



The MainSHEET

Late Summer Sailing News

LINES FROM THE COMMODORE

Welcome to CRSA September mainsheet! You can almost feel the recent hot, humid and rainy temperatures of summer break. Fall is a beautiful time of year and a time sailors gear up for crisp, clear and windy days on the water! CRSA also gears up with fall events to race, share tails, and celebrate milestones.

September 24 & 25 is CRSA's 43rd **Grand Annual Regatta** at Cave Run Lake. David Leddy and his team of volunteers have worked hard to make this another special event for the club. Be sure to learn more on pages 2&3 or go online to www.caverunsailing.org.

Tuesday, October 18, is back by popular demand... **Movie night with Captain Ron** at our home (590 Seattle Dr., Lexington 40503). Plan to bring a camp chair, your beverage of choice and an appetizer to share. Please email commodore@caverunsailing.org to RSVP by Friday, October 14th.

Party time is just around the corner!
This is the **45th anniversary year for a CRSA!**
As I shared with you in the last MainSHEET, CRSA plans to recognize and thank our Foundational Members (original members from 1977-1982) at the annual banquet.

Charmaine Pfister, Susan Harbor, Al Lawton and I have worked hard to reach out and personally invite these special CRSA members to the banquet. With your help we have found more than 25 Foundational Members and are excited to have many of them join us at the **Annual Banquet on Saturday, October 29 at Lexington Country Club**. Fresca Leddy, CRSA's Social Director, has been working for several months to make this another special event for all club members! Please mark your calendars and plan to join us! The RSVP deadline for the annual banquet is Wednesday, October 19th.



A CALL FOR PHOTOS: We would like to have a slideshow at the annual banquet, celebrating our 45 years of sailing locally and around the world. If you have sailing pictures over the last 45 years, please send them to commodore@caverunsailing.org by **October 1**.

Also, as we enter fall, we begin to plan 2023 events. Your thoughts and input are incredibly helpful! Email commodore@caverunsailing.org to share your comments, thoughts, and ideas for events or activities you would like to see us consider in 2023.

Thank you for your membership and stay tuned in as CRSA continues to Promote The Spirit Of Sailing!

Molly Sutherland
Commodore, CRSA

News and Notes from the 43rd Grand Annual Regatta

Only two weeks to go until CRSA's 43rd **Grand Annual Regatta**, coming up on **Saturday and Sunday, September 24 and 25!** This is our big year end outdoor event! While sailing 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 and room to park a camper (although eclectic hookup is limited), starting Friday afternoon at the Boat Gunnel. We have some room for a few guests on a pontoon boat serving as a second safety boat, so you might be a spectator on the lake! If you think you may want to crew on a boat, but don't know who to ask, let us 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!

Thanks to the thirteen captains and seven guests who have registered so far! Along with signed-up crew, that makes 33 people coming as of Sept. 9. Getting those registrations in saves time for everyone and, importantly, helps us plan for meals. Please complete your registration today [HERE!](#)

Speaking of meals, our admiral for all things food at this year's Grand Annual is Regina Heiser, already very busy with preparations. This from Reg:

"Saturday enjoy a continental breakfast of assorted yogurts, hard boiled eggs, fresh fruit, savory and sweet quick breads, orange juice and coffee. Sunday morning be ready to power up with homemade cheese blintzes topped with your choice of blueberry compote, maple syrup or cinnamon applesauce, breakfast sausage, fresh fruit, orange juice, and coffee. Pack your lunch on Saturday with a deli sandwich, apple or orange, chips, chocolate chip cookie or brownie and, if you really need a boost, a cocoa pistachio almond chopped cherry energy ball to enjoy on the water."

Now who else, anywhere in the world, will be on the water Saturday afternoon with their own cocoa pistachio almond chopped cherry energy ball? Nobody but the CRSA! And there's more:

"Dinner on Saturday night starts at 6:00p. Enjoy roasted pork with assorted sauces, a French green bean salad, Asian Cole slaw, mini buttered garlic potatoes and coconut macaroons or lemon bars for dessert." (Wow, understandable If you need to take a break here to go register, just please come back and finish reading.)

Lunch Sunday after racing is deli sandwiches, fresh fruit, cookies, brownie, and if any are left, a cocoa pistachio almond chopped cherry energy ball! And maybe some left-over roasted pork.

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.

Please take a minute to read the Notice of Race for much useful information. This information, which can be found on the CRSA website, includes a brief schedule of events and a listing of area hotels.

Just released is the Sailing Instructions (SI) for this year's Regatta. You can find this information on the website under Events & News, Regattas, Grand Annual Regatta. Our U.S. Sailing Race Official this year is Paul While from Indianapolis. He will be staying in his camper at the Boat Gunnel, so please make a point to say hello and make him welcome.

Sailors, please read the SI, some of which will be a change from our regular race series. For example, on the windward-leeward course, the starting line will move from near the leeward mark for the first race, to the center, then near the windward mark for the final race of the day. The starting line will be to the port side of the RC boat, while the finish line will be to starboard of the RC. The flag for the second class to start will go up when the first class's flag comes down (race start). In other words, the next class countdown from 4 min begins when the previous class starts, with no time in between. All boats must have "a unique number or other identification on the mainsail." If you don't, something homemade with that blue painter's masking tape should do the trick. These instructions should help the races to move along, so become familiar, and ask Paul any questions at the skipper's meeting at 10:30 Saturday and 8:00 on Sunday.

We ordered 60 shirts; 36 are taken to date. At some point we may run out of your size, so get registered! This year's shirt is a green, short sleeve (unisex) polo.



No matter what the weather,
let's get out on this 43rd Grand Annual weekend,
enjoy the company of a great association,
and have FUN!

Thanks,

David Leddy

Annual Awards Banquet

The 2022 CRSA Annual Awards Banquet is just weeks away!



Saturday, October 29th 2022

6PM

At the Lexington Country Club

Reservations must be made by October 19th

The cost is \$53 per person plus cash bar

Join us and help celebrate

The 45th Anniversary of the Cave Run Sailing Association!

Enjoy fellowship and cocktails

Followed by dinner, awards, and dancing to DJ Rice

Cocktail Attire

For Reservation and menu choices, see the website:

<https://www.caverunsailing.org/awards-banquet-registration/>

For Questions contact SocialDirector@caverunsailing.org

MOVIE NIGHT: "Captain Ron" is ON!
REFORMATTED for a COVID safe environment as an **OUTDOOR MOVIE**

WHEN: Thursday, October 15, 2020

WHO: Members and Non-members

WHERE: Lee & Molly Sutherland's
590 Seattle Dr
Lexington, KY. 40503

NOTES: Please bring an hor d'oeuvre, BYOB, Mask & Seat!
The club will provide water, tea and sodas (Coke products)



REGISTER HERE

FOR MORE INFORMATION contact Molly at
commodore@caverunsailing.org

That's My Boat

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

Tony and Cherri Stansbury, tell us about your boat!

My first sailing experience was in the spring of 2019. I began to search for sailing opportunities locally and soon learned about the CRSA. At the age of 51, I signed up for the spring beginner class. Soon afterward I purchased a Sunfish to get some practice on what I was learning in class. Needless to say, I was hooked. At the time, it was customary that the students from the beginner class accompany a skipper for the Spring Charity Regatta. I was very fortunate to join Lou on his MC Scow. I got to experience a real racing boat and the adrenaline rush of heeling and moving at "high rates of speed". We (Lou) placed first in the regatta and I actually got to be in the first place picture.

Next, I purchased a Chrysler Mutineer 15 and started attending all the club races that I could. Everyone was so patient dealing with the "nubie". Perhaps my favorite memory that first year was Valerie (RC) asking me in the kindest way if I would like to finish the race or just come on in so we could start the next race. Of course I had been lapped by everyone and wasn't making much progress toward finishing. Starting the next race was a really good suggestion. I finished out the first year and even skippered my own Mutt 15 in the Grand Annual.

Cherri and I currently sail a Catalina 25 fin keel that we have owned for 3 years. "Into the Mystic" has been a very forgiving and enjoyable boat and we have certainly been able to improve our sailing skills. Tom Wilson, the previous owner, had done a lot of work on the hull and all of the brightwork and had "Mystic" looking great. We continued improvements by adding a 4 spring Motor mount from

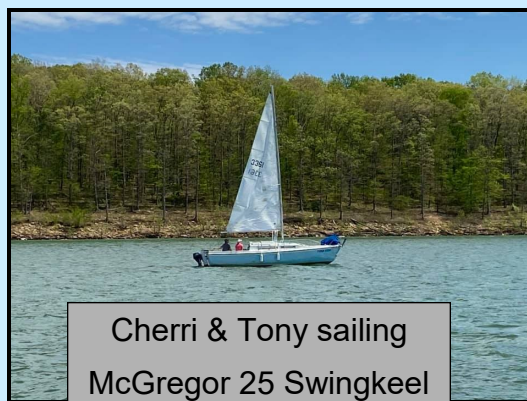
Catalina Direct to hold the new 4 stroke 9.9. The 4 spring mount has made the heavy outboard much more enjoyable and very easy to adjust. The mainsail was showing quite a bit of wear.

After consulting with a couple of sailmakers, we decided to purchase a new laminate sail from Joe Waters. This change was a huge performance improvement. The headsail roller furler makes single-handling the boat very easy, as all controls have been run to the cockpit. We also sent the genoa to Sail Care for cleaning and reconditioning.



Tony and son Nathan

2nd place:
Mountain Mama Hospice Regatta Somerset Lake



Cherri & Tony sailing
McGregor 25 Swingkeel



Mutineer 15

Two other big projects that were forced upon us were lowering the mast for repairs and replacing the windows. Unfortunately, one of the spreader retainer wires had come loose and damaged a small area on my genoa. My good friend Dan Fory helped me lower the mast using a gin pole and the mainsheet blocks. As with all sailboat projects, the repair escalated into running new mast lighting, including new wire and converting to all LEDs, replacing sheaves and, of course, new spreader covers. The mast lights have been used a lot, as we enjoy going out at dusk. The window project was necessitated by the rather large leaks that had developed over the years. Again, relying on the expertise of Dan, we made new plexi-glass windows to properly fit the openings and then sealed the new windows. After two years they seem to be waterproof and holding well.



I often go back and forth between a dinghy and the Cat 25 for racing, but I generally like to use the Cat 25 for the long distance races. Last fall I decided to try out my whisker pole and attempted to set a wing on wing run. This is a move that I had not previously practiced, but had watched Mark and Chuck do. It looked easy enough. So after handing the tiller over to Dan, I headed up on deck. In the excitement I had forgotten to tell Dan exactly what my plans were. While standing on the aft side of the mast, intently setting the whisker pole, I heard “watch out the boom is coming”! About that time I felt the boom push me toward the life line and I was sure I was going overboard. Fortunately, Dan caught the mainsheet in time. As I stood on the edge of the boat looking into the water, I decided that I had better walk before running, went back to the cockpit, and stayed off the deck the rest of the race. We have practiced, so watch out Mark and Chuck. We may be setting up a nice wing on wing this fall.



At this point (four years) in my sailing career I really enjoy both recreational cruising as well as racing. I will probably use “Mystic” mostly for recreational sailing and I am still searching for my ideal racing boat. The Mutt 15 has served me well for racing, but currently I am leaning strongly toward getting a Flying Scot for racing. Although, the Y-Flyer also seems like an intriguing boat with an incredible history.

One of my other goals has been to acquire some smaller dinghies and sell them, with the hope of increasing interest in sailing locally. So far I have sold a Mutt 15 to a new club member in Lexington, two Force 5s to new club members, a sunfish here in Rowan County and one in Bath County. Also, last weekend I was privileged to help a friend from Morehead set up and launch his first sailboat: a West Wight Potter 15. His whole family seems to be excited about sailing together.

It's hard to believe that it has already been four years since my maiden voyage in that old red Sunfish. I certainly regret that I didn't begin sooner. I find great enjoyment in continuing to develop my skills and I truly love opportunities to introduce people to the sport of sailing.

That's my boat!



Left: “Into the Mystic”
Above: After a sunset cruise!

RC Sailing

We continue to sail at Jacobson Park Lake every Wednesday at 6:00 PM. Our numbers have grown to seven or eight regulars and we are represented by both ladies and gentlemen.

Our expertise in boat maintenance is increasing. Merritt Wade and Paul Duffin are great at knot tying and boat tuning. It is difficult for my 76 year old fingers to tie a tiny bowline! But I can replace your power switch, as mine has gone out TWICE!

Jacobson Park Lake, our racing venue, is beautiful, parking is convenient, and launching boats is made easy by the available dockage. RC participants are learning and gaining experience, but the lake has two shortcomings for sailboat racing:

1. It is not always possible to set a true upwind/downwind course, so we are unable to follow along with our boats as they near a mark.
2. Unlike other clubs, we do not have the ability to walk along with our boats to see if they have cleared the mark before committing to a turn. Trees along the shoreline impede walking and visibility.

We would like to invite other clubs to race with us, but could not do this until these shortcomings have been addressed.

If anyone has knowledge of a location that better meets our needs, please let me know. You can email me at: kywmjones@gmail.com.

Anyone is welcome to come out and join us on Wednesdays. We usually have an extra boat available, so you can put your “hands on the tiller.” As Liz Hillard said one evening after racing, “It almost feels like going on a brief vacation.”

Bill Jones
RC Sailing



See this attached link for Positively LEX18 report on CRSA RC Sailing!

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

Let's Go Sailing - for women, by women

Hello everyone & YES WE DID IT! A special thanks to **Valerie Askren, Kaye Arnold & Charlotte & Bill Lubawy AND Fred Pfister, Lee Sutherland, Ben & Walt Askren!!**

We had 9 women out in the water! It was FABULOUS! The winds were perfect for a learning day & many of us look forward to being on a Sunfish again! ... and we enjoyed some debrief time! Due to the recent rains, the lake was still up and we had to launch from Stony Creek picnic area, which is relatively steep & rocky. Thank goodness for the guys' muscle power because unloading & reloading the boats was a little difficult. Hopefully next time we will be on a sand beach! Taking a single Sunfish out, rigging it & re-trailering it is very doable!

If you are interested in getting involved with the **Let's Go Sailing – for women, by women** we would love to have you join in! please contact me at commadore@caverunsailing.org to have your name included on the "interest list." You are NOT obligated to participate in every event and you can pop in anytime! The only requirement is the desire to grow your sailing confidence and meet interesting women!

Our next "on the water" day is Monday, October 10, at Cave Run Lake. I hope you can join us!

Thanks,
Molly



Unloading the Sunfish & learning the basic safety and sailing techniques!



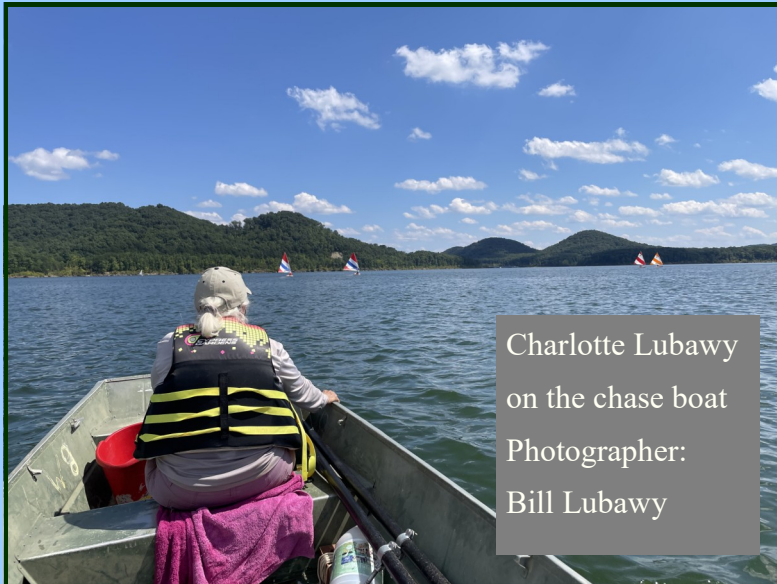


Rigging the Sunfish
&
preparing to sail!

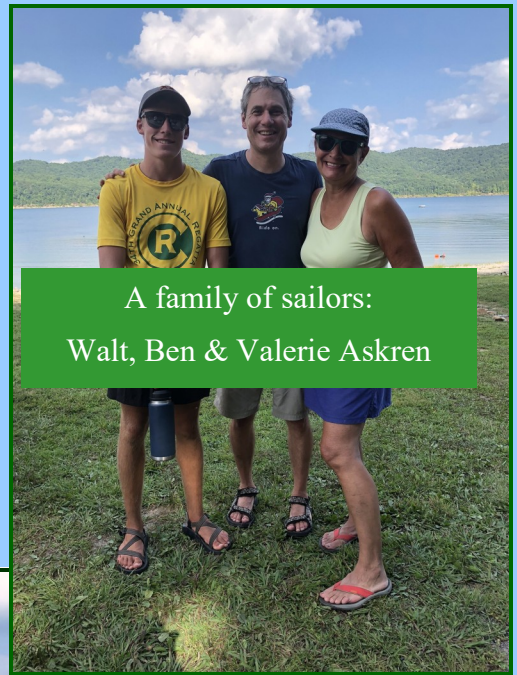


On the water!





Charlotte Lubawy
on the chase boat
Photographer:
Bill Lubawy



A family of sailors:
Walt, Ben & Valerie Askren



Celebration time
with the
sailors and our muscle power!

BAY BOATING COMMUNITY MOURNS TANGIER MARINA OWNER, 90

May 24, 2022

For years, boaters visiting Tangier Island first met Milton Parks, the genial owner of [Parks Marina](#) on the western end of the island's thoroughfare, the only facility in the community serving transient vessels.

Though the average vertical tide change in Tangier's thoroughfare is only 1.5', the current is powerful, and he knew every nuance of docking in it. With care, visitors would nose their vessels' bows into the slips as Parks stood ready to offer advice on gauging the correct angle of approach, take a line, and welcome them to the island. [Parks](#), 90, died May 18, 2022. Except for several years in the U.S. Coast Guard Reserves, he lived on Tangier his whole life.

After graduating as valedictorian at Tangier Combined School (Class of 1948), an enduring source of pride for him, he went to work in "the water business" like most of his male classmates, crabbing, oystering, and fishing for many years. He was, by common consent among his peers, one of the island's finest crabbers.

He and his wife Betty, who died in 2012, raised five daughters and sons who have built successful families of their own, both on and off the island. Their youngest daughter, Inez, is a degreed Physician's Assistant who helped found Tangier's [Health Clinic](#) and manages it today.

Years ago, Milton Parks saw opportunity in his family's shoreline, and with remarkable energy, he built the marina in the evenings, after long days on the water. It is a simple facility, offering 25 slips, electric and water hookups, restrooms, and showers, with other facilities a short walk away in the town.

The marina atmosphere is laidback, exemplified by the owner's characteristic instructions, "If I'm not there to meet you, pull into any slip you like." Mr. Parks was always glad to see visitors, talk with them, and tell them stories of island life with his gentle, dry sense of humor. He was a great ambassador for the community.

In 2018, Virginia Beach-born photographer Mike Swartz produced this 12-minute [video](#) titled "Milton Parks- An American National Treasure" interviewing Mr. Parks about his beloved Tangier Island and the changes it has seen in the 21st century. In it, he recalls waking up at 2 a.m. six days a week to work the water. He says he chose the profession for the independence. He says he built the marina in the 1960s during the night after crabbing during the day.

The hope is that a Parks family member will continue operation of the marina.

-John Page Williams



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**

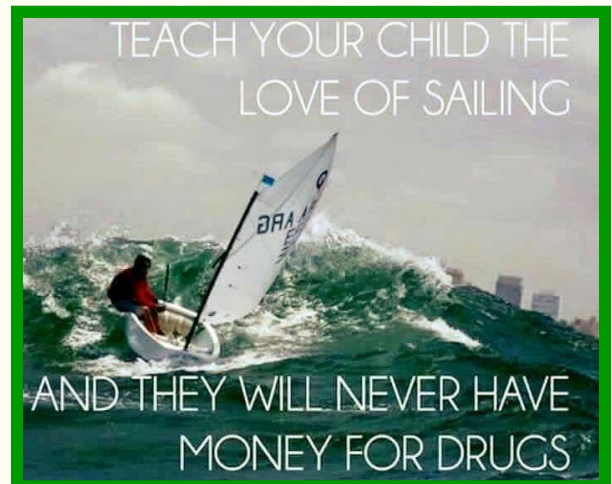
- **MEMORIALS OR TRIBUTES – HONORING A LOVED ONE**

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



Cave Run Sailing Association
PO Box 256
Lexington, KY 40588
caverunsailing.org
859-810-CRSA



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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.

CRSA 2022 Officers

Commodore	Molly Sutherland	Commodore@caverunsailing.org
Vice Commodore	David Leddy	ViceCommodore@caverunsailing.org
Rear Commodore	Mark Breeden	RearCommodore@caverunsailing.org
Treasurer	Michael Jones	Treasurer@caverunsailing.org
Secretary	Jon Ware	Secretary@caverunsailing.org
ASA Sailing	Jim Dinger	ASAsailing@caverunsailing.org
Cruise Director	Merritt Wade	CruiseDirector@caverunsailing.org
Harbor Master	Brad Leslie	Harbormaster@caverunsailing.org
Membership	Luke Adams	Membership@caverunsailing.org
Newsletter	Charmaine and Fred Pfister	Mainsheet@caverunsailing.org
Social Director	Franseca Leddy	SocialDirector@caverunsailing.org
Webmaster	Sam Moher	Webmaster@caverunsailing.org
Youth Sailing	Chuck and Kelly Emrich	YouthSailing@caverunsailing.org
RC Sailing	Bill Jones	Rcsailing@caverunsailing.org
Past Commodore	Valerie Askren	PastCommodore@caverunsailing.org