



# LOS ANGELES YACHT CLUB®

Wednesday Luncheon Program – JUNE 2017, noon to 1:30 p.m.

**June 7**



## **Russ Carrington and Andrea Hilton: Action Water Sports in BVI**

Explore the newest and best water toys available on the market today. Action Water Sports equips water lovers in Marina del Rey and San Pedro, and Russ and Andrea will be here to fill you in on maximum fun and how they had plenty of it trying out their equipment in British Virgin Islands. Hot weather is around the corner, so let's get ready for great weather and summer fun!

**June 14**



## **Chaplain Brenda Threatt: Helping Hands for Coast Guard and Navy Veterans**

As Executive Director for U.S.VETS—Long Beach, Chaplain Threatt is responsible for 15 programs with a 7.1 million dollar budget providing daily housing, services and support for over 600 veterans. Her mission is to insure that men and women who have served our country in all positions, in all wars, from every walk of life, receive dignity of life and a place to call home.

**June 21**



## **Dr. Ja'nae Brown, PT, DPT: Preventing Common Sailing Injuries**

Dr. Brown's love for anatomy and the human body started as a high school athlete playing women's basketball, winning state titles her sophomore and junior years. The physical therapy she received inspired her to pursue a career helping people gain back the strength and mobility they had lost through injury. She earned her Bachelor's Degree in Exercise and Sports Science from the University of San Francisco, and her Doctorate Degree in 2005 from Loma Linda University, specializing in Sports, Orthopedic and Neurologic conditions.

**June 28**



## **Wade Lawson: Stand Up Paddle Boarding for Sailors**

Learn the finer points of the new water craze known as S.U.P. If you have reasonable mobility and are somewhat fit, it is very easy. With the proper technique you can paddle for hours at a time. Lessons take place right in the LAYC marina, where the DoubleTree Hotel provides protection from the wind and an incredible place for flat-water paddling. The south-facing beach break, about 1/4 mile from our private beach, offers soft and gentle waves.

*In the tradition of the Club, the Wednesday luncheon is open to the public. RSVP at [LAYC.org](http://LAYC.org) or call the Club office, (310) 831-1203, if you plan to attend. Lunch is \$20+tax and visitors June pay by cash or credit card.*