



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

March 2025



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

**Welcome to our new and upcoming
Coaches and Steerers:**

Coaches	Steerers
Alex Tomlison	Laura Andrade
Darlene Stoker	Stephanie Turcotte

Celebrating March Birthday's

Lani Espinas 3/9
Nga Nguyen 3/20
Christina Ortiz 3/22

Mark Your Calendar

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

March 16 - Wear Green for St. Patricks Day
Paddle/Practice

“Medical Mistry’s” by Doc Sameer

Automated External Defibrillator
AED RECAP



- 1- shake the pt/ check level of consciousness.
- 2- call for help/ 911.
- 3- grab external defibrillator.
- 4- place wedge under shoulder blades to extend neck and open airway.
- 5- open/ remove shirt.
- 6- apply connector stickers to bare chest.
- 7- plug in other end into and press ON button on defibrillator machine.
- 8- turn defibrillator on and listen for instructions - it will either suggest chest compressions or to standby. If shock advised, stand clear and press shock button.



Upcoming Events

Marina Del Rey Dragon Boat Festival - March 1, Saturday
Moonlight Paddle March 12 & April 9, Wednesday 6:45pm
Tempe, Arizona Dragon Boat Festival - March 23 & 24, Saturday & Sunday
2025 Long Beach Spring Race - April 27, Sunday
Castaic Lake Dragon Boat Festival - May 31, Saturday
2024 Lotus Festival, Echo Park - July 12 &13, Saturday & Sunday
2024 Long Beach International Dragon Boat Festival - July 26, Saturday
San Diego Dragon Boat Festival - September 27-28, Saturday & Sunday
Las Vegas Dragon Boat Festival - TBD
Santa Fe Dam Dragon Boat Festival - TBD

Mental Health & Well-being tips

Exercise: You're off to a great start paddling with LAHDBC.
Sleep Well: Over 7 hours for adults / 8-10 hours for teens.
Put the screens to sleep before you go to bed: Disconnect from your smartphone.
Eat Healthy: A blance diet includes fruits and vegetables.
Socialize: Connect with others. Work on quality of friendships, not quantity.



3/1/25, First race of the season.
Marina Del Rey Dragon Boat Festival.
"Great start to the season!
We can only get better!!"
- Roma Mistry

Follow us

- <https://laharbordragonboat.com/>
- <https://www.facebook.com/LaHarborDragonBoatClub>
- <https://www.instagram.com/lahdragonboatclub/>



Meet your Staff

Coaches: Laura Andrade, Kevin Liegey, Shirley Jung, Christina Ortiz, Sandi Martin, Lorraine Knight, Darlene Stoker & Alex Tomlinson

Steersperson: Alex Tomlison, Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple, Stephanie Turcotte, Laura Andrade & Jesse Oani

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

Thank you to our sponsor: WaveFit / Physical Therapy

2433 Moreton Street, Torrance, CA 90505 (424) 350-6319 www.wavefitpt.com

