menagerie of over 75 magical puppets, including of course, the star: The very hungry caterpillar. **Price: From \$42, 29 February to 3 March 2024, Victoria Theatre, [sistic.com.sg/events/kidsfest0324c](https://sistic.com.sg/events/kidsfest0324c)**

**Jimmy Carr - Terribly Funny**

The title of the show is a clear indication of what to expect from this show—the British-Irish comedian and actor is, after all, known for his unique delivery of controversial one-liners. The “terrible” in the title is also indicative of the humour content, which is slated to spotlight some of the awful events or happenings in your or your loved ones' lives. This could be the evening you are able to leave those behind and move on to better memories.

**Price: From \$138, 16 January 2024, The Star Theatre, The Star Performing Arts Centre, [sistic.com.sg/events/jimmycarr0124](https://sistic.com.sg/events/jimmycarr0124)**

**ART SG 2024**

Southeast Asia's largest art fair is back for its second edition bringing international artists and galleries to our shores. This year's contemporary art focus has three distinct sectors: Galleries, Focus and Future. These will be alongside lifesize installations, talks and discussions, and a film in collaboration with ArtScience Museum. **Price: From \$38, 19 to 21 January 2024, Sands Expo and Convention Centre, Marina Bay Sands, [artsg.com](https://artsg.com)**

**E.T. the Extra-Terrestrial in Concert**

For most of us, our favourite movie about aliens would still be Steven Spielberg's *E.T. the Extra-Terrestrial*. Relive poignant moments from the film with Singapore Symphony Orchestra as conductor Joshua Tan brings John Williams' music live on stage so that E.T. can phone home again. **Price: From \$20, 26 to 27 January 2024, Esplanade Concert Hall, [sso.org.sg/whats-on/sso-pops-e-t-the-extra-terrestrial-film-with-live-orchestra](https://sso.org.sg/whats-on/sso-pops-e-t-the-extra-terrestrial-film-with-live-orchestra)**

**Madagascar The Musical**

Get cracka-lackin' with Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the Hippo and the hilarious penguins on their epic escape from New York's Central Park Zoo. This musical by UK theatre production companies ABA Productions and Selladoor beautifully captures all the thrills and unexpected experiences as they enter the madcap world of King Julien's Madagascar. **Price: From \$48, 18 to 28 January 2024, Esplanade Theatre, [sistic.com.sg/events/madagascar0124](https://sistic.com.sg/events/madagascar0124)**



\*Information of events correct at the time of printing



# Wise Words

INSPIRATIONAL WORDS AND CATCHY ONE-LINERS BY SAILORS—REAL AND FICTIONAL—AND SAILING ENTHUSIASTS ALIKE.

**1** “As for me, I am tormented with an everlasting itch for things remote. I love to **sail forbidden seas**, and land on **barbarous coasts**.”  
—Ishmael from Herman Melville’s *Moby-Dick*



“YOU CAN NEVER **CROSS THE OCEAN** UNLESS YOU HAVE THE **COURAGE TO LOSE SIGHT OF THE SHORE**.”—ITALIAN EXPLORER AND NAVIGATOR, CHRISTOPHER COLUMBUS

**3** “I’m **cap’n** here because I’m the **best man** by a long sea-mile.”  
—Long John Silver in Robert Louis Stevenson’s *Treasure Island*



**4**  
“To **reach a port**, we must **set sail**—sail, not tie at anchor. Sail, not drift.”—Former President of the United States, Franklin D. Roosevelt

**5** “We must **free ourselves** of the hope that the sea will ever rest. We must learn to sail in **high winds**.”—Shipping magnate, Aristotle Onassis

**6** “That’s what a ship is, you know—it’s not just a **keel** and a **hull** and a **deck** and **sails**, that’s what a ship needs. But what a ship is, really is, is **freedom**.”—Captain Jack Sparrow in *Pirates of the Caribbean: The Curse of the Black Pearl*







# LUXE LIFE

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## CONSCIOUS LIVING

Meaningful pursuits, inspiring profiles,  
passionate conservationists dedicated  
to saving our planet.

Elephant reserve in Chiang Mai, Thailand.









An aerial photograph of a stunning tropical coastline. In the foreground, a small, sandy beach is nestled between steep, dark, and jagged limestone cliffs. Several small, rustic huts with thatched roofs are scattered along the shore. The water is a vibrant turquoise, revealing a coral reef beneath the surface. In the background, the deep blue ocean stretches towards the horizon, flanked by more towering cliffs under a clear sky with a few wispy clouds.

# PATHS TO PURPOSE

DO GOOD, FEEL GOOD—THE TIME-OLD ADAGE RINGS TRUE WITH THESE GAP YEAR OPPORTUNITIES AROUND ASIA, WHERE YOU GET TO EMBRACE AND CONTRIBUTE TO A NEW CULTURE THROUGH VOLUNTEERING, SKILLS TRAINING AND BEYOND.

TEXT BEATRICE BOWERS





## PHILIPPINES

Healthcare volunteers are highly sought after in rural areas of the Philippines. Outside of its cities, the country has widespread poverty and malnutrition, which becomes a pressing problem when natural disasters such as typhoons hit. If you have medical training, consider going on mission trips or working with a local free clinic there.

Palawan, the country's largest province, is regularly seeking volunteers for its free clinics. Depending on your skill level, you can be attached to a local doctor or nurse to help perform medical checks. Otherwise, health education and awareness opportunities are equally essential here, and one can volunteer to educate local women on reproductive health, or families on exercise and nutrition.

The archipelagic province is a ways away from the mainland, but is one of the country's most arresting natural wonders with azure lagoons, ivory beaches, and sprawling national parks to explore at

your leisure. Palawan is also a hotspot for keen scuba divers. Tubbataha is a local reef that is a bucket list for many divers, thanks to its awe-inspiring biodiversity—one gets to swim alongside whale sharks here, for instance.

### STAY

Most flights to the Philippines go via Manila. While there, stay at the scenic Subic Bay Yacht Club ([subicbayyachtclub.ph](http://subicbayyachtclub.ph)), which is framed by the Zambales Mountains.

### LONGITUDE TIP

Members of ONE\*15 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 6305 6988, [frontdesk.sc@one15marina.com](mailto:frontdesk.sc@one15marina.com) or [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com).

Clockwise from left: Palawan's characteristic karst cliffs. The cerulean coast of El Nido, Palawan's most popular island. Creating meaningful impact—working with local clinics or volunteer organisations.





## THAILAND

Thailand is home to a diversity of native animals, from sun bears to elephants, binturongs to tigers. Unfortunately, many of these animals remain under threat from poachers, are exploited as tourist attractions, or sold as pets on the exotic pet market. Wildlife rehabilitation and conservation are, therefore, two important fields you can look to if you're keen to volunteer for a few months in Thailand.

There are several sanctuaries one can volunteer at for anywhere between one to 12 weeks—located around Bangkok, or in the borderlands such as Phetchaburi. Many of these adopt a “hands-free” approach, where animals are fed and treated, but left to recuperate on their own terms. Volunteers help with animal care tasks, while those able to commit for longer periods can be a part of special tasks such as baby animal care and even rescues.

Many of these sanctuaries offer social activities for their volunteers, such as day trips to nearby towns or national parks, and dinners at nearby eateries. If you choose to volunteer in Bangkok, you'll be at the doorstep of one of Southeast Asia's most bustling and diverse cities, with an abundant variety of tourist activities—from street markets to food tours, shopping malls to cultural-rich temple complexes—to keep you occupied in your free time.

### STAY

If you're planning to volunteer in Bangkok, a stay at the Pacific City Club ([pacificcityclub.com](http://pacificcityclub.com)) is the perfect treat to cap off your volunteer experience.







Clockwise from bottom: Krabi's beaches (here and above). Elephants at the Chiang Mai sanctuary. Demon guardian outside a Chiang Mai temple. An English teacher in a Vietnamese school. Childcare in rural Vietnam. A traditional Vietnamese pagoda.



## VIETNAM

While Vietnam's poverty rate has been declining steadily, women, children, disabled individuals and ethnic minorities continue to be disenfranchised in the country, especially its rural areas. There are a handful of non-governmental organisations (NGOs) working to support these demographics, and actively recruit keen volunteers.

Plan My Gap Year, for example, is an institution that runs six support centres around Hanoi. Volunteers are offered accommodation, meals, airport pickup, and transport; in exchange, one is tasked with childcare at their centres. Volunteers help care for, and plan the enrichment of, children with autism, Down's syndrome, or are suffering the after-effects of the Agent Orange attack during the Vietnam War. Those more inclined towards skills training can volunteer to teach English to locals across all ages—including

attachments to a local college in Ho Chi Minh. These volunteering opportunities run for durations of two to 12 weeks and help better their prospects for employment in the future.

Beyond the chance to make a distinct impact, volunteering in Vietnam also places you a stone's throw away from some awe-inspiring sights—from dynamic cities to pristine beaches, vast paddy fields and soaring mountains.

### PLAY

After a fulfilling volunteering stint, visit Mui Ne, where stunning golf courses and sea views await at the Sea Links Golf & Country Club ([sealinkscity.com](http://sealinkscity.com)).





## CAMBODIA

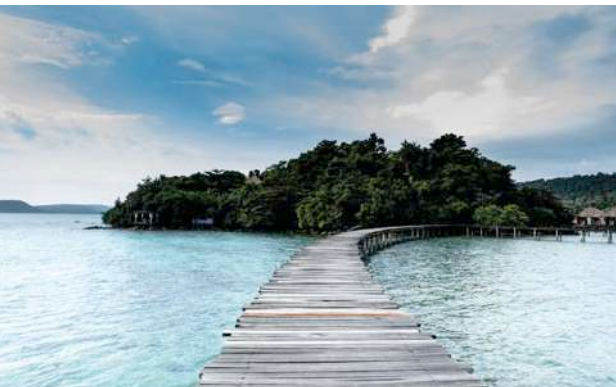
Cambodia, also known as the Kingdom of Wonder, is famed for the towering sandstone pagodas of the Angkor Wat, but the compelling Southeast Asian nation also has plenty to offer travellers seeking personal enrichment. For one, Cambodia is still recovering from the brutality of the Khmer Rouge—having only ended in 1979, Pol Pot's genocidal regime is still very recent history. The genuine warmth and resilience of the people, however, is on full display when one visits Cambodia, as a testament to their tenacity.

Teaching English to children is quite the popular pick for budding volunteers. There are opportunities to be attached to schools in the urban epicentres of Siem Reap and Phnom Penh or in the rural villages of Samraong for up to 12 weeks. During this time, you will get to immerse yourself in Khmer culture as you impart invaluable skills to those in

need. Eco-conservation is another sector in Cambodia actively looking for volunteers—the Kep Archipelago, for example, is a hotspot for marine conservation efforts striving to preserve the biodiversity in the area, including the endangered Irrawaddy dolphins and dugongs, and their coastal seagrass meadows. Such opportunities are run by local NGOs, and can span two to 50 weeks. On your downtime, Kep offers plenty of attractions perfect for beach lovers, with a variety of tranquil coastlines to explore, including the popular Koh Tonsay.

### PLAY

Flying into Cambodia means you typically land in Phnom Penh. Treat yourself to a stay in the lush Himawari Hotel Apartments ([himawarihotel.com](http://himawarihotel.com)) before you kickstart your programme.



Clockwise from bottom: The Angkor Wat. The shores of Kep. A Cambodian child learning. Villages in Ubud. Volunteers helping build homes in Bali.







## INDONESIA

Bali is a hotspot for holidays, and while the beautiful island's economy is fuelled by tourism, its locals aren't always on the receiving end of the travellers' dollar. Instead of visiting Bali for another beach vacation, why not be a part of a programme that can effect change? There are a fair few organisations that seek to construct villages and shared spaces for local communities in Bali's more rural areas, including Ubud. Volunteers are taught skills by local tradesman, and will help build homes, as well as playgrounds, libraries and the like from the ground up. Alternatively, work with a sustainability NGO to help reduce the strain mankind is making on the native Balinese landscape—activities include permaculture work, helping locals mill rice in mobile mills and constructing micro-infrastructures that help the ecosystem there move towards circularity.

If building isn't in your toolkit, then marine conservation and wildlife research are two other fields seeking volunteers. You can help restore coral reefs in the serene waters of North Bali or in the Gili Islands, or protect orangutans living in the lush wildlife corridors of Bukit Lawang. Programmes can last up to 20 weeks.

It goes without saying that Indonesia, especially its coastal islands, are rife with activities you can do off-the-clock, from diving with manta rays to surfing amongst the swells of Nusa Lembongan and trekking up scenic Mount Batur. 📍

### PLAY

Make the most out of your trip to Indonesia with a visit to Jakarta, where The American Club ([americanclubjakarta.org](http://americanclubjakarta.org)) awaits to offer you a respite from the city's buzz.







# JOY OF LEADERSHIP

KERRY CHUNG, THE NEW GROUP GENERAL  
MANAGER OF SUTL GROUP OF COMPANIES, IS  
ALL ABOUT UNCOVERING THE BEST IN OTHERS.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH ART DIRECTION CHARLENE LEE



It's 3pm on a Friday, and Kerry Chung, Group General Manager of SUTL Group of Companies, emerges from a meeting. This was not the first, nor would it be the last one for the day, but Kerry—who is on week six of his appointment in the company at the time of this interview—is taking it all in and working his way through.

"Eighty per cent of SUTL's total business is consumer goods, which is more of my ground. I felt an immediate connection with that," says the corporate veteran.

The other 20 per cent—the marina and hospitality side of the business—however, is completely new territory. But with Chairman and CEO Arthur Tay's expansion plans—including the upcoming ONE<sup>15</sup> Marina Nirup Island, and pipeline projects in Southeast Asia—he is looking forward to also hitting the ground running.

"While I don't have a yacht and don't know how to sail, at the end of the day, managing an operation like this is still about creating personal rapport and leading people," says the Chinese-New Zealander. These are aspects of business development that Kerry has not only finessed, but also revels in. It's the secret ingredient that has taken him from small-town New Zealand to global boardrooms.

## SOLID GROUND

Kerry attributes a large part of his success to his father, who encouraged him to dream big and "do whatever is best for you and not do what we want for you as parents". This meant moving out of his hometown of Rukuhia, in the Waikato region of New Zealand's North Island, and finding his own path in life.

His father owned an orchard that grew a variety of fruits, including apples, pears, plums, and nectarines, and his mum manned the roadside store. Kerry and his younger siblings—he has two sisters and a brother—worked at the orchard in their free time. "It's a very very small town, the primary school I went to had only 60 students," recalls Kerry with a certain fondness.

His childhood was a harmonious blend of Asian culture at home and all things Kiwi outside of it—rugby games, bike rides with mates, cricket, and more.

"I was 11 years old and my father taught me how to drive a tractor. It's probably illegal these days, but it's just incidents like these that I remember when he was teaching me to be independent," he adds.

As a father, Kerry also urged his two sons to follow their own path like he was taught to. Sure enough, his oldest has just completed his Master's degree in Biomedical Engineering from Imperial College London. His younger son is also pursuing biosciences and has just joined University College London.

## NEW PERSPECTIVE

Kerry followed his father's advice and chose the corporate path of life, which eventually brought him and his wife and sons—to Singapore. It may be safe to say that while his training as a chartered accountant aided Kerry's climb up the proverbial corporate ladder in global multinationals, his ability to build and maintain professional relationships made

his career pivot from the financial side of businesses to business development, seamless.

It was when he was with CooperVision, the global contact lens manufacturer, that he was presented with the opportunity to jump on to the commercial side of the business—as the Regional General Manager for Korea, Taiwan, Hong Kong as well as Southeast Asia.

"It was a very steep learning curve," admits Kerry. "The one thing that I found most interesting was when you're on the finance side, you're responsible for recording the financial results. Whereas on the commercial side, everything is focused on the customer and top-line revenue."

That said, his background in finance allows him to bring a systematic and structured approach to business development and customer relationship management. It goes beyond just the adrenaline rush of securing a deal—"I am able to adopt a pragmatic approach towards what it takes to execute a business," he explains.

## LEADING THE WAY

Innate as some of it is, Kerry puts a lot of the acquired instincts towards the mentorship he received from two of his ex-bosses. One instance was when he had just started with American biotech company Genzyme—now part of Sanofi—in Singapore. His boss, who was based in Boston, invited him to the head office to shadow her for two weeks so that he could learn about the global business and how to navigate senior management. Kerry went on to report to her for the next four years. And the other, also from the same company, was Kerry's Irish-born Regional President for APAC based in Singapore. He taught him the valuable soft and interpersonal skills that Kerry says he applies to his work today.

"Those two people invested their time in me despite the huge gap in our ranks. I want to pay that back," says Kerry. So, over the past 10 years, he has focused on developing the people in his team, so that they could progress to higher positions and take on further responsibilities. "I am hoping to bring a little bit of that culture to SUTL as well. I am looking forward to the chance to grow and develop some of the team here," he says.

"Stay connected"—that's the mantra Kerry lives by and urges all to follow. "Don't lose touch with people you meet along the way just because you don't work with them anymore." Although it's not about receiving anything in return from these connections, "you never know what will come out of it", he says. "In such a connected world, where much is done over email, WhatsApp and LinkedIn, there's something to be said about just sitting down over a coffee and having a chat with somebody." ☞

## KERRY'S TOP 3

### TRAVEL

When the boys were still around, we would always do two holidays a year as a family. One back home to New Zealand and another to a country or destination we have never been to before. We love to ski and snowboard. Queenstown in South Island is one of our favourite places that we often go to.

### FITNESS

I walk a lot—I don't get to do much over the week, but I try to do about 20km over the weekends. I love walking through parks. I like Bukit Batok Nature Park, which is nearby where we live, and the Rail Corridor is my new favourite place.

### BOOKS

I read a lot. I just picked up Richard Osman's latest book, *The Last Devil To Die*. He is my go-to for pleasure reading. In terms of business books, my all-time favourites are *Start With Why* and *The Infinite Game* by Simon Sinek. I also love anything by Brené Brown.







# PROTECTING OUR BLUE PLANET

ONE°15 MARINA MARKED THE END OF ANOTHER SUCCESSFUL EDITION OF BLUE WATER EDUFEST. HERE'S WHAT WENT DOWN.

TEXT SANDHYA MAHADEVAN IMAGES MAX CHAN AND ADRIAN LEE

Water is the basis of life on Earth as we know and understand it—and it is unique to our planet.

The ocean acts as a storehouse of carbon dioxide—that it absorbs from the air—and along with its marine life, produces more oxygen than the plants and forests on Earth. It is the heart and the cradle of our existence, having been the source and support for all life on Earth for over three billion years.

It is therefore unfortunate that our actions are threatening the health of our oceans. But as human beings we also possess the unique power to individually and collectively have a profound impact on the well-being of our waters and its ecosystems.

## NEED FOR ACTION

ONE°15 Marina's Blue Water EduFest was conceived with that objective to honour and

The finalists, winners and judges of Blue Water Heroes Awards 2023, left to right: Alvin Chelliah, Made Merta, Mathilda D'silva, Kong Man Jing, Swietenia Puspa Lestari, Jessica Novia, Anna Oposa (3<sup>rd</sup> prize winner), Arthur Tay, Tom Peacock-Nazil (1<sup>st</sup> prize winner), Stephanie Tay, Managing Director, Tatler Asia Singapore, Oh Chu Xian (2<sup>nd</sup> prize winner), Janet Shum, Christine Amour-Levar, Chong Seow Wei, Dr Toh Tai Chong, Dr Winston Chow and Paul Foster.

conserve our waters for generations to come. The non-profit event, organised by SUTL Group, which owns the marina and ONE°15 Events Management, was launched in 2022 to build awareness of the rising concerns of climate degradation and the pressing need to accelerate marine conservation efforts in Southeast Asia. Termed the Blue Water Movement by the Chairman and CEO of SUTL Group Arthur Tay, it aims to build a platform for solution-based discussions and activate action-based partnerships with governments and industry partners across the region.

Key to this has been recognising the region's eco champions, who have dedicated their lives to conserving the health of our oceans, and preserving the biodiversity and the coastal communities they support. They are the catalysts for the change they want to see in the world.

Blue Water Heroes Awards, a signature segment of Blue Water EduFest that is powered by Tatler Gen.T, honours such passionate marine conservationists with a prize money amounting to \$50,000 and networking opportunities that can help them catalyse their impact.

The second edition of Blue Water EduFest ran from 2 to 4 November 2023. The event included a two-day conference, The Ocean





Collective Summit—held in collaboration with The International SeaKeepers Society and Fabien Cousteau Ocean Learning Centre—the awards ceremony of Blue Water Heroes and a meaningful beach and marina cleanup.

### CONSERVING OUR LIFELINE

The oceans cover 71 per cent of the Earth's surface, yet only 5 per cent has been explored by humans. What we do know now is that the oceans absorb 90 per cent of the excess heat that is a cause of climate change, and this includes human-caused carbon dioxide emissions. Adding to that are the damage caused by plastic, noise and light pollution, overfishing, and other activities of urban life.

Plastic pollution and circular economy, ocean governance for sustainable ocean management, ocean technology and blue finance were the main topics of discussion at The Ocean Collective Summit (TOCS) held on 2 and 3 November. Entertainment personality and environmentalist Paul Foster was the emcee for the conference—Foster was one of the judges for Blue Water Heroes Awards 2023.

Fabien Cousteau, renowned aquanaut, filmmaker and Founder of the Fabien Cousteau Ocean Learning Center kicked off the discussions on ocean technology. He elaborated on Proteus, a marine analogue to a space station, slated to be functional by 2025. Complementing the technological capabilities was the keynote lecture by fellow filmmaker and CEO of OCN.ai on the technology company's mission to map the ocean bed for data collection.

Cousteau also participated in related discussions with a panel comprising experts, stakeholders and key decision makers. It included Rena Lee, Singapore's Ambassador for International Law; and Dr Winston Chow, Associate Professor of Urban Climate at SMU and Co-chair of Intergovernmental Panel on Climate Change. Dr Chow is also part of the panel of judges for the awards.

The second day of TOCS focused on ocean finance and blue carbon. A panel discussion Blue Carbon: Challenges and Opportunities was moderated by Blue Water Heroes Awards 2023 finalist Kong Man Jing. The expert panel included Dr Siti Maryam Yaakub, Director of International Blue Carbon Institute; Dr Yani Tanzil, Facility Director at St John's Island National Marine Laboratory; and George Foulsham, Director of Danish Hydraulic Institute.

Other interesting presentations included that of Cesar Jung-Harada, Associate Professor in Design at Singapore Institute of Technology. His projects elucidated the deep links between art, science and environmental education.

One of the objectives of TOCS is to involve people from different walks of life and industries in the dialogue for a better planet. The conference was interspersed with fun quizzes, games of Kahoot!, and brainstorming sessions which saw the participation of students and industry experts alike.

A notable highlight of the solutions-based conference were presentations by the winners of the inaugural edition of Blue Water Heroes Awards: Melati Riyanto Wijisen of Indonesia-based movements Bye Bye Plastic Bags and Youthtopia; Thanda Ko Gyi of Myanmar Ocean Project; and Dr Louisa Ponnampalam of Malaysia-based MareCet Research Organisation.

### AN ASSEMBLY OF HEROES

The awards ceremony of Blue Water Heroes Awards 2023 was held on the evening of 3 November as a gala dinner event at the Club.

From left: Dr Yani Tanzil (left) at the panel discussion on blue carbon at The Ocean Collective Summit with Kong Man Jing as moderator. The on-land and in-water beach and marina cleanup was a synergy of human-robot partnerships.



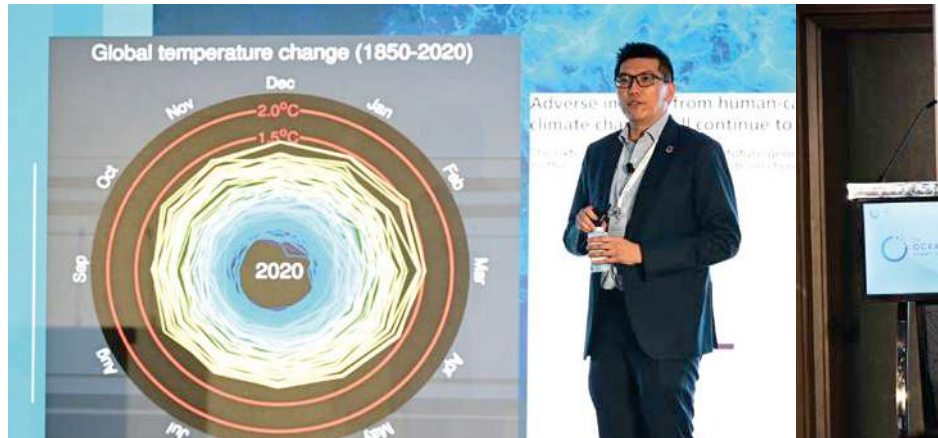
### OCEANIC STEWARDS UNITE

On the morning of 4 November, over 100 individuals set out for a clean-up at ONE\*15 Marina Sentosa Cove and Sentosa Siloso Beach to mark the culmination of Blue Water EduFest 2023. The group included divers, on-land volunteers and support staff. The cleanup was led by the Club's Eco Advisor and Co-founder of Our Singapore Reefs, Sam Shu Qin, and supported by Marina Operations Manager, Tasrin Toming, and Senior Assistant Manager, Marketing Communications, Emma Lim.

The three-hour cleanup resulted in the collection of 176 items, totaling 385kg from the marina waters. At the beach, items totalling 17kg were collected by hand. BeBot, French company Searial Cleaner's innovative on-land rubbish collector amassed 60kg from the same area. These numbers were shared by Regional General Manager of Marina Division, Jonathan Sit, over a well-deserved lunch at the Ballroom. The detailed count and categorisation of the waste collected was made possible by the use of Stridy, a litter-collection app—which is another indication of the Club's adaptation of the latest technology in its fight against marine pollution.







Clockwise from top left: Blue Water Heroes Awards 2022 2nd place winner Thanda Ko Gyi. Dr Winston Chow's presentation on urban climate change. Third place winner of Blue Water Heroes 2022, Dr Louisa Ponnampalam. Michael Aw's moving presentation on the impact of climate change on the polar environment. Arthur Tay with Tom Peacock-Nazil, the winner of the 1st place at Blue Water Heroes Awards 2023.

Tay referred to it as “a vital corner-stone of the entire event”, in his welcome speech, as it offers the opportunity to shine the spotlight on the “outstanding conservation work of committed and passionate ASEAN eco-champions”. “We will never kindle the flame of change if we adopt the mentality of ‘leaving it to others’,” he added, commending the 10 finalists, who had promptly initiated action upon identifying the problems polluting our oceans.

Among the 10 finalists were founders, co-founders and heads of social enterprises, their designations were as varied as the issues, from coral reef degradation and plastic pollution, to blue carbon deterioration, and more, but their goal was one: To improve marine health.

At a Pitch Presentation held on 10 October as the second step in the selection process, the finalists showcased the community-centric initiatives, environmental educational programmes and innovative and technology-enabled solutions they have employed to achieve their conservation goals and their long-term vision for a sustainable planet.

A distinguished panel of judges, which included Tay, Foster and Dr Chow, also comprised other executives and industry experts. They were Dr Toh Tai Chong, Senior Lecturer at National University of Singapore; Janet Shum, Sustainable Investing Specialist, APAC, at Citi Global Wealth; Christine Amour-Levar, Founder and CEO of Her Planet Earth, Co-founder of Investors for Climate; and Chong Seow Wei, Regional Senior Editor at Tatler Gen.T.

This year's finalists were Alvin Chelliah, Chief Program Manager at Reef Check Malaysia; Anna Oposa, Executive Director and Chief Mermaid of

Save Philippine Seas; Jessica Novia, Founder of Carbon Ethics and Bumi Journey; Kong Man Jing, Co-founder of Just Keep Thinking; Made Merta, Founder of Mina Bhakti Segara Lestari; Mathilda D'silva, CEO and Founder of Ocean Purpose Project; Oh Chu Xian, Founder of Magorium and M-Impact; Swietenia Puspa Lestari, Founder and Executive Director of Divers Clean Action; Tom Peacock-Nazil, Founder and CEO of Seven Clean Seas and Gary Benchehib, Co-founder of Sungai Watch.

The 10 finalists, who hailed from Singapore, as well as Malaysia, Indonesia and the Philippines, came together for the event to support each other and prove their solidarity to the cause. A video showcase illustrating each of their work, and impact and achievements proved beyond doubt that they were each winners in their own right.

It was fitting therefore that the gala dinner held in honour of such eco-champions was kicked off with a personal note—a prerecorded video message—by Dr Sylvia Earle, Explorer in Residence at the National Geographic Society, and Founder of Mission Blue and Deep Hope Inc. Guests also had the opportunity to listen to the inspiring stories shared by the young members of the Ocean Geographic Antarctic Climate Expedition (ACE) led by Dr Earle, which included







the emcee of the evening, Melissa Tan, and 12-year-old pianist, Hillary Yifei O'Sullivan. The latter's live performance *Rhapsody for a Changing Antarctica*, written by composer, orchestrator and sound designer, Eric Bettens, set against the moving backdrop of Antarctica kept the guests enthralled. The young pianist had given a similar performance in Antarctica and also recently at the Royal Highland Festival 4,000 feet above sea level in front of the King of Bhutan.

Michael Aw, Founder of Asian Geographic, Ocean Geographic and Deep Hope, further elaborated on ACE, drawing attention to the urgent need for action through pictures depicting the shocking polar environment with brown and pink-stained snow landscape—a far cry from the “snow white” Antarctica of postcards. An image of a rainbow captured during the expedition further drew the point home.

At the end of the evening, three among the 10 finalists were announced as winners of Blue Water Heroes Awards 2023. First place went to Peacock-Nazil based in Singapore and Indonesia, second place went to Oh from Singapore and third place went to Oposa from the Philippines.

Adding to the joyous commemorations were upbeat and soulful cover renditions by live band Skye Sirena and Band. The sustainable menu served during the event aligned with the cause and the Club's personal commitment to sustainability and its Farm-to-Table accreditation from the Singapore Food Agency.

Blue Water EduFest is, as Tay expressed, “an impassioned plea to gather more people and organisations to the cause of marine conservation,” and will continue to be the stage for impactful action. 📺

*Blue Water EduFest 2023 is organised by ONE15 Events Management, in partnership with Sentosa Development Corporation, International SeaKeepers Society Asia, Fabien Cousteau Ocean Learning Center, Kin, Ocean Geographic, Tatler Gen.T and Serial Cleaners. It is sponsored by Citi Private Bank, K3 Ventures, V3 Group, Greenlab, Fazioli, Fords Gin and Singapore Airlines.*

## MEET THE WINNERS

**1ST PLACE:**  
**TOM PEACOCK-NAZIL**  
FOUNDER & CEO,  
SEVEN CLEAN SEAS



When this half Malaysian-half Brit moved to Southeast Asia in 2013, topmost on his mind was to tackle the enormous amount of plastic polluting the region's rivers. Seven Clean Seas, the company that Tom Peacock-Nazil founded with his wife and a friend, does just that. The company employs people from the community to do large-scale marine pollution clean-ups and also offers plastic credits for companies as a way to incentivise the reduction, recycling and proper disposal of plastic waste. Seven Clean Seas has also introduced innovative technology-based solutions for waste management. To date Peacock-Nazil and his team have recovered two million kg of ocean plastic, but what he values most are the local communities that Seven Clean Seas has been able to support in his journey towards a clean green Earth.



**2ND PLACE: OH CHU XIAN**  
FOUNDER,  
MAGORIUM & M-IMPACT

This 28-year-old wants to contribute to minimal-waste urbanisation by revolutionising the way roads are made. Born into a family that has been into road construction for generations, Oh Chu Xian founded

Magorium with her sister with the aim to transform a traditionally unsustainable and resource-intensive industry to one that is kind to the environment. NEWBitumen, Magorium's sustainable alternative to traditional bitumen, uses an innovative patented technology that allows them to depolymerise all kinds of plastic waste into road construction materials. Oh firmly believes that economic growth and infrastructure development cannot and need not be at the expense of our environment. Magorium's net-zero energy roads are a testament to that belief.

**3RD PLACE: ANNA OPOSA**  
EXECUTIVE DIRECTOR AND  
CHIEF MERMAID, SAVE  
PHILIPPINE SEAS



A writer and public speaker, Anna Oposa's marine conservation journey began as a response to illegal marine life trade. What started as a hobby soon turned into a full-time passion. Her work in promoting ocean conservation, sustainable fisheries, and environmental education has earned her the title of Chief Mermaid—one that she embraces completely as a mark of her love and stewardship for the sea and sea creatures. The mission of Save Philippine Seas in Oposa's own words is to empower Filipinos to protect the seas that are part of the nation's pride, culture and heritage.





# THE ASIAN ADVANTAGE

GIVE YOUR HEALTH A MUCH-NEEDED BOOST WITH THESE SUPER  
INGREDIENTS THAT ARE AN ESSENTIAL PART OF ASIAN CUISINE.

TEXT JOANNE VINCENT







**T**he dragon, or *Lóng* as it is known in the Lunar calendar, symbolises strength, and those born under this symbol of the Chinese zodiac are known to enjoy good health. What better way to usher in the Year of the Dragon than a celebration of food that is as rich in flavour as the nutritious benefits they offer. In that respect, one cannot bypass Asian cuisine, which is underscored by ingredients that have been the cornerstone of healthy living for centuries. Whether you're embarking on a wellness journey, exploring new tastes, or looking for a cultural experience, here are some ingredients to add to your pantry.

## Lotus Seeds

Lotus seeds are harvested from the flowering lotus plant, and are low in calories and high in protein. A good source of magnesium and phosphorus, they are known to boost muscle function and bone development. In classic Asian cuisine, lotus seeds are seen as symbols of fertility and rebirth, and are a key ingredient in traditional delicacies such as Chinese mooncakes, while in Vietnamese cuisine, they're found in sweet soups and desserts. Looking for a healthier snack? Lotus seeds can also be dry roasted, and offer plenty of crunch in salads or just on their own.

### FUN FACT

Lotus seeds have been valued for centuries for their potential to improve the function of the spleen and kidney, aiding in digestion and promoting overall well-being. They are often included in herbal remedies and tonics to address issues like insomnia, diarrhoea, and even as a natural aphrodisiac.





## Lemongrass

With origins in Southeast Asia and India, and an invigorating citrus aroma, lemongrass is valued for its culinary appeal. It is rich in antioxidants and nutrients such as iron, magnesium and zinc, and is known to aid digestion and reduce inflammation.

In classic Asian dishes, it imparts a zesty, lemony kick in global favourites like Thai tom yum soup, Vietnamese pho, and Indonesian rendang. From soothing teas to aromatic curries, the versatile and healthful herb is a staple in Asian pantries. It is also

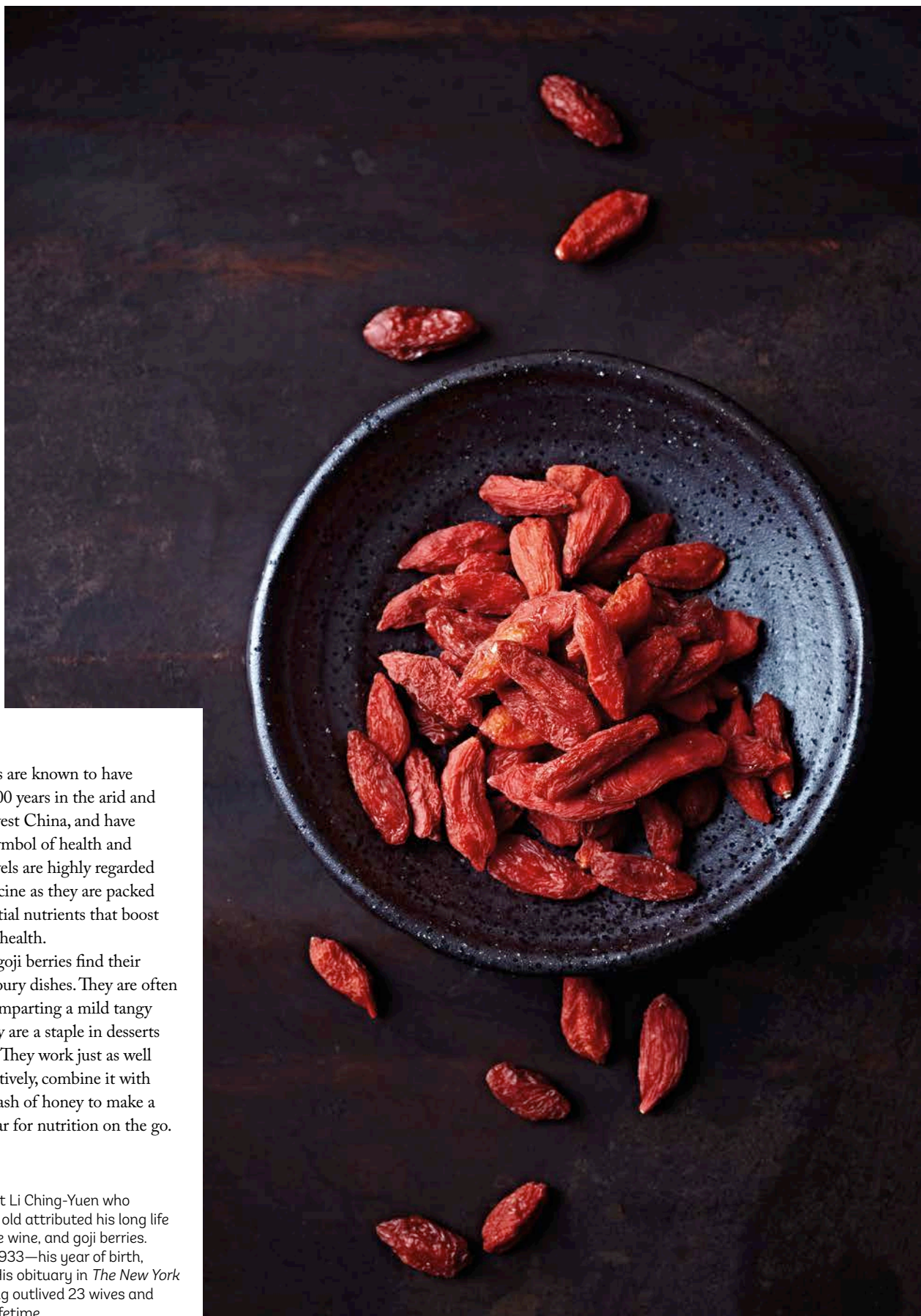
gaining popularity in Western cuisine—as a main ingredient in cocktails and even desserts such as ice cream and panna cotta. Lemongrass-infused oils are also a perfect dressing for a refreshing salad.

### FUN FACT

Lemongrass is known for its insect repellent properties. In Jamaica and parts of the Caribbean, it's made into a liquid concoction to fight fevers and other flu symptoms. For this reason, it is known as fever grass.







## Goji Berries

Native to China, goji berries are known to have been cultivated for over 4,000 years in the arid and semi-arid regions of northwest China, and have for long been revered as a symbol of health and longevity. These tiny red jewels are highly regarded in traditional Chinese medicine as they are packed with antioxidants and essential nutrients that boost immunity and promote eye health.

In classic Asian cuisine, goji berries find their place in both sweet and savoury dishes. They are often featured in Chinese soups, imparting a mild tangy sweetness. Additionally, they are a staple in desserts like goji berry rice pudding. They work just as well in a smoothie bowl. Alternatively, combine it with oatmeal, dates, nuts and a dash of honey to make a delicious, no-bake energy bar for nutrition on the go.

### **FUN FACT**

A prominent Chinese herbalist Li Ching-Yuen who claimed to be over 200 years old attributed his long life to a diet of Chinese herbs, rice wine, and goji berries. He died of natural causes in 1933—his year of birth, however, remains unknown. His obituary in *The New York Times* described him as having outlived 23 wives and fathered 200 children in his lifetime.





## Turmeric

The vibrant golden spice is native to South and Southeast Asia. Renowned for its anti-inflammatory and antioxidant properties, turmeric has been used for centuries in traditional Indian medicine such as siddha and ayurveda. Curcumin, its active compound, is used as a curative for joint-related conditions such as arthritis.

In classic Asian cuisine, turmeric is a key player, featuring prominently in dishes like Indian curry, Thai yellow curry, and Indonesian rendang. Its earthy flavour also makes it a hit in popular beverages like the turmeric chai latte.

### FUN FACT

Turmeric was historically also used as fabric dye, not just in Asia, but also by the ancient Greeks and Romans. Its bright hue made it a sought-after yellow dye for silk scarves popular in Europe.



## Pomelo

This tropical citrus fruit has Malaysian origins and is rich in vitamin C, fibre and antioxidants. It promotes a strong immune system and aids digestion. Widely also considered a symbol of luck and prosperity, pomelo is a festive staple across the region. The fruit is often gifted during Lunar New Year celebrations because the Chinese word for pomelo—*yòu*—sounds like the word for “blessing”. It’s the reason the fruit takes pride of place in the prosperity salad or *yusheng*. Its sweet and tangy flavour also adds a refreshing twist to popular

classics such as Thai pomelo salad. For a modern spin, mix the fruit with diced red onion, cilantro, and jalapeño, and add a splash of lime juice for a zesty salsa that will go perfectly on top of grilled chicken or fish. 🍴

### FUN FACT

The white-fleshed variety of the fruit called banpeiyu is popular in Japan. In January 2023, a banpeiyu grown in Yatsushiro in Kumamoto Prefecture, made the Guinness World Records as heaviest pomelo, weighing 5.53kg.

## BALANCED DELIGHTS

Usher in the Year of the Dragon at WOK\*15 Kitchen. From the Chinese New Year Treasure Abalone Pot with protein-rich seafood, stir-fry vegetables, including fibre-rich lotus root, and wholesome meat, to desserts such as Mango with Sago and Pomelo and Chilled Snow Fungus with Carrageen and Red Date—its Chinese New Year menu is indulgent as it is nourishing.







# CLUB BUZZ

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## MEMBERS ONLY

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

32

Reunion feasts, Chinese New Year goodies, fitness for all levels, and romantic staycations.

38

Exciting events and interactive workshops to RSVP to.







**SPECIALS IN JAN & FEB**

**WOK°15 KITCHEN**

**Mud Crab Specials**

**January 2024**

Mud crabs are prized for their succulent, sweet meat and tender texture. Their delicate flavour and versatility in various cuisines make them a sought-after delicacy by seafood lovers. Choose between a chilli or black pepper sauce to have it cooked to order at WOK°15 Kitchen.

**PRICE: \$88+ for 2 crabs (500g to 600g per crab)**

**Double-boiled Black Chicken Soup with Cordyceps Flower**

**January to February 2024 (except eve of Chinese New Year, and 1<sup>st</sup> and 2<sup>nd</sup> day of Chinese New Year)**

With roots in traditional Chinese cuisine, this exquisite dish marries the rich and earthy flavours of black chicken with the health-boosting qualities of cordyceps flowers. The result is a nourishing delicacy that satisfies the palate and invigorates the body.

**PRICE: \$48+ per pot, serves 4 persons**

**Wines of the Month**

**January and February 2024**

Experience the exquisite flavours of the month with Anna's Way Sauvignon Blanc and Pinot Noir. The Sauvignon Blanc boasts a fruity aroma, pale green tint and tropical flavours, while the Pinot Noir offers a nose of cherry and a satisfying finish.

**PRICES: \$65+ (Anna's Way Sauvignon Blanc) \$78+ (Anna's Way Pinot Noir)**

**Bring Your Own Bottle**

**Tuesdays to Fridays**

Dining at WOK°15 Kitchen? Bring your own bottle of wine to pair with the Cantonese fare here and receive complimentary corkage.

**PRICE: Complimentary**



**Chinese New Year Takeaways and Bundle Sets**

**9 January to 25 February 2024**

Embrace the convenience of takeaways for Chinese New Year. Enjoy festive dishes from the comfort of your home, making the celebrations special without the hassle of cooking. Takeaway choices include delights such as Barbecued Bataille Duroc Pork Char Siew, Chinese New Year Treasure Abalone Pot, 48-hour Dry Aged Barbecue Duck and more. A variety of pineapple rolls in flavours such as Mala or Spicy Dried Shrimp Sambal add an interesting twist to the festive cookie.

**PRICES: From \$27.80**

**(Takeaways)**

**\$428 (Auspicious Bundle Set)**

**\$698 (Fortune Bundle Set)**

**Chinese New Year Set Menus**

**30 January to 25 February 2024**

Chinese New Year reunion dinners are a cherished tradition, symbolising unity and prosperity. Gather the family to share sumptuous dishes, exchange blessings, and mark the start of a prosperous year ahead with WOK°15 Kitchen's delicious Chinese New Year set menus. There are four packages to choose from, and each includes decadent platters such as Stewed Ee-fu Noodles with Shredded Duck Meat in Abalone Sauce, Braised 10 head Abalone with Dried Oyster & Black Moss, Steamed Marble Goby with Crispy Bean Flake in Homemade Sauce and more.

**PRICES: Joyous Reunion Menu:**

**\$78+ (Adult); \$48+ (Child)**

**Joyous Abundance Menu:**

**\$98+ (Adult); \$58+ (Child)**

**Auspicious Fortune Menu:**

**\$128+ (Adult); \$78+ (Child)**

**Glorious Riches Menu:**

**\$158+ (Adult); \$98+ (Child)**

**All prices are per person.**

**Child prices apply to those**

**5 to 11 years**



**Complimentary Salmon Skin Yu-sheng**

**February 2024**

An essential part of every Chinese New Year celebration, the Yu-sheng toss symbolises the ushering in of prosperity and good fortune for the new year. Receive a complimentary Salmon Skin Yu-sheng with a minimum spend of \$200—before prevailing goods and services tax—in a single receipt.

**PRICE: Complimentary, serves**

**6 persons**







## BOATERS' BAR

**Love & Dine by the Sea**  
**February 2024**

Celebrate Valentine's Day at Boaters' Bar with a delightful special for two. Indulge in a sharing platter featuring coal-roasted oysters, grilled beef rib eye, and more. Pair them with handcrafted Valentine's cocktail specials such as Blushing Kiss, made with vodka, prosecco, elderflower liqueur, grapefruit juice, or Cupid's Cosmo, which features vodka, Cointreau, and cranberry and lime juice.

**PRICE: \$99+, serves 2 persons**

### Trivia Night

**28 January 2024**

Join the fun at Trivia Night! Test your knowledge with Quizmaster Colin, win bragging rights and enjoy a lively evening with friends.

**PRICE: Complimentary**

### Sundown Steals

**Ongoing**

Savour the moment at Boaters' Bar with your choice of Tiger draughts, prosecco, house wines, and house spirits.

**PRICE: \$8+ per tippie**

### Ladies' Night

**Wednesdays, January  
and February 2024**

Ladies rejoice! Get 50% off your second drink every Wednesday in January and February—excludes \$8 Happy Hour drinks. Cheers!

For orders and reservations:

LATITUDE Bistro: Call 6305 6982, WhatsApp 9144 7124 or email [bistro.sc@one15marina.com](mailto:bistro.sc@one15marina.com)

WOK\*15 Kitchen: Call 6305 6998, WhatsApp 8500 1015 or email [wok15.sc@one15marina.com](mailto:wok15.sc@one15marina.com)

Boaters' Bar: WhatsApp 9849 0115 or email [boatersbar.sc@one15marina.com](mailto:boatersbar.sc@one15marina.com)

All prices are nett unless otherwise stated.



## FITNESS

### Personal Training

#### Ongoing

Setting fitness goals is a crucial step towards a healthier lifestyle. A personal trainer can provide tailored workouts, expert guidance, and accountability to ensure you reach and maintain your best shape.

**PRICES: \$135 per session**

**\$1,090 per 10 sessions**

**\$1,962 per 20 sessions**

**\$2,616 per 30 sessions**

**All sessions are for 60 minutes**

### Personal Training Buddy

#### Promotion

**February 2024**

Looking for motivation to get back into your fitness journey? Bring a friend along for personal training sessions at the Club and enjoy exciting promotions and discounts on 60-minute sessions.

**PRICES:**

**\$1,308 per 10 sessions**

**\$2,398 per 20 sessions**

**\$3,270 per 30 sessions**

**All prices are for two persons**

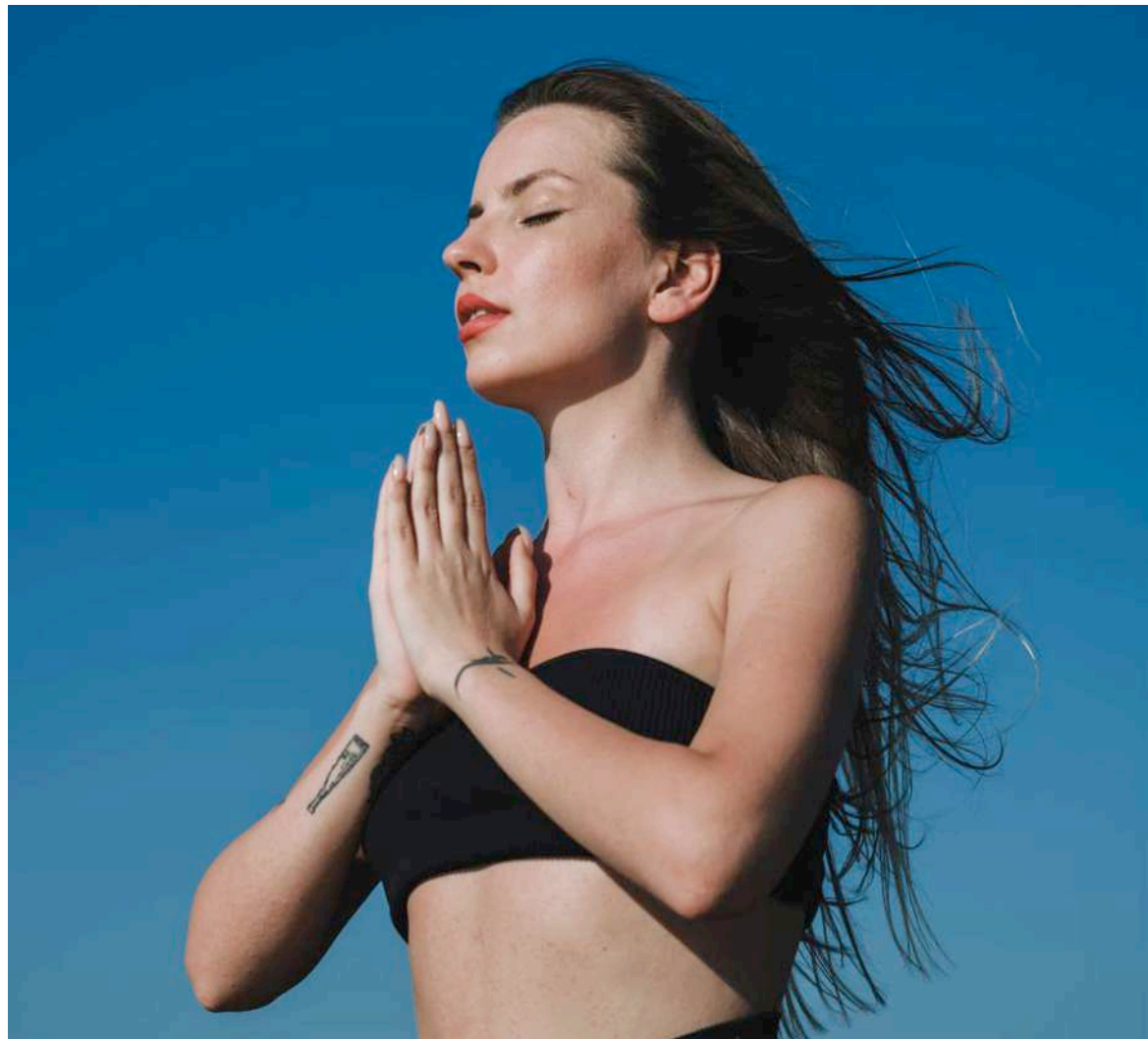
### Boxing Fitness

**Thursdays, 10am to 10.45am**

Discover the art of punching with precision in this high-energy workout that incinerates calories, and builds strength and endurance. Each session of this dynamic boxing class not only torches 500 to 900 calories, you will continue to melt body fat for 48 hours post-workout. Boost coordination, flexibility and reflexes while enhancing your fitness. Don't forget your boxing gloves and supportive footwear.

**PRICES: \$40 (Member)**

**\$50 (Member's guest)**



### Member Referral Programme

#### Ongoing

Know someone eager to kickstart their health journey in the coming year? Refer them to our Member Referral Programme for 10 personal training sessions and unlock a free Pilates Matwork or Gentle Yoga session for yourself.

**PRICE: \$1,090 for 10 sessions**

### Sculpt & Tone

**Fridays, 10am to 11am**

This exercise session caters to all levels, concentrating on abs, buttocks and thighs. Designed to sculpt the lower body, they blend strength-building and muscle-toning routines, using both equipment and body weight.

**PRICES: \$16 (Member)**

**\$20 (Member's guest)**

### Gentle Yoga

**Tuesdays, 6.30pm to 7.30pm and  
Wednesdays, 10am to 11am**

Gentle Yoga fosters body alignment, strength, and flexibility. It incorporates breathing techniques and meditation. Expect a focus on simplicity, repetition, and graceful movements.

**PRICES: \$30 (Member)**

**\$40 (Member's guest)**

### Pilates Matwork

**Mondays, 10am to 11am**

Pilates Matwork is a dynamic workout that combines core, arm and leg training to enhance strength and flexibility. Each invigorating session harmonises and revitalises both mind and body.

**PRICES: \$30 (Member)**

**\$40 (Member's guest)**

### Partner Workouts

**12 to 16 February 2024,  
10am to 11am**

Dive into fitness fun when you join any of group fitness classes such as Pilates Matwork and Gentle Yoga. Bring a buddy along for a free class adventure.

**PRICES:**

**Pilates/Yoga:**

**\$30 (Member)**

**\$38 (Member's guest)**



## AQUA

### AcquaPole & AcquaPole Boxing Thursdays, 9.30am to 10.20am

Plunge into the Infinity Pool for dynamic workouts that challenge your balance and core strength. Infuse traditional boxing with punches, kicks, and aquatic movements, making a splash while sculpting your body in these refreshing aquatic sessions.

**PRICES: \$40 per lesson (Member)  
\$45 per lesson (Member's guest)**

### Hydrotherapy

#### By appointment only

Yvonne Swim School is offering personalised hydrotherapy programmes tailored to address specific injuries and health concerns. These are well-suited for diverse special groups, including individuals dealing with chronic diseases, diabetes, low back pain, stroke patient therapy, osteoarthritis, and more.

**PRICES: \$90 (45 minutes)  
\$110 (60 minutes)**

### Aqua Bike

#### Tuesdays, 8.15am to 9.15am

For the ideal starting point to all-round fitness, dive into Aqua Bike. Experience low-impact, joint-friendly water cycling, offering gentle yet effective workouts. Develop strength and cardiovascular fitness at your own rhythm, with the added benefit of buoyancy for a comfortable introduction to exercise.

**PRICES: \$40 per lesson (Member)  
\$45 per lesson (Member's guest)**

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

#### Tuesdays, Thursdays and Saturdays

Nurture your child's water confidence, coordination and strength with dedicated swim lessons. Helmed by trained instructors, each session is a stress-free environment for children to have a blast while learning. Beginners enjoy 30-minute sessions, while intermediate and advanced learners have 45 minutes of aquatic exploration.

**PRICE: \$110 for 4 lessons**

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

#### Tuesdays, 4.30pm to 5pm; Saturdays, 9am to 9.30am and 9.30am to 10am

Empower your little ones with the confidence to safely and joyfully make a splash. These easy toddler swim sessions are led by qualified instructors who teach essential swim skills, enhancing your child's well-being.

**PRICE: \$110 for 4 lessons**

### Private Swimming Lessons Ongoing

Irrespective of your swimming background, water safety remains a top priority. Private instructors are here to polish your skills and underscore safety's significance. These tailored sessions guarantee not only enjoyment but also a secure swim. Beginner sessions are 30 minutes, while intermediate and advanced sessions are 45 minutes and 60 minutes respectively.

**PRICES: Private Lesson  
for Swimmer:**

**\$70 (30 minutes)**

**\$80 (45 minutes)**

**\$90 (60 minutes)**

### Semi-Private Lesson

#### for 2 Swimmers:

**\$45 per person (30 minutes)**

**\$50 per person (45 minutes)**

**\$55 per person (60 minutes)**



For more information on recreation programmes, contact the Recreation department at 6305 6980 or [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). All prices are nett unless otherwise stated.





## TENNIS

### Private Tennis Lessons

Want to up your tennis game? Private tennis lessons are custom-tailored to address your individual strengths and weaknesses. With one-on-one coaching, you gain personalised guidance and concentrated support to your game, boost self-assurance, and sharpen your grasp of tennis techniques and strategies.

#### PRICES:

##### Head Coach

**\$110 (1 player)**

**\$60 per player (2 players)**

##### Associate Director of Tennis

**\$131 (1 player)**

**\$71 per player (2 players)**

##### Director of Tennis

**\$142 (1 player)**

**\$77 per player (2 players)**

### Cardio Tennis Drills Group Lessons

**Mondays, 9am and 7.30pm**

**Fridays, 10am**

Cardio tennis drills deliver high-energy workouts that boost cardiovascular fitness while elevating your agility, footwork, and stamina. Integrating these drills into your training regimen is sure to enhance your performance on the court.

**PRICES: \$50 per player**

**(60 minutes)**

**\$71 per player (90 minutes)**

### Junior Tennis Group Lessons

#### Ongoing

Keep your child active and healthy with these relaxed tennis sessions that offer a perfect mix of skill development and post-school enjoyment. Tailored for children ranging from 3 to 14 years old, these lessons accommodate various skill levels, empowering them to excel on their tennis journey.

**PRICE: \$153 for 4 lessons**

**(3 to 5 players)**

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For more information on room bookings, contact 6305 6988 or [frontdesk.sc@one15marina.com](mailto:frontdesk.sc@one15marina.com). All prices are nett unless otherwise stated.



## SAILING

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

Weekends, 9am to 5pm

This thorough course is guided by instructors from the Singapore Maritime Academy (SMA). Designed to hone your sailing skills, attendees will receive a Certificate of Attendance, a crucial step toward taking the SMA's PPCDL test, which is conducted at the end of the programme.

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

### Opti Junior 4-day Sailing Course

9 to 12 January 2024; 11 to 14 March 2024

The Opti Junior Sailing Course introduces children aged 7 to 12 to sailing in a safe and exciting environment. They learn to sail in pairs, build teamwork, and discover how boats work. This programme fosters confidence, independence, and outdoor enjoyment, away from digital devices. Participants acquire sailing skills, rope techniques, and basic rules. Prerequisites include being at least 7 years old and able to swim 50 metres with a personal flotation device. Lunch is provided.

**PRICES: \$520 (Member)**  
**\$620 (Member's guest)**

## DIVING

### Discover Scuba

Ongoing

Fulfill your scuba diving dreams with White Manta Diving's Discover Scuba course – perfect if you're not yet committed to a proper certification course. This quick and easy experience offers a taste of underwater exploration. Participants must be aged 10 years old and above.

**PRICES: \$138 (Member)**  
**\$165 (Member's guest)**

### PADI Open Water Dive Course

Ongoing

Embark on your underwater journey with the PADI Open Water Dive Course, a gateway to watching marine life beneath the waves. Dive in with confidence, guided by a 1:2 instructor-student ratio.

**PRICES: \$905 (Member)**  
**\$1,070 (Member's guest)**

### Refine Scuba (Diving Refresher Course)

Ongoing

Perfect for seasoned divers seeking to rekindle their aquatic prowess, this diving programme revives core skills like mastering your mask, finning with finesse, and achieving perfect buoyancy.

**PRICES: \$345 (Member)**  
**\$405 (Member's guest)**

## OTHERS

### Lockers for Rent

Ongoing

Stow your belongings safely in lockers within the male and female changing rooms. Rentals require a minimum rental period of six months.

**PRICES: \$65 (Small)**  
**\$130 (Medium)**  
**\$195 (Large)**

### Bicycles for Rent

Ongoing

Explore Sentosa with the family on two wheels! Each bike rental includes a complimentary helmet, unless you prefer to bring your own. Helmet rentals are also offered for those with their own bicycles.

**PRICES: \$8 for the first hour (Adult)**  
**\$6 for the first hour (Child)**  
**+\$5 per subsequent hour**  
**+\$20 for bicycle returns after 7pm**  
**\$5 for helmet rentals only**

## ROOMS

### Whirlwind Romance

January to March 2024

Elevate your special occasions with a memorable one-night stay at the Club. Delight in a 60-minute couple's massage at Spa Rael, complete with a romantic room setup and a complimentary bottle of wine. Wake up to a delicious breakfast buffet for two adults and enjoy a non-alcoholic minibar stocked with tasty snacks. It's the perfect recipe for an unforgettable experience.

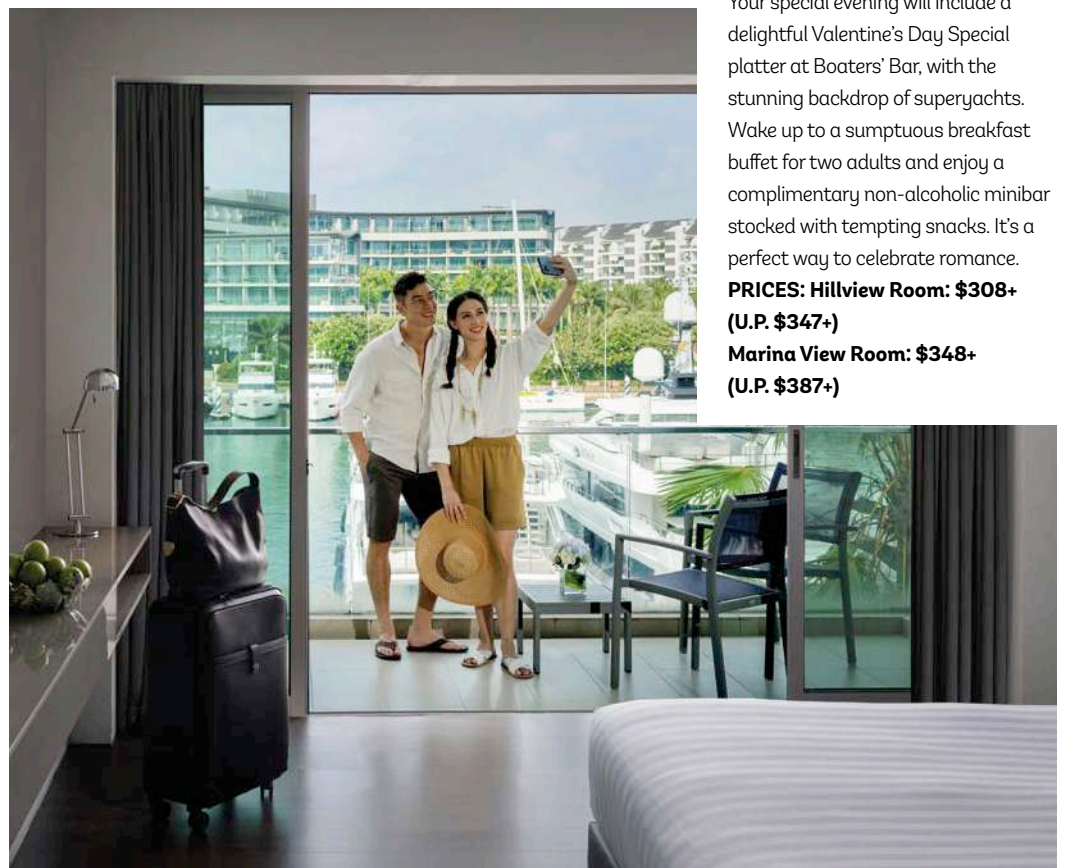
**PRICES: Hillview Room: \$488+ (U.P. \$709+)**  
**Marina View Room: \$528+ (U.P. \$749+)**

### Valentine's Bliss Getaway

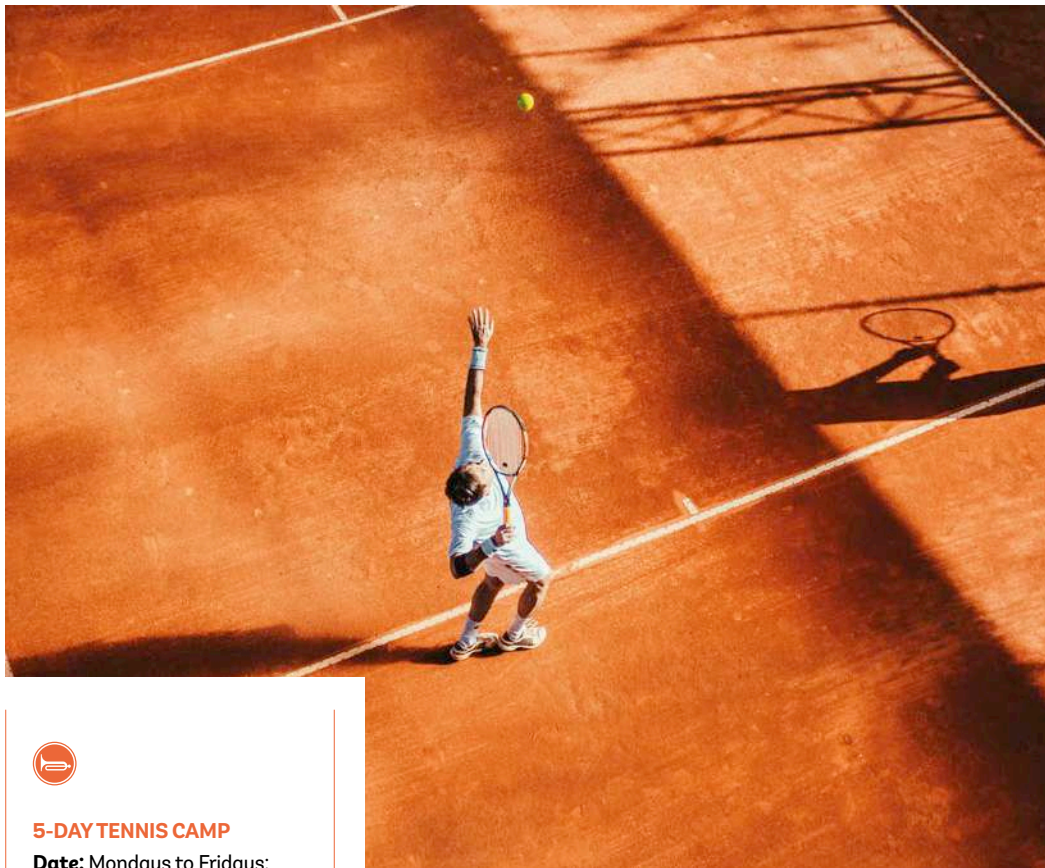
February 2024

In the month of love, savour a romantic night in the Hillview or Marina View rooms with your beloved. Your special evening will include a delightful Valentine's Day Special platter at Boaters' Bar, with the stunning backdrop of superyachts. Wake up to a sumptuous breakfast buffet for two adults and enjoy a complimentary non-alcoholic minibar stocked with tempting snacks. It's a perfect way to celebrate romance.

**PRICES: Hillview Room: \$308+ (U.P. \$347+)**  
**Marina View Room: \$348+ (U.P. \$387+)**







### 5-DAY TENNIS CAMP

**Date:** Mondays to Fridays:  
1 to 5; 8 to 12 January 2024  
**Time:** 8am to 10am  
(5 to 9 years)  
10am to 12pm (10 to 12 years)  
**Venue:** Tennis Court  
**Price:** \$310 (Member)  
\$390 (Member's guest)

In sunny Singapore, breaking into a sweat may be unavoidable, but why not sweat with purpose? This tennis camp run by Olaso Tennis Academy will also insert some adrenaline pumping action into the day. Over five days, children will learn everything from the perfect fore- and back-arm strokes, to court etiquette and teamsmanship. Suitable for children aged 5 to 12 years. *RSVP by 25 December for the first session; 31 December for the second session to recreation.* [sc@one15marina.com](mailto:sc@one15marina.com)



### GIN & JAZZ NIGHT

**Date:** Friday,  
5 January 2024  
**Time:** 7pm to 10pm  
**Venue:** Boaters' Bar  
**Price:** \$60 (Member)  
\$70 (Member's guest)

Ginuary is a month-long celebration of gin in January, so why not take this experience up a notch with some melodious jazz? Look forward to a night of music accompanied by free-flow handcrafted and classic gin cocktails—think Elderflower Gin Spritz, Pineapple Gin Cooler, Negroni, White Lady and more. *RSVP to Boaters' Bar at 9848 0115 (call or WhatsApp) or [boatersbar.sc@one15marina.com](mailto:boatersbar.sc@one15marina.com)*







### CHINESE BRUSH PAINTING: YEAR OF THE DRAGON

**Date:** Wednesdays,  
17 and 31 January 2024

**Time:** 2pm to 4pm

**Venue:** Chart Room

**Price:** \$110 for 2 lessons  
(Member)

\$138 for 2 lessons

(Member's guest)

*Additional \$12 for brush set  
rental (optional)*

Artist Yap Sin Guan's Chinese brush painting class takes on a special symbolic note. To mark the Year of the Dragon, this class will focus on the auspicious fire-breathing animal. Master the ancient artform's delicate strokes, nuances of water colour on rice paper and hone your skills under his able guidance. RSVP by 15 January to recreation. [sc@one15marina.com](mailto:sc@one15marina.com)



### MIXED TENNIS SOCIAL NIGHT

**Date:** Wednesdays, 10 January  
and 7 February 2024

**Time:** 7pm to 10pm

**Venue:** Tennis Court

**Price:** \$12 per session (Member)

\$18 per session

(Member's guest)

After a long stressful day at the office, there's no better way to let off steam than with some volleys on the court. What's even better is that your opponents may be there for the same reason: To get fit and make friends. The event is open to players of all levels. Isotonic drinks will be provided. RSVP by 25 December for the 10<sup>th</sup> January session; 1 February for the 7<sup>th</sup> February session to recreation. [sc@one15marina.com](mailto:sc@one15marina.com)



All prices are nett unless otherwise stated.







### PIZZA & PINTS FEST

**Date:** Friday, 19 January 2024

**Time:** 7pm to 9pm

**Venue:** Boaters' Bar

**Price:** \$50 (Member)

\$60 (Member's guest)

Pizza on a Friday night is the best way to wind down from the week. What's even more perfect? It comes served on a buffet line and paired with free-flow draught and craft beer, as well as stout. Expect pizza variations from around the world: Think Calzone, Korean Pizza (Korean pancakes), and Tandoori Chicken Pizza. *RSVP by 8 January 2024 to membership.sc@one15marina.com*



### KIDS' CNY CRAFT: 3D DRAGON HEAD

**Date:** Saturday,  
27 January 2024

**Time:** 2pm to 3.30pm

**Venue:** Captain's Table

**Price:** \$8 (Member)

\$12 (Member's guest)

Usher the Year of the Dragon with some do-it-yourself fun. Children between 6 to 10 years of age will learn to make a 3D dragon head using craft paper and also perform a dragon dance. The fun craft event will culminate in a *lo hei* to invite abundance and happiness in the new year. *RSVP by 21 January to recreation.sc@one15marina.com*







### KIDS' CNY CRAFT: PAPER FORTUNE COOKIE

**Date:** Sunday,  
4 February 2024  
**Time:** 2pm to 3pm  
**Venue:** Captain's Table  
**Price:** Complimentary  
(Member)  
\$5 (Member's guest)

Did you know that the fortune cookie does not figure anywhere in the history of Chinese cuisine? Learn about the interesting history behind this delicious crunchy sweet treat embedded with a delightful note. At this craft workshop, children will also make paper fortune cookies and add their own motivating messages. Talk about the perfect handout to family and friends during Chinese New Year visits. There will also be edible versions to take home. *RSVP by 31 January to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



### MEMBERS' CNY DINNER

**Date:** Thursday,  
15 February 2024  
**Time:** 6.30pm to 9.30pm  
**Venue:** Constellation Ballroom  
**Price:** \$68 (Member)  
\$78 (Member's guest)  
Table rate: \$588 for 10 persons

Early Bird (by 14 January 2024)  
\$58 (Member)  
\$68 (Member's guest)  
Table rate: \$488 for 10 persons

It's time for one of our beloved annual events. Usher the new lunar year over an eight-course Chinese dinner with *lo hei*. Guests will be greeted by the God of Fortune mascot and a lion dance performance. There will be other fringe activities that guests can indulge in, along with a lucky draw and exciting prizes to be won. *RSVP by 2 February to membership.sc@one15marina.com*

All prices are nett unless otherwise stated.







## ONE°15 16<sup>th</sup> Anniversary Bonanza

On 23 September, ONE°15 Marina Sentosa Cove threw an epic party that saw more than 100 guests— young, old and party buffs alike.

The event kicked off with a sustainable flea market that featured some notable names in the realm of conservation such as Curated Culture, Grobrix, Karana, MonkeyLoot, and Our Singapore Reefs. A marina tour followed led by Marina Director James Roy and ONE°15 Marina Eco Advisor and Co-founder of Our Singapore Reefs, Sam Shu Qin.

A poolside barbecue party added to the vibe with a spread that catered to varied tastes, while Bar Nebula came alive with a silent disco, where Members stepped and swayed, lost in their own world of music.

What's a party without some fun activities for the kids? On-water bouncy castles and RHIB rides saw snaking queues, while magic bubbles, an epic wave-surf simulator, face painting activities, fun magic show, photo walls, and a live band kept the good mood going. By the end of the day, the Club was bursting with laughter and good times. Complimentary popcorn for adults and kids? Check. Happy faces? Double-check. It was an anniversary celebration that everyone who joined in would be talking about for a long time.







## A Blind Date with Wine

On 5 October, Bar Nebula saw Members gather for a grape-soaked journey, guided by Indra Kumar, Singapore's Best Sommelier Champion 2009 and the first Singaporean to compete in the World's Best Sommelier Competition in Chile in 2010. Members got the lowdown on wine secrets—such as Old World versus New World—and the ABCs of wine appreciation. Think colours, fruity notes and personalities. The blind wine tasting was where it got exciting with six mystery wines, a scorecard, and a dash of competition. Olivia Zhou clinched the top spot, with Dr. Genevieve Chase and Shailesh Paul in second and third place. Members sipped, savoured, learnt, and laughed. They didn't hold back with questions, even after the event had ended. It was spontaneous fun all the way.



## Oktoberfest at Boaters' Bar

Boaters' Bar was decked out in lively Oktoberfest decorations on 9 September, where Members and guests, gathered to celebrate in style. Even the Club's staff got in on the fun with festive costumes. The buffet was a German dream come true, with pork knuckle, sauerkraut, beef goulash and pretzels stealing the show. Members were also treated to a special selection of draught beers such as the Schneider Weisse Original Tap 7 and Schneider Weisse Helle Weisse Tap 1. But it wasn't all about the food and drink. The evening was a full-blown fiesta, with live music, engaging games, and prizes. In fact, some guests took the party to the front of Boaters' Bar to dance the night away. Guests were left wanting more, and already counting down to next year's round of Oktoberfest goodness.

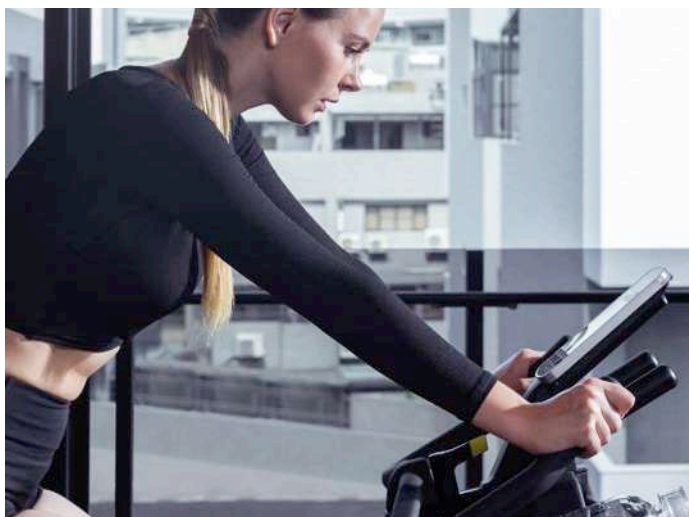






## Dialogues with ONE°15: Our Singapore Reefs

On 5 September, ONE°15 Eco Advisor Sam Shu Qin took to the stage at innerCove, unravelling the secrets of coral species, the nagging problem of underwater litter, and some rare underwater discoveries in Singapore. Enthusiastic Members didn't hold back either, and put forth innovative ideas to help preserve the marine biodiversity around the marina. Many also volunteered for the Coral Garden Volunteer Programme, and also pitched brilliant collaborations with engineering students from universities to craft a machine that would make underwater litter vanish. It was heartening to see that everyone gathered were on board and aligned with the Club's goals for marine conservation.



## Fitness Feature: Exercise Bikes

In the month of October, 15 Members buckled up for an educational adventure led by the Club's Personal Trainers. They were guided through four types of exercise bikes in the Fitness Centre. First, they were introduced to the upright bike, a total cardio champ that doubles up as a leg and core muscle booster. Next, they were shown the recumbent bike; this gentle giant is easy on the joints and especially perfect for those with joint issues. The Airbike was another cardio superstar with a surprise twist—it gives those muscles a kick with added strength training. Lastly, Members also got to experience the spinning bike. An adrenaline rush machine, it provides the ultimate intensity upgrade from your regular upright bike. The experience didn't stop with just an orientation—Members also got hands-on, as they hopped on these bikes under the watchful eye of the Club's fitness experts.



# Mid-Autumn Lantern Craft Workshop

Participants, aged 5 to 10 years, embarked on a crafting adventure, using a medley of materials such as coloured paper, plastic and glue, to fashion lanterns by hand. This hands-on experience also gave children insight on the cultural significance of lanterns during the Mid-Autumn Festival. The budding artists beamed with pride as they independently brought their lanterns to life, with minimal guidance. Their finished creations found a cherished spot in their rooms, a testament to their creativity and newfound insights.



# Mid-Autumn Kids' Mini Snow Skin Mooncake Workshop

Young Members, aged 4 to 10 years, came together on 22 September at Captain's Table to try their hand at some traditional goodies—mini snow skin mooncakes. The fact that this adventure called for little culinary experience and no ovens made it even more exciting for the little ones. With a helping hand from the Club's pastry chef, they weighed, picked, kneaded and moulded their way to mooncake perfection. Each junior baker also went home with a sweet set of six mini snow skin mooncakes. Members called it the ultimate family bonding session—mooncakes, laughter, and a huge dose of creativity.







## Halloween-themed Cupcake Decorating

On 21 October, six eager participants displayed their cupcake decorating artistry in a Halloween-themed showdown at Captain's Table. The Club's pastry chefs introduced the little bakers to four piping techniques to unleash their creativity. With piping nozzles in hand, children let their imaginations run wild, creating their very own monster cupcakes, complete with quirky names. Members were thrilled that their little artists had a blast. Who knew cupcakes could be this scary good?



## Superheroes & Princesses Halloween Party

Kids' Playroom and Ballroom Foyer took on a fiesta feel on 29 October—for a halloween party with a difference. Sixteen young superheroes and princesses gathered at their Halloween best to participate in various fun activities through the day. The festivities kickstarted with ice-breaker games, including the Freeze Dance and Ball Toss, which allowed them to make new friends as they had to remember each other's names to get the game going. Themed games followed at the Ballroom Foyer, where they were split into groups and competed in games such as Zombie Walk, Roll the Monster Eyes, and Witch Hat Ring Toss—with candies and sweet treats as prizes to be won. Zombie Walk, where children had to balance a bean bag on their heads and feet simultaneously, proved to be the crowd favourite. Then began a Trick-or-Treat adventure at various places around the Club—LATITUDE Bistro, Marina Office, and Front Office. More candies followed with a game of Piñata. The whole sequence of events were enjoyed by kids and adults alike as Members were seen thanking the Recreation team for organising such a fun event. One Member also commented that the skeleton Trick-or-Treat bag was on theme and useful.



# JAN – JUL 24

## JAN

**1**  
New Year

**2 – 9**  
2024 Tasar World Championships  
Melbourne, Australia  
tasar.org

**26 – 3 Feb**  
2024 iQFoil World Championships  
Lanzarote, Spain  
2024iqworldslanzarote.sailti.com

## FEB

**10 – 11**  
Chinese New Year

**16 – 23**  
2024 EurlICA Senior European  
Championships  
Athens, Greece  
eurilca.org

**22 – 25**  
6th Portugal Grand Prix - Round 2  
Vilamoura, Portugal  
vilamourasailing.sailti.com

**11 – 16**  
SB20 World 2024 Championships  
Dubai, United Arab Emirates  
worlds2024.sb20class.org

**24 – 3 Mar**  
2024 470 World Championships  
Arenal, Spain  
470.org

## MAR

**4 – 10**  
49er and 49erFX World Championships  
Lanzarote, Spain  
49er.org

**15 – 22**  
2024 Etchells World Championships  
Fremantle, Australia  
etchellsworldsfremantle.com

## APR

**10**  
Hari Raya Puasa

**20 – 27**  
Semaine Olympique Francaise de Voile  
Series  
Hyères, France  
sof.ffvoile.fr

**25 – 28**  
Singapore Yachting Festival  
ONE\*15 Marina Sentosa Cove Singapore  
singaporeyachtingfestival.com

## MAY

**1**  
Labour Day

**11 – 19**  
2024 Formula Kite World Championships  
Hyères, France  
kiteclasses.org

**17 – 24**  
IMA Maxi European Championship  
Sorrento, Australia  
tregolfsailingweek.com

**22**  
Vesak Day

**29 – 2 Jun**  
Allianz Regatta 2024  
Almere, Netherlands  
allianzregatta.org

## JUN

**7 – 14**  
Finn World Masters Championship  
Puntala, Italy  
finnworldmasters.com

**17**  
Hari Raya Haji

**19 – 23**  
RC44 Cup/World Championship  
Marstrand, Sweden  
44cup.org

**24 – 30**  
Soling World Championship  
Hankø, Norway  
solingworlds.com

**28 – 5 Jul**  
2024 Formula18 World Championship  
Costa Brava, Spain  
f18-international.org

## JUL

**1 – 8**  
ILCA 6 Women & ILCA 7 Men  
U21 World Championships  
Viana do Castelo, Portugal  
2024ilcau21.ilca-worlds.org

**6 – 13**  
J/80 Worlds Championship  
La Rochelle, France  
j80worlds2024.com

**13 – 19**  
62<sup>nd</sup> Vaurien World Championship  
Liptovska Mara, Slovakia  
vwc2024.newsailing.sk

**15 – 20**  
Rolex TP52 World Championship  
Rhode island, USA  
52superseries.com

**20 – 26**  
International Topper Worlds 2024  
Murcia, Spain  
itcaworld.org

**26 – 11 Aug**  
Paris 2024 Olympic Sailing Competition  
Marseille, France  
paris2024.org



## 20 – 27 APR

This year marks the 55<sup>th</sup> year of Semaine Olympique Française or the French Olympic Week and is its 10<sup>th</sup> anniversary as an event in Sailing World Cup. The Olympic event covers 10 sailing classes and sees participation from across the globe—the 2023 edition had 1,000 entries from 60 countries around the world.

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



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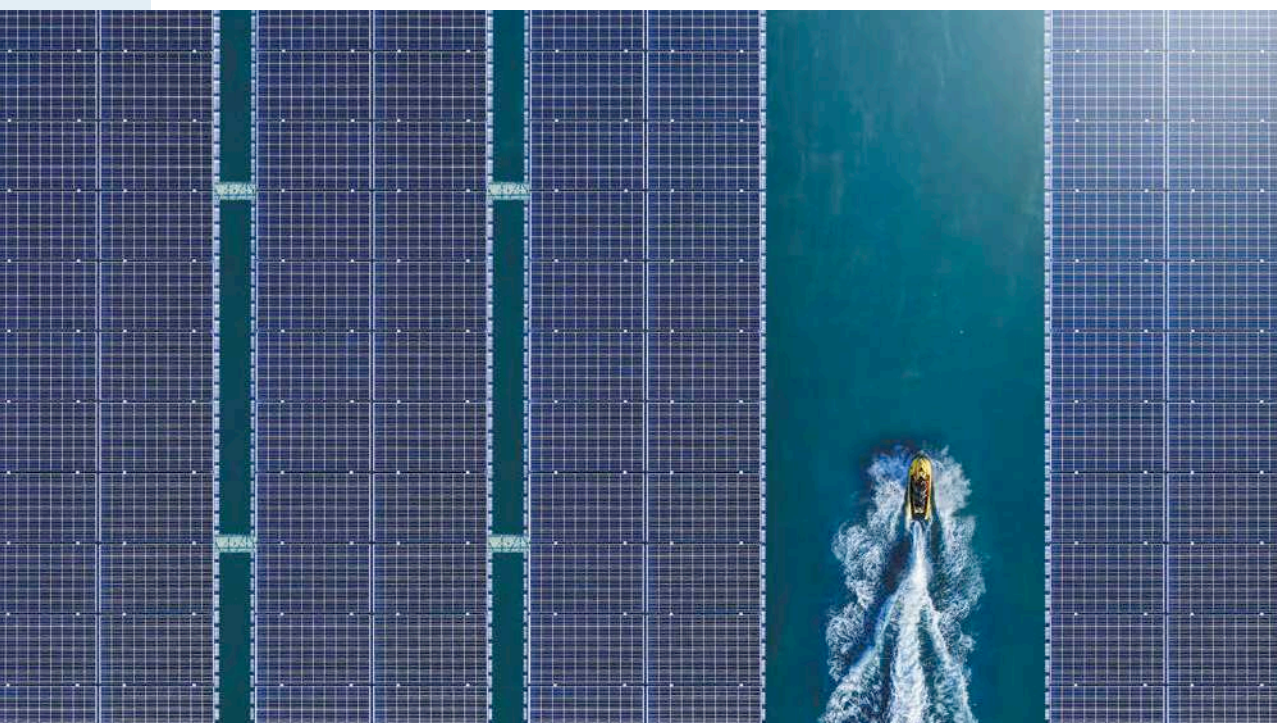
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