



# L.A. Harbor Dragon Boat Club

3000 Shoshonean Road, San Pedro, CA 90731

October 2025



**Mark your calendar**

Sunday Practices 8:30 - 10:30am  
 Breakfast after practice at Think Café  
 Wednesday Practices 6:30 - 7:30pm  
 (last Wednesday practice of the year will be Oct 29th. Daylight Savings ends 11/2/25)

**Celebrating October Birthdays**

Nancy McCormick 10/10  
 Kevin Liegey 10/13  
 Casey Mezin 10/15  
 Ed Eyas 10/21  
 Doreen Yonemura 10/21  
 Joan Mockenhaupt 10/24

**Upcoming Events**

Santa Fe Dam Dragon Boat Festival 10/4  
 Practice with Scouts 10/5  
 Moonlight Paddle 10/8, 7:00 - 8:00pm  
 Wear Pink - Breast Cancer Awareness Practice 10/12  
 Halloween dress-up contest/paddle practice - 10/26  
 Halloween 10/31

**Breast Cancer Awareness Month: Steps to Lower Your Risk**

While breast cancer can't always be prevented, healthy habits and proactive care can make a difference. Maintaining a healthy weight—especially after menopause—helps reduce risk. Regular physical activity (at least 150 minutes per week) supports weight control and offers independent protection. Limiting alcohol and avoiding tobacco are also key, as both are linked to increased cancer risk. If possible, breastfeeding may offer protective benefits for mothers. Be cautious with hormone replacement therapy during menopause, as it may raise your risk. Discuss safer alternatives or the lowest effective dose with your doctor. Understanding your personal risk is equally important. Family history, genetics, and medical history all play a role. Talk with your healthcare provider about the right screening schedule, such as mammograms, and whether preventive medications or treatments are appropriate. Combining healthy lifestyle choices with personalized medical guidance empowers you to take meaningful steps toward reducing your breast cancer risk—and improving your overall well-being. Early awareness and informed decisions can lead to lasting protection.



**14th Annual San Diego Dragon Boat Festival**

Time Trials: 1:17:391 / 2nd  
 Semi Finals: 1:16:503 / 4th  
 Finals: 1:17.856 / 3rd



**Did you know?**

TeamSnap plays a vital role in the success and smooth operation of our club, serving as our primary communication platform. It is essential that all members use the app responsibly and respectfully to maintain clarity and cohesion across all activities. Members are expected to regularly review the calendar of events and carefully read any notes associated with scheduled practices or events. RSVPs must be submitted by 8:00 PM the evening prior to any event and should accurately reflect your actual attendance. Communication via the Message link must remain focused solely on LAHDBC-related topics; personal or unrelated conversations should be avoided to preserve the integrity of our shared space. To ensure efficient and accurate communication, all members are required to update their TeamSnap profiles with a clear profile photo, birth month and day (year not necessary), email address, phone number, and city of residence. We appreciate your cooperation and commitment to keeping our club organized, respectful, and well-connected.

*Congratulations to Kevin and Grace Liegey as they celebrate their one year LAHDBC wedding anniversary October 14, 2024*



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

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

**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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Catherine & Stephen Leys on  
behalf of the Woven Foundation

