

MARCH 2022

FROM THE FRONT

[LINK](#)

FROM THE REAR

COASTAL FORAGING

[LINK](#)

RACE REPORT

DOWN 2 LOVE

[LINK](#)

MEMBERSHIP

CHAIR REPORT

NEW MEMBER

PROFILE

[LINK](#)



SMALL YACHT SAILING CLUB OF OREGON

STARTING LINE



Photo by Anna Campagna

FROM THE FRONT

GREGG BRYDEN – COMMODORE

The daffodils and plum trees are blooming. Boats are making their way back to the water. Opening day of the sailing season is nigh! While the Sailing on Sundays crowd stays sharp all winter we fair weather sailors may be a bit rusty. Time to get out and get your sea legs back. Practice to race—don't race to practice!

Speaking of practice, it's no coincidence that SYSCO puts on the Crew Overboard race each year in April. This year it's 16 April. A fun way to safely kick off SYSCO Racing. [Sign up and practice](#) your MOB skills before – St. Elmo forbid—you actually need to use them.



Who are these masked women? This year we hope to see their smiling faces in SYSCO races.

Feeling a bit rusty on rules, tactics, and racing in general? SYSCO has you covered. The SYSCO Race Clinic will be held in person at Willamette Sailing Club on 14 April. Email

Race_Captain@SYSCOSailing.org to register and get the location details.

Raring to go? The SYSCO Spring Series starts [Tuesday 19 April](#) and [Thursday 21 April](#). Get your fleet together and throw down the challenges!

More on all this and much more from our sister clubs is, you know, at the [SailPDX.COM Notice Board](#).

Fair Winds and Clean Starts!

Gregg Bryden

FROM THE REAR

ANNA CAMPAGNA — REAR COMMODORE

Coastal Foraging

Winter for me and Phil is not spelled S.O.S. We sail so many nights during the SYSCO racing season that when fall arrives and Sailing on Sundays comes around, we like to take a break. Bite Me, our J/24, gets pulled out of the water and spends the winter on the hard, and Mira, our cruising boat, is too slow to consider racing.

For us, fall is spelled C-h-i-n-o-o-k. We dust off our 14-foot Klamath fishing boat and hit the river just below Bonneville Dam or put in at 42nd St. boat ramp and do a little trolling along the Washington side. We sometimes do an after-work session, bagging one or two nice fish on a Thursday evening. It took a few years, but we finally got salmon fishing on the Columbia figured out.



A fishing boat, even a modest 14-footer, can take you places you can't easily get to with your J/24. Salmon River Estuary, with Cascade Head in the background.

We are foragers to the core. Consummate foodies, it just

makes us so happy to gather our own food, bring home the bounty and cook it up or prepare it for canning or freezing. It helps to be attuned to the rhythm of the sea, even though we live on land. We often plan our vacations around hunt-and-gather during optimal sea conditions. Phil is expert at researching negative tides (razor clamming, digging for cockles) and optimal high slack tides with not too much swing (crabbing). Bonus is when you can catch a Porcini mushroom or two while hiking around your camp site or spend a couple of hours harvesting Chanterelle mushrooms half-way to the coast. He has dialed in the system for renting Forest Service fire lookouts and coastal State Park yurts and tent sites. You must be super-organized and plan six- to nine-months in advance. The booking window often opens six months out, because acquiring these primo locations is very competitive. So he will, for example, look at razor clamming six months in advance and take into consideration negative tide (when the

FROM THE REAR

ANNA CAMPAGNA — REAR COMMODORE



A walk on the secluded beach at Three Rocks, where the Salmon river estuary flows into the sea, just below Cascade Head.

clams are accessible), location (Washington has better clamming because they control the digs more), low tide timing (because nobody wants to dig clams at two in the morning), and then find some cool spot to camp. A yurt in winter is clearly more comfortable than a tent site, because it is so often raining on the weekend you've chosen six months in advance. Here's a pro tip - find your weekend, and instead of shooting for Friday night, book it for Thurs-Fri-Sat, and then once you get it, you can cancel Thursday night, often without penalty.

So for this issue of Anna & Phil's Coastal Foraging Guide, I'm going to focus on crabbing.

Preparation and planning: Book your campsite, vacation condo, or bring your own RV. Research your craft on YouTube, talk to your brother-in-law, and flirt with local fishermen to discover their secrets. Figure out the best season to catch crabs, the most fruitful locations, and the timing of the tides. Oregon crabbing is said to be best in the months that end in an 'r', meaning fall and winter (October, November, December), but we are now well into February, and the bounty of the crabbing season is making headlines this year. Location matters. If you have a 14-foot boat, you're not crabbing in the open ocean, you're limited to the river estuaries. Some rivers are more fruitful than others. You can often safely set your traps right close to where the mouth of the river exits to the sea, but be aware that that spot may have a lot of current, which won't encourage a lot of crabs to find your traps.

Bait: There is a lot of discussion about types of bait, but in our experience, chicken legs work best. Many will swear by salmon heads and carcasses, but you only have access to those if you are a champion salmon fisherman, so... Go to Fred Meyer and buy a couple of giant Family Packs of chicken legs – 'nuff said. I bought a special "crab attractant" at Fisherman's Marine to rub on the bait, and I firmly believe that it works.

FROM THE REAR

ANNA CAMPAGNA — REAR COMMODORE

Timing: It is well known that crabs forage during slack tide, when they are free to move around easily. But many people don't know that the crabbing is often best two hours before high (incoming) slack tide, and at slack the crabbing totally shuts down. So don't think that you can launch your boat an hour before high slack, because it may be an hour to drive your boat from the boat launch to the mouth of the Nestucca River where it meets the ocean, and those folks who got there two hours before having already caught the best and biggest male crabs. Watch out - there are some very shallow stretches of the un-charted Nestucca.

Location: Safety is Number One. We have gotten more comfortable with our little 14-foot fishing boat, to the point at which we may have pushed the limits of safe boating. On MLK weekend we went to Astoria. It was a beautiful weekend, but the wind was a bit easterly. Easterly wind with an incoming high tide means big chop in the Columbia Bar. So there we were, ready to go Saturday morning at 9 am for a high slack tide at noon. We drove the short distance from our Air BnB to the Hammond boat ramp. It was foggy and windy and the chop looked somewhat fierce. We sat there in the warmth and hum of our 1995 Cummings Diesel and surveyed the scene. We were nervously stroking our beards... another fisherman came over and knocked on our window. He told us a tale about his 14-foot boat, and how he had been out earlier to set his traps and took every wave on the bow on the way back in... he suggested that we shouldn't go out. Too sporty for a 14-foot boat! We thanked him and heeded his advice, which led us to another adventure. We went for a walk.

We drove north toward Fort Stevens along Jetty Road toward Clatsop Spit and South Jetty. We stopped at Area C, where there is an observation tower that looks over the breakwater. In the parking lot we started a conversation with a super friendly Filipino guy named Hallie who was preparing several giant poles and stuffing the bait boxes of his crab snares. He said we should check out his "Backfishing" on YouTube, where he shows you how he makes his own crab snares. And Phil says, "Oh, right, I've seen your videos - you're a famous You-Tuber!"

Contingency Plans: If you don't have a boat, or the conditions are too rough, there are other methods for crabbing. You can pick up a crab snare or a book trap and do pretty well fishing from a jetty or a dock or a bridge. There are some estuaries that are shallow enough that you can wade in them and catch crab with a crab rake. **Technical aspects:** The daily limit in Oregon for one person is twelve, using max three traps per person. You can only keep male crabs, and they have a minimum size of 5-¾ inches in Oregon and 6" in Washington. (Turn the crab upside down and look at the shape of the plate to determine if it's male or female.) You need

FROM THE REAR

ANNA CAMPAGNA — REAR COMMODORE

to have a shellfish fishing license for Oregon or Washington, which are only \$10 and \$17.40 respectively if you're a resident, and a little more if you're a non-resident. It's more expensive in Puget Sound, so check WDFW for details.

Gear: You'll need at least one 5-gallon bucket to put your keeper crab into. You need a crab measuring device to determine if the crab is legal size. You'll want a small cooler in which to keep your raw and stinky bait. Latex gloves are really handy for baiting up your traps. As for crab traps, we like the square Danielsen because they're fairly light, they break down flat, and they are pretty efficient at catching crabs. There's the Crab Ring, which also stores flat, but it requires you to haul up the trap in a hurry to keep the crab from escaping. The Crab Book is an amazing invention to be used from a Jetty, bridge, a kayak or SUP, or even cast with a long pole off a beach. It's very small when closed, perhaps 12" square. You secure one chicken leg to it, made double-secure with a zip tie. When you cast or throw it out, it opens up flat, like an open book, and settles on the bottom. Wait 5 or 10 minutes until several crab are feeding on it, then reel it in quickly using a hand line or fishing pole (50# braided line) and it closes up around the crab.

Two good book traps go by the name of Crab Daddy or Crab Hawk. Be sure to buy the accompanying hand line wound around a piece of wood. We have deployed a crab book from the boat and attached a float to the hand line, but if there is a lot of current it can be carried away, so watch out. Besides a crab book, you can use a crab snare in the same way. It's basically a small bait box with loops of tough monofilament that snare the crab's claws when you reel it in. A crab snare works well off a jetty, where a crab book may be caught up on the rocks when you are reeling it in.



Book Trap in action. Two crabs caught inside the trap and three were hanging on the outside! That's why it's important to reel it up quickly.

FROM THE REAR

ANNA CAMPAGNA — REAR COMMODORE

Anna & Phil's Secret Spots: We have had great success at the Nestucca River. It's a beautiful place, easy primitive boat ramp, very safe place to crab. The last time we were there we caught twenty crabs a day. We have often worked the Salmon River estuary and gotten only 7 or 8 keepers, but what a gorgeous place! You can put your traps in place and then beach your boat on river left and take a walk on the beach and be the only soul out there, save the herons and harbor seals. The view of Cascade Head and Three Rocks is amazing.



Placing traps in the Nestucca River right near the mouth of the ocean. The Nestucca is a serene and protected estuary.



Two big keepers.

Whalen Island is a terrific place to camp and hike. You can catch crab off the bridge easily with a book trap and pluck them while wading in the estuary with your bare hands or a crab rake. It's a great place to bring kids.

<https://riptidefish.com> for tips on where to go in WA

Great hardware/outdoor store south of Tillamook is Roseburg's. Also fishing gear and some crabbing equipment is available at Wheeler Marina.

Near Brighton, Jetty Fishery will rent you crab rings and let you crab from their dock. \$15 per trap. (You may not bring your own traps to fish from their dock.) They will also rent you a boat to go crabbing, as will Kelly's next door, which also rents tiny cabins \$80/night. Kelly's Brighton Marina is a total scene - They will cook your crab for no extra charge, which you can eat in their picnic area. If you don't want to do

FROM THE REAR

ANNA CAMPAGNA – REAR COMMODORE

your own fishing, they have an outdoor restaurant right there on Nehalem Bay and will serve you up a whole crab on a plate – what an experience! South of there toward Garibaldi I have used a book trap off of the 12th st jetty to some success. After they stop biting there, move to Bar View and fish off the jetty. (Park by Pizza/store). You can only use book traps or crab snares here. Between Brighton and Garibaldi Phil and I found a spot for surf perch fishing and crabbing off the beach and jetty at Nedonna Beach – cool place full of driftwood!



Now that is a trap full of crab! One guy is so big he's off the chart.

Boaters looking to find Dungeness Crab within Grays Harbor should focus on the area around the Ocean Shores and Westport Jetties, Half Moon Bay near the Westport Harbor and off Damon Point near Ocean Shores. Randy at Dennis Co Hardware in Raymond near Grays harbor Washington said to catch crabs off the jetty at Tokeland.

Where are we off to this weekend? We'll be taking our little fishing boat to Newport, and staying in a South Beach State Park yurt. We plan to lay our crab traps in Yaquina Bay and then try to catch some herring! Not only do they make great salmon bait for later use, they are tasty, too.

Anna Campagna
Rear Commodore

RACING REPORT

DENNY DAMORE— RACE CAPTAIN

Down 2 Love

I don't play tennis. In my youth by the time I discovered the game I had already had two knee surgeries and although hitting the sweet spot on the racket was such a lovely feeling, it hurt too much to start and stop so I never pursued the game. But, goodness, do I love watching the pros at the highest level play. And so it was recently when I got up at 1:30 a.m. to watch the women's and men's finals of the Australian Open. Did you see them? Both matches were incredible. The women's winner, Ashleigh Barty, came back from being down 5-2 in the second set to win. She is the first Australian woman in 44 years to take the title. I suspect there was a little pressure on her to bring the title home as she stepped on the court. But she rose to the occasion; she persevered through the pressure and any doubt she might have had when looking at the score.

The men's was a whole different level of perseverance. Tennis scoring is one of the things that always baffles first time watchers. I won't digress into an explanation, but in tennis the term "love" means zero. The men's matches are best of 5 sets (win 3) and each set requires a minimum of 6 games. Rafael Nadal came into the match tied with Roger Federer and Novak Djokovic each having won 20 grand slam tournaments, the most of any



Photo by Mark McCuddy

RACING REPORT

DENNY DAMORE— RACE CAPTAIN

professional men's tennis player ever. (Serena has won 23 BTW, just sayin...). He was ranked 6th in world, and his opponent, Daniil Medvedev, was ranked number 2. Rafa, as he is called, is 35; Medvedev is 25. The stage was set.

In the match after an hour and an half or so, Nadal was down two love (2-0) having blown winning the set twice – once after being up 5-2 and second in the tie-breaker after also being up by two points. He was drenched in sweat dripping on to the court so much that the court volunteers had to come out and towel the court. Medvedev at 6 foot 6 looked like a cool drink of water with ice in his veins. I went to bed. (Quitter) I couldn't keep my eyes open any longer, and I thought the end was etched in stone given their respective performances. The age difference was just too much. The wheels didn't have it anymore. The shots weren't coming.

I got up in the morning to finish watching the match on replay, and yeah, you guessed it, Rafa came back and won the next three sets to win the Grand Slam! He now has 21 more than any other player, ever. The match ran 5.5 hours! And you think twice around the buoys is long.

The cliches are endless here. He dug deep. Grit. Pluck. Found another gear. And on and on. The point is he somehow never lost focus, never stopped playing every shot like it was his last, and never lost his belief that he could win. It was one of the most amazing athletic performances I've ever witnessed. He persevered, greatly.

So after 5 paragraphs what does this have to do with sailboat racing? We too are perserverers. I'm sure that's not a word, but I believe it applies to all of us who get into little floaty things with hankies hanging from sticks in the air to do "battle" on the water. Who are we? We'll bob around before a start waiting for who knows how long for the wind to come believing that it will soon arrive so we can start a race. We'll sit on the rail for hours in pouring down rain. We'll come home with multiple black and blue bruises over just about any part of our bodies but still have a smile on our faces. We'll keep racing even though we're in the way-back because we are absolutely sure that there will be a lull at the front, or a monster shift, or we'll bring new breeze so that we can catch up and pass the leaders. We are believers. And finally, unless the boat breaks or someone gets hurt and needs attention, we don't have quit in us, even if we are, metaphorically, down two love. We have pluck. We have grit. Maybe not as much as Rafa and maybe we step off the track once in awhile (see going to sleep above), but on the whole, we are a unique breed of athlete, and we compete in a totally unique sport. Need I say, don't you just love it?

RACING REPORT

DENNY DAMORE— RACE CAPTAIN

As you have noted already, this is a different kind of monthly column for me. It's not about what to do when someone is sailing over you or some crazy psychological reference like anticipatory regret. It's really just about the love of sport in general and our sport in particular. Even on those days when you look at your crewmate and without saying a word you know you are both thinking, "What the hell are we doing here?," you then get out on the water, the adrenaline starts pumping, and now you say, "Whoa baby, this is fantastic!"

You can tell I'm having difficulty putting a pin in it, but I guess the net-net of it all (a tennis pun perhaps?) is that I find myself so grateful that I have the opportunity to, week after week, get out on the water with a bunch of other folks who have that same competitive



RCYC Frostbite Regatta - Photo by Dena Kent

burning inside and who also crave the wind, the spray, the crosses, the sets, the douses, and the effort that makes sailboat racing what it is. This column is some kind of shout-out from me and SYSCO to say "Thanks" to each and every one of you for being out there showing those on shore that you're so-o-o down to love our sport.

Here's to a great season in 2022!

See you on the river,
Denny Damore
Race Captain

MEMBERSHIP REPORT

CARISA BOHUS – MEMBERSHIP CHAIR

Renew Your Membership! As soon as possible! Encourage your crew to get an Associate Membership! Support the Club and Volunteer! [Click Here to renew...](#)

New 2021 Member Profile



Our first NEW 2021 member, Ron Frederiksen shares his lovely Ranger 20, Mischief, and crew!

Ron introduces himself:

Back in the late 70's I was living in Spokane and saw a Ranger 20 at the boat show. It cost more than a new Honda Accord.... and I chose the Accord. All these years later, I found a great Ranger 20 in Priest Lake Idaho!

I have owned the Ranger less than 2 years and have been sailing and doing some upgrades. Very interested in racing although Patti and I are still working hard to become better sailors.

MEMBERSHIP REPORT

CARISA BOHUS – MEMBERSHIP CHAIR

I keep the boat year round at Tidewater cove marina. I usually take it out in December for maintenance. It is going back in the water this weekend.

Great to meet you, Ron! The Ranger 20 fleet is fun and friendly!



1Ron and his crew

Carisa Bohus
Membership Chair

SYSCO BOARD MEETING MINUTES

MARCH 7, 2022

Attendees: Gregg Bryden, Scott Stevenson, Melissa Cearlock, Phillip Martindale, Michael Morrissey, Don Schultz, Jan Burkhart, Bruce Newton, Denny Damore, Darren Knittle, Carisa Bohus, Rick Samuels, Anna Campagna, Mark Salholm Katie Braun, Cheryl Watson and Sloan Kimball.

Call to Order: This meeting was called to order electronically via Zoom at 5:30 pm.

1. Commodore's Opening Remarks

- a. **Race Clinic** – The OCSA Race Clinic went well and looks like we might have several new volunteers for Race Committees – April 14th is the SYSCO Race Clinic—still considering location if in person.
- b. **Trophies** – Series and race trophies at BBQs. Want to do the sportsman award early. Possibly have a dinner with board leadership and winners.
- c. **Website** – discussion about moving it. Was down during the boat show. Had poor service from provider. Moving to GoDaddy for hosting. Starting the process of building new site based on WordPress. Columbia River Sailing Association has a great site – using it as a base for design.



RCYC Frostbite Regatta - Photo by Dena Kent

2. Membership Report

- a. **Membership** – 65 Regular and 7 Associates – 72 Members. As of now.
- b. **Ron Fredrickson New Member** – Ranger 20. Approved unanimous.

3. Treasurer's Report

- a. **Balances** – Checking Balance \$9,441.42. Reserve Balance \$13,868.13. Total Cash \$23,309.52

SYSCO BOARD MEETING MINUTES

MARCH 7, 2022

- b. **Insurance** – We will begin to look into combining insurance agencies with the group of sailing clubs. Likely a discussion at OCSA. This will be brought up with OCSA.

4. Race Captain's report:

- a. Looking all ship shape. All notice of races are uploaded to regatta network – so available on website. All are based on US Sailing recommended format.
- b. Pancho is looking good – we primary and back up Engineers.
- c. ISC meeting went really great. 30 members in their Performance Sailing group. ISC is planning to run their J24s in our racing all summer.
- d. Still looking for a Tuesday Wrangler.



RCYC Frostbite Regatta - Photo by Dena Kent

- e. ISC – will provide at least 1 race committee.
- f. New Auto-Horn needs continuous charging – looks like Pancho moorage provides power we can use.

5. Fleet Reports

- Fleet 1 – J-105, Melges 24 – Doug Schenk?
 - No report
- Fleet 2 – PHRF A & B – Open
 - No report
- Fleet 3 – PHRF C, D and Level – Tom MacMenemy.
 - No report
- Fleet 4 – Martin 24 – David Paul will be back 3/10 to discuss
 - No report
- Fleet 5 – Merit 25 – Michael Morrissey and Bruce Newton
 - Fleet is growing - 2-3 new owners
- Fleet 6 – J24 – Anna Campagna
 - No report
 - ISC is new to this group and we are working to incorporate into J24 forum.

SYSCO BOARD MEETING MINUTES

MARCH 7, 2022

- Fleet 7 – Cal 20 – Cheryl Watson
 - Regulars are back – looks to be net same # of sailors.
- Fleet 8 – Ranger 20 – Jacky
 - Nationals hosting is on track
 - OWSA is actively in the fleet
- Fleet 9 – Catalina 22, Venture 21 – Katie Braun
 - No report
- Fleet 10 – Cruising Smaller Boats – Mark Salholm
 - No report



RCYC Frostbite Regatta - Photo by Dena Kent

Other Business –

- a. Newsletter always needs pictures and article writers. Please reach out.

6. Adjourned at 6:17

Respectfully submitted –

Sloan Kimball

SYSCO Secretary