



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

May 2025



Board of Directors

Co-Captains: Jesse Oani & Laura Andrade

Secretary: Roma Mistry

Treasurer: Shirley Jung

Cabrillo Youth Center Liaison: Suko Gotoh

CBYC Program Executive Director Amanda Enriquez and Director Pam Craft

Meet your Staff

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

Steerers: Alex Tomlinson, Christina Ortiz, Sameer Mistry, Kevin Liegey, Edward Eyas, David Turple, Stephanie Turcotte, Laura Andrade, Lisa Korney & Jesse Oani

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

Mark your calendar

Walk before practice 7:30am
Sunday Practices 8:30 - 10:30am
Breakfast after practice at Think Café
Wednesday Practices 6:30 - 7:30pm

Upcoming Events

Open House - TBD
Boathouse Cleanup May 4, Sunday
Moonlight Paddle - 5/14, Wednesday, 7pm
San Diego Dragon Boat Festival - May 18, Sunday
Castaic Lake Dragon Boat Festival - May 31, Saturday
Vancouver, Canada - June 20, Friday
2025 Lotus Festival, Echo Park - July 12 & 13, Saturday & Sunday
Long Beach International Dragon Boat Festival - July 26, Saturday
San Diego International Dragon Boat Festival Sept 27 & 28, Saturday & Sunday
Las Vegas Dragon Boat Festival - TBD
Santa Fe Dam Dragon Boat Festival - TBD

Celebrating May Birthdays

Erin Tomlinson 5/09
Kristen Cumby 5/11
Darleen Stocker 5/24

"Medical Mistry's" by Doc Sameer MIGRAINE

Head pain is a common ailment we see in the Emergency Department on a daily basis. Headaches can range from minor to life threatening so understanding when to seek treatment is of value. Headaches that are severe, sudden on (like a thunderclap), worst ever or are associated with neurologic signs such as change in vision, speech or weakness of arms/ legs should be seen immediately; do not waste time at an urgent care.

Migraine headaches are usually episodic, coming and going every few weeks or months. They may be related to a women's menstrual phase; they may run in families. Migraineurs describe them as severe, pounding, associated with nausea, vomiting and worse with bright lights. Migraines can sometimes be preceded with an aura consisting of blurred vision, light flashes in the vision or even wavy/ pixilation of the vision. It's beneficial to identify and avoid migraine triggers such as red wine, bright lights, poor sleep, and caffeine withdrawal. Home remedies for migraines consist of Excedrin (has 50mg of caffeine) or Motrin + a cup of coffee and a nap in a dark, quiet, cool room. Medication is most effective if taken right away at migraine onset. Migraine treatment in the Emergency Department consists of intravenous fluids, pain medication (Toradol), steroids (Decadron to reduce inflammation) and nausea meds (Reglan).

Water Safety: Tips and Precautions

To be prepared for water-related emergencies, it is useful to know CPR and basic water rescue skills, and to have a phone, a whistle, and a flotation device nearby.

Know your team members who are CPR Certified or licenced to perform CPR.

Did you know Alex Tomlinson and Stephanie Turcotte are Certified Lifeguards for our team? Now you do!!!



It was a photo finish as we took 2nd place in the 200m Mixed Division at the 2025 Long Beach Spring Dragon Boat Festival



Thank you to our sponsor: WaveFit / Physical Therapy

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