



# The MainSHEET

Newsletter of Cave Run Sailing Association  
May/June 2024 Volume 40 #3

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## Lines from the Commodore

Well, we are off and sailing!

We had our first **club buoy race** and it was as exciting as the photo finish of the KY Derby. Just ask Chuck and Mark!

The **Sunfish** are sailing on Tuesday evening. Contact Dominic Keim [dominic.v.keim@gmail.com](mailto:dominic.v.keim@gmail.com) for information.

**RC Sailing** is on Wednesday evenings. For information contact Bill Jones, [kywmjones@gmail.com](mailto:kywmjones@gmail.com).

Beverly Hale and I completed our spring **Beginning Sailing** class with 9 students. The water day was in a very brisk wind!

The **Let's go Sailing, For Women by Women**, is off to another strong start. Contact Molly Sutherland [mollysutherland611@gmail.com](mailto:mollysutherland611@gmail.com).

**We Sail** is planned for June 8th. Contact Bob Rodak [rprodak68@gmail.com](mailto:rprodak68@gmail.com) for more information. All are invited.

**The Commodore Tea** (with manly beer) is coming up, June 9th at Liz Harris' house. Let Rose Perkins know if you are coming at [socialdirector@caverunsailing.org](mailto:socialdirector@caverunsailing.org).

**Summer Solstice Raft Up** after the club races is coming up June 22nd.

Please sign up for the **Crab Cake Fest** on August 10th.

The "**Benefit Regatta for Youth Sailing**" is in the books, over \$3000 was raised. Susan McLaughlin and crew did a fabulous job putting it together. Her weather prayers were answered!

We have an amazing membership, with more and more people getting involved every day. Thank you to all of the volunteers. You make it happen! If you haven't gotten involved yet, there still is time. Board members and chairpersons are always looking for additional ideas and worker bees. Call or email the person in your area of interest.



Sail ON!!  
Graeme Wilson  
CRSA Commodore

# 2 Youth 0 Sailing

2 Benefit Regatta  
4 Saturday, May 18



# CAVE RUN SAILING ASSOCIATION

*Thank you to all our sponsors and competitors supporting Youth Sailing!!*

**\$3680 Raised for  
CRYSA Sailing Academy**

## Skippers

Paul Baertschi	Victoria 18	
Chris Bollinger	Flying Scot	4312
Chuck Emrich	Catalina 22	523
Beverly Hale	Venture 22	1611
Igor Kappel	Alcort Minifish	
David Leddy	Precision 185	100
Brad Leslie	Benetau F235	251
Steve Morris	Hunt 27-2	033
Fred Pfister	Capri 22	557
Bob Rodak	Starwind 22	0595
Molly Sutherland	Tanzer	382
Greame Wilson	Catalina 22	11950

## AWARDS

- 1st Chris Bollinger
- 2nd Chuck Emrich
- 3rd Fred Pfister
- 4th Greame Wilson
- 5th Brad Leslie
- 6th Beverly Hale



## VOLUNTEERS

### Event Coordinator:

Susan McLaughlin

### Registration:

Nancy Stephens

### Race Official:

Mark Breeden

### Race Committee:

Michael Hale

William Jones

Charlotte Lubawy

### Lunch Committee:

Charmaine Pfister

Molly Sutherland





# 2 Youth 0 Sailing 2 Benefit Regatta 4 Saturday, May 18

SUPPORTING THE CRSA  
YOUTH SAILING ACADEMY



<https://www.caverunsailing.org>

- Ⓢ New Sail Sponsors:  
Brad & Donna Leslie  
Lee & Molly Sutherland
- Ⓢ Sign for the Trailer  
Norman Williams

*A huge  
Thank You To our Sponsors!!*

Ⓢ Commodore Sponsor:

**Sutherland  
& Associates**

Ⓢ Lunch Sponsor:

 **GRATZ PARK**  
PRIVATE WEALTH

Ⓢ Opti Sponsors:

- Stokley's Marine
- William & Charlotte Lubawy
- Steve & Diana Morris
- John & Judith Shropshire

Ⓢ Location Sponsors:

- Bank of the Bluegrass
- Mel & Abby Burch
- Dan's Boat Repair

Ⓢ Sponsor a Child

- Eastern KY Correctional Complex
- Terry Clark
- Chuck Emrich
- Jim & Sue Ellen McFarlane
- Fred & Charmaine Pfister
- Creame & Nancy Wilson

Ⓢ Materials Sponsors:

- Stokeley's Marine
- Craig Breil
- William & Beverly Hale
- Sam Moher
- Geoff Spencer





# Results of Race



**Mark Breeden giving pre-race instructions, then calculating results with Patti**



**1st place - Chris Bollinger & Jonathan Melton**

**2nd place - Chuck Emrich & Bob Rodak**

**3rd place - Fred & Charmaine Pfister**



# Beginning Sailing

The Spring Beginning Sailing class was a big success with 9 people attending!

A special thanks to the skippers who helped on the water day:

Brad Leslie, Nicole Brocato, Graeme Wilson, Molly Sutherland, Beverly Hale, and Chris Bollinger!



Students: Eleanor Hudd, Cheryl Baker, Bruce Jones, Joe Lewis, and Larry Angell.

Missing from photo: Geoff Spencer, Mike Cooper, and Kevin & Jean Mulloney

Also in photo: Brad Leslie, Nicole Brocato, Molly Sutherland, Beverly Hale, and Graeme Wilson



## **UPDATE ON CRSA CRUISES: FRENCH RIVIERA AND USVI**

### **The French Riviera Cruise**

**This cruise currently has one cabin available.**

**Thirty-two people will be sailing on four big Monohulls for twelve days  
from September 28th to October 10th 2024.**

**We will start and finish the adventure at Port Pin Rolland near the town of Toulon.**

**We plan to sail to Saint Tropez and Cannes and will have many stops in between.**

**The cost is \$720.00 per person based on double occupancy.**

**A deposit of \$500 per person is required to book this cabin.**

**The price covers all boat expenses.**

**Ground transportation, airfare, lodging and food are not included.**

**As always, CRSA recommends trip insurance.**

### **The US Virgin Islands Cruise**

**This cruise currently has three boats full  
and one cabin left on the fourth boat.**

**The dates are January 4th to 11th, 2025.**

**We are sailing on large Premier Catamarans.**

**The cost for this trip is \$1,510.00 per person based on double occupancy.**

**A deposit of \$500 per person is required to book this cabin.**

**As above, this price covers all boat expenses.**

**Ground transportation, airfare, lodging and food are not included.**

**As always, CRSA recommends trip insurance.**

**Contact Merritt Wade,**

**Cruise Director**

**Cave Run Sailing Association**

**[cruisedirector@caverunsailing.org](mailto:cruisedirector@caverunsailing.org)**

**(859) 619-4490**

# RC Sailing

The 2024 radio sailing race series is underway!

On May 1st ten boats were in the water at Lakeshore Village to participate in a “fun sail” and practicing for the upcoming official race dates. The winds were light, but it proved to be a successful first outing. The new GPS controlled racing mark performed beautifully. The mark was purchased unassembled, as this reduced the price to the club, and CRSA member Lewis Gardner completed the assembly with some improvements on the design. The benefit to the GPS mark is it can be located anywhere we choose and there are no fishlines to get snagged on our keels.

Our first official race was held May 8th. Unfortunately, the weather forecast kept many of us from participating, but five members made it to Lakeshore Village and completed four races. We had a club first that night as Merritt Wade won all four of the races!

Our fleet is growing with 12 members having Dragon Force 65 boats. The club also has a boat for members who may be interested and would like to give radio sailing a try. You will be surprised to find it is very similar to sailing on a larger boat, except you don't get seasick or rope burns on your hands.

We race every Wednesday at 6:00 PM at either Lakeshore Village or Jacobson Park.  
Come join us to either sail or just for fun!







**Important!!!!**  
**SAFESPORT CRSA Training Requirements**

**This is a reminder for all volunteers and other members to take  
Safesport classes  
in order to work with CRYSA youth!**

**We also recommend parents take their appropriate class at Safesport.**

**Please refer to the in-depth article in the February 2024 MainSHEET to see  
how to access your class.**

**Mark Breeden, Rear Commodore**

**Mark Your Calendars!**  
**Annual Awards Banquet**  
**November 9**  
**More Information to come!**

# You are Invited!

Let's Go Sailing, for Women, by Women  
is hosting a Crabcake Fest

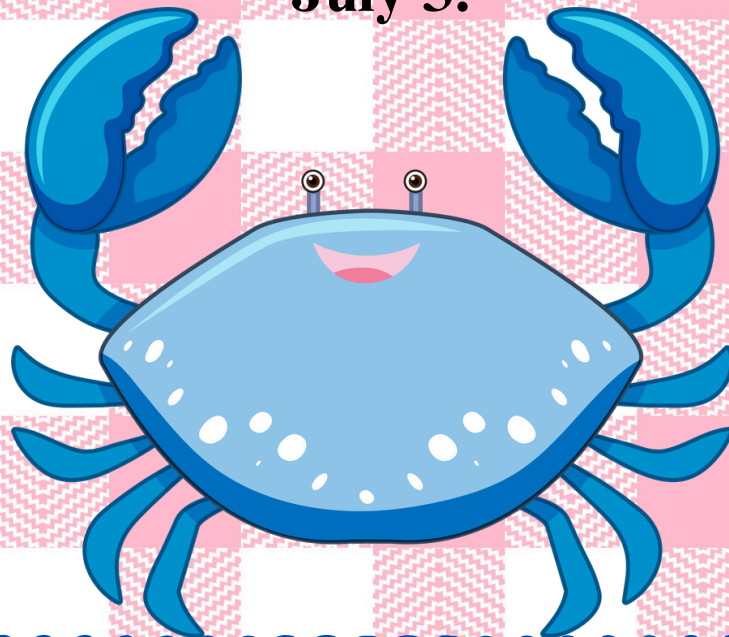
August 10, 2024

Home of Nicole and Mike Brocato  
Versailles, KY

The cost for this event is \$25 person  
to cover the cost of the crabmeat

Please bring a dish to share and your beverage of  
choice.

RSVP to [brocatofamily5@yahoo.com](mailto:brocatofamily5@yahoo.com) by  
July 3!



# 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.

- **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



# Ahoy Young Mateys

## Registration for Sailing Camp

### is now 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 7-12**

**Teen Ages 13-18**

**Location: Jacobson Park**

**Tuesdays, July 9, 16, 23 - 6-8PM**

**Saturdays, July 13, 20, 27 - 1-4PM**

**Cost \$65 for class plus club membership:**

**\$35 for student or \$100 for a family**



For more information contact:

Chuck Emrich

[youthsailing@caverunsailing.org](mailto:youthsailing@caverunsailing.org)

859-270-2199

Some sailors like racing, some cruising, but for many of us, it's just

# “We Sail”

**Come Join Us!**

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What are you looking for?

- Opportunity for some fun, casual sailing for club members, family and friends
- Company and collegiate camaraderie of like-minded sailors
- Available assistance in boat launching and retrieval
- Comfort of sailing safety afforded by sailing comrades on the water
- A network of sailing buddies for other sailing or non-sailing endeavors

The “We Sail” initiative plans to offer the above and hopefully more. While the act of sailing your boat is a somewhat solitary activity, the joy of sailing is greatly enhanced when in the company and camaraderie of others. In a nutshell, this initiative is designed to provide social sailing opportunities on a regular basis on set dates and possibly some impromptu dates if interest warrants.

**COME JOIN US: (Bring a lunch and some wind)**

**DATES: JUNE 8, 2024 - Date Change**

**JULY 18, 2024**

**AUGUST 8, 2024**

**TIME: 10:00 AM**

**LOCATION: SCOTT CREEK BOAT RAMP**

If interested, please send an email to [WeSail@caverunsailing.org](mailto:WeSail@caverunsailing.org)  
for any notifications of changes or news.

**Bob Rodak**

# The Commodores Tea (with Manly beer)

**When: Sunday, June 9, 2024 at 2:00 PM**

**Where: Liz Harris' home, 2313 The Woods Lane in Lexington**

**Bring your choice of beverage and a finger food to share.**

Please join us to celebrate our highly valued leadership at CRSA as we show our gratitude for club commodores past and present! Their hard work and leadership have created a very special community of sailors that has endured over the decades.

Please RSVP to [socialdirector@caverunsailing.org](mailto:socialdirector@caverunsailing.org)



Commodores at Tea 2023

## Let's Go Sailing, for Women, by Women

Welcome to summer 2024 Let's Go Sailing, for women by women is alive and well! If you have not participated in the past, no worries. When your schedule permits, you are always welcome!

We have eight and three-quarter skippers! When we started, there were three: **Donna Leslie, Liz Harris and me**. Over the last year **Nicole Brocato, Shelby Bryant, Karen Cole, Beverly Hale, and Charmaine Pfister** have completed ASA101 and help skippering on our water days. **Cheryl Baker** has completed the ASA101 water component, then ran into some scheduling conflicts and will be completing the written test soon.

We typically plan land activities until the weather breaks and this year is no different. Beginning with safety in January, moving to a great motor clinic in February, and a session with Kentucky Fish and Wildlife on backing boat trailers and launching boats in March. Our first water day was April 29, shifted from the 30th due to crazy Kentucky weather.

On March 28 Kentucky Fish and Wildlife Officers **Tim Brett and Andy Amburgey** met us at Scott Creek Marina and spent the day teaching us how to back trailers safely and with more confidence! We started the day going over the trailer and learning to check the bearings, discussing grease guns, balls and hitches, trailer lights and hooking and unhooking the trailer from the vehicle. Once we had a strong understanding of the trailer, it was practice time! Each of us, with the coaching provided by Officer Brett and Officer Amburgey backed our trailers, including a sunfish trailer (which we know is one of the hardest trailers to back), down the Scott Creek ramp in preparation to launch. As a recap and for those who could not attend, three tips stood out:

1. Your side mirrors are your best friend!
2. With your hands at the top of the wheel and as you back the trailer, when you see the trailer in the right mirror, turn the wheel to the right and vice versa.
3. When backing a trailer, "slow is smooth and smooth is fast!"

A special thank you again to Officers Brett and Amburgey! We are much more confident after your very patient coaching approach!







As mentioned earlier, our April 30 date was shifted to April 29 and there was a total of eight women and two boats. First, a big thank you to **Liz Harris** for taking the lead organizing the session and congratulations to **Charmaine Pfister**, as she skippered their boat, *Capricious*, for the first time on an LGS outing!



Our most recent session was Wednesday, May 22. We had 8 sailors with 2 boats: **Beverly Hale** skippered her boat Miss Adventure and **Charmaine Pfister** skippered her boat Capricious. We had several new sailors, so time was spent educating them about the boats and sailing techniques. Our group continues to grow, and we look forward to welcoming new women sailors in the future! Be sure to check out all the LGS dates on [caverunsailing.org](http://caverunsailing.org).



A reminder to RSVP for the Crabcake Fest! The LGS group decided to host this event and invite the club. It is scheduled for Saturday August 10 at **Mike and Nicole Brocato's home** in Versailles at 4:30pm. Due to space and parking, there will be limited availability, capped at 40. Mike and Nicole have asked for RSVPs by July 3 to purchase the crab meat. There is a fee of \$25 per person to cover the crab meat. Once we have more information about attendees, you will be asked to bring either a dessert or a bread, along with camp chairs and your beverage of choice. Please RSVP directly to [Nicole at brocatofamily5@yahoo.com](mailto:brocatofamily5@yahoo.com).

Happy sailing!  
Molly Sutherland

# ASA NEWS

The Association now has two Catalina 22 keelboats for the ASA 101 course instruction. After successful completion of the course you can reserve those boats for a \$100 donation to the Cave Run Youth Sailing Academy.

You can find information on the ASA courses on our webpage at [ASA Classes – Cave Run Sailing Association](#). For details on what is involved with each course you can scroll down to the detailed course information from ASA by clicking on the course title (ASA 101, ASA 103, etc).

Congrats to members Stephen Campbell, Matt Lane, Jason McAllister, Josh Lewis and Kolton Gourley on their ASA 101 Certifications, Karen Cole and Murry Drury on their ASA1 03 Certifications, and to Dallas Hodge on his ASA 104 Certification.

David Leddy  
ASA Director



Above: Dallas Hodge  
Below: Murry Drury



**Do you know the meaning of this sailing term?**

## **“Loos Gauge”**

**An instrument for measuring shroud tension. Most boats have a recommended tension number for correctly “tuning” the standing rigging.**



## **MainSHEET News**

**We are always looking for educational information and fun sailing tales to include in the MainSHEET.**

**Please let me know if you have something to share by contacting Charmaine Pfister at [MainSHEET@caverunsailing.org](mailto:MainSHEET@caverunsailing.org)**

**The next newsletter will be published in July/August.**



Chuck & Kelly Emrich's  
**Sea Dog**  
Chiko  
12 year-old Akita  
Feeling at home on deck



# That's My Boat

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

**Chuck Emrich**, tell us about your boat!

## **Sailing with Chuck Emrich or... What happens if you get scared half to death twice?**

Drifting down the Ohio River in a small cabin cruiser on a hot July day with no idea of how to sail was my first experience of sailing during high school. Next was renting a Hobie Cat in early college, which I sailed backwards most of the time! My next exposure was sailing lessons at Lake Geneva, WI, in 1989 – with no passion. But the next year, as an “intermediate sailor” I lost my heart to the love of sailing!!! Later that summer, after looking at many boats, I bought a Catalina 22 for the family and envisioned that sailing would be a great activity with all. My first wife loved the water but liked reading and sun tanning more. The kids and I went every weekend with diaper bags in tow (Sierra was only 6 months old). It was great fun and I found Cave Run Sailing Association and joined!

Someone said that if you want to be a better sailor, you should race. That is where my love of the wind and water really came together! Always last, I held up the next race – getting finished in place was my usual!

Going off-lake to regattas was my next level of improvement: updating my boat with new sails, a smooth bottom, different sailing conditions, and learning through mentors how the rules work. It was a new obsession - just like an addiction to drugs and about the same cost! I did 12-15 regatta nationals, which included driving 20,000 miles in the year to find competition. You must be aggressive to advance in tighter competition, with the adrenaline and testosterone flowing! And now I know there is a better way to stay out of trouble – by looking at what will happen shortly and taking action to avoid it! Ah, the wisdom of being older!



Through our sister organization – the power squadron – I took their courses through advanced piloting. I later became a master inland Coast Guard captain. For the last 15 years, I also owned a 38-foot vessel. It was a true Blue Water Boat. I learned coastal cruising, traveling many thousands of miles at sea, and exploring new cultures of the islands. It became another passion, complimenting my racing interest. The memories and creating lore made it all worthwhile for me! That story ended in the Bahamas this year, with hitting a coral head. We lost everything that day! The tragedy could have been prevented by the captain, but nevertheless, I lost my boat. If only I had done this or that, but reversing time does not work. Since then, the adventure continues, but maybe through our cruising program, instead of boat ownership. The story will continue because the passion is still there! How many more years do I have? I've always said to myself “wheel me down to the ship and give me the tiller or wheel and shove me off!!!”

My love of passing this sport on to younger sailors is now a very strong interest. I know what sailing means to me and I work to give that opportunity to all interested sailors!

If ever I can be of assistance to you with a sailing problem, I am there to help you! And if you have the love of sailing, why not get involved in more activities – especially Youth Sailing!!!!



I intend to live forever...So far, so good.  
Chuck Emrich, Youth Sailing Director  
859-270-2199 or [emrich@aol.com](mailto:emrich@aol.com)  
Master of Bound to Pass Wind

**That's My Boat!**

# May 25 Buoy Race

We had three boats participate in buoy races on Saturday, May 25 - a low turnout, but that did not dampen the racing spirit! The wind was good and Skippers Mark Breeden, David Leddy, and Chuck Emrich had some close encounters and tight finishes!

CRSA has several more Saturday Buoy Races scheduled for this sailing season. Check the calendar and plan to join in the fun!







**Cave Run Sailing Association**

**PO Box 256**

**Lexington, KY 40588**

**caverunsailing.org**

**859-810-CRSA**



**The MainSHEET is published 6 times per year and distributed to Cave Run Sailing Association members through email.**

**The Cave Run Sailing Association is an **all volunteer, non-profit** organization 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 ad 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](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 photos and information for this publication.**



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