

# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

November 2024

## Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry / Treasurer: Shirley Jung

Cabrillo Youth Center Liaison: 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

Steerers: Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple, Jesse Oani, Steve Tyson, Lisa Korney & 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)

### Mark your calendar

Walk before Practice 7:30 - 8:30am

Sunday Practices 8:30 - 10:30am

Breakfast after practice at Think Café

Wednesday Practices - Postponed until March 2025

Refer to the TeamSnap Calendar for details.

### Upcoming Events

Boathouse Maintenance 11/3, 9:00 - 1:00pm

Moonlight Paddle 11/13, 7:00 - 8:00pm

San Pedro Parade 12/1, 1:00pm

Holiday Party 12/8, 4:00 - 8:00pm



Wearing PINK to support Breast Cancer Awareness

### Celebrating November Birthday's

Beth Denis 11/08

### "Medical Mistry's" by Doc Sameer

PRIMARY CARE VS URGENT CARE VS  
HOSPITAL EMERGENCY DEPARTMENT VS 911

I thought I'd take this opportunity to discuss some common questions that concern everyone: When and how to access care? Complex long-term care such as diabetes management, hypertension and heart disease are best directed towards a primary care physician in an office setting. The same goes for chronic stable conditions or symptoms stretching months to years such as arthritis or back pain. Urgent care is available for routine issues such as medication refills as well as minor ailments such as coughs and colds, minor sprains or cuts and work notes. I often see people wasting time at doctor's offices and urgent cares with severe complaints, only to be redirected to the hospital emergency department. A good rule of thumb is to choose your local and closest emergency department for any complaint that is sudden and severe; usually real time lab tests and CT or ultrasound imaging maybe required. This is especially true for anyone over age 50 as complexity of the diagnostic evaluation tends to increase with age. 911 paramedic transport should be activated for chest pain, shortness of breath, major falls with deformities and for stroke like symptoms such as inability to speak, or weakness/ paralysis of an arm or leg, to name a few. 911 avoids you driving in a stressed state, avoids the delay of finding parking/ registration and of course gets you to the front of the line stat.



San Diego Dragon Boat Festival  
Saturday, 10/19 / 24

First race / Time trials: 2nd Place

Semi finals: 1:19.777 1st Place

Finals: 1:22.805 1st Place

Congratulations to newlyweds Kevin and Grace Liegey who tied the knot on Oct 14, 2024 with a Dragon Boat ceremony and reception.



It was a spooky Halloween paddle out with these creepy LAHDBC team members. The fog settled in, the haunting music was playing and a costume contest was brewing. Congratulations to our costume contest winners Gwyneth, Laura & Candi, and the Crazy Captain Jesse.



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