



5 Resolutions for your New Year

**Service
at the
Saraguay
House**

JANUARY 5TH- FEBRUARY 16TH

Awards

FROM OUR A&BM

**Sweetheart
Dinner**

JOIN US FOR VALENTINE'S DAY

JANUARY EDITION 2016

LIFELINE

A TRADITION OF EXCELLENCE

RNSYS

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RNSYS'
PRIME RIB SPECIAL

EVERY SUNDAY

only **29.95** ++



COMMODORE EDWARD STEEVES

“For last year’s words belong to last year’s language
And next year’s words await another voice.”

— T.S. Eliot, Four Quartets

As I compose my comments this month, I am sitting in front of the most glorious and festive fireplace setting at the RNSYS clubhouse. I look across the water to see several yachts sitting idle in the lagoon, a couple of which are all lit up for the holidays and somehow this seems to warm up this cold winter’s night.

GREETINGS

While I am hunkered down and enjoying the winter wonderland, I’ve been following several of our members via social media who are enjoying some amazing sailing adventures all over the world right now. A number of Squadron members recently enjoyed the challenging RORC Transatlantic Race onboard Will Apold’s Valkyrie. We currently have RNSYS race team members competing at the Orange Bowl in Miami and representing Team Canada at the ISAF Youth World Sailing Championships in Malaysia. There are also lots of RNSYS sailors at various other warm water regattas throughout North America, and not to mention our many members who are enjoying cruising adventures in the southern United States and Caribbean at this time.

We’d love to hear from you about your adventures as I’m sure our members would love to read about your sailing exploits around the globe, so if you

have a great story you would like to share, please send it to Mikela at communications@rnsys.com.

If you can’t be enjoying the warmer waters down south at this time of year, I hope that Santa has delivered lots of sailing paraphernalia under the tree for you to play with and get you through the cold winter months in anticipation of the new boating season.

As we kick off 2016, I wish you the best year you’ve ever had. May you realize your fondest dreams and take time to recognize and enjoy each and every blessing that comes your way throughout the year.

Happy New Year!

Ed Steeves
Commodore

Service at the **SARAGUAY** *House*

On behalf of the RNSYS' Board of Management, we would like to notify our membership at large that effective January 5th to February 16th, all service will be switched to the Saraguay House while we complete Clubhouse renovations.

During this six week period, our primary focus is to ensure that this project is completed in a timely and efficient manner, while offering uninterrupted service to our members.

We welcome you to join us at the Saraguay House, where you will enjoy unobstructed views of the stunning Northwest Arm, excellent service by our staff, and a twist on location for all our member-favourite social events!

Members will be notified when construction has been completed.

We sincerely appreciate your patience and patronage and look forward to seeing you at the Squadron.

Awards

ANNUAL & BUDGET MEETING



MACCALLUM S. GRANT AWARD

Bestowed posthumously to Mr. Paul Goldberg for his many years of outstanding service and for the many contributions he made to the Club. Members of Paul's family, Paul's wife Lori, his mother Marium, and his son Benjamin, were in attendance to accept the award for his legacy to the RNSYS.



VOLUNTEER OF THE YEAR *Morley G. Taylor Memorial Trophy*

The Board of Management recognized Gloria Connors for her many voluntary contributions to the club including improving the Squadron's gardens, lending her artistic and creative flair to the task of decorating, and for spearheading a fundraising campaign to advance the project for paving the pathway to the Phase 4 marina.



APPRECIATION FOR MHOR CHAIRS

Chair, David Stanfield, and Vice Chair, Will Greenwood were recognized for the leadership demonstrated in managing the affairs of the MHOR committee and the great effort they contributed to the planning and execution of this very complex, and ultimately very successful, event.

LIFE MEMBER

Mr. John Edgecombe is the newest Life Member of the RNSYS, joining in July of 1961. Mr. Edgecombe and his wife Marilyn have been active members of the Club for 54 years and look forward to their new category of membership.



LONG-STANDING MEMBERS OF 25 YRS

At this year's A&BM we recognized several members celebrating 25 years of membership with the RNSYS.



SAILOR OF THE YEAR

Awarded to Peter Wickwire for his many sailing accomplishments throughout the year, in addition to be recognized by Sail Nova Scotia at the annual awards night in November as Nova Scotia Sailor of the Year.



“The ongoing volunteerism at the Squadron is truly outstanding and one of the reasons why the Club is able to survive and thrive after 178 years.”

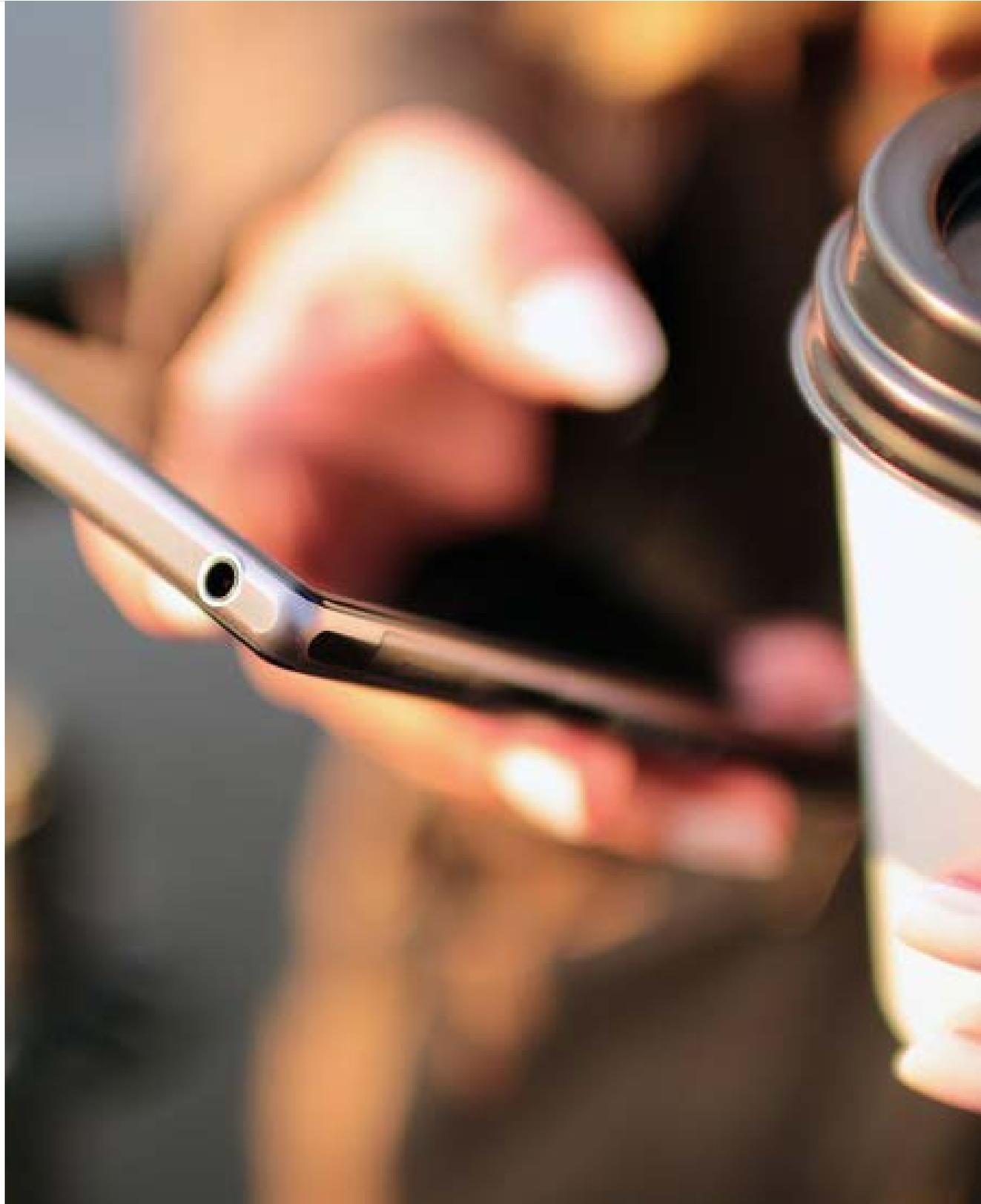
Commodore Edward Steeves

FIVE

RESOLUTIONS FOR YOUR

NEW YEAR

If you're like most, your working list of resolutions is nearly the same every year. The reason for this is because these habits that we wish to change aren't really a priority for us. So this year, we're doing things a little differently. We're focusing on acts that are important to us, our friends, our families and our community. We've sorted through the lot and plucked out five great resolutions for you practice in 2016!



1. PHONES DOWN



This resolution is quite broad, so we've cut it up into bite size pieces. All you need to do is pick one and start practicing:

- When you're having a face-to-face conversation with someone, leave the phone alone.
- Rather than constantly checking your messages and emails, try only checking them on the hour.
- Charge while your phone is charging. Use this time to be offline.

2.

PICK A HOBBY THATS ONLY PURPOSE IS TO BRING YOU HAPPINESS



This one is for you, and only you! Carve out some time to do something that you enjoy and for that reason alone.

3. SHARE A MEAL



Sharing food with friends and family is an unparalleled experience! Before you know it you'll be telling stories, reminiscing, laughing and booking the next dinner party!

4.

SET A SLEEP ALARM



It's a morning tradition to be woken up by a loud and unusual sound blaring from your nightstand, but this year, try setting an alarm for sleep. Set an alarm for the time when you need to turn the TV off, brush your teeth, and snuggle in.

5.

BE PATIENT WITH OTHERS

It's one of the seven virtues, but it's not always practiced. This year, let's be more patient when it comes to interacting with others, whether it be while driving, while waiting in line at the grocery store, or while ordering our morning coffee. Patience, after all, is a virtue.



SWEETHEART DINNER

FEBRUARY 14th
Saraguay House, 6:30pm

only **\$80** ++ per couple

RSVP

Function Manager Marriann Creelman

902.477.5653. ext 102

functionmanager@rnsys.com

RNSYS CORINTHIAN

The Corinthian Fund Committee is extremely encouraged by our sailors' 2015 results and supportive of those sailors who are determined to represent our club at regattas around the world, including the 2016 Olympics. The RNSYS continues to be a leader in the development of high performance sailing athletes, and the results are there to prove it. This would not be possible without the strong support of the RNSYS membership base and dedicated staff – both on water and off.



RECIPIENTS

In accordance with Article XVII of the RNSYS constitution, the goal of the RNSYS Corinthian Fund is: to assist Squadron sailors in their quest to win National, International and Olympic championships; to develop a depth of feeling and a sense of loyalty to the RNSYS; and to develop lifelong members for the Royal Nova Scotia Yacht Squadron.

- Henry Lockyer
- Ali ten Hove
- Ali Surrette
- Arie Moffat
- Pat Wilson
- Cameron Sawyer
- Max Flinn
- Cameron Shaw
- Corinne Peters
- Danielle Boyd
- Erin Rafuse
- Georgia Lewin-LaFrance
- Terra Lanteigne
- Lauren Sullivan
- Luke Ruitenbergh

I would like to thank our Head Coach, Agustin Ferrario, for his guidance and to thank and acknowledge committee members, James Luther, Graham Eisenhauer and James Rafuse for their assistance.

Andrew Childs - Chairman - Corinthian Fund Committee

JANUARY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	RNSYS Closed					1 New Year's Day Levee 12-3pm	2
Prime Rib 5pm				Steak Night 5pm			
3	4 RNSYS Closed	5	6 Book Club 1030am	7	8	9	
Prime Rib 5pm				Steak Night 5pm Cruise Meeting 7pm		Film Night 7pm 'The Last Great B.O.R.C'	
10	11 RNSYS Closed	12	13	14	15	16	
Prime Rib 5pm		TASTE OF HEALTHY EATING WEEK				Music Night 6pm	
17	18 RNSYS Closed	19	20	21	22	23	
Prime Rib 5pm				Steak Night 5pm	Trivia Night 7pm		
24	25 RNSYS Closed	26	27	28	29	30	
Prime Rib 5pm							
31				Steak Night 5pm	Hors D'oeuvres Night 6pm		
Prime Rib 5pm							