Volume 38 #3 April 2022

SAILING ASSOCIATION The MainSHEE Z **>** ပ I 0 EWSLETTER

Cruise News

LINES FROM THE COMMODORE

This year seems to be moving so fast! It's already April, with Spring weather so close! It will be time for Cave Run sailing in no time. As always, CRSA has a lot going on, and you can learn more as you read through the MainSHEET.

I would like to give you an update on the *CRSA Let's Go Sailing, For Women, By Women* initiative. As a reminder, this initiative is focused on inspiring sailing confidence and making friendships. The classes

carry an open invitation to interested women. When we met Saturday, March 26, for our second time, the group grew from 8 to 12 attendees, with several others interested, but unable to attend due to schedule conflicts.

At our first meeting, **Sally Shafer** shared information and hands-on examples of

life jackets,

with the major take away being "the best life jacket is the one you will wear." **Diana Morris** then shared practical and handy first aid tips and experience-based recommendations. There were a lot of questions and discussion throughout both sessions. Based on Diana's presentation, we have scheduled an Adult CPR - AED & First Aid class for Wednesday, April 6 in Lexington.



We learned how NOT to store line!



At the March 26 meeting, **Jeanne Harris** talked about lines on the boat: when a rope becomes a line, how to properly coil it, and how and when to throw a line to someone. Several people in the group brought rope to be used as we practiced "making up lines". **Liz Harris then** shared information on the seven best sailing knots to know. Unfortunately, due to time, we were only able to cover 4 knots. Using the ropes people brought and several boards with cleats, we were able to practice, laugh, and learn the bowline, cleat hitch, figure eight, and round turn & two half hitches.

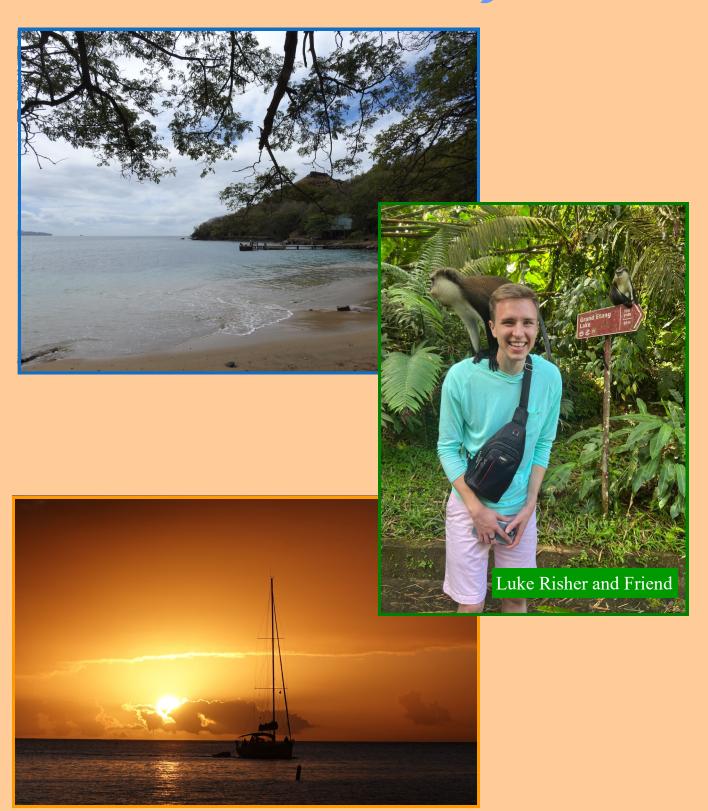
Be on the lookout for our next session, as coordinating schedules has been a bit tricky. We are hopeful to be on the water sailing in small groups. The goal is to have a great experience, so spring weather will be our driver. Currently we are planning a weekday in late April. We will be posting the date on Facebook and sending an email blast once we have a confirmed date.

A special shout out to **Donna Leslie**, **Diana Morris**, & **Sally Shafer** for their support and commitment to this initiative!

Please feel free to contact me at commodore@Caverunsailing.org or 859-509-2249.



St Lucía—Grenada 2002 CRSA Tríp



In February Cave Run Sailing had a cruise from St. Lucia through the Grenadines to Grenada and back to St. Lucia. The total trip was two weeks and covered more than 260 nautical miles. Eleven of our passengers made the round trip and twelve others were scheduled to go one direction in a week. Three 3-cabin monohull boats were chartered through Moorings of St. Lucia.

Unfortunate circumstances caused six passengers from West Virginia to miss the trip. The captain and his son both tested positive for Covid when they took the test in St. Lucia. Moorings would not allow them to get on the boat. The other four passengers, having been exposed, did not have any options to complete the trip, so they headed back home. This was a

terrible ordeal for all of them, showing how Covid can disrupt travel. We had to pay Moorings to deliver the boat to Grenada.

This trip was complicated, with seven Covid tests and seven passes through Customs and Immigration. At several locations the process of health checks and Customs could take five hours. All boats, passengers, and schedules were entered into a system called Sail Clear, which is an online system designed to facilitate the process of Customs. Only one of the seven stops was able to utilize the system and the rest required filling out the paper documents. In retrospect, the trip would have been better by taking 10-14 days and going just one direction. This plan would allow more time for each island.

Enough serious stuff! These islands were incredible! High volcanic peaks force the clouds up and lush tropical rain forests receive daily rain. Palm trees grow high up on the slopes and



waterfalls are everywhere. Volcanic activity still exists on St. Lucia and there is an underwater volcano called "Kicking Jenny" just north of Grenada. The local people were friendly and proud of their countries. Many islanders had multiple jobs and an enterprising spirit. St. Lucia and Grenada both get top marks for beauty and cleanliness. St. Vincent and the Grenadines were more "third world", but were the best for water sports, including snorkeling, sailing and kite surfing. The underwater wildlife was also terrific. Twice we went to fantastic beach barbeques at Tobago Cays.

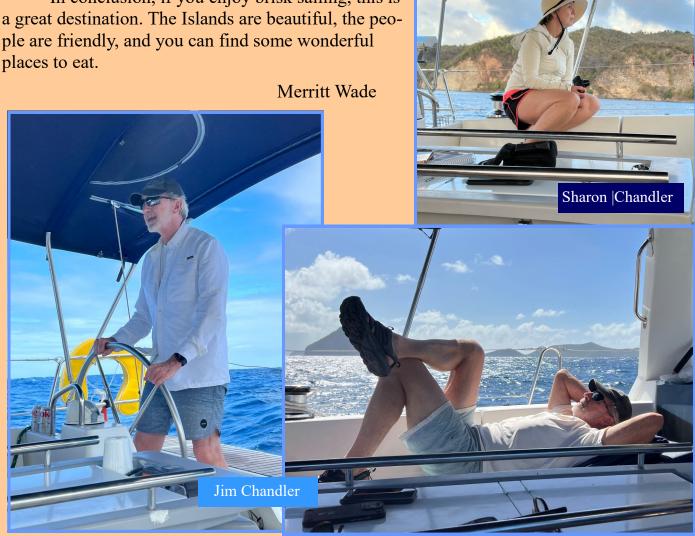
And now the best part! The sailing was incredible! Winds were from 14 to 20 knots most days, with minimal motor sailing. Two hundred dollars in fuel for 260 nautical miles is good. Most sails were single reach and tacking was more for fun than necessity. On two days we hit squalls while under way, which polished our skills at reefing. Four of our sails, which

were between St. Lucia or Grenada and the Grenadines, were 40 to 50 nautical miles. Those sails had big waves (6 to 10 feet), but the period was long and the boats managed them well. Within St. Vincent and the Grenadines, the trips were shorter and waves smaller. We did much more playing there.

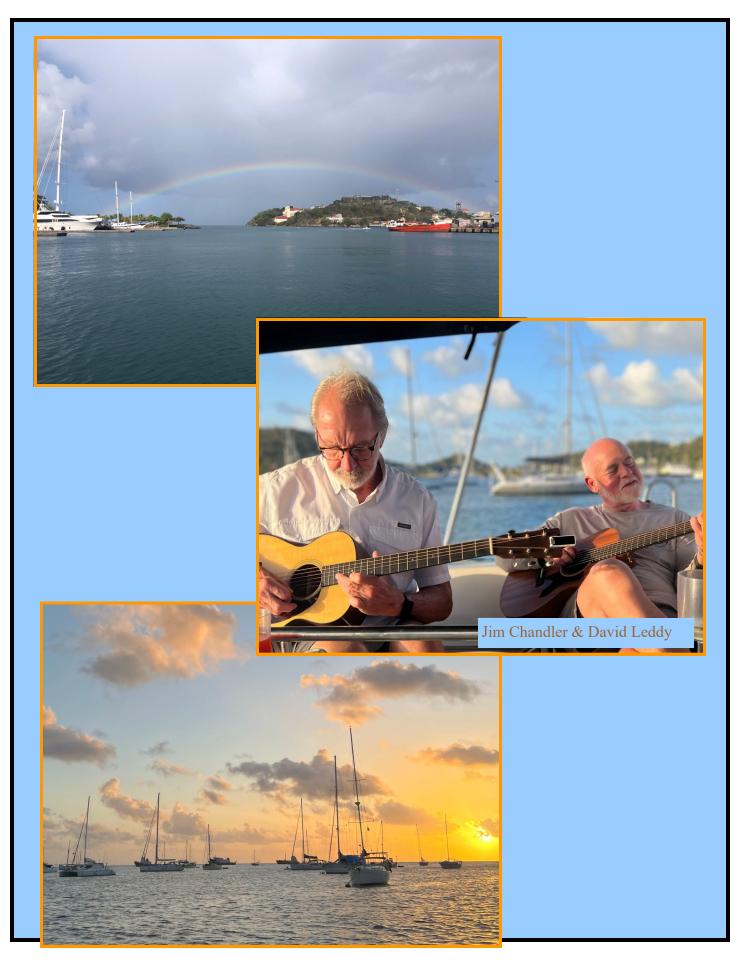
At every island and mooring location, boat boys greeted us and assisted with mooring balls and making dinner reservations. They would sell you banana bread, fish,

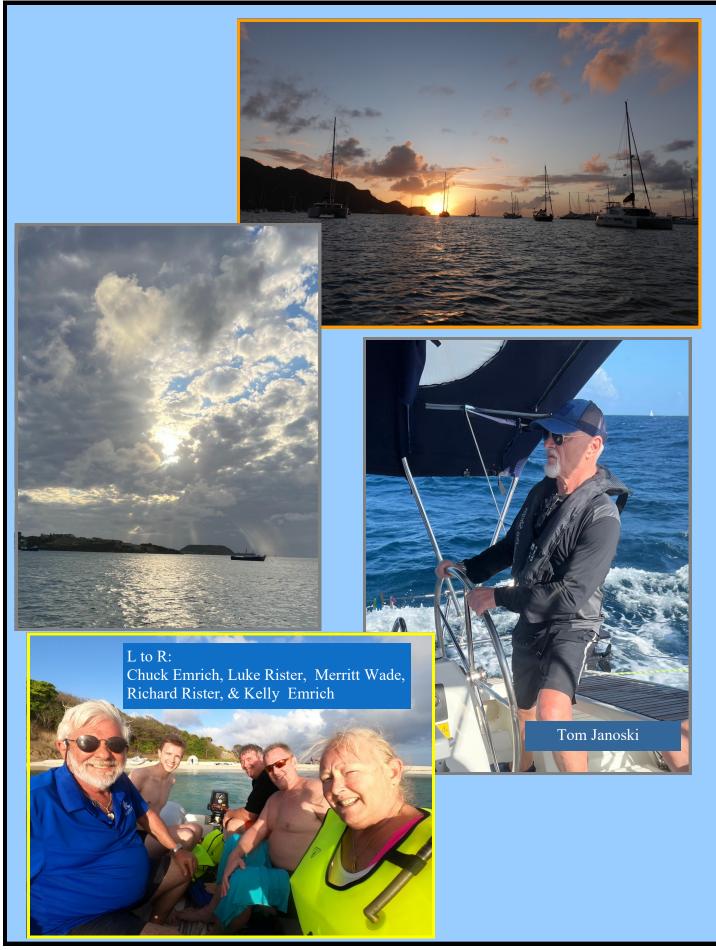
lobster, or ice. East Caribbean tip money was a necessity.

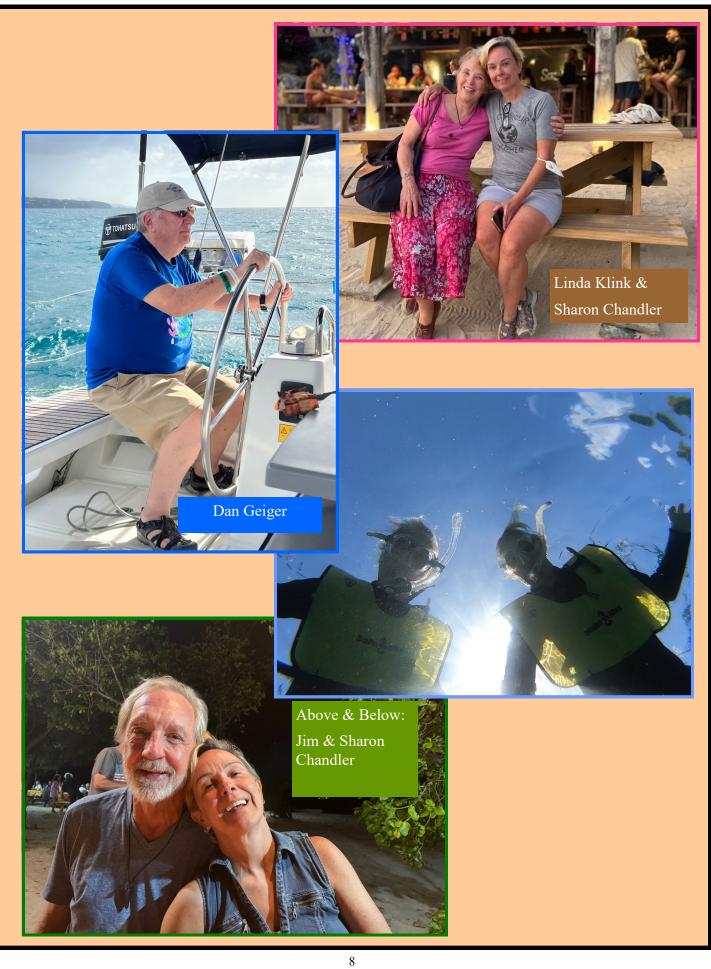
In conclusion, if you enjoy brisk sailing, this is ple are friendly, and you can find some wonderful



aron Chandler & Fresca Ledd

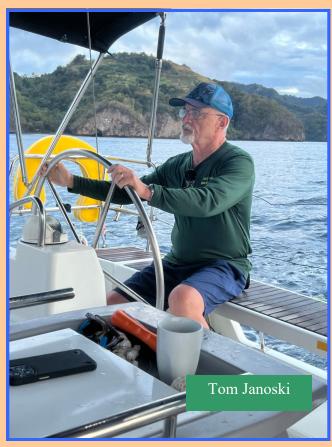






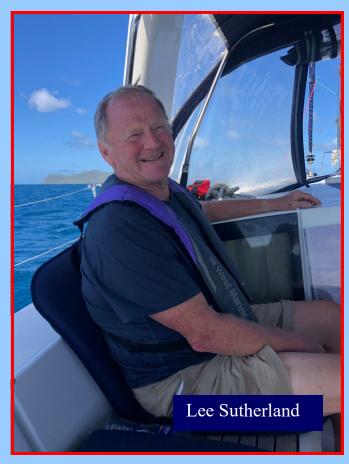








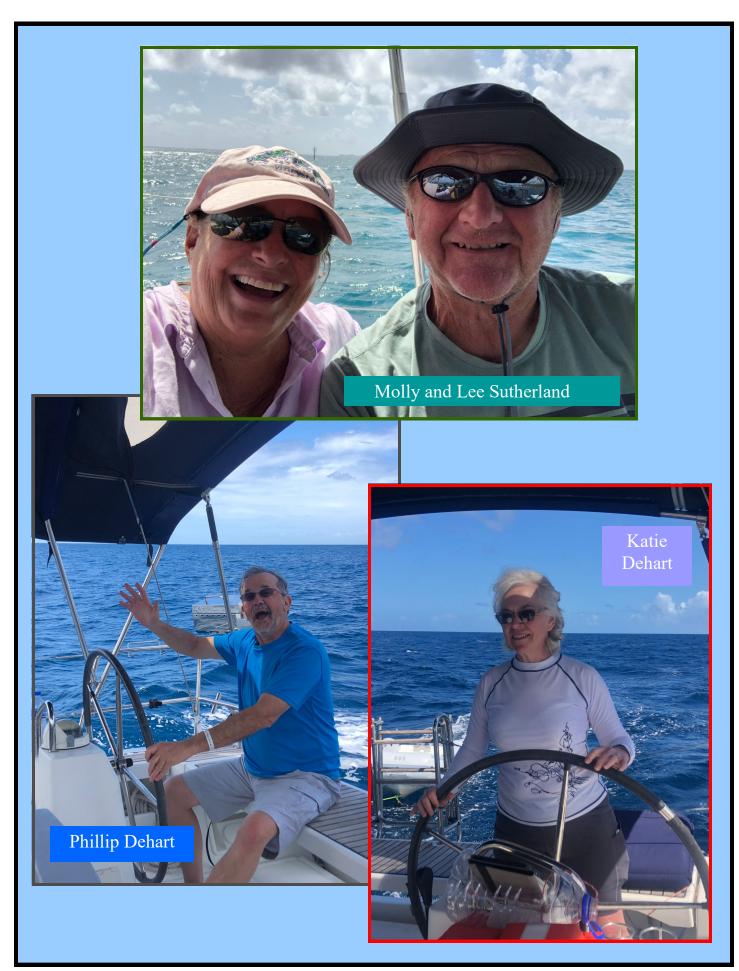














New Member Social Sunday, May 1st Scott's Creek Marina

Everyone is encouraged to come and welcome our newest members!!!

Bring a Dish to Share

Arrange to drop off silent auction items with Molly at commodore@caverunsailing.org

Mark Your Calendars!

\$\display \display \d

Saturday, June 18th—Summer "Sailstice" Celebration

Cave Run Lake

Saturday, October 29th—Annual Club Banquet and Awards Dinner

The Lexington Country Club

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



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



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!



Location & Times:

Tuesdays July 5, 12, 19 @ Jacobson Park 6-8 PM Saturdays July 9,16, 23 @ Jacobson Park 6-8 PM

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

SPACE IS LIMITED: REGISTER NOW

caver uny ouths ailing a cade my. or g/classes/SUMMERCAMP





For more information contact:

Chuck Emrich

youthsailing@caverunsailing.org

Presented by:



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.

• 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



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



The 35th Annual Charity Regatta is coming up on Saturday, May 14, 2022. This year the Regatta will benefit the Cave Run Youth Sailing Academy (CRYSA) and is a FUN event for sailors of all levels. There are no fees to register or participate and a lunch will be provided. Are you currently without a boat? Reservations may be available for the Miss Kelly or Rhodes (act now!). Do you want to participate as crew? Please let us know and we will try to find an opportunity!

SPONSORS are needed! This year the fundraising is up to CRSA, so if you know of a business that might support youth sailing please point them to our Charity Regatta <u>page</u> where they can also find the <u>Sponsor</u> form. More information about CRYSA is on their page <u>here</u>. Members are encouraged to donate via the Sponsor form. Any amount will help the CYRSA meet their goals of youth involvement through upgrades to equipment and maintenance of the fleet dedicated to youth sailing. CRYSA would like to purchase several additional Sunfish sailboats as a priority. There are also replacement sails to purchase for existing boats and trailer maintenance is a continuing expense.

CAPTAINS are needed! Come out to support the CRYSA and enjoy a day of sailing with friends. Let us know if you are available to take additional crew. The registration form for captains is on the Charity Regatta page, just scroll down. If you are currently without a boat, you may be able to reserve the Miss Kelly or the Rhodes (act now!)

VOLUNTEERS are needed! From handing out lunches to helping on the committee boat, there are various tasks to support the Regatta. If you would like to help, please <u>let us know!</u>

Please reply with any questions to David Leddy (vicecommodore@caverunsailing.org).



There is a trip story behind the Coke photo!



RENEW CRSA Membership Dues for 2022 - or Join for the First Time!

Now is the time to <u>renew</u> your CRSA Membership <u>or join for the first time</u> if you were not a member in 2021. <u>The renewal period is Jan 1 ~ April 1 of each year. If not renewed by April 1, membership expires.</u> The CRSA Executive Committee has been busy planning lots of activities for 2022. You do not want to miss out!!!

There are several categories of membership.

- 1. If you are an adult, the <u>Regular Membership</u> covers everyone in your household for \$100 (including children age $7\sim24$).
- 2. Individuals who are age 7~24 and a full-time student qualify for **Student Membership** for \$35
- 3. Non-members who join after July 1 for the first time are eligible for <u>Late Summer Membership</u> at \$70.

To Renew:

- 1. Go to <u>caverunsailing.org</u>
- 2. Click on "login"
- 3. Enter Username and Password (or if you do not remember your password, enter something then click on "reset your password").
- 4. Click on "Join Us" then "Existing Member"
- 5. Pay your membership fee and update your profile.

To Join for the first time:

- 1. Go to caverunsailing.org
- 2. Click on "Join Us" then "New Member"
- 3. Go to "New Member Registration"
- 4. Be sure to fill your profile after registering and paying your membership dues.

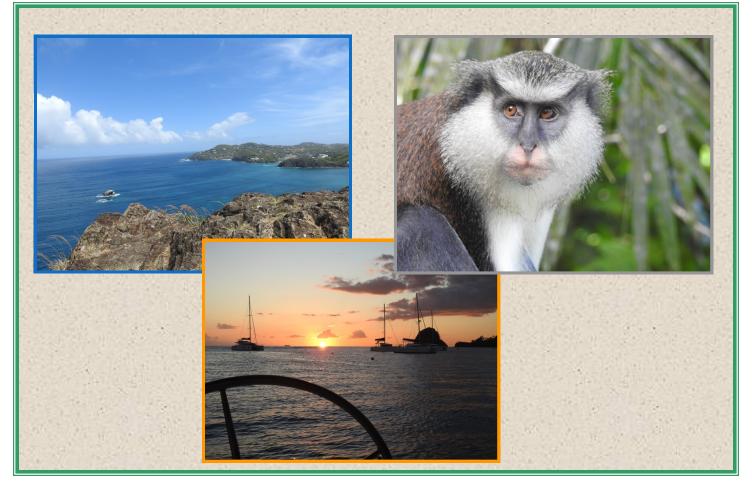




2022 RACING SCHEDULE

- This year we are adding two Long Distance races down Cave Run Lake through Tacker's Alley that will make for interesting sailing. Both races are scheduled at a time of year that usually has sufficient wind for a longer race. These races are scheduled for **April 23** and **September 10**.
- The regular Summer Series racing dates are May 7, May 21, June 11, June 25, August 13, and August 27.
- I will be offering a class-video for instruction in the operation of the Margaret Mary and how the Race Committee is set up and works. Please check the CRSA website for scheduling details hopefully in early May!

Mark Breeden, Rear Commodore



That's My Boat

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

Bill and Charlotte Lubawy, tell us about your boat!

Charlotte and I have been sailing since 77–78. We started when a new neighbor Ken Coffeen moved in behind us, while we were in our first house in Lexington. He brought a sailboat with him from Wisconsin. It was a 1950-ish, 19 ft mahogany hulled Lightning with a mahogany mast, boom, spreaders and rudder. It was a beautiful boat! Ken's wife asked Charlotte and me to race with him, saying she and her daughters would baby sit our daughter if we went sailing. How could we turn that down? We joined CRSA and raced in the Grand Annual Regatta with 40 other boats that first year. The Grand Annual was over a weekend with clear blue skies, red leafed trees and 10 knot winds. In Tackers Alley, sailing next to cruisers with their spinnakers flying, we were hooked and have been sailing/racing ever since. Incidentally, with 30 + year old sails on that Lightning we finished next to last only because the boat in front of us capsized on the last leg, just 50 yards from the finish line. We successfully passed them.

We currently sail a 22 ft, 1981 MacGregor Venture sloop with a massive 4 hp outboard and a crank down 500 lb keel that fits in a centerboard trunk inside the hull. Having this retractable keel makes it sit low on the trailer which makes for very easy launching. We've kept the boat at Mrs. Hook's its whole life. We have this boat because the same season we were first racing the Lightning a second neighbor bought a 20 ft cruiser, causing the children to ask "Why don't we have a nice comfortable boat like that?" Charlotte and I were now hooked on sailing, so we partnered with Ken Coffeen and purchased the MacGregor Venture as 50% owners. When Ken was transferred out of Lexington we bought his half and became sole owners. The boat was about the least expensive cruiser we could find that would hold lots of people. New, the whole package was \$5,300, including shipping from California. Since the boat was in the "Venture" series we ended up naming it "Miss Adventure", as opposed to "Misadventure". Both



families' kids picked out the name. As it turns out, there are loads of Venture owners who use the name "Miss Adventure." We would frequently see their pictures in Sail Magazine during the 80's and 90's.

Miss Adventure is sloop rigged and came with a main and a jib. We purchased a genny and a spinnaker from the manufacturer and a camping head from Sears. Ken had a very old Montgomery Ward 5 hp outboard that we used until the propeller shaft came out and sank to the bottom of the lake. Fortunately, by that time, I had become a good enough sailor that I sailed the boat across the lake and stopped it at the dock. We then bought a new 102cc 4 hp Mercury outboard at Stokley's that we take home after each day of sailing. For convenience we are considering locking it on the boat during the sailing season. Over the years we have replaced the sails twice and the running rigging 3-4 times. We inherited a hand me down Magma charcoal grill, purchased a hand held VHF radio, put new tires on the trailer twice and changed out all the lights for LED's.

We originally bought the boat because it was incredibly easy to trailer and sail; had inside bunks for three adults and two medium sized children, a pop up top that allows standing up while in the cabin, a table, room for a head; and was self righting with storage for equipment and coolers.

Overall, maintenance has been pretty easy. When the boat was new I cut the decals with the name and stripes by myself using rub on letters, taking a picture of the letters, developing the B&W film and projecting the 35 mm negative onto the back of vinyl sheeting. After tracing the outlines I cut out the name, taped the borders on the boat with masking tape, put the vinyl in cold soapy water, peeled off the paper backing, maneuvered the decals into place and carefully sponged over the whole thing. About 7 years ago we brought the boat home, removed all the deck hardware, lightly sanded it, applied three coats of white "Honey Teak", masked around the areas that were tan, applied a couple of coats of "Honey Teak" with non skid mixed in, and peeled off the masking tape when done. It came out incredibly well – almost like it came from the factory. Last year I got a little out of hand and took the boat to Unbridled Sailing to redo the lettering, buff the

hull, install a roller reef for the genny, and put on new sails. The boat looks great, but it took a long time to get it all done.

Our fondest memories are of weekends on the boat with our three daughters. The girls turned into fish and we had great times camping out in coves and sleeping on the boat. All three girls learned to sail. Our oldest and her husband live in Oakland and own, sail and race a 26 ft Rabbit on the bay. A Rabbit is a sloop class designed to fly in the Bay winds. That daughter and her husband take turns in the trapeze (gutsier than I am).



One of the really fun times on Miss Adventure was about 15 years ago when a group of my friends took an afternoon off and went sailing. Four of us had sailboats and each had 3-5 UK faculty members on board. Secretly I bought 500 water balloons, quietly gave two of the other three captains about 100 balloons each, and the three of us surprised the fourth faculty member's boat with balloon attacks. It was beautiful



watching the multi-colored balloons fly through the air. It was the closest thing to a Spanish Armada I have ever witnessed.

Over the years, we have enjoyed racing, cruising, and going on CRSA trips in the US and Europe. We have been to the America's Cup in New Zealand, Spain and San Francisco. We sailed with a friend on his 42 ft Bennetau under the Golden Gate Bridge out and back — what a sailing rush! We have been on CRSA sailing trips to Maine, the Croatian Islands and the west coast of Italy.

Miss Adventure has introduced us to all of these wonderful experiences and has been a pleasure to own. She is easy to launch, trailer, and maintain - and sails

well. We have just loved all of our CRSA friends! Sailing has introduced us to all sorts of experiences that we would otherwise never have had and people we would never have met. Thanks to the Miss Adventure and the Cave Run Sailing Association.

That's my boat!

2022 CRSA Calendar of Activities

See Website: caverunssailing.org for updates & details

DAY	DATE	EVENT	LOCATION	CONTACT
Tuesday	December 14	CRSA EC MEETING – confirm 2022	Molly's House	Commodore@caverunsailing.org
		calendar		
Tuesday	January 11	Trip Tales – Key West & Tahiti	Roosters	Social@caverunssailing.org
Saturday	January 22	Let's go Sailing – for women, by women	Scott's Creek Marina	Commodore@caverunsailing.org
Saturday	February 12	Let's go Sailing – for women, by women	Scott's Creek Marina	Commodore@caverunsailing.org
Tuesday	January 25	CRSA EC MEETING – confirm 2022 budget	Molly's House	Commodore@caverunsailing.org
	Feb 13-27	Club Cruise – St Lucia – Grenada	St Lucia/Grenada	
Saturday	March 26	Let's go Sailing – for women, by women	Scott's Creek Marina	Commodore@caverunsailing.org
Tuesday	March 29	CRSA EC MEETING – final prep for 2022 events	Molly's House	Commodore@caverunsailing.org
Saturday	April 9	Racing Prep Clinic – "A Course to Run the Course"	Scott's Creek Marina	Rearcommodore@caverunsailing.org
Saturday	April 23	Long Distance Race & Short Race to follow if wind permits	Cave Run Lake	Rearcommodore@caverunsailing.org
Saturday	April 23	* RC Sailing – "Free Sail" @ 2:00	Jacobson Park – Lex	rcsailing@caverunsailing.org
Tuesday	April 26	Beginning Sailing – Class 1	Lexington TBD	beginningsailing@caverunsailing.org
Thursday	April 28	Beginning Sailing – Class 2	Lexington TBD	beginningsailing@caverunsailing.org
Saturday	April 30	Beginning Sailing – on the water lab	Cave Run Lake	beginningsailing@caverunsailing.org
Sunday	May 1	Spring New Members' Social	Scott's Creek Marina	Social@caverunssailing.org
Wednesday	May 4	RC Scored Races* at 6:00 pm	Jacobson Park -Lex	rcsailing@caverunsailing.org
Saturday	May 7	Club Buoy Race	Cave Run Lake	Rearcommodore@caverunsailing.org
Saturday	May 14	CRSA Social Regatta	Group Area	Vicecommodore@caverunsailing.org
Saturday	May 21	Club Buoy Race	Cave Run Lake	Rearcommodore@caverunsailing.org
Friday	May 27	** Sunfish Social	Jacobson Park -Lex	Secretary@caverunsailing.org
Saturday	June 4	Commodore's Tea	Leddy's Home	Social@caverunssailing.org
Saturday	June 11	Club Buoy Race	Cave Run Lake	Rearcommodore@caverunsailing.org
Saturday	June 18	Summer Sailstice	Cave Run Lake	Social@caverunssailing.org
Saturday	June 25	Club Buoy Race	Cave Run Lake	Rearcommodore@caverunsailing.org
Tuesday	June 28	CRSA EC MEETING – progress updates	Molly's House	Commodore@caverunsailing.org
Tuesdays & Saturdays	July 5, 9, 12, 16, 19	Youth Sailing Camp – Chuck Emrich	Jacobson Park -Lex	Youthsailing@caverunsailing.org
Saturday	July 23	Pirate Day	Jacobson Park -Lex	Youthsailing@caverunsailing.org
Saturday	August 13	Club Buoy Race	Cave Run Lake	Rearcommodore@caverunsailing.org
Saturday	August 27	Club Buoy Race	Cave Run Lake	Rearcommodore@caverunsailing.org
Saturday	September 10	Long Distance Race & Short Race to follow if wind permits	Cave Run Lake	Rearcommodore@caverunsailing.org
Sat-Sunday	September 10- 11	Harvest Moon Raft-Up Overnight	Cave Run Lake	Social@caverunssailing.org
Saturday & Sunday	September 23- 25	43 RD Grand Annual	Gunnel Area	Vicecommodore@caverunsailing.org
,	TBD	Trip Tales – St Lucia & Grenada	TBD	Social@caverunssailing.org
Tuesday	October 18	Movie Night – Captain Ron	Molly's House	Commodore@caverunsailing.org
Saturday	October 29	Annual Meeting & Awards	Lexington Country	Social@caverunssailing.org
		Banquet	Club	
Tuesday	November 1	CRSA EC MEETING – Progress updates	Molly's House	Commodore@caverunsailing.org

^{*} RC Scored Races will begin Wednesday, May 4 and continue each Wednesday at 6:00 pm, with the final race on October 26.

^{**} Sunfish Social make Up Day(s): Saturday, May 28 and/or Friday, June 3.

Cave Run Sailing Association PO Box 256 Lexington, KY 40588 caverunsailing.org



This Issue of the MainSHEET is VOLUME 38 # 1 January 2022

The MainSHEET is published 4-8 times a year and distributed to members through email, by The Cave Run Sailing Association, PO Box 256, Lexington, Kentucky 40588.

The Cave Run Sailing Association is an <u>all volunteer</u>, <u>nonprofit</u> association dedicated to:

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

Membership Information can be obtained from 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	Fred Pfister Charmaine Pfister	Mainsheet@caverunsailing.org			
Social Director	Francesca Leddy	SocialDirector@caverunsailing.org			
Webmaster	Sam Moher	Webmaster@caverunsailing.org			
Youth Sailing	Chuck Emrich Kelly Emrich	YouthSailing@caverunsailing.org			
RC Sailing	Bill Jones	Resailing@caverunsailing.org			
Past Commodore	Valerie Askren	PastCommodore@caverunsailingorg			