



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

July 2025



Newsletter

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
(arrive 15 min early)

Events

4th of July Picnic (Saturday 7/5/25)
July 9 (Wednesday) - Moonlight Paddle
August 17 - Family and Friends Picnic 10:00am - 2:00pm
August 6 (Wednesday) - Moonlight Paddle
Event details can be reviewed in the TeamSnap calendar

Thank you to our sponsor: WaveFit / Physical Therapy

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

Upcoming 2025 Races

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



2025 L.A. Harbor Dragon Boat Club Team Picture

Celebrating July Birthday's

Shirley Jung 7/8
John Peterson 7/11
Laura Andrade 7/20
Betty Peterson 7/21
Update your TeamSnap profile with your birthday and you too will be recognized

"Medical Mistry's" by Doc Sameer

HEART FAILURE

Congestive heart failure (CHF) occurs when the heart loses ability to pump blood forward. This can be due to problems with the valves inside the heart or can be related to dysfunction of the heart muscle and cardiac blood flow itself. Mild symptoms include shortness of breath that is worse with exertion or worse when lying down as well as swelling of the ankles, feet and legs. CHF is diagnosed by an x ray of the chest, or an ultrasound of the heart (echocardiogram) as well as a blood test called BNP. Treatment can include diuretics/ water pills as well as a low salt diet.

Summer Safety Tips

- Be prepared for anything by checking the weather before you head outside.
- Lather on sunscreen anytime you're outdoors.
- Wear the right clothing and accessories.
- Eye Safety – The sun's ultraviolet (UV) light can harm the eyes. Wear sunglasses year-round whenever you are out in the sun.
- Stay Hydrated - Pack a refillable water bottle .
 - Be vigilant about water safety.
- Know the risks and signs of heat exhaustion.
 - Never leave your pets or children unattended in a car.
- Slow down when things heat up.



Certified Lifeguards
Alex Tomlinson and
Stephanie Turcotte



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

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