

L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

January 2024

Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Suko Gotoh Treasurer: Edward (Ed) Eyas

Cabrillo Youth Center Laison: Suko Gotoh

Program Director of Carillo Beach Youth Center: Pam Craft



Meet your Staff

Coaches: Laura Andrade, Kevin Liegey, Shirley Jung, Christina Ortiz & Sandi Martin

Steersperson: Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple & Jesse Oani

Newsletter

Mark your calendar

Sunday's 9:00am - Normal Practice
Breakfast after practice at Think Café
1/1/24 - Cabrillo Beach Polar Bear Plunge
1/13 - 2nd Annual Steersperson's Clinic
RSVP by 8:00pm the night before any event
unless an earlier RSVP is specified

Upcoming races

Marina Del Rey- 2024 LA County Dragon Boat Festival - 3/2/24
Long Beach Spring Festival - April (TBD)
San Diego Dragon Boat Festival - May (TBD)

Celebrating our January Birthday's

Suko Gotoh

Jesse Oani

Joan Kelly

Lisa Maldonado

Safety Tip

Be prepared for weather-related emergencies, including power outages. Stock food that needs no cooking or refrigeration and water stored in clean containers. Ensure that your cell phone is fully charged. When planning travel, be aware of current and forecasted weather conditions. Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps. Extra batteries. First-aid kit and extra medicine. Baby items; and Cat litter or sand for icy walkways. Protect your family from carbon monoxide (CO). Keep grills, camp stoves, and generators out of the house, basement, and garage. Locate generators at least 20 feet from the house. Leave your home immediately if the CO detector sounds and call 911.

New Year's Day Polar Bear Plung



The day our Dragons become Polar Bears for a day.



43rd Annual San Pedro Spirit of the Holidays Parade

Membership Dues

Cash or Check to Ed Eyas / Venmo or Zelle to Jesse Oani

Adults \$150 and Youth \$75, plus race fees.

Includes 1 shirt and 2 stickers. See a Board Member for details.



Another successful LAHDBC holiday party, hosted by Betty Peterson



Santa's helpers delivering to the Guidance Center in Long Beach, CA. Gifts for 6 families which includes 26 individuals. Thank you to all who participated in spreading cheer.

Thank you to our sponsor

WaveFit / Physical Therapy

2433 Moreton Street, Torrance, CA 90505

(424) 350-6319 / www.wavefitpt.com

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