



L.A. Harbor Dragon Boat Club



3000 Shoshonean Road, San Pedro, CA 90731

October 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

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

Mark your calendar

Sunday Practices 8:30 - 10:30am
Breakfast after practice at Think Café
Wednesday Practices 6:30 - 7:30pm
(last Wednesday practice of the year
will be Oct 30th)

Upcoming Events

Santa Fe Dam Dragon Boat Festival - 10/5
Wear Pink - Breast Cancer Awareness Practice 10/13
Moonlight Paddle 10/16, 7:00 - 8:00pm
San Diego Dragon Boat Festival - 10/19 - 10/20
Halloween dress-up contest/paddle practice - 10/27



Santa Fe Dam Dragon Boat Festival 10/05/24
Community D Team Final - Gold Medal, Time 1:21.766
Competitive C Team Final - Silver, Time 1:20.697
Womens C Team Final - Time 1:34.261

Did you know?

TeamSnap is a vital tool for the success of our club. This App is a main source of our communication and should be used accordingly and respectfully. Make sure you are reviewing the calendar of events and the notes attached to it. You MUST RSVP by 8:00pm the night before any practice and stay true to your RSVP. Chats through the Message link should be for LAHDBC conversations only.

Update your profile to include the following: Profile picture, birth month and day (year is not important), email address, phone number and the city you live in.



LAHDBC giving back to the community

Happy Trails foster kids were given the opportunity to paddle on a Dragon Boat. Many of these foster kids have never been to the beach, let alone, been on a Dragon boat. It is through the hard work of the Happy Trails organization and the LAHDBC volunteers that put smiles on these kids faces.
Paddles Up!!!

Celebrating October Birthday's

Victoria Jung 10/03
Ash Blumberg 10/07
Nancy McCormick 10/07
Kevin Liegey 10/13
Casey Mezin 10/15
Deborah Tanaka 10/16

Safety Tips

The Fall Season is upon us.

- * Be prepared for sudden weather changes. From hot to cold, windy to overcast, fog to clear skies, dress accordingly.
- * Be health conscious. Stay home if you are sick. Cover your mouth when coughing or sneezing. Sanitize your work area often.
- * Prepare your home: Clean out gutters. Clean out your chimney if you'll be using it. Look for areas where rain water will settle and fix it.
- * Auto: Get your tires rotated, check for tire pressure and baldness. Replace your windshield wiper blades. Check that all your lights work properly.

Congratulations to Kevin Liegey and Grace Zhang as they will be tying the knot on October 14, 2024.



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