

Newsletter of the CAVE RUN SAILING ASSOCIATION

The MainSHEET V33 #4



CRSA ANNUAL MEETING AND AWARDS BANQUET, NOV 11TH
LOCATION: LEXINGTON COUNTRY CLUB 6:00 PM
2550 PARIS PIKE, LEXINGTON

Celebrate the 2017 Sailing Season at the CRSA Annual Meeting and Awards Banquet: Entertainment, Sailing Talk, New Officers, Awards, Fun, Cash Bar
Register On-Line @ CAVERUNSAILING.ORG by Sunday Nov 6th
or with the mail-in form below. Dress is business casual or better.

Name _____ Guest Name(s) _____

Indicate the number of main courses for your party.

- | | |
|---|------|
| ___ 1. Grilled 8-10 oz Rib Eye w Lemon Shallot Compote | \$49 |
| ___ 2. Pan Roasted Chicken Breast w Sherry/Oyster Sauce | \$35 |
| ___ 3. Slow Cooked Salmon w Caper Lemon Dressing | \$39 |
| ___ 4. Seared Pork Chops w Bourbon Apple Glaze | \$38 |
| ___ 5. Vegetarian Pasta and vegetables | \$29 |

All dishes come with rolls, choice of coffee/tea/fountain drink, a spinach salad w caramelized walnuts, strawberries & cranberries, carrots w cumin and orange, and a bread pudding/bourbon sauce dessert. Meat/fish dishes also come with baked and buttered potatoes.

Mail this form with a check for the total dinner cost made out to CRSA to:

Bill Lubawy, 4893 Wyndhurst Rd., Lexington KY 40515

MAIL IN REGISTRATIONS MUST BE RECEIVED BY Friday NOV 4, 2017.

Out of Town CRSA Members Wanting to Stay Overnight in Lexington

CRSA members wanting to come to the banquet and stay overnight, and who need a place to stay please contact Bill Lubawy, 859-273-1591, Lubawy@uky.edu. We will find you a place to stay with a CRSA Member.

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CRSA Looking for 2018 Officers

CRSA is looking for few members willing to serve as 2018 Officers. This is an opportunity to have a lot of fun, chart the future course of CRSA, get to know more members and get a lot of personal fulfillment. Anyone who has been an officer will tell you they enjoyed the experience enormously. All officer positions are open but in particular individuals for the following are needed.

- **Membership:** responsible for keeping track of the membership list, sending out membership renewal notices, forwarding membership dues to the treasurer.
- **Webmaster:** responsible for running the CRSA website caverunsailing.org and instructing officers on how to update their sections.
- **Newsletter Editor(s):** responsible for editing, printing and e-mailing The MainSHEET.
- **Girl Scout Sailing Instructor:** responsible for arranging the four day Girl Scout Sailing program with Camp Judy Lane at Cave Run Lake in July.
- **CRSA Sailing Schools Director:** responsible for ensuring the Beginning Sailing and the various CRSA ASA sailing schools are taught each year.

If you are willing to promote sailing and CRSA by serving in any of the above positions please contact the **Nominations Committee Chair Brad Leslie** at: bradleslie@suddenlink.net.

For SAIL / Want to SAIL

Classic AMF Alcort Sunfish sailboat - \$2200 (Huntington)

Enjoy the summer sailing at Cave Run Lake (or Beech Fork) on a Sunfish! A new (2016) Right-On trailer/dolly makes launching easy (WV registered license plate through 2020). All new halyard, mainsheet, APS hiking strap, Harken ratchet block/cam cleat, and Harken tiller extension. Refinished (sanded, filled, stained, and urethaned) daggerboard and rudder/tiller. APS C-vane wind indicator, collapsible paddle for storage behind cockpit. Sail, mast/boom in very good condition. New inspection port. Reason for selling: purchased Catalina.

Contact Tom at wilsont@marshall.edu or (304)-690-6242.



Charity Regatta Brings Total Raised to Near \$125,000

The CRSA – Theta Nu chapter of Psi Iota Xi Bluegrass Charity Regatta held September 10, 2017 increased the total amount of money raised for the Lexington Speech and Hearing Center to near \$125,000 since the partnership began. The annual event was initiated when Al Lawton was Commodore of CRSA. Seventeen boats participated this year.

The Speech and Hearing Center works specifically with hearing and speech impaired children and does a wonderful job. Breakfast and a delicious luncheon barbecue were generously provided by the philanthropic sorority. Chris Bollinger generously served as the Race Committee Chair.



More Pictures From the 2017 Charity Regatta



Cruiser winners. 1st Ben and Val Askren, 2nd Brad and Donna Leslie, 3rd Lou Trost and crew.

Daysailer winners. 1st Thomas Bollinger, 2nd Kaye Arnold, 3rd Dale Sturm. Also pictured are Psi Iota Xi members Phyllis Cunningham and Judy Lopez.



Special Thanks to all 2017 Charity Regatta Sponsors. Among them are: Sarah Marshall, Kroger; APD Inc; Bank of the Bluegrass; Carol and Bob Case; Juanice Gillespie and Dennis Hacker; Stan Kerrick; Bill and Charlotte Lubawy; Stan Pollack; Sewell Mountain Sailing Association; Traditional Bank; Sally Shafer; Brad Williams; Wyatt, Tarrant & Combs LLC; Chris Bollinger; Carol and Rick Bailey; NetGain Technologies; and RPS Employees.

Special Message from the Commodore Regarding CRSA By-Laws Changes

Dear CRSA Members,

As times change and organizations evolve, periodically we must update our bylaws to reflect new needs and procedures for our club. The Executive Committee (EC) has approved the following changes to the CRSA bylaws, but they must also be approved by the general membership.

Our main objectives were to:

- * Allow electronic or on-line voting (such as via email)
- * Better define what constitutes a 'quorum'
- * Add two new voting positions to the EC: Adult Sailing Director and Past Commodore

The proposed changes are reflected below: **Red** highlighting indicates verbiage that will be deleted from the bylaws; **Yellow** highlighting indicates verbiage that will be added to the bylaws.

The general membership will vote on these amendments to our bylaws at the annual dinner meeting at the Lexington Country Club, Nov. 11, 2017 (see more information about the banquet on Page 1 in this newsletter.)

Sincerely,
Valerie Askren,
2017 Commodore

Bylaws of the Cave Run Sailing Association

ARTICLE I

This organization shall be known as the Cave Run Sailing Association, INC. (CRSA). Its location shall be Cave Run Lake, Morehead, KY. CRSA is a 501(C)4 organization.

ARTICLE II Purpose

Purposes for which the CRSA is founded are: to obtain, develop and maintain adequate sailing facilities and/or accommodations at and upon Cave Run Lake; to cooperate and counsel with the duly constituted authorities concerning the furtherance of the objectives and interests of the CRSA and the betterment of Cave Run Lake and its environs; and to promote the sport of sailing and to foster and emphasize a spirit of mutual helpfulness and courteous consideration among the members of the CRSA, and to promote safe and courteous boating of all types.

ARTICLE III Membership

1. All persons desiring to further the purposes of the CRSA shall be eligible for membership.
2. There shall be three classes of membership:

Regular: Any person desiring membership, upon making an application and paying the annual dues shall become a regular member. The regular membership shall include all members of the immediate family of the member; namely spouse, dependent children under the age of 18, and dependents 18 to 24 who are full-time students, all of whom shall be entitled to club privileges. However, voting members shall be those regular members age twenty-one or over.

Honorary: Honorary membership may be bestowed upon any person so elected by a majority vote of the Executive Committee. No dues shall be assessed to honorary members and they shall be entitled to all the privileges of a regular member except the privilege of voting or holding office.

Student: Elementary, secondary and full-time college students, ages 7 through 24 who are not included in a regular family membership. Student members are entitled to participate in education and racing activities. Parental or legal guardian permission will be required for those under 18 years of age. Student members do not have voting or office holding privileges.

ARTICLE IV Dues and Racing Fees

Dues and/or racing fees may be set by the membership at the annual meeting and/or by the Executive Committee, by majority vote. Annual dues shall be assessed January 1. Any regular member who fails to pay the annual dues by April 1 shall be dropped from membership. Members failing to pay racing fees prior to participation in the race or race series shall not be eligible to receive a trophy.

ARTICLE V Meetings

1. The annual meeting shall be held in November at a time and place fixed by the Executive Committee.
2. Executive Committee meetings shall be called by the Commodore or two other members of the Executive Committee, as needed to conduct the affairs of the CRSA between regular meetings of the membership.
3. Executive Committee meetings shall be conducted by Robert's Rules of Order except as modified by the ByLaws. **Electronic or on-line voting (such as by email) by the Executive Committee will follow the same rules as that required for non-electronic voting.**
4. Regular meetings of the membership may be scheduled by the Executive Committee or upon a request by 25 percent of the membership.
5. Quorum: The number of **members of the Executive Committee and/or** regular members at any meeting shall constitute a quorum. **For all decisions made by the Executive Committee requiring a vote, a motion shall pass or fail with a simple majority of all Executive Committee members, but no less than 5.**
6. Ten days notice shall be given to all members of any meeting of the membership and a like notice shall be given to members of the Executive Committee of any meeting of that body.

ARTICLE VI Officer's Duties and Election

1. Commodore: The Commodore shall preside at all meetings of the CRSA and of the Executive Committee. The Commodore may appoint standing or temporary committees as may be desired, with the exception of the Race Committee. In addition, the Commodore may determine and/or alter the duties of the officers provided the same is approved by the Executive Committee.

2. Vice Commodore: the Vice Commodore shall assist the Commodore in all his duties and shall in the absence of the commodore assume his duties, and shall be responsible for organizing the Grand Annual Regatta.
3. Rear Commodore: The Rear Commodore shall direct the Racing Program.
4. Treasurer: The Treasurer shall have charge of all the money belonging to CRSA and shall keep an accurate account of all monies received and expended and of the paid-up status of the membership.
5. Secretary: The Secretary shall keep accurate minutes of all meetings and of the business transacted, and handle all correspondence delegated by the Commodore.
6. Harbor Master: The Harbor Master shall be responsible for the duties assigned to him by the Commodore and shall supervise and maintain all boats and other equipment belonging to CRSA.
7. Social Chairman: The Social Chairman shall be responsible for the development and implementation of the CRSA social activities.
8. Membership Chairman: The Membership Chairman shall maintain accurate membership records and in conjunction with the treasurer determine and record the paid up status of the membership.
9. Webmaster: The Webmaster shall maintain the CRSA website.
10. Cruise Director: The Cruise Director shall receive applications for proposed cruises, present proposed cruises to the Executive Committee for review and approval, and implement approved cruises within guidelines established by the Executive Committee.

11. Youth Sailing Director: The Youth Sailing Director shall organize and implement sailing instruction and activities for youth and children members of CRSA.

12. Adult Sailing Director: The Adult Sailing Director shall organize and implement sailing instruction and activities for adult members of CRSA.

13. Immediate Past Commodore.

ARTICLE VII Elections

Elections: All elected officers of the CRSA shall be elected for a term of one year beginning at the annual meeting in November. The Nominating Committee shall present a slate of officers at the annual meeting at which time nominations from the floor shall be in order.

ARTICLE VIII Committees and Their Duties

1. Executive Committee:
 - (a) The executive power and general management of the CRSA shall be vested in the Executive Committee.
 - (b) The Executive Committee shall consist of twelve members: Commodore, Vice Commodore, rear Commodore, Treasurer, Secretary, Harbor Master, Social Chairman, webmaster, Membership Chairman, Cruise Director, Youth Sailing Director, **Adult Sailing Director**, and the immediate past Commodore.
2. Nominating Committee:

A Nominating Committee of at least three Regular Members, excluding current CRSA officers, shall be appointed by the Commodore at least thirty days prior to the annual meeting. The Committee shall select and present a single slate of officers at the annual membership meeting.
3. Financial Committee:

A Financial Committee Shall be appointed by the Commodore to review the CRSA financial status at the end of each calendar year, and present the report to the Executive Committee.
4. Other committees as needed may be appointed by the Commodore as approved by the Executive Committee.

ARTICLE IX Amendments

1. Amendments to these By Laws may be enacted by a two-thirds vote of those present at a membership meeting, or vote of the membership conducted by electronic means.
2. Unless made from the floor at a membership meeting, notice of any proposed changes to these By Laws shall be included in the notice provided for any membership meeting of the CRSA membership.

ARTICLE X Nondiscrimination

The Cave Run Sailing Association is an equal opportunity organization that does not discriminate on the basis of gender, race, color, religion, national origin, age, creed, political affiliation, disability, sexual preference, or marital status.

Chuck Emrich Organizes CRSA Youth Sailing Program for 2017

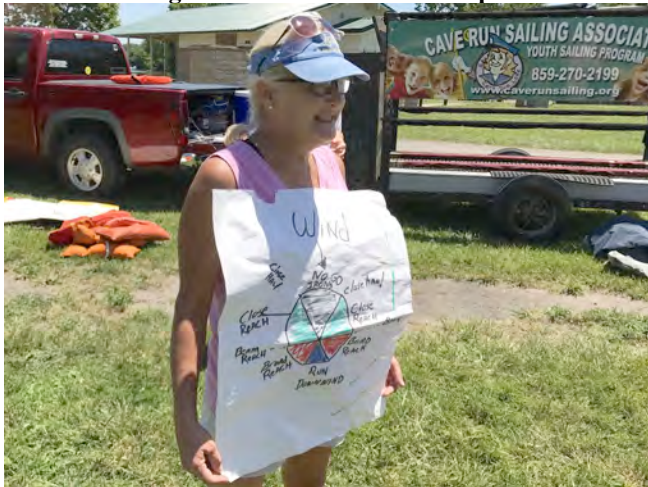
CRSA Youth Sailing Director **Chuck Emrich** organized and taught the 2017 Youth Sailing Program at Jacobson Park. Other CRSA Members who helped included **Al and Ruth Lawton, Bill and Charlotte Lubawy, Lou Trost and Kelly Glines**, among others. The program ran for 8 days in July and utilized the CRSA Opti Prams. It was a great experience for young sailors who became really quite proficient after the classes. A few adults even joined in the fun. Special thanks to **Chuck** and all the CRSA members who were part of the program.



Youth Sailors learned how to rig the Optimus Prams.



Al Lawton taught knots between water experiences.



Kelly Glines was the poster girl for Points of Sail.



The Opti Pram trailer provided some advertising.



The dock at Jacobson Park provided a gathering point.



In the middle of Youth Sailing a para-glider came by.



Al Lawton provided needed ballast.

CRSA Offers Girl Scout Sailing Camp for 2017

In July CRSA members worked with the Wilderness Girl Scout Council to offer a week long sailing camp. Charlotte Lubawy for CRSA coordinated the activity with the Camp Judy Layne director Sheri Powers. The program began with an introduction to on the water boating safety, rigging a sailboat, the points of sail and an introduction to why sailboats move in the water. Names of sailboat parts, tacking and gybing and introductory rules of the road were all covered in on land instruction. On the water activities started with capsizing drills, which were incredibly popular among the scouts. Counselors from the camp helped

enormously. A chase boat was provided by the camp maintenance director to make sure everyone would be safe in case of complications. Fortunately there were none. Scouts set up and tore down the three boats every day, sailed initially with an adult guide in each boat but quickly learned enough to sail on their own. Activities included sailing around marks and down the lake with the helm rotating among the scouts on each boat.

CRSA members **Bev and Ralph Merten, Annie Steinmetz, Charlotte and Bill Lubawy served as instructors.** Special thanks to them and especially to Steve and Di Morris whose help with logistics was invaluable.



More 2017 Girl Scout Sailing Camp Pictures



2017 CRSA San Juan Flotilla Cruise

Eleven CRSA members, ranging from new sailors to experienced hands, participated in an American Sailing Association flotilla based at San Juan Sailing in Bellingham, Washington in late June. We sailed on two late model 41' monohulls, each with 3 cabins and 2 heads. Dan Geiger was skipper on *Ardent* while Mark Breeden skippered *Wing Song*. Both had roller furling main and jib as well as chart plotter, auto pilot and bow thruster.

The flotilla had a total of 12 boats manned by crews from all over the U.S. as well as Norway. While the Pacific NW can have frequent rain, we enjoyed sun everyday with highs in the upper 70's and cool nights at 50 degrees. The first day brought 25 kn winds and we were able to get the boats to 9.7 kn speed over ground. The rest of the week had pleasant weather but light winds resulting in a lot of motoring. Tides were 13' and the resulting tidal currents required timing our journeys for favorable currents.

We visited 5 islands. Two stops (Spencer Split on Lopez Island and Pelican Beach on Cyprus Island) were at State parks. At both stops the CRSA boats rafted for the night. Our last stop for the week was at Pelican Beach where we hiked the trails in the rain forest and had a pot luck dinner on the beach with the entire flotilla.

The other 3 islands were quite different in that we were at very nice marinas with upscale amenities. At Victoria, we were docked in front of the Empress Hotel and close to the British Columbia Parliament Building where we had civilized breakfasts in the Parliament Dining Room. We explored the City for 2 days with a flotilla dinner several blocks from the marina.

We reentered U.S. waters at Friday Harbor on San Juan Island. That evening we strolled the streets of the modern resort town and resupplied at a large grocery. Rosario Resort on Orcas Island was centered around the hundred-year-old Mansion built by a mayor of Seattle. For dinner, both crews enjoyed a fine meal at the Mansion dining room overlooking the bay.

One of the attractions of this area is the wild life. We did not see Orcas as the pods were north of our location but we did see larger whales, seals and eagles.

On the trip to Seattle for our flight home, several of us stopped at Everett and toured the Boeing factory.

Dan Geiger, CRSA Cruise Director,
dangeiger17@gmail.com



Group At the Dock



Dinghy to Pelican Beach for a Party



Beach Party for all cruisers



Russell and Kathy Hoff relaxing

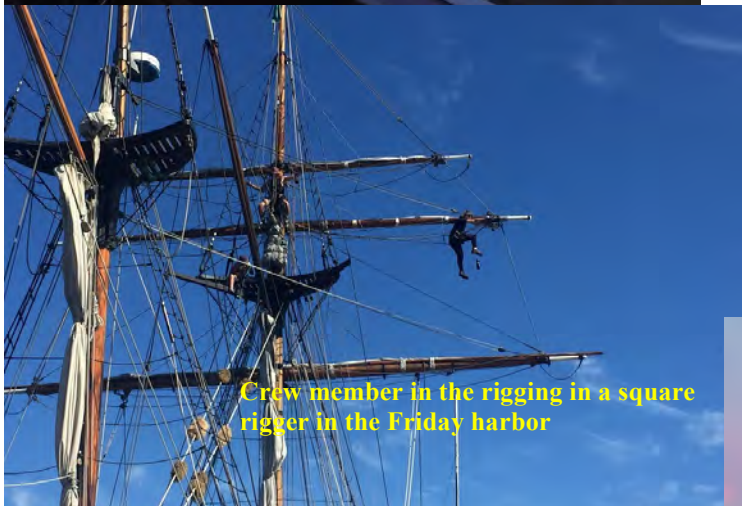
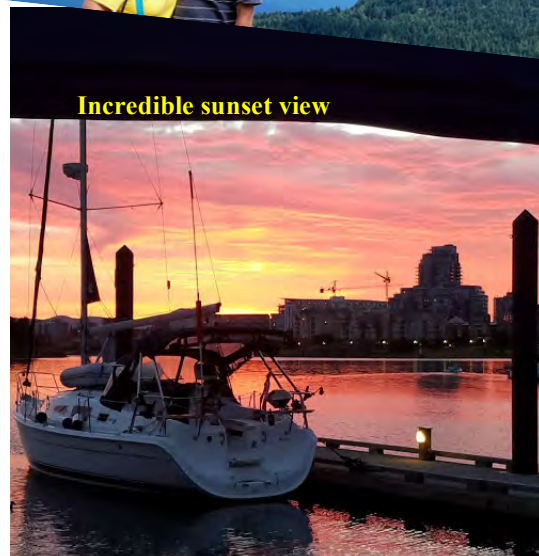


Dan Geiger checking charts.



Erin Haramoto at the helm of Ardent

More San Juan Flotilla Cruise Pics



Just a Few More San Juan Flotilla Cruise Pics



Stained glass window in
Parliament Building in Victoria



Dan Geiger with a Totem Pole at
Victoria

Additional Sailors Complete ASA Courses Through CRSA

Students Complete ASA Courses Cliff Hynniman taught and certified three students in ASA courses. Cliff (below and left in the left picture) taught ASA 101 to Clay and Gena Bigler. Val Luckyan completed ASA 103. The picture on the right shows the three students piloting Cliff's boat Finnish Line during the courses. Special thanks to Cliff and the other ASA instructors for continuing to teach the great ASA courses through the CRSA Certificate Sailing Schools.



Cave Run Team Competes in the 19th Annual 2017 Leukemia Cup Regatta

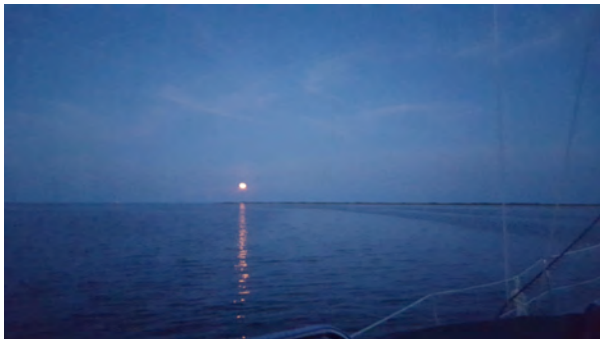
A team of 5 CRSA sailors sailed in the 2017 Leukemia Cup Regatta held in Deltaville Virginia on the Chesapeake Bay on July 8th of this year. Molly and Lee Sutherland joined myself, (Brad) and Donna Leslie on our boat, Grip Fast, in Wicomico Church, Virginia on July 6th. We left Ingram Bay Marina sailing south, early enough to make Donna's favorite anchorage, Little Bay, just before dark. We were treated to a beautiful full moon after a walk on the beach with the dogs.

The next morning, we sailed further South a few miles, crossed the mouth of the Rappahannock, and up the Plankatank where we found protected water to practice tacks, and downwind pole work. We ended the day at the Deltaville Marina where our team tactician, Dave Davison, joined us for the race the next day.

The Race was held on the Rappahannock near the mouth with a triangle course of three, one-mile legs, with the windward first leg across the tidal current, an added degree of difficulty that this lake racer never managed to deal with properly. There were 49 boats in the Regatta with 15 Cruisers, 6 in our class and 9 in the Classis Cruisers.

The balance of the weekend was spent relaxing and watching the PHRF Races the next day and cruising back to Little Bay for another gorgeous sunset. We sailed back North to our home marina on the Ingram Bay, off the Great Wicomico River the following day early enough to head back home to WV and Kentucky.

The Regatta was a huge success having raised over \$100,000 for the Leukemia and Lymphoma Society.



Moonlight view at Little Bay anchorage.



Due to excellent bowman work, exhibited here by Donna and Molly, and perrrrr-fect work on the jib winches by Lee, we made a good showing.



Left: Note the Cave Run Burgee flying proudly off the starboard spreaders.



Below: Grip Fast is the closest to the second mark in this photo. The mark is just to the right of the green can.



Dave Davison and Lee Sutherland are pictured in leis, center left at the shore party after the first days racing.



Yes, that is Gary Jobson, shaking hands and handing the trophy to a very happy skipper. Gary Jobson was the tactician for the US in the '77, '80 and '83 Americas Cups. He won two Emmys for his sailing productions on ESPN and PBS and is the national chair for the Leukemia Cup Regattas. He received the highest honor in US Sailing, The Nathanael G. Herreshoff Trophy.



Catalina 22 Class Winners: 1st Gary Allen; 2nd Chuck Emrich and 3rd Bryan Rettrbush.



Daysailor Class Winners: 1st Mertens; 2nd Donatellos And 3rd Bollingers.



Cruiser Class Winners: 1st Askrens; 2nd Leslie; 3rd Duncans. Also pictured on the right front row is the Women's Sailing Team of Molly Sutherland, Annie Steinmetz and Charlotte Lubawy.

2017 Grand Annual Brings 25 Boats and Includes the Catalina District 4 Regionals

CRSA Rear Commodore **Steve Morris** organized a superb Grand Annual Regatta. Everything from fantastic weather and great food to lots of boats. A delicious grilled pork chop dinner was cooked by **Al Lawton and Gerard Howell**. Tasty breakfasts and lunches were arranged and cooked by **Ben and Valerie Askren and Jane Howell**. **Bill and Charlotte Lubawy** handled on site registration. Past three time Commodore **Dave Davison** came in from Virginia Beach to serve as the Race Committee Chair. **Chuck Emrich** arranged for the Catalina District 4 Regionals to be part of the Regatta. Three races were sailed on Saturday and two on Sunday.

This year's regatta included the last minute but first All Women Crew with **Molly Sutherland, Annie Stienmetz and Charlotte Lubawy**. They had a great time and finished fourth out of nine entries in their division. Absolutely excellent sailing for a group of relatively new racers.



More 2017 Grand Annual Regatta Pictures



Even More 2017 Grand Annual Pictures



Final Page of 2017 Grand Annual Pics



ADBH Join Dinghies

This last picture (left) is not from the regatta obviously, but is from a recent meeting of the Dinghies. Joining them on this occasion was the ADBH, the Association of the Dinghies' Better Halves. You can see the groups required two tables, one in the foreground and one in the background. Dinghies meet Friday's at noon for lunch at the Cellar Bar on Lansdowne. CRSA members welcome.

Cave Run Sailing Association

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Lexington, KY 40588



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The MainSHEET

**This Issue of the
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The MainSHEET is published 4-8 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 and community service activities.

Membership Information can be obtained from Steve Morris at membership@caverunsailing.org.

The MainSHEET is edited, sometimes carefully and sometimes not, by Bill Lubawy. Please contact Bill for article ideas and or suggestions at Mainsheet@caverunsailing.org.

This issue of the MainSHEET has information on the November 11 Banquet, the Charity and Grand Annual Regattas, the Leukemia Cup and the San Jan Cruise. A big thanks to Annie Steinmetz, Dan Geiger, Brad Leslie and Katie Hoff for special material and photos.