



L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731
August 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

Sunday Practices 8:30 - 10:30am
 Breakfast after practice at Think Café
 Wednesday Practices 6:30 - 7:30pm
 Moonlight Paddle 7:00 - 8:00pm

Events

August 6 (Wednesday) - Moonlight Paddle 7:00pm
 August 17 - Family and Friends Picnic 10:00am - 2:00pm
 September 1 - Conquer the Bridge 5.3 Mile Walk/Run Event
 September 7 - (Wednesday) - Moonlight Paddle 7:00pm
 September 27 - San Diego Dragon Boat Festival 7:00am - 4:00pm

Upcoming 2025 Races

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

Life Vest Safety Tips

- Select the proper type based on activity or boating conditions. Type III for Dragon Boating • Wear Coast Guard Approved Life jackets • Check for a proper fit. • Check the label on the life jacket for weight and size limits. • A jacket that is too large can slip off the wearer. One that is too small might not offer sufficient buoyancy to keep the wearer afloat. • The jacket should not rise any higher than the wearer's chin. If it rides up as high as the ears, it's too large and could slip off in the water; size down to get the proper fit. • Examine the outlined size and weight requirements. • Ensure the life jacket is in good condition— look for holes and tears. • Check buckles, zippers, straps for proper function. Discard any life jacket with torn fabric or loose straps. • Don't forget to wear it! • Put it on and practice swimming with it.



Long Beach Dragon Boat Festival 7/26/25

Celebrating August Birthdays

Lorraine Knight 8/08	Sameer Mistry 8/12
Karen Monteilh 8/09	Rose Soeur 8/14
Stephanie Calandrino 8/11	Irene Watler 8/25

"Medical Mistry's" by Doc Sameer Sunburn

Sunburn occurs when the skin receives excessive ultraviolet (UV) radiation, leading to redness, pain, swelling, and sometimes blisters. Although it typically resolves on its own, repeated exposure can result in serious issues such as skin cancer and premature aging.

Prevention - - The best way to avoid sunburn is to protect the skin from too much sun exposure. Here are the main ways to prevent sunburn:

- Avoid sun exposure during peak UV hours (10 a.m.–4 p.m.).
- Stay in shade; remember UV rays can reflect off surfaces.
- Wear protective clothing—long sleeves, pants, wide-brimmed hats, sunglasses, and UPF-rated garments.
- Apply broad-spectrum sunscreen (SPF 30+); reapply every 2–4 hours, especially when swimming or sweating.
- Use SPF lip balm; cover ears and feet with sunscreen.
- For infants under 6 months, keep them out of direct sun and use shade/clothing. For older children, physical sunscreens like zinc oxide or titanium dioxide are preferable.

Treatment - - If sunburn does happen, the main goal is to relieve symptoms and help the skin heal:

- Cool the skin with baths or damp compresses.
- Use fragrance-free moisturizers (refrigerated ones offer added relief).
- Take over-the-counter pain relievers (acetaminophen or ibuprofen).
- Stay hydrated and avoid popping blisters.
- Mild steroid creams (e.g., hydrocortisone) may reduce inflammation.
- Rest in a cool, shaded space.

Consequences - Getting sunburned, especially many times over the years, can cause long-term damage:

- Sunburn raises the risk of skin cancers including melanoma and carcinomas.
- Accelerates skin aging—causing wrinkles and brown spots.
- Severe cases may lead to dehydration, fever, or require medical care.

Takeaway: Prevention is key—protect your skin, treat sunburn gently, and seek medical help if symptoms worsen

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Thank you to our sponsor: WaveFit / Physical Therapy

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