

June 2020

FROM THE FRONT  
BEACHES AND  
VINEYARDS OF SICILY

FROM THE REAR  
WEIGHING THE RISKS

RACE REPORT  
SUMMER FUN

FEATURE  
ARE WE  
FOLLOWING THE  
COVID GUIDELINES?



SMALL YACHT SAILING CLUB OF OREGON

# STARTING LINE



*Nelly. (Photo by Anna Campagna)*

# FROM THE FRONT

**ANNA CAMPAGNA - COMMODORE**

In April's issue I wrote about traveling in Italy with nine members of my family. I have had a few people remind me that I promised to continue the story, so instead of chiming in on our current situation of racing during a pandemic, I'll harken back to what I was doing last October.

I have traveled to Italy often since I was in college (I led high-end bike tours in northern Italy for a number of years in my thirties), but had never ventured down to Sicily until last fall. It's a curse and a blessing to have family in Italy to visit (Rome and Tuscany), because if you set foot on the continent, they expect you to pay them a visit! The farthest south I had ever been was Bisceglie, where my father was born, a coastal town on the Adriatic in Puglia, the Achilles heel of "the boot" that describes Italy's contours. My Roman brother's wife has a family house in Sicily, a 16-room villa surrounded by grapevines, under the plume of Mt. Etna, with an ocean view. They had fixed it up and were renting it out, and strongly encouraged us to bring our family there for a lengthy stay. They swore up and down that Sicily is paradise, a very inexpensive place to travel, and we needed to experience it. We rented three cars to drive there.

If you want the pre-quel, look to the April Newsletter, where I described the start of our 3 week journey. Frankfurt to Milano by plane, rental car to Lago di Como to stay with a Chef-friend, fast train from Milano to Roma, a nice visit with family and a brief tour of Roma: the Vatican (always hire a guide to jump the queue), an epic walking tour of historic Roma (Piazza Navona, the Pantheon, Piazza di Spagna, Trevi Fountain, the Roman Forum...) a soccer game, fried artichokes at Trattoria da Teo in Trastevere being among the highlights. Then we made our way down the Amalfi Coast and the most amazing cascading stairway-to-seafood experience (Le Palme in Amalfi), had a brief stay at a palazzo (Conforti B&B), a search for the best gelato in Italy (tartufo at Pizzo), to the very toe of the boot where a ferry ride carried us from Reggio Calabria to our final destination, Catania, on the island of Sicily.



Above: Our Sicilian villa with Mt Etna and rainbow; a puffing Mt. Etna; Family photo in cucina; Piero & Nerina, our local contact

# FROM THE FRONT CONTINUED

Sicilia, despite being part of Italy, is a world apart. As soon as you arrive there, things slow down. It's warmer than the rest of Italy—even at the end of October we were in shorts and tank tops and having a dip in the pool before lunchtime. Sicilians speak a dialect that sounds more arabic than italian. But they code-switch to italian when talking to foreigners. They have strange customs, like eating gelato stuffed into a fresh brioche for breakfast. (Sorbetto di caffè or gelato of almond being the preferred flavor of champions.) Once we settled into our comfortable digs at La Vigna, we found a rhythm... wake up early, look north to see what Mount Etna is doing (quietly puffing a white plume of steam or spewing gray smoke and ash), walk along the west-facing terrace to survey the grapevines and lemon trees below, fix your gaze south to the sea to consider your options for an afternoon swim in the Ionian Sea. Start the espresso ritual. Send someone out for pastries. Think about your prospects for lunch - what day is the Farmers Market in Catania? Discuss the destinations for an evening aperitivo (cocktails), epic five-course meal, and plan a late night walk after dinner.



Swimming beaches—remember, this trip is unfortunately NOT sailboat-based! Most of the Sicilian coastline is rocky, and each beach is vastly different from the next - It could be small and quaint and pebbly under a steep hillside dotted with villas, or it can be vast and blissfully sandy with a view of a commercial port and oil refinery. It's good to consult your local expert for the best beach options. Of course you must consider the proximity to your house / quality of the view / easiest parking / options for a walk in a quaint village close by. I called our local contact and she recommended Giardini Naxos. From this beautiful spot we could see a tallship moored out - probably a tourist or teaching/research vessel. We paid a few Euros for beach chair rental and bathed for a few hours in a calm sea under the glorious autumn sun, watching a growing pile of cumulus clouds gather over the hillside village of Taormina. Not three hours later we found our way up to that same gorgeous Greco-Roman town and gazed down upon the sea from the perfectly preserved and rather chic main square, watching the thunderstorm strafe our coastline.



Clockwise from top: The beach at Giardini Naxos with tallship; Cefalú, seafood carpaccio; Anna & Phil with a view of a thunderstorm from Taormina; Sicilian fishing boat

# FROM THE FRONT CONTINUED



Cefalù; Siracusa; The stylish Marina di Ragusa

After a couple of days venturing out on day trips to explore (we ventured all the way down the east coast to Marina di Ragusa, and had an amazing experience in the baroque town of Ragusa “Ibla”, meaning a town built upon its own ruins), our rather large extended family was offered a rare opportunity to participate in the crush at a tiny local winery. Did we want to pick grapes for a few hours and sit down to a big meal afterward? We jumped at the chance to spend a day among the vines. What impeccable timing! I don’t think our host really expected us (the tourists) to work as hard as we did—picking grapes is not easy work in the midday sun. But friends and family and American travelers came together to dispense with the quickly-ripening fruit, working hand-in-hand. The kids picked grapes with crude but sharp hand-snippers. My twin and I carried baskets of fruit back to the shade of the veranda where our husbands, Phil and Bob (toolmaker and engineer), manned the de-stemmer. My older sister and her husband (professional photographers) documented the activities. Nerina, our local contact who invited us to this crazy winemaking party, really showed us a good time. She gracefully organized the multi-course lunch for twenty-five that was simultaneously baking in the oven and grilling outside.



Patrizia; Nerina; Phil & Bob de-stemming



The locals were amazed at our commitment to efficiency. The owner, *la padrona*, Patrizia, inherited the hillside winery, a few hundred meters in elevation, from her parents and they from their parents in turn. (Making wine since 1858!) Her modest house was simply amazing, with cove ceilings painted with botanical themes 100+ years ago. She seemingly had as much outdoor covered space as indoor, with a view of the sea. Part of the cellar was committed to a museum of ancient winemaking equipment made of wood and iron.

# FROM THE FRONT CONTINUED

The winemaker, (a family friend and a full-time medical doctor), surveyed the scene and directed the movement of grapes and juice and pomace. Did they make Grappa from the must (pulp and skin, stems and seeds)? Well, YES, and you can taste some after lunch!



Clockwise from top:  
My twin sister, Jane; my niece, Bex  
(as Bacchus); vendemmia group shot;  
lemon-leaf-wrapped polpetti; bella tavola

At this point in the trip, my translation skills seemed up to speed. But here we were, nine members of my family, dusty from working in the vines, now sidled up to a gigantic buffet. My family members wanted to know what was in this pasta dish, how did she make those lemon-leaf-wrapped polpetti, what do you call that crazy looking lettuce, what market did those amazing cheese-stuffed sausages come from? Nerina started a call-and-repeat chant as a toast, and everyone chimed in: "*Isa isa isa, Cala cala cala, Accosta accosta accosta: a salute nostra!*" ("Raise your glass, lower them, bring them closer: to our health!") We stood under the shade of Patrizia's veranda and ate this miraculous and simple food and drank last year's wine (Nerello Mascalese is *the king of grapes* in Sicily), proved our mettle by ending the meal with grappa, and mixed with the locals. Every 30 seconds, it seemed, someone would call out to me for a translation of some bit of conversation that couldn't be discerned with hand gestures. We were in a foreign place and in heaven, simultaneously. But I was a bit exhausted by the end of it, I must admit. And possibly three-sheets-to-the-wind. We brought home (to our abode back at Giluliano & Anna's place) three plastic 5-liter jugs of last year's vintage red, for which I think we paid 30 Euros. And we bought a case of Patrizia's organic grappa "Bachis", to bring back to America. If you see Phil and me out cruising on our big boat, Mira, flag us down, raft up, and have a taste of our grappa from Mt. Etna. It's simply stunning.

Anna Campagna

# FROM THE REAR

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**MICHAEL MORRISSEY - REAR COMMODORE**

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## Weighing the Risks

If we look back at ourselves 6 months ago, we would be surprised at the normalcy of our lives. It would have been hard to predict how the Covid 19 pandemic has changed our behavior on a daily basis and our relationship with our activities like sailing. For some of us lucky ones, we already sail with members of our household and so it was a relatively easy transition to going out on a warm evening for a nice sail with a spouse or family member. For others, especially the younger crowd, it is more of a decision of whether to engage some members of your social circle that normally sail with you. Decisions are made not only on a person's sailing/crewing skills but probably now include how well you understand their social circles and adherence to keeping contacts at a minimum. You may ask yourself, does everyone onboard understand the risks with COVID, maintaining social distancing when possible, and willing to wear a mask when necessary. Everyone has different risk levels and while there are standards/guidelines it is not one size fits all. For many SYSCO sailors, risks can be relatively high as the many members are over the age of 60, an age-group where the virus is most unkind. Therefore, we as a group should take extra cautions by avoiding others on the dock, sailing only with a few select folks, and resist the temptation of postrace beer sipping to talk over the race with old friends (we can always do it on Zoom). I think women are a bit more cautious than men and thankfully so. I know in my household that is true as I am often reminded about wearing my mask while on the docks, washing/cleansing my hands with ready wipes, and never invade another's space, masked or not. These are easy trade-offs for the joy of getting out on the race-course after a long sail-less spring. However, I found that there are limitations in helping the sailing season slowly open. Over the years my wife and I had raced several events, such as the Duel Bridge Dual, with just the two of us and felt comfortable with that set-up. Sailing together, without the usual crew, would not be a problem in most conditions. Due to some twists and turns in getting the season going, I also volunteered her for helping me with Pancho duties for the first Thursday night races. I clearly wasn't thinking this thing through and let the idea of a COVID-safe husband-wife team aboard Pancho be the determinant factor for volunteering. Since she never had been on Pancho, I thought it best to take her down to McCuddy's to look the boat over and go over the buoy-setting maneuvers. She seemed a bit pre-occupied at the tangle of buoy, line, rode, chain and anchors huddled together in the front of the boat and was a bit skeptical when I explained you should throw the buoy out first followed by the other gear in orderly fashion. I thought I had done a masterful job on of explaining of how simple it was but, in truth, some doubts crept into my mind and the possibility of Murphy's Law raising its ugly head.

# FROM THE REAR CONTINUED

**MICHAEL MORRISSEY - REAR COMMODORE**

I shouldn't have been surprised when I was nudged awake at 3 am Thursday morning as she had just experienced a realistic nightmare of getting entangled in the lines as she tossed the buoy overboard and sank to the bottom of the Columbia along with the anchor. "Why in Neptune's name did you volunteer us to do Pancho for the Thursday night race in the middle of a pandemic!?!?" was the question. I stuttered out a very unsatisfactory answer fully realizing that I had not balanced out the rewards-risks equation very well and tilted it too much in favor of the pandemic safety of having a husband-wife team onboard vs the safety of an inexperienced crew tossing out buoys in a raging current and possible high winds. In the morning, I came to my senses and had my son volunteer in place of wife, and we agreed on the use of masks, social distancing and duties. It went well, despite having to reset marks 2x due to unusual high water depth and a very fast current. Overall, it was a busy, enjoyable evening and it was great to see the fleets battling it out on the water.

So, if there is a lesson to be learned in this very unusual year, it is that safety on the water this year comes in two forms. The first is, as always, have the right boat skills to handle vessel, usually with restricted crew numbers, whatever the conditions. The second is, in the time of COVID, follow the Guidelines for keeping yourself, your loved ones and your sailing community safe.



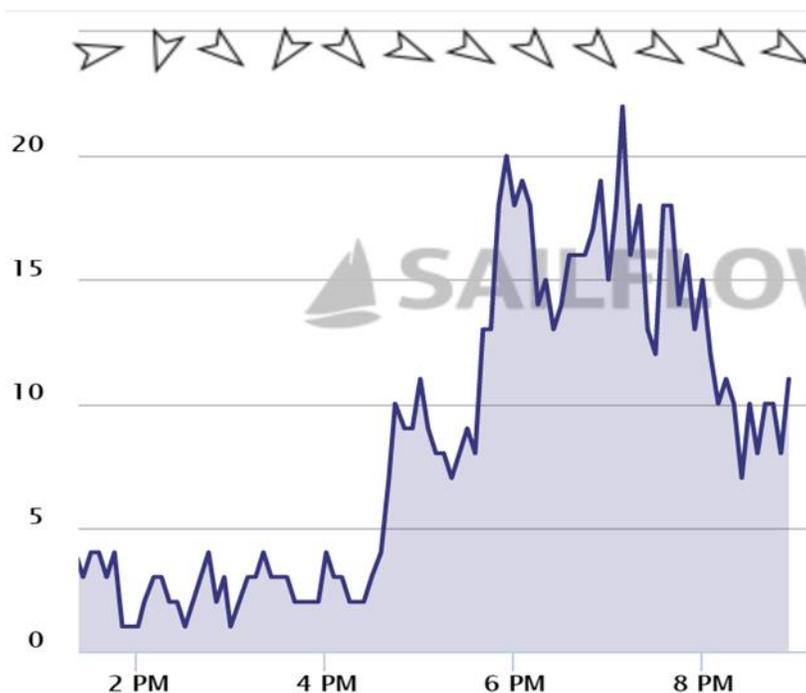
Pancho assistant: Tomas Morrissey

# RACING REPORT CONTINUED

**GREGG BRYDEN - RACE CAPTAIN**

We're Back!!! The SYSCO Summer Tuesday race on 2 June heralded the return of SYSCO racing on the Columbia. And boy did mother nature deliver. Winds were 20 MPH gusting to 25 out of the northwest. The river is high and current is raging. There was a forest of trees coming through the race course.

Despite most boats crewing short-handed the races went off safely albeit rather wetly. From Pancho, I saw a lot of masks being worn and good crew separation going on. Thanks to everyone for following the SYSCO race guidelines.



Sailflow data from Ryans Marine during the 2 June race.

I'm looking forward to more summer fun in this series. We have a whopping 37 boats racing Tuesdays and 56 boats competing on Thursdays. Many thanks to the SYSCO board and volunteers that made this series possible despite COVID and curfews.

Last Board Meeting SYSCO decided to move the SYSCO Single Hand Beer Can race to 11 July, the date originally set for the now canceled Grow the Sport race. The reason for the move to a later date is to give some time for the current and raft of wood coming down the river to subside so single handers can race more safely. Also, the social following the single hand has been canceled.

# RACING REPORT CONTINUED

GREGG BRYDEN - RACE CAPTAIN



J's on the course.

# RACING REPORT CONTINUED

GREGG BRYDEN - RACE CAPTAIN



A competitive start for the Rangers

# RACING REPORT CONTINUED

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**GREGG BRYDEN - RACE CAPTAIN**

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Racing the moon.

So, keep up the good work racers in following safety guidelines. Sail only if you can do so within your means with smaller crews and COVID encumbrances. Based on what I've seen so far, we are on track for running the Twilight Series as well.

Your Humble Race Captain,  
Gregg

# ARE WE FOLLOWING THE COVID GUIDELINES?

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# ARE WE FOLLOWING THE COVID GUIDELINES?

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# PYC SUMMER REGATTA SUNDAY, JULY 12, 2020



Looking for a regatta to fill your summer weekend and have some fun in the sun? July is one of the best weather months for sailing in Portland! Mark your calendars and plan to join PYC in our first regatta of 2020!



We will be using the Blue One Short-handed Sailing Rule developed by UK Sails — it utilizes the ten's digit of the hull length plus one in determining the number of crew allowed. In other words, up to 29 feet = 3 crew, up to 39 feet = 4 crew, and so on. This may change at any time if the city, state or county relaxes the rules. If so, we will attempt to email all skippers and will post a notice on the sailpdx notice board.

**Plan to join us after racing on Sunday afternoon at the PYC Bar and patio for a drink and Criers and Liars session. We will post results and award trophies at that time.**

Registration: [www.sailpdx.org](http://www.sailpdx.org) Deadline: July 10, 6 pm.

## **SYSCO Beer Can + Single-handed Beer Can Saturday, July 11, 2020 - 5 pm**

SYSCO welcomes all boats, sailors, family, and friends to a casual beer can race. SYSCO is also challenging sailors to compete in a singlehanded race that will start after the regular beer can race. Test your mettle in single-handed racing. After a first start for the less courageous boats, the second start will be for single-handed boats. Gather your fleet mates or skippers from similarly matched fleets and create some exciting boat-to-boat competition. Warning signal at 1700 hours. REGISTRATION: No need to register in advance. Pass by the committee boat before you start and tell them your boat name, sail number, and in which start you are racing. Be sure they acknowledge you. That's it.

# SYSCO BOARD MEETING MINUTES

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JUNE 1, 2020

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**Attendees:** Anna Campagna, Bruce Newman, Scott Stevenson, Gregg Bryden, Rick Samuels, Lynn Eastes, Warren Dalby, Michael Morrissey, Jan Burkhart, Steph Walker, Randy Poff, Phillip Martindale, Denny Damore, Steph Walker

**Call to Order:** The meeting was called to order electronically by Anna Campagna at 5:35 pm. This meeting was done remotely using Zoom.

**Membership Report:** Submitted by Jan Burkhart  
Three requests for New SYSCO Membership have been received.  
Please consider and vote.

1) Annette Fernandez-Madrid Associate Membership  
Carlton, OR

Volunteering for Race Committee.

2) Karen Feulner & Rene Emch Yamaha 33 SM  
"Cando"  
Vancouver, WA

3) Gary Brown & Lorena Beneteau First 35  
"Get Set Go"  
Aloha, OR  
Volunteering for Boat Show.

- After accepting the New Members above, 2020 SYSCO Membership stands at **95**.
- During May, SYSCO Membership received 5 renewals.
- Renewals: Frengele, Martindale, Bennet, Miller, Olmstead
- **84 Regular Members @ \$120.**
- **11 Associate Members @ \$25.**
- **95 Total SYSCO Members**
- NO Late Fee being added to memberships. 4 late fee Payments were reimbursed in May per SYSCO Board decision. \$40 total.

**Treasurer Report:** Scott Stevenson

- \$5298.00 in checking
- \$ 6488.00 in savings
- \$11,776 total cash
- We are \$3685 below budget, however, no Regatta Network income has been received yet
- We will not be spending \$5200 for trophies, so the budget will remain healthy.

**Racing report:** Gregg Bryden

- Discussion about possibly having to cancel the Tuesday race if a curfew is in place

# SYSCO BOARD MEETING MINUTES CONTINUED

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JUNE 1, 2020,

## CONTINUED

- We need to update the SYSCO website about what events are canceled (i.e. the barbeque)
- Gregg needs help with the Race Committee arrangements
- Gregg expressed concerns about sailors on big boats taking risks with having non-family member crew.

**Action:** Anna will send out an email blast about safety measures related to crew, etc.

- If people do not comply with our guidelines, we may have to shut down the racing. This is an experiment
- Courses will essentially be Buoy 14 and 2.
- Gregg will be out of town June 19-25 but will have everything arranged
- A total of 17 people are signed up to race but have not paid and do not have current SYSCO memberships
- For Tuesday night, we have 5 starts for 7 fleets. Thursday night has 6 starts
- No flags are used except for RC boat flags. All courses are announced over the radio. Participants without radios will have problems.
- We have permission to sail the Rose City outer dock and use it but not enter or use any of their facilities.
- We are still working on a security plan for Pancho and getting the keys out of the ignition.

## **Other Announcements**

- I-5 bridge North bound span will be closed for 10 days in September
- The Delta Cruise will be held on Saturday July 25<sup>th</sup> to the Martin Island Slew
- Unknown what RCYC events are happening
- No one is having trophies or parties
- SYSCO June 13 Single handed race – Needs to be postponed because of the high volume of water in the river right now. Since July 11<sup>th</sup> Grow the Sport cannot take place, the group voted to have the Single-Handed event on this date

**Action:** Single hand race rescheduled to July 11. **Need to advertise this event**

## **ASAP**

## **Race Clinic**

- Bruce did a great job with this clinic virtually. It was recorded

**Action:** Bruce to send to Kevin Shattuck for posting on the website

## **Discrepancies in Schedule and Race Notices**

- Gary Bruner found a number of discrepancies in the schedule and race notices.

**Action:** Anna and Gregg will discuss how to address this off line

# SYSCO BOARD MEETING MINUTES CONTINUED

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JUNE 1, 2020, CONTINUED

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## Other Business:

- Jan brought up a request that was made by a skipper for racing mentors from the SYSCO club.
- We cannot do this this year; however, we should keep this in mind for the Grow the Sport event in the future
- Todd Basham will talk with the Cal 27 skipper who made this request.

## Newsletter: Anna Campagna

- There is rarely any feedback about the newsletter for members
- Anna is soliciting stories for the next newsletter about how people are weathering the pandemic.
- Jackie stated that she often perused social media for both pictures and possible stories for the newsletter

## New Business

- The Ranger 20 Nationals in July have been postponed. They will be rescheduled for the same general date in 2021
- Jan suggested a “virtual” happy hour for SYSCO members. **No action was taken on this suggestion**
- Jackie and Bruce suggested a virtual Town Hall to describe how racing will work. This might be a better format so that people are not talking over one another
- SYSCO race clinic should be completed if we are going to have a Summer series.

## **No action was taken on this item**

Meeting adjourned at 6:47 pm