

Volume 38 #5
August 2022



NEWSLETTER OF THE CAVE RUN SAILING ASSOCIATION

The MainSHEET

Summer Sailing News

LINES FROM THE COMMODORE

Can you believe it! This is **CRSA's 45th year** and we would like to invite, recognize and thank the foundational members at our annual banquet.
WE NEED YOUR HELP!

Al Lawton, Susan Harbour, Charmaine Pfister and I are working to find and reach out to those who were CRSA members from 1977 to 1982. Again we need your help! If you, your family, or friends know of some of these people, please reach out to Charmaine at charmaine@caverunsailing.org or me at Commodore@caverunsailing.org. A list of specific people we are looking for can be found on page 20.

Other news happenings within your club includes:

Michael Jones has secured a CRSA phone number for Club Dash **859-810 – CRSA (2772)**. **Jon Ware** has been identifying marketing opportunities for us to update with the new phone number. Please share the number with anyone you like as we update our materials etc.



Harbormaster **Brad Leslie** with others have worked on many of our assets to ensure you have safe and fun sailing experiences. Unfortunately, the Miss Kelly suffered some damage in a windstorm that came through Cave Run Lake in late June. The Rhoads is back in the mooring field and ready for use!

CRYSA, our Youth Sailing Academy, jumped in and provided Sunfish and Optis for KET's summer celebration at Donamire farm June 11th. More about that in this newsletter.

CRSA and CRYSA shared the stage with other community floats in Lexington's Fourth of July Parade. This is the first time the club has participated in the parade and it was a great success! Thank you so much **Charmaine Pfister** for taking the lead and thanks to all the volunteers! The goal was to recruit about 12 people to help out and we ended up with about 20! SO MUCH FUN! GET READY 2023!

A special thanks to **Ben and Valerie Askren** for again heading up Scout Small-Boat Sailing Merit Badge training on August 3 with the on the water lab SCHEDULED FOR August 21. A special thank you to all the volunteers that are helping make this happen!

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Be sure to mark your calendars as more racing is coming up! August 13 and 27 are scheduled Club Buoy races. September 10 is a Long Distance Race, with a Short Race to follow if wind permits. Please let **Mark Breeden** know if you plan to participate at rearcommodore@caverunsailing.org The sooner he knows numbers the better!

September 10 is our first Harvest Moon Raft Up in several years! Please come and bring your friends and family and enjoy a beautiful full moon evening on Cave Run Lake. We will be meeting on the lake for sundown, fellowship, and hanging around for a magical night on the lake. Be on the lookout for more details closer to the event. Should you have any questions or suggestions, please contact me at commodore@caverunsailing.org. Unfortunately Fresca, our social director, will be out of town that weekend.

We still have movie night scheduled for Tuesday, October 16 at our house. Captain Ron Will be back by popular demand!

Be sure to check out all the activities going on in your club in this newsletter and on our website:

www.caverunsailing.org

Molly Sutherland
Commodore



Social Corner

- June 18 was the **Summer Sailstice Raft Up** at the Margaret Mary. We grilled out, socialized and did some bird watching!

- **Trip-Tales, Can I Laugh Yet?**

I would like to plan a **Trip-Tales** for early December. Do you have a cautionary tale to share? Please let me know if you do. If you have a photo as well, all the better!

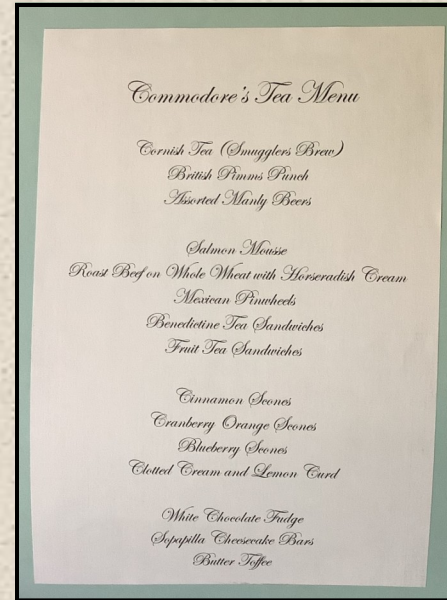
- Please mark your calendars for the upcoming **Annual Meeting and Awards Banquet** for Saturday, October 29 at the Lexington Country Club.

Fresca Leddy

Commodore's Tea

June 4 was the 2nd annual Commodore's Tea with 25 folks in attendance. Fresca and David Leddy hosted the event at their home. Fresca treated everyone present to delicious homemade treats, cold and hot tea with other special beverages! It was great seeing some new faces, as well as the familiar ones!

Below are some memories!



That's My Boat

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

Hey, Chris Bollinger, tell us about your boat!

I am told that my first time in a sailboat (with my parents) was at 11 months or so, while still in diapers. My family had a small “dory” wooden sailboat that my parents learned to sail on. At about age 5, my parents bought a 20’ O’day Mariner (pocket cabin) and that’s where I really began to learn to sail, racing in the Tuesday Night Series on Lake St. Claire in the Detroit area.

My current boat, named Halcyon, is a Flying Scot which I’ve sailed nearly exclusively at Cave Run. Flying Scots are one of the most successful daysailer boats around. At just under 20 feet, they are large enough to take out the whole family, but manageable to sail single handedly or with 1 or 2 crew members. My sloop rig is also configured for a spinnaker, which I love to fly! The boat was designed by Sandy Douglass, who also designed the Thistle (another very popular daysailer) and the Highlander.

I bought the boat, used, in the fall of 2001, shortly after getting tenure at UK. My goal, all along, was to sail with my kids, as my parents had with us. I raised my daughter Beth and son Thomas to love sailing – and especially racing – with the great group at Cave Run Lake.

After an initial set of work cleaning and varnishing, maintenance has been minimal. Indeed at times I have joked that I really need to rename the boat “Deferred Maintenance.” The two biggest things that I have done were to replace the halyards and halyard winches and repair some dings (mostly from docking) to my hull. I probably should spend more time on it, but that means less time sailing, so why would I?

It's been a great boat to sail, and I hope to continue to sail it well into the future!

That's my boat!





Chris Bollinger sailing Halcyon





Recipe

Cave Run Sailing Cookbook

INGREDIENTS

Your favorite drink, appetizer, soup, salad, side, main dish, vegetable, bread, roll, cookie, dessert, candy, kids favorite, or sailing basic.

DIRECTIONS

We're planning on publishing a cookbook as a fundraiser for youth sailing. Please submit your favorite recipes. It wouldn't be complete without YOU. Send them to:
SocialDirector@cave run sailing.org

Top 10 reasons to submit a recipe for our CRSA Cookbook:

1. It benefits the Cave Run Youth Sailing Academy!
2. It will be fun!
3. It will give you bragging rites!
4. You can say you are published!
5. You can autograph a copy as a gift for those hard to buy for relatives and friends!
1. You can contribute to the CRSA!
2. You can share your culinary skills!
3. You can create a recipe as a family project!
4. You won't be left out of the fabulous Cookbook!
5. You can ignore these nagging requests with a clear conscience!!!

Send recipes to socialdirector@caverunsailing.org

Looking for a Few Good Volunteers!

The future of our sport relies on igniting a passion for sailing within our youth. As part of that effort, every few years CRSA runs a **Small Boat Sailing Merit Badge** course for the **Scouts**. After completing 3 hours of classroom instruction, we spend a day at Cave Run Lake for the on-the-water portion of the class. We desperately need volunteers to make that a fun and safe event!

Where? Clay Lick boat ramp

When? Sunday August 21, 9 am—5 pm (half-day commitments are welcome)

What? We need volunteers to:

1. Drive the Margaret Mary pontoon (as a safety boat)
2. Teach the scouts how to rig a Sunfish
3. Explain points of sail
4. Demonstrate tacking vs. jibing
5. Show how to recover a flipped Sunfish
6. And More.....!

Who? YOU!

Contact Valerie.askren@gmail.com to volunteer and create your own fair winds karma!



CRSA Phone Number

859-810-CRSA (2772)

Call and leave a message for whom you are contacting.

Your call will be returned.



CAVE RUN
SAILING ASSOCIATION

CAVERUNSAILING.ORG

Jumping into action and promoting Sailing in the Bluegrass!

It all started with a call and ended with a bash! We received a call from **Bobbie Owen**, Chief Operating Officer with KET looking for Sailboats. KET's signature fundraiser is their summer celebration held each year at Donamire Farm in early June. This year's theme was entitled "Sail the Seas with KET" .

In developing the theme, KET reached out to **Ralph Stokely**, with **Stokley's Marine**, who helped in the decorations. Ralph led KET to CRSA. Thank you Ralph and Stokley Marine for passing our name onto Bobbie!

Bobbie reached out to us and **Chuck Emrich**, president of CRYSA, and our Youth Sailing Academy organization sprang into action! Working together, **Chuck and Kelly Emrich, Fred and Charmaine Pfister, Liz Harris, Lee and Molly Sutherland, Rose Perkins, David Harris, and Michael Jones** helped set up and take down six Sunfish and five Optis, which were ideal decorations for this KET theme.

Chuck, Kelly, Liz and Rose were able to attend the event and had a fabulous time! Unbeknownst to them, they ran into **Michael** (our treasurer) & **Ligia Jones**.

There were more than 600 attendees. KET invited us to share brochures about both organizations, CRSA and CRYSA, which we did. We continue to share our stories and let people know there is good sailing in the Bluegrass!

All big tales and little tales indicated a good time was had by all!

Thanks again to KET and Stokley Marine for inviting CRSA to the party!





Lee, Liz, Chuck, and Fred
rigging a Sunfish



Kelly and Chuck Emrich

Smiles at Youth Sailing Summer Camp

Wa-Hoo!!!

Jacobson Park was invaded once again by 28 youth, to learn to sail or at least have fun on the water. We had more teenagers this year than ever before and the Sunfish got a workout! There were more girls than boys in all age groups. We also added environmental lessons on water, lead by Jen Adler, stressing pollution control and water quality. Liz Harris became the “Knot Lady” with classes on six different knots of basic usefulness. **Graham Wilson spoke about boat parts and sticky notes.**

The weather was OK most days, if you like heat, with rain on some days (the kids didn’t seem to care!).

Light winds and spotty areas of no wind were common. Yes, the boats occasionally went “turtle”, but it seemed to be time to cool off anyway! And of course, Pirate Day was a success with everyone—wet and full of pizza.

Volunteers make this happen—without their help we would be dead in the water!!! So a big shout out to all—the ones already mentioned, plus Roy Wagner and Fred Pfister (leading the teenagers), Lou Troust, Bob Woods, Bill Jones, Rose Perkins, Mark Adler, Charmaine Pfister, Kelly Emrich, Terry Clark, Lee and Molly Sutherland, Mick and numerous parents. Dominic Keim, a sixteen year old, helped instruct and give additional sail trim to our more advanced! Thanks to all who contributed and those I maybe failed to mention.

So, we had another successful Youth Sailing Camp—future sailors for CRSA!





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.

- **AMAZONSMILE PROGRAM:**

To give Cave Run Youth Sailing Academy (CRYSA) credit, make sure to shop through the AmazonSmile portal! CRYSA is already registered. You can set the Cave Run Youth Sailing Academy as the nonprofit you would like to support, and, at no additional cost to you, the AmazonSmile Foundation will donate 0.5% of the price of your eligible purchases to the CRYSA.

- **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





All members are invited to join the
Dinghies

A group of well-seasoned
(and not so well- seasoned) sailors
who gather to share sailing yarns and other
subjects

Fridays (every week that has a Friday)

12:00 noon—for lunch

The Cellar on Lansdowne Drive

Uniforms not required

ATTENTION CRSA MEMBERS!!!

We want to share a variety of **sailing experiences** from all of our members! If you have any trips, photos, tips, etc to share in the CRSA newsletter, MainSHEET, PLEASE e-mail:

Fred Pfister at fred@fredpfister.com

or

Charmaine Pfister at charpfister@gmail.com

Please refer to the CRSA website Calendar
for the most current information
and changes in activity or event dates/times.

caverunsailing.org

CRSA Phone Number: 859-810-CRSA (2772)

Let's Go Sailing, for Women by Women continues to grow!

This initiative is focused on inspiring sailing confidence and camaraderie. Our current mailing list includes 33 interested women from both Kentucky and West Virginia. We met on land in a classroom setting at Scotts Creek Marina in January and February. Then we hopped on boats in April, May and June with the goal of becoming more familiar and confident in our sailing skills. Special thanks goes out to **Liz Harris**, captain of the Miss Kelly, for her persistence and dedication! She has taken Miss Kelly out three different times with three different crew and each time everyone grows, learns, and becomes more confident! I take out our 22 Tanzer, *Credium*, which is Gaelic for believe, with a different crew as well.

Jim Chandler offered his boat (Hunter 260) for our first day on the water while his wife **Sharon** skippered.

July was pretty much a bust for sailing as the weather was too hot and wind too unpredictable... typical July sailing at Cave Run. To make up for lost camaraderie, nine of us got together at The Glitz in Woodford County, KY for a fun and "glitzy" lunch on Saturday, July 30. We had a great time—what an interesting place!

We are on for Monday, August 8! This session will focus on day sailors, specifically Sunfish and Lasers. Many of our ladies have expressed interest in using the smaller boats to help expand sailing knowledge and confidence. Special thanks to **Kaye Arnold** who is taking the lead on this session and **Charlotte Lubawy** and **Valerie Askren** for volunteering to make it happen! It is not too late to sign up! You are always welcome!

A complete list of Let's Go Sailing dates is on our website, www.caverunsailing.org

Feel free to sign up for any day that works best for you. It is not required to have attended an earlier session to participate, as the sessions do not necessarily build upon each other. We are excited for other women to get involved and we will all learn together!

Molly Sutherland



Each time out, we become more confident in managing our heeling techniques!!!



Molly Sutherland, Beverly Hale, and Charmaine Pfister
having a wonderful day on Cave Run Lake!



CRSA and CRYSA in the 2022 Lexington Fourth of July Parade

A BIG THANK YOU TO ALL WHO MADE OUR FIRST ENTRY INTO THE LEXINGTON July 4th PARADE A SUCCESS!!!

The planning and execution of pulling sailboats down Main Street in Lexington is no small feat! The whole process was definitely a group effort. Thanks to Lee and Molly Sutherland measuring the height of the traffic signals and confirming that there were no high voltage power lines in the parade path, we felt comfortable with our final entry: banners for both CRSA and CRYSA, Chuck Emrich's Catalina 22 with the mast down, and two club Sunfishes with our new red, white, and blue sails up!

Club members Lee and Molly Sutherland, Valerie and Ben Askren, Walt Askren, Elizabeth Sweat, Fred and Charmaine Pfister, Chuck and Kelly Emrich, and Terry Clark met at Eastland Mall at 8:30am to decorate our entry with buntings, garlands, and windsocks. Staging for the parade started at 10AM, with the parade beginning at 11:30am. Several more members, including Luke and Leslie Adams, Marc and Lily and Rose Adler, Liz Harris, and Graeme Wilson and his 5 grandchildren, joined us to walk in the parade. The day was extremely hot and humid, but not one complaint emanated from anyone! What troupers!!!



Our entry was led by new banners for CRSA and CRYSA carried by Leslie Adams, Elizabeth Sweat, Lily Adler, and Rose Adler. Chuck followed pulling his boat. The two Sunfish pulled by Valerie Askren and Fred Pfister brought up the rear. Because the Sunfish sails were up and the day was windy, several members helped keep the Sunfish boats

upright on the trailers. Liz Harris was in charge of managing a boom box, playing lively sailing music! We handed out 600 red, white and blue leis to the onlookers. It was a great public relations event for CRSA and CRYSA! Everyone who participated smiled, waved and represented our club wonderfully!



Decorating at Eastland Mall



Waiting in the Staging Area!



Chuck and Kelly Emrich



Luke and Leslie Adams



Liz Harris



Graeme Wilson's Grandchildren

Fiberglass Class

By Jon Ware

This past April the Cave Run Sailing Association offered a multi-week workshop in Fiberglass and Gelcoat repair. Ten participants, with some coming as far away as Cincinnati, took part in the class. Thanks to each of these folks, much needed repairs were completed in short order to the Cave Run Youth Sailing Academy's Sunfish fleet. All in all, six boats were repaired and given fresh Gelcoat. Participants learned about cloth and matting types, polyester resin, epoxy resin, and Gelcoat application. To ensure compatibility the repairs were completed using the Total Boat family of products. **A special thanks goes out to Total Boat for providing a generous \$500 grant for the materials.**

The workshop took place at Grimes Mill Farm, just outside of Lexington, Kentucky. Chas Martin, the owner of Grimes Mill Farm, allowed the club to use his farm's indoor equestrian arena to complete the work on the boats. Without his hospitality and this sheltered space the workshop would not have been possible. **Many, many thanks Mr. Martin!**



While it was wonderful to have the Sunfish fleet spit-shined, even better was the chance to build relationships and share knowledge gleaned from our own DIY projects. Participants came away better equipped to make repairs to their own vessels and with closer ties to the area's larger sailing community.



Foundational Members: “Lost and Found”

Foundational Members (1977-1982) LOST LIST:

Tom & Peggy Adams, Lexington	Clark & Tomye Beauchamp, Lexington
Ralph & Sam Awender, Lexington	Ron & Sharon Watts, Paris
John & Marjorie Harrison, Lexington	William & Barbara Boyd, Charleston, WV
Larry & Kathy Holden, Lexington	Steve & Nancy Branner, Charleston, WV
Thomas & Mary Beth Housel, Lexington	Karen Belt, Lexington
Charles M (Skipper) Hunt, Frankfort	Russ Brant, Lexington
Jack & Nancy Katlic, Lexington	William S & Geneva Brown, Mt. Sterling
Dwight & Becky Kelley, Lexington	Steve Campbell, Lexington
Dick & Gretchen King, Lexington	Gilbert & Nance Ciocci, Lexington
Ken & Ilene Coffeen, Lexington	George Smith, Lexington
Dana Looker, Lexington	Peter Cooper, Lexington
Mark Lovell, Lexington	Tina Davis, Morehead
Marc Elliott, Lexington	Bob & Jackie Lee Wallace, Chesapeake, Ohio
Dan & Betty Matulionis, Lexington	Jerry Fischer, Lexington
Duncan & Cheri Gardiner, Lexington	Hartley & Davy Sutton, Georgetown
Paul & Joan McCauley, Lexington	Jerry & Lois Goldberger, Lexington
Nancy Neal, Lexington	Charles & Betty Hansel, Winchester
Don & Janet Nichol, Huntington	John Hanson, Radcliffe
Tom & Claire Raymond, Lexington	Darrell & Barbara Hayden, Nicholasville
Ray & Jan Schutter, Russell	Charley & Sonia Holbrook, Ashland
Earl & Karen Sherer, Lexington	Linda Wrede Seaman, Washington

Foundational Members (1977-1982) FOUND LIST:

Bob & Beth Altenkirch, Lexington	Monroe & Ellen Louise Jett, Lexington
Ronald E. & Pamela Andrews, Russell, KY	Karl Lange, Lexington
John & Charlotte Kingston, Lexington	Robert & Jeanne Tighe, Lexington
Charlie Curry, Lexington	Bob & Susan Yokel, Lexington
Lisle & Kathy Dalton, Lexington	Charlie Meng, Lexington
David & Beth Porter, Lexington	Ruthie Brown, Lexington, now in St Petersburg, FL
Matt Gandolfo, Lexington	Lester & Joan Roberts, Lexington
Paul & Susan Harbour	Bob Summerfeldt & Jackie Clevenger
June Hooks, Morehead	Ken & Ann Miller, Lexington
Buck & Lyla Hunter, Winchester	
John & Susannah Johnson, Lexington – now in Vince, FL	
Sandy Colker, Huntington, doing great, just lost husband, Matt	

Cave Run Sailing Association
PO Box 256
Lexington, KY 40588



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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.

Membership Information can be obtained from Luke Adams at
Membership@caverunsailing.org.

The MainSHEET is edited, sometimes carefully and sometimes not, by Fred Pfister.
Please contact Fred for article ideas and or suggestions at Mainsheet@caverunsailing.org.
Special thanks to all those who contribute pictures and information.

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