



# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731  
August 2024



## Board of Directors:

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry / Treasurer: Shirley Jung

Cabrillo Youth Center Laison: Suko Gotoh

Program Director of Cabrillo Beach Youth Center: Pam Craft

## Meet your Staff

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

Steersperson: Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas,  
David Purple, Jesse Oani, Steve Tyson, & Eugene Kong

Thank you to our sponsor: WaveFit / Physical Therapy

2433 Moreton Street, Torrance, CA 90505 (424) 350-6319 [www.wavefitpt.com](http://www.wavefitpt.com)

### Events

- August 18 - Family and Friends Picnic 10:00am - 2:00pm
- August 21 (Wednesday) - Moonlight Paddle 7:00pm
- September 2 - Conquer the Bridge 5.3 Mile Walk/Run event
- September 15 - Beach Clean-up after practice 3rd Qtr.
- September 18 - (Wednesday) - Moonlight Paddle 7:00pm

### Mark your calendar

- Walk before practice 7:30am
- Sunday Practices 8:30 - 10:30am
- Breakfast after practice at Think Café
- Wednesday Practices 6:30 - 7:30pm

### Celebrating August Birthday's

**Lorraine Knight 8/08**

**Brenden Pattee 8/30**

Update your TeamSnap profile with your birthday and you too will be recognized

### Upcoming 2024 Races

- Portland Dragon Boat Festival - September 7-8, Saturday & Sunday
- Santa Fe Dam Dragon Boat Festival - October 5, Saturday
- Las Vegas Dragon Boat Festival - October 12-13, Saturday & Sunday
- San Diego Dragon Boat Festival - October 19-20, Saturday & Sunday

2024 Long Beach International Dragon Boat Festival

Race 1 / Heat 9  
04:40.298 / 6th

Race 2 / Heat 25  
02:40.920 / 3rd

Race 3 / Heat 40  
02:29.822 / 6th



Gone  
but not forgotten  
**Rudette Hutton**



3/7/1954 - 7/20/24

Rudette had a quiet boldness about her. If there was a new experience to be had she was the first to sign up. She loved the team and paddling. She was always ready to fill in at the back of the boat. The team found her positive and that was infectious. She celebrated everything, even the small days. She never even missed a National Pancake Day. She is remembered by her loving and supportive husband, Doug, many devoted friends and multiple family members in New York. We're keeping her alive by continuing to celebrate her and the joy she brought to us all. Paddles Up!!!

### Life Vest Safety Tips

- Select the proper type based on activity or boating conditions.
  - Type III for Dragon Boating
- Wear Coast Guard Approved Life jackets
  - Check for a proper fit.
  - Check the label on the life jacket for weight and size limits.
- A jacket that is too large can slip off the wearer. One that is too small might not offer sufficient buoyancy to keep the wearer afloat.
- The jacket should not rise any higher than the wearer's chin. If it rides up as high as the ears, it's too large and could slip off in the water;
  - size down to get the proper fit.
- Examine the outlined size and weight requirements.
  - Ensure the life jacket is in good condition—look for holes and tears.
- Check buckles, zippers, straps for proper function. Discard any life jacket with torn fabric or loose straps.
  - Don't forget to wear it!
  - Put it on and practice swimming with it.

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