



The MainSHEET

Early Spring Sailing News

Lines from the Commodore

We are fresh back from Antarctica, Patagonia, and the Atacama Desert, (which were incredible), and ready to roll into another wonderful sailing season!

Your Executive Committee approved the proposed strategic plan for CRSA, which gives us a focused direction moving forward. In a nutshell, CRSA is focused on being a respected, fun, and educational resource for sailing and will actively promote and sustain: Safe sailing practices, Educational and Certification opportunities, as well as Social and Sailing events. The top three primary focuses are: 1. Promote CRSA 2. Recruit and nurture memberships and 3. Grow racing participation. The complete strategic plan will be posted on the website later this month.

Activity is already taking place to act on the above initiatives. A special thanks to **Tony Stansbury**, **Mel Burch**, and **Graeme Wilson**, who have met several times to discuss how we can promote and share CRSA activities. This work group sent a great list to the Executive Committee and many ideas will be incorporated quickly. **Sam Moher**, agreed to take the lead on this goal. Sam will be working to see the activities are put in place. **Charmaine Pfister** and **Fresca Leddy** volunteered to champion the second goal: recruit and nurture new memberships. They already have some ideas and I am sure we will learn more as the year goes on. **Chuck Emrich** and **Jim Dinger** agreed to work with our Rear Commodore **Mark Breeden** to grow the CRSA racing community. As we move forward in 2023, I will be keeping you posted on our activities, progress, and successes.



Other club news includes:

Remote Control (RC) sailing and racing headed up by **Bill Jones**. He has scheduled an RC "Set Up and Tuning Workshop" for Saturday, March 18. Please reach out to Bill Jones at kywmjones@gmail.com for more information. The first RC Sailing "Free Sail" is scheduled for Wednesday, April 26 at 2 PM at Jacobson Park. This is always tons of fun and many times there is an extra RC boat if you'd like to try your hand.

Let's Go Sailing for women, by women kicked off its first session on Tuesday, February 21 and focused on safety. **Beverly Hale** shared information about the new PFD ratings, **Elise Reed** reviewed first aid and tips for a good

Cont'd page 2

on-board first aid kit. **Liz Wenzel**, who is new to our group and is a meteorologist by trade, gave a presentation on reading the water and the clouds. There is a lot to this, and I believe it will take more than one session to cover this subject matter!

Our Finance Committee, **Ruth Lawton**, **Bill Jones**, and **Sally Shafer** are reviewing our financials per our bylaws, and we look forward to reviewing their findings at our next Executive Committee meeting, scheduled for Tuesday, April 18.

Mark Breeden, our Rear Commodore, has scheduled a "Blessing of The Fleet/tune-up day" for Saturday, April 22 at Cave Run Lake. It should be lots of fun! Please mark your calendars.

Fresca Leddy, Social Director, is working on our Spring New Member Social currently scheduled for Saturday, April 29. Read more about the details on page ???.

David Leddy, Vice Commodore, and a work group are rolling out the sponsorship opportunities for our CRSA Benefit Regatta for Youth Sailing scheduled for Saturday, May 13. This event is designed to be a fun racing day and an opportunity to share fellowship while supporting our Youth Sailing Academy.

The 2023 Beginning Sailing classes are open for registration now. There is a cap of 20 participants. **Chris Bollinger** is again taking the lead on this event. Classroom work will be on Tuesday and Thursday, May 16 and 18th respectively, and Saturday, May 20 will be the water lab at Cave Run Lake. If you are interested in participating or volunteering, please let Chris know at beginningsailing@caverunsailing.org.



It takes engaged members to make a vibrant organization, and as you can see from all our activity, CRSA is a vibrant organization! We always welcome new ideas and encourage you to get involved and share your thoughts and talents with us! Contact me at Commodore@caverunsailing.org or call us at 859-820-CRSA (2772) anytime.

Molly Sutherland
CRSA Commodore



Sutherland memories
of Antarctica!

CRSA Club Boat News

The Executive Committee has recently approved my recommendation to replace the Hunter 235 in our fleet named the **Miss Kelley**. We acquired this Hunter 235 from Kevin Overbeck in 2009, at which time we paid \$2,200. She has served us for 13 years as an ASA 101 teaching platform and allowed many folks to gain valuable sailing experience as a club member rental boat. The naming rights for the Hunter 235 were purchased at auction by Paul and Susan Harbour, who named the boat after their daughter Kelley. The Miss Kelley on her trailer is now across from the Scott Creek Boat Ramp at Mrs. Hook's lot. We intend to sell the boat and trailer this season. She needs some love, but is a serviceable boat for someone who has the time to invest in minor repairs. She has a very good trailer, two mainsails and two headsails. No motor transfers with the boat. The boat is offered at \$1,500. We have a title for the boat and trailer. Contact me for more information about what Miss Kelley needs in the way of repairs.

A **Catalina 22** will replace the Miss Kelley this spring. The Catalina 22 was graciously donated by Lee and Molly Sutherland. Look for information coming soon on how to acquire the naming rights to this new addition to our fleet.

New bench seats have been purchased for **Margaret Marry II**. These seats will make the boat more comfortable for folks on the Race Committee and during socials on the water. Life jackets will be stored in the seats, allowing for better access to our race equipment. A bow roller is to be added to the Margaret Mary, which will help with handling the anchor and rode.

Brad Leslie, Harbourmaster

brad.s.leslie@gmail.com



Photos of the Catalina 22





Trip Tales

You won't want to miss our next **Trip Tales**
at **6PM** (new earlier time)

Thursday, March 23

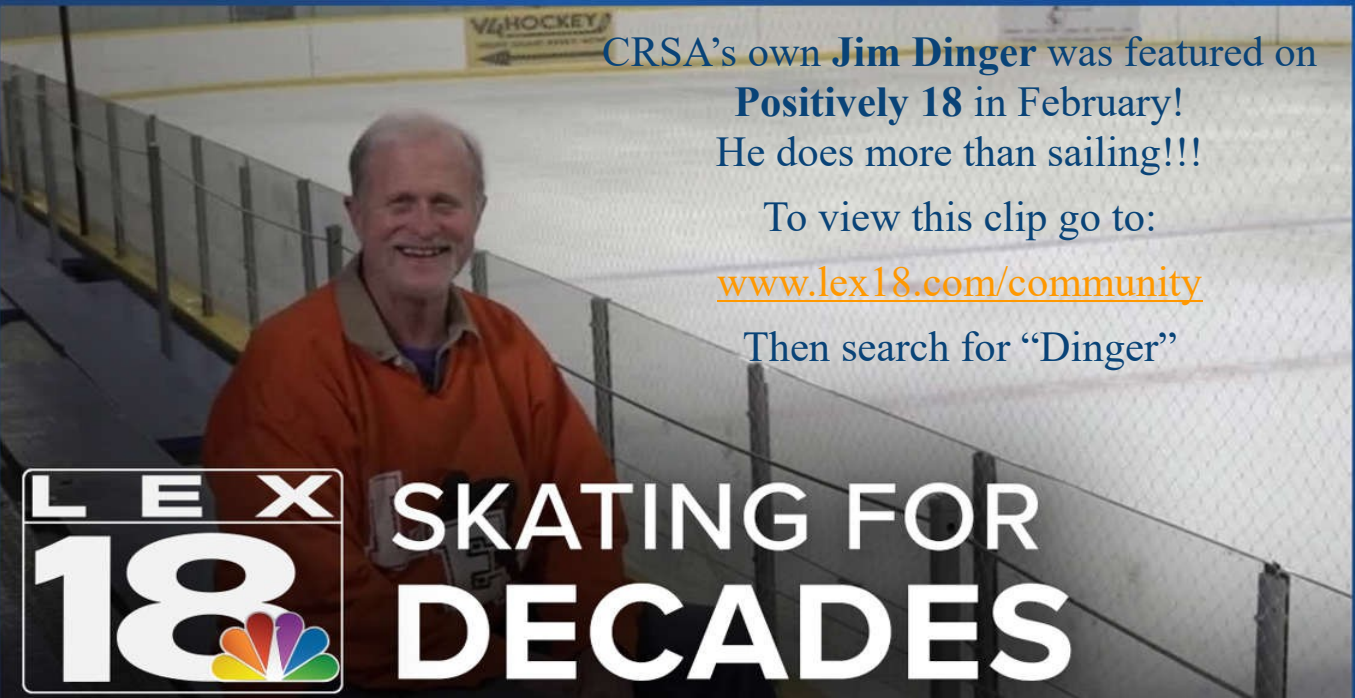
in The Party Room at Roosters

124 Market place Drive (off Man O' War) in Lexington.

We will share our club's most recent adventures in the British Virgin Islands.
With thanks to Merritt Wade and Jim Chandler, who each captained their boat with
patience, skill, a sense of humor, and no judgment.

I believe a great time was had by all!

The weather was great, the snorkeling was terrific, the winds were steady, and
none of the crew mutinied!!!



CRSA's own **Jim Dinger** was featured on
Positively 18 in February!
He does more than sailing!!!

To view this clip go to:

www.lex18.com/community

Then search for "Dinger"



SKATING FOR DECADES

Upcoming Social Events in 2023!

The Commodore's Tea

June 4

2PM

3605 Timberwood Lane in Lexington

Please bring an outdoor chair.

Summer Sailstice Cook Out and Raft Up

June 24

5PM

At the Margaret Mary—Cave Run Lake

Annual Banquet and Awards Dinner

Friday, November 3

6PM

Lexington Country Club

Do you have a photo of your dog on your sailboat?

If so, please send it to fred@fredpfister.com,
so we can feature it in our newsletter!

Benefit Regatta for Youth Sailing

Spring is upon us, and with it the Benefit Regatta for Youth Sailing is right around the corner. Our fund raising working group of Liz Harris, Chuck Emrich, Tony Stansbury, and Fred Pfister have reworked our Sponsor form for this year and it is definitely worth a read later in this newsletter. There is a wide (very wide!) range of sponsorship levels, please consider supporting this very worthwhile effort, not only to provide sailing opportunities to young people, but to help provide all the other learning and character-building benefits that go along with it.

Please come out and support this event as a skipper of a boat or crew. Club boats are available, including Sunfish. We really want to get a Sunfish class on the water for this race, and again for our Grand Annual this fall. Maybe you'll get the racing bug and jump into the Summer Race Series.

If you don't have your own boat, and maybe have little to no racing experience, this is your chance to come out and give it a try. All fun, no pressure. Well, maybe some self-imposed pressure, but that's up to your own nature. Just to participate is a great day on the water.

We also need help with other aspects of the event. Please let me know if you could help assemble the lunches the morning of the event. For the past several years we have purchased boxed lunches, but we can do this more economically ourselves if we only have a few volunteers. Please contact me or respond affirmatively if I contact you!

The Race Committee is another volunteer opportunity, please let me know your interest. You don't have to know anything about it before the Regatta, but you will when it's over!

Our spectator boat at the 2022 Grand Annual that was a hit, so we will do that again for the Benefit Regatta. Once chores are over you can come out on the lake and watch the races!

I look forward to a great event supporting the Youth Sailing Academy and seeing you there!

David Leddy, Vice Commodore

Contact David Leddy at ViceCommodore@CaveRunSailing.org



2023 Benefit Regatta for Youth Sailing

What: 2023 Benefit Regatta for Youth Sailing

When: May 13, 2023 (Agenda Below)

Who: Benefitting the Cave Run Youth Sailing Academy

Where: West Group Use Area – Twin Knobs Campground [HYPERLINK](#)

["https://goo.gl/maps/UnW65ES5zcdYRVZh9"](https://goo.gl/maps/UnW65ES5zcdYRVZh9) [HYPERLINK](#)

["https://goo.gl/maps/UnW65ES5zcdYRVZh9"](https://goo.gl/maps/UnW65ES5zcdYRVZh9) – Cave Run Lake

Sponsored by *Cave Run Sailing Association* at Cave Run Lake, Morehead, Kentucky.

The Cave Run Sailing Association invites you to our annual Spring Regatta to Benefit Youth Sailing, supporting the Cave Run Youth Sailing Academy. Proceeds will help with boat acquisition and maintenance expenses for the Academy's sailboats and trailers. CRSA enlists the boats, skippers, race committee, crew, and volunteers, and provides the awards and lunch. The Youth Sailing Academy and CRSA seek donations and sponsorships for this event.

9:30am	Registration
10:00am	Skippers Meeting
11:30am	Races Begin
2:30pm	Awards

This year we are encouraging members to sponsor a boat (even your own!).

Do you personally know a business that would be interested in sponsorship?

If you are uncomfortable asking, please let us know and we will contact them.

[Donations](#) may be made at any time.

There is **NO FEE** to register or participate in this event. We encourage ALL CRSA members to come out, have some fun, and help with this event by sailing, crewing, or helping with the race committee or lunch.

Please contact David Leddy (vicecommodore@caverunsailing.org) for further information.

** Only Captains need to fill out the registration form. **

*** To become a sponsor in this year's Spring Regatta fill out the [Sponsor Form](#) ***

CRSA Benefit Regatta for Youth Sailing

Sponsorship Form

Thank you for sponsoring the CRSA Benefit Regatta for Youth Sailing, taking place on May 13, 2023! The Cave Run Youth Sailing Academy, Ltd. is a 501(c)(3) established for the sole purpose of educating and training sailors and promoting sailing throughout Kentucky and the surrounding area. This event is their only fundraiser with 100% of the proceeds going to maintain the fleet, sails, and trailers to move them to the youth sailing location at Jacobson Park.

With so many sponsorship options this year we are aiming for 100% participation from everyone to support youth sailing—find one that works for you! If you have a sailboat, we'd love for you to participate in the Benefit Regatta at Cave Run Lake—it's free! If you don't, we will be happy to provide a sailboat and crew to represent you. We encourage you to join us as a crew member even if you have no sailing experience.

Club Boat Branding Sponsor: \$10,000 (only one available)— This is a huge opportunity to rename The Rhodes (a Cave Run Sailing Association Boat located at Cave Run) to your name or your company's name for 5 years. This sponsorship includes free admission for two to all Club Events for 5 years and:

- Placing your banner at all of the Cave Run Sailing Association's events
- Having your logo on all our related social media and websites
- Having your name/logo recognized at the event, and 'story' featured in our newsletter

Name The Event for 2024: \$5,000 (only one available) – Brand your business in a big way by having your name as our lead sponsor, utilizing the entire year for promotions on all of our online and in-person locations. Includes free entry for two to all events for the balance of 2023 and the entire 2024 year.

Name a Sunfish: \$1000 (only 15 available) – Put your name on one of our Sunfish fleet making appearances at both Cave Run and Jacobson Park, for 5 years.

Pirate Day: \$750 (Only one available) Be the Pirate Pizza sponsor, a highlight of the sailing camp season.

Commodore Sponsor: \$500 (Only 5 available) – Display your banner & business materials at this event at Cave Run, be featured on all related online portals, have recognition at the Regatta and Annual Banquet, and be featured in our newsletter.

Luncheon Sponsor: \$400 – This donation will provide all the meals for the entire 2023 Regatta.

New Sail Sponsor: \$300 – This donation will allow us to replace a sail in our sunfish fleet for the youth classes.

Opti Sponsor: \$200 – Opti, short for optical, also sailors' language for The Optimist, our featured class boat.

Cont'd page 9

CRYSA Sign for Trailer Sponsor: \$150 – You’ll be helping promote to our next-generation of sailors.

Location Sponsor: \$115 – This donation will offset the entire use fee for the 2023 Regatta.

Sponsor a Child: \$70 – This donation will help us teach more children to learn to sail.

Sailing Lesson Books/Materials, per child: \$35 – A season’s worth of materials to teach a child to sail.

How to become a Sponsor

Go to www.caverunsailing.org, click on the Red “Donate” button, choose Benefit Regatta Sponsor, and complete the sponsor form. You will be given the option of using a credit card or sending a check. Easy!

If using a check, make it out to Cave Run Youth Sailing Academy Tax ID 82-1736027 and mail your tax-deductible donation to Cave Run Youth Sailing, P.O. Box 256, Lexington, Ky 40588.

On the form, please fill in exactly how you’d like the recognition to be featured: your name/ business name or ‘anonymous’.

Our youth thank you for your support!!!



Ahoy Young Mateys!

Registration for Sailing Camp is 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 to 12 Teen Ages 13 to 18

Location & Times:

- Tuesdays July 11, 18, 25 @ Jacobson Park 6-8 PM
- Saturdays July 15, 22, 29 @ Jacobson Park 1-4 PM

\$35 for CRSA Members

**\$35 + CRSA Family Membership (\$100) or
Student Membership (\$35)**

SPACE IS LIMITED: REGISTER NOW

caverunyouthsailingacademy.org/classes/SUMMERCAMP

For more information contact:

Chuck Emrich

youthsailing@caverunsailing.org

Presented by:



CAVE RUN
YOUTH SAILING ACADEMY

A 501c3 nonprofit organization

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.

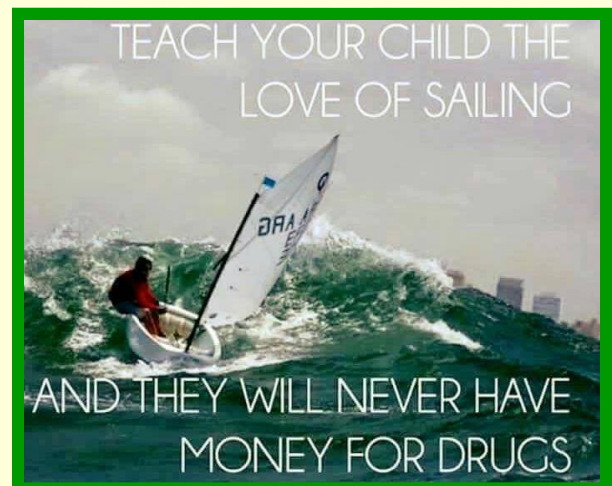
*If a member does not yet have a Kroger *rewards* card, they are available at the customer service desk at any Kroger.

- **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



Radio Controlled Fleet

As the upcoming racing series approaches, the Dragon Force 65 sailors are having a boat workday to get prepared for the season. Anyone needing **sail control adjustments**, correcting **wiring issues**, or help with **sail rigging** can get extra help in confronting these various issues. It has been my displeasure to admit that younger hands do a much better job than my 76 year old fingers at tying knots in very "skinny" lines!

Work Day Information:
Holy Trinity Church in Georgetown, KY
209 South Broadway (US 25)
Saturday, March 18
1:00 PM

If you do not have a boat, but are interested in learning more about them, feel free to join us.

We will be holding a fun day or two of sailing before beginning our official race series. Sailors new to the fleet can gain race experience before crossing the line really counts. Fun Day and race series dates will be set at our get together on March 18th.



Recruiting and Supporting New Members

One Goal of the CRSA Strategic Planning Initiative

Fresca Leddy and Charmaine Pfister are working on how to improve recruitment and support of New CRSA Members, as a goal of the Strategic Planning Initiative. Although the trend is to go digital with the club information, many members have expressed a desire to bring back the physical binders/directories with club information, such as the club's history, bylaws, race procedures and rules, membership information, and so forth. We are in the process of developing this binder, to be given to all NEW members and made available for a nominal cost to current members. Yes, some of the information will need to be updated on a yearly basis, but we believe this is a worthwhile project.

In order to include current information in the first edition, we are asking all members to send the following information to Fresca or Charmaine at the email addresses below.

- Member Name—include spouse if pertinent
- Address
- Phone Numbers of each member
- Email addresses of each member
- Year of initial club membership
- ASA Certifications

Please submit this information to:

Fresca: SocialDirector@caverunsailing.org or

Charmaine: Mainsheet@caverunsailing.org

* Please stay tuned for other plans regarding the above goal!

Why should YOU race at Cave Run Lake?

(And what stops you?)



First, let me begin by asking “Do you like Sailing”?

If you answer no, please skip this article and save your time. But if you love sailing, why not improve your skills? In my opinion, racing will enhance and strengthen your appreciation of sailing. You will grow in understanding and appreciate the awe and wonder of this sport of wind and water. Also, this knowledge will lead to an awareness of just how much you don't know about sailing and how you can improve.

Racing is the fastest way to improve your skills!

When you have a target or a mark and other sailors on the water to gauge how well you are doing, you can experience a direct truth of your understanding of the forces involved. When you race, the satisfaction of a good showing is reward enough. Notice that I did not say “winning”. Knowing that you *and* your crew did your best leads to the celebration of a job well done.

So what's your excuse?

If racing will add to your skills as a sailor and increase your enjoyment of sailing, then why do you not race as often as you can?

Do you think racing is intimidating?

Does rain or lack of wind discourage you from getting on the lake?

Are you concerned that you will interfere with other boats because you don't know the rules?

You don't have a crew or your boat is inadequate or needs work?

You don't think you have the time because of family commitments?

The list goes on and these are all understandable reasons to skip a club race or regatta. I have to admit, I use them too often myself. But I ask, “What about the pursuit of excellence in sailing?” Does racing have any place in your life? I hope you can see that it does have a place. Often we deny or lower racing as a priority in our lives.

Here is how we can help!

This year, as in the past, several of the routine racers are willing to help you race.

If it means seminars on rules then let's schedule a time.

If you want someone on your boat to get you started let's make that happen.

If you need advice on how to make your boat faster or suggestions on improving your speed, let's work together to improve.

If you are intimidated by the chaos of the start of a race, let us know what we can do to help you get up to the starting line to begin your first race.

If your ego gets damaged by making a mistake, simply understand we all make mistakes!

Growth does not happen without errors. One usually learns best from mistakes. I trust you can see, we are seriously asking you to be more involved in improving your skills and we are here to support you.

Let me and others know how we can help you.

Helping other sailors means a lot to us in growing the fun of racing and we are sure you can benefit this year!

I hope to see you on the water this season!

Chuck Emrich

emrich@aol.com or cell 859-270-2199



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

NEW STANDARD FOR PFD LABELING- LIFE JACKETS

The U.S. Coast Guard and Canada's PFD regulatory agency have joined together to create an approval system for Personal Flotation Devices (PFD's) that will apply in both countries. The old use of TYPE to categorize PFDs has been replaced by PERFORMANCE LEVELS.

Eventually all new life jackets which are Coast Guard approved will have the new labels/icons. PFDs with the new labeling have begun showing up in the market, but it will take several years for the old Type system to phase out. The biggest difference between the old TYPE and the new PERFORMANCE LEVEL is the marking and labeling information provided on the life jacket. Rather than referring to a PFD as TYPE I, II, III, IV and V, the new standard uses icons to show performance rating and intended use.

Three different types of icons will be found on the new Performance Label devices:

Performance Rating Icons – 50, 70, 100, 150 with an image indicating buoyancy.

The higher the number, the greater floatation.

Turning Performance Icons – showing a curved half circle indicating ability to roll a person to a face-up position. Devices 50 and 70 show a line through the circle icon indicating that the PFD has no self-turning ability. 100 shows a half circle indicating some self-turning ability. 150 for offshore waters shows full self-turning ability.

Usage Icons – show which activities the PFD is **NOT** suited for. The label will also state weight and chest size for proper sizing when purchasing a life jacket.

<h1>ADULT UNIVERSAL</h1>	
User Weight: >40 kg (>88 lbs) Chest Size: 76-132 cm (30-52 in.)	
<h2>70</h2> 	
    	
<ul style="list-style-type: none"> • Drowning hazard if not worn. • Must be fastened and properly adjusted to float the wearer. <p>Choose and wear the device which fits you and your activity, visit www.wearitlifejacket.org. Read and keep the owner's manual and tags for info such as rearming, wear, and care.</p>	
Company Name Company Address Company website if available Made in XXXXX	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Lab Certification Mark </div>
USCG Approved 160.064/XXXX/X Approved XXXXXX ANSI/CAN/UL 12402-5	
Model: XXXX Lot No. XXXX	Style: XXXX
Approval conditions state that this device must be worn to be counted as equipment required by vessels meeting Transport Canada or USCG regulations.	
Use: <ul style="list-style-type: none"> • Fasten all closures and adjust for a snug fit. Inspection: <ul style="list-style-type: none"> • Inspect your life vest before each outing. Do not use if your life vest shows signs of weathering, damage, or rot. Care and Storage: <ul style="list-style-type: none"> • Dry thoroughly after each outing. • Store in a dry, cool place out of direct sunlight. 	
	

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PERFORMANCE TYPE DEVICES:

Type I has the greatest buoyancy, 20 lbs, and can turn most unconscious persons from a facedown position in the water; generally for commercial use.

TYPE II was intended to turn some persons from facedown in the water to where breathing is not impeded. Buoyancy rating of 15.5 lbs. They are good for calm, inland waters or where there is a good chance for fast rescue; for general boating activities.

TYPE III flotation aides with a minimum of 15.5 lbs of buoyancy; not designed to turn an unconscious person face up, but are more comfortable for water sports.

TYPE IV are throwable devices with minimum 16.5 lbs of buoyancy; not designed to be worn.

TYPE V are special use devices not fitting into other categories. They must be used in accordance with requirements on the label.

PERFORMANCE LEVEL DEVICES:

LEVEL 50 is intended for use by competent swimmers who are near the bank or shore, who have help or a means of rescue. No self-turning ability.

LEVEL 70 intended for those who have help or rescue is close or are near to shore; minimally bulky but can't keep a person safe for long periods of time; use in calm waters; no self-turning ability. Equivalent to Type III

LEVEL 100 intended for those who may have to wait for rescue. Should not be used in rough waters. Some self-turning ability. High flotation.

LEVEL 150 intended for use with foul weather clothing. Will turn an unconscious person into a safe position. High flotation.

LEVEL 275 is primarily for off shore under extreme conditions.

Existing approved PFDs under the TYPE system are still legal as long as they are in good condition. However, PFDs approved under the old TYPE system are only legal in US waters.

No matter which PFD you chose, proper fitting and maintenance is important. Children should always wear a properly fitted PFD. Try them on for comfort and fit.

REMEMBER, THE BEST PFD IS THE ONE YOU WEAR!

Submitted by *Beverly Hale*

Memories of the BVI Cruise 2023

Nineteen lucky Cave Run Sailing Association members set sail on a British Virgin Island sailing adventure put together by our Cruise Director, Merritt Wade. After meeting in Tortola (some for the first time) we provisioned, unpacked, and set sail to overnight at Trellis Bay. After breakfast we sailed for the Baths on Virgin Gorda and headed to Leverick Bay. After snorkeling the Dog Islands, we sailed 13 nautical miles to Anegada, where many of us enjoyed the famous Anegada lobster.

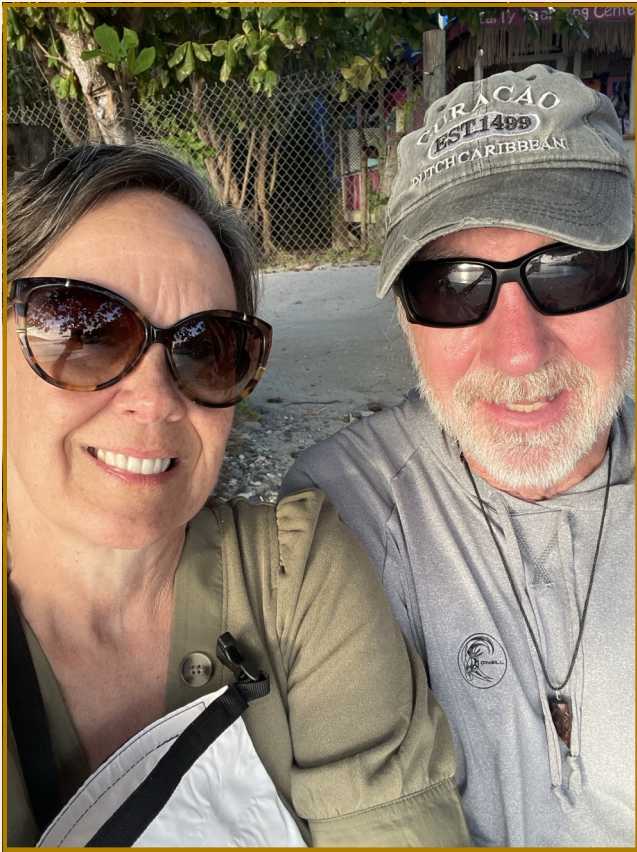
We moored for the night and headed to Monkey Point the next morning for snorkeling, sailing by great Camanoe and Guana Island, and moored in White Bay on Jost Van Dyke. A trip to Jost Van Dyke would not be complete without dinner and dancing at Foxy's.

The following day we sailed past Sandy Cay and Green Cay, then headed to the West End or Tortola Soper's Hole Wharf and Marina. The next day we sailed over to the Indians, a fantastic shallow dive and snorkeling site. We spent the night moored at Norman Island, a beautiful uninhabited island and ended the night at Willy T's floating bar. The following day we headed to the caves, Salt Island, and Manchioneel Bay on Cooper Island.

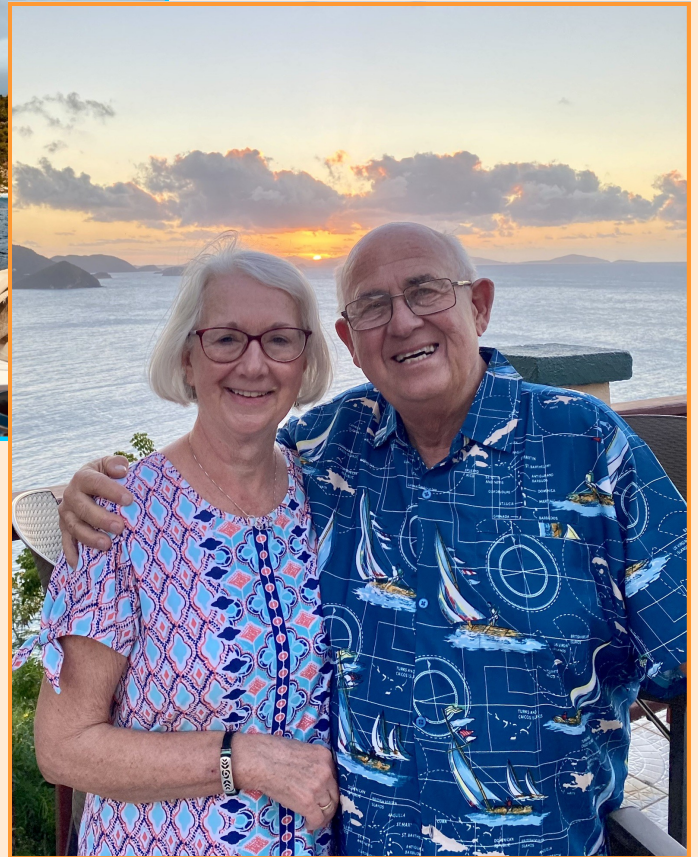
All in all it was a great adventure and introduction to Cruising!











That's My Boat

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

Jim and Sharon Chandler, tell us about your boat!

When I was stationed in Charleston, SC in the Navy I saw people sailing on the harbor and thought that it looked like fun. So I bought a used 16 foot O'Day day sailor without knowing how to sail. I checked out a book on sailing from the local library and took it along with me on my first cruise. That was 45 years ago and it launched my sailing career.

After the 16 foot O'Day experience I purchased a 22 foot McGregor and sailed it on Cave Run Lake for 17 years. My next and current boat is a 2001 Hunter 260 that I also sail at Cave Run. When I saw this Hunter 260, brand new, at Strictly Sail in Cincinnati I caught a renewed case of boat fever. I made that purchase — one that I have never regretted!

The Hunter is 26 feet which can be trailered, but is apparently large enough to require a permit to take it on the highway. Because it has a centerboard and water ballast it is easy to load and launch.

Since I bought the boat new I have not had to perform a lot of maintenance on it. Once I made the mooring line too long and it wrapped around the centerboard and cracked it. That resulted in a \$2,000 repair, but fortunately it was covered by insurance. My other insurance claim came as a result of the roller furling jib getting blown out at the mooring during a storm, at a replacement cost of \$750. The main problem that I have experienced is not with the boat, but with the 9.8 horsepower Tohatsu engine. I could write a PhD thesis on keeping a 4 cycle outboard engine running.



I consider myself a recreational sailor. My fondest memories are times spent sailing with my wife, children and grandchildren over the years. With that said, I am thinking of trying racing in the future. People occasionally ask me if I ever think about purchasing another boat. I tell them that the Hunter 260 is a boat that I am very pleased with and surely the last boat that I will ever own.



That's my boat!



Breaking News!

CRSA On-Line-Store is open for business

If you want to be stylin' this season, sporting the latest in technical and fashionable apparel, look no further than your CRSA On-Line Store.

You can access the store from our website, caverunsailing.org, then clicking on the "Club Store" link in the menu at the top of the Home page. From there you can scroll through the apparel available, all which will be embroidered or printed with a beautiful full color CRSA logo. On some items you can also add the name of your boat!

Another option is to access our store by going to coralreefsailing.com and scrolling down to Cave Run Sailing Association under "C".

Check out our store often because new items will be added throughout the season. It has been my experience that some of the clothing items I have ordered were generous in sizing.

In addition to the clothing, we plan to have a gift line available in early Spring. So stay tuned and support your local sailing association!

Fred Pfister



CRSA Let's Go Sailing, for women, by women

The 2023 sailing season is on! The *CRSA Let's Go Sailing, for women, by women* kicked off the season February 21st. We had a GREAT safety day at Cave Run Marina. We learned a lot, shared a lot, laughed a lot! Apparently, there is a story about vienna sausage... you will need to ask Diana Morris, Savannah Wade or Liz Harris for the “rest of the story!”

Thank YOU to:

- **Beverly Hale** for bringing us up to speed regarding the new Personal Flotation Device (PFD) activity -moving from the Type, I, II, III, IV & V categories to “performance levels”. For more information, please go to the US Coast Guard website.
- **Elise Reed** for reviewing First Aid Kit Tips and sharing so much good & practical tips for safe sailing trips, weather day sailing or distance sailing. We all learned a lot!
- **Liz Wenzel** who helped us better understand “reading the weather” and more importantly understanding clouds! As with sailing, understanding weather & clouds is more than a 1-hour overview - although we have taken our first steps!

MOST IMPORTANTLY - we have **CHANGED several dates for 2023**.

Below are the NEW DATES. I hope you can join us as your schedule permits! Please RSVP to Commodore@saverunsailing.org if you plan to attend any session.

2023 NEW DATES & Topics.

- Wednesday, March 29: Sailing by the tails (weather permitting) Alt: Intermediate Sailing tips
- Wednesday, April 19: Sailing by the tails (weather permitting) Alt: Intermediate Sailing tips
- Wednesday, May 31: Racing basics
- Tuesday, June 6: LGS Sailing on Cave Run Lake
- Wednesday, July 19: Small boat sailing @ Jacobson Park
- Saturday, August 5: Lunch somewhere fun/interesting between Teays Valley, WV & Lexington
- Thursday, August 24: Small boat sailing @ Cave Run Lake
- Monday, September 18: MOB and Heave To
- Tuesday, Oct 17: LGS Sailing on Cave Run Lake
- Wednesday, Nov 15: LGS Sailing on Cave Run Lake
- Thursday, Dec 14 - Lunch & 2023 Debrief (location TBD)

ALL SESSIONS ARE AT SCOTT'S CREEK MARINA UNLESS OTHERWISE INDICATED

Elise Reed will identify a day & location for a Trailering and Backing session.



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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 by Charmaine Pfister. Please contact Charmaine for article ideas and or suggestions at Mainsheet@caverunsailing.org.

Special thanks to all those who contribute pictures and information.

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