



# The MainSHEET

## Featuring CRSA Grand Annual Regatta and Annual Awards Banquet

### LINES FROM THE COMMODORE

Welcome to December 2023! Hopefully there will be a few really nice days to get on the water and enjoy sailing through the winter.

This is my last newsletter article as Commodore and I would like to first and foremost thank you as club members and the Executive Committee! It has been my pleasure to work with each of you, and I am excited about our accomplishments, where the club is going, and the new leadership team!

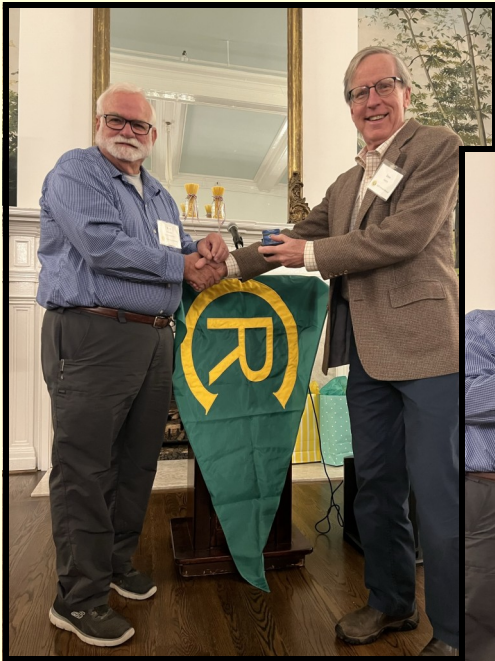
A brand new initiative for 2024, which will provide more sailing opportunities for our members is "WE SAIL". Bob Rodak has agreed to take the lead on this initiative. In a nutshell, this initiative is designed to provide social sailing opportunities at Cave Run Lake for club members and families on a regular basis. Bob has identified one or two dates per month, in midweek, for anyone to get out to sail and share tips along the way! Be sure to check these dates on our Club calendar. Also, if you are interested in getting involved, please contact Bob at [WeSail@caverunsailing.org](mailto:WeSail@caverunsailing.org).



Our annual meeting and banquet was Friday November 3 at the Lexington Country Club and was full of good energy and great people! You can review the 2023 highlights through the [Annual Report](#), although I would like to again recognize the race winners and club award winners here.

**Mark Breeden** presented Club racing awards to **David Leddy**, 3rd place; **Chris Bollinger**, 2nd place (not present); and **Mark Breeden**, Fleet Champion.

For the first time, Radio Control (RC) racing awards were also presented to **Dave Harris**, 3rd place; **Merritt Wade**, 2nd place; and **Paul Duffin**, Fleet Champion. Congratulations to each of you! This was an odd racing year, and we did not present a Best Crew Award or the Captain Crunch Award.



**Active New Member Award** was presented to a new or relatively new member who has displayed incredible energy and support of CRSA/CRYSA throughout the year. This award was presented to **Dallas Hodge**. Thank you, Dallas, for your engagement and energy!



The **Commodore's Award** is presented to an individual who has displayed unusual dedication and responsibility in facilitating the programs of CRSA. This year I was pleased to present both **Merritt Wade** and **Dominic Keim** with the Commodore's award. Thank you both so much for what you have brought to the club this year and for your continued commitment and support!



The **Charlie Jett Award** is a rotating trophy presented to an outstanding member of the year for recognition of overall contribution to CRSA. It was very difficult to identify just one member to meet this criteria. Instead, I presented this award to the entire 2023 Executive Committee! **Without your relentless commitment, follow through, and “can do” approach to every activity, we would not be where we are today. Thank you so much!**



It is with pride and pleasure that I turn the Commodore's Tie over to Graeme Wilson! Many of you know Graeme, as he has been a long-term member of the club and everything he does, is done well. Congratulations to you, Graeme, and to the entire 2024 Executive Committee! I am sure 2024 is going to be another great year for CRSA.

Thank you again for all your support over the years and here's to great days ahead!

Happy Sailing!

Molly Sutherland  
2023 Commodore



Honoring Molly SUTHERLAND  
for 3 Years of Service as CRSA Commodore

Cave Run Sailing Association has been very fortunate to have Molly Sutherland as our Commodore for the past 3 years. She is now stepping down from this position. During her years of service, with her innovation, energy, organization, problem solving abilities, positive approach, and leadership, the following have occurred:

- Creation of a Centralized club phone number
- Development of a club store
- Let's Go Sailing for Women, by Women—which grew from 8 to 76 women on the list in two years!!!
- RC Sailing—led by Bill Jones every Wednesday night
- Entry in the Lexington 4th of July Parade in 2022
- Honoring our Foundational Members at the Awards Banquet in 2022—the 45th anniversary of CRSA
- Donating her time and expertise in the Development of Strategic Plans for both CRSA and CRYSA in 2022



- Opening her home and being a gracious hostess for the EC meetings since taking the helm 3 years ago
- Beginning communication with the U.S Forest Service, U.S. Fish and Wildlife and U.S. Army Corp of Engineers to discuss potential partnerships to promote & encourage sailing
- Seeking donations for Youth Sailing from merchants around the Cave Run and Morehead area
- Creation of “We Sail” which will be similar to Let’s Go Sailing, but for any one who wishes to participate.

Even though Molly is stepping down as Commodore, she is not disappearing. She has plans to continue working on several projects that are close to her heart.

At the Awards Banquet, she was presented with tokens of the club’s appreciation for her dedication and service over the past 3 years.

THANK YOU MOLLY!!!



## Introducing Graeme Wilson 2024 Commodore

Dear Members of CRSA,

I am pleased to have become the new Commodore of CRSA and am excited to work with you all and contribute to the growth of this club.

I have been sailing for 40 plus years and have been a member of various sailing clubs. I am passionate about sailing, however this club has become much, much more. We teach and educate, we travel to far-off places (cruises), socialize, and make long lasting friendships.



I am committed to ensuring that our club continues to provide a safe and enjoyable environment for all members. I am also committed to promoting sailing as a sport and encouraging more people to take up this fun activity.

I would like to take this opportunity to thank Molly and the award winning board for their hard work and dedication to the club. I hope to build on their legacy. With your help, we may be able to grow more. Volunteer!!!

I look forward to seeing you on the water, at youth sailing, on a cruise, at a trip tails, or a social event.

Come aboard for more adventures,  
Graeme Wilson



## *Social News*

Sixty-four folks enjoyed an Italian evening at the Annual Banquet and Awards Dinner. We welcomed some new members to the club and new officers to the Executive committee. We also unveiled our brand new CRSA Handbook, which we gave out to our newest members and we still have Handbooks available for sale. They include a members' directory, club history, bylaws, executive committee, useful names and phone numbers, as well as the 2024 Calendar (2 pages!) See [New Member Navigator](#) newsletter entry for more information ([Page 30](#)).

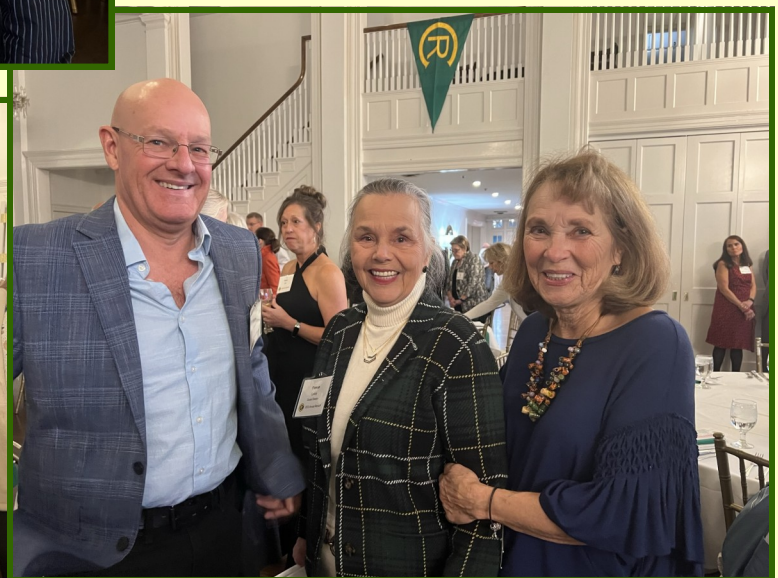
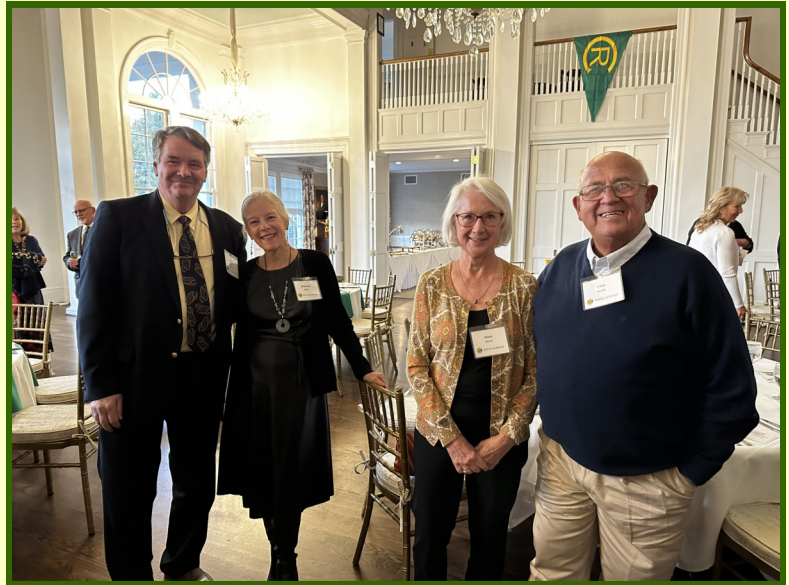
After 3 years as your Social Chair - 3 years of trip tales, teas, raft-ups, Newcomers Socials, silent auctions, raffles, and Annual banquets—it was good to end my term during such a fun event.

I would like you all to welcome **Rose Perkins** as your new Social Chair. I am sure you will appreciate her enthusiasm and energy. She has some exciting new ideas to share with the club!  
Thank you! Fresca Leddy

## Annual Awards Banquet Fun Lexington Country Club



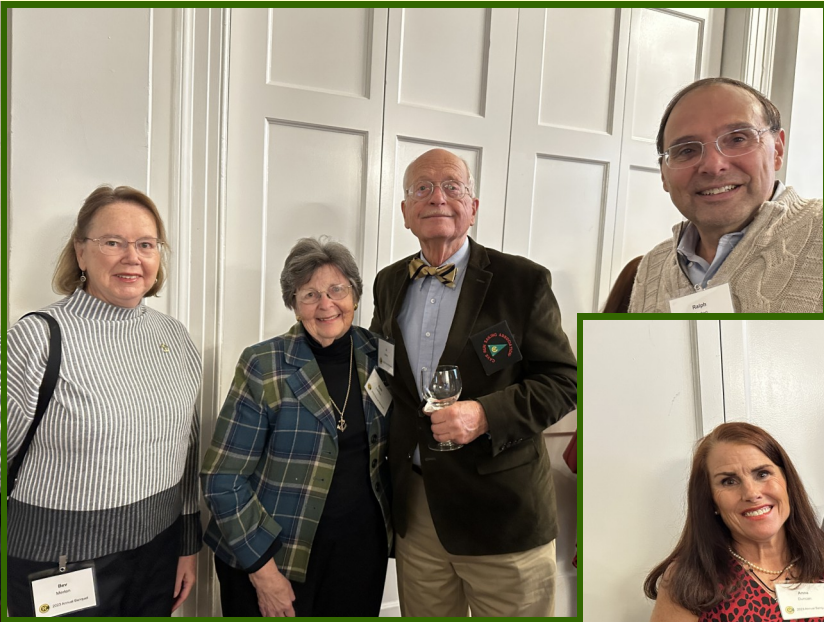


















# Grand Annual Regatta

The 44th Grand Annual Regatta was held on the weekend of September 23 and 24. The Boat Gunnel Campground was our center of operations with several campers taking advantage of the camping starting on Thursday. A good crowd stayed over Friday night, cooked out, and enjoyed the campfire. Twenty-two boats registered for the Regatta, along with 20 crew and 17 guests.

The “guests” did a lot of work to make the Regatta happen! The marina once again offered a large pontoon boat that we used for spectators and as a second safety boat. The spectators were really a mark-setting crew as it turns out and did a great job. Our safety boat service was provided by members Jim and Sharon Chandler, who were also kept very busy with setting marks. The race committee of Tenna Bell, and alternately Chuck Holden, Fresca Leddy, and Abbott Maginnis assisted PRO Paul White in running the races. Our outstanding meals were managed this year by Regina Heiser with a host of volunteers to make sure that everyone had a great meal once they returned to camp. Of special mention was our dinner of Beef Braciolo on Saturday night. Delicious!

This year we had enough Sunfish and Catalina 22's registered to have their own fleets. The remainder of the cruisers and dinghies raced in an open fleet of nine boats. We had three races on Saturday and two more on Sunday, for a total of five races in the Regatta. The Sunfish fleet was won by Dominic Keim, with Gail Turluck in second and Michael Jarboe in third places. The Open fleet was won by Daniel Leddy, with Brad Leslie in second and Luke Adams in third places. The Catalina 22 fleet was won by Mark Breeden, with Mike Bracket in second and Chuck Emrich in third places.



Finally, I would like to thank everyone that helped with and participated in the Benefit Regattas and Grand Annual Regattas over the past two years! I am stepping down as Vice Commodore. Our new Vice Commodore is **Susan McLaughlin**, so please welcome her to the CRSA Executive Committee!



Please mark your calendars for the **2024 CRSA** regattas: the **Benefit Regatta for Youth Sailing on May 18th** and the **45th Grand Annual Regatta on September 21 and 22!**

Happy Thanksgiving!  
David Leddy









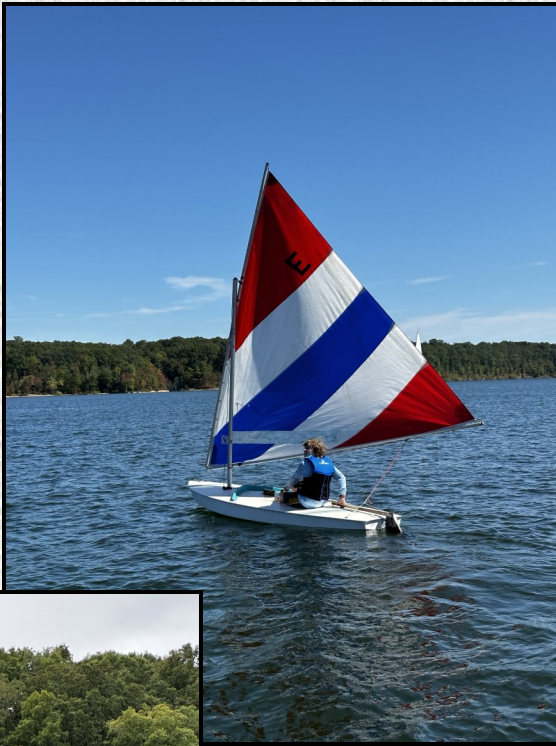






















## Singlehanded Sailing

I see a distant blue sparkle as I drive up the driveway that leads towards Jacobson Park lake. It's Tuesday evening, which can mean only one thing: Tuesday night Singlehanded Racing. I get out of the car and head over towards the large, grassy area where we set up our boats. Soon Lou Trost shows up with a canoe sticking out of the back of his truck and a bunch of red buoys—our “official” Race Committee boat.

We discuss the plan for the evening and he heads out to set up the course. Around 5:30 pm, our trailer of 8 club Sunfish shows up. These are Cave Run Youth Sailing Academy boats that the fleet has been generously allowed to use. Members are encouraged to bring their own boats, but these are available for people just getting started in racing. People start unloading the boats (quite a task) and rigging them up near the water's edge. By 6:30 everyone's out on the water sailing around and gauging the strength of the wind. Lou blows the 5 minute whistle and everyone starts congregating around the start line. Five minutes later everyone is off and Lou shouts, “All clear.”

Our CRYSA alumni often feature at the top of the fleet, which is impressive. Jacobson Park Reservoir is not ideal by any means, but it does provide a safe learning environment for beginners, as well as challenging the more experienced sailor with the shifts and puffs. After 2 or 3 more races, the sun is setting and it's time to head in. As the setting sun casts golden light over Jacobson Park, sailors chat, de-rig their boats and load the club Sunfish back on the trailer. All is back to normal...until next Tuesday.

I started Tuesday night racing because I thought it could fill a gap in our racing series. We don't have a large fleet of singlehanded dinghies that race regularly. I specifically named it “Singlehanded racing” and not “Sunfish racing” because I don't want to limit the event to just Sunfish. In the future I am hoping to see Lasers and Force 5s out there as well, both very

popular boats. I chose Jacobson Park reservoir mainly because it is much closer and more convenient for the majority of club members. I was hoping that would increase participation, especially on weeknights. I also think it is a fun place to sail. It is small, but that makes it very safe and it is in the midst of a beautiful park. It is not ideal for racing, so as participation increases and people see how fun dinghy racing is, I would like to have race days at Cave Run Lake as well.





I want to encourage people to buy their own boats, whether it be Laser, Force 5, or Sunfish. The Sunfish fleet probably has the most potential for growth. I have been receiving numerous emails from Sunfish sailors around the area that are interested in becoming part of our fleet. I think it will grow fast. There are many Sunfish regattas in the area: the Pumpkin Regatta at Louisville Sailing Club (which was a great event) and a couple in Ohio and Michigan. The Sunfish class also needs a host for one of their regional championships next year. This might be an opportunity for CRSA to attract more sailors to Cave Run Lake and put us on the map!

I would also like to make the case for a boat that is very dear to my heart: the Laser, or ILCA. This was the first boat I raced competitively and it remains my favorite boat. It is currently the most popular racing sailboat in the world and is widely raced throughout the U.S. There are countless regatta throughout the country. It has excellent resale value. If you buy a good racing boat and keep it in good condition, you should be able to



easily resell it.

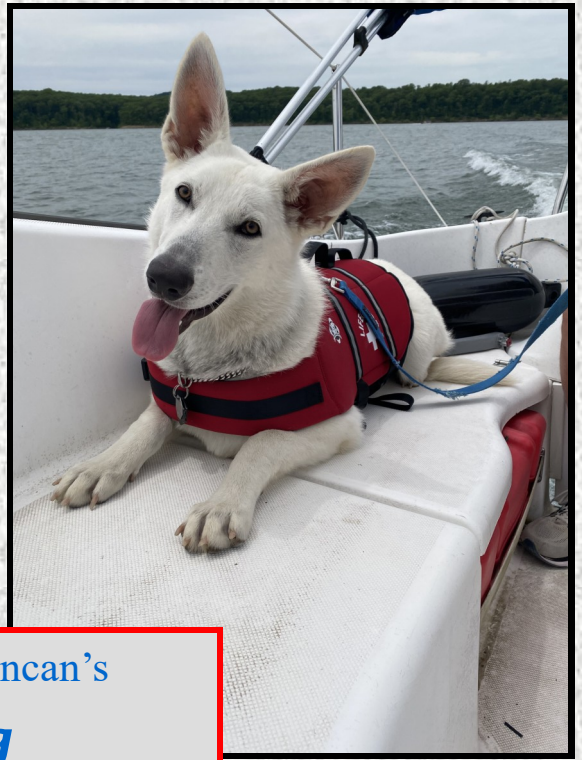
Most importantly, it is a very fun boat to sail. To my knowledge, three club members, including myself own Lasers. If a few more people acquired them, we would be on our way to starting a fleet!

Now that Fall is upon us and daylight becomes scarce in the evenings, we have moved to Saturday mornings at 10am. Come join us, whether it be to watch from the shoreline or participate in the racing!

Dominic  
Keim







David & Anna Duncan's  
*Sea Dog*  
Jewel  
1 year old White German Shepherd  
Getting Comfortable on  
Blue Pearl II





## *CRSA Let's Go Sailing, for women, by women*

It has been a great year for *Let's Go Sailing, for women, by women!* As we end the second full year of this initiative, we have 76 women who have reached out from across West Virginia and Kentucky asking to be on the mail list! The upcoming year I am sure will be another fun and educational year for us.

Before we move to 2024, I would like to give a shout out and thank you to **Liz Harris** as a dependable, reliable skipper throughout the year. Also another congratulations to **Nicole Brocato, Beverly Hale, and Charmaine Pfister** for successfully completing their ASA 101 certification. Completing the ASA 101 certification positions a club member to use and skipper a club boat. Many times throughout the year, we use both club boats along with several other boats made available by women in the group.

A quick reminder: this initiative was created to inspire sailing confidence and camaraderie. You do not need to be a CRSA club member to participate. We welcome you and encourage you to get on the water and learn more about sailing to build your confidence, have fun, and meet incredible women along the way.

Mark your calendar for **Thursday, December 14**, as we plan to have a lunch get together/planning session at Liz Harris' home from 11am to 2 pm. If you are interested, please contact me directly at [LGS@caverunsailing.org](mailto:LGS@caverunsailing.org).

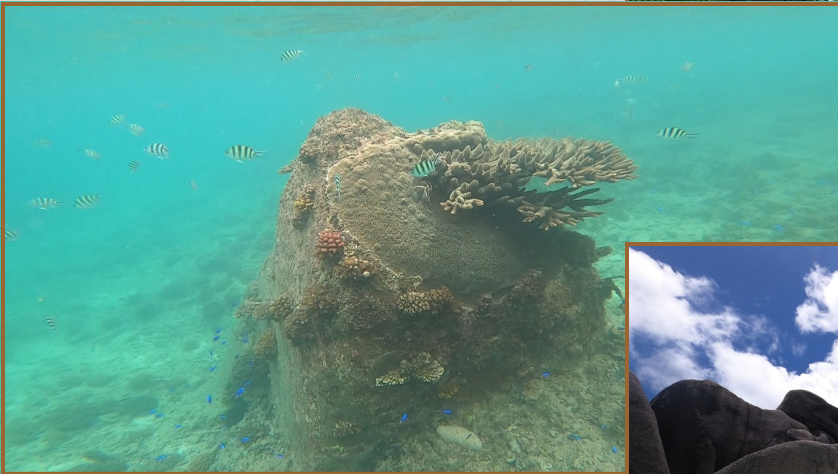
The 2024 LGS days are listed on the CRSA website. When you have some time, please check it out and hopefully plan to participate in some of the days. The sessions are not sequential and you are welcome to join in anytime. The only requirement is that you register - let me know if you plan to participate. This is for planning purposes, so we have enough skippers and space to accommodate everyone who wants to participate. Each session is weather dependent. In the winter, we have indoor lunch and learn sessions. We are planning to meet at the US Forest Service office off KY 801 for the early sessions in 2024.



See you in 2024!  
Molly Sutherland



# MEMORIES FROM THE SEYCHELLES CRUISE

















# That's My Boat

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

**David and Jeanne Harris**, tell us about your boat!

Growing up in Virginia, I have been sailing most of my life. I was introduced to sailing by my parents who enrolled me in youth sailing camps at a club on Smith Mountain Lake in the Roanoke Region of Virginia. We learned on club-built dinghies and Lasers. From that experience I bought a Laser 2 when I first worked in New Orleans. I subsequently moved that boat to San Francisco, Dallas, Houston, and finally to Cave Run Lake in Kentucky in 1990. When our daughter Katie was born I sold that Laser 2 to Chuck Emrich.

In addition to the Laser 2, we have owned three boats at Cave Run: a Catalina Capri 18 on C-dock, a Hunter 240 on the mooring field, and currently a 1998 model Hunter 260 on a mooring. I purchased this boat in 2021 from a sailor up at Rocky Fork Lake in Ohio and gave her a permanent home at Cave Run Lake. We renamed the Hunter 260, *Aeolian*, a geologic term for wind-related processes. The name seemed fitting since I am retired geologist.

The Hunter 260 is a 26' water ballasted boat, very similar to the Hunter 26, and the 240 we had owned previously. She has a fractional B&R rig with furling jib, and a retractable centerboard (6 foot draft) with 2,000 pounds of water ballast. This allows easy launching and trailering with a full-size SUV or pick-up. My favorite features are the large cockpit, bimini, and stern rail seats. She has a steering wheel, but I miss the tiller on our 240. The extra 2 feet on the 260 gets you an enclosed head (porta-potty), galley area and dining table for overnights. We added a pedestal guard rail mainly to mount a folding cockpit table. A 12V fridge cooler fits in the ice chest space and is not too hard on the batteries. Since we are on a mooring a 50 watt solar panel keeps to two batteries topped off.

I have not had to perform a lot of maintenance over the course of ownership. The limited amount of teak was varnished when we bought her, so I have tried to keep that in good shape.





I oiled the interior teak this year and I will probably refinish the cabin sole next year. I did a “poor boy” bottom job while on the trailer last spring (skipped the areas under the bunks and the centerboard). It took two coats of VC-17m. The Tohatsu 9.8 outboard has been very reliable, with only oil changes and a routine water pump service. The 2 AGM batteries are now 8 years old and getting weak so I will replace those next spring. I am currently working on the trailer brakes.

We love the mooring field but dealing with the critters has been the biggest headache. We have had bats living in the bimini and a blue heron that loves our boat. Heron poop dries like concrete, so we tried all sorts of shiny deterrents with limited success. On our first overnight while sitting out watching the stars our heron swoops in and lands on the bimini so we knew it was only roosting at night. Now we use bungee cords across the boom and bimini to keep the heron from landing and it is working much better.

We are predominantly recreational sailors, enjoying relaxing and being on and in the water. While I don’t race the Hunter 260 I have enjoyed racing with the RC fleet in Lexington.

Aeolian has been a nice sized boat for us and our sailing at Cave Run Lake.

That’s my boat!





## ***WE NEED NEW MEMBER NAVIGATORS!!!***

The New Member Navigator program is an outcome of the Strategic Planning Initiative. The main goal of this program is to engage and retain new members. The plan is to pair each new member with an existing club member and

- Meet with the new member and presenting them with a Member Handbook
- Invite them to events throughout the first year of their membership
- If they do not have a boat, encourage them to crew during a race
- Explain use of club boats
- Discuss the new member's club and sailing interests
- Explain cruise options
- Ensure they are receiving the MainSHEET
- Help them navigate the CRSA website
- Encourage attendance at the Annual Banquet
- Explain club educational opportunities, such as Beginning Sailing and ASA classes

## ***CRSA MEMBER HANDBOOK***

The Member Handbook will be given to each new member if desired. **They are also FOR SALE TO CURRENT MEMBERS FOR \$12.** Many members have expressed an interest in having a hard copy of club information. The handbook contains:

About Us—club information

Club History

Bylaws

Fleet

Past Commodores

Executive Committee list

Useful Names and Phone Numbers

Map of Cave Run Lake

Calendar of events

Membership Directory



**Please contact Fresca Leddy, Charmaine Pfister, or Luke Adams if you are interested in being a Navigator, to purchase a Handbook, or with questions!!!**



## Do You Know the Meaning of This Sailing Term?

**“Jackline”**

Check out this video for the definition

<https://www.youtube.com/watch?v=LbLyk2RVqOQ&t=4s>

“Naughty” (Knotty) Video

Clove Hitch



<https://www.youtube.com/watch?v=pwdZTHu5rTl>



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**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.**

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**Membership Information can be obtained from Luke Adams at**  
[Membership@caverunsailing.org](mailto:Membership@caverunsailing.org).

**The MainSHEET is edited by Charmaine Pfister. Please contact Charmaine for article ideas and or suggestions at [Mainsheet@caverunsailing.org](mailto:Mainsheet@caverunsailing.org).**  
**Special thanks to all those who contribute pictures and information.**

### **CRSA 2024 Executive Officers**

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