

Three Sheets in the Wind

THE MONTHLY NEWSLETTER OF THE LITTLE SHIPS FLEET YACHT CLUB
(ESTABLISHED IN 1937)
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Commodore's Report

Chris Layne



Greetings LSFYC family!

If you haven't heard, I became a new dad on September 16! My wife and I welcomed our little (big) boy, **Elijah Deland Layne**, weighing in at a whopping 10lb 10oz! These past few weeks have been a whirlwind and have made me realize how much being a new dad is like sailing.

Both sailing and being a new father are experiences rich with challenges, learning, and profound moments of joy. They share surprising similarities that illuminate the essence of personal growth and responsibility.

Sailing requires a keen understanding of wind patterns, tides, and navigation. New fathers also find themselves in uncharted territory, learning the intricacies of caring for a newborn. Both experiences require adaptability; sailors adjust their sails to changing winds, while fathers must navigate the ever-shifting needs of their infants.

In sailing, having a reliable crew is essential. Partners, friends, and family members play vital roles in ensuring a safe voyage. Likewise, new fathers benefit immensely from support systems. Whether it's a partner sharing responsibilities, family providing help, or friends offering advice, having a crew makes the journey more manageable and enjoyable.

Sailing and being a new father are journeys filled with unpredictability, learning, and joy. Both require patience, preparation, and support, as well as the ability to adapt to changing circumstances. Whether navigating the open seas or the challenges of parenthood, each experience offers invaluable lessons in resilience and love.

Cheers,

Chris Layne

LSFYC Commodore

Fleet Captain

New Papa





Vice Commodore's Report

Lara Arambula



Ahoy Little Shippers!...

As we usher in October, we reflect on a fantastic September, highlighted by our successful "Clean the Bay Day." Thanks to all who participated, we made significant strides in preserving our beautiful waterways. Your dedication to maintaining the health of our bay is truly appreciated. Local sailors and passerby's were impressed with and grateful for our work. Thank you to **Rob and Kelly Sonz**, and **Chris and Ginger Layne** for providing some excellent donuts for us all before heading out. Our next Clean the Bay Day will be in the Spring. I hope we can grow attendance and make it the best one yet!

I recently spent some time aboard my mom's Duffy boat in the Channel Islands. She keeps it in tip top shape and the serene views and crisp ocean air are always welcome, and remind me of the joys of boating. Duffy boats are such an easy and great way to enjoy local waters and they can be rented right here in Alamitos Bay. I encourage everyone to take advantage of these beautiful fall days and explore our local waters, and if you're up for a small adventure, gather some friends or family and rent a Duffy boat! Anyone interested in a LSFYC Duffy cruise? If so, we can make it happen!

A big welcome aboard to our newest member **David Cunningham** of Long Beach, sponsored by member **Bob Bond**. Dave brings great enthusiasm to the club and is excited to get involved and participate in club activities. Welcome Dave!

Also, a big welcome to the arrival of baby Layne. Congrats to Commodore Chris and Ginger on the birth of their first child. Wishing you both peace, patience, good health and joy as you navigate this new chapter in your lives!

Sunday, December 8: Our annual **Holiday Brunch** at Acapulco restaurant.

Sunday, January 26: Our annual **LSFYC Officer Installation dinner** at The Boathouse on the Bay in Long Beach. These events promise to be fun and festive, but please note that seating is limited. Keep an eye out for invites in the coming months and be sure to RSVP.

Seeking Rear Commodore Candidates for 2025!

As we have enjoyed some success this year, we would like to continue the success for the next year 2025. So we are now soliciting candidates for the position of **Rear Commodore** for the 2025 term. If you are interested in contributing to the leadership and success of our club, or if you know someone who would be a great fit, please reach out to any of our current Flag officers including Chris Layne at layne83@gmail.com, Lara Arambula at tk2fly@yahoo.com or Dominic Arcelin at domarcelin@gmail.com The sooner the better! Your involvement is crucial for the continued growth and vibrancy of our club. Contact me for further questions or info at tk2fly2@msn.com or 714-813-1231cell

Lara Arambula
LSFYC Vice Commodore
"Carpe Diem"



Rear Commodore's Report

Dominic Arcelin



Ahoy Little Shippers!

Spooky season is upon us! Although the weather still feels like summer is in full swing, giant skeletons and werewolves are popping up all over my neighborhood. The good news is that we have a couple of great events this month down at the shed where we can all get together and enjoy the 'fall' weather! Saturday, **October 12th** we are having another **Pancake Breakfast** which is always a wonderful time and a great way to help raise money for the LSFYC racing program. **Saturday, October 26th is the Shipwreck Halloween Party** which will be held at Navy Yacht Club. I can't wait to see everyone's best costume and to boogie down like the bogeyman. Keep an eye on your inbox for event flyers!

I would also like to mention that the 31st annual Linda Elias Memorial Women's One Design Challenge, or LEMWOD, is right around the corner. Friday, Saturday, and Sunday October 11th-13th is when the regatta will take place, featuring some of our very own LSFYC members! LEMWOD is considered the premier all-women yacht race on the west coast and the regatta raises money for the Linda Elias Sailing Scholarship Fund which promotes getting more people involved in sailing. For more information go to lbsailingfoundation.org.

Also, remember the America's Cup race! Well it happens again on the 12th in Barcelona, Spain between defender New Zealand and the challenger Britain's Britannia. Unfortunately, the USA entry from NYYC didn't make it thru the preliminaries.

If you're receiving this newsletter, you will also receive an email from me with a brief survey concerning events and things around the club this year. With 2025 fast approaching and as the 2025 Vice Commodore, I really want to get a head start on club events for next year! So if you wouldn't mind answering a few questions I know the club would really appreciate it.

Lastly, don't forget that the position of **Rear Commodore** is still wide open for next year as well! If you have any interest at all, or just questions about what that position entails please reach out to me, or any other flag officer or board member.

I would invite everyone to take a look at our [member's page](#) on lsfyc.org. If you have not already received the password, please reach out to S/C Frank Franco (lsfyclb@gmail.com), or any of the flag officers and we can provide you with it. If you aren't familiar with our website, this page gives you access to some critical information about our club. The member roster, some historical information, but more importantly our **Club Bylaws**. This is a great place to start if you're curious about getting more involved with the club, or becoming our next Rear Commodore!

Dominic Arcelin
LSFYC Rear Commodore



Gentle Yoga & Chair Yoga Class

LSFYC & NYCLB Members

Join us for a fun & feel good session

Class is led by LSFYC Secretary,

Sharmone LaRose

Saturday October 5th, 2024

10:30 am - 12:00 noon

On the lawn or Patio of Navy Yacht Club*

Sharmone is a Gerontologist with a M.A. in Behavioral Science. She has been an instructor of Gentle and Chair Yoga for more than 14 years.

Benefits of Chair Yoga

- Increased Flexibility. The ability to bend, twist, stretch, and move freely is important for more than doing yoga.
- Reduced Stress.
- Reduced Pain.
- Better Sleep and much more!

Suggested donation \$5.00. ~ Complimentary continental breakfast following class.

*Wear comfortable clothing, shoes, and bring a small towel.

Please sign up ahead of Class, it is very much appreciated ~ NYCLB.org.

Walk-ins are Welcome

OCTOBER, 2024



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 FRIDAY AT THE SHED	5 CHAIR YOGA
6	7	8	9	10	11 FRIDAY AT THE SHED	12 LSFYC PANCAKE BREAKFAST
13	14 COLUMBUS DAY	15	16	17	18 FRIDAY AT THE SHED	19
20	21	22	23	24	25 FRIDAY AT THE SHED	26
27	28	29	30	31 HALLOWEEN		

Once again LSFYC contributes to the marina community by stepping in to scour the Alamo Bay Marina docks for removal of bits and pieces of debris. Thanks to Comm Chris & Ginger and VC Lara for the donuts to start the morning.



On hand were SC Frank, Comm Chris, VC Lara, Kelly and SC Rob. Frank Geiger was on hand as well. (photo by Ginger)



Comm Chris with Little Shipper Ketty Cittario and member applicant Dave Cuningham.

2024 LSFYC Bridge

OPERATIONS STAFF

Commodore: Chris Layne

Vice Commodore: Lara Arambula

Rear Commodore: Dominic Arcelin

Treasurer: Robert Hughes

Fleet Captain: Chris Layne

Port Captain : Tracie Ichikawa

Secretary: Sharmone La Rose

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