

Newsletter of the CAVE RUN SAILING ASSOCIATION

The Main SHEET



CRSA Spring Calendar

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| April 12 | Brass Monkey Race 3 and Chilli Cook Off |
| April 17 | Trip Tales |
| April 26 | Summer Race # 1 |
| May 6&8 | Beginning Sailing Classes |
| May 10 | Beginning Sailing Water Lab |
| May 16-18 | ASA Instructors Clinic |

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| May 16&17 | Racing Clinic |
| May 17 | Summer Race # 2 |
| May 24-26 | Chesapeake Bay Cruise |
| May 31 | Summer Race # 3 |
| Jun 14 | Summer Race # 4 |
| Jun 28 | Summer Race # 5 |

CRSA Races begin with a Captain's meeting at 11:00 AM in the parking lot at the Scott Creek Boat Ramp Parking Lot.

If you do not have a boat and want to crew, show up at 11:00 AM and you will be put on a boat. There are always captains looking for racing help and sailors willing to learn.

RENEW YOUR CRSA MEMBERSHIP TODAY!

If you have not already you can renew your CRSA Membership on line at www.caverunsailing.org. Just click on the Membership Tab > Online Membership Form and fill out the form electronically. You can then pay your membership fee through a secure account (PayPal or Credit Card) by clicking on the Membership Tab > Online Payment.

If you prefer paper, download the membership form, fill it out and mail it with a check for the appropriate amount to David Duncan, Membership Chair, c/o CRSA, P.O Box 256, Lexington, KY 40588.

If you have any questions please send an email to David at membership@caverunsailing.org.

CRSA sends newsletters and notices of activities to past members until April 15th. After that date if you have not renewed you will be dropped from the mailing directories. Do not lose out on the happenings for 2014. Renew today!

CRSA CRUISES STILL HAVE A FEW SPACES AVAILABLE

The CRSA Cruise to the Chesapeake Bay, May 24-26, 2014 still has some openings. Check the CRSA Website for more information. Cost is approximately \$400 per person with a refundable boat damage deposit of \$214 per person. This is a great cruise for CRSA members who want to get a short taste of cruising on bigger boats in a picturesque area.

NEW CROATIA CRUISE DATE SEPTEMBER 7-21

The CRSA Cruise to Croatia has new dates of September 7-21. CRSA will join a Sunsail Flotilla complete with a multilingual Captain and social director. Cost is approximately \$1500/person with a \$125 refundable damage deposit. Check the website.

WWW.CAVERUNSAILING.ORG

Regattas! You Just Gotta!

The Cave Run Sailing Association hosts two regattas for members and guests each fall. I hope you will all make plans to attend and participate! Mark calendars now.

The 27th Annual Charity Regatta, Sunday, **September 14th**, 2014, is possibly the most important thing we do as a sailing club. Every year we partner with the Ladies of the Theta Nu Chapter of Psi Iota Xi (a national service sorority) to raise money for Lexington Hearing and Speech Center which brings sound and communication into the lives of children. If you have a sailboat on Cave Run Lake, or can bring one to the lake, I want you THERE! Even if you're "not a racer" you should participate to support the club, and the good works of Ladies of Theta Nu and the Lexington Hearing and Speech center. If you don't have a boat, or you really don't want to sail, there are many volunteer opportunities for this event. Oh, and did I mention the awesome food provided by Theta Nu? What could be better, food, friends, sailing and helping to raise money for a good cause! This regatta is "casual" racing and a great way to learn how to race if you have not had that experience.



A good sized group came out for the 2013 Charity Regatta.



Racing in the 2013 Charity Regatta was a lot of fun and competitive, in a light sort of way.

Possible CRSA Radio-Controlled Sailboat Fleet

Luella Parsons, famed Hollywood gossip columnist, contacted CRSA with a rumor that the Blue Grass Sail and Power Squadron may start a radio-controlled boat fleet and schedule a regatta if a "suitable challenger fleet" can be found. If you are interested in racing radio-controlled sailboats with CRSA please contact Al Lawton, 859-293-2793. Sounds like a fun activity.



Daysailor race winners at the 2013 Charity Regatta were Bob Summerfeldt and Jackie Clevenger, Steve Applegate, and Tom and Chris Bollinger.



Cruiser class race winners were Ben and Valerie Askren, Brad Leslie, and Charlotte and Bill Lubawy.

The 35th Grand Annual regatta is our club's "big" regatta. The regatta will be held **October 4th and 5th** meeting at the Boat Gunnel. Camping is available starting Friday night, October 3rd, and through Sunday October 5th. The weekend is always a fun one with races on both Saturday afternoon and Sunday morning, with a big party thrown in Saturday night! If you want great sailboat racing, this is the weekend for you! Be sure to put it on your calendar. If you are not a racer, we have some plans in the works for sailing activities for non-racers on Saturday, and of course the dinner is available to everyone. We also have lots of need for volunteer helpers to make the event go smoothly, so, don't be surprised when I call you!



Cave Run Lake was officially "Closed" and the 2013 Grand Annual Regatta had to be cancelled. If you remember CRSA substituted a social with fabulous roast pig prepared by Bob Woods.

Chris Bollinger, Vice Commodore (in charge of Vice, Graft, and Corruption).

Harbor Master's Report

Improvements for this year include a new outboard for the safety boat that can also be used as a standby for the Miss Kelley, our rental sailboat.

We just finished working with Rick Bartley, of Marine Works, the new owner operator of the boat sales and service located at the intersection at Farmers near Cave Run Lake, to have the committee boat serviced. This service of the Margret Mary II was long overdue. Rick was able to locate a trailer, pull the boat, service the motor, put the boat back in and return it to the mooring. And all this was done efficiently and economically. The Harbor Master wants to thank Rick for all his work and recommends his service to all CRSA members. The main office for Marine Works is 199 Pandora Cove, Harrodsburg, KY 40330 but look for them at the Farmers Intersection.

A bit thank-you to Rick Bartley of Marine Works for excellent work on the MMII.

Preparations for the upcoming season have also been underway on all of our equipment to help assure a smooth operation.

Brad Leslie, Harbor Master.

From the Membership Chair

With the inaugural Brass Monkey Race Series begun, the 2014 CRSA sailing season is fully underway! Please join your Executive Committee Officers in welcoming our newest CRSA members, their children, and spouses, to date:

Luke Adams

Jeff and Betty Coutant

Michael and Hope Goodwin

Tom and Simmie Graham

Greg Griffith

Jim and Carole Hoskins-Price

Jared and Elizabeth McGuffey

Greg and Lisa Penn

Serg and Krista Robles

Graeme and Nancy Wilson

Judith Woosely and Wesley Zanone

One a particular note of recognition is deserved. Graeme Wilson took First Place aboard his Catalina 22 in the first race of this year's new Brass Monkey Series. I watched him as he skillfully out-maneuvered his competitors through the course. He's going to be one to watch, all you CRSA racers!

Thank you to all members who utilized the on-line application (75% of members) and Paypal/credit card payment option this year. There have been no issues brought to Charlotte's, Julie's, or my attention. Next year will be first year for 100% on-line membership application and payment.

The internet is now deeply embedded in group and organizational life in America. One of the best benefits to this system is that upon submitting your information on-line, your membership name, address, contact information, family information, boat identification, club interests, and volunteer interests are instantaneously recorded on the membership roster.

Some have asked why there is a need to send in a form if there are no changes from last year. In part it is to build our electronic membership roster with complete and accurate information. This information is what we use to generate the on-line membership list (accessible only by members).

The main reason for going 100% on-line however is because we can be more responsive to your expectations as CRSA members. Information is knowledge and knowledge

communicated via the technology of the Internet enhances the experience and inclusion of CRSA members.

There have literally been hundreds of communications, since membership opened on January 1, between all CRSA Officers for planning the 2014 Sailing Season and preparing the calendar, and between CRSA Officers and new members, current members, and prospective members. In the past, there would have been multiple delays in communicating and receiving information, local and long distance charges, wasted fuel and time, voice messages unheard or answered late, hundreds of club dollars in materials and postage, member's schedules inconvenienced, and untold man hours to have been able to reach your household and provide the instantaneous information about your CRSA activities and events over the last 6 weeks.

With the CRSA MainSHEET newsletter, the CRSA web site, the CRSA Facebook page, CRSA SCUTTLEBUTT notices to members, and email member communications, you now receive and send CRSA related information at your fingertips, instantaneously. This brings us together as a club more, informatively, thereby creating a more welcoming, efficient, and personal experience in exchange for your time and expenses as members.

According to the Pew Research Center, Internet users are more active participants in their groups than other adults, and are more likely to feel pride and a sense of accomplishment. 75% of all American adults are active in some kind of voluntary group or organization and internet users are more likely than others to be active in their organizations.

Pew asked about 27 different kinds of groups and found great diversity in group membership and participation using traditional and new technologies. It becomes clear as people are asked about their activities that their use of the internet is having a wide-ranging impact on their engagement with civic, social, and religious groups.

I've promoted my own philosophy through the years that the essence of life is change. Change is growth though and change is never easy. We do change though. We manage. So do social organizations and the reason is clear. Social organizations must adapt to meet the changing expectations and needs of members. CRSA isn't about "membership". CRSA about you. It's about your family and your interest in sailing. It's about each other as friends brought together by our mutual love of the wind, water, and the challenges and beauty of nature.

We are all Cave Run Sailing Association, together. Your information, participation, and fellowship is cherished and valued.

Communication is the key to keep that happening long into the future, my fellow sailors. As for my family? We're proud to be crewing with you all!

David Duncan, Membership Chair



Trailer Bumper Sticker seen at the 2014 Miami Boat Show. Probably an incentive to get your boat in shape for 2014 sailing.

CRSA Winter/Spring Socials

The first CRSA socials of the new year were held in January, February and March.

The kick-off Trip Tales was given in January by Sam Moore who gave a presentation on the 2013 Americas Cup in San Francisco. The trip was a CRSA sponsored cruise to see a week of the 24th cup races from boats just outside of the race course. The weather was great for the races and Sam's presentation was excellent.

The second Trip Tales was in February and given by David Duncan with the title of "Pirates of the Caribbean - Tales of the Grenadines". Dave also did an excellent job on his presentation. He and his family had a great time on their personal family cruise although Dave did have a series of events with his boat that certainly tried his patience to say the least.

A big thank you to Ted Brandewei for hosting the two Trip Tales socials at his apartment complex party room. It was a really nice place for the events and at no charge to CRSA.

The third social was in March and this was the New Member's Social at the home of Al and Ruth Lawton. About 45 people braved the spring weather on a Sunday afternoon. There was a considerable amount of cheering for the Wildcats since the social overlapped with the NCAA Tournament, but everyone had a good time. A very special thank you from CRSA to Al and Ruth for opening their lovely home for the social.

Keep checking the website for updated information.



David Duncan giving his presentation on the Grenadines at the February Trip Tales.



As usual at CRSA socials food was a big favorite.

Changed Email? If you moved or changed your email address please let David Duncan know at membership@caverunsailing.org.



The audience enjoyed hearing about and seeing pictures of the Caribbean, especially since the Lexington weather was hardly tropical.

The 'Scuttlebutt': Keeping nautical expressions afloat

By Claudine Dervaes

It's pretty clear how expressions such as "run a tight ship," "hit the deck," "take the wind out of your sails," "keel over" and "batten down the hatches" came about. But how did "cup of joe" originate? It supposedly dates back to Secretary of the Navy Josephus Daniels, who in 1914 banned alcoholic beverages on navy ships. The strongest drink became coffee, and a "cup of Josephus" was shortened to a "cup of joe."

What about "shake a leg?" One theory is when wives were at sea with their husbands, they didn't have to get up as early as the men. "Shake a leg" was announced, and women would swing their legs out to reveal they were not men.

Because sailing vessels relied on winds, it was hot and boring to travel through the area of calm near the equator called the doldrums – thus the expression for being emotionally down. Going the "whole nine yards"? This comes from the fact that large sailing ships had three sails with three yards on each mast; so all sails unfurled would mean all nine yards.

The cat o' nine tails (a multi-tailed whip used for punishment) was stored in a bag. So the "cat is out of the bag," meant someone was getting punished (the secret is out). Since all hands were called on deck to witness the flogging, it would be so crowded that the whip couldn't be swung with full force. Therefore, there was no room to "swing a cat."

On ships, a scuttled butt was used for drinking water, and since sailors conversed when gathered for a drink, scuttlebutt became slang for gossip/rumors.

Posh has come to mean elegant or stylish, but P.O.S.H. stood for "Port Outward, Starboard Home," referring to wealthy passengers traveling from Britain to India having cabins on the shady side of the ship.

The boatswain would signal maneuvers to the crew by blowing his whistle or pipe. "Piping down the hammocks," meant to go below and retire, so "pipe down" means be quiet.

To ignore information is to "turn a blind eye." The phrase is attributed to Adm. Horatio Nelson, who during the Battle of Copenhagen deliberately held the telescope to his blind eye in order to not see the flag signal from his commander to withdraw. (By the way, he won.)

If women aboard ships had a baby, the child was normally delivered between the ship's two guns, leaning on them for

support. If the child's father was unknown, it was entered into the log as a "son of gun."

A bitt is a post fastened on a ship's deck for cables. When there's no more rope, it's been played to the "bitter end."

The devil was the longest seam down the ship's hull, and caulking was done with pay (tar). Paying the devil was one of the most unpleasant tasks ("devil to pay").

And finally, at least once a month every sailor had to have his hair trimmed. So at that time everyone would get – you guessed it – a "crew cut."

Doing Anything Related to Sailing? Tell Us About It

The editors of the MainSHEET Bill Lubawy and Bev Merten are always looking for things that may be of interest to CRSA members. If you have taken sailing related trips, sailed in off Cave Run Lake races, or have done anything related to boats let us know. You can contact Bill and/or Bev directly, but the best way is to email Mainsheet@caverunsailing.org. If you have some pictures and do not want to write an article, just let us know, we will give you a call and write the article from what you tell us about the event. Do not be shy!

CRSA Works with Forest Service to Clear The Trees on the Ramp

If you launched a boat at the Twin Knobs Boat Ramp over the last several years you noticed the top of your mast scrapping on the tree branches overhanging on the ramp. If you happened to be there when someone was launching their houseboat you noticed the pained expressions on their faces as the sides of their boats screeched on branches sticking out into the ramp path. Well David Duncan worked with David Manner from the Forest Service and his crew to clear those overhanging and side squeezing branches.

Over the winter David Duncan with Mark Breeden and Ralph Merten met the Forest Service crew on the ramp and helped figure out what trees to trim and/or clear. The Forest Service was very helpful. David Duncan was able to work out this arrangement after several years of CRSA members mentioning the problems launching.

A big CRSA Thank You goes out to David Manner and the Forest Service for their work during the winter.



Here is a "before" picture of the ramp late last fall. Although CRSA had permission to trim some of the worst branches then, a more professional approach and more professional equipment was needed.



CRSA Looking for Volunteers to Help With Activities

Saturday MAY 10, 2014 - CRSA is looking for captains and their boats to help with the Beginning Sailing water lab. The activity involves taking sailing students who have completed two evenings of sailing instruction out for sails, reviewing the parts of the boat and allowing the students to take turns at the tiller. Captains Instructions are provided. The day involves being at the Marina with your boat at 9:45 AM, picking up one to three students, going out until 12:30 PM, returning to the Marina for lunch, students changing boats and going out again at 1:15 PM. Boats return for "graduation" at 3:45. There are about 20 students enrolled. This is an important recruiting program for future CRSA members and racers so please participate if you can. Bill Lubawy will be contacting you for your help.



Beginning Sailing students go out for the water lab.

Monday July 21 to Friday July 24 - CRSA teaches sailing to girls from the Wilderness Road Girl Scout Council. The activities involve working with 12-15 scouts in the mornings teaching them how to rig the girl scout boats, and sail them. In the afternoons CRSA takes out groups of other scouts on the MMII for an afternoon of using the slide and swimming. Counselors are with the scouts at all times. If you would like to help with this very rewarding activity contact Charlotte Lubawy at treasurer@caverunsailing.org.



Girl Scouts learn sailing from CRSA Volunteers, a very fun and rewarding activity.

2014 Miami Boat Show (Different From Chicago)

Two CRSA members (Charlotte and Bill Lubawy) and two former CRSA members (Jeannie and Scott Lee) managed to meet in Miami and attend the Miami Boat Show. The show is billed as the largest boat show in the world, and it certainly is huge.

The show is so big it has to be in 3 different venues. Sailboats and sailing vendors are at the Bayfront Market Marina, smaller motor boats and motor boat vendors are at the Miami Beach Convention Center. A large number of bigger motor boats are in the Miami Beach Marina. Shuttle busses run between the Bayfront Market Marina and the Miami Beach Convention Center, although the drivers warned everyone that the traffic was bad so it could take an hour or two to travel between them. Shuttle boats run between the two marinas, presumably without the road traffic difficulties. We spent most of our two days at the Sailboat part of the show at the Bayfront Market Marina.

The differences between the Miami and Chicago shows are numerous. Navy Pier in Chicago is well contained, has nice rooms for seminars, it is relatively easy to find the location and find your way around the show. Once inside you are comfortable, but inside. Miami was different. The location is harder to find and more spread out. Big sailboats are in slips, seminars are in tents, and sailing related vendors are in several sets of tents. The February weather in Miami has it all over the January weather in Chicago. Being outside in Miami with blue skies and mid 70's weather was wonderful.

We had a great time looking at boats, attending seminars, and thinking about how we would spend lottery winnings if they ever came our way. We also found quite a few neat things to buy for our boat. We found LED bulbs to replace the few incandescent ones we had left on our MacGregor sailboat, neat back cushions for lounging around the cockpit, super sunglasses, and some sailing related jewelry. At the motor boat show we found a nifty ladder for our little Capri sailboat that with a little luck may actually let us get back into that boat after a capsize.

If you have not had a chance to go to a big boat show both Charlotte and I would readily recommend hitting one. They are really fun, lots to learn, lots to see, lots to buy (so you better control yourself).



Bill and Charlotte Lubawy met former CRSA members Jeannie and Scott Lee for dinner before going to the Miami Boat Show. Jeannie and Scott have been living aboard their sailboat for about 4 years now, sailing mostly in the South Atlantic. They are doing very well.



This is entrance to the Miami Beach Convention Center portion of the boat show.



Stabil had an incredible sand sculpture display.



Bigger sailboats were all in the water.



Sailing seminars were in tents next to the docks.



Sailing lessons were in a boat on a platform that rotated 360 degrees as you moved the tiller, and tilted according to the angle to the wind. Neat.



A lady with two artificial legs and one arm was showing a visitor a specially rigged sailboat for challenged sailors. She was an inspiration.



Lots of tables were available to stop for snacks and drinks.

Boat Show Seminars

The boat shows in Miami and Chicago both have loads of seminars. Most are free and topics range from motor repair to how to do cruises. Extensive special lessons have a fee.



Sailing gear and vendors were in long tents.



Two cat salon pics above, and head sinks below.



Here are a few "Miami Boat Show" sample items you can pick up from the vendors.



C Cushions Inc had these neat L-Back coaming seat cushions for comforting your leaning back.



And who would not like a plush nautical door mat.

Racing Clinic May 16 & 17

Coming up in May is the CRSA Racing Clinic. This is a chance to learn more about racing sailboats, improving your skills if you are just beginning, or learn enough to get started in what is a very fun activity.

The Clinic will be held at the Boat Gunnel Shelter and begin at 9:00 AM on Saturday May 17th. Attendees can camp out at the shelter if they wish the night before Friday May 16th.

The Saturday morning will consist of racing rules, starting sequences, starting strategies and maybe even some information on making your boat go fast. A few practice starts will take place on the water and the Summer Series Race # 2 will follow.

Lunch will be provided. Join CRSA for what should be a fun and useful experience.

Got a Paper Copy But Going Paperless? If you wondered about paper copies of the MainSHEET we usually send the first issue out in paper so we can find you in case you changed your email address. You will also get paper if you marked it in your renewal.

Brass Monkey Racing Series

The Brass Monkey Racing Series was set up to give those really really really really really really really hardy sailors a race series that the more rational members are not ready for until the weather warms up. But, clear skies and nice breezes made for really pleasant racing.

There is one more race left, but the standings to date through the first several races are as follows:

| Captain | Ranking | Net Points |
|---------------|---------|------------|
| Mark Breeden | 1 | 9 |
| Ken Ruhl | 2 | 12 |
| Chuck Emrich | 3 | 14 |
| Graeme Wilson | 4 | 15 |
| Richard Moore | 5 | 17 |





Richard Moore closing in on Ken Ruhl on a downwind leg.



Mark Breeden and Lou Trost had a start close to the RC.



Chuck Emrich maneuvers at the finish line.



Charlotte Lubawy did some maintenance on the flag holders.



Ken Ruhl going upwind. A picture from the top of the committee boat, MMII, certainly worthy of framing.



The day was lovely and the skies were spectacular. What more could you ask?

CRSA Dinghies Meet at Noon on Fridays

The CRSA Dinghies is a casual lunch group that meets Fridays at noon at the Signature Club of Lansdowne Cellar. Feel free to join in anytime.

Keep Checking the CRSA Website

Remember the most up to date information on CRSA events is found on the website. Check caverunsailing.org anytime you have questions.

CRSA Annual Awards Banquet 2013

Pics omitted in earlier MainSHEETS.



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The MainSHEET is published 4-5 times a year, 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 activities.

Membership Information can be obtained from David Duncan at membership@caverunsailing.org.

Cave Run Lake provides an absolutely lovely venue for Raft-Ups, Overnighting, and Full Moon Sailing. If you have not done these, think about giving them a try. They are lots of fun AND Full Moon Sailing on Cave Run is like nothing you have ever experienced. Gentle breezes, flat water, and lots of romance.

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