



# L.A. Harbor Dragon Boat Club



3000 Shoshonean Road, San Pedro, CA 90731

December 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

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

Thank you to our new sponsors Catherine & Stephen Leys on behalf of the Woven Foundation Charitable Fund

### Upcoming Events

San Pedro Parade 12/1, 1:00pm

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

Moonlight Paddle 12/18, 7:00pm - 8:00pm

4th Annual Sax-mas Concert hosted By Dave Turple - 12/21, 1pm - 3pm

Polar Bear Plunge 1/1/25, 11:15am - 2:15pm

Steerer's Clinic 1/19/25, 9:00am - 1:00pm

### Mark your calendar

Walk before Practice 7:30 - 8:30am

Sunday Practices 8:30 - 10:30am

Breakfast after practice at Think Café

### Celebrating December Birthday's

Eugene Kong 12/01

Rainer Stanley 12/12

Greg Noel 12/16

Jackie He 12/19

### Holiday Shopping Safety Tips

#### Every Family Should Know About

Try Not to Carry a Lot of Cash

Dress Down

Avoid Using ATMs

Don't Shop Alone (Especially at Night)

Walk with Your Head High

Keep Your Purse Close

If You're Missing a Credit Card, Notify Your Bank Immediately

Put Purchases in the Trunk

Find Your Keys Before Walking to Your Car

Lock Your Car Doors the Moment You Get Inside

Source: <https://theheartysoul.com/holiday-shopping-safety-tips/>

### Membership dues

Submit you 2025 membership dues by January 1, 2025.

\$150 Adults / \$75 Youth

See a board member for details

### LAHDBC Boathouse Maintenance 11-3-24



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

#### CHEST PAIN

Left sided chest pain/ pressure/ tightness/ squeezing should always prompt a visit to your nearest Emergency Department. Risk factors for heart attack include age > 50, diabetes, cholesterol, hypertension, smoking, sedentary life style and early family history of similar. Tests to be run include an EKG (electrical tracing of the heart's activity) chest x ray and blood test called troponin (rises a few hours into a heart attack). Chest pain is not always a heart attack but can include alternative diagnosis including muscle strain, anxiety, acid reflux, pneumonia to name a few; therefore, it is best to get checked out thoroughly. Depending on the age, risk factors and characteristics of the pain, patients may either stay for short periods of observation in the emergency department or be admitted to the hospital overnight for additional testing the following day.

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Thank you to our sponsor: WaveFit / Physical Therapy

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

