



The MainSHEET

Newsletter of Cave Run Sailing Association
August 2024 Volume 40 #4

Lines from the Commodore

This year is shaping up to be another fun/great year for CRSA. The best sailing, in my opinion, is yet to come in September and October. It becomes cooler, the wind is more predictable, and the leaves start to change.

What has been going on?

- * Right of ways rules instruction meeting
- * The new and now annual Spring Splash Sunfish Regatta
- * Beginning sailing classes
- * Benefit regatta
- * Great participation in Let's Go Sailing, for Women by Women
- * "We Sail" kicked off with a raft-up of boats
- * Club racing on Saturdays
- * Sunfish sailing on Tuesday nights
- * Radio controlled sailboats on Wednesday evenings
- * Our first and hopefully our annual Crab Cake Fest, put on by the LGSBWB. Crab cakes were awesome!!



We just completed Youth sailing Camp, which was wildly successful! We had 44 youth students and more volunteers than ever. More in the newsletter on that.

Coming up now is the GRAND ANNUAL REGETTA on 9/21-22, and the ANNUAL BANQUET MEETING ON 11/9.

We need sailors and volunteers for the Grand Annual. If you have never participated in the race, please sign up. If you would like to help or watch, please contact Susan McLaughlin at susan@ceinstruction.com or 859 321 9638.

Sail on!
Graeme

News and Notes for the 45th Grand Annual Regatta

CRSA's 45th Grand Annual Regatta is coming soon on September 21 and 22! This is our big year end event. Thanks to the captains and guests that have registered so far!

Getting those registrations in saves time for everyone and, importantly, helps us plan for meals. Please complete your registration today [HERE!](#)

Our U.S. Sailing Race Official this year is William Lasher from Pennsylvania/Lake Erie. Please make a point to say hello and make him and his wife feel welcomed. Bill will field any questions at the skipper's meeting at 10:30am Saturday and 8:00 am Sunday. Race Instructions (RI) will be posted ASAP.

Please take a minute to read the Notice of Race (NOR) [HERE](#) for much useful information. A brief schedule of events and a listing of area hotels is on the second page of the Notice. You can also find it on the website under Events & News, Regattas, Grand Annual Regatta.

All boats must have a "unique number or other identification on the mainsail". If you don't have something permanent, something homemade with blue painter's masking tape should do the trick.

While sailing in the races is highly encouraged, you do not have to race to join the fun. Register as a Guest and enjoy the meals, camaraderie, and entertainment on Saturday and stay for breakfast Sunday. There are several tent sites still available with room to park a camper (although electric hookup is limited), starting from Friday afternoon at the Boat Gunnel Camp.

Friday night:

- S'mores around the Campfire and (hopefully) music
- SkyTalk-- Vice Commodore Susan McLaughlin will talk about sailing across the Atlantic Ocean navigating by sextant and how to find objects and constellations in the nighttime sky. Location: the Boat Gunnel Pavilion

Saturday night:

- Comradery around the Campfire
- Nautical themed movie in the Pavilion (Pirates of the Caribbean or Finest Hours are on the current possibilities list. (Feel free to suggest another)

We have some room for a few guests on a boat serving as a second safety boat, so you might spectate on the lake! If you think you may want to crew on a boat, but don't know who to ask, let me know and maybe we can find an opportunity. If you are there as a guest, a crew opportunity may arise. You never know when the wind may pick up!

A note on drinks: iced tea and lemonade will be available in bulk for dinner and lunch.

Please bring your own drinking cups/mugs, bottles, or whatever you like to cart your beverage about. This will save the club some expense and is the Green thing to do!

If you prefer sodas or bottled water, of course bring all you like.

**No matter what the weather,
let's get out on this 45th Grand Annual weekend,
enjoy the company of a great association,
and have FUN!**



Grand Annual Food & Beverage Help Needed!!!

Vice Commodore Susan McLaughlin is looking for volunteers to help with the Food and Beverages for the upcoming 45th Annual Grand Annual Regatta September 21-22, 2024.

Whether or not you are sailing, there is a task you might want to help with that suits your plans for our big social weekend.

Please consider:

- Transport and set up of beverages from Lexington to Cave Run
- Preparing Saturday breakfast ahead of time
- Preparing Saturday's box lunches ahead of time
- Making Saturday Dinner at Twin Knobs Campsite
- Making Sunday Breakfast
- Serving meals
- General coordination with Susan on all F&B logistics
-

Please let Susan know if you can help, asap,
so she can plan the tasks out:

e-mail: Susan@CEInstruction.com or call: 859-321-9638

CAVE RUN YOUTH SAILING ACADEMY

Youth sailing camp was once again a gigantic success with 44 youth sailors, 31 CRSA volunteers, and numerous parents who made it all happen!!! Smiles and positive comments by so many let us know something worked. As time goes on, we refine our approach to teaching and get better organized. We have gotten our sunfish and Opti's in good repair and added a newer chase boat with an electric motor to more readily respond to capsizes. We can grow even more in the upcoming years by having more volunteers and equipment. Maybe we can offer our efforts more toward our West Virginia Members and children and grandchildren at a new date and time.

Our goal for sailing camp was to revel in the magic behind sailing and mastering the winds. It takes effort, courage, and dedication to learn these skills. Hopefully we created fun with these challenges in our younger sailors.



This camp does not just happen! Much planning and effort goes into making the students' experiences enjoyable. We all volunteer our time for you!

We are grateful for:

- Registrar Kelly Emrich
- Joni Trost and Kaye Arnold who helped with checking students in and out of camp
- facilitators Molly Sutherland and Charmaine Pfister for beginning and intermediate sunfish instruction
- Molly for daily flow sheets of activities
- Roy Wagner on the remind program (communication for camp)
- Lou Trost, Mark Adler, Lee Sutherland, and others on set up and take down of the sunfish
- Graham Wilson, Bill Young, Skip Gains, Lee Sutherland, Lou Trost, Fred Pfister, and Jim McFarland for boat transportation
- Safety Boats by Roy Wagner, Lou Trost, and Fred Pfister
- Dallas Hodge for Knots and set up of Optis
- Terry Clark and Jim McFarland for set-up of Optis
- Dominic Keim and Michael Jarboe for coaching boats
- Jen Adler for ecology lessons
- Snacks again organized by Charmaine and donated by various parents
- Jess and Joe Moore for arranging pizzas for Pirate Day donated from Domino's located on Winchester Road here in Lexington.
- And all the volunteers and parents who load and unload boats and help with various jobs!



We thank all the parents who made the effort to get our youthful sailors to camp and lastly the students who make it all worthwhile!

Now it's time to celebrate and honor your success as sailors.

Thanks to all once again!

Chuck Emrich

Youth Sailing Director



PIRATE DAY



FALL BEGINNING SAILING CLASS

**Cooler temperatures, changing leaves, steady winds are coming!
Fall is a great time to sail on Cave Run Lake!**

**If you are new to Cave Run Sailing Club, or you have always wanted to learn to sail,
a great starting place is the Beginning Sailing Class.**

**We will meet for two fun evenings in Lexington for classroom discussion to
cover topics such as boat parts and rigging, points of sail, sailing knots
and how to “talk like a sailor”.**

**We will then move to Cave Run Lake for a water lab
where you will put what you learned into practice,
sailing with experienced skippers to guide and instruct you.**

Fall class dates are

**Tuesday, October 1st and Thursday, October 3rd
held in Lexington at 650 Kennedy Rd (OWL Inc).**

**Water day is Saturday, October 5th
at Cave Run Lake, Scott’s Creek Marina, Morehead, KY.**

Cost for the class is \$35, which includes your book.

Membership in the Club is also required (\$100 per family).

Registration for both can be done on the website at caverunsailing.org

**If you have questions or need further information, please contact
Beverly Hale at beginningsailing@caverunsailing.org**

Radio Control Fleet Update

The R/C fleet continues to be active, and weather has been fairly cooperative. Through July 24th, we have had 10 race days totaling 58 races. Eleven CRSA sailors have competed in at least one race day. Our average participation is seven members rounding the marks.

We have a club boat for members to use, so if you want to see what is like to sail from the shore come out to the Lakeshore Village clubhouse on Wednesdays.

Racing starts promptly at 6:00 PM.

Directions to Lakeshore Village:

Turn off Richmond Road to Lakeshore Drive,

turn left on Seton,

turn right on Laketower Drive and park when the street ends.



ASA Information

We are more than halfway through our sailing season and members have completed sixteen ASA course certifications. We have fourteen others that have registered for courses and are in progress toward their certification in various courses.

Our ASA 101 course graduates for 2024 are Jay Shropshire, Matt Lane, Joshua Lewis, Jason McAllister, Kolton Gourley, Stephen Campbell, Chad Siddons, Jeanna Siddons, Bill Leddy, and Sam Shields.

Completing ASA 103 so far this year are Dallas Hodge, Karen Whitmer Cole, Mury Drury, and Bill Leddy.

Mury Drury and Dallas Hodge also completed ASA 104.

Our instructors do an amazing job in providing ASA courses to the membership. Special thanks to Brad Leslie (photo), Luke Adams, Cliff Hynniman, Jim Dinger, Molly Sutherland, and John Ware for making these courses happen!

The Association now has two Catalina 22 keelboats for the ASA 101 course instruction, and 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 [Cave Run Sailing Association/ASA Classes](#).

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).

Fair Winds,
David Leddy
ASA Director



That's My Boat

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

Lee & Molly Sutherland, tell us about your boat!

I was first introduced to sailing in the 70's when my uncle took my family out off the coast of Maine for a day. I couldn't believe how much I enjoyed the quiet, the wind, and the beauty involved in sailing. When I got back home, I talked my boyfriend into buying a canoe sailboat and we sailed on the Ohio River. Later I owned a Venture 21 and that experience was not so wonderful. So I took a 30+ year sabbatical.

Lee and I were invited to go sailing on Kentucky Lake with another couple in the fall of 2009. We went out for a half day on a Colgate 26 and instantly my love for sailing came back. I went away for the weekend and when I returned, Lee had been searching Craigslist for sailboats and we found our beautiful 1973 Tanzer 22, *Credium* (Gaelic for "Believe").

When we went to check out the boat, Steve at Scott Creek Marina took us out to the mooring to see the boat and mentioned he had never pumped out this boat....Good question! We never thought to ask...Fortunately, it was dry.

Like some boats in the mooring field, she needed some work...We sailed it a couple of times and then took it out for repairs. The first time we lowered the mast we broke both chain plates, not knowing the shrouds are offset from the mast by 4 inches - lesson learned.



This was early 2010. We fixed the boat up, purchased new sails, and sailed when we could. We did not get sailing on a regular basis until 2019.



The Tanzer 22 is not an easy trailer-able boat, so all of our sailing is at Cave Run Lake. The Tanzer 22 is a 22'6" sloop with a 7'10" beam, large 7-foot cockpit and a low profile. Tanzers were designed by Johann "Hans" Tanzer and manufactured in Canada in the 70's, with 2,270 sold. Although heavier boats, 2,900 lbs., in their day they competed with J boats and Catalinas. We added a roller furler, a 135% Genoa, an electric Torqueedo motor, and enough "stuff" to make her the perfect boat!

While we both enjoy sailing, we have no desire to add another vessel to our current inventory. (We do have a Catalina 22 in a barn in Fleming County.) We very much enjoy the club cruises and boating with friends off lake whenever possible!

You have to believe and sail on!

That's my boat!



Let's Go Sailing, for Women by Women

May 22 was another wonderful day on the water with **Liz Harris, Beverly Hale, Charmaine Pfister, Nancy Stephens, Debbie Stoops, Ellen Rini, Kayla Mitchel**, and me. We had a great time with skippers **Charmaine and Beverly!**



A special thanks to **Bill and Chalotte Lubawy** for spending time with me going over great anchor spots on Cave Run Lake. We will be sharing the special spots and practicing anchoring later this year, hopefully. In the meantime, **Nicole**, her daughter **Elle**, and I went out and practiced in the mooring field.



June 19 was a hot one!! Although not surprising...We made the most of it! Ten of us came out and we sailed some and we swam some! We also enjoyed each other's company and welcomed back **Marybeth May** and introduced **Katy Hall & Michelle Napier** to the wonderful world of sailing!!





July 24 brought another LGS session and this time we sailed the club's sunfish! A very special thanks to **Lee Sutherland, Terry Clark, Dana Overall, Don Cole, and Chuck Holden** for transporting boats and helping us load and unload them! You guys are the best! The wind started off a little light, although once we got settled, it picked up and we had a great day followed by, as usual, a fun debrief session.



August 10, the LGS group invited club members and friends to a Crab Cake Feast hosted by **Mike and Nicole Brocato!** Wow, do they know how to entertain and make the best crab cake you have ever had! Thank you to Mike and Nicole, everyone who helped make this a great event, and everyone who attended!



Many of you know, Lee and I are walking the Camino Saint James and meeting up with CRSA members in Barcelona to watch the America's Cup. We will be gone from mid-August through mid-October. During this time, Liz Harris has offered to take the lead and keep our LGS activity moving forward! Thank you Liz!

Enjoy the pics, stay engaged, and looking forward to sailing more with you this fall!

Molly

Maine Sailing

A group of 6 women from Lexington traveled to Maine and chartered a J/40 boat “Elan” to sail the Penobscot Bay from July 31 - August 7. Our skipper was **Molly Sutherland** with 1st mate **Sally Shafer**. The crew was **Debbie Salyers**, **Charmaine Pfister**, Sally’s daughter **Hannah Kovash** and granddaughter **Jasmine Kovash**.

We started our journey in Rockland, Maine, sailing to Camden, Pulpit Harbor, McGlathery Island, and Perry Creek before returning to Rockland. A lot of the journey was spent motoring due to the high density of lobster buoys on our route, but the sails were raised whenever possible. Nevertheless, the journey was outstanding, with fair skies all but one day, good wind, minimal fog, perfect temps, and lots of great food! Besides sailing, we hiked, swam, and all worked well as a team!

Most of all we created wonderful memories and look forward to another adventure in the near future!



CRAB CAKE FEAST

Our first annual CRSA Crab Cake Feast was a tremendous success. The weather was perfect, and we were able to eat outside. The crab cakes were a hit and everyone took home a copy of the recipe. We also had coleslaw, green beans, baked potatoes, cornbread, and an array of appetizers and desserts. I don't think anyone left hungry! We would like to thank Molly and Lee Sutherland, Beverly and Mike Hale, Liz Harris, and Rose Perkins for all of their help. We look forward to having the event again next year.



Hosts Nicole and Mike Brocato







Fred & Charmaine Pfister's
Sea Dog
Boomer
6 year old Lab
Wondering when it will be time to swim!



August 17, 2024 Buoy Race

Nine sailboats participated in this buoy race. The wind gradually picked up throughout the day, with a strong squall hitting in the early afternoon.

All in all, it was a great day on the water!





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

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**

The next newsletter will be published in September/October.

Guess who this sailor is!



**The first person to guess correctly by emailing
MainSHEET@caverunsailing.org
(include your name in the email)
wins this handmade leather key fob
made by Al Lawton!**



The Dinghies Want You!



**The Dinghies meet every Friday
at The Cellar in the Lansdowne Club
12:00 - 1:15 PM for lunch
Open to all CRSA members
We would love to have you join us!**



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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

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and/or suggestions

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