

Three Sheets in the Wind

THE MONTHLY NEWSLETTER OF THE LITTLE SHIPS FLEET YACHT CLUB
(ESTABLISHED IN 1937)
233 N. MARINA DRIVE, LONG BEACH, CALIF 90803



Volume 62, Issue 8

web: lsfyc.org

email: lsfyclb@gmail.com

August, 2026



Commodore's Report

Dominic Arcelin



Hello Little Shippers...

What a whirlwind of a month! The 4th of July fireworks celebration was an incredible sight from Alamitos Bay. Despite not doing the usual 3rd of July celebration, it felt like they really made up for it on the 4th. I hope that everyone had a wonderful time and enjoyed fireworks, friends, and beautiful weather.

On the second weekend of July we hosted our last race of the year. Thanks to S/C **Frank Franco** for the Race Committee boat and all the hard work that goes into that, as well as to the rest of the team on the boat and at the shed that helped out. Our post race BBQ was a big success and I can't wait for next year and our next set of races.

July 17th through the 19th was Little Ships first time participating in the *Southern California Yachting Invitational*. It was a wonderful weekend of friendly competition and yachting camaraderie at Two Harbors on Catalina. LSFYC had 19 members attend and had a great showing! See photos, p. 7-8. We won 1st place in the Dinghy Happy Hour for having the best food and drink pairing of all the clubs involved. A huge thank you to **Gabby and Dave Bierman** for hosting on their boat *6 Pack O Bier*. The decorations were amazing and a great time was had by all.

My hope is that next year we have even more members come out and create a new tradition for the club. It isn't only a lot of fun, but also a great charity event. Over \$3000 was raised for charity over the weekend. I'm sure we can raise even more next year. There is already an article in The Log, ([Click Here](#)), and the SCYA newsletter will have a large piece in the coming months.

Summer isn't over! We have some great events happening in August starting with the Yacht Club Crawl. I hope you all can come out and enjoy The Shed!

Lastly, I'd like to remind everyone that we have our very own LSFYC merchandise shopping now. It has been a long time coming, and I am proud and excited of the items we have on offer. While there is no inventory at The Shed, whatever you order will be shipped directly to you. You can access the site through this link... <https://lsfyclb.printify.me/> or by scanning the QR code in The Shed. If you have ideas for merchandise, please let me know and I'll see if it's something we can do.

LSFYC has an opening for the Newsletter Editor and Publisher. If you are interested in trying out for this fun and creative position, email: lsfyclb@gmail.com.

Dominic Arcelin
Commodore, LSFYC



Vice Commodore's Report

Ruth DeRaddo



Good bye July, Hello August...

Vice Commodore's Corner

July had been a month of sunshine, steady breezes, and incredible energy on the water. LSFYC continues to show grit, sportsmanship, and a love to participate and show up. From our **Beat the Heat Race** to the **2nd Annual Southern California Invitational at Two Harbors in Catalina** and wrapping up with our

2nd Annual LSFYC Yacht Club Crawl, our members brought enthusiasm and community spirit to every event.

Looking Ahead to August

As we sail into August, it doesn't look like we're cooling down — unless someone figures out how to install air-conditioning at the shed. The breeze is lively; the sunsets are dramatic. And of course... the shed. Our beloved shed. Part hangout spot, part game zone, part "I'll just sit here until someone hands me a drink." It's stocked with libations, cards, dice, cornhole, and bingo — basically everything you need to hangout and relax.

So, enjoy it, laugh in it, win in it, lose in it... but let's keep it in tip-top shape. A clean shed is a happy shed.

Future Events:

LSFYC 1st Annual Golf Tournament

We're trading sails for swings as LSFYC hosts its **1st Annual Golf Tournament** — a brand-new tradition that's already shaping up to be a fan favorite. Date TBA.

Golf Course: Bixby Village Golf Course 6180 Bixby Village Drive Long Beach, CA

Whether you're a seasoned golfer, a casual putter, or someone who just enjoys driving the cart, this event promises laughs, friendly competition, and plenty of club camaraderie. Shine up those clubs, stretch out that swing, and get ready for a day on the greens with your fellow Little Shippers.

We need to hear back from all of you to see how many members are interested so we can plan accordingly — the earlier we know, the better we can shape the day.

Olympic-Themed Potluck & Games

Since the **2028 Los Angeles Olympic Games** will be happening right here at home, we're celebrating LSFYC-style with an Olympic-themed potluck and a whole lineup of fun "LSFYC Olympic Games."

Olympic Spirit Ideas

- Wear apparel representing your favorite country or Olympic team
 - Bring a dish inspired by a different country
 - Join in friendly "Olympic" competitions
- Win gold, silver, or bronze medals

(see next page)

Vice Comm Report con't

LSFYC Olympic Games

A mix of silly, competitive, and all-ages fun:

- **Corn Hole Tournament**
- **Ring Toss**
- **Olympic Trivia** (past Olympics, famous athletes, LA Olympic history)
- **Putting Challenge** (closest to the hole)
- **Ping Pong Ball Toss** (into cups or buckets)
- **Relay Race** (carry a ping pong ball on a spoon)
- **Balloon Volleyball**
- **Bean Bag Toss**
- **Foam Archery** (safe suction-cup toy bows)
- **Frisbee Target Toss**
- **Lawn Bowling** (plastic pins)
- **Olympic Dice Challenge**
- **Coin Toss Accuracy Challenge**
- **Olympic Puzzle Race**
- **Mini Walking Relay**
- **Hula Hoop Contest**
- **Name That Olympic Theme Song or Country**

Olympic Selfie Station (medals, flags, podium backdrop)

Olympic Potluck Theme

Bring a dish from a country of your choice — here are some fun ideas:

- Italy – Lasagna
- Mexico – Tacos
- USA – BBQ
- Japan – Sushi
- Germany – Bratwurst
- France – Quiche or pastries
- Greece – Gyros or Greek salad
- Ireland – Shepherd's Pie

Awards

Handing out medals and special recognitions:

- Gold Medal
- Silver Medal
- Bronze Medal
- **Best Team Spirit**
- **Best International Dish**

Most Creative Team Name

We can start putting together a committee to plan the event. Let me hear from all of you — who wants to help in putting together an Olympic potluck theme. Remember, this is **your club**, and we welcome everyone to participate and help in planning these events. Your ideas, creativity, and energy are what make LSFYC special.

Wishing you fair winds, smooth seas, and a joyful August ahead.

Ruth De Raddo

Vice Commodore LSFYC



Rear Commodore's Report

Bob Bond



Let the good times keep rolling!...

Summer at LSFYC Rocks!

We are certainly having fun now! LSFYC hosted our ***Beat the Heat Race*** on July 11. I had the pleasure of joining a great crew (Frank, Dom, Ruth & Dave Bierman) on **Frank & Lara Franco's Cantamar** Race Committee boat to start the race (photos p. 10). It was an incredibly exciting start with 3 of the 4 racers barreling to the starting line within 50 yards of our committee boat and within seconds of the starting blast, which was exhilarating and a bit nerve racking. Dom BBQ'd some amazing sausages, and we hosted a great lunch (photo below) for all the racers and many Little Shippers. Thanks Frank, Dom, Ruth & Dave Bierman for everything!



The weekend of July 17-19 was epic! We had about 18 LSFYC participants in the ***2nd Annual Southern California Yachting Invitational at Two Harbors in Catalina***. Domenic helped coordinate the event, along with Commodores of the 4 other participating yacht clubs (Cerritos Bahia, Huntington Harbor, Shoreline & West Coast). The first night, ***6 Pack O' Bier*** (Dave & Gabby's 38' Sea Ray boat) was converted into a Tahitian paradise, from which we shared about 140 very tasty marinated spam and pineapple appetizers (that tasted like a fancy ahi tuna dish) and shots of tropical blue punch that won the best appetizer & drink combo – thanks a ton to **Domenic & Liz** for their amazing creations and for making all those tasty appetizers & drinks. The next day, we participated in multiple events, including an extensive scavenger hunt, a big Jenga competition, a fantastic relay raft competition (**Dave Bierman** is an incredible swimmer, and has very strong teeth – way to go Dave), and a fun cornhole competition (which LSFYC won). It was a great weekend of fun, friendly competition, and great fellowship. Thanks a ton to Domenic for all his leadership and efforts on this amazing weekend, and to our hosts Dave & Gabby Bierman, and to **Rick & Antonia** for the ride home. Photos, p.x>

We also started August off with a bang with our ***2nd Annual LSFYC Yacht Club Crawl (YCC)*** on August 1. We had 24 Little Shippers meet at the LSFYC Shed for a fun potluck meal and drinks. Then we all boarded 3 ships and set sail to ***Seal Beach Yacht Club (SLBYC)***, where we were greeted by many SLBYC members at the dock, and we enjoyed drinks and camaraderie with many more SLBYC members at the SLBYC bar and patio. Special thanks to Troy Bakken, SLBYC Rear Commodore, who helped facilitate our visit and docking space, and to Eddie Woolley, SLBYC Vice Commodore, who also helped us dock and was quite gracious.

We all switched boats, then shoved off for the ***Alamitos Bay Yacht Club (ABYC)***, where we were greeted by the ABYC Commodore, Steven Smith. Commodore Smith welcomed us to have a (con't next page)

Rear Commodore's Report con't

great time but not burn down the building, then left us to our own devices. We had a great visit on the incredibly lovely patio of ABYC with a stunning view of the Alamitos Bay just before sunset. Thank you very much for welcoming us ABYC Commodore Smith, and to Grant Hill, ABYC Fleet Captain, who helped coordinate our visit, and who looks forward to meeting us on our next YCC.

Then we shoved off the ABYC dock on different boats again, and crossed Alamitos Bay once back to our LSFYC & Navy Yacht Club Long Beach (NYCLB) dock, where we were greeted by many NYCLB members. They immediately offered us some amazing cookies & cream ice cream, and welcomed us to partake of their honor bar. They also set out a few tables and chairs on the lawn so we could all relax and enjoy the sunset. We were then treated to an amazingly special second dessert, which was fresh baked *sfingi* made by **Debra & Thom Zalenka**. The sfingi was a special homemade recipe from Nonna Mary, Debra's Mother, who is from Sicily and now offers cooking classes and experiences along with Debra through CaLisi Cucina Rustica in Long Beach see the amazing sfingi recipe and some information on the CaLisi Cucina Rustica cooking classes and experiences on page x. Then we also had a fun birthday cake to celebrate our July & August birthdays – happy birthday **Steve Bond** (July 11), **Jim Bond** (July 18) and **Gabby Bierman** (August 27)! Thank you very much to Becky Byrum, NYCLB Jr. Staff Commodore, Colleen Taylor, NYCLB Vice Commodore, and Dan O'Sullivan, NYCLB Fleet Captain who helped coordinate our visit, greeted us and celebrated with us, along with the other NYCLB members (including Tony & Becky Rietdyk)!

The 2nd Annual LSFYC YCC was a fantastic event, made possible through the generosity of Dave & Gabby Bierman, **Rick Bennett**, **Antonia Lavender**, and Alyssa & Bob Bond's for captaining their boats, and for setting up and cleaning up after the event...THANKS!!! See p. 9 for photos.

We plan of visiting other clubs in the near future, such as Cabrillo Beach YC and Huntington Harbor YC. Remember, you as a member have the privilege of Reciprocity allowing you to visit and enjoy the facilities of other Yacht Clubs in So. Cal. See p. 12 for the list of reciprocating clubs.

Note: There are now new LSFYC Brochures in the shed. If you come across anyone who has some interest in the club and you are at the shed, please hand out a brochure.

Summer is tons of fun at LSFYC! Can't wait for more fun!

Cheers,

Bob Bond

Rear Commodore LSFYC



Membership Report

Dave and Gabby Bierman

Hello Little Shippers...

On the weekend of July 17–18, several of our members cruised over to Two Harbors to participate in the annual Two Harbors Yachting Invitational. Our club joined four other local yacht clubs for a weekend filled with friendly competition, great food, and even better camaraderie.

While we didn't take home the overall championship this year, we proudly captured **Best Appetizer and Drink**, thanks to the culinary talents of Commodore **Dominic Arcelin**. Our team also claimed **First Place in the Cornhole Tournament**, proving that our competitive spirit extends well beyond the water!

Most importantly, everyone had an incredible time, and we're already looking forward to next year's invitational. Be sure to check out the photos p. 7-8 to relive some of the weekend's highlights.

A special thank you to everyone who attended and represented our club: **Dominic Arcelin, Liz Hurd, Dave and Gabby Bierman, Bob and Alyssa Bond, Rick Bennett, Antonia Lavender, Lara Arambula, Mei Ling Robinson, Frank and Gina Geiger (who almost made it!), and Ramzi and Lilliam Chamoun.**

Please welcome our newest member, **Steve Bond**:

What's up Little Shippers! I'm excited to be the newest member of LSFYC. I already met several Little Shippers at the LSFYC Summer Solstice Birthday Tailgate Bash in June, and the very recent 2nd Annual LSFYC Yacht Club Crawl...and I can't wait to meet the rest of our fun club members. I have been working for the Los Angeles Department of Water & Power (LADWP) for the last 20 years in the underground power transmission division. I enjoy frisbee golf, freestyle frisbee, throwing football, and Top Golf. A "few years back", I played 4 years of football at Menlo College in Menlo, California. I am the



youngest brother to Jim & Bob, both members of LSFYC. I like hanging out with other good people...which is why I'm pleased to be a new member at LSFYC.

LSFYC & the July 17 So. Cal Yachting Invitational Photos



For more
info, See
[link](#)

LSFYC & the So. Cal Yachting Invitational Photos-2



LSFYC Yacht Club Crawl Photos



LSFYC Beat the Heat RC Boat Photos



Steve Dunlap & Meghan Fabulous...the adventure continues!

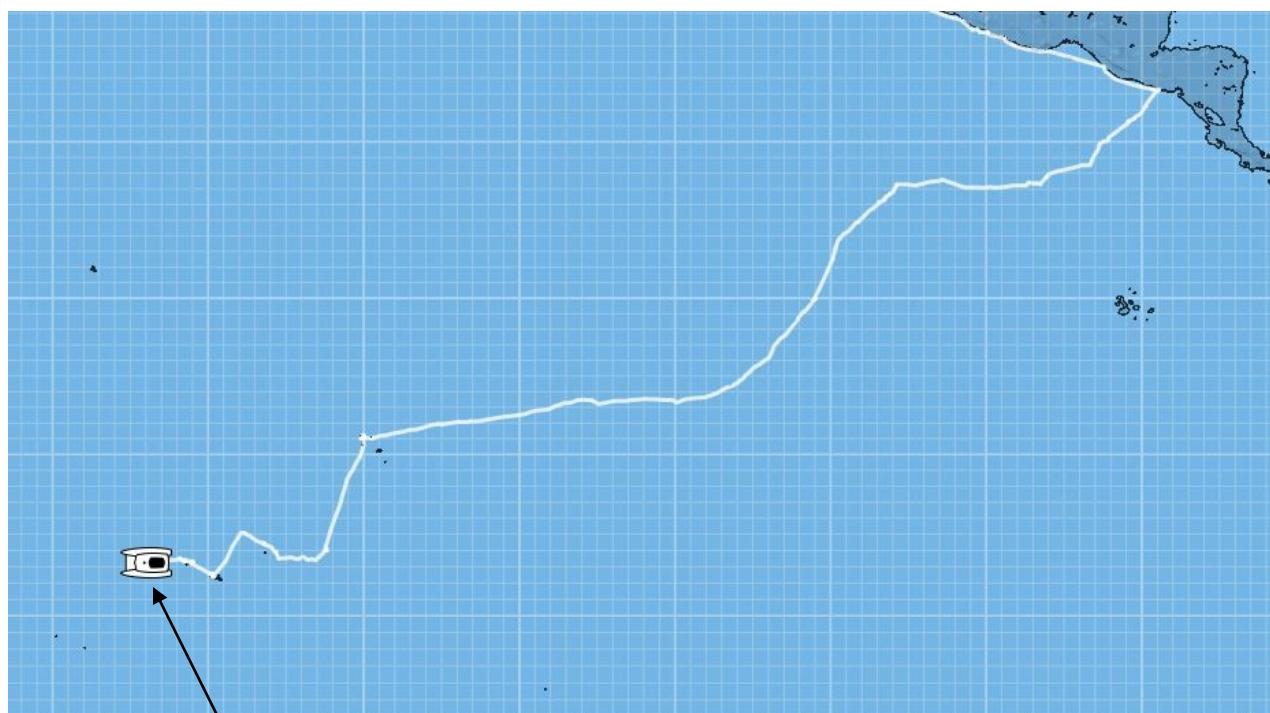
Now after 8 months(!) of sailing from Marina Del Rey, intrepid Little Shippers **Steve Dunlap, Meghan** and the 2 pugs, have journeyed aboard on the Lagoon 450S catamaran *Some Tuesday* down Mexico, Central America and across the Southern Pacific Ocean. After reaching their first destination of **Nuku Hiva** in the Marquesas, they have continued on to other Atolls in the various archipelagos that are scattered in the Pacific region. Then reaching and spending time in **Ta-hiti**, they have moved on to **Moorea**, then on to **Bora Bora**.

Click on links below to follow the adventure...and click on the posts shown to the live stream pod cast of the daily happenings, view posted videos and read the extensive and detailed narratives of the trip:

<https://www.youtube.com/@SailingSomeTuesday>

<https://www.instagram.com/SailingSomeTuesday>

<https://www.predictwind.com/tracking/SV-SomeTuesday>



Leaving Bora Bora
to the Cook Islands

LITTLE SHIPS FLEET YC Reciprocals...2026

One of the **benefits** of membership in *Little Ships Fleet YC* is **reciprocal privileges** with most other yacht clubs in the So. Calif. area. This means that if you are traveling by sea (or land) to any port where any of these clubs reside, you may visit their facilities as a guest. Some clubs, upon advance contact and if available, can provide overnight dock space for a fee. The following So Cal yacht clubs have extended such courtesies to LSFYC members.

Alamitos Bay Yacht Club-Long Beach
American Legion YC-Newport
Anacapa Yacht Club-Oxnard
Balboa Basin YC-Newport
Cabrillo Beach Yacht Club-San Pedro
Cerritos Bahia Yacht Club-Long Beach
Channel Islands YC-Oxnard
Dana Point Yacht Club-Dana Point
Dana West Yacht Club-Dana Point
Huntington Harbor Yacht Club-H.H.
King Harbor Yacht Club-Redondo Beach
Morro Bay YC-Morro Bay
Navy Yacht Club Long Beach-Long Beach
Navy Yacht Club San Diego-San Diego
Newport Harbor Elks YC-Newport
Oceanside YC-Oceanside
Pacific Corinthian YC-Oxnard
Pacific Mariners Yacht Club-Marina Del Rey
Pierpont Bay Yacht Club-Ventura
Port Royal YC-Redondo Beach
San Luis Yacht Club-Avila Beach
Santa Margarita YC-Oceanside
Santa Monica Windjammers Yacht Club- Marina Del Rey
San Pedro YC-San Pedro
Seal Beach Yacht Club-Long Beach
Shoreline Yacht Club-Long Beach
Silver Gate Yacht Club-San Diego
Southwestern YC-San Diego

Generally, **most** facility based yacht clubs will welcome LSFYC members to enjoy and support their cocktail bar and restaurant when open. Just present your current **LSFYC Membership Card**, sign the guest register, get a name tag and pay with cash (or CC) for drinks/meals (or drink tickets) is the usual requirement.

The LSFYC card may also be recognized in YCs outside of the state and the country. Take it with you on your travels.

If you are planning to visit by boat and will need a dock or slip space for a night or two...please call ahead and make arrangements to ascertain there will be a spot for you. As a guest, please observe the rules of the club.

NOTE: If you wish to visit and or berth at club NOT on this list, you *must* contact the LSFYC Commodore for a letter of Introduction to be sent to the desired club prior to your visit! Not all clubs extend reciprocal privileges to LSFYC.

If possible, bring and wear your name tag...and don't forget to fly your burgee!

Long Beach Rowing Association Request for Whalers.

Working up to Olympic Rowing Events with International Rowing Regattas 2026 and 2027.

Asking for Volunteers with Whalers for help with safety boats, referee boats, crew transit boats.

Events in Marine Stadium and new events in East San Pedro Bay (Shoreline to Pier)

Dates: The 2026 dates are October 8–10; the 2027 dates are October 15 – 17

You and your whaler and dingy will work with an experienced Rowing Association volunteer.

Requirements: CA boaters Card, Sign up as LA28 volunteer (they will screen applicants)

Let me know names and phone numbers

Dave Booker

310 756-3962

Sfingi Recipe & CaLisi Cucina Rustica Info

Recipe compliments of CaLisi Cucina Rustica

*1 lb ricotta
1/4 cup sugar
2 cups flour
5 eggs
1 tbs vanilla extract
4 tsp baking powder
2 tbs liquor such as orange curacao (optional)
Pinch salt
Canola oil for frying
Confectioners sugar*

Using a low setting, combine all ingredients in a mixer, adding eggs one at a time. Mix until fully incorporated and smooth. Let stand for about 10-15 minutes.

Heat enough canola oil to deep fry in a small-medium sized saucepan. You'll want to use one with a smaller surface area (width) and larger depth, otherwise you'll need to use an overwhelming amount of oil.

Working in small batches, drop one tsp of batter at a time into hot oil and fry until golden brown. Ideal temperature for your oil is 350-360 degrees. Average cook time is about 3-5 minutes. You may have to adjust the temperature of your oil as you go, as the room temperature dough will cause the oil to cool as you add it to the pot.

Drain sfingi on a paper towel lined wire rack and let cool slightly before sprinkling with confectioners sugar.

CaLisi Cucina Rustica Info (from Debra Zelenka, Founder, info@calisicucina.com):

Our next cooking class experience will feature seafood with chef Kristine Schneider (formerly of Michael's on Naples and Liv's on 2nd) and is set for next Tuesday, August 11th. We have 2 spots remaining for this experience.

Our September 22nd experience will be a really fun and exciting Sicilian and Japanese mash up with chef/owner Erwin Angeles from Kihon. —Think sashimi meets crudo in this unique experience where salmon will be the star of the evening.

All cooking class experiences begin with a welcome reception featuring prosecco and Nonna Mary's traditional Sicilian antipasti. Then we get cooking and share our traditions, personal stories and the history behind what makes our culture so unique. Together, we prepare 3 different dishes, after which we sit down and enjoy the fruits of our labor family style, complete with wine pairings for each dish, allowing everyone the opportunity to connect over a meal like we did every Sunday growing up.

Also in September, we will begin our multi course, Nonna Mary inspired, Sicilian Wine Dinners. These will also start with a welcome reception featuring Nonna's traditional antipasti and prosecco, where guests can mingle with Nonna and our featured chef of the evening, before sitting down to a communal multi-course dinner paired with wine. Unlike the cooking class experiences, these will be more leisurely dinners where guests are invited to slow down, relax and connect over a meal featuring a curated menu inspired by Nonna's family recipes reinvented by our chef of the month. September's chef will be none other than Patrick Claytor who was the Sous Chef at Heritage (Long Beach's first restaurant to receive a Michelin Star) and CDC at their sister restaurant, Olive & Rose.

(see next page)

To learn more about CaLisi Cucina Rustica and our upcoming events, check out our website: <https://www.calisicucina.com>

You can also follow us on facebook at CaLisi Cucina Rustica, instagram at <https://www.instagram.com/calisicucina?igsh=NTc4MTIwNjQ2YQ==> and TikTok at @calisicucina

More than a traditional cooking class, CaLisi Cucina Rustica invites guests into an intimate, hands-on experience where food, culture, and family come together. Through generations of cherished recipes, personal stories, and long-held traditions, we share our deep connections to the meals that have nourished us throughout our lives and the memories that give them meaning.

Each class partners with a local chef to bridge traditional homemade Sicilian dishes with modern culinary techniques. Rooted in authentic Sicilian cuisine, we cook exclusively with what's in season, highlighting the versatility of simple, fresh, and humble ingredients.

Through generations of family recipes, we share our unique history, culture, and traditions—keeping them alive, one class at a time.

Benvenuti alla Famiglia CaLisi—we can't wait to host you!

Warm regards,
Debra Zelenka

Founder
CaLisi Cucina Rustica
1900 E Ocean Blvd
Long Beach, CA 90802
Email: info@calisicucina.com
Instagram: @calisicucina
Web: [calisicucina.com](https://www.calisicucina.com)



AUGUST, 2026



SUN	MON	TUE	WED	THU	FRI	SAT
						1 LSFYC YCC
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

 PRESENTED BY SCYA

DOCKLINE > FINISH

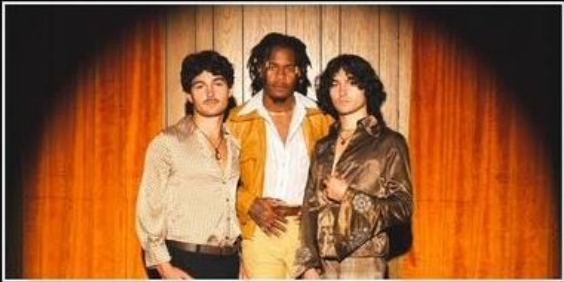
10 Easy Steps to Run a
Successful Regatta!

- ✓ August 22, 2026
- ✓ Alamitos Bay Yacht Club
- ✓ Registration: 0900
- ✓ Seminar: 1000 - 1430
- ✓ \$60 Registration
- ✓ Lunch Included

REGISTER NOW

 www.scya.org/events-meetings

 Facilitated by
SCYA Dir. Judi Glover

FAMILIAR FACES

ALL AGES, NO COVER

 **Gaslamp**
MUSIC + BAR + KITCHEN

CALL TO BOOK YOUR
TABLE - 562-596-4718

 **SUN SEPT 27TH**
 **12 - 4PM**
 **GASLAMP LONG BEACH**

2026 LSFYC Bridge

OPERATIONS STAFF

Commodore: Dominic Arcelin
Vice Commodore: Ruth De Raddo
Rear Commodore: Bob Bond
Treasurer: Robert Hughes
Fleet Captain: Open
Port Captain : Brigitte Bigham
Secretary: Antonia Lavender

BOARD OF DIRECTORS

Jr. S/C: Lara Arambula
Director: S/C Moti Cohen-Doron
Director: S/C Rob Sonz
Director: S/C Frank Franco
Director: Elena Yuasa
Director: Frank Geiger

OTHER CONTACTS

Membership: Gabby & Dave Bierman
Newsletter: S/C Frank Franco
Webmaster: S/C Ben Smith