



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

June 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,

Eugene Kong, David Turple, Stephanie Turcotte, 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

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 - Oct 4, Saturday

Celebrating June Birthdays

Luke Fujinaga 6/9
 Naoki Sato 6/15
 Gwyneth Leys 6/18
 Jessica Ellis 6/21
 Catherine Leys 6/29

"Medical Mistry's" by Doc Sameer GALLSTONES

Gallstones are crystals that form, over time, in your gallbladder, located just below your rib cage on the upper right side. Gall bladder pain is usually moderate to severe, crampy and worse after a big or fatty meal. It is most common in heavy set women that have had many children; it's frequency also increases with age. Diet modification may help decrease the frequency of attacks but once you got them, the only recourse is surgery to remove the entire gallbladder. The time it becomes an emergency is when the gallstones get stuck and infected and you develop severe pain associated with fever. Infected gallstones (cholecystitis) is diagnosed by blood tests and an ultrasound. Treatment is intravenous pain meds, antibiotics and surgical removal of the gallbladder (cholecystectomy).



Los Angeles Fleet Week

Scouts and Sailors first ever Dragon Boating, Kayaking, and Water Relays. Thank you to all our volunteers for a successful event.



Water Safety Tips

- * Learn to swim * Don't swim alone * Wear your life Jacket
- * Obey all hazard signs * Swim in safe or designated areas only and by a lifeguard * Beware of drop-offs into deep water
- * Watch for hidden debris, rapid currents, and slippery rocks
- * Look before you leap or dive

Castaic Lake Dragon Boat Festival - May 31, Saturday



Womens Team

Community Team

Race 1:	1.31.56/3rd	Race 1:	1.23.43/3rd
Semi:	1.36.64/3rd	Semi:	1.28.15/3rd
Finals:	1.38.59/4th	Finals:	1.23.91/3rd



Congratulations to our newlyweds Rose & Kien Who tied the knot on May 3, 2025

Paddles Up!!!



Thank you to our sponsor: WaveFit / Physical Therapy

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