AN INCREDIBLY ENJOYABLE EVENING IS COMING
REGISTER TODAY – REGISTER TODAY
CRSA AWARDS BANQUET,
ANNUAL MEETING and MUSICAL ENTERTAINMENT
SATURDAY, NOV 9TH. $48/Ticket
LEXINGTON COUNTRY CLUB 18:00 – 22:30
2550 PARIS PIKE, LEXINGTON

Celebrate the 2019 Sailing Season at the CRSA Annual Meeting, Concert and
Awards Banquet. Live Music, Sailing Talk, New Officers, Awards, Fun

Dress: “Island” or Business Casual, Music- DJ Rice & the Paying Dues Band

Buffet Menu:  Grilled Rib Eye with Cabernet Demi-Glaze
Chicken Breast with Sage, Prosciutto and Wine Sauce
Grilled Salmon with Bearnaise Sauce
Salad, Buttery Mashed Potatoes, Roasted Zucchini,
Tomato Rosemary, Baby Carrots with Orange Glaze
Rolls, Coffee/Iced Tea/Lemonade/Water, Cup Cake Dessert

Register:
On-Line by November 4 at CAVERUNSAILING.ORG under “Events” OR
Send a check by November 1 made out to CRSA for $48/ticket to Graeme
Wilson, 2300 Abbeywood Road, Lexington, KY 40515 with the names of the
attendees.

More info from Graeme Wilson at Social@CAVERUNSAILING.ORG.

Approximate Schedule
18:00 Social
18:30 Dinner
19:30 Awards, New Officers, Business Meeting
20:30-22:30 Entertainment, Social, Dancing

WWW.CAVERUNSAILING.ORG
The 2019 Grand Annual Was Truly A Grand Event

On September 28 and 29 CRSA held the Grand Annual Regatta for 2019. Lou Trost was in charge of the event and did an exceptional job. Joni Trost was the behind the scenes director and made everything go smoothly. They did an enormous amount of work. Really neat Regatta Shirts were available for participants and nice embroidered towels served as “trophies” for the various racing fleets. The towels were a really innovative idea following up on some of the other non-traditional trophies presented in past years by CRSA. Big thanks to Lou and Joni Trost.

Winds were light the first day but races went on regardless. Unfortunately on the second day the winds were much less than light and the Sunday races had to be cancelled. The temperature and the bright skies were great though.

Steve Harris from the Buckeye Lake Yacht Club served as PRO and did an excellent job. Steve wrote a really neat article for the BLYC Log, called the SLOG, that follows this article. Steve gave us permission to print it. It is really a nice read.
Winning Captains Were:

Cruisers:
First – Ben and Val Askren
Second – Brad Leslie
Third – Steve Morris

Daysailers:
First – Dale Sturm
Second – Guy Donatello
Third – Lou Trost

Catalina 22:
First – Mark Breeden
Second – Chuck Emrich

Junior Sailing:
Champion – Emma Askren
2019 Grand Annual Regatta

Many People Helped
Thanks to ALL

Music: Kyle Ellison and Amos Hopkins.

Race Committee: Steve Harris, PRO with Jane and Gerard Howell, and Walt Askren.

Safety Boat: The Westfall Family.

Blessing of the Fleet and Dinner: Rich Lewis

Breakfast Omlets: Tom and Emily Wilson.

Table Decorations: Kelly Emrich

40th Grand Annual Cake: Kelly Emrich

Dutch Oven Bread Pudding with Bourbon Sauce: Evan Williams

Toasted Garlic Baguettes: Di Morris, Prince Dinger and Lyn Lewis.

Everything Possible: Steve Morris.

Saturday Dinner: Val and Ben Askren.

An incredible menu –
Shrimp Maque Choux
Crawfish Etouffee
Jambalaya

If you missed this Regatta you missed INCREDIBLE FOOD.
Special Thanks to Kelly Emrich. Besides helping with almost everything, Kelly took all the Regatta pictures in this issue. Thank you Kelly.
Editors Note
The following article was written by Steve Harris who served as the PRO for the 2019 Grand Annual Regatta. Several of us thought the article was very well written and represents some of the best of sailing. It is reprinted here by permission of the author. It originally appeared on the website of the Buckeye Lake Yacht Club. Thank you Steve.

Reflections from the Grand Annual Regatta

September 30, 2019 – by Steve Harris

From time to time, as we rebuild our sailing programs at BLYC, it seems easy to feel discouraged. While we had a great season, the numbers were still relatively small. I know that Governor Paligo was discouraged several times throughout the season as well.

This past weekend, I gained a new perspective on how we define success for club racing. It’s easy in our area to compare ourselves to the stronger participation over at Hoover, or some of the larger Lake Erie clubs. I know that most of the events I’ve worked as a race officer lately have been large, “stereotypical” regattas with beer tents, parties, bands, and plenty of onshore activities. Usually, these have included a number of top-level teams and often sailors who are more than a bit serious about the rules, course configurations, and more. But this weekend, I had the opportunity to be the PRO at Cave Run Sailing Association for their Grand Annual Regatta. It reminded me that we do this (or should do this) for fun first, and everything else second.

Cave Run Lake is a man-made Army Corps lake near Morehead, Kentucky completely surrounded by Daniel Boone National Forest. There are no structures on the water – even the Club doesn’t have a physical “home base” from which to operate. However,
even without the clubhouse amenities that most of us are used to having, CRSA is a vibrant, fun group of sailors who just love to sail and race. Being that the lake is nestled in the mountains, light and shifty air is usually the norm – it certainly was this weekend. I know a lot of sailors who would never even attempt to race in such a venue, but to the members of CRSA, it is home and a place of which they’re justly proud and happy to be able to enjoy their sport.

The “base” for the weekend was a shelter house in the woods in one of the National Forest’s camping areas near the marina where most of the members dock their boats. Most people either stay on their boats for the weekend or camp. The Club provided breakfast and lunch both days and a phenomenal Cajun dinner on Saturday evening with… you guessed it… BLUEGRASS music. (Yes, everything was cooked in camp) It reminded me more of a weekend camping with friends (even though they put me up in a nearby hotel) than it did a “typical” regatta. It was relaxing and fun.

Winds on Saturday were very much light and shifty (180° shifts within one 5-minute starting sequence at one point) but we were finally able to get off four races – good, not great races – but four nonetheless. Everybody seemed happy with the day – After all, they’re used to these conditions. The wind gods were far less kind on Sunday. With no wind visible on the water and forecasts of 0-3 kts all day, we stayed ashore, talked sailing, traded war stories, and then gave out the awards about 11:00 am and everyone packed up and headed home.

There are a lot of things about the weekend that some may view as not being a “success.” Like our sailors here at BLYC, Cave Run is also struggling with participation, building a strong junior program, trying to get new people into the sport, and an aging group of current participants. But, I think it just may be the most enjoyable event I’ve worked this year. No, it wasn’t some high-level championship – we didn’t have the big parties sponsored by Mount Gay Rum – the winds were, well… barely wind – but, it was a great time sharing the camaraderie of fellow sailors and a day on the water. What could be better?
I think we can all learn a bit from the folks at Cave Run.

Register Now For The CRSA Annual Awards Banquet
November 9, 2019.
Check the website, caverunsailing.org and click on “events” to register. Or send a check for $45 per ticket with the name of the attendees to Graeme Wilson, 2300 Abbeywood Road, Lexington, KY 40515 by November 1, 2019.
CRSA Looking for Members Willing to Volunteer for 2020 Officer Positions

No organization can SURVIVE without volunteers keeping the organization going behind the scenes. If you have enjoyed some of the CRSA activities please consider volunteering for an officer position to help make sure we KEEP GOING. Two individuals can even share a position. And an officer can form a committee to work with them and spread the activity around.

Serving as a CRSA Officer is a great way to get to know more members and to get more out of your CRSA membership. Here are some comments by Sally Shafer who served as Social Chair and Membership Chair in the past:

“A club like this works only because of the many people who volunteer to help out. When I was asked to join the board as social chair I was not sure I would enjoy the job, but I figured it was my turn to help out. In hindsight, I am so glad I did it. Working to help the club has been great fun and has introduced me to so many interesting people. Volunteer to help CRSA; the club will benefit and so will you.”

If you are interested in being a CRSA officer for 2020, or know someone who you think may be good, please contact Commodore Valerie Askren at Commodore@caverunsailing.org.

Officer positions that are open for 2020 include:
- **Commodore**: responsible for overseeing all activities and functions of CRSA during the year including establishing the calendar of activities for the year.
- **Vice-Commodore**: responsible for overseeing the CRSA Regattas including the BG Charity Regatta and the Grand Annual Regatta.
- **Rear Commodore**: responsible for organizing the regular race series, assigning race committees, tracking results and posting on the website.
- **Treasurer**: responsible for keeping track of CRSA accounts, reimbursing members for official approved expenses, filing financial forms, depositing dues and race fees.
- **Secretary**: responsible for taking and distributing minutes at the CRSA Executive Committee meetings.
- **Harbor Master**: responsible for maintaining and inventorying CRSA equipment.
- **Social Chair**: responsible for organizing spring and summer socials, the sailstice raft-up social, special events such as winter Trip-Tales meetings at local restaurants and the Annual Awards Banquet.
- **Membership**: responsible for keeping track of the membership list, sending out membership renewal notices, forwarding membership dues to the treasurer.
- **Webmaster**: responsible for running the CRSA website caverunsailing.org and instructing officers on how to update their sections.
- **Cruise Director**: responsible for organizing, or helping others organize a yearly cruise or two for CRSA members.

Positions not on the Executive Committee but reporting to it and appointed by the Executive Committee are:
- **Newsletter Editor(s)**: responsible for editing, printing and e-mailing The MainSHEET.
- **Youth Sailing Chair(s)**: responsible for arranging and teaching the Youth Sailing Classes.
- **Scout Sailing Instructor**: responsible for arranging sailing lessons for scout troops approaching CRSA. Usually this involves two activities per year.
- **CRSA Sailing Schools Director**: responsible for ensuring the Beginning Sailing and the various CRSA ASA sailing schools are taught each year.

No one person does everything themselves for their particular officer position. Every position has help and advice from previous officers, CRSA members and friends. The Executive Committee meetings provide a nice forum for advice on how to do things smoothly. Even if you have little previous experience, you will not be functioning alone.
CRSA scheduled its 2019 cruise in the Greek Islands. Cruise Directors Dan Geiger, and Merritt and Savannah Wade, arranged a great flotilla trip with Sunsail filling three boats. On the following pages are pictures from the trip along with some impressions from the participating members. They were asked:

1. What was your favorite part of the cruise?
2. What was your favorite food on the cruise?
3. Did anything happen that you did not expect? If so what?
4. Did you have a favorite stop? If so where?
5. Was there anything that you wish would have gone differently?
6. Do you have any advice for future cruisers?
Fav Part: All of it.

Fav Food: Lemon Baklava

Unexpected: Robert Wagoner bought us fresh pastries every morning before we got up! Our boat was very spoiled!

Different: I wish Sunsail hadn’t changed a couple of our destinations, making our tee shirts inaccurate.

Advice: Don’t miss another one. This is a great group to travel with. We have a lot of fun.

Savannah Wade
Fav Part: The beautiful mornings on the water -- the deep and vibrant blues, the mountains and white cliffs, the excellent weather, the sheep running across the hills at one of our stops. There also was a lot of wind and we got up to 9.5 nautical miles per hour (I think) on a broad reach. Also, everyone on the cruise was very friendly, and so were the Greeks. For the most part, this area of Greece wasn't very crowded.

Fav Food: Linda loved the Moussaka at the restaurant that had the dancing. I loved the Sea Bream, which was a fish that I hadn't eaten before.

Unexpected: Boat cabins are smaller than I thought and the sea water was very cool. Got in just to say I did, but did not snorkel. All the beaches, though beautiful, were made of white stones. The on-shore showers were very nice and unexpected, though you had to pay a small sum.

Fav Stop: Fiskardo, Kafilonia. It had rocky cliffs and some beautiful beaches. We walked up the mountain to a small untouched village, and talked to the women at the bakery. They were so proud of their baked goods. Men were sitting at the tables outside playing cards. The owner of the restaurant flagged all the boats into the harbor. His restaurant also had excellent food.

Advice: Know whether you are more interested in port time or sailing. You can't maximize both. Purchasing a high-end inflatable life vest would probably be a good investment.

Tom and Linda Janoski
Fav Part: Everything! Sailing through the dramatic land- and seascape of the Ionian islands, leisurely feasting at tavernas on the water, hanging out with the friendly CRSA folks and my family.

Fav Food: Fried feta cheese encrusted with sesame seeds served with honey.

Unexpected: The weather was better than I'd expected -- it was perfect every day. (Well done, Dan Geiger.)

Fav Stop: Kalamos was my favorite stop. Our boat was also named Kalamos so maybe I am partial.

Different: No. The weather was lovely and cool, perfect for sitting comfortably on deck. My boat and flotilla companions were terrific. Sunsail took good care of us, even though the flotilla was large.

Advice: Bring soft luggage and amiable companions. Hope you are lucky enough to have Savannah Wade design your cruise t-shirt. Catherine Harbour
2019 CRSA Cruise to the Greek Islands

**Fav Part:** Navigating. I like the feeling of accomplishment when we arrive safely at a new location. I also enjoy exploring the small towns we visit and the friendships made while sailing.

**Fav Food:** Seafood pasta out doors at George’s on Kalamos island.

**Unexpected:** The flotilla had 14 boats and it took some time each evening to get them all docked.

**Fav Stop:** The first night at Vathi on Meganasi Island. Cute village and a great restaurant.

**Different:** Nothing. Greece and Sunsail were great choices. The stops were perfect and Sunsail did a good job of hosting us.

**Advice:** Just go on a CRSA cruise. Life is too short to miss the experience.

Dan Geiger
Fav Part: Best sailing day was off the east side of Ithaca island. The wind coming down the high slopes creating the perfect conditions, small waves, 18 knots apparent and a beam reach. Everyone on board piloted the boat at 9 knots are better. Lots of smiles!

Fav Food: Ellies in Fiskardho on the island of Cephalonia. A seafood feast fit for a king.

Unexpected: Sailing there was much better than expected. This is a great cruising ground.

Fav Stop: The bakery in Sivota on the island of Lefkas had 9 different varieties of Baklava. Pure heaven.

Different: No issues at all. Great crew, great location.

Advice: Late May, early June is a good time to go before it gets crowded.

Merritt Wade
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:
1. promoting both leisure and race sailing,
2. conducting sailing education classes,
3. providing a forum for good will and social activities among those interested in sailing and
4. participating in charitable and community service activities.

Membership Information can be obtained from Steve Morris at membership@caverunsailing.org.

The MainSHEET is edited, sometimes carefully and sometimes not, by Bill Lubawy. Please contact Bill for article ideas and or suggestions at Mainsheet@caverunsailing.org. Special thanks to Kelly Emrich, Brad Leslie and others for articles and/or pictures.

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