

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

Lara Arambula



Ahoy Little Shippers...

With the summer season officially underway, we've already shared some fantastic moments on and off the water.

Volunteering at the Congressional Cup

This month began with a special honor—I had the opportunity to volunteer at the prestigious **Congressional Cup in Long Beach**. Known worldwide as one of the premier match racing events, the Congressional Cup brings together top-tier professional sailors for five days of intense, head-to-head competition in Catalina 37s. Hosted by Long Beach Yacht Club, the event is celebrated not just for its world-class racing but also for its spirit of sportsmanship and community involvement. As a volunteer, I got to witness the excitement up close and be part of the behind-the-scenes activities that makes this regatta so extraordinary.

Birthday Bash & Happy Hour Potluck

Back at the Shed, we continued the good vibes with our monthly birthday and happy hour potluck. Members brought an array of delicious dishes to share, and we raised our glasses to celebrate all the April & May birthdays. Thanks to R/C **Ruth De Raddo** for hosting this event. Photos p. 5.

Chair Yoga with NYCLB

The next day, we hosted our first joint wellness event with NYCLB —a relaxing and energizing chair yoga session led by our very own member and LSFYC Secretary, **Sharmone La Rose**. Though it was a small group, the participants enjoyed a refreshing workout with the most fantastic view from the lawn of the Navy Yacht Club. See p. x.

Reach to the Beach – Race Recap

Our signature early summer race, *Reach to the Beach*, was a resounding success! Though the race started off with barely a whisper of wind, the our nine determined entry teams stayed the course. Mother Nature finally delivered a steady breeze mid-race, allowing crews to show their true colors and competitive spirit.

Congratulations to **Team Raptor II** for taking home first place in PHRF A, followed by **Team Renegade** led by LSFYC's S/C **Ben Smith** in first place in PHRF B. It was an impressive showing all around!

Post-race, nearly 50 members, crew and friends gathered at the shed for a festive BBQ hosted by our very own Vice Commodore **Dominic**. His handcrafted burgers were grilled to perfection and paired beautifully with a refreshing homemade watermelon salad and freshly baked cookies. Thanks to S/C **Frank Franco** for providing the Committee boat *Cantamar*, to Jr S/C **Chris Layne** for being our CRO, and to the committee boat crew-new members **Dave & Gabby Bierman**, with **Lou Arambula** and myself. Photos p.6.

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Commodore's Report (con't)

California Boater Card – NYCLB Joint Event

In partnership with our friends at NYCLB, we hosted a successful joint event to help members meet the new California Boater Card requirement. Thanks to Captain Julie Coll, who led an engaging and thorough review session, attendees were well-prepared for the test. With her guidance, everyone walked away with a better understanding of safe boating practices—and peace of mind knowing they're in full compliance with state regulations. See photo below.

A heartfelt thank you to everyone who helped make May another memorable and successful month at the club!

Lara Arambula

Commodore, LSFYC





Vice Commodore's Report

Dominic Arcelin



Hello Little Shippers!

May marked the beginning of warm weather racing and LSFYC started the season off with entering and a strong showing at the *Walt Elliot Challenge* taking 3rd place overall. LSFYC members **Allie Tsai, Mark Ryan, Nick Santos**, and of course S/C **Chris Layne** were instrumental in the club's success on the water (see photos p. 5).

The LSFYC May 31 *Reach to the Beach* after race BBQ Burger Bash was a lot of fun and I would like to thank all the racers, crew, members, and officers that helped make it such a success. Our next *Beat the Heat* race event is Saturday, July 12th, so keep an eye on your email for the timing of the BBQ! You can enjoy the view of the finish line as the racers cross right in front of The Shed, and of course there will be plenty of food. It's the perfect opportunity to bring friends and family down and show them what the sailing community is all about!

With the warm weather finally arriving, we will also be hosting movie events at The Shed. Movie nights, potlucks, happy hours, and BBQ's, so if you see an email from any of the LSFYC officers don't forget to read it! As always, I welcome any suggestions for events or parties or activities that you would like to see happen at the club. Is there a particular movie we should screen? Is there a lawn game we should play? Reach out any time and let me know!

Look forward to seeing you all at the next event.

Dominic Arcelin
LSFYC Vice Commodore



Rear Commodore's Report

Ruth De Raddo



Hi LSFYC Shippers...

We are Halfway Through the Year – And Full Speed Ahead!

May ended with a few more YC Opening Days, so much fun to visit other clubs and meet new fellow yachters.

Summertime is here. The shed is the ideal place to breathe in the coastal breeze and welcome the sunshine and good times.

Reminder: Please sign in the visitor book when visiting the shed and make sure the door is properly locked (to lock the door, just press any button and wait for the lock).

Looking Ahead:

Father's Day is: Sunday, June 15th, 2025

Big Bang on The Bay is back, Thursday, July 3rd, 2025. Fireworks Show Start Time: 9:00 PM. Be sure to get to the shed early as there will be much traffic.

Our wonderful yacht club has the best position in the whole area to see the fireworks going off almost right about us.

The next **Birthday Happy Hour Potluck at the shed is Sat June 21**. If you are interested in volunteering to host this event, please contact me at lsfyclb@gmail.com. Hosting is simply opening the shed, bringing a dessert and greet the attending members.

"Friendship is not one big thing: it's a lot of little things"

Ruth De Raddo

LSFYC Rear Commodore

Thanks to V/C **Dominic Arcelin** for coordinating REACH TO THE BEACH BBQ ON Saturday, May 31st. Great way to raise funds for our racing program!



Photos Page-1



Photos from the Potluck at the shed



Photos from the Walt Elliot Race. LSFYC crew is boat # 8

Photos Page-2



Above photos from the Committee boat *Cantamar*, as the racers jockey for position at the start line in the Reach for the Beach Race . Note the trimaran entered by LSFYC's **Damon Ciarelli**. Also entered is S/C **Ben Smith** with *Renegade* and S/C **Tom Cornelius** on *Belissima*. Below photos of the after race burger bash at the shed hosted by Dominic. Many happy racers that day!



Hello Little Shippers!
 We have Chair Yoga classes coming up this summer at the Navy Yacht Club. In addition to being secretary of Little Ships Fleet Yacht Club I am a Yoga instructor who teaches Chair and Gentle Yoga in South Bay. Navy Yacht Club is offering a Chair Yoga session on June 28 and July 12 at 10:30 AM. You are welcome to join the class. It will be outdoors at the club. A light brunch will follow. Wear comfortable clothes. There is a suggested donation of \$5 for the class. Chair Yoga is a nice way to begin moving with stretching and exercises that will build your strength. We do adaptive poses in the chair and then some standing positions using the chair for support. Breathwork and relaxation techniques are part of the experience.
 To register go to the Navy Website-NYCLB.org
 Walk-ins are welcome
 Sharmone La Rose, LSFYC Secretary

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 June 28, 2025

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 is \$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.

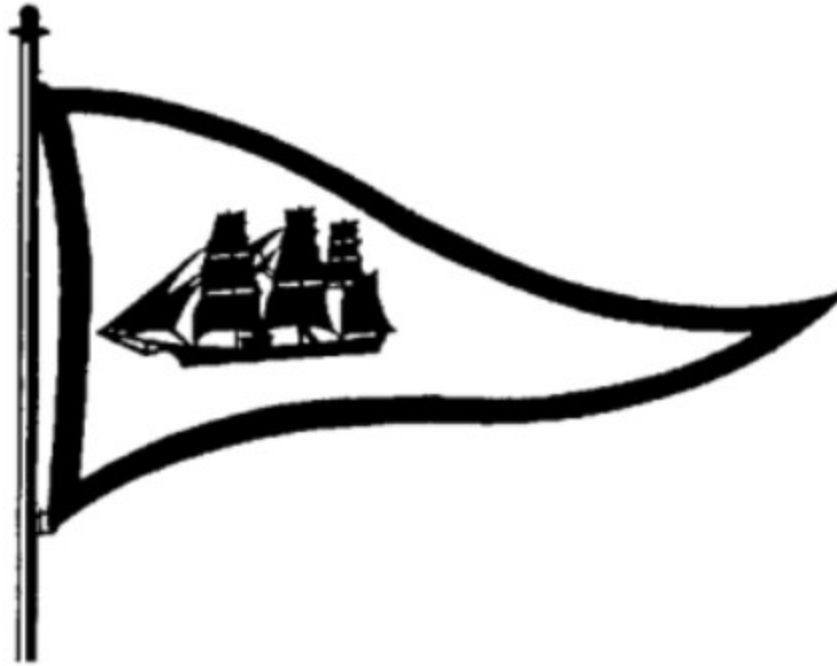
Walk-ins are Welcome



JUNE, 2025



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14 FLAG DAY
15 FATHERS DAY	16	17	18	19	20	21 LSFYC POT LUCK AT SHED
22	23	24	25	26	27	28
29	30					



2025 LSFYC Bridge

OPERATIONS STAFF

Commodore: Lara Arambula

Vice Commodore: Dominic Arcelin

Rear Commodore: Ruth De Raddo

Treasurer: Robert Hughes

Fleet Captain: Chris Layne

Port Captain : Vacant

Secretary: Sharmone La Rose

BOARD OF DIRECTORS

Jr. S/C: Chris Layne

Director: S/C Moti Cohen-Doron

Director: S/C Rob Sonz

Director: S/C Frank Franco

Director: Bob Bond

Director: Elena Yuasa

Director: Frank Geiger

OTHER CONTACTS

Newsletter: S/C Frank Franco

Webmaster: S/C Ben Smith

Membership: Bob Bond