

Volume 39 #1

January 2023



NEWSLETTER OF THE CAVE RUN SAILING ASSOCIATION

The MainsHEET

Winter Sailing News

Lines From the Vice Commodore

From the Vice Commodore this time! Our intrepid Commodore has traveled south, rather extremely so in fact! We look forward to stories from Antarctica upon her return.

A committee of volunteers, led by our Commodore Molly Sutherland, met for a full day in December to develop a strategic plan for CRSA. The meeting was hosted (with lunch!) by Charmaine and Fred Pfister. The resulting document was shared with the Executive Committee at the January meeting. After discussion at the next EC meeting, the final strategic plan should be available on the CRSA website.

Thank you to Fresca Leddy for organizing the well-attended Trip Tales on January 11. We look forward to the next Trip Tales on March 23, which will focus on the upcoming BVI Cruise.



It's not too early to be thinking about the Spring Regatta to Benefit Youth Sailing. This will be our second year for this event, formerly the Charity Regatta. Our new focus is to raise funds for the Cave Run Youth Sailing Academy. To improve outcomes, we **REALLY need a member with a flair for fundraising** to lend their talents to this effort! If you are such a person, please contact [me](#). Along these lines, I want to encourage the membership to donate to this cause **and** join us on Saturday, May 13, for a **fun day of racing!**

The CPR/First Aid class on March 8 is limited to 12 people, get your registration in [HERE](#).

One last thing to mention is the July 4th Parade in Lexington. We had good participation last year, but currently we do not have a person willing to organize our entry for this year. If you would consider organizing this event, please contact Charmaine Pfister at charpfister@gmail.com.

Thank you for your membership as we look forward to a great sailing season!

David Leddy
Vice Commodore, CRSA

Membership Reminder

Hey CRSA sailors! This is a reminder to everyone that the **annual membership dues are assessed on January 1st of each year.**

Please be sure to go to the website caverunsailing.org and renew your membership for the 2023 calendar year.

With all of the great activities being planned, we are sure to have a blast in '23 !

We are a very inclusive group and are always looking for other (and prospective) sailors to join us. If you know of anyone interested in the great things our club does, please feel free to send them my way and I'll tell them all about it!

Fair winds,
Luke Adams
CRSA Membership Chair



MainSHEET Information

The CRSA MainSHEET will be published at least 6 times in 2023. The frequency of the publication will depend on the number of activities and amount of news there is to share with our members.

Please send the following to MainSHEET@caverunsailing.org or charpfister@gmail.com:

- REPORTS of activities
- PHOTOS of activities
- NEW IDEAS for newsletter entries/articles
- EXECUTIVE COMMITTEE REPORTS

Remember! As members of CRSA and CRYSA, this newsletter is yours!
We need your help to make it fun and informative!

Thank you!
Charmaine Pfister

CRSA Let's Go Sailing, For Women, By Women

2023 Dates:

- January—NO SESSIONS
- Tuesday, February 21: Safety including PFDs, 1st Aid Kits & reading “Weather & Water”
- Wednesday, March 22: Sailing by the tails (weather permitting)
ALT: intermediate Sailing tips
- Thursday, April 20: See March 22 for options
- Monday, May 22: Racing basics
- Tuesday, June 13: Working from a bosun/climbing a mast/general sailing
- Wednesday, July 19: Small boat sailing @ Jacobson Park
- Saturday, August 5 -TBD Lunch somewhere between Teays Valley & Lexington
- Thursday, August 24: Small boat sailing @ Cave Run Lake
- Monday, September 18: MOB and Heave To
- Tuesday, October 17: Let's Go Sailing
- Wednesday, November 15: Let's Go Sailing
- Thursday, December 14—Lunch & 2023 Debrief

ALL SESSIONS ARE AT SCOTT'S CREEK MARINA UNLESS OTHERWISE INDICATED

Note: Elise Reed will identify a day & location for a Trailering and Backing session



CPR & First Aid Training

Wednesday, March 8, 2023

Location TBA—in Lexington, KY

Limited to 12 people

Register at: <https://kysafeguard.enrollw2are.com/enroll?id=7284280>

Ahoy Young Mateys!

Registration for Sailing Camp is OPEN

Learn the basics of sailing including water safety, boat anatomy, rigging, knots, points of sail, and boat maintenance. Small sailboats specifically designed for teaching youth sailing will be used.

We like to have fun!

Junior Ages 7 to 12
Teens Ages 13 to 18

Location & Times:

- Tuesdays July 11, 18, 25 @ Jacobson Park 6-8 PM
- Saturdays July 15, 22, 29 @ Jacobson Park 6-8 PM

\$35 for CRSA Members

**\$35 + CRSA Family Membership (\$100) or
Student Membership (\$35)**

SPACE IS LIMITED: REGISTER NOW

caverunyouthsailingacademy.org/classes/SUMMERCAMP



For more information contact:

Chuck Emrich

youthsailing@caverunsailing.org

Presented by:



CAVE RUN
YOUTH SAILING ACADEMY

A 501c3 nonprofit organization

Youth Sailing Needs Your Help!

Please consider giving and volunteering!!!

If we are to grow and serve more children, we need a budget to add boats, trailers, repairs and equipment. We need to offer more scholarships to youths whose families do not have money for summertime activities. As you know, 100% of gifts go to our mission (no salaries or marketing expenses) and are now tax deductible (check with your accountant).

GIVING OPTIONS:

- **USE THE KROGER COMMUNITY REWARDS PROGRAM:**

Simply encourage your participants to visit <http://www.kroger.com>.

Once logged into their Kroger account they can search for Cave Run Youth Sailing Academy either by name or JA573. Then click Enroll.

New users will need to create an account which requires some basic information, a valid email address and a *rewards* card.*

*Customers must have a registered Kroger *rewards* card account to link to our organization.

*If a member does not yet have a Kroger *rewards* card, they are available at the customer service desk at any Kroger.

- **AMAZONSMILE PROGRAM:**

To give Cave Run Youth Sailing Academy (CRYSA) credit, make sure to shop through the AmazonSmile portal! CRYSA is already registered. You can set the Cave Run Youth Sailing Academy as the nonprofit you would like to support, and, at no additional cost to you, the AmazonSmile Foundation will donate 0.5% of the price of your eligible purchases to the CRYSA.

- **GIFTING BOATS TO SELL OR EQUIPMENT FOR AUCTIONS**

- **PLANNED GIVING THROUGH WILLS, INSURANCE, OR STOCK TRANSFERS**

- **FUND RAISING ACTIVITIES**

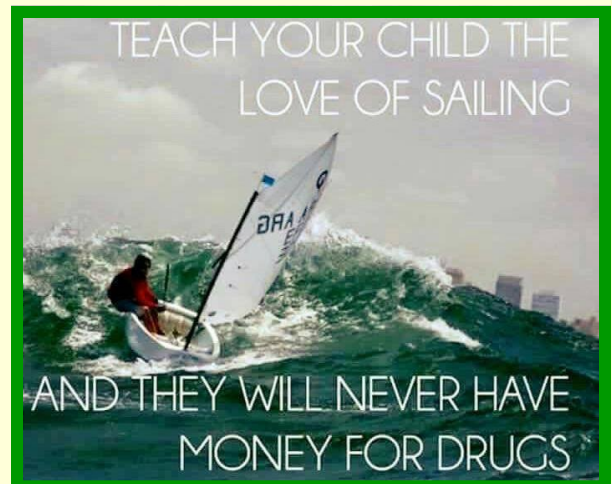
- **MEMORIALS OR TRIBUTES - HONORING A LOVED ONE**

As you can tell there are many ways to help.

Please consider one or all and let's make our program one that can help in perpetuity!

Chuck Emrich

On behalf of Cave Run Youth Sailing Academy Board



Upcoming Social Events in 2023!

Newcomers Social

April 29

Immediately after our first 2023 race.

Scott's Creek Marina

Bring a dish to share and an item (old or new) for our silent auction to benefit the Youth Sailing Academy

This is a great chance to **meet** other members, to **talk** about your race and sailing adventures, and to **learn** more about the club!

The Commodore's Tea

June 4

2PM

3605 Timberwood Lane in Lexington

Please bring an outdoor chair.

Summer Sailstice Cook Out and Raft Up

June 24

5PM

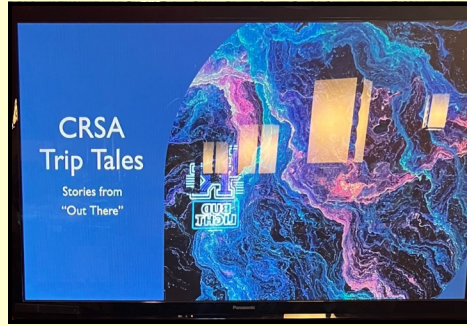
At the Margaret Mary—Cave Run Lake

Annual Banquet and Awards Dinner

Friday, November 3

6PM

Lexington Country Club



Trip Tales

With a little over 20 sailors in attendance at the January Trip Tales, we learned what not to do “out there”. I would like to thank all who came out, especially our speakers: Jim Chandler, David Leddy, Dana Overall, and Bill Lubawy.

Next Trip Tales:

March 23

6PM

The Party Room at Roosters

124 Marketplace Drive (off Man ‘O War) in Lexington

We will share our club’s most recent adventures in the British Virgin Islands.



Why should YOU race at Cave Run Lake? (And what stops you?)



First, let me begin by asking “Do you like Sailing”?

If you answer no, please skip this article and save your time. But if you love sailing, why not improve your skills? In my opinion, racing will enhance and strengthen your appreciation of sailing. You will grow in understanding and appreciate the awe and wonder of this sport of wind and water. Also, this knowledge will lead to an awareness of just how much you don't know about sailing and how you can improve.

Racing is the fastest way to improve your skills!

When you have a target or a mark and other sailors on the water to gauge how well you are doing, you can experience a direct truth of your understanding of the forces involved. When you race, the satisfaction of a good showing is reward enough. Notice that I did not say “winning”. Knowing that you *and* your crew did your best leads to the celebration of a job well done.

So what's your excuse?

If racing will add to your skills as a sailor and increase your enjoyment of sailing, then why do you not race as often as you can?

Do you think racing is intimidating?

Does rain or lack of wind discourage you from getting on the lake?

Are you concerned that you will interfere with other boats because you don't know the rules?

You don't have a crew or your boat is inadequate or needs work?

You don't think you have the time because of family commitments?

The list goes on and these are all understandable reasons to skip a club race or regatta. I have to admit, I use them too often myself. But I ask, “What about the pursuit of excellence in sailing?”

Does racing have any place in your life? I hope you can see that it does have a place. Often we deny or lower racing as a priority in our lives.

Here is how we can help!

This year, as in the past, several of the routine racers are willing to help you race.

If it means seminars on rules then let's schedule a time.

If you want someone on your boat to get you started let's make that happen.

If you need advice on how to make your boat faster or suggestions on improving your speed, let's work together to improve.

If you are intimidated by the chaos of the start of a race, let us know what we can do to help you get up to the starting line to begin your first race.

If your ego gets damaged by making a mistake, simply understand we all make mistakes!

Growth does not happen without errors. One usually learns best from mistakes. I trust you can see, we are seriously asking you to be more involved in improving your skills and we are here to support you.

Let me and others know how we can help you.

Helping other sailors means a lot to us in growing the fun of racing and we are sure you can benefit this year!

I hope to see you on the water this season!

Chuck Emrich

emrich@aol.com or cell 859-270-2199



All members are invited to join the
Dinghies

A group of well-seasoned
(and not so well- seasoned) sailors
who gather to share sailing yarns
and other subjects

Fridays (every week that has a Friday)

12:00 noon—for lunch

The Cellar on Lansdowne Drive

Uniforms not required

Sailing is Sailing is Sailing



What is sailing?

When you ponder the question, it comes down to a few fairly basic considerations. You have a boat that is directed by a rudder and powered by the wind captured by one or more sails. Those are the basics. Books are written on sail trim, reading the wind, and other fine points of the sport, but the basics continue to be wind, rudder, and sails.

Notice that the size of the boat isn't in the equation. The basic elements of sailing remain the same, whether your boat is 50 feet or 20 feet in length from bow to stern—or 65 cm!!!

You may have figured out that my point is: sailing a radio controlled boat is “real” sailing. The person controlling the boat trims the sails, adjusts the rudder, and determines the best tack to be on regarding wind speed and direction.

So, if you would like to enjoy the sport of sailing without driving to Cave Run Lake on a Wednesday evening, consider joining us at Jacobson Park Lake at 6:00PM. You can check out the boat we sail, Dragon Force 65, at radiosailing.net.

We will be starting our first official race season in May of 2023 and encourage more folks to get involved. It is not a question of owning a full size boat or a radio controlled vessel. You can own both!

Remember: sailing is sailing is sailing!

Bill Jones
RC Sailing



Breaking News!

CRSA On-Line-Store is open for business

If you want to be stylin' this season, sporting the latest in technical and fashionable apparel, look no further than your CRSA On-Line Store.

You can access the store from our website, caverunsailing.org, then clicking on the "Club Store" link in the menu at the top of the Home page. From there you can scroll through the apparel available, all which will be embroidered or printed with a beautiful full color CRSA logo. On some items you can also add the name of your boat!

Another option is to access our store by going to coralreefsailing.com and scrolling down to Cave Run Sailing Association under "C".

Check out our store often because new items will be added throughout the season. It has been my experience that some of the clothing items I have ordered were generous in sizing.

In addition to the clothing, we plan to have a gift line available in early Spring. So stay tuned and support your local sailing association!



Fred Pfister



That's My Boat

Each edition of the MainSHEET will feature a boat profile of a CRSA member.

Sally Shafer, tell us about your boat!

I was born into a boating family and a Maine family. As a kid, I got used to being in any sort of small boat, and escaping with the family to Maine every summer. I got hooked on large sailboat cruising with family, first on the Chesapeake and then the Maine coast on my parents' 36 ft ketch. Later I sailed a 21' sloop that my husband and I owned in the Pacific NW for a few years when our kids were small. We still have a family cabin near my grandfather's boyhood home northeast of Bangor, Maine. It is on a spring fed, glacier made lake. The lake is about 4 miles long and 2 miles wide at the main pool, with a rocky shore, lots of coves, not too many people, and much better summer winds than Cave Run provides. Our cabin is on a narrow neck of the lake about one mile north of the main pool. That's where my boat is now.



For decades my lake sailboat was a sunfish. In 2018 I upgraded to a 1986 Catalina Capri 14.2 acquired from Charlotte and Bill Lubawy, who got it from Mark Kinney, who got it from? It has a main and jib, with a centerboard so long that it sometimes gets stuck in the lake bottom near shore if I forget to raise it.

This Capri is designed for 2 people to sail, but can easily hold three. For a solo sailor it becomes more challenging as the wind increases. During those moments I wish I had more ballast, and more hands for the tiller and sheets. It's very quick to respond to any wind changes or crew shifting, floats very high, and when capsized the entire cockpit stays dry.

The masthead float keeps it from turtling but it's still hard to right in much wind. It's more demanding of me than my sunfish, but great fun to sail. The Capri also moves in seemingly no wind. Even in dead calm we manage to keep a little forward motion. It's easy to launch and raising the lightweight mast is quick with only 2 people. In summer it's on a mooring near my dock and in the off months is stored inside on the trailer.



Given its age the boat is in great condition. I have replaced jib and main halyards, jib sheet (it was the same color as the main sheet - confusing!), and several small fittings. I removed deck cleats (they were not original equipment) on both sides even with the



tiller. They snagged the mainsheet during lazy tacking. An ironworker friend added a narrow ladder, complete with brushed aluminum plates to distribute the load on the transom. I added reef points to the main sail using a Sailrite kit. (It's freaky to cut holes in your sail, no matter what the instructions say!) Reefing is not a normal thing for a Capri. But I wanted a way to reduce sail when the white caps form, and a shorter main makes it possible to run downwind headed home in brisk prevailing southwest winds, without the sail chafing on the spreaders.

My most jarring Capri experience was my first (and unintended) capsize with this boat - the mainsheet got caught on one of those 'extra' deck cleats near the tiller! Note to self - always practice capsizing, and righting and getting back on board *BEFORE* you go off sailing a new boat. Thank goodness for good crew and friends with motor boats....

It's wonderful to sail with family and friends at the lake, and especially with those new to sailing. I'm grateful to several CRSA friends who helped me learn much while growing into this boat and getting it to its new home in Maine.

That's my boat!



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The MainSHEET is published 4-8 times a year and distributed to members through email, by The Cave Run Sailing Association, PO Box 256, Lexington, Kentucky 40588.

The Cave Run Sailing Association is an all volunteer, nonprofit association dedicated to the Spirit of Sailing with goals of:

**promoting both leisure and race sailing,
conducting sailing education classes,
providing a forum for good will and social activities among those interested in sailing
and
participating in charitable and community service activities.**

**Membership Information can be obtained from Luke Adams at
Membership@caverunsailing.org.**

**The MainSHEET is edited by Charmaine Pfister. Please contact Charmaine for article ideas and or suggestions at Mainsheet@caverunsailing.org.
A special thanks to all those who contribute pictures and information.**

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