



# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731  
July 2024



## Newsletter

### 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

### Events

4th of July Paddle out (Thursday) - 2pm. No fireworks this year.  
July 24 (Wednesday) - Moonlight Paddle  
August 18 - Family and Friends Picnic 10:00am - 2:00pm  
August 21 (Wednesday) - Moonlight Paddle

**Thank you to our sponsor: WaveFit / Physical Therapy**

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

### Summer Safety Tips

- Be prepared for anything by checking the weather before you head outside.
- Lather on sunscreen anytime you're outdoors.
  - Wear the right clothing and accessories.
- Eye Safety – The sun's ultraviolet (UV) light can harm the eyes. Wear sunglasses year-round whenever you are out in the sun.
- Stay Hydrated - Pack a refillable water bottle .
  - Be vigilant about water safety.
- Know the risks and signs of heat exhaustion.
  - Never leave your pets or children unattended in a car.
  - Slow down when things heat up.

### Upcoming 2024 Races

2024 Lotus Festival, Echo Park - July 13 &14, Saturday & Sunday  
2024 Long Beach International Dragon Boat Festival - July 27, Saturday  
Portland Dragon Boat Festival - September 7-8, Saturday & Sunday  
Santa Fe Dam Dragon Boat Festival - October 5, Saturday (Tentative)  
Las Vegas Dragon Boat Festival - October 12-13, Saturday & Sunday  
San Diego Dragon Boat Festival - October 19-20, Saturday & Sunday



Thank you to our volunteers who helped revitalized the pool shed

### Celebrating July Birthday's

Shirley Jung 7/8  
Chris Jiang 7/15  
Laura Andrade 7/20  
Betty Peterson 7/21

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

### Support our LAHDBC team members and their business

Ann Christensen LCSW  
Board Certified Diplomate Psychotherapy  
28631 S. Western Ave. Suit 107  
Rancho Palos Verde, CA  
(310) 463 4538

Casey Mezin  
Massage Therapy  
(310) 977-4937

John Peterson  
US Bank Loan Officer  
(310) 984-0618



2024 L.A. Harbor Dragon Boat Club Team Picture

## Board of Directors:

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry / Treasurer: Shirley Jung

Cabrillo Youth Center Liaison: 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, & Lorraine Knight

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

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