

DRAGON BOAT FESTIVAL 2009

THE QUEENS
COURIER



FUSIA and Flushing Y team up for well-being

FUSIA Communications and Flushing YMCA plan to promote well-being through activities and demonstrations at the 19th annual Hong Kong Dragon Boat Festival at Flushing Meadows Corona Park.

The FUSIA booth will be host to free health screenings, giveaways, arts and crafts activities, raffles and drawings. Prizes include a month of free YMCA membership and two round-trip airplane tickets.

Additionally, the YMCA will showcase various physical activities such as Zumba, cardio kick-boxing, Seido Karate and break dancing in their "Activate America," showcase. Participants and spectators of all ages are welcome.

These events and many others happening at the festival will go on, rain or shine, on Saturday and Sunday, August 8 and 9.

New team racing for glory and NYHQ

BY ERIC BARBERA

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A brand new team from Queens will be racing for both glory and the community.

The "Dragon Hearts" are set to compete at the Hong Kong Dragon Boat Festival (HKDBF) August 8 and 9 at Flushing Meadows-Corona Park.

The team is sponsored by New York Hospital Queens (NYHQ), and is comprised of members from the hospital's cardiology department.

"It's a great event," said Jackson Yeh, a cardiovascular information systems coordinator for the hospital, and the captain of the "Dragon Hearts." "The cardiology practice in our hospital has been growing, and this event will help promote awareness about an excellent program right here in Queens."

Apart from raising awareness in the community, the festival also helps emphasize cooperation between members of the hospital. "This event really promotes teamwork," Yeh continued. "It's not the psychically strong team that beats the weak one, but rather the more in-sync and coordinated team that wins, so everyone has to be on the same page."

The team has been undergoing a training program in order to prepare for the event. "We've been heading out to the water every week," said Yeh. "We work on various techniques, especially focusing on our rowing. We've also been conditioning ourselves for the races."

The "Dragon Hearts" will also be competing against two other teams from NYHQ – the "Baby Catchers," made up of members of the OB/GYN department of the hospital and the "Paddle Medics," comprised of members from the hospital's emergency response teams.

"The fact that there are two other teams from the same hospital definitely makes it more of a competition for us," pointed out Yeh. "It makes us push a little harder."

Each team from the hospital has set the bar high this year.

"In previous years our boats have finished dead last or close to it, but every team is working with more discipline now, making sure the finish this year is at least respectable," Yeh said.

* "We want to do well, but the community is the real reason we all get out there and work hard."

Dragon Boat Festival

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