

## Commodore's Message

Hello all

The Commodore is away in Florida researching yacht club matters and maybe a little sailboat racing.

This month Lisa Ross gets caught being good with some fabulous results. She just came 2nd behind Paige Railey at the Midwinter's East. She won the 7th and 9th race. At the 2009 Laser North Americans, held June 25-28th, she was 1st. At the recent 2010 North Americans she was 8th. In all three regattas she was top Canadian.

Great work Lisa, we are all proud of you.

*Mathew Murphy, Commodore*



*Olympian Lisa Ross*

## News from the Road to 2012 - By Lisa Ross

After making the drive across Alligator Alley on February 8th, I moved into Brad Funk's family home in Clearwater with fellow athlete, Paul Goodison from Great Briton, excited for the 9 days of hard training ahead. El Nino threw us a bit of a curve all week giving us some extremely cold sailing conditions but the cold air currents brought us some great breeze and fantastic sailing.

The Midwinter's regatta started on Thursday with the radial fleet totaling 94 athletes including the 2009 world champion and 3 others who placed in the top 10. I sailed two solid races... I was happy to have two solid top 10 races - a 5 and a 6. Day two, was again a chilly day with good wind. I made a mistake in the first race getting caught too far on the left, and with a right to left current was pushed way beyond the port layline. I scored a 19 in that race, but was able to come up with a 3rd in the final race of the day.

The first day of gold fleet racing I was able to battle back from a poor first beat decision to post a 6th place in the first race. In the second race of the day, I was able to ride pressure across to the left phase. I rounded the first mark in the lead and was able to keep control of the race from that point on. The final day of the regatta was light again. The race committee got two races off before our 2 pm deadline. I posted very similar scores to the day before - a 5th and 1st. I was feeling good with my speed and was able to keep things simple, focusing on always sailing fast and keeping in pressure.

For more info and video coverage of the racing in Clearwater including interviews with the competitors including myself, check out:

[www.sailgroove.org/videos/coverage/view/236413-laser-midwinters-east](http://www.sailgroove.org/videos/coverage/view/236413-laser-midwinters-east)

Best Winds,  
*Lisa*

## Calling all Competitive Opti Sailors

Did you know that 85 per cent of the medal winning sailors in the 2008 Olympics in Qingdao were former Optimist sailors? What better incentive to spark your interest in one of the world's fastest growing junior sailing fleets.



The Canadian Optimist Atlantic Sailing Team (COAST) is in high recruitment mode. With several recent graduates aging or sizing out, the regions' most competitive Opti-race team is on high alert for new recruits. What's required to join you might ask? Start with a healthy dose of passion for the sport, add a strong desire to work hard and develop your skills, and finish strong with a commitment to yourself and your team to have way too much fun and the best summer of your life!

Awards for the 2009 Season were handed out in early January giving the nod to the following individuals:

- 1) Top Sailor: Jeremy "Bucket" Fraser, RNSYS
- 2) Sportsmanship Award: Lauren Sullivan, RNSYS
- 3) Most Improved Sailor: Nathan Dunn, RNSYS

Congrats to all team members and best wishes to Minette Murphy, Devan Dube, and Nathan Dunn (all of RNSYS) as they move on to new boats.

Coach Jeff Bethune has signed on for yet another year and is keen to get the program rolling once again as soon as the ice thaws and spring hits.



To get a taste of COAST - check out these videos.

[www.youtube.com/watch?v=fnT7FhEWJ6Q](http://www.youtube.com/watch?v=fnT7FhEWJ6Q)

[www.sailgroove.org/videos/speaker/4503-surrette-allison](http://www.sailgroove.org/videos/speaker/4503-surrette-allison)

[www.sailgroove.org/videos/coverage/view\\_video/235459-optimist-new-england-championship/197359-allison-surrette-after-pink-race-2](http://www.sailgroove.org/videos/coverage/view_video/235459-optimist-new-england-championship/197359-allison-surrette-after-pink-race-2)

Interested sailors and/or parents are invited to email or call Mark Surrette to learn more about the program: 902.424.1100/[msurrette@kbrs.ca](mailto:msurrette@kbrs.ca).

## 2010 Program Registrations

**Open Now!** The RNSYS is ready for another lesson-filled season with a full variety of course selection. Whether you're a beginner sailor just learning the ropes or an advanced sailor wanting to improve your skills, the RNSYS has the right program for you. Need to work on your swimming technique? We can help with that too! Adventure Camps, Opti sailing, Keelboat sailing, AbleSail for youth and adults, Cruising courses, Red Cross Swim for youth and adults...and so much more! Log onto [www.rnsys.com](http://www.rnsys.com) and download your 2010 Program Guide and registration form.

## Follow Our Sailors

We love hearing of the many sailing, cruising and competitive racing stories of our members. A couple weeks ago, we asked you to keep us informed by way of email of your whereabouts and achievements, so that we could share these updates with the membership. We were pleasantly surprised to receive so many responses – what an adventurous crew we have! Read on...and keep those emails coming everyone!

### F18/F16 Catamaran Sailing

My Skipper (Chris Prentice) and I continue our drive to be one of the best catamaran teams in Canada. Last season we finished with placing in the top ten at the Nationals (5th place Canadians). This winter has been a busy winter for us, with the selling of our old boat while we wait for the new to come in, we have managed to jump into a slightly smaller class cat, the F16 (a Viper) for numerous regattas in Florida during the cold winter up here in Halifax. Most recently Chris and I competed for the first time together since the nationals in the F16 midwinters in Florida, finished first place amongst many catamaran heavy weights (including our US based coach). We look forward to getting our new boat (a C2, coming in from Australia) so we can continue our training at RNSYS while we race all along the eastern seaboard. Our sights are aimed at placing even higher in the nationals, allowing us to compete at the worlds in the not so distant future. The F18 and F16 fleets are some of the fastest growing (and fastest moving) one design fleets in the worlds, any chance you have to ask us for a ride, please do, you won't regret going 10+ knots upwind and 20+ knots downwind!  
*Patrick LaRoche*

### Club Cruisers around the World

#### From Past Commodore Bill Roberts:

"Together with my wife Leona, we left Halifax aboard our Island Packet 35, Voyageur C in September 2007 and have been sailing the Caribbean ever since. We have been as far south as Venezuela and are currently in Casa de Campo on the south coast of the DR. We plan to head home this summer by way of the south coast of Cuba and the US east coast, arriving in Halifax in July or August."

#### From club member Mike Turney:

"As I write this we are in Man-o-War Cay in the Bahamas one of the ports of call on our 09-10 cruise. We plan to be back to the club by June or July and sail around in home waters and then head south again in September."

Follow the many escapades of Bill and Mike by blog as they cruise to their various ports of destination.

Bill Roberts: [www.sailblogs.com/member/voyageur/](http://www.sailblogs.com/member/voyageur/)

Mike Turney: [www.sailblogs.com/member/nelleke](http://www.sailblogs.com/member/nelleke)

### North American Optimist Championships

Congratulations to Lauren Sullivan for being selected to sail in the North American Opti Championships in Kingston, Ontario this summer as she represents Canada. Lauren was selected based on her standing in the Opti Nationals held in Victoria, BC last August and is the youngest Canadian girl competing at the North Americans. Lauren began sailing at the RNSYS when she was 7, and joined the RNSYS race team with Erin Norwood as her coach in the summer 2008. Good luck Lauren!

The dates for the IODA North American's are: June 26th, - July 4th, 2010. For further information, log onto: [www.sail123.com/coda/](http://www.sail123.com/coda/)

### CIAO!

Follow the results of "CIAO!" and Skipper Philippe Paturel as he competes in the Big Daddy Race from March 13th & 14th and the OYRA Race from March 20th & 21st, both in San Francisco California. Links are listed below. The RNSYS wishes you the best of luck!

[www.richmondyc.org/Cal2/EventShow.asp?event\\_id=217437&event\\_batch=1](http://www.richmondyc.org/Cal2/EventShow.asp?event_id=217437&event_batch=1)  
[www.yra.org/OYRA/](http://www.yra.org/OYRA/)

## RNSYS Accounts Receivable Policy 2010

It is important for the RNSYS to collect its receivables in a timely fashion that adheres to good business principals while not violating the Constitution nor being seen as onerous to its members. There is an element of fairness that must resonate throughout the policy to ensure that all members are being treated respectfully yet recognizes their obligations to the Club. This policy attempts to reach these objectives while ensuring the Club is on a sound fiscal footing.

1. Statements will be mailed / emailed to members within 4 business days of month end. Payment is desired upon receipt and must be completed within 30 days.
2. Month end charges will be processed on the 20th of every month for those members on the automatic credit card payment plan.
3. If members fail to pay within 30 days, communication via phone calls/email etc will be extended during the week following month end. For example; Members who have not submitted payment for December balance will be contacted during the first month of February. Automatic credit card payments will be encouraged
4. Should payment arrangements not be made by the end of 45 days, the Member's account is frozen. All bar/dining/botyard staff is to be made aware of this policy and trained on proper procedure for dealing with such situations.
5. 10 days following accounts being frozen, letters are forwarded advising impending posting should payment not be received within 10 days. This follows the obligations set out in the Constitution.
6. Should payment still be outstanding, registered letter will follow advising "next step" ie. possible expulsion.

## Contact Us

Your written suggestions are always appreciated and welcomed. Please contact us as follows:  
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