

# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

February 2025



## 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 Turple & Jesse Oani

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

### Mark Your Calendar

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

### Upcoming Events

2/2 All Members Meeting 10:30am  
 2/9 Wear your football jersey to practice  
 2/9 Coaches Clinic 10:30am  
 2/12 Moolight Paddle 7:00am  
 3/1 Marina Del Rey race - All day event

### Celebrating February Birthday's

Lori Oani 2/4  
 Roma Mistry 2/6  
 Stephanie Turcotte 2/16  
 Jason Teh-Mitchell 2/17  
 Daniel Bautista 2/19  
 Aidan Oani 2/23  
 Alex Tomlinson 2/26  
 Update your TeamSnap profile with your birthday and you too will be recognized

### Paddle Care

Do you have a crack or chip on your paddle?  
 Here are some Glue Epoxy's for repairs.  
 Super Glue Anchor Tile Epoxy Adhesive  
 Super Glue Delayed Set Epoxy  
 Loctite Epoxy Gel  
 Loctite Marine Epoxy  
 Devcon Plastic Welder  
 Devcon 2 Ton Epoxy



When Dragons become Polar Bears. Breaking in the New Year at the Cabrillo Beach Polar Bear Plunge.

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

#### BITES AND STINGS

Bites and stings, especially in an outdoor marine environment, are common and understanding basic first aid is of benefit .

Pokes from fish spines and barbs are extremely painful and should be treated with immediate hot, but not scalding, water immersion . The heat unfolds and neutralizes the toxin. Keep in hot water for 20-30min or until pain improved. Corals, jellyfish and sea anemones are marine invertebrates with tiny stinging barbs called nematocysts. Jellyfish in tropical locales can be life threatening. Initial treatment is to inactivate the tentacles to prevent continued and on going envenomation. Vinegar or a mildly acidic fluid is ideal. If none is available, sea water is acceptable to inactivate and rinse the tentacles off. Urine, contrary to popular belief, is not acceptable. Once the tentacles are removed, the skin can be covered w shaving cream and shaved with a razor to fully remove any last adherent microscopic stings.

Topical and oral, steroid and antihistamines are of benefit .

Bee stings can be mild for the first timer but severe for the repeat offender. Attempt sting removal by flicking/ scraping it out w a hard surface like a credit card. Do not grab the stinger by the venom sac as that will inject more venom. Mild stings can be treated w oral antihistamines like Benadryl as well as topical steroid cream like hydrocortisone. Severe stings with full body rash, swelling of lips and tongue, wheezing or fainting should be taken via 911 to closest emergency department for intravenous meds and epinephrine. People with a history of bad reactions should carry an epinephrine auto injector w them (EpiPen).

Other minor bites such as mosquito, flea, spider can be treated with topical steroid cream like hydrocortisone and oral antihistamines like Benadryl. These rarely get infected and usually do not benefit from antibiotic therapy. Mosquitoes are active at dawn and dusk and are thus easily avoided by the informed.

### Safety Tips

In the event you need to evacuate your home, what items should you bring with you?  
 Jesse's Emergency Evacuation top picks.

### LAHDBC 2025 Season

All members who intend to participate in this years paddling must do three things to be an active member:  
 Complete the online membership form.  
 Complete the online waiver.  
 Pay your membership dues.

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| <ul style="list-style-type: none"> <li>* People &amp; Pets</li> <li>* 2-way radio</li> <li>* First-aid Kit</li> <li>* Toiletry</li> <li>* Food &amp; Water</li> <li>* N95 masks</li> <li>* Cash</li> <li>* Blankets</li> <li>* Irreplaceable items (Photos, Sentimental Jewelry)</li> </ul> | <ul style="list-style-type: none"> <li>* Personal protection / CCW</li> <li>* Medication, Eyeglasses, Contact Lenses</li> <li>* Important documents (ID, SSN, Birth Certificates, Marriage Certificates, Insurance papers, Bank statements, Passports)</li> <li>* Phone, Laptop and Computer</li> <li>* Chargers for electronics</li> <li>* Change of clothes for 3 days</li> </ul> |
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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)



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