



# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731  
September 2025



Thank you to our sponsor: WaveFit / Physical Therapy  
2433 Moreton Street, Torrance, CA 90505 (424) 350-6319 [www.wavefitpt.com](http://www.wavefitpt.com)

### Events

September 1 - Conquer USS Iowa 5 Mile Walk/Run event  
September 10 - (Wednesday) - Moonlight Paddle 7:00pm

### Upcoming 2025 Races

San Diego Dragon Boat Festival - September 27  
Santa Fe Dam Dragon Boat Festival - October 4

### 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

### Celebrating September Birthdays

Lisa Quealy 9/02  
Cherri Li 9/12  
Kathy Moonitz 9/13  
Stanley Fung 9/22

Update your TeamSnap profile with your birthday and you too will be recognized

### Medical tips for the fall season:

**Stay Hydrated:** Drink plenty of water to help your body cope with cooler temperatures.  
**Protect Against Illnesses:** Get vaccinated for flu and other seasonal illnesses to reduce the risk of catching them.  
**Manage Allergies:** If you have allergies, take necessary medications and avoid triggers to minimize symptoms.  
**Monitor Skin Health:** Be cautious of dry skin and consider using moisturizers to protect your skin from the cold.  
**Maintain Mental Health:** Take time to relax and manage stress, as fall can be a time for increased stress due to seasonal changes. These tips can help you enjoy the fall season while maintaining your health and well-being.

### Safety Tips

Did you know the Steerer is the ultimate decision-maker on the water—even above the coach? That's right. For the safety and coordination of the entire crew, the Steerer has full control of the boat during practice.  
At the end of each session, only the Steerer determines when paddlers may exit the boat, when to bring it ashore, and when to move it to the docking station. It's not just protocol—it's about keeping everyone safe and in sync.  
So let's paddle with purpose, listen with respect, and follow the Steerer's lead.  
Paddles Up!!!



LAHDBC Friends and Family Picnic 8/17/25

### 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  
Certified Lifeguards: Alex Tomlinson & Stephanie Turcotte

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