



The MainSHEET

Spring Sailing News

LINES FROM THE COMMODORE

Summer is here and CRSA is ready!

We continue to be an active club focused on promoting the spirit of sailing. Some of CRSA's recent accomplishments and activities include:

A sold-out beginning sailing session (second in the past two years to have a wait list) was held the last week of April. Be on the lookout for a possible beginning sailing session later this year. Thank you, **Chris Bollinger** for your hard work in leading this initiative.

Bill Jones opened the RC sailing season with a fun practice sail Wednesday, April 29, with 5 RC boats participating. This group meets every Wednesday evening at 6 o'clock at Jacobson Park. Everyone is welcome! Read more about RC Sailing in the newsletter.



Mark Breeden, Rear Commodore, kicked off the club racing series with a long-distance sail on Saturday, April 23. Eight boats participated and a good time was had by all!

Let's Go Sailing, for women by women continues to grow. After two onshore sessions we moved to the lake and held our first on the water sail Thursday, April 28. Due to the number of interested women, we needed an extra captain. Thank you, Jim Chandler, for offering to captain your boat. Look for more about this initiative in the newsletter.

Jon Ware and **Ben Askren** have been busy teaching fiberglass repair classes, which are an extensive introduction to fiberglass repair work. The group is reconditioning and repairing nine club sunfish for our Youth Sailing Academy!

Jim Dinger continues to promote adult sailing and ASA classes. Last month, with the support of **Jeff Lagrew**, CRSA welcomed Luke Adams, Brad Leslie and Jon Ware as new ASA 103 instructors. Each one earned their ASA 203 certificate allowing them to teach ASA 103.

As you know, we shifted our charity support this year and **David Leddy**, Vice Commodore, organized the Charity Regatta supporting Cave Run Youth Sailing Academy (CRYSA). Twelve boats participated in the Regatta, with many others on the committee boat and helping with logistics behind the scenes. Thank you, David, for a job well done!

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Mark your calendars for the 2nd Annual Commodore Tea, with manly beer! This event will once again be hosted by **Fresca and David Leddy** on Saturday, June 4. Be sure to check out the MainSHEET for more details.

Get ready to “meet up” for an international celebration of sailing: the Summer Sailstice celebration, Saturday, June 18th at Cave Run Lake and waterways around the world! The Summer Sailstice was founded in February 2001 by John Arndt, as the global, annual celebration of sailing held on the weekend nearest the summer solstice. Contact Fresca Leddy at social@caverunsailing.org.

CRYSA has been asked to provide several sunfish for the KET annual summer celebration, themed Sail the Sea with KET, Saturday, June 11. **Chuck Emrich** is working to make this happen and we look forward to promoting both CRSA and CRYSA at the event!

July is youth sailing camp hosted by Cave Run Youth Sailing Academy (CRYSA). This is a great time to introduce sailing to youth and teens in the Lexington region. To learn more go to <https://www.caverunsailing.org/youth-sailing-class/> or contact **Chuck Emrich** at youthsailing@caverunsailing.org or 859-270-2199.

A special thank you to **Fred and Charmaine Pfister** for the countless hours they spend publishing our MainSHEET newsletter! You are doing a great job!

Thank you to all our members for your continued support and engagement. Sailing is so much fun, especially when you can share the fun with others!

See you on the lake!
Molly Sutherland, Commodore



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

COMMITTEE BOAT CLASS

Mark Breeden, Rear Commodore, taught a Committee Boat operation class on May 4 aboard the Margaret Mary. This event was VERY informative for those that participated! As the club hosts more races, we will need more people who understand how to operate the Margaret Mary, understand race rules, and properly manage the races.

Mark's son filmed a video of the event and is in the process of creating an on-line class, to be posted on the CRSA YouTube site.

Stay tuned for more information on this opportunity for club members!



CRSA RC Sailing

The CRSA radio control sailboat fleet is officially underway. The fleet had its “funsail” on Wednesday, May 4th, with five boats on the water and several interested bystanders. Not mentioning any names (my own), one boat decided to not pay any attention to the radio transmitter and sail across the lake on its own. This required the captain to shed clothes and wade in the lovely waters of Jacobson Park Lake to retrieve the said vessel. The problem was a poor connection between the batteries and the boat’s servo.

Following our first evening on the water, Chuck Emrich did an outstanding job of trying to teach us about the rules of racing. It is a challenge since we often seem to take on the characteristics of pirates, rather than racers. But we are trying!

Here are a couple of photos of our first event: Merritt showing David Harris where the pump out is located (not really) and Chuck trying to figure out where you sit on the boat.



If anyone is interested in more information about our fleet boat, the Dragon Force 65, listed below are several sites that will get you started. Feel free to join us any Wednesday at Jacobson Park.

Dragon Force 65 boats may be purchased at radiosailing.net. The cost is \$299.95 for the newest version and includes the transmitter. The boat comes partially assembled. You have to install the rudder, keel, and the rigging for both the main and jib sails. All materials are included with the boat, other than some form of fast drying glue. The website has all types of accessories for the boat as well.

The boat comes with the “A” rig. This is like a fractional rig on a regular sailboat. As racing is the goal of radio controlled sailboats, it is recommended to add the “A+” rig. This rig includes a full jib, providing the boat more power. Below are some websites from which this rig can be purchased.

Car Sails	carryalls.com
Hot Sails	hotrcsails.com
Sirius Sails	siriusails.com
Windjammer sails	beanbag.com

There is a class owner’s association which includes many types of information and tuning tips for the Dragon Force 65 at dragonforce65.us.

Several of us have learned through trial and error how to assemble our boats and will assist those “newbies” to the sport. This list includes Paul Duffin, Merritt Wade, Ken Ruhl, and Bill Jones.

There is a class owner’s association which includes many types of information and tuning tips for the Dragon Force 65 at dragonforce65.us.

We gather every Wednesday at Jacobson Park Lake at 6:00PM. We are interested in finding other appropriate ponds/lakes to conduct races. If anyone has any suggestions, please let me know.

Thank you,

Bill Jones

kywmjones@gmail.com



That's My Boat!

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

Luke and Lesley Adams, tell us about your boat!

I've been sailing off and on since I was about 12 or 13 years old, when my uncle took me out on his Hobie 16 on Lake Washington (Seattle). He later bought a San Juan 24 that we sailed in Puget Sound. That was 37 years ago! Since those early days I have had many great experiences on the water. During my time in the Navy as a submariner, my chief had a 30 foot sloop. We sailed on the coast of Oahu and it brought back all the memories from my childhood. Fast forward to my time raising a family with my wife, Lesley – I decided I wanted to give our daughters, Hillary and Hannah, some sailing memories of their own. So I purchased a San Juan 23 and brought it to Cave Run, the closest lake to Lexington with a sailing community.

Currently, my boat is a Catalina 27 named *La Cenicienta* which is Spanish for *Cinderella*. She is a 1988 Model Year and I purchased her used. I had done some research on this model (way too much if you ask my wife). I determined I wanted one from 1988 or later, as this was the year that the Catalina implemented a significant countermeasure to address the "Catalina Smile" – a design flaw which left the keel-to-hull joint susceptible to separation later in the boat's life, resulting in a "crack" that looks like a smile.

La Cenicienta is a Mast Head Sloop with a Standard Rig, as opposed to the optional Tall Rig with Bow Sprit, and her keel is a Fin-type as opposed to the optional Wing –type. She is powered by a Universal M-18, 2-cylinder diesel inboard engine and boasts a bronze folding propeller. She has an enclosed head w/shower, a v-berth, Port

and Starboard Settees with a folding table amidships on the bulkhead. Just inside the companionway you'll find a quarter berth to Starboard and a Galley to Port with pressurized Hot/Cold water and a butane stove.



I have sailed *La Cencienta* on the Ohio River (where I purchased the boat in Louisville) and on Cave Run Lake where she stays on a mooring field when I am not sailing her.

I have done a significant amount of maintenance and upgrades since purchasing the boat. Starting with a bottom job and a cutlass bearing replacement, I have been working my way through replacement of the vhf radio and stereo system, navigation lights, the compass, water pumps, plumbing and much more. I often say I'm a little sick in the head, as it seems I enjoy working on the boat as much as I do sailing her.

I'd have to say I have a greater propensity toward cruising vs. racing. The exploration factor of cruising excites me, but I'm enjoying racing more and more. Every cruise, every race creates a fond memory for me. As difficult and stressful as moments can be at sea (or the lake), the challenge they present and the feeling of accomplishment when you overcome that challenge is great! It ends up giving you all these good reflection points, whether they are learning opportunities or just memories of an awesome time. I know it sounds rather "glass half full" (which isn't always my style) but sailing just does that for me.

In all honesty, I sometimes dream of moving up to a bigger boat or adding another boat to my inventory, (but don't tell my wife).

That's My Boat!



A HARD KNOCK
By
David Duncan, M.D.

Winning essay of a global competition co-sponsored by Harken and Sailing Magazine.
First published in Sailing Magazine, Nov-Dec 2016

My wife, Anna, 16 year-old daughter Kayla and I chartered the 42-foot Catana, *Carmen*, in the Society Islands of Polynesia in June. We sailed from Bora Bora to Huahine on June 6 but by 3:30 p.m. conditions had severely deteriorated. A “cyclone low pressure system” had developed during the day south of Tahiti. The wind had shifted from north to south and white-capped swells were building.

With less than two miles of visibility, 15-18 foot swells, gusts approaching 40 knots, and under a 50% jib I decided to motor the remaining 10 miles to the port town of Fare Ara Huahine. Five minutes after firing both motors up my port engine quit and would not restart.



We were in a fresh gale aboard a distressed vessel, shooting for a narrow 200-yard-wide pass with reefs on both sides and waves breaking across the channel, and a 6-8 knot ebb tide so I shut down the starboard engine to preserve it for getting through Avamo’a Pass.

I called Kayla on the deck and explained the situation, putting her on the helm. “This is going to be like threading a needle but do exactly what I tell you and we should make it. Listen carefully, OK? We are only going to have one chance to get it right.”



About one to two miles out from Huahine Pass Avamo’a, we finally saw the island’s silhouette. Our position was half a mile southwest of Avamo’a Pass. Our initial approach was by GPS on a heading of 150-160 degrees under storm jib to counter leeway. Although a ASA Catamaran instructor, I could not recall learning just what to do in this extreme situation so I combined my adverse winds fight training to vector *Carmen* into Avamo’a Pass.

“Steer the course I give you and we should make it but we’re going to have to approach somewhat sideways and backwards and straighten out in the channel” I told Kayla.

We were going to crab into Avamo’a Pass like a plane crabs into high winds before landing.

We adjusted our heading by 5 degree increments toward the transit to hit the pass low and used the starboard motor to slingshot us through. I started the starboard motor and when we were 50 yards from the reef, I pushed the throttle to 100% maintaining a heading of 120 degrees so the motor would not push us around into the reef. We pulled away from the reef and into the lagoon.

With repairs under way, the mechanic asked when we came through Avamo’a Pass.

“I think I saw you” he said. “I was at the Huahine Yacht Club watching. Two boats came through at 3:30 p.m. and you came in later, didn’t you?”

“Yes sir”, I replied. “We’re the boat that came in sideways and backwards.”

He simply said, “You know, not many people would have known how to do that with just one motor.”

“Yep, and they would have washed up on the reef,” I said.



Save the date!

2nd Annual Commodore's Tea (with manly beer)

Saturday June 4th 2PM

3605 Timberwood Lane, Lexington

RSVP: SocialDirector@caverunsailing.org

Bring your own chair



SUMMER SAILSTICE RAFT UP

June 18th, 5PM

Join us at the Margaret Mary at mooring ball #27 for food, fellowship, and fun!

Burgers, hot dogs, and buns will be provided.

Please bring your drinks and a dish to share.





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

Thank you to all who have sent in recipes for the Cookbook project, but we are in need of recipes from you **men!!!**

And how about some recipes from and for the **youth? !**

We would like this book to be a group effort.

Please send recipes to frescal@juno.com

ATTENTION CRSA MEMBERS!!!

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

Fred Pfister at fred@fredpfister.com

or

Charmaine Pfister at charpfister@gmail.com

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

New Member Social Report

Thanks to the 30 plus folks who came out on May 1st to welcome our new members!

We shared great fellowship and food at Scotts Creek Marina on a beautiful blue sky day.

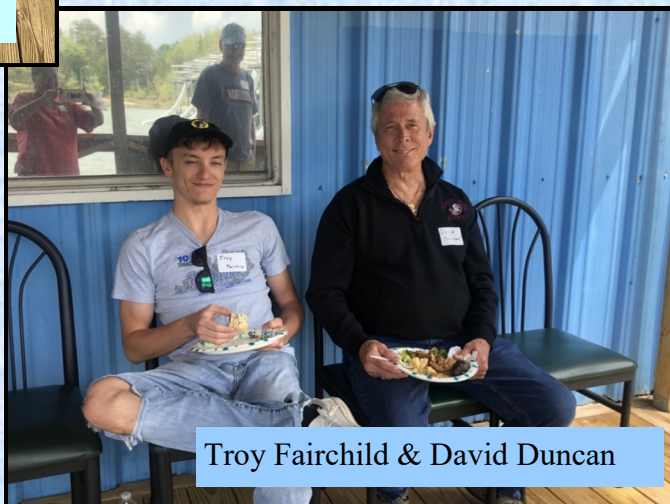
Thanks also to all who donated and/or bid on items in our silent auction. We were able to raise \$300 for our Youth Sailing Academy!



David Leddy, Lee Sutherland,
& Steve Morris



Daniela Moga & Joe Wilcox



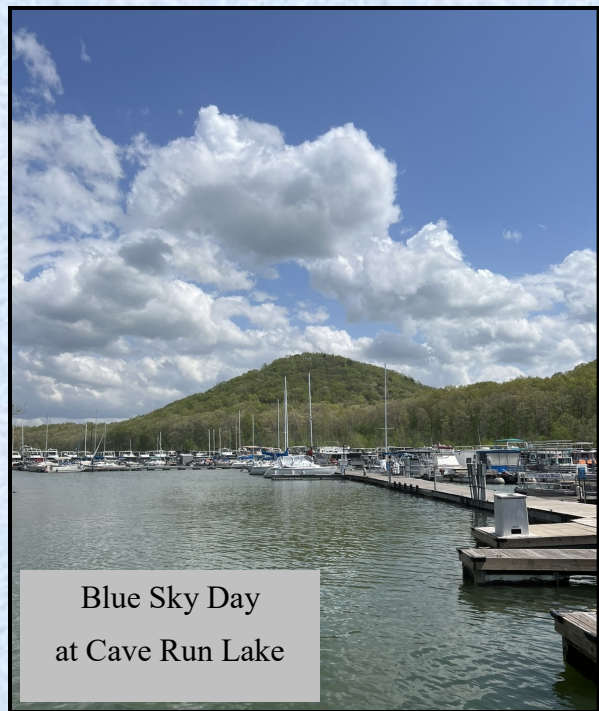
Troy Fairchild & David Duncan



Liz Harris, Luke Adams,
David and Fresca Leddy



Molly Sutherland & Steve Morris
reviewing the Silent Auction



Blue Sky Day
at Cave Run Lake

Charity Regatta 2022

Eleven sailboats turned out for the 2022 Charity Regatta to benefit the Cave Run Youth Sailing Academy (CRYSA) on Saturday May 14.

Special thanks to our Commodore Sponsors (\$500 donation)



And thanks to all the members who contributed to bring the total raised to over \$2500: Mel and Abbie Burch, Chris and Amy Bollinger, Terry and Jody Clark, Chuck and Kelly Emrich, Bill Gallagher, Bill and Elaine Jones, David and Fresca Leddy, Mike and Lauren Lemaster, and Lee and Molly Sutherland. The funds raised will allow CRYSA to acquire a good used Sunfish sailboat. By upgrading, the fleet will provide more opportunities for the young sailors to learn and practice their sailing skills and even go on to enjoy some racing competition.

Everyone had fun racing in the light winds, and we were able to get in two races before it became no wind! Thanks to Mark Breeden for running the races and tallying results to determine the top finishers for the day. 1st Place Chris Bollinger, 2nd Place Kaye Arnold, and 3rd Place Chuck Emrich. Brad Leslie tied with Chuck on points; the tiebreaker was that Chuck won the second race.

If you intended to donate but didn't get around to it before the Regatta, no worries, there is still time! The donation button is on our CRSA home page and your financial support for CRYSA is always appreciated!



Chris Bollinger 1st Place



Kaye Arnold 2nd Place



Savanah and Merritt Wade, Chuck and Kelley Emrich 3rd Place



Luke Adams, Bill Gallager in Luke's
Catalina 27



Kaye Arnold in her Laser



Chris Bollinger in his Flying Scot



Mel Burch, Chris Graham in Mel's Catalina 27



Karen and Don Cole in their Com-Pac 16



David, Anna, Kala Duncan in their
MacGregor 26M



Brad and Donna Leslie in their
Beneteau F235



Lee and Molly Sutherland, Liz Harris in Suther-
lands' Tanzer22



Chuck and Kelley Emrich, Merritt and Savannah Wade in Emrich's Catalina 22.



Tony Stansbury, Dan Forry-in Tony's Mutineer 15



Bob Rodak in his Venture 21

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
Teens Ages 13 to 18

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

caverunyouthsailingacademy.org/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.

*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**

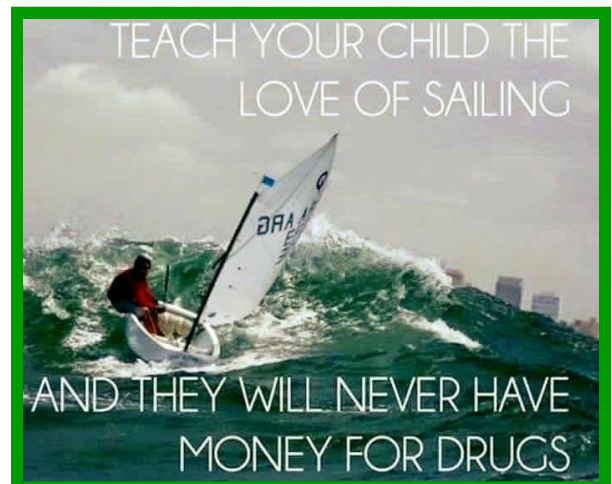
- **MEMORIALS OR TRIBUTES – HONORING A LOVED ONE**

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



Let's Go Sailing for women, by women

Calling any woman who would like to grow sailing confidence and make friends. *Let's Go Sailing, for women by women* has met several times this year. We have learned a lot and our confidence is growing! Getting comfortable raising and lowering the sails, prepping Miss Kelly for a day of sailing, understanding that things can go wrong with a motor, tying the right knot, feeling the wind and controlling speed and heading of the boat are just a few of the things we are learning and practicing.

Our next session on the water is Monday, June 6. The specific time will be determined by the weather forecast.

In addition to sailing, we participated in a CPR/first aid class on April 6th and we are planning a lunch get together Saturday, July 30 at The Glitz in Woodford County. Lunch, gratuity, and tax will be \$37.50 per person and reservations are required. Please contact Molly at commodore@caverunsailing.org to reserve your spot!

As we plan for the rest of 2022, it has been determined that Mondays are the best day for most people to participate. Please mark your calendars for:

June 6

July 11

Saturday, July 30 for Lunch @ The Glitz

August 8

September 12

October 10

November 7

December 5

All sessions will be held at Scott's Creek Marina on Cave Run Lake unless notified otherwise. Timing will vary based on weather and if we will be sailing or having an onshore session.

Everyone is welcome and please feel free to share this information with others.

See you on the lake! Molly Sutherland



Jeanne Harris, Judy Shropshire, & Molly Sutherland

"LGS combines women who have sailed for decades, but never captained, with women who have never sailed, and all those levels of sailing acumen in between, with the end goal of increasing sailing time on the water and sailing confidence."

Liz Harris

Charmaine Pfister, Sharon Chandler, Savannah Wade, & Liz Harris enjoying each other's company & sharing tales!



Savannah Wade, Liz Harris, & Molly Sutherland reminiscing on day's sailing!



Savannah Wade & Charmaine Pfister
raising the mainsail



Savannah Wade at the helm



Savannah Wade
waving to passersby



Liz Harris
keeping a look-out



Molly Sutherland
At the helm



Paikea Sun
Raising the mainsail



Sally Shafer at the helm



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



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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 **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
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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