

LONGITUDE

A PUBLICATION OF
ONE°15 MARINA
SENTOSA COVE
SINGAPORE



OCEANS OF CHANGE

Conservation champions,
power players and
healthy-living advocates

+

Destinations underscored
by sustainability



SINGAPORE YACHTING FESTIVAL

The Singapore Yachting Festival 2024 returns from
23 to 28 April at ONE°15 Marina Sentosa Cove!

Gain industry insights and discover the latest trends at the inaugural ICOMIA Boating Industry Conference held on 23 & 24 April. The conference is presented by the International Council of Marine Industry Associations and Singapore Boating Industry Association.

Immerse yourself in the yachting lifestyle from 25 – 28 April. Get ready for an elevated experience with yacht soirees, networking opportunities on a vibrant platform, and nautical festivities with demonstrations, experiential activities, roving entertainment and more.

SCAN TO FIND OUT MORE

*Get your tickets before
31 March 2024 to enjoy
early bird discounts.*





HARMONY IN ACTION

It's the third month of 2024 already and the Club has been a whirlwind of activity with the new year celebrations, Lunar New Year reunion dinners in February, and now, we are deep in preparation for the Singapore Yachting Festival (SYF) that is scheduled to take place from 23 to 28 April.

This is the second installment of SYF and we look forward to imbuing it with more of a festival feel than the inaugural edition. The four days of festivities (25 to 28 April) will have 94 exhibitors and 70 display yachts and an interactive zone where businesses can demonstrate and showcase their products and technology. Members can expect experiential activities, pop-up stalls, live music, roving entertainment and much more with the newly launched Lifestyle Festival Market.

This year's edition will also feature the inaugural ICOMIA Boating Industry

THROUGH ALL
THAT WE DO AND
THE EVENTS
WE ORGANISE,
OUR BIGGEST
TAKEAWAY
IS THE
OPPORTUNITY
TO SEE YOUR
FACES.

Conference (23 & 24 April) focusing on the theme of decarbonisation of pleasure yachts and the marina, as well as discussions on latest yachting trends, sustainability research and marina infrastructure.

Sustainability for the Club is a calling all year around, and we have been fostering better regional awareness through our annual marine conservation event Blue Water EduFest, which takes place in November. It seemed apt to feature the winner of the event's signature segment Blue Water Heroes Awards (page 22) in this issue of *Longitude*. Tom Peacock-Nazil, Co-founder and CEO of ocean cleanup organisation Seven Clean Seas elaborates on how his business acumen has helped him succeed in his social and environmental mission.

Other thematic features in this sustainability-focused issue include a first-person account by Member Scott Tucker (page 20), who saved the day by rescuing one of Lazarus Island's precious marine life from the clutches of a callously laid fishing net. In Essentials (page 6), we highlight brands who are invested in the circular economy aspect of marine conservation, while Lush Escapes (page 12) zeroes in on Portugal's Algarve coast as a destination that packages its natural offerings with a sustainable outlook.

Tying in with a few other significant international days, such as World Wildlife Day in March, and World Aquatic Animal Day and Earth Day in April, we have also included eco-activities such as DIY Ocean Animal Craft for children under RSVP (page 38 onwards). Being the month of school holidays, we have a ton of other fun activities for adults and children alike that they can enjoy by themselves and together. Check out our offerings in Club Perks (page 32 onwards).

March is also International Women's Day, so we shine the spotlight on female home cooks, zero-waste advocates and social media influencers who have married their love for food with that for the planet.

Through all that we do and the events we organise, our biggest takeaway is the opportunity to see your faces. Nothing beats the feeling of having Members come into the Club and take advantage of our offerings—your support warms our hearts, and, might I add, keeps us honest and efficient. Here's to more shared values and action.

Jonathan Sit
Regional General Manager, Marina Division

CONTENTS

MAR/APR

2024

01

GM'S MESSAGE

From the desk of Jonathan Sit,
Regional General Manager,
Marina Division, ONE°15
Marina Sentosa Cove.

04

TEAM & CONTACTS

Connect with us! Send us your
feedback or explore partnership
and networking opportunities.

06

ESSENTIALS

Express yourself with brands
that are backed by a strong
marine conservation concept.

08

EVENTS

What's on and what to add
to your calendar.



12



20

09

FUN FACTS

The deadliest and most exciting dive sites in the world.

12

LUSH ESCAPES

Stunning coastlines, marine biodiversity and sustainability initiatives—Portugal's Algarve coast has it all.

18

FOCUS

Serial entrepreneur and tech tycoon Serg Bell is as passionate about success as he is pragmatic about life.

20

ON WATER

A regular Saturday turns into an intense marine rescue operation for tech professional Scott Tucker.

22

ON WATER

Winner of Blue Water Heroes Awards 2023, Tom Peacock-Nazil's quest to clean up the world's seas.

24

FINE FOOD

Vegan influencers and home cooks promoting the sustainable way of life.

32

CLUB PERKS

Seasonal menus, exciting offers, luxury staycations, and fitness activities for Members.

38

RSVP

Exciting upcoming Club events to add to your calendar.

42

HAPPENINGS

ONE°15 Christmas Festival; Kids' D.I.Y. Christmas Craft; Kids' Magical Christmas; Meet a Marine Scientist: Flower Crab Dissection; Beyond Shots: Tequila and Mezcal; Members' Night; Chinese Brush Painting; ONE°15 Tennis Tournament: Singles

47

SAILING CALENDAR

Upcoming boating events from around the world.

48

THE WORLD AT YOUR FINGERTIPS

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bistro.sc@one15marina.com

innerCove

8am – 10pm (daily)

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6271 1270

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^ Guest fees apply



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The boat is safe for all ages, and its stability guarantees a smooth ride with no motion sickness.



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Pick up from ONE°15 Marina available for private charters, T&C applies.

For more enquiries, visit www.RHIB-RIDES.com or WhatsApp Ariel at +65 9189 2001.

Save the Blue

REDEFINE YOUR STYLE WITH BRANDS THAT TAG MARINE CONSERVATION INTO THEIR ETHOS.

TEXT YING RUI



Go Green

Rainwater, wind and floods carry plastic waste from the land into the oceans, and this not only pollutes the water but endangers aquatic life. California-based athleisure brand Wolven has partnered with CleanHub to collect plastic waste before it can enter the Earth's most precious ecosystem. One pair of Wolven

leggings is made from 27 recycled plastic bottles, which helps reduce plastic in our oceans, landfills, and reduces the use of fossil fuels and climate emissions. They also design multifunctional clothing, like the Reversible Four-Way Top so you can do more with less. **Wolven is available at [wolventhreads.com](https://www.wolventhreads.com)**



Clean Up

From America to Haiti and Indonesia, 4ocean directly manages a global ocean cleanup operation that employs locals to recover plastic and other harmful debris from the world's oceans, rivers, and coastlines. Each purchase of a 4ocean product contributes towards one pound of trash being pulled out from the waters. The brand's unisex

bracelets, handmade in Bali by local artisans features 100 per cent recycled plastic cord and stainless steel charms. As a member of international organisation, 1% for the Planet, 4ocean donates at least one per cent of gross sales to environmental organisations that have a proven track record of driving positive change in our marine environment. **4ocean is available at [4ocean.com](https://www.4ocean.com)**





Full of Heart

The miracle broth from La Mer is derived from hand-harvested giant sea kelp from the Pacific coast. Since 2005, the brand has helped protect marine habitats across the globe through partnerships with inspiring environmental advocates and charitable donations through the La Mer Blue Heart Oceans Fund. Its latest partnership aims to help coastal regeneration across five countries. Add to that, La Mer is committed to having 75 per cent of its product packaging recyclable, refillable or recoverable by 2025.

La Mer is available at Level 4 Tangs at Tang Plaza and lamer.com



Free Spirit

Swiss luxury brand Chopard is committed to managing water resources responsibly throughout its supply chain. Discharged water is treated according to local legal standards, and since 2019, Chopard has installed a closed loop system for cooling the machines, resulting in a drastic diminution. Celebrate your love for the ocean with the 40mm Happy Ocean watch. With a self-winding movement, diamond embellishments—0.24 carats of diamonds, no less—and water resistance up to 300m, Happy Ocean is sporty and elegant.



Perfect for exploring the ocean bed and lounging on the deck in style. **Chopard is available at #B1-107/107A The Shoppes at Marina Bay Sands and chopard.com**



High Performance

Take a step in the right direction with a pair of Jefferson Bloom shoes from Native Shoes, which features a planet-friendly alternative foam. With its Bloom foam technology, the Canadian company has replaced a percentage of plastic used in conventional EVA (ethylene-vinyl acetate) shoes with repurposed algae

biomass harvested from lakes and rivers. An algae harvest for one pair of shoes restores 80 litres of filtered water right back into the environment—equivalent to the amount of water an average person consumes over three months. The slip-on shoes are lightweight, hand washable and great for water activities. **Native Shoes is available at nativeshoes.com**



WHAT'S ON

in Mar and Apr

Grounded

Based on a book of the same name by George Brant, Singapore Repertory Theatre retells the story of a former fighter pilot reassigned to operate military drones. Journey with her as she finds the boundaries between her workplace—a windowless trailer in the Las Vegas desert—blurring with the world she patrols far away. Her imminent reality dawns on her: She is grounded! **Price: From \$45, 7 to 16 March 2024, KC Arts Centre - Home of SRT, sistic.com.sg/events/grounded0324**



Music for The Sistine Chapel

Take a journey down history with a renaissance music concert by British vocal ensemble The Tallis Scholars. The group, founded by musicologist Peter Phillips, takes inspiration from The Sistine Chapel Choir. Even if you are not familiar with traditional Roman choral works, the synchronised singing that characterises ensemble singing will have you rooted to your seat.

Price: From \$36, 14 March 2024, Esplanade Concert Hall, esplanade.com/whats-on/festivals-and-series/series/voices-series/music-for-the-sistine-chapel



Backstage Betrayal

The leading man of Strawlines Theatre Company dies a mysterious death backstage during a play debut—and the audience have to crack the case.

This one-of-a-kind immersive experience is a play by Krish Natarajan of Sight Lines Productions. Was it suicide, murder, a betrayal? What will you uncover? **Price: From \$68, 24 April to 11 May 2024, KC Arts Centre - Home of SRT, sistic.com.sg/events/backstage0524**



Vansire

Esplanade's Mosaic Music Series features Indie-pop duo Josh Augustin and Sam Winemiller of American band Vansire. The multi instrumentalists have released three albums, two EPs and one live album since they began and have over 10 million plays and an equally high number on YouTube. Expect their unique brand of introspective lyricism and vivid imagery inspired by their travels.

Price: From \$58, 6 March 2024, Esplanade Concert Hall, sistic.com.sg/events/vansire0324

Mars: The Red Mirror

The red planet has captured the imagination of humankind in more ways than one—cultures have revered it, artists have immortalised it and astrophysicists have made it a muse for the future. This version of the exhibition, which debuted in Barcelona in 2021, takes on an Asian lens and explores the planet's influence in Asian cultures through historical artefacts, original manuscripts, and even a meteorite. **Price: From \$20, till 7 April 2024, ArtScience Museum at Marina Bay Sands, marinabaysands.com/museum/exhibitions/mars.html**



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

FUN FACTS

Deep End

SOME OF THE MOST EXCITING
DIVE SITES IN THE WORLD.

5 THE BLUE HOLE IN DAHAB, EGYPT, AT THE EDGE OF THE RED SEA, IS CONSIDERED ONE OF THE MOST DANGEROUS DIVES. ITS CAVERNOUS TUNNEL AT A DEPTH OF 56M DOWN A 120M SINKHOLE IS KNOWN AS DIVER'S CEMETERY, HAVING CLAIMED THE LIVES OF SOME OF THE WORLD'S BEST DIVERS.



4 **Blackwater or night diving at Kona, Hawaii,** is as spectacular as it can be nerve-racking. At a depth of 15m down a pitch dark sinkhole lies a **bioluminescent** world of colourful and pelagic creatures, including **jellyfishes** as they rise to the surface to feed.

1 One of the most beautiful dives in this region is the 1.5km-long **Monad Shoal** in the **Philippines**. The shoal has a 200m drop, but the special sights of the dive emerge at 20 to 27m: A spa for **thresher sharks**. Monad Shoal is a real life aquarium of bluestreak and the moon cleaner wrasse that clean the skin, gills, and mouth of thresher sharks from **ectoparasites** and **gnathiids**.



Running 305m across and 124m deep, **Lighthouse Reef, Belize**, is regarded the most beautiful site in the Caribbean. Divers descend 40m down its Great Blue Hole—a shape formed as a result of a collapsed cave—to explore a magical world of stalactite remnants.

3 The 315m-deep **Eagle's Nest Sinkhole** in the western area of **Florida's Weeki Wachee** is known for its mesmerising underwater cave system. While it features grand chambers entitled the ballroom, super room, and the pit, there are also smaller and darker **nitrogen narcosis**-inducing passages at 91m depth.







LUXE LIFE

BEACH & BEYOND

Passionate marine conservationists, inspiring profiles, and enterprises and destinations that underscore sustainability.

Scenic coast of Albufeira in Portugal's Algarve region.





The Iberian Peninsula is home to some of the most beautiful beaches in Europe with Spain's sun-soaked shores—from Barcelona to Valencia—getting most of the love.

Little known to many travellers from outside the region is Portugal's magical Algarve coast. The azure waters of the Atlantic Ocean that lap against the golden beaches and resorts of Albufeira and Lagos is a draw throughout the summer, while the terrains and towns in the North offer sublime, nature-filled retreats and masterclasses in Portuguese architecture and heritage. Luxury travel experiences, golf courses, and Michelin-starred dining experiences seal the deal for any discerning globetrotter.

The Algarve coast understands its charms, and has, over the past few years, spearheaded many sustainable initiatives to ensure the beauty continues. The coast's push for ethical tourism, marine and reef preservation, and minimal impact fishing practices go hand-in-hand with Portugal's overall vision for sustainable tourism that it hopes to achieve by 2027.

If you are planning to visit the Algarve coast, here are some sustainable sites to visit.

WAVES OF CHANGE

PORTUGAL'S ALGARVE COAST UNITES STUNNING SHORELINES AND LIVING HERITAGE WITH SUSTAINABILITY INITIATIVES BOUND TO APPEAL TO ECO-CONSCIOUS TRAVELLERS.

TEXT BEATRICE BOWERS





Clockwise from right: The main streets of Albufeira. Migrating bottlenose dolphins swimming near Benagil caves. A seasonal appetiser at Al Quimia. The rock formations around Benagil caves.



ALBUFEIRA

Today, Albufeira is the largest resort city along the Algarve coast, but it has lived many lives. The former Roman and Moorish settlement rapidly evolved into a fishing hub in the 20th century. Overfishing has had an impact on the populations of about 889 species of local marine life. The health of the local reef was also challenged, however, recent preservation activities like the creation of the Natural Marine Park of the Algarve Reef have proved restorative.

One can find plenty to do along the coast here. From May to October, the warm ocean water attracts pods of bottlenose and common dolphins, which nature enthusiasts can observe from a distance via a sustainable dolphin tour. These tours are usually bundled with a visit to the Algar de Benagil, one of the region's most awe-inspiring sea caves and a must-see when in Albufeira.

A stay in the city is also incomplete without sampling some seafood. Canned sardines are a specialty here and are readily available at many small, local groceries. The fish are caught via the low-impact purse seine method, then prepared and canned within the region—even the city.

On the subject of food, keen gourmands will be happy to note that the Algarve is home to a handful of celebrated restaurants. In Albufeira, a table at Al Quimia is a must if you want to experience the best of farm- and sea-to-table cooking, as well as the best Portuguese wines.

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 6305 6988, frontdesk.sc@one15marina.com or membership.sc@one15marina.com.





MONCHIQUE

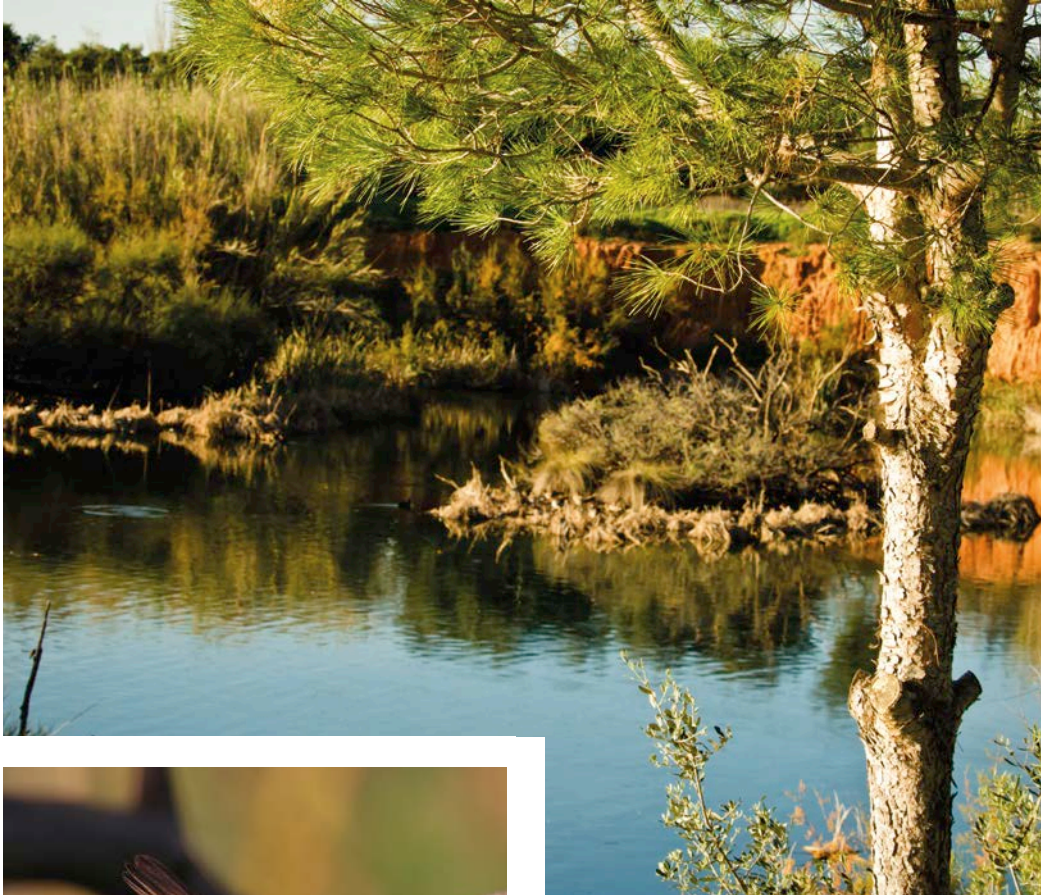
Immerse yourself in the diversity of landscapes that Algarve has to offer with a day trip to Monchique. The municipality should be on the bucket list if you enjoy hiking—its mountains and forests offer terrains for hikers of all levels. The towns and villages of Monchique are also where native crafts and culinary techniques are preserved, with ateliers and cooks open to sharing these skills with curious travellers. Booking an experience with eco-tourism companies like Algarvian Roots is one of the best ways to maximise your time in Monchique. Their experiences prioritise immersion in nature and connection with communities. A day in Monchique, for example, includes a guided hike, followed by a traditional Southern Portuguese meal, and then a visit to an atelier. At these ateliers, travellers learn the importance of preserving traditional Portuguese handicrafts, from pottery to olive soap making. You then get to DIY!





Clockwise from top: Rock formations in the Monchique plains. A traditional Portuguese stew. Pottery-making classes with Monchiquan craftspeople. Hikes up the Serra de Monchique. A European bee-eater.



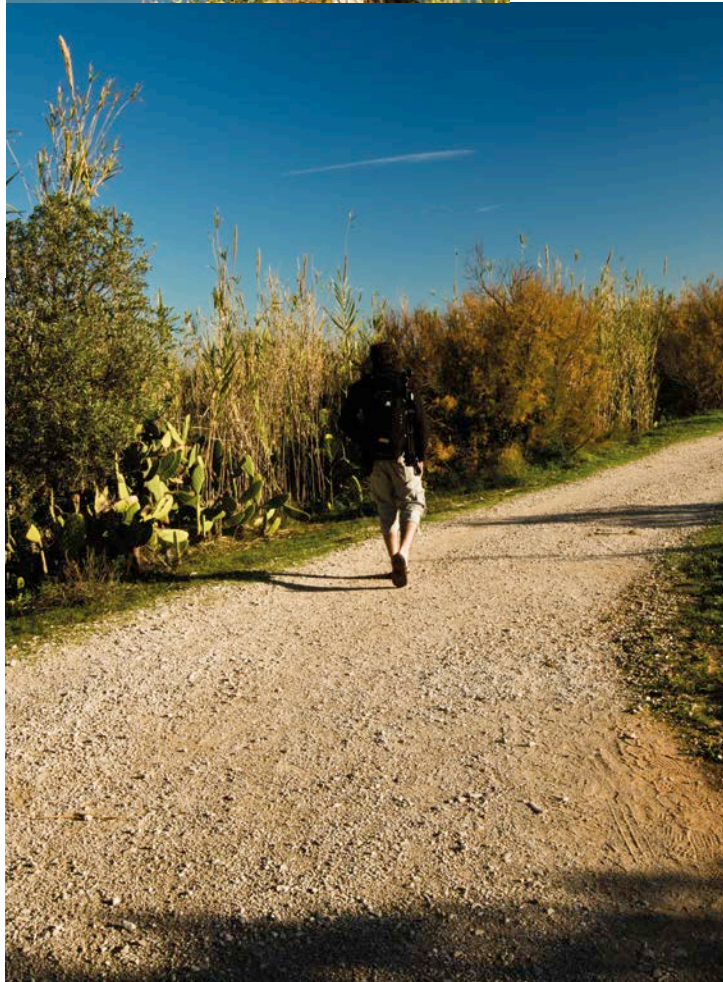


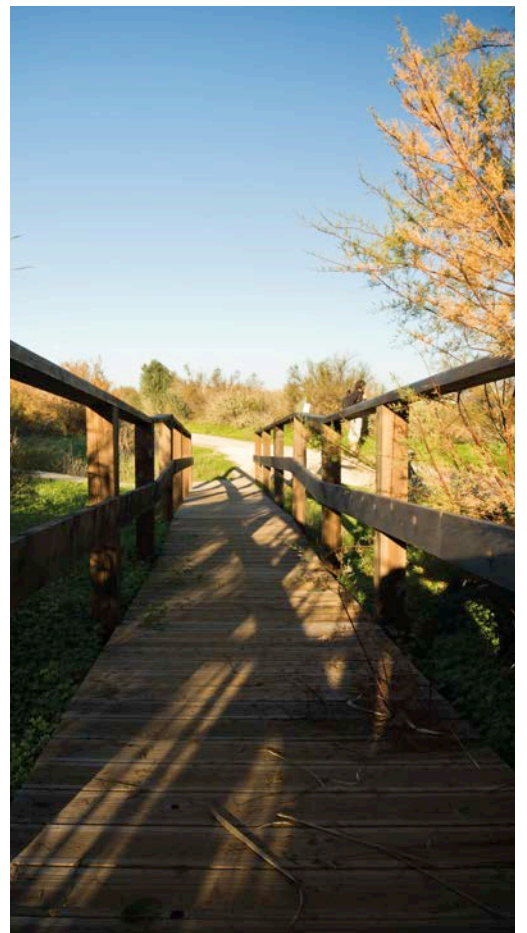
Clockwise from left: A lagoon in Ria Formosa. Ria Formosa Natural Park is home to flamingos almost throughout the year. A flying white stork or *Ciconia ciconia*. Trails around the natural park. A brown bush warbler.



RIA FORMOSA

A different type of waterfront experience awaits at the Ria Formosa lagoon, one of Portugal's seven natural wonders. The Ria Formosa Natural Park comprises wetlands and a selection of islands, including beaches and campsites, spanning about 60km from Faro to Tavira. The rich flora and fauna here are a main draw for tourists, especially avid birdwatchers. In Spring and Autumn, Ria Formosa becomes a safe haven for over 30,000 birds from all over Europe. One can watch these birds in flight without compromising the ecological balance of the protected natural park via solar-powered boat tours, or guided hikes. The park is also home to a handful of endangered species, including the European chameleon and two types of Hippocampus seahorses. 📷





17



PLAY

Algarve's azure waters are made for sailing. If you're an avid boater, be sure to make the Marina de Lagos (marinadelagos.pt) your port of call. The marina is also home to a luxurious resort.

SILICON SAGE

PRAGMATISM MEETS PASSION IN THE SUCCESS STORY OF TECH TYCOON SERG BELL.

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

“I think home is an outdated concept, I don't actually have a home,” starts Serg Bell. “The world is very small. I live in different places but I'm a citizen of Singapore, so it's my country.”

He was born in the Soviet Union, but the serial entrepreneur and tech tycoon has spent the last 30 years of his life in Singapore. “A number of accidental events in my life and business meant that I spent more time in Singapore, so I decided to stay here,” he surmises concisely.

Serg's resistance to stereotypes is upfront as it is obvious. Politely vehement and guarded as he is, his responses are surprisingly detailed and contemplative, and his observations, logical and scientific to a fault. He is someone who would look at an application form and treat the standard questions of name, home address and destination as existential questions.

Serg has nine children from different marriages and relationships—the oldest is 33 years old and the youngest that he shares with his current wife is three months old. Five of his children are Singaporeans themselves and four are American. His global outlook may be understandable, but how Serg expresses is very individualistic.

PAVING THE PATH

The events that led him here were circumstantial, but not everything in his life was against the natural order. Serg was born into a family of physicists, so that became his academic choice. He completed his Master's in Physics—his thesis was in theoretical physics of nonlinear systems—and closed the loop with a PhD in Computer Science.



However, faced with the imminent collapse of the Soviet Union, Serg dipped his toes in a variety of jobs. From a stevedore to barman, security guard and construction worker to even field work in agriculture, Serg tried his hand at many things. He also dabbled in a few business ventures, including a trading company and a centre to train talented children to excel in science and maths competitions and ace their entrance examinations for prestigious universities in the Soviet Union. It eventually led to him setting up a company that manufactured computers—which would change the course of his life. “This was the first time I felt like I was involved in a business,” admits Serg, recalling his 19-year-old self up until then going with the flow rather than with a plan.

Today, Serg has his name behind a few tech companies, including cyber security software Acronis, desktop visualisation provider Parallels, and service automation platform Odin. He also started venture capital firm Runa Capital. These are not in the order of initiation nor do they encompass the entire list of companies he has founded so far.

Serg’s latest baby is Constructor Group—a new generation institution invested in science and technology education and research, and which invests in companies that have a similar focus. The company therefore has three entities: Constructor Knowledge, Constructor Technology and Constructor Capital.

It is headquartered in Switzerland. But they have employees in Bulgaria, Serbia, Turkey, Singapore, Switzerland, and Bremen, Germany, which is home to Constructor University’s largest campus with students and professors from over 120 countries. “It is based in this universe,” he explains.

“Today in order to win, you have to have the best people, and best people, they are everywhere. Sometimes, you can’t convince them to move. So you hire them where they are.”

INSPIRED BEGINNINGS

One could put his business acumen and outlook to his educational background, but his sapient approach to life goes further back to his childhood. Serg was a sickly child, and was therefore homebound, so he found refuge in books—he read every kind of book.

“This was the 70s and 80s and there was no Internet, we lived in a small apartment. We didn’t

have a television at that time and I could not go out, so I read books,” he explains. “There was simply nothing else to do.”

But reading books is still a big habit. It comes as no surprise that almost every statement would be punctuated with quotes, teachings and ideologies—from scientists, political leaders, musicians, spiritual leaders and more. Genghis Khan’s ideologies pop up as well revealing a unique autonomy in reading and learning.

They are not his role models, he is quick to clarify, adding that it would be simple minded to try to replicate what these leaders from the past did. “For example, Lee Kuan Yew is a great leader, and honestly someone that I think is very respectable, but you cannot do what he did in other contexts,” he stresses. “These people are advanced individuals because they extracted maximum possibility out of their circumstances, but their circumstances were unique.”

STEADFAST PROGRESS

Well-considered and pragmatic concepts, but they have held him in good stead. At the age of 52, Serg has more successful entrepreneurial ventures in his name than some of the biggest names in the business world.

Various factors contributed to that, he admits, from his educational qualifications to his network, and possibly, the fact that he “was not that unlucky”. But what is unarguable is that he persevered—taking mistakes, failures and challenges as part of the package.

“If you have enough imagination, then it is better to have progress, and if you want to progress, then you don’t stop,” he surmises. “You have to want it—wanting something is a choice, like religion is for some people. My religion is knowledge and progress.”

Serg works hard for his “religion”, starting his day at 6am and working almost right from the time he gets off his bed. “I would like to start at 7am and finish my day at 9pm, but there is too much to do now, so I finish at 11pm,” he says in earnest.

If you do what you love, it is the best way to relax, they say. “I don’t do relaxation,” says Serg categorically. The reason for that is that he does not consider his work, work. Squashing another stereotype, he continues that he has also always believed in liking what he does, not doing what he likes.

“It’s not that I particularly like cyber security or I liked venture capital before that or the other things that I founded. But when I was doing them I liked them. And I like Constructor now. That’s my focus. I hope that I will like it so much that it’s the last thing I will do, but I don’t know,” he shrugs. “It is one of the most complex projects I have been involved in.”

I should have learnt my lesson by now, but it seemed the right time for a philosophical question: What gets you up every morning? Pat comes the reply, “my alarm”. 📻

SERG’S TOP 3

RECHARGE

I try to allocate at least seven hours for sleep. If I could sleep more, I would like to, but it is not possible because of work. Nothing else helps you more—you need seven to nine hours of sleep depending on your body.

FITNESS

Exercise is important to me and is part of my day. I wake up at 6am and exercise while looking at emails or taking calls. Then I typically play a game of tennis at the Club at 7am. My office has 10 machines, so I walk, train on the bike, or do my abs workouts while taking conference calls.

FOOD

I don’t have a favourite food. I don’t eat a lot and I don’t drink alcohol anymore. Food apparently is bad for health, but I don’t consume too much sugar, salt, carbohydrates or fat anyway because I don’t eat much.



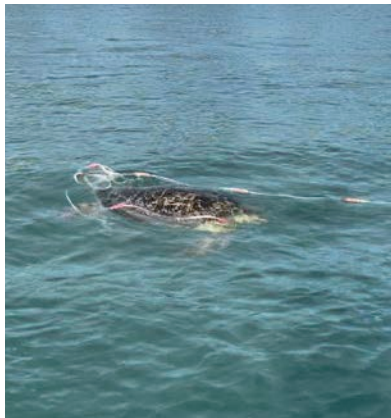


20

RESCUE IN THE DEEP

A REGULAR SATURDAY ON HIS JET SKI TURNED OUT TO BE A MARINE RESCUE OPERATION FOR TECH PROFESSIONAL SCOTT TUCKER. HERE THE NEW ZEALANDER SHARES HOW HE AND BRITISH HOTELIER AND AVID SAILOR ANDREW KEMP WERE ABLE TO SAVE LAZARUS ISLAND'S PRECIOUS MARINE LIFE.

TEXT AND IMAGES
SCOTT TUCKER



This happened one weekend as I was going through my Saturday morning routine on the water—jet skiing around the Southern Islands is my favourite thing to do when the sun comes up.

On 18 November as well, I went out at about 7.30am. When I got to Lazarus Island, the bay was empty except for a sailing yacht. I went towards the beach and noticed a line semi-submerged in the water—it looked like a trawling line or perhaps, a net drifting towards the beach. However, as I got closer, it seemed a bit more deliberate. It was tightly stretched from almost one side of the bay to the other, probably 100m long or more, about 50m off the beach.

As I turned back the other way and followed it, I found a large sea turtle tangled up in the net—and in a state of panic trying to free itself.

TANGLED MESS

The waters around Lazarus Island were designated a marine protected area by the Maritime and Port Authority of Singapore (MPA) in 2014, as it is a part of the marine park located in Southern Islands planning area. So I was surprised to see such a large net in the area. What was even more shocking was that the sea turtle was a critically endangered hawksbill, and large for its kind—about 1.5m from tip to tail.

It was quite gut-wrenching to watch—to think that the life of such a peaceful and harmless friend of the ocean would hang in the balance because of someone with the wrong agenda. It made me very sad and helpless at the time as I didn't have any tools on my person to help cut it free.

So I messaged ONE°15 Marina and SYC Powersports and requested them to contact the MPA and get help.

I then went back towards the sailing yacht I had seen earlier to tell them about what was happening. The skipper Andrew Kemp quickly grabbed a knife and climbed on the back of my jet ski so he could cut the line and free the turtle.

We approached the net and Andrew jumped in only to discover that the turtle was tightly caught up in the net. He started cutting the lines—I had to pull up on the jet ski and lift the turtle to the surface while Andrew cut the net. The petrified animal was scared of us at first, but soon seemed to realise that we were there to help and started to relax so we could get it free.

We finally managed to get it free and we decided to get the net out of the water so that other animals or people would not get caught. I knew that a lot of boats would come in later in the morning and leaving it there would be dangerous.

As we were hauling it in, we noticed the turtle had swam into the net again about 30m away. So we had to cut it free twice. It was quite deflating when it went and got caught again in the net after we had freed it.

This made us even more angry at the person who had callously laid the net. Andrew mentioned that they had seen a fisherman come in at about 10pm the previous night and he was asking weird questions like “what is this place?” even though he had his location on GPS. They thought he was probably out squid fishing. It wasn’t until now that the enormity of the mess the fisherman had created dawned on us: He had laid a massive net right across Lazarus Island.

Regardless, it needed to be removed, not just for the sake of the turtle, but also for the safety of the boats and passengers who would be coming to the bay later—families with children swimming and paddle boarding could get caught up in this net like the turtle did.

DAMAGE CONTROL

We cut the 100m long net into pieces so we could drag it to shore with the jet ski. By this stage we just wanted that net gone, so we cut it in the middle and dragged the first end out. However, as we were clearing the other end, we noticed that there were two stingrays also caught in the net. Andrew managed to free the first one.

Then the fisherman arrived in his long boat—saying that he was from Changi and was trying to catch a stingray. He seemed to have no idea what Lazarus Island was or why this was all such an issue.

We told him that he couldn’t fish here, and how we had just rescued a turtle from his net. But, he just kept repeating that he was fishing for stingrays.

His sheer ignorance annoyed and angered us even more. We just told him to collect his nets and get out of there. We also told him to remove the rest of the net on the other side of the bay which he proceeded to do. As we went to oversee what he was doing, he pulled up the net, and there was another larger ray. He just pulled it into his boat.

By this time, MPA personnel had arrived and we jet skied over to them and gave them all the details along with photos and videos.

The fisherman went ashore to recover the part of the net we had dumped there. MPA left and shortly after the fisherman was seen being questioned by the police at the beach.

I was very upset to learn that the same fisherman returned to Lazarus Island later that day and caused more chaos. A luxury yacht charter found another net, and while pulling it up found two more turtles, one dead and the second one died while being taken back to the marina. I heard the net had also grounded a boat that afternoon.

I really wish that there can be more awareness about the important roles these marine animals play in balancing the ecosystem of our waters.

A few hours later, Andrew and his crew who were still in the yacht, saw the turtle surface nearby, as if to say “thank you”. It was very heartwarming to hear that the turtle was ok. From Andrew’s description, it did look like the turtle had come back to say thanks!

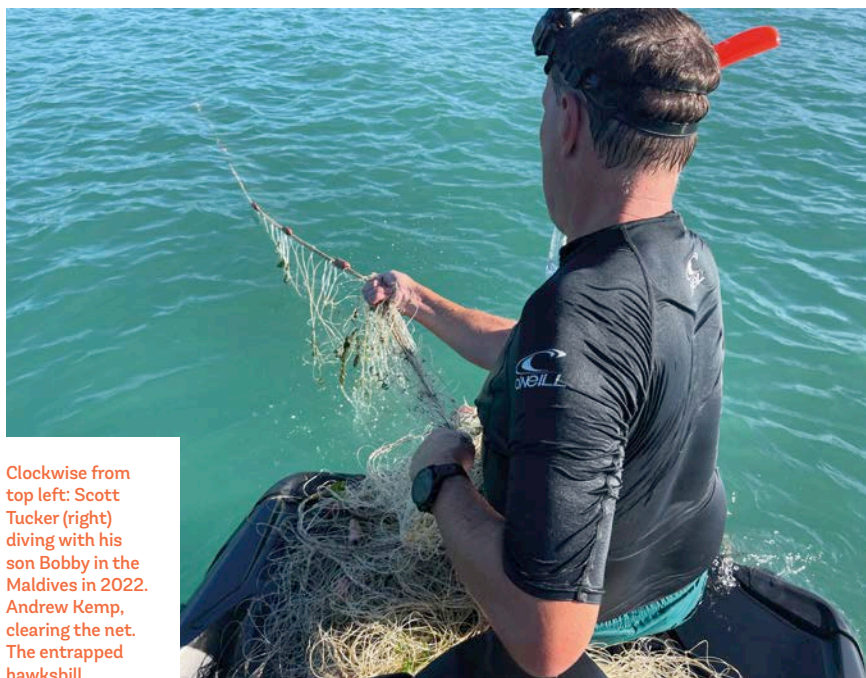
My wife and I were jet skiing around Lazarus Island a few weekends ago and we saw a large turtle swimming in the same place that we had done our rescue. It looked similar and was about the same size, so I hope it was the one we rescued enjoying life around Lazarus Island. 🐢

FAST FACTS ABOUT TURTLES

Marine turtles are known to have been around on our planet for more than 100 million years and lived alongside dinosaurs.

Loss of habitat and ghost nets are some of the biggest threats to these gentle sea reptiles. Ingesting plastic—which they mistake for food such as jellyfish—is another danger to marine turtles.

The hawksbill is one among seven species of marine turtles and one of the world’s most endangered reptiles. It gets its name from its pointed beaks that resemble those of birds. Known as guardians of coral reefs, hawksbill help preserve reef health by removing prey such as sponges from their surface, thereby providing better access for reef fish to feed.



Clockwise from top left: Scott Tucker (right) diving with his son Bobby in the Maldives in 2022. Andrew Kemp, clearing the net. The entrapped hawksbill.





BLUE ECONOMY

TOM PEACOCK-NAZIL, CEO AND CO-FOUNDER OF SEVEN CLEAN SEAS, AND WINNER OF BLUE WATER HEROES AWARDS 2023 MAKES PLASTIC POLLUTION HIS BUSINESS.

TEXT SANDHYA MAHADEVAN

Malaysian-Brit Tom Peacock-Nazil and his girlfriend, now wife, Brazilian Pamela Correia were spending one of their most idyllic afternoons on pristine “paradise-like” Sunrise Beach in the Island of Ko Lipe in Thailand. They loved it so much that they decided to go back the next morning. What Tom and Pamela witnessed there led to the founding of non-profit organisation (NGO) Seven Clean Seas (SCS), an ocean cleanup organisation based in Singapore.

An overnight storm had washed over enormous masses of plastic. “There was a huge floating patch of plastic in the water just where we were swimming yesterday,” recalls Tom. “I don’t think I’ve seen a bigger contrast in life. The place went from this paradise to literally a world of plastic pollution. It was a really eye-opening moment.”

The couple decided then and there sitting amidst the damaged environment that they would set out to create some awareness on the situation of marine pollution once they got back to Singapore, which the finance professionals made their home in 2013.

SCS began as a beach cleanup before transforming into a corporate social responsibility (CSR) venture that worked with large companies, including Hewlett-Packard, Netflix and Amazon Web Services. Today, it is a marine conservation and social organisation with a full-fledged Materials Recovery Facility in Indonesia and 110 employees across its offices in Bintan, Batam, Bali and Singapore. They were the first organisation to set up a plastic offsetting business, and one of the first to factor fair employment into the economic model of waste management—all of its employees are paid industry minimum wage, work on a five-day week basis, and enjoy equal benefits as the legal employment sector.

In 2022, SCS entered into a partnership with Thai Buddhist temple Wat Chak Daeng to introduce a low-tech, low-cost, and scalable River Plastic Recovery technology, that is powered almost entirely by renewable energy. This HIPPO or High Impact Plastic Pollution remOver automates the collection of plastic from the Chao Phraya River to stem its flow into the ocean. SCS is also looking to expand to the Philippines.

In November last year, Tom, on behalf of SCS, won first place in the 2023 edition of Blue Water Heroes Awards—part of ONE°15 Marina's annual marine conservation event, Blue Water EduFest.

The avid diver now lives and works out of Uluwatu in Bali with wife Pamela and their two-and-a-half year old son Jack, and travels the region to build the organisation with their third co-founder, fellow Brit Ben Moody, a Biological Sciences graduate, whom he met in Singapore.

To date and counting, SCS has recovered two million kg of ocean plastic, and is committed to recovering 10 million kg by 2025 from the top seven worst plastic polluted countries in the world.

Tell us about your connection to Southeast Asia.

I'm a British citizen, but my father is from Malaysia, so growing up, I used to spend pretty much every summer holiday in his hometown in Gopeng in the state of Perak. My grandad was a farmer—my uncle has taken over now—and I would go with him everyday and just hang out with the cows; my cousins and I would run around catching geckos. For a kid growing up in England, staying in a kampung in Malaysia was the most exotic thing in the world. It did instil a lot of connection to nature for me and it's always been a big part of my identity personally.

How has the switch from the corporate world to conservation been for you?

When I was a kid, I wanted to be a zoologist above anything else—Steve Irwin and David Attenborough were my absolute heroes. I had this notion in my head that I would go to Africa and work in a safari. Then I grew up and ended up getting into the cycle of making money. After graduating in International Business Studies from Nottingham Trent University in the UK, I worked in the corporate world for about 10 years.

Clockwise from top left: Seven Clean Seas' Bintan team at work. The three co-founders, from left, Ben Moody, Pamela Correia and Tom Peacock-Nazil. Tom receiving the Blue Water Heroes Awards trophy from the Club's Chairman and CEO Arthur Tay.



I dotted around in recruitment, shipping and finance industries—I was never really happy in any of it. I used to literally count down days as percentages as the week went on, which was super toxic.

Today, I work three times as hard on a weekly basis, but not once have I woken up and felt like I didn't want to go to work. It's wonderful to see what we have built and the rivers we have cleaned. So yeah, I'm one of the very fortunate ones that most people probably hate because I actually really enjoy my work.

How did SCS' presence in Indonesia come about?

Our first project was actually supposed to be in Desaru, Malaysia, with German company Einhorn, which manufactures their vegan condoms there. They hired us to offset their plastic consumption—required by medical grade in their packaging—by clearing ocean plastic from the waters. We did a few events successfully, but then COVID-19 hit, our revenue stream stopped, and Malaysia was completely inaccessible to us.

Then we got into a discussion with Andrew Dickson, founder of eco-haven, Bintan's Nikoi and Cempedak Islands, who was forced to furlough quite a bit of his staff due to the pandemic. Pamela and I were still working fulltime and we had about \$60,000 within the business bank account, so we decided to employ those staff under SCS to do environmental cleanup on a daily basis. The plan was to leverage that internationally to generate funding to grow the organisation. There was absolutely no guarantee that this was going to work. Worst case scenario, we would have given people employment through a very difficult kind of time of their life. We were lucky to get a US\$100,000 grant from Microsoft to build projects. We had three teams in Bintan, we set up our first charity, a yayasan, there—it all happened rather organically. Our Indonesia General Manager Siti Kusmiati—she is my absolute hero—held the fort throughout, working with us remotely. I got to go visit the projects and meet her for the first time only after the pandemic.

What are your thoughts on the role of capitalism in the NGO space?

There are good things and there's a lot of bad things about it, but the bottom line is we live in a capitalist society. It is unrealistic to think that we can solve the big problems we are facing today in a way that is not in synergy with the way the world works. It's not enough to have an NGO that creates incredible impact, it needs to be able to scale—one cannot rely on philanthropy in perpetuity to cover that cost. SCS is in a unique position where it builds, owns and operates its own projects. Today, we are equally an environmental- and social-impact organisation that promotes fair employment. That is something that I never saw coming, to be honest—it's just a result of the way we decided to build the organisation.

What about sustainability in your own life?

It has been an interesting journey. The biggest challenge for us has been around bringing up a child. It's embarrassing to admit, but we only lasted a couple of months with reusable diapers—it's really hard with both Pamela and I in the business and managing a child. So that was a definite failure. I'm a true believer that we are not going to change this world with 5 per cent of people being perfectly sustainable; we will change the world when 90 per cent of the people are conscious and make better decisions. That collective force of change is way more powerful than perfection. 🌱





KIND FOOD

FOOD INFLUENCERS,
HOMECOOKS AND
PASSIONATE BLOGGERS
WHO COMBINE THEIR LOVE
FOR FOOD WITH THE NATURAL
ENVIRONMENT THROUGH
PLANT-BASED RECIPES AND
ZERO-WASTE LIFESTYLES.

TEXT SANDHYA MAHADEVAN

Anne-Marie Bonneau

@zerowastechef

Her Instagram handle is self explanatory. Canadian blogger Anne-Marie Bonneau has been fighting the good fight against plastic for two decades now. Her book, *The Zero-Waste Chef: Plant-Forward Recipes and Tips for a Sustainable Kitchen and Planet* outline her advocacy against food waste.

Bonneau's official break up with plastic happened in 2011, and soon turned her attention towards food packaging and waste. From carrying her own grocery bags, containers and jars, to planning a meal based on what was in the refrigerator—rather than zero-in on a menu first and shopping for ingredients—she shares tips and tricks through her blog posts and Instagram feed. Think a vegan apple crumble with almond pulp leftover from homemade almond milk and overripe apples. Or, a sourdough pita bread from an unfed sourdough starter discard.

Bonneau's feed may not be “ahh” inspiring in the traditional sense, but her tips and recipes ooze creativity and have a certain relatability that is endearing as it is confidence-boosting. Conscious cooking need not be an intimidating aspiration.

FUN FACT

Only 1 to 3 per cent of plastic bags are recycled worldwide. It is believed that they remain toxic even after they break down. Plastic photodegrades—it breaks down into smaller and smaller toxic bits that contaminate the environment.





Kate Hall

@thefullfreezer

British home cooking consultant and food waste advocate Kate Hall has an interesting approach to curbing food waste in households: Using your freezer. Her Instagram handle may jump at you with a bit of a jolt, but rest assured Hall is not promoting processed and frozen meals. Nor does she promote batch cooking—in fact, she is all about cooking from scratch.

Hall's methodology focuses on the right way to freeze individual ingredients and food components in order to retain their life and freshness. Her preppy and friendly Instagram reels and stories, and blog posts have step-by-step hacks on everything from what to do with leftover soda and storing leftover cake to advance meal prep and hosting a no-fuss feast for Christmas. Her maxim of effective freezing, properly stored and labelled with the date, equals zero wastage and zero-stress wondering what you have in stock in your refrigerator.

Hall's Instagram has over 60,000 followers and she has been featured on top magazines in the UK including BBC Food.

FUN FACT

The concept of freezing as a way of food preservation has been in practise in cold temperatures for many years. However, it was first applied in industrial food in the early 1800s by a Russian company that shipped a small quantity of duck and geese to London.





Rachel Ama

@rachelama_

Blogger, author and social media influencer Rachel Ama turned towards veganism for health and planet reasons. Ama's goal is to debunk the myth of going meat- and dairy-free as translating to bland and uninteresting food. Going vegan does not need to bust your budget either.

Her YouTube channel, which she launched in 2017, is a delightful moving smorgasbord of tried-and-tested vegan versions of popular dishes, inspired by her Caribbean roots.

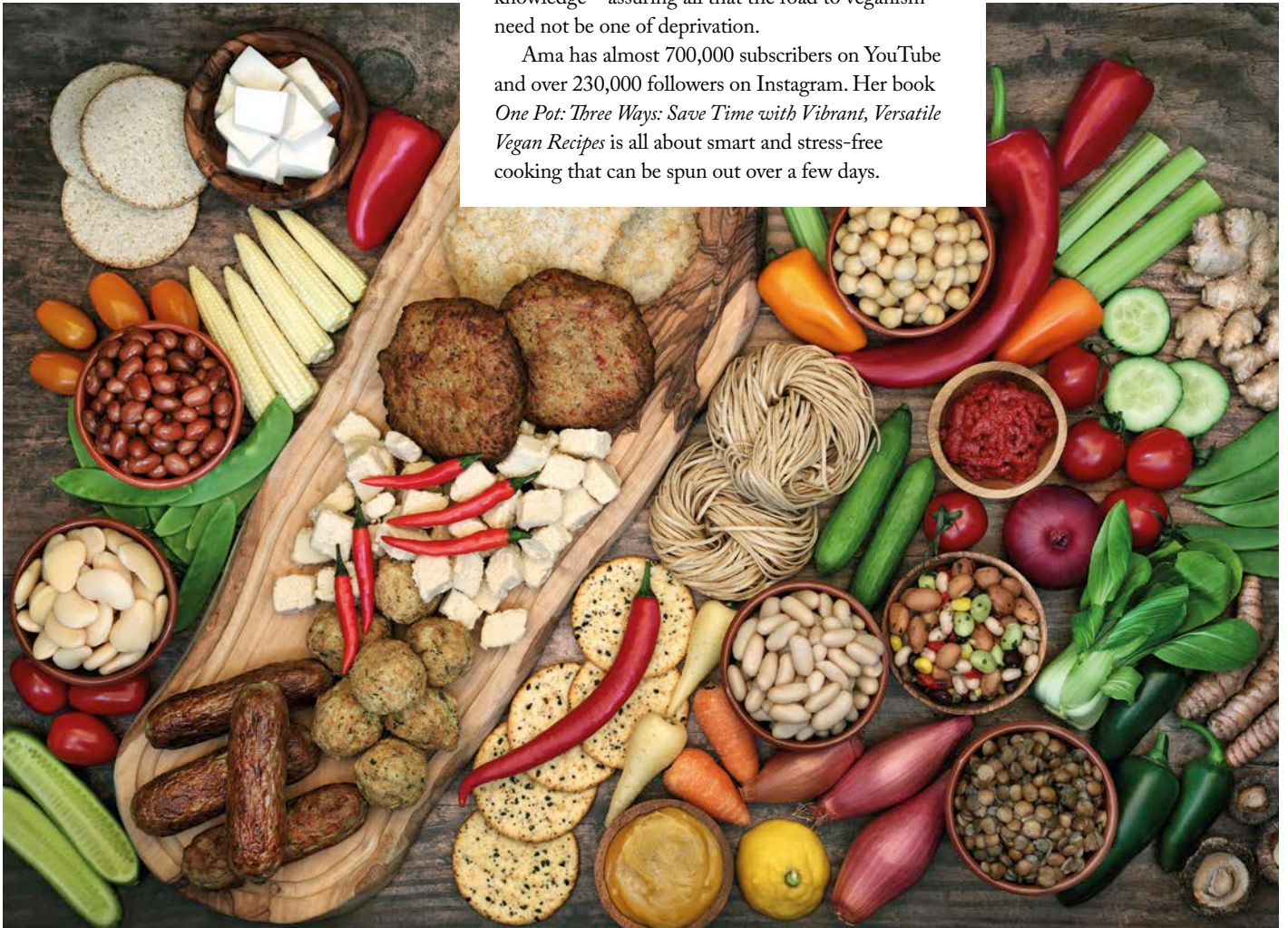
Her recipes suggest delicious substitutes to meat using jackfruit, cauliflower, butter beans and sweet potatoes. She also points her subscribers towards vegan alternatives to butter, cheese, as well as honey, and how they can get their protein fixes with tofu, tempeh, edamame, lentils and legumes.

Ama's secret, aside from her cooking prowess, is her friendly persona and willingness to share all her knowledge—assuring all that the road to veganism need not be one of deprivation.

Ama has almost 700,000 subscribers on YouTube and over 230,000 followers on Instagram. Her book *One Pot: Three Ways: Save Time with Vibrant, Versatile Vegan Recipes* is all about smart and stress-free cooking that can be spun out over a few days.

FUN FACT

The term vegan was coined in 1944 by Englishman Donald Watson in response to the desire of some members of the English Vegetarian Society wanting to form a section for non-dairy vegetarians. Watson simply took the beginning and end of "vegetarian"—and the world's first Vegan Society was born.





Rose

@cheaplazyvegan

South Korean blogger and influencer Rose is as relatable as they go. What with a handle that spells it out in no uncertain terms.

Her recipes underscore all things that matter to the influencer—cheap, tasty, healthy and Earth-friendly. But most importantly, her mission is to show that all this is possible in just 10 minutes. It is no wonder that she has 791,000 followers on YouTube.

Rose's feed is as colourful as her hair and spills over with delicious looking Asian dishes done with a vegan twist and influences from all the places she lived in as a child—Italy, Singapore and the UK, including the Great White North where she currently resides. Think vegan sushi, Korean soybean paste stew and vegan clam chowder stew. Her vegan take on roast beef using *milgogi* or seitan, which is made from gluten, will convert the strictest of meat eaters.

Alongside her easy-to-make recipes, Rose makes vegan living easy for her followers by posting her favourite finds in the course of her travels around Canada and the US. Her 100 per cent plant-based cafe in Calgary called saVeg cafe is her offering of love for food and all things living, and creative as they get—Vegan No Eggs Benedict, anyone?



FUN FACT

By adapting a vegan diet, an individual contributes to the annual preservation of more than 1.5 million litres of water, 1,000sqm of forest, and 3,300kg of CO₂—all the resources used up in raising livestock for meat and dairy.



FUN FACT

The history of vegetarianism can be traced to the Indus Valley civilisation (3300 to 1300 BCE). Greek philosopher Pythagoras, however, is said to have made it popular by adhering to a strict plant-based diet.



Richa Hingle

@veganricha

Seattle-based Indian food blogger and home chef Richa Hingle had a life-changing health issue that brought her focus to healthy eating, which she honed with her love for animals.

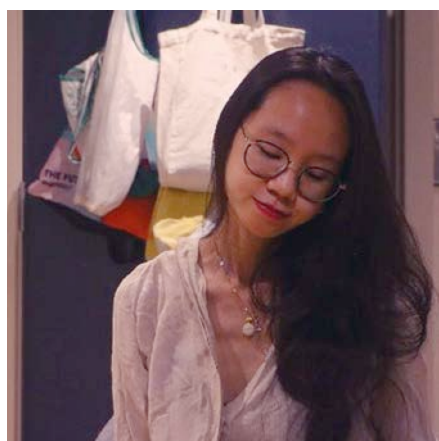
The software engineer took on baking and blogging as a hobby after a surgery in 2006 to remove a brain tumour, as postoperative balance and vertigo issues kept her from going back to work.

Today, Hingle has three cookbooks to her name, more than 47,000 followers on YouTube and 375,000 on Instagram, and has been featured on some of the top television shows including *Oprah*.

Her love for dogs—she took to fostering after her surgery—steered her and family's transition towards plant-based food. Hingle's blog is among the People for the Ethical Treatment of Animals' (PETA) "7 Must-have Vegan Cookbooks".

Her blog and Instagram feed are filled with simple yet delicious plant-based food recipes as well as veganised versions of popular non-vegetarian dishes made from healthy organic and non-processed ingredients.

From Indian favourites such as samosas—elevated into a pie—and paneer (Indian cottage cheese) dishes to glazed vegan meatloaf, wholesome casseroles and banana breads and vegan tiramisu, her feed is awash with bright and beautiful photographs. Eating well and consciously has never looked as good.



Gan Chin Lin

@tumblinbumblincrumblincookie

Singaporean creative Gan Chin Lin has been chronicling her vegan experiments alongside her digital work and food writing.

Currently based in York, England, Lin publishes articles about Singaporean and Southeast-Asian food history, its intersections with postcoloniality and nostalgia. Her objective is to remind people of conscious traditions that marked the history of food. Her recipes aim to present vegan cooking as a modality for a better future—which follows a natural balance.

She has contributed recipes to UK's *Sainsbury Magazine* as well as *The Washington Post*. Her Instagram page which garners 126,000 followers is a canvas showcasing her love for vegan food as well as photography—the vibrant page is so authentic that one can almost feel the juicy, spongy cakes and pastries adorning them. 🍰

FUN FACT

One of the earliest known vegans was the Arab poet and philosopher al-Ma'arri (circa 973 to 1057). He abstained from animal products for health reasons and belief in the transmigration of souls. His famous poem "I No Longer Steal From Nature" translated that belief.





CLUB BUZZ

MEMBERS ONLY

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

32

Seasonal menus, happy hour promotions, fitness for all levels, and luxurious staycations.

38

Exciting events and interactive workshops to RSVP to.



SPECIALS IN MAR & APR

LATTITUDE BISTRO

Taste of Spring Set Menus

March 2024

Enjoy a curated set lunch that takes the guesswork out of ordering. For a farm-to-table experience, choose from mains such as Spring Vegetable Risotto, Grilled Lamb Chop or Lemon Herb Roasted Farm Chicken. The two-course set offers the choice of a starter (Spring Pea Soup or Spring Green Salad) or dessert (Spring Berry Pavlova), while the three-course set includes both starter and dessert along with a main.

PRICE: \$38+ (Two-course)
\$48+ (Three-course)

Seafood Lunch Buffet

25 to 28 April 2024,

11.30am to 2.30pm

Savour the tasty offerings from the ocean—from Snow Crab Leg and Salt Baked Salmon to Boston Clam Chowder, Lobster Laksa, and more. The à la carte menu will still be available for those who have smaller appetites.

PRICE: \$58+

Seafood Dinner Buffet

25 to 28 April 2024,

6.30pm to 10.30pm

A scrumptious seafood spread awaits—from Crab Leg, Salt Baked Salmon and Boston Clam Chowder to dishes infused with local flavours such as Lobster Laksa and Chilli Crab. There is also an oyster bar, and the à la carte menu remains available.

PRICE: \$78+



WOK°15 KITCHEN

Live Tiger Prawns Flambéed with Shaoxing Wine and Herbs

March 2024

With every order of live seafood, take your meal up another notch with this sizzling dish at half the price.

PRICE: \$19+ (U.P. \$38+)

Fresh Thai Coconut

March 2024

Refresh yourself with this fortifying fruit packed with juice and pulp for half the price when you order any beverage (excluding Chinese tea and water). Dine-in only and not valid with other drink promotions.

PRICE: \$4+ (U.P. \$8+)

Dual-Flavoured Giant Red Grouper

April 2024

This highly-prized fish is a show-stopper at every gathering. Stir-fried with vegetables, its head is deep-fried while its succulent belly is well seasoned with salt and pepper.

PRICE: \$48+ (U.P. \$58+)

50% Off Second Bottle of Wine

April 2024

Get a second bottle of wine for half price this month. Pair chicken or seafood with a white wine from Australia such as Chateau Tanunda Established Chardonnay, 2023 (U.P. \$60+ per bottle), or accompany that steak or lamb with a red Lagarde Malbec from Argentina (U.P. \$78+ per bottle). Valid only on select wines.

PRICE: Varies



Bring Your Own Bottle

Tuesdays to Fridays

The Cantonese fare at WOK°15 Kitchen goes well with wine. Enjoy complimentary corkage when you bring your own bottle to the table.

PRICE: Complimentary

POOL BAR

Snack Platter

April 2024, 11am to 7pm

There's nothing better than a cold beer on a hot day by the pool. With every order of a beer shuttle, enjoy a snack platter worth \$30+, including chicken wings, fries and calamari.

PRICE: \$98+ (Beer shuttle)

BOATERS' BAR

St Patrick's Bundle Special

March 2024

Celebrate the patron saint of Ireland with this Irish-themed feast that comes with two of everything for your perfect date night. Think Guinness, Guinness lamb stew, Irish soda bread and Irish potato pancakes.

PRICE: \$58+, serves 2 persons

Trivia Night

31 March 2024

Unleash that brain power and pit your knowledge against pals at this exciting Trivia Night hosted by the quick-witted Quizmaster Colin.

PRICE: Complimentary

Sundown Steals

Ongoing

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

PRICE: \$8+ per tipple

Ladies' Night

Wednesdays

It's time for a girls' night out. Make it a night with your pals and get 50 per cent off your second drink, excludes \$8 Happy Hour drinks. Cheers!

Live Band

Thursdays, 7pm to 10pm

From radio-friendly hits to good old rock 'n' roll, groove to live tunes by OnEroX as you enjoy your meal at Singapore's only floating bar.



For orders and reservations: LATITUDE Bistro: Call 6305 6982, WhatsApp 9144 7124 or email bistro.sc@one15marina.com. WOK°15 Kitchen: Call 6305 6998, WhatsApp 8500 1015 or email wok15.sc@one15marina.com. Boaters' Bar: WhatsApp 9849 0115 or email boatersbar.sc@one15marina.com

All prices are nett unless otherwise stated.



FITNESS

Personal Training

Ongoing

Get your health on track with a customised fitness plan. A personal trainer can help you set attainable goals and tailor a targeted workout that will keep you in top form.

PRICES: \$135 per session

\$1,090 for 10 sessions

\$1,962 for 20 sessions

\$2,616 for 30 sessions

All sessions are for 60 minutes

Personal Training Buddy

Promotion

March 2024

Working out with a pal can be a tremendous boost to staying motivated on your quest for health. Enjoy fantastic discounts when you bring a friend along for personal training sessions.

PRICES:

\$1,308 for 10 sessions

\$2,398 for 20 sessions

\$3,270 for 30 sessions

Each session is 60 minutes.

All prices are for two persons.

Boxing Fitness

Thursdays, 10am to 11am

Get precise with your punches at this high-octane workout led by gym trainers who are certified in FIT Muay and Thump Boxing. Burn those calories and develop strength as you master the technical punches in style. The repetitive moves not only help build endurance, but you will continue to burn body fat for 48 hours post-workout. Boxing gloves are provided.

PRICES: \$40 (Member)

\$50 (Member's guest)

Member Referral Programme

Ongoing

Know another Member in the Club who is keen to kickstart their health journey? Refer them to sign up for 10 personal training sessions and you will both enjoy one complimentary Pilates Matwork or Gentle Yoga group session.

PRICES: \$1,090 for 10 sessions

Sculpt & Tone

Fridays, 10am to 11am

Catering to all levels, this class is designed to tone the abs, buttocks and thighs. Using both equipment and body weight, it combines strengthening and toning exercises to sculpt your lower body.

PRICES: \$16 (Member)

\$20 (Member's guest)

Gentle Yoga

Tuesdays, 6.30pm to 7.30pm

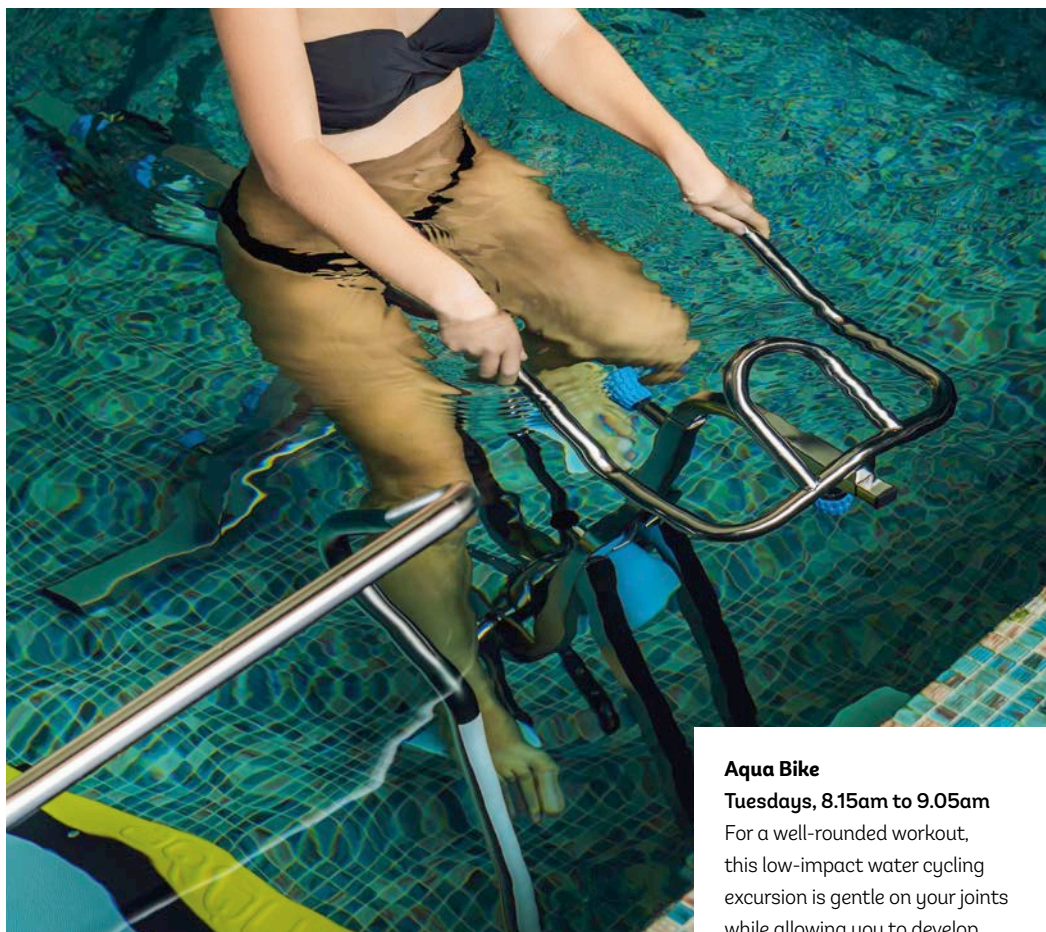
Wednesdays, 6.30pm to 7.30pm

Realign your body and reset through two types of yoga sessions. Sunset Yoga and Yoga Flow Vinyasa boost strength flexibility and mindfulness.

PRICES: \$30 (Member)

\$40 (Member's guest)





Pilates Matwork

Mondays, 10am to 11am

Enhance your strength and overall flexibility with this dynamic workout that focuses on developing the trunk muscles in your core while simultaneously toning your arms and legs.

PRICES: \$30 (Member)

\$40 (Member's guest)

Power Plate Vibration Training

Ongoing

Experience a total body workout in 30 minutes. You get a complete, full-body workout incorporating stretch, balance, core, strength-building and massage, all in only as little as 30 minutes.

PRICE: \$600 for 10 sessions

(30 minutes)

AQUA

AcquaPole & AcquaPole Boxing

Thursdays, 9.30am to 10.20am

Make a splash in the Infinity Pool while sculpting your body with these water workouts that firm up your core and boost your balance. Combine traditional boxing with kicks, punches and aquatic movements for a fun-filled session.

PRICES: \$40 (Member)

\$45 (Member's guest)

Hydrotherapy

By appointment only

Need relief for your aches and pains?

Book a personalised hydrotherapy programme with Yvonne Swim School to help address your specific health concerns. Its therapies are suitable for those with chronic diseases, diabetes, low back pain, osteoarthritis, stroke recovery and more.

PRICES: \$86 (45 minutes)

\$109 (60 minutes)

Aqua Bike

Tuesdays, 8.15am to 9.05am

For a well-rounded workout, this low-impact water cycling excursion is gentle on your joints while allowing you to develop cardiovascular fitness at your own pace. The buoyancy of water also means you can exercise comfortably.

PRICES: \$40 per lesson;

\$132 for 4 lessons (Member)

\$45 per lesson; \$155 for 4 lessons

(Member's guest)

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

Tuesdays, 4.30pm to 5pm and

5pm to 5.30pm

Thursdays, 4.30pm to 5pm, 5pm

to 5.30pm and 5.30pm to 6pm

Saturdays, 9.30am to 10am, 10am

to 10.30am, 10.30am to 11am and

11am to 11.30am

Give your kids a head start in life by nurturing their confidence in the water. With dedicated instructors at the helm, they will master essential swimming strokes while having a splashing good time. Beginners enjoy 30-minute sessions while intermediate and advanced learners have 45 minutes of instruction.

PRICES: \$112 for 4 lessons

Swimming Lessons –

Babies & Toddlers Group Lesson

(6 months to 3 years old)

Tuesdays, 4pm to 4.30pm

Thursdays, 4.30pm to 5pm

Saturdays, 9.30am to 10am

Led by qualified instructors who teach, your little ones will learn how to feel comfortable in the water as they learn the basics of breathing and coordination in a safe and fun environment.

PRICES: \$112 for 4 lessons

Private Swimming Lessons

Ongoing

These tailored sessions are not only enjoyable, but they also ensure a secure swim for everyone. Private instructors will help you refine your skills as they propel you towards competence and excellence in the water. Beginner sessions are 30 minutes while intermediate and advanced sessions are 45 minutes and 60 minutes respectively.

PRICES:

Private Lesson for 1 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. All prices are nett unless otherwise stated.





TENNIS

Private Tennis Lessons

Ongoing

Finesse your game with private tennis lessons that are designed to cultivate your strengths and finetune your weaknesses. With personalised one-on-one coaching from skilled coaches, look forward to focused guidance that will help you hone your skills and techniques.

PRICES:

Head Coach

\$109 for 1 player

\$60 per player for 2 players

Associate Director of Tennis

\$131 for 1 player

\$71 per player for 2 players

Director of Tennis

\$142 for 1 player

\$77 per player for 2 players

Cardio Tennis Drills Group Lessons

Mondays, 9am and 7.30pm

Enhance your performance on the court with these high-energy tennis drills that not only help to improve your footwork and agility but also boost your stamina and cardiovascular fitness at the same time.

PRICES: \$50 per player

(60 minutes)

\$71 per player (90 minutes)

Junior Tennis Group Lessons

Ongoing

Offering a well-balanced mix of skill development and fun, these relaxed tennis sessions keep your kids active after school while nurturing their interest in the sport. Tailored for children aged between 3 and 14 years old, these group lessons are designed to accommodate all skill levels.

PRICES: \$151.20 for 4 lessons

(3 to 5 players)

SAILING

Powered Pleasure Craft Driving License (PPCDL) Course

Weekends, 9am to 5pm

Instructors from the Singapore Maritime Academy (SMA) will help you refine your sailing skills in this technical course. Get a Certificate of Attendance upon completion, a crucial step towards qualifying for SMA's PPCDL test which is conducted at the end of the programme.

PRICES:

\$298/trainee (Member)

\$263/trainee

(Member's birthday month)

\$350/trainee

(Member's guest)

Opti Junior 4-day Sailing Course

11 to 14 March 2024 and 1 to 4 April 2024

Get your kids (aged 7 to 12) acquainted with all the aspects of sailing—from discovering how boats work to mastering rope techniques to working in pairs and with a team. Conducted by the Singapore Sailing Federation (SSF), participants will learn to navigate on board through wind, steering their vessel through exciting experiences at sea. Kids must be at least seven years old and be able to swim 50 metres without a flotation device. Lunch is provided. All participants will receive a certificate endorsed by SSF.

PRICES:

\$520 (Member)

\$620 (Member's guest)

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

DIVING

Discover Scuba

Ongoing

Experience the thrill of underwater exploration with White Manta Diving's Discover Scuba course—a great introduction to the basics of diving if you are not ready to commit to a proper certification course. Participants must be aged 10 years and above.

PRICES: \$137 (Member)

\$164 (Member's guest)

PADI Open Water Dive Course

Ongoing

Kickstart your underwater journey. Guided by a 1:2 instructor-student ratio, this equips you with the essential training needed before you embark on any dive.

PRICES: \$905 (Member)

\$1,070 (Member's guest)

Refine Scuba

(Diving Refresher Course)

Ongoing

Get a tune-up with this diving programme. Seasoned divers will get to refresh their core skills in mastering the mask, finning with finesse and achieving buoyancy.

PRICES: \$345 (Member)

\$405 (Member's guest)

OTHERS

Lockers for Rent

Ongoing

Stash your personal belongings in the male and female changing rooms. Minimum rental period of six months.

PRICES: \$65 (Small)

\$130 (Medium)

\$195 (Large)

Bicycles for Rent

Ongoing

For family-bonding fun, bike your way around Sentosa together. Each bike rental includes a complimentary helmet (or bring your own if you like). For those with their own bikes, helmet rentals are also available.

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

March 2024

Indulge your loved one with an intimate getaway at the Club, where you can spend some quality time and enjoy a 60-minute couple's massage at Spa Rael. Relax afterwards in a lovely room decked for romance that comes with a bottle of wine and complimentary non-alcoholic minibar with yummy snacks. Start the next day with a scrumptious breakfast buffet for two.

PRICES: Hillview Room:

\$488+ (U.P. \$709+)

Marina View Room:

\$528 (U.P. \$749+)

Foodie Escapade

April to June 2024

Be it a birthday, anniversary or a promotion at work, commemorate the occasion in style with a one-night stay in a celebratory room setup that also comes with a bottle of prosecco and a delicious charcuterie platter for your enjoyment. Live it up with a four-course dinner for two at LATITUDE Bistro and tuck into a hearty breakfast buffet the next morning.

PRICES: Hillview Room:

\$398+ (U.P. \$592+)

Marina View Room:

\$438+ (U.P. \$637+)





MIXED TENNIS SOCIAL

Date: Wednesday,
6 and 20 March 2024;
3 and 17 April 2024
Time: 7pm to 10pm
Venue: Tennis Court
Price: \$12 (Member)
\$18 (Member's guest)

Good things come in numbers, they say. Take advantage of the opportunity to get fit, make connections and hone your tennis skills with some friendly matches. Players of all skill levels are welcome. *RSVP by one week before event date to recreation.sc@one15marina.com*



CHINESE BRUSH PAINTING

Date: 6 and 21 March 2024;
3 and 17 April 2024
Time: 7pm to 8pm
Venue: Meeting Room
Price: \$110 for 2 lessons
(Member)
\$138 for 2 lessons
(Member's guest)

Be a part of one of the oldest living artistic traditions. Chinese brush painting has been practised since 770 BCE. Artist Yap Sin Guan will be on hand to provide a holistic understanding of this ancient art form. Learn many techniques including controlling ink, colouring and water on rice paper. *RSVP by one week before event date to recreation.sc@one15marina.com*





ADULT SOCIAL SWIM TRAINING

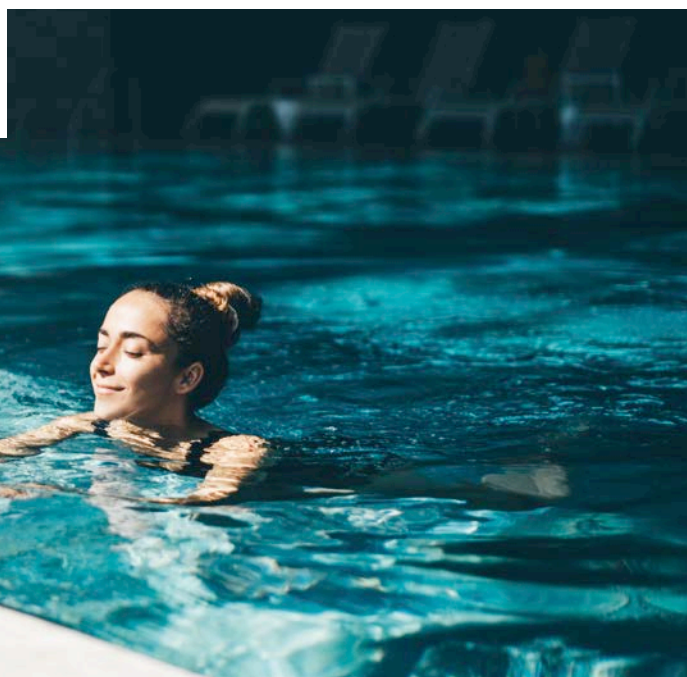
Date: Thursday, 7 and 21
March 2024

Time: 7pm to 8pm

Venue: Infinity Pool

Price: \$25 (Member)
\$30 (Member's guest)

A splash party by another name, this swim event will get you up to speed with your freestyle stroke and put it to test through some swim drills. Coach Audrey of Yvonne Swim School will take you through the sessions and have you swim laps to test endurance. The best part is that you will get to make plenty of friends while at it—refreshments will be served. Open to swimmers of all levels of expertise. RSVP by one week before event date to recreation.sc@one15marina.com



KIDS' POOL PARTY

Date: Sunday, 17 March 2024

Time: 2pm to 6pm

Venue: Infinity Pool

Price: \$38+ (Member)
\$48+ (Member's guest)

It's summer all year in sunny Singapore and that can be a blessing, as that means fun in the pool all day all year. This event takes it up a notch with a variety of activities. Think Foam Party, Pool Float, and Water Slide along with off-water fun such as Magic Show. A buffet of kid's treats will seal the fun for the day. Suitable for children aged 5 to 12 years. RSVP by 12 March to bistro.sc@one15marina.com

All prices are nett unless otherwise stated.





4-DAY CHESS CAMP

Date: Tuesday to Friday,
12 to 15 March 2024;
Weekends, 6 and 7, 13 and 14
April 2024

Time: March session: 9.30am
to 12.30pm; April session:
2pm to 5pm

Venue: Captain's Table

Price: \$250 (Member)
\$300 (Member's guest)

Prices are for all 4 days

They say that the human brain develops its best ability to remember names and numbers around the age of 6 to 7 years, so its the best time to initiate them to a game of chess. At this camp, run by the Singapore Chess Federation (SCF), players 7 years and above will get intensive training—three hours a day—that will bring them up to the developmental level within four days. Players will also receive a chess set from SCF. Not just for children, parents can join the training camp as well. *RSVP by 19 February for the March session and by 16 March for the April session to recreation.sc@one15marina.com*



DIY OCEAN ANIMAL CRAFT

Date: Saturday, 16 March 2024

Time: 2pm to 3pm

Venue: Kids' Playroom

Price: Complimentary
(Member)

\$5 (Member's guest)

Build your children's love for marine life with this DIY event that also teaches sustainability lessons. Kids will get to make their favourite marine animals by repurposing egg shells. Suitable for children aged 7 to 12 years. *RSVP by 9 March to recreation.sc@one15marina.com*





CONVERSATIONS WITH SCOTT DUNN TRAVEL SPECIALISTS

Date: Friday, 5 April 2024

Time: 7pm to 9pm

Venue: innerCove

Price: Complimentary

The world has many wonders and there's only so much you can plan by yourself. Let the experts from Scott Dunn help you curate your next holiday—starting with a month-to-month guide on the best places to travel to in 2024. They will also share a mix of couple- and family-friendly destinations, particularly for year-end holidays. Feel free to engage in the group Q&A segment or in a one-on-one session with a member of the Scott Dunn team to inquire about specific destinations or experiences. Luxury experiences are best imagined over tipples and canapés, which will be served. **RSVP by 22 March** to membership.sc@one15marina.com



EASTER EGG HUNT & GAMES

Date: Sunday, 31 March 2024

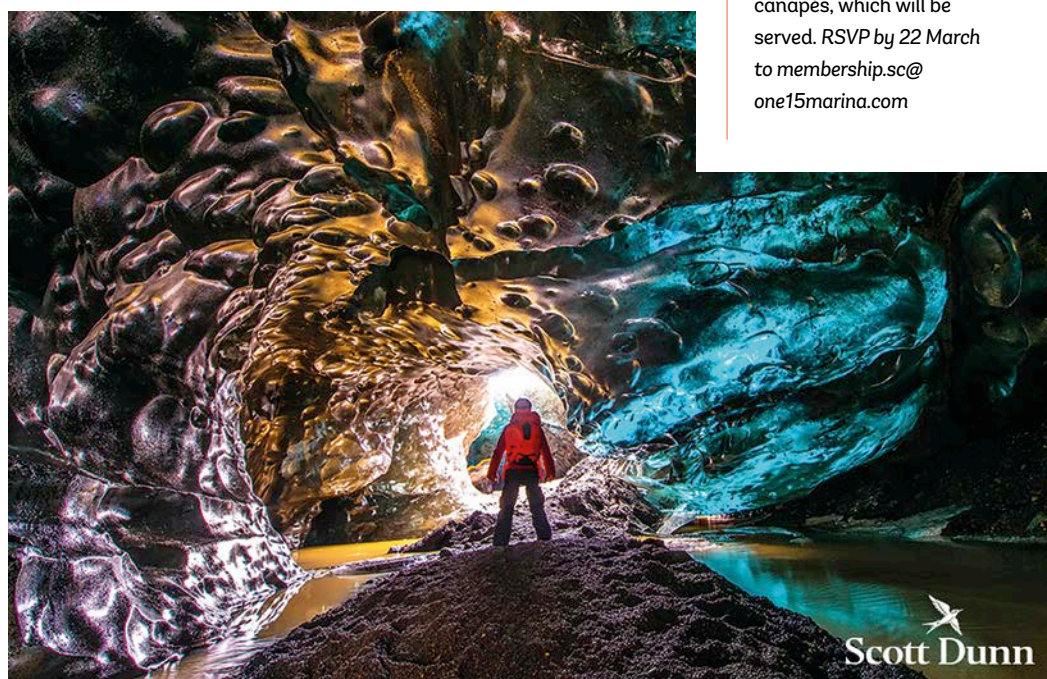
Time: 2pm to 4pm

Venue: Kids' Playroom

Price: \$20 (Member)

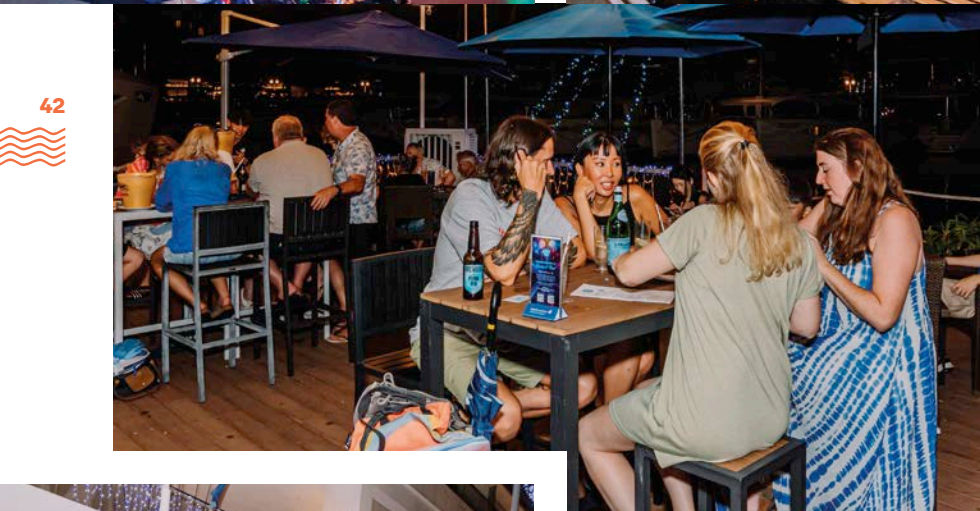
\$28 (Member's guest)

Get into the spirit of Easter with some fun filled activities. Children will get into all things egg-related, from an egg hunt—around the playground and Infinity Pool—and painting to an egg relay race and more. Suitable for children aged 6 to 12 years. Bring your own basket to carry the loot back home. **RSVP by 24 March** to recreation.sc@one15marina.com



All prices are nett unless otherwise stated.





ONE°15 Christmas Festival

The Club took on a festive spirit on 25 and 26 November with its inaugural ONE°15 Christmas Festival at Boaters' Bar. The festival comprised of a Christmas Artisan Market by the waterfront and the Club's mainstay event, Boat Light Parade, with colourfully lit up yachts dotting the marina waters.

A total of 11 boats participated, and we had three winning boats: *Abenaki* with the Best Dressed Boat, *Voyager* and *Abenaki* for Boat with Best Dressed Team and *King's Point II* for People's Choice.

Boat rides with Santa Claus became a fast favourite with Members and non-Members alike, as it gave them a photo opportunity with Santa and also a chance to view the yachts—big and small—and their decorations. There was much singing and dancing on board to catchy Christmas tunes.

The activities on land were equally festive with the Christmas Artisan Market. Vendors included Hush Candle, Concrete Everything, Spirited Xchange, Pisces Passion and LATITUDE Bistro, giving Members a good variety for their Christmas gifts.

A live band serenaded Members on 25 November, while a carolling group amped the Christmas vibe on the 26th. Members were united in expressing that it was a nice way to ring in the festive season.



Kids' D.I.Y. Christmas Craft

On 3 December, Captain's Table was abuzz with busy little ones crafting their own advent calendars using various craft materials such as coloured paper, glue and more. It was interesting to see each child's placement choice for the coloured boxes. They were excited at the prospect of placing small gifts and candles in their creations. One enthusiastic participant even ventured to make more advent calendars at home as gifts for friends.





Kids' Magical Christmas

Seventeen Members gathered at Kids' Playroom to make memories of a different kind. They were each given a Christmas card to pen down their wishes—which they then hung on the Christmas tree. There was also an interactive magic show, where, to the delight of the young participants, Santa made a surprise appearance. With a lot of active participation, it was overall a successful event.



Meet a Marine Scientist: Flower Crab Dissection

On 26 November, the Ballroom Foyer transformed into a science classroom as the Club's Eco Advisor Sam Shu Qin led Members through the anatomy of a flower crab. Involving a dissection, the educational workshop gave the participants a close insight of the crustacean's antennae, mouth, legs, eyes, and the function of the carapace—the shell on its back. The workshop also explored how crab bodies function and adapt to marine life. One of the participants, Zayan, received a ONE°15 Coral Bag as a token of appreciation for completing all four dissection workshops held through the year. The positive feedback from Members was indicative that the Club would be having more such enthusiastic participation in the future.



Beyond Shots: Tequila and Mezcal

Bar Nebula took on a spirited vibe on 10 November as Members gathered to gain more insight on Tequila and Mezcal. Led by Brian E. Werner of Tequila Stop, the session covered various aspects of the agave-based beverages—from a basic introduction to the spirit's regional popularity and production process to key facts about the main ingredient. Members also learnt to differentiate between the two spirits. The session was not just eye-opening, Members appreciated the opportunity to mingle as they discussed their learnings.



Members' Night

The Club's Rooftop Terrace was the meeting point of 57 Members as they soaked in on the views and the vibe. Director of Membership, Yully Effendi, kick-started the evening with a welcome speech with updates on the Club's upcoming events and highlights of the various communication platforms that Members can tap on. The main objective of the event was to familiarise new Members with the Club and its offerings. By the looks of it, the event succeeded in also delivering the message of it being all about making new friends and building old relationships. That Members made it despite a downpour earlier was proof that they welcomed such social events.





Chinese Brush Painting

On 8 and 22 November, a few Members gathered at the Ballroom Foyer to enrich their lives with a heritage craft and learn new techniques. Chinese Brush Painting is one among ancient artforms and Members were excited to be introduced to its nuances and learn the techniques that have elevated the artform. Few Members chose koi fish as the theme to unleash their creativity. They were able to do it without too much assistance, which is an indication that the workshops organised so far have been fruitful.



ONE°15 Tennis Tournament: Singles

Sixteen tennis enthusiasts and experts alike battled in friendly matches from 16 October to 25 November at the Club's Tennis Courts. There were some setbacks and some triumphs and losses, but overall it was memorable for all involved.

Jonathan Rees was crowned the champion of the tournament—his first at the Club. Former champion Rob Hands—he was the Singles champion in 2022 and Doubles in 2023—came runner-up. Going by the camaraderie and friendships that were fostered, it appeared that everyone emerged a winner. We thank our Members for giving their best on the courts throughout the tournament.



MAR – SEP 24

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 – 23
IMA Maxi European Championship
Sorrento, Australia
tregolfisailingweek.com

22
Vesak Day

27 – 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 de Castelo, Portugal
2024ilcau21.ilca-worlds.org

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

13 – 19
62nd Vaurien World Championship
Liptovská Mara, Slovakia
vwc2024.newsailing.sk

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

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

28 – 8 Aug
Paris 2024 Olympic Sailing Competition
Marseille, France
paris2024.org

AUG

1 – 10
2024 505 World Championship
Getterön, Sweden
varbergssegelsallskap.se

2 – 10
Dragon European Championship 2024
Pärnu, Estonia
dragoneuro2024.com

9
National Day

10 – 16
GP14 World Championship
Wales, Great Britain
gp14.org

24 – 31
Micro Class World Championship
Hourtin, France
micro-class.org

31 – 7 Sep
Finn Gold Cup
Aarhus, Denmark
2024.finngoldcup.org

SEP

7 – 13
Shark 24 World Championship
Ontario, Canada
shark24.org

14 – 21
J/70 World Championship
Palma, Spain
j70ica.org

16 – 21
Raceboard World Championships
Cadiz, Spain
raceboard.org



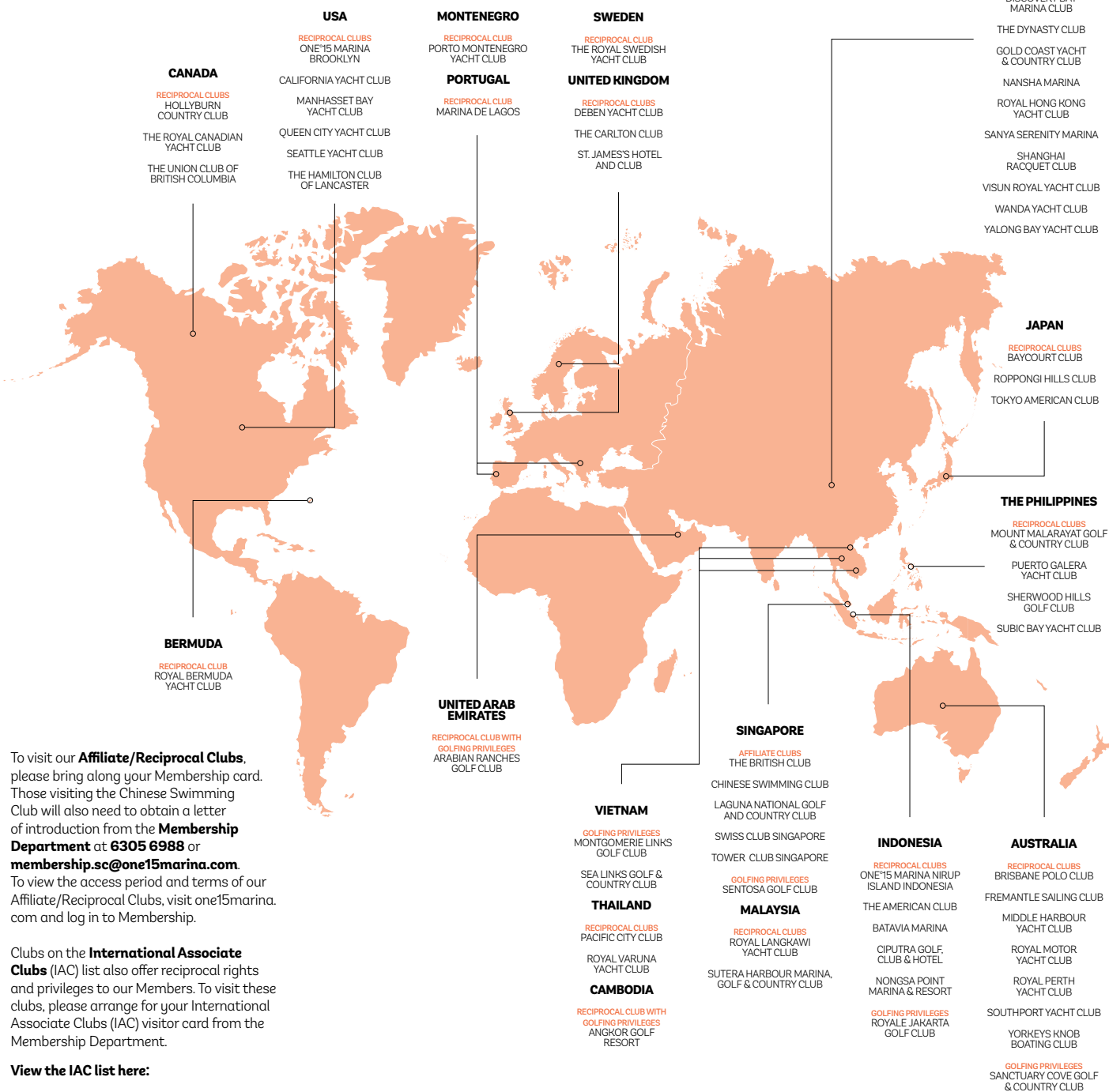
24 – 31 AUG

The International Micro Class, which was first established in 1977, was the initiative undertaken by French magazine *Bateaux*. The concept behind it was to have small, easily transportable yachts—with specifications based on existing boats like the Australian dinghy, *Corsair*. Today, Micro Class boats are divided into three classifications—Protos, Racers, Cruisers—each adaptable to personal navigational style.

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

THE WORLD AT YOUR FINGERTIPS

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



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

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

View the IAC list here:





ONE°15 MARINA 
Sentosa Cove Singapore

KIDS' POOL PARTY

The pool beckons! Make a splash at the coolest pool party of all time! Gear up for water fun, laughter and an unforgettable day under the sun.

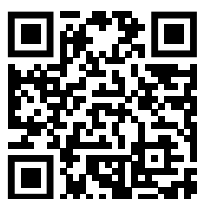
**Foam Party | Pool Float | Water Slide
Magic Show | Buffet Meal**

**17 MARCH 2024
SUNDAY**

**2pm – 6pm
Infinity Pool**


\$38+ (Member), \$48+ (Member's guest)

Register your interest by 12 March. Suitable for ages 5 – 12 years old.



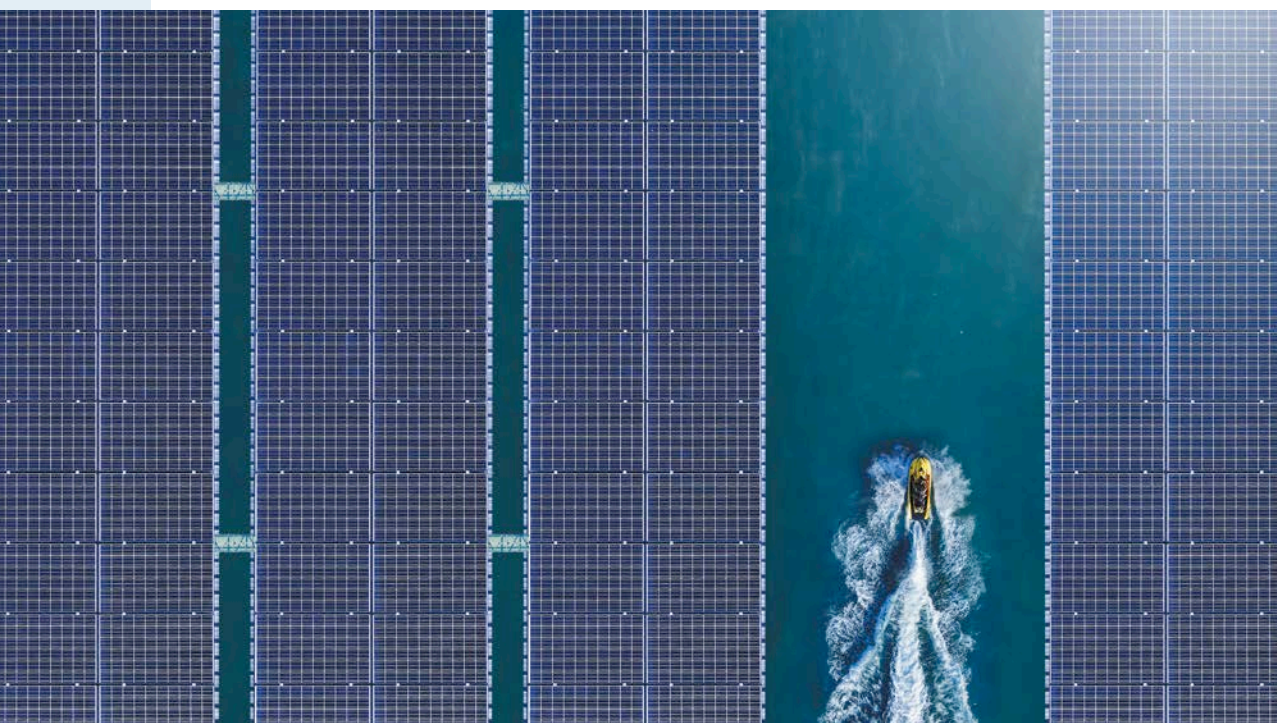
SIGN UP NOW

bit.ly/ONE15PoolParty24

 6305 6982


 bistro.sc@one15marina.com

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