

Hung Fut Hung Man Fei Chinese Martial Arts School



Celeste Hoeh (R.E.A.C.H.)



Hans Lau and Frank Lau (R.E.A.C.H.)



Sean Chew (R.E.A.C.H.)

Asian Pride at an Asian Expo

Why do most Asians seem to run away from "Asian expos?" Does it seem stereotypical to be seen at one? I was disappointed no one asked me to make a "V" sign with my fingers and demonstrate my limited Tae Kwon Do skills that kills.

By Pyra-Danny
www.pyrawww.wordpress.com

✉ C.K. Lau, Trung Nguyen, Michael Weis, Sung Chiu, Peter Lau and Kathy Llamas



Priscilla Leung (Master of Ceremony)

C.K. Lau (CAACF)



Filipino Student Association Dance Troupe of UCF



Eppie Bang and Celeste Hoeh (CAACF Dance Troupe)



Indonesian Dance Group of Brevard



Robert Chung and Nancy Chung (Central Florida Chinese American Youth Association)

Taiko Master, Takemasa Ishikura (middle) and Orlando Taiko Dojo



Mayor Buddy Dyer, Val Demings, Jerry Demings and Rebecca Sutton



Esquire Legal Group: Arelis Frometa, Stephanie St. Louis, Vy Le, Greg Maaswinkel, Patricia McGhee and Sam Babbs III



Linda Chapin, Kathy Llamas and Sherrie Sitarik

Asia Trend Magazine hosted its second annual Asian Cultural Expo (inside the awesomely fun Downtown Disney)

Did I mention tiny? The expo's size was obviously not reflecting how many Chinese are overtaking the world—just a handful of tents. But wait... didn't I see dozens of tents? Perhaps not coincidentally, dragon boat races were taking place nearby along the Disney waterfront. The tents served as the home base for teams from all over the country.

Although there were only a few Asian-loving tents, the stage was the Expo's focus. I cheered as the Filipino team from UCF showed off some of my country's dances (sprinkled with humor). I clapped at the Malaysian cultural performances, Japanese fans, Tai Chi and Chinese yo-yo workshops among many others. (The yo-yo workshop WOULD'VE been fun if it weren't for my show-off Thai partner Pij who managed to make all beginners look like manatees)

The headliners were the always entertaining Taiko drummers—a crazy crowd of people ranging from recent toddlers to senior citizens and all still managing to beat drums in unison.

Just as entertaining were the continuous dragon boat races. Watching those graceful boats glide by through the power of paddles dancing to a drum beat made me want to join them in the water. Ah... maybe someday.

And of course... there's still all the Legos, Mickey ears and restaurants of Downtown Disney to explore when you're done.

Next year, I hope the expo grows in size (because I'd also love to also LOOK at Asian culture within some tents—who wants to sell bonsai trees?), hire me as the MC, and have even more performances! And next year... I hope to see you there! (... and especially you Asians)



Puxiao Cen, MD FACC from Florida Heart Group



IACE Travel: Jason Seymore and Ari Westmoreland

Volunteers from Valencia Community College



SNAP! Studio Booth: Kim Tran and Trung Nguyen



Tiniking workshop

Chinese Calligraphy Demonstration and fundraiser for Y.E.S.S. – Youth Enrichment and Senior Services

Chinese Yo Yo workshop





2011 Walgreens Orlando International Dragon Boat Festival benefits the MD Anderson Cancer Center

On Oct 15th, Orlando Mayor Buddy Dyer joined with City Chief Financial Officer Rebecca Sutton, a breast cancer survivor, and City of Orlando employees to race in the 2011 Orlando International Dragon Boat Festival.

The one-day festival raised more than \$55,000 for the fight against breast cancer and benefits the M.D. Anderson Cancer Center Orlando and Women Playing for T.I.M.E.

The City alone raised \$30,000 with \$3,000 of that coming directly from City of Orlando employee fundraising efforts. The City of Orlando Magic Dragons 2 won Division D and the City of Orlando SWAT team won the Public Service Cup and also placed second in the open division finals.

C.K. Lau, Ed Richter, and Blair Ryan

Sherrie Sitarik, Rebecca Sutton, Mayor Dyer and Andrea Eliscu

Girls Gotta Row



Women Playing For T.I.M.E. BCS Ceremony



Aaron Soroka, COO, GWN Dragon Boat and Marlin Hutchens - Market Vice President Walgreens



Dueling Dragons of Orlando combines Orlando SWAT Team and Kids from Jones High School



Photo Credit: Ed Richter - City of Orlando



The Flying Ws wins the Walgreen Health & Wellness Cup

10/15/2011 8:4

Overall champion Windy City Dragons from Chicago



CHARGE dragon boat team of CAACF (www.CHARGEdragonboat.org)

Photo Credit: Ed Richter - City of Orlando



CHARGE presents a donation check to Women Playing for T.I.M.E.

R.E.A.C.H.'S First Dragon Boat Race

R.E.A.C.H. powered by Asia Trend wins the D Division Consolation Final

When REACH decided to form a dragon boat team to race in the Walgreens Orlando International Dragon Boat Festival, I didn't think we would be able to find a group of committed students to paddle. Even if we were able to form a team, would we be capable of racing with other strong teams in the race? To my surprise, many of my friends wanted to try dragon boating. Our first practice was rough, and we were far from where we needed to be a month before the big race. As we continued practicing, many of us realized that in order to do well in the race, we needed to work together, stay focused, and be determined to win. The last two practices were definitely our strongest practices. Regardless of the heavy rain during our second to last practice, we still continued to paddle our best. On race day, I could tell everyone was nervous and excited at the same time - nervous about how good the other 70 teams were and excited to show others how far our team has come in just 5 practices. In our first race, we came in last place, but we didn't let that thought discourage us. At this point, our team realized we needed to step up our effort and paddle to the best of our ability.

While we rested in between races, the Asian Cultural Expo was going on. Besides being a paddler for REACH's dragon boat team, I was also the Master of Ceremony for the cultural performances during the Asian Cultural Expo. I have to admit I was nervous at first, but soon enough, I

warmed up to the crowd of spectators. While reading introductions of each performing group, I could not help but feel pleased to see so many groups wanting to share the Asian culture with others. I was astonished at how well each group worked together. Our dragon boat team needed to be just like that.

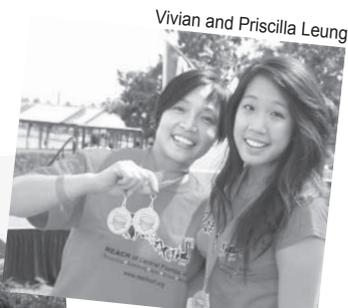
Our third race was definitely the most challenging because we were practically neck and neck with the Walgreens team towards the end of the race. I could tell we were so close to winning, so I knew I needed to remind everyone to stay focused and stay in sync. Crowds cheered as we quickly crossed the finish line. As we got off the boat waiting for the judges to review the winning team, we discovered that we won first place in the Mixed Division D Consolation Finals. I was so proud of my team! We worked very hard and exhibited great team work. I am truly grateful that Asia Trend Magazine sponsored REACH's dragon boat team. Without their sponsorship, our



team would not have had the chance to succeed in the Walgreens Orlando International Dragon Boat Festival. I am also thankful for Captains John Huang and John Chung, who took time out of their busy schedules to teach us the basic techniques in dragon boat racing. We all became closer friends practicing and racing together. We entered the race hoping to learn more about dragon boat racing, and we left the race with two trophies and two medals. I'm sad that this "season" of paddling has come to an end, but who knows? Maybe we'll race again in the future..

By: **Priscilla Leung**, paddler for REACH Powered by Asia Trend, President of REACH

R.E.A.C.H. Team members share the happiness



Tiffany Tang, drummer for both CHARGE and REACH

Roxy Hesari, Yasamin Sedaghat, Gonzalo Sauri and Juliana Donoso.

During our practices, we not only learned the technique and skills needed to be successful in dragon boat racing, but we also learned the value of working together, focusing, and cooperating with each other. Our practices were tough, but they were certainly what made us successful in the end, and we have our coach, John Huang and steersman, John Chung to thank for guiding and pushing us to reach our potential. During the race, we were all very nervous yet confident thanks to our preparation. Personally, I just tried to block out everything going on around and focus on staying in sync with the paddle in front of me. Our first race was tough, but we didn't let that discourage us. We regained our confidence and pushed to do well in the other two races, and won champions of Consolation Division D as a result. The experience, overall, was very enjoyable, and I hope to there are more opportunities to participate in dragon boat racing in the future!

By: **Andrea Kasparis**, paddler for REACH Powered by Asia Trend

I was as happy as a puppy when REACH finally formed a dragon boat team in September. As lead paddler of REACH dragon boat, I learned the importance of taking charge and working together. I started dragon boat paddling as being a backup paddler from CHARGE at last year's Disney International Dragon Boat Festival. I still remember the first practice of the REACH dragon boat team. The boat nearly capsized because we were so disorganized and unfocused. With more practices and by working together, we became better at staying focused and paddling together. On race day, I was confident because our dragon boat team was already prepared for the best. My experience with dragon boating taught me that success in sports depends mostly on our mental strength and not our physical strength. Our

REACH dragon boat team won first place in the Consolation D Division not because we had the strongest bodies but because we had the strongest mentalities and great teamwork. I had fun paddling with my friends and would like to thank Asia Trend Magazine for sponsoring REACH's dragon boat team. I would like to continue dragon boating in college if there is a chance.

By: **Hans Lau**, Lead stroke of REACH Powered by Asia Trend, Former President of REACH

The first time I participated in dragon boating was over a year ago, and our team hadn't had a single practice. At the time, it just seemed like a fun thing to do. However, when I joined the REACH Dragon Boat team this year, I knew I was going to have to work and practice hard. It's not easy being a good Dragon Boat team; everyone has to give it their all and put all their attention into the group. Everyone has to work together in order to gain success. I never realized how important cooperation was until I realized that only trying hard by yourself won't make your boat any faster. Dragon boating was a unique experience for me as it was one of the times in my life that I had to put so much of myself into a team and hope that my other team members would too. When race day came, it felt like one of the biggest days of my life. The whole team wanted to win, but everyone else did too, so we knew it was going to be difficult. In the end, it was definitely tons of fun and I learned a lot about teamwork.

By: **Ben Liu**, Captain of REACH Powered by Asia Trend, Secretary of REACH

For me, the dragon boat practices were both intense and fun. My friends and I joked around before getting on the boat but when it came down to serious rowing, we were all focused. The first race that we did during the Expo, I felt proud

to have made the time that we made against the professional teams. It was really awesome when we won our two trophies and medals! I felt proud that all of our hard work during the practices paid off after the Expo. The Asian Cultural Expo was also very exciting because I got to see many unique performances by kids around my age. Overall, this experience was very fun and rewarding.

By: **Phu Nguyen**, paddler for REACH Powered by Asia Trend, Webmaster of REACH

As the drummer for REACH powered by Asia Trend, my job was to sit at the front of the boat and keep everyone on time and in focus. Synchronization is extremely important in dragon boat racing, so I had to use the drum to keep everyone in rhythm and also yell at my teammates if we weren't in sync or we didn't have enough power. The paddlers aren't allowed to look at the other boats while we are racing because they have to focus, but I could look to see who was ahead or behind us and yell to put more power if we were behind. My job basically consisted of screaming at people.

By: **Tiffany Tang**, drummer for REACH Powered by Asia Trend, President-elect of REACH

Three months ago, I had never heard of dragon boat racing. I had no idea what I was getting into when I joined our team, REACH powered by Asia Trend. Although it was physically challenging, participating in dragon boat with all my friends was really enjoyable. We worked together and accomplished a lot. I was really proud of our progress. After five practices, we were able to get better times than much more practiced teams. I really hope we get to participate in dragon boat racing again!

By: **Caroline Yarber**, paddler for REACH Powered by Asia Trend

