# The MainSHEET

### Newsletter of the CAVE RUN SAILING ASSOCIATION



### From the Commodore

David Davison —Flying Scot #2194

The Summer Sailstice, more accurately solstice, has raced past us. We're now approaching autumnal equinox and the beginning of fall. But fear not, there are still opportunities for sailing and socializing before the snow flies. Coming attractions include:

September 7-9 - The 2nd Annual Mountain Mama Charity Regatta benefitting Southern West Virginia Hospice at Summersville Lake. It's hosted by the Sewell Mountain Sailing Association with a little Race Committee help from CRSA. Good chance to practice trailer sailing and counts as our 7th Summer Race.

September 16 - The 25th Annual Bluegrass Charity Regatta benefitting the Lexington Hearing and Speech Center and sponsored by Theta Nu Chapter of Psi Iota Xi Sorority. CRSA provides the boats and sailors and the sorority finds the sponsors. Good way to help bring sound and communications into the lives of the children helped by the center.

September 22 – the 8th and final 2012 Summer Race Series and also the autumnal equinox.

October 6-7 - The Grand Annual Regatta and Saturday evening dinner. We're trying a new, six race format.

October 12-16 – Fall Chesapeake Bay Cruise departing Deltaville VA and Callao VA to cruise a different part of the bay.

November 10 – Annual Awards Banquet at Spindltop Hall, Lexington from 6 to 10 p.m.

Come join us to race, cruise or just have dinner and tell sailing stories. Then if nothing happens on December 21, when the Mayan calendar runs out, we'll start planning next year's adventures.

David Davison - Flying Scot 2194

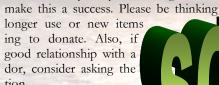
### 2012 CRSA ANNUAL AWARDS BANQUET AND AUCTION NOVEMBER 10TH - FROM 1800 TO 2200

PLAN TO JOIN US AS WE CLOSE OUT THE SAILING SEASON THIS YEAR WITH OUR ANNUAL AWARDS BANQUET AT SPINDLETOP HALL. INVITA-TIONS WILL BE MAILED PRIOR TO THE EVENT WITH FURTHER INFORMA TION. HOPE TO SEE YOU THERE!

Once again this year CRSA will be hosting an auction at our Annual Awards Banquet



### **Auction Items Needed!**



to raise money for youth sailing. Donation items of all things sailing are needed to of items you may no that you would be willyou have established a particular sailing vencompany for a dona-



This past year our youth sessions at Jacobson Camp Judy Layne at tion and hands on sailing year our auction had 30 item

sailing program, comprising Park and with Girl Scouts from Cave Run Lake, provided sailing instrucexperiences to 50 children and young teens. Last ands raised \$600 to promote youth sailing. Let's

see if we can surpass that amount in 2012!

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### Harbor Master's Report Summer 2012



The following items have been purchased for use to maintain our equipment this summer:

- New water pump impeller on the small Johnson outboard used on the chase boat.
- New anchor and reel and line for race marks to replace one that was lost at the first race.
- New Dock lines for the Miss Kelley.
- New Battery for the Margret Mary II.
- Service for the Honda outboard used on the Miss Kelley to correct a cooling problem.

New roller for the sunfish trailer to protect it in transit to and from the lake.

Improvements to our equipment included:

- Carpeting on the lower deck of the Margret Mary II.
- New ground tackle for the Margret Mary II, a 22 lb Lewmar Claw.



These improvements have been badly needed for the committee boat. The carpet looks so much cleaner than the flaking epoxy coating that existed before. The new anchor should make it much safer for the race committee, as much trouble has been had

in the past during the few times a race was held when there was any wind at all.

The Miss Kelley has been rented several times this summer. All who rented the boat were very pleased with the experience. The Miss Kelley, our Hunter 23, is available to



all members who have attained ASA 101 certification or have other acceptable credentials. ASA 101 at a minimum is our preference. In order to reserve the Miss Kelley, log onto the CRSA website with your Member/User ID and Password and go to "The Fleet" page. Members who sign in will see a link to the Sailboat Usage Application, where it says "Rent Miss Kelley. Print the application, fill it out and mail a check in the amount of \$60/per day, for each day that you would like to use the boat to me at:

Brad Leslie 118 Deer Valley Drive Hurricane, WV 25526

Please make all check payable to CRSA.

# 2nd Annual Mountain Mamma Hospice Regatta September 8-9, 2012 Summersville Lake, WV (CRSA's Race #7)

The Sewell Mountain Sailing Club is excited to invite spectators and sailors to the Mountain Mamma Hospice Regatta, a sailboat race and beach party that will benefit Hospice of Southern West Virginia. Bob Richards, founder of the Sewell Mountain Sailing Club, says, "Hospice lovingly cared for my mother until the day she passed. They are very close to my heart. I don't think many realize what hospice does, not only for the people they care for, but for their families as well".

This free event is planned to take place over two days, September 8th & 9th. The race is scheduled to begin at 10:30 am both days and the course is an estimated 10 miles, up and back. As many as 40 sailboats are expected to race this year. The 2011 Mountain Mamma Regatta drew sailors from as faraway as Canada and Oregon. This year's event will take place at the Battle Run area of Summersville Lake.

The Mountain Mamma Regatta is more than just a race; it is a free event for the entire family. There will be swimming, food, bands, games and more. A silent auction offers items such as golf packages, rafting packages, a bi-plane ride with video and an unopened box containing 792 baseball cards. The raffle has over 60 prizes including dining, jewelry, artwork and an Orb-on-the-Gorge adventure. For a \$1.00 donation visitors can participate in a kayak race. The contestant with the best time for each day will win a brand new sea kayak.

The 2011 Mountain Mamma Regatta drew sailors from as far away as Canada and Oregon. The Summersville Lake teams with sailboats slipping gracefully across the waters. The only noise is the gentle flapping of the sails and voices of the crews as they man the rigging. It is a truly a beautiful sight to behold. One hour rides on spectator boats are on a first come, first serve basis.

Interested sailors can receive registration forms via email by contacting Bob Richards at soapysails@gmail.com. Visit them on the web at soapysails.webs.com,you can also follow them on the Facebook and see pictures of the 2011 regatta. Mountain Mamma Hospice Regatta info line (304) 663-9211.

For those who have never experienced such an event, it is well worth the short drive to Summersville Lake.

Bob Richards aka Soapy Sewell Mountain Sailing Association Mountain Mama Hospice Regatta 1641 Corliss Rd. Rainelle,WV. 25962 http://www.soapysails.webs.com 304 438-5035

# **25**<sup>th</sup> Annual Bluegrass Charity Regatta September 16, 2012

Sponsored by Theta Nu Chapter of Psi Iota Xi Sorority, Organizing Authority AND Cave Run Sailing Association, Cave Run Lake, Morehead, Kentucky

The members of Theta Nu Chapter of Psi Iota Xi Sorority invite you to join the Cave Run Sailing Association for the 24th Annual Bluegrass Charity Regatta. Since 1988, the members of Theta Nu and CRSA have combined efforts to help bring sound and communication into the lives of the children who are served by the Lexington Hearing And Speech Center. Theta Nu recruits philanthropic sponsors for this charity event and CRSA sailors volunteer boats, skippers, crew and the Race Committee.

### "Registration-Check In" site for the Charity Regatta is the West Use Group Area at the Twin Knobs

**Campground**. No charge for CRSA members – but any who wish are welcome to sponsor a boat. New members without boats are welcome to come, crew on a boat, and enjoy the food and fellowship.

- 1. <u>Rules</u>: This regatta will be governed by the rules as defined by the current edition of the Racing Rules of Sailing (RRS), the prescriptions of US Sailing, except as any of these are altered by this NOR and the Sailing Instructions.
- 2. <u>Fleets and Scoring</u>: A minimum of five boats constitutes a one-design fleet. All other boats will compete in the daysailer or cruiser handicap fleets based on Portsmouth handicaps. Scoring will be Low Point Scoring System Appendix A, as amended by the Sailing Instructions. Three races are scheduled depending upon weather conditions. A minimum of one race constitutes a regatta and all races shall be scored.
- 3. Registration: Early registration may be by mail, www.caverunsailing.org, or may be at the regatta site from 8:30 to 9:30 a.m. on Sunday September 16, 2012. There is no registration fee for boats. Sponsors are requested to complete their registration and donations via mail by September 4, 2012. Participant and sponsor registration forms will be mailed by Theta Nu Chapter in August and posted on our website.
- 4. <u>Meals</u>: Breakfast and lunch are provided for skippers, crew and those sponsors who plan to attend and make advanced reservations.
- 5. <u>Sailing Instructions</u> will be available during registration at the regatta headquarters at either one of the Twin Knobs Group Use area shelters or the Boat Gunnell picnic shelter.
- 6. Schedule for Sunday, September 16th:

0830-0930 Registration and Breakfast

0930 Skippers Meeting

1100 Warning signal for Race 1 with Race 2 and Race

3 back-to-back

1400 Awards Presentation and Lunch

7. **Lodging**: Several motels are located close to the lake and in nearby Morehead

Comfort Inn & Suites 606-780-7378 I-64 at KY 801 (9 miles from lake)

Lakeview Motel 606-784-1600 <a href="https://www.caverunlodging.com">www.caverunlodging.com</a>
Holiday Inn Express 606-784-5796 in Morehead (14 miles from lake)
Days Inn 606-783-1484 in Morehead (14 miles from lake)
Ramada 606-784-7591 in Morehead (14 miles from lake)

8. <u>Camping</u> is available at the Twin Knobs Campground. Reservations <u>www.reserveusa.com</u> or 1-877-444-6777. Single sites are \$14 per night or \$18 per night for sites with electricity.

For more information contact: Carol Bailey 859-269-0192

# CHESAPEAKE BAY CRUISE: October 12-16, 2012

This cruise will begin and end at Deltaville, Virginia and explore the southern Chesapeake Bay. Brad and Donna Leslie have generously agreed to share their boat for the cruise and we have chartered a 41' Hunter "Audacia" from Norton Yacht Charter in Deltaville.

### Details of the cruise are as follows:

Cost- \$475 per person. To secure your reservation on the cruise, please send a check made out to CRSA to Dan Geiger. Available openings will be assigned based on the date your check is received. If both boats are filled, we will attempt to charter additional boats, if possible.

The cruise fee may vary, depending on the final number of sailors.

Cabin assignments will be made by the Captain based on pairing persons who wish to bunk together. Cabin preference will be assigned based on the date your check is received.

The trip cost covers the charter fee, fuel, dock charges, and insurance. Travel to and from Deltaville will be the responsibility of each sailor. Each Captain will ask the crew to contribute to a boat fund to cover food and other shared items.

### Schedule:

Friday, October 12- Travel to Deltaville, sleep aboard

Saturday, October 13 thru Monday, October 15- Cruise the Bay

Monday night, October 15- Sleep aboard

Tuesday, October 16- Travel home.

While not part of this cruise, there are two very large boat shows near Deltaville at Annapolis, MD prior to the trip. The United States Sailboat Show is October 4-8 and the United States Powerboat Show is October 11-14. Both shows are the oldest and largest new in-water boat shows in the world.

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# CRSA YOUTH SAILING PROGRAM

This year the club's Youth Sailing class went out with a bang. Or at least with a few blows of the air horn. After 9 weeks of instruction at Jacobson Park in Lexington, the end of season party was held at Clay Lick on Cave Run Lake. Eight students (ages 6-14) had learned the parts of a sailboat, basic points of sail, knot tying, and how to have fun even when the wind wasn't cooperating. The party was a time to celebrate their new skills, race a bit, and throw a few burgers down the hatch.

CRSA's five Opti's were in hot demand by the latest crop of new sailors. Fiona, Glenn, Sarah, Audra, Kollin, Walt, and Emma demonstrated their seafaring abilities by raising masts and sails, pulling rigging, setting rudders and dagger boards, installing new windlasses, and racing around the marks. (Maddix was unable to attend.) It was amazing to see how well all the kids could sail!

After the kids had their fill of the sails, the parents took a turn. First came the men's race. The young sailors had a hoot sounding the air horn; raising the first race flag; counting down; another short blast; another flag; and the final blast and flag. We used the abbreviated U.S. Sailing Racing Rules designed for short attention spans (the kids...not the men's.) Competition was fierce as the men crossed the start line and raced twice around the marks. The winner was been sworn to secrecy before the kids keel-hauled him beneath the Margaret Mary II.

The women's race followed with equal determination and fun. But the winning mom's were treated a little better as the kids knew that the brownies, fruit salad, hamburgers, and hotdogs did not just magically appear. The MM2 became party central as everyone used the water slide, jumped off the top, and practiced their diving.

Eight hours later the party ground to a stop as the daylight was running out and the parents were spent. It was a great day for families at the lake!

Thanks to Chuck Emrich. Julie Mitchell, Charlotte and Bill Lubawy, Prince Dinger, Derek Eggers and Ben Askren for running the youth sailing program this year. The parents of the students were absolutely essential in creating a successful season. The club has generously invested in helping to raise the next generation of sailors. *Now if we could have just one more Opti...* 

Pictures by Julie Griggs.

### Publicity Sign Up for CRSA on KY 801

The sign below is now up on Highway 801 directly across the street from the Scott Creek Marina entrance. The 4 x 8 foot sign has the same picture on both sides. CRSA has been looking for ways to get more publicity with individuals who visit the lake. Bill Lubawy vol-



unteered to put a sign up behind his boat on Mrs. Hook's storage lot since it faces the highway. When the signs came in Bill and his wife thought there might be a better place, the unused posts in the front of Mrs. Hook's lot. Luckily they were able to make it happen.

Special thanks to: Chuck Emrich who ordered and delivered the signs, Ed Puteraugh who designed and printed the signs, Mrs. Hook who approved the signs on her lot, the Marina who let us use the bottom of their posts, Bill and Charlotte Lubawy who did the negotiating with Mrs. Hook and the Marina and mounted the signs on the posts.

If you have suggestions for other ways to increase our visibility around Kentucky, in Lexington or Ashland, or at the lake please let the Commodore know.



### **Commodore's Summer Social**

The 2012 Commodore's Summer Social on August 26th was a huge success and an extraordinary amount of fun. Bob Woods kindly hosted the social at his home. He and David Owen cooked cold squash soup and a low country boil (with shrimp, sausage, onion, mussels, potatoes, peppers, corn and special seasonings). Home made desserts included key lime pie, berries-ice cream and torts, and cakes. About 75 CRSA members and guests attended. Children, and quite a few adults as well, enjoyed swimming in Bob's pool.

A very special thank you to Bob Woods for hosting, to David Owen for being co-chef, Misty and Bob Hagan for making the arrangements and all the CRSA members who served as kitchen crew, set up crew and clean up crew.



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### CRSA Girl Scout Sailing Camp

The 2012 CRSA Girl Scout Sailing Camp was held at Camp Judy Layne and Cave Run Lake in July. About 50 girl scouts and counselors were involved. This activity is part of the Youth Sailing Program offered by CRSA to introduce sailing to children who will hopefully become future sailors.



Girl Scout Sailing Camp instructors consisted of Mark Breeden, Charlotte Lubawy, Bill Lubawy, Brad Leslie, Paul Harbour, Jared, and Gerard Howell. Not pictured were instructors Julie Mitchell, Chuck Emrich and Valerie Askren.

The Girl Scout office offers a section of their summer camp concentrating on outdoor activities, especially sailing. CRSA members teach a sailing section in the morning every day for

a week to the girls who have registered for this part of the

program. In the afternoons the other

troops at the camp rotate in for a one

day one the water

outing. This latter

activity consists of half sailing and half

slide. Needless to

going off of the Margaret Mary II



say all the participants had a wonderful time. The laughing, screaming and jumping around were endless - and this was just the camp counselors and the CRSA instructors.

Instructor Julie Mitchell tries the High Jump off of the MMII.

The program was organized by Charlotte Lubawy who is on the Youth Sailing Committee chaired by Ben Askren. She assembled a small handout of sailing essentials for each girl. Brad Leslie, and his nephew Jared, began the week with instructions on rigging the boats. This was followed by giving rides to pairs of girl scouts on the boats, but allowing each girl to handle the tiller and control the mainsheet.

On one day when storms were causing higher winds than in which everyone felt uncomfortable sailing, the entire group returned to the campground and Mark Breedon taught a knot tying and rope coiling workshop.



Mark Breeden taught a knot tying workshop one day when storms prevented getting on the water.



Girl Scout Sailing camp participants in the sailing intensive sessions and two of the camp counselors.

The Girl Scout Camp has 3 very nice Barnett 1400 dinghies. These were supplemented by the CRSA Sunfish and a Sunfish brought to the lake by Brad Leslie. Incidentally, Brad's sunfish was purchased from the father of Jennifer Garner, the movie star, who used it to teach Jennifer to sail. Brad is using the sunfish to teach his daughter Jennifer to sail.

Steve and Diane Morris very generously made their cabin at the lake available for the CRSA Instructors. It was a GOD-SEND, being a wonderful place to crash, shower, eat, drink a beer or two and get enough sleep to be ready for the next day. A big thank you to Steve and Di.



Brad Leslie gave boat rigging instructions.



Five boats were used for the training classes.



By the end of the week pairs of girl scouts were taking the boats out by themselves. By the end of the last day four out of five pairs capsized and righted successfully.



One of the girl scouts did Olympic Style jumping off of the top deck of the MMII. They all loved it.



At the end of every session the girl scouts took down the rigging and put away the boats.



Brad Leslie poses with the Sunfish he purchased from the father of the actress Jennifer Garner. This is the boat in which Jennifer Garner learned to sail. Brad bought it to teach his daughter Jennifer how to sail.



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### A Canal Boat Cruise for Sailors?

Several CRSA members have taken canal boat cruises over the years and we wondered how they compared to our sailing cruises. Paul and Susan Harbour, Bill and Billie Strunk, and Dave and Roi-Ann Bettez took such a trip this spring for 11 days and loved it. The trip began in Argens-Minervois in southeast France and went to Carcassone before turning around and heading back.



A canal boat looks like this. Fairly good size, but quite different from the classic cruising sailboats with which we are familiar. Bill described its handling as "like pigs on ice."



The cruising team: Bettez, Strunk and Harbour. Going from village to village allowed easy access to lots of interesting restaurants and food.



The scenery along the canals was striking. Bridges were usually one lane



Canals ALWAYS go UNDER highways.



On occasion the canal became a bit crowded.



A lock operator and his wife made sculptures visible form the canal which were for sale. No one on the trip purchased any.

Round trip was somewhere between 80 and 100 miles. Favorite villages/towns were Trebes which was picturesque and the cab drivers helped carry groceries to the boat and Carcassaone which is a walled city with a cathedral that happened to have a choir singing when the group visited AND had someone looking like Keith Richards in the market.



Along the way locks allowed the boat to move comfortably from one level to another.



Sometimes the passages through the locks would be a little tight.



On the weekends a street fair/flea market would occasionally pop up along the canals.

Others were La Redorte and Ventenac-in-Minervois. The villages and countryside were just gorgeous. The trip was booked through "Locaboat". They have a website with various trips described.

This trip seemed more leisurely and picturesque than ocean cruises. The boats require much less skill to operate, and with loads of fenders they bounce harmlessly off of the canal walls rather than running aground when you go off course. Bill Strunk described them as akin to driving bumper cars but going very slowly.

Wines were less than 2 Euros/bottle and delicious. Cheeses from the local markets were exceptional.



The weather in May was usually very nice and sitting on the top of the boat deck was the place to be.



Meals aboard the canal boat were not too different from those aboard cruising sailboats.

Stops at the local markets along the way provided fresh and delicious foods for meals and snacks.





There were lots of opportunities to see some very classic buildings with quite a bit of ancient history. This is the walled city of Carcassonne.

Canal cruises are available in many places in the common market countries and present an interesting way to see the country side, smaller villages and more rural areas. Page 10 THE MAINSHEET

### **Summer Racing Series**

# Race Day 4 Standings CR Fleet

Sailed: 12, Discards: 3, To count: 9, Ratings: USPN, Entries: 7, Scoring system: CRSABollinger

Fleet	Boat	SailNo	Helm- Name	RD4R1	RD4R2	Total
CR		532	Emrich	1.0	1.0	25.0
CR		572	Breeden	2.0	2.0 DNF	37.0
CR		H25D	Davison	4.0 DNC	3.0 DNC	39.0
CR		14057	Hagan	2.0 RC	2.0 RC	42.0
CR			Leslie	4.0 DNC	3.0 DNC	43.0
CR		6334	Wornall	4.0 DNC	3.0 DNC	41.0
CR		H23.5M	Moore	4.0 DNC	3.0 DNC	45.0

### DS Fleet

Sailed: 12, Discards: 3, To count: 9, Ratings: USPN, Entries: 8, Scoring system: CRSABollinger

### RD4R1 RD4R2 Fleet Boat SailNo Helm-Total Name 1.0 1.0 DS 3787 Merten 17.0 DS Halcyon 4312 Bollinger 2.0 2.0 19.0 DS 4748 3.0 3.0 DNF Dinger 37.0 Miss Adventure DS V22 4.0 DNC Lubawy (5.0 DNC) 44.0 937 Mitchell 5.0 DNC 4.0 DNC DS 46.0 DS 4890 Tulenko 5.0 DNC 4.0 DNC 50.0 DS 1497 Trost 4.0 DNF 3.0 DNF 47.0 Cat's Pa 5.0 DNC 4.0 DNC DS Davison 54.0

### **CRSA Ship's Store**





Now through October 1st, everything on Cave Run Sailing Association's Ship Store is 10% off! To make a purchase visit CoralReefSailing.net









# CRSA Dinghies Meet Fridays for Lunch at Regatta Seafood

CRSA Dinghies is a group of CRSA members and guests devoted to sitting around and chatting about sailing and anything else that comes up in the course of lunch. Dinghies meet almost every Friday at 11:45 am at Regatta Seafood near Hilton Green in Lexington. Drop in, no reservations are required, and look for the CRSA Burgee on a table with sophisticated CRSA Dinghies representatives sitting around. For information check with Al Lawton 859-293-2792 or Bill Jones 502-863-5341.



CRSA
MEMBERS
ENJOYING
BEAUTIFUL
CAVE RUN LAKE!

# 2012 CRSA Calendar

Sep 7-9 (Fri-Sun) WV Mountain Mama

Charity Regatta

Summersville Lake,

Counts as CRSA Race 7

Sep 16 (Sunday) Charity Regatta

Sep 22 (Saturday) 8th Race

Oct 6-7 (Sat-Sun) Grand Annual Regatta

Dinner Saturday Evening

Oct 12-16 Chesapeake Bay Cruise

Nov 10 (Saturday) Annual Banquet 6-10PM



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### CRSA'S 34TH GRAND ANNUAL REGATTA - OCT. 6-7, 2012 CAVE RUN LAKE, MOOREHEAD, KY

The Cave Run Sailing Association invites you to join us for our 34th Grand Annual Regatta. Located in the heart of the Daniel Boone National Forest, the October colors make Cave Run Lake an exceptionally beautiful place to sail.

The Grand Annual Regatta is always held on the first weekend of October. It is scheduled for Oct 6-7 in 2012. We plan to have another great mid regatta feast on Saturday evening that sailors and, family and friends are welcome to attend (for a minimal fee) and a bluegrass band saturday during the diner and after party / bon-fire.

The Grand Annual has traditionally been a good time for local and regional racers, family, and friends with terrific wind and beautiful fall colors. We are working hard to also make this years end of the season race and celebration worth travelling for and even enjoyable for members and friends that care to socialize more than race.

We will offer several one-design class races for Flying-Scot, Thistles, National One Design, and Catalina 22s. At the request of several one-design racers, this year we will have 6 races, 3 back-to-back on Saturday (Skippers meeting at 10:30) and 3 back to back on Sunday (Skippers meeting at 8:00). Sailors travelling from out of town can get 6-races in and should be able to depart by about 2 pm on Sunday.

If you don't have a boat but want to crew, please express interest on the website under Membership / Discussion Boards / Crew List. We want you to attend!

Youth Sailors: Due to a terrific turnout in the summer youth sailing program and several other youth in the club who have expressed intrest in racing we will offer a youth only race with multiple prizes for participants and winners! Please let us know if your youth sailors plan to participate and we will include you in more specific details.

Please mark this race and celebration on your calendar, invited friends, and family. For more information, and updates and to register please visit www.caverunsailing.org -- Regattas / Grand Annual.

Email Derek Eggers, Vice Commodore at eggers.derek@gmail.com for additional questions.

We hope to see you in October whether you want to captain, crew, or just socialize!

