

The MainSHEET V37 #7

“LINES” From the Commodore



Hello fellow sailors! I hope you have been able to enjoy this beautiful fall weather and some great sailing!

We look forward to seeing as many of you as possible at our Annual Business Meeting and Awards Banquet on Saturday, November 13 at Lexington Country Club. Fresca Leddy, our Social Chair, has done a great job working with the Lexington Country Club to be responsible and respectful given the current covid climate. Please read more about this event and the details in this newsletter and on our website.

There continues to be a lot of energy in the club and I know this MainSHEET reviews many of the summer and fall activities. One upcoming initiative I would like to share with you is a new **“Let’s Go Sailing – for women, by women”** series of sharing, learning and experiencing sailing.

Many of us have talked about this since pre-Covid. October 6 several club members including, Jeanne Harris, Donna Leslie, Diana Morris, Sally Shafer and myself met at Scotts Creek Marina to discuss the purpose, vision and mission of this initiative as well as our immediate next steps.

We all agreed the purpose is to inspire sailing confidence and camaraderie! We intend this initiative to be a go-to environment for women interested in learning, sharing and enjoying the



sport of sailing. Through this initiative, we will openly share, dialogue and demonstrate relevant and helpful sailing information and experiences with each other.

We also agreed that we would keep safety first, be welcoming and inclusive of all, and content will be shared in an open and experiential learning environment.

[Mark your calendar’s and plan to join us on Saturday, January 22, and Saturday, February 12 at 11-2PM at Scotts Creek Marina for the first two official sessions.](#) Be sure to pack a lunch and drink, there will be no food facilities at the marina.

Once spring comes, our plan is to be on boats and begin the real work of gaining confidence and building camaraderies!

I want to say a special thank you to **Jeanne Harris, Donna Leslie, Diana Morris and Sally Shafer** for their time and input informing this initiative!

Looking forward to a safe and healthy holiday season and 2022!

Molly Sutherland

Commodore@Caverunsailing.org

This was not an easy decision but after many suggestions and discussion we will endeavor to respect everyone's input to make this a safe gathering, so bring your mask, your dancing shoes and your wallet.

CRSA Business Meeting and Awards Banquet

with cash bar, dancing, and a raffle

November 13, 2021

6 - 10pm

Lexington Country Club
2550 Paris Pike Lexington

Business Casual with a Tropical Flair

Reservations must be in no later than November 5, 2021

Register on the CRSA Webpage: caverunsailing.org

Cost per person \$55

Menu Options include (Select One when you Register)

Blackened Salmon with warm Mango Chutney

Seared Breast of Chicken with Coconut Curry Cream

Jerk Braised Short Ribs with Cilantro Chimichurri

or

Curried Zucchini Fritters with Coconut Curry Cream

Each entree comes with Iced Tea, a side salad, Whipped Sweet Potatoes,

Roasted French Beans,

Vanilla Cheesecake with Citrus Marinated Berries

and Coffee



**Have Fun
Join Us**



Fresca and David Leddy Host First Annual Commodore's Tea

The July 25th Commodore's Tea was a wonderful event hosted by **Fresca and David Leddy** and attended by almost 40 CRSA members and friends. Manly Beer was available along with Mimosas, iced tea, lemonade and a large variety of delicious snackies. Check out the monogrammed cookies pictured below. They were great, along with all the other food provided. Special thanks to **CRSA Social Chair Fresca Leddy** for all the hard work to make the Tea such a pleasant time and wonderful success.



Fresca and David Leddy served as superb hosts for the Commodore's Tea.

More Pictures From the Commodores Tea







Helping with all the logistics were the Leddy Grands. They obviously completed a course of “Good Hosts in Training” with flying colors.

These are those monogrammed CRSA cookies mentioned earlier. So neat!!



Some General News

CRSA/Theta Nu Present Charity Regatta Funds to Hearing and Speech Center



CRSA Commodore Molly Sutherland and Theta Nu President Donna Carrithers of Psi Iota Xi present a \$4,300 check from the proceeds of the 2021 Bluegrass Charity Regatta to Colby Ernest, Associate Executive Director from the Hearing and Speech Center. The Charity Regatta co-sponsored by CRSA and the Theta Nu chapter of Psi Iota Xi philanthropic sorority is held annually. The check was presented at a picnic dinner organized by Theta Nu members Carol Bailey, Phyllis Cunningham, Donna Carrithers and Tammy Winkle. Absent were Judy Lopez and Juanice Gillespie.



ABC Announces Free Boating App

A free boating app (pictured above) for your phone is available from America's Boating Club by downloading from either the Apple Store or the Google Play Store. When you go to either store make sure to enter "America's..." with the apostrophe s. Try it.



Meet our two newest ASA-101 certified sailors!...Tom Howell and Scott Bryson. Tom and Scott had a beautiful and lively day on the water putting Ms. Kelly through the paces under a fresh breeze! Special thanks to Luke Adams for offering ASA 101 to new members.

Congrats to Brad Leslie

October 8th was retirement day for CRSA's wonderful and long-time Harbor Master, [Bradley Leslie](#). Brad retired from the West Virginia Department of Natural Resources. Everyone wish Brad the best in his retirement and hope to see Brad and lovely wife Donna on the lake a whole lot more.



Contrary to what they appear these are not Halloween decorations for Ben and Val. These are washed Sunfish Sails drying before being put away for the season. Thanks for the cleaning up guys.

Some More General News



Long time CRSA members Ruth and Al Lawton are shown at a dinner in their honor after being selected for a Lifetime Achievement Award by the Bluegrass Chapter of Americas Boating Club. Congratulations Ruth and Al.



CRSA still has a RC Boat Fleet that meets and sails most Wednesday's at Jacobson Park Lake about 6:00 PM. If you are interested email **Bill Jones** at KYWMJONES@gmail.com to get on the email list.

Social Chair Fresca Leddy Arranges New Member Social at Cave Run Lake

A group of about 25 CRSA members and friends gathered at Cave Run on the docks for a charity auction and social. About \$430 was raised for the Youth Sailing Academy. Several members brought their radio controlled boats and lots of people took turns remote sailing. It was a grand time. Thanks to **Fresca** and all the individuals who attended.



Chuck Emrich and Lou Trost Organize Youth Sailing Programs in July

With lots of help from CRSA members and Youth Sailing parents **Chuck Emrich and Lou Trost** again provided a great youth sailing program. Sailing instruction utilized Optimus Prams and Sunfish boats for younger sailors and for teen sailors. The programs were offered on eight days over four weeks at Jacobson Park Lake in Lexington. The last day featured a "Pirate Day" complete with pirate costumes, squirt guns, pirate doubloons and pirate pizza. Each student received a "Certificate" at graduation.

Helping at the events were CRSA members **Valerie Askren, Dale Sturm, Charlotte Lubawy, Graeme Wilson, Tom and Fran DiAndrea, Roy Wagner (New VP for Youth Sailing) and Cory Williams (New YS Parent Rep).** Special thanks to ALL parents and helpers!





Older MainSHEETs are available on the CRSA website, caverunsailing.org. No need to save copies unless you want to. You can look all of them up easily at the bottom of the homepage. ALSO: There is a Caverun Sailing Association group in Facebook. Open Facebook and look in the lower left hand corner for shortcuts.

2021 Grand Annual Regatta Held First Weekend in October

CRSA Vice Commodore **Steve Morris** organized the 2021 Grand Annual Regatta that had a nice big group of captains and boats entered. There were 22 boats competing in three classes; six Sunfish, five Daysailers, and eleven Cruisers.

The race committee was **Don Harris**, PRO, and his partner **Mary**. **Don** is a US Sailing certified race officer and the father of **Steve Harris** who was our PRO several years ago. **Lee and Molly Sutherland** also helped on the committee boat and assisted keeping track of race times. **David Morgan** operated the chase boat and set marks using **Steve Morris'** pontoon boat.

Absolutely delicious food was cooked up by **Steve and Diana Morris**, and **Ben and Valerie Askren**. The **Askrens** provided a wonderful breakfast of Eggs Benedict on Saturday morning. Lunch Saturday was make it yourself bag lunch to take on the boats during the races. Dinner Saturday evening was provided by the **Morris**es. The main course was herb crusted roast pork loin accompanied by green beans cooked with new potatoes, corn on the cob, salad, bread, with cupcakes and cookies for dessert. Goodness it was delicious and ranked 5 out of 5 stars. All left over food was donated to Christ's Kitchen in St. Albans W.Va.

After dinner music was provided by **Amos Hopkins and two of his friends**. Everyone really enjoyed the music.

A hot breakfast was also planned for Sunday morning, but it was a "dark and stormy morning." Due to the inclement weather everyone had to settle for donuts and pastries. On Sunday morning there was a torrential rain storm with the forecast of thunder storms and gusty winds during the day. Out of an abundance of caution **Don Harris** and **Steve Morris** decided that for safety sake it would be prudent to cancel the racing for Sunday. This was a difficult decision but because half the fleet were daysailers and Sunfish it would be best to be cautious.

Steve Morris ordered nice tee shirts and that were well received. Several were left over that will be offered for sale, at a discounted price, at the Awards Banquet on November 13th.

Trophies for the winners are Blenko Water Bottles for the Daysailer and Cruiser Classes, and Gift Cards for the Sunfish Class. Those trophies are being mailed to the winners. A picture of the water bottles is included in the attached images.

Congrats to all the winners who included:

Daysailers 1. Chris Bollinger
 2. Tony Stansbury
 3. Kaye Arnold

Sunfish

1. Emma Askren
2. Joy Huntley
3. Hayden Westfall

Cruisers

1. Chuck Emrich
2. Mark Breeden
3. Brad Leslie

Despite the weather problems on Sunday it was a wonderful time for sailing. Special thanks to **Steve and Diana Morris** and **Ben and Valerie Askren**, and all the other CRSA members and friends who did SO much work to put on the regatta, sail and party afterwards.

And thanks to **Luke Adams, Thadd MClung** and **Steve Morris** for the pictures below.





Special thanks to **Luke Adams** who power washed the Committee Boat and had it sparkling for the Grand Annual Regatta.



Down The Lake Race Was Picture Perfect

In the middle of September this year Rear Commodore **Mark Breeden** changed the races scheduled for the day from the regular three races around the marks to a down the lake race. The day was bright and clear. The winds were fresh. It was a perfect sailing day. The fleet left the main pool, sailed through Tackers Alley to the secondary pool, turned around by the bouys and headed back. The total course was somewhere between six and ten miles long without including extra distance for tacking. Below are some pictures from the day. The incredible thing about the race was after sailing all that distance **Chris Bollinger, Mark Breeden and Chuck Emrich** came to the finish line within a couple of boat lengths of each other, even overlapping. What a grand day.



Pictured above are some CRSA Dinghies in their new formal attire on Cliff Hynniman's "Finnish Line" after a weekend cruise on Kentucky Lake.

Thanks to Jon Ware and Luke Adams the Chevy Chaser did an article on CRSA in one of their summer editions. Reprinted below (with permission) is the article written by Liz Carey with photos by Jonathan Hampton.

SAILOR'S DELIGHT

CAVE RUN SAILING CLUB PROVIDES
A HAVEN FOR SAILING ENTHUSIASTS
LIVING IN A LANDLOCKED STATE

STORY BY **LIZ CAREY**
PHOTOS BY **JONATHAN HAMPTON**

Not many people associate Central Kentucky with sailing. But for the Central Kentuckians who are members of the Cave Run Sailing Association, the area offers plenty of opportunities to set sail.

Established in the late 1970s, the Cave Run Sailing Association started off as just a few friends getting together to go sailing. Now, says Molly Sutherland, commodore of the group, more than 200 members, many from Lexington but some from as far away as West Virginia, regularly travel to Morehead, Kentucky, to sail on Cave Run Lake.

"There's just such great energy in the club," she said.

The group's members get together not only to sail but also to spend time with one another, learn about sailing and have fun, Sutherland said. Membership perks range from social gatherings during the off-season to organized destination cruises during peak season.

"We're a non-profit that's all about promoting the fun of sailing," she said. "You don't have to have a sailboat to join – just an interest in sailing."

Over the course of the sailing season, the group gathers at Cave Run Lake for regattas and a handful of other events. This year's 34th Annual Bluegrass Charity Regatta took place in May and raised money for the Hearing and Speech Center in Lexington; another regatta will take place the first weekend in October.





Cave Run Sailing Association member Jon Ware (left), a relative newcomer to the sailing world, joined the association in 2018. He is pictured at left at the recent Bluegrass Charity Regatta on a sailboat owned by club member Luke Adams (pictured below).

PHOTOS
BY JONATHAN
HAMPTON

From May 1 to Sept. 1, the group hosts the Club Racing Summer Series, a casual competition. Members of the group say even if you're not good at sailing, racing can be a good exercise because it teaches you so much about sailing. Sometimes, boat captains will want to add additional members to their crews, which can give novice sail enthusiasts even more experience.

For those who don't know how to sail, the club provides great opportunities to learn, Sutherland said.

"We do offer American Sailing Association [ASA] 101 certification," she said. "And we offer advanced certification as well."

Once someone has an ASA 101 certification, they can charter one of the club's sailboats, she said.

The club offers youth sailing classes too. On Tuesday nights and Saturday afternoons in July, the Cave Run Sailing Association's Youth Sailing Academy provides an opportunity for kids ages 7-18 to learn the basics from experienced club members. Lessons take place at Jacobson Park utilizing small, non-motorized sailing vessels such as Optimis and Sunfish.

Club members have the opportunity to attend organized destination "cruises" once a year as well, she said. This year, a group of members will make their way to Tahiti, where they will board a handful of boats the club rents, each accommodating six to eight people. From there, the group will sail around the French Polynesian islands. Past excursions have included Greece and Key West.

"Out there, you're by yourself and you can hear the water. It's amazing experiencing that because all you need is wind and a piece of cloth."

JON WARE, CAVE RUN SAILING ASSOCIATION MEMBER





PHOTO BY JONATHAN HAMPTON

Cave Run Sailing Association members Jon Ware (left) and Luke Adams both appreciate the social aspect offered by the club, as well as the opportunity to further their knowledge and experience with sailing.

The club even has remote-controlled sail boat races at Jacobson Park.

"You can do as much or as little as you want to do," Sutherland explained.

For member Jon Ware, having the opportunity sail in Kentucky is one of the primary draws of the club. The majority of the sailing events are held at Cave Run Lake, he said, because it's the one of the few places in Kentucky where you can sail: The manmade lake differs from most Kentucky lakes because it isn't bordered by mountains allowing the wind to cross it.

"Out there, you're by yourself and you can hear the water," he said. "It's amazing experiencing that because all you need is wind and a piece of cloth."

Once a month at Jacobson Park, club members meet for Sunfish Socials where members can take Sunfish sailboats out on the lake and get together afterward.

In the offseason, the club still meets. Trip Tales allow members to gather and talk about their sailing adventures.

For Ware, the club is also a way to connect with others who love the sport of sailing.

"For some club members, their aspiration is just to go out sailing and spend time with their kids," he said. "But for others, it's a way to learn about the sport and get to meet other people. There are members who will mentor you and get you used to sailing.

"I've made some great friends sailing," he said. "Half of why I love being a part of the club is about the camaraderie and friendships I've made because of the club."

Memberships start at \$100, with a \$35 membership for students. Prices for sailing classes vary but include a one-year membership. For more information or to join, visit the club's website at www.caverunsailing.org. ■

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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 Luke Adams at Membership@caverunsailing.org.

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