



**The Colorado Dragon Boat Festival News**  
**February 2009**

**Welcome**



Happy New Year of the Ox!

We wish you all the best in this time of new beginnings. I was fortunate to start my New Year by attending the inauguration of Barack Obama as our new president in Washington, D.C., a man with personal ties to various continents and cultures himself. It was amazing to witness the coming together of so many cultures in one place for one purpose, and truly epitomized the best of what our country stands for - people from different origins united in spirit. This experience

reminded me so much of what the Colorado Dragon Boat Festival (CDBF) does each year in bringing our diverse Asian Pacific cultures together and sharing their unique histories and accomplishments with the public.

I'm very pleased to share with you that the CDBF will embark on a new beginning itself as the organization moves in to its first permanent office location in Wheat Ridge. This is an important and exciting step in the continued growth of the CDBF. Please take note of our new office address (listed at the end of this newsletter) for sending any correspondence. Come by and visit when you can - please call first so we can be there to greet you!

**Important Dates**

**January 5:**

- Race Registration Opens
- Submissions for 2nd Annual Poster Contest Opens
- Applications for Food Vendors & Marketplace Exhibitors Open

**July 25 & 26:**

- 9th Annual Colorado Dragon Boat Festival

**In This Issue**

[Welcome Letter](#)

Race registration is now open for 2009 and available online via our website at [www.cdbf.org](http://www.cdbf.org). For those of you who've been looking for a new challenge in 2009, dragon boat racing is a great new sport to try. And this year, it's easy to pick up the paddle with our Community Pick-up Team, especially designed for those who would like to race but don't have a full team. It's also a great way for you and your sweetheart to try something new together. Read more about one special couple who has found a love for the sport together and more about this year's races below.

In addition to racing, we have some other unique and exciting ways to get involved with the CDBF this year:

- There's still time to show your creativity and artistic skill with our 2nd annual 2009 Commemorative Poster Design Contest! Read more about how to enter below and send in your submission by March 31st.
- Make sure to read more about our available volunteer position to spearhead the Opening Ceremony/Team Parade event. This is a fantastic behind-the-scenes opportunity for someone looking to become engaged in the cultural ceremonies of Asia and the Pacific, and perhaps even to research a new career in this challenging economy!
- We are also looking for non-profit partners who are interested in earning money for their organizations by providing volunteers to staff a CDBF beverage, snow cone or merchandise booth at the 2009 Festival. As a fellow non-profit, we are happy to offer this wonderful opportunity for organizations to both generate awareness about their mission and earn much-needed dollars during this difficult time. Read more about how you or your organization can get involved below.

Stay tuned next month for more exciting developments on this year's "weekend passport to Asia and the Pacific!"

See you on the lake this summer,

Alisa Zimmerman, CDBF Executive Director

P.S: Make sure to try out the recipe from CDBF vendor, Taste of Thailand, the 2008 Culinary Competition Best of Show award winner!

*Alisa is pictured above at the Brown Palace on Christmas Eve with her daughter, Mimi. The photo was taken by Ruth Anne Zimmerman.*

**Couples that Play Together, Stay Together...  
Enjoy Dragon Boat Racing with Your Sweetheart  
this Summer!**

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## **2009 Sponsors**

### **Community Partner:**



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"I was desperate for female paddlers on my team, so I asked if she'd help out," explains Maestas TaeKwon-Do Dungeonless Dragon Team Captain Michael Boyd (aka Captain Bligh) of how he and longtime girlfriend Deborah Esbenson started racing together back in 2004. Both were involved in the local non-profit Maestas TaeKwon-Do, a school dedicated to the development of youth regardless of social or economic status that has provided quality martial arts training for more than 20 years. Mike and the Maestas TaeKwon-Do team first entered the CDBF competition in 2003 as a fund raiser, asking for pledges to send some of their students to Australia to compete in an international championship Tae-Kwon-Do Tournament. "We were so successful and loved it so much, we've

participated every year since," says Mike.

Mike recruited Deborah to join their team the following year. New to the sport, Deborah paddled in the back of the boat the first year, before spending a year as drummer and a couple more years right behind Mike "so I could keep an eye on him," she confesses. "Our first date was at the Dragon Boat Gala in 2005," says Deborah. "He was so handsome and it was such a magical night. I knew then that dragon boating would always have a special place in my heart- it brought me to my soul mate!"

Deborah and Mike now share the co-leader/co-captain position on the team and are often teased for taking "kiss-breaks" between training runs. Paddling together with their teammates, Deborah and Mike have led the Maestas TaeKwon-Do Dungeonless Dragons to victory, winning the silver medal in the Consolation Division in 2004 and taking home the winning trophy as champions of the Competitive Division in 2007. "Dragon boating has become an important part of our lives," says Mike. "Paddling is one of the activities we greatly enjoy doing together and definitely helped us 'find each other.' And of course, we're madly in love."

In this month where we celebrate love and romance, consider giving the gift of dragon boat racing to your loved one and spend the summer together with your sweetheart! It's time to register your team to compete in the 2009 Colorado Dragon Boat Races at Denver's Sloan's Lake Park July 25 - 26.

Once again, this year's fast-paced dragon boat racing competition will feature divisions for everyone including Youth, Novice, Intermediate (new!), Corporate and Competitive with two full days of racing. New this year, for those who want to join the race but don't have enough paddlers, there's the opportunity to compete in a Community Pick-up team as an individual or a couple!

Two race locations will be used again this year to accommodate both 250-meter and 500-meter races. For those who want to give dragon boat racing a try, practice sessions and special races will also be offered. For detailed division descriptions, more information or to download an application, please visit [www.cdbf.org](http://www.cdbf.org), click on the Race Registration link from the home page. If you have questions or are interested in racing as part of a team or as an individual, please email [race@cdbf.org](mailto:race@cdbf.org). **Deadline for race registration is May 1, 2009.**

**DEADLINE EXTENDED FOR THE SECOND ANNUAL 2009 COMMEMORATIVE POSTER DESIGN CONTEST!**

Trade your paddle for a palette and show your imagination and artistic skill by participating in the second annual 2009 Commemorative Festival Poster design competition!

The winner will see their design used for various collectible merchandise items including home décor framed prints, festival t-shirts and marketing materials.

The submission deadline is Monday, March 31, 2009 and winners will be announced Friday, May 1, 2009. Three winners will receive cash awards. The first place winner will receive \$300, second place \$200 and third place \$100.

All are invited to participate in the competition, regardless of age, experience or technical skill. To enter is simple! All designs must include the following text copy: Colorado Dragon Boat Festival, July 25-26, 2009, Denver, Colorado.

Entries must be submitted DIGITALLY in JPG, TIF or PDF format. Along with the poster design, participants are to include their name, address, e-mail, phone number, a \$10.00 entry fee (payable by check or money order to CDBF), personal artist statement and competition submission statement. One entry is allowed per person. Entries must be postmarked by March 31, 2009 and can be sent to: CDBF, 11049 W. 44th Avenue, Suite 110, Wheat Ridge, CO 80033. For more information, click [here](#) or email [info@cdbf.org](mailto:info@cdbf.org).

#### The Fine Print:

Digitally reproduced images of the artists' original pieces supplemented with required text copy additions are encouraged, acceptable and standard. Upon the request of CDBF, the artist will alter or remove any and all signature, logo, company stamp, or similar identifying marks. Entries will be evaluated based on appeal, content and marketability. The decision of the judges is final. CDBF reserves the right to use the winning image on miscellaneous advertisement mediums, publicity posters, press releases, T-shirts and many other CDBF related items. The winning entry will become full property of CDBF, with all rights and privileges inherent thereto. CDBF reserves the right to resize or otherwise alter the winning entry before using it in promotional and merchandising materials, or to not use any submitted competition materials.

*Pictured above is the 2008 Colorado Dragon Boat Festival commemorative poster, created by Patrick Spikes.*



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Copyright © 2008. All rights reserved. Spikes Media, Inc.  
Contact: Patrick Spikes: 303-326-7713 patrick@spikesmedia.com

## Calling All Non-Profits! Volunteer at a Great Event and Make Money for Your Organization at the Same Time!

A perfect way to generate additional funds in a weak economy, the CDBF's Non-Profit Partner (NPP) program invites local non-profits representing a variety of missions and causes to earn money for their organizations by supplying volunteers to work a designated booth selling festival items. Throughout the weekend, Non-Profit Partners staff beverage, snow cone and merchandise booths during the Festival and earn a percentage of the retail sales as a donation to your non-profit. Non-profits can also market their mission by wearing their organization's shirts, distribute information as well as talk about your organization with the thousands of

festival goers who attend each year.

The mission of the Colorado Dragon Boat Festival is to build bridges of awareness, knowledge and understanding between the diverse Asian Pacific American communities and the general public through visual, culinary and performing arts, crafts, cultural education programming and athletic competition.

For more information or to apply online, [click here](#).

If you are a 501.c.3 organization and would like to participate in this opportunity, please contact:

Nicole Jarman  
Non-Profit Partner Manager  
[nicolejarman@gmail.com](mailto:nicolejarman@gmail.com)

## We Need You! Get More Involved With the CDBF!

If you have always wanted to be involved in the Colorado Dragon Boat Festival (CDBF) in a unique and behind-the-scenes way, then we need you! The CDBF is looking for someone to spearhead the Opening Ceremony/Team Parade event. This person will be responsible for coordinating Opening/Welcome Ceremony and the Team Parade from high-level planning to hands-on execution. If you are a self-starter who can multi-task, has good communication, organizational and planning skills, and is patient yet persistent in getting tasks done, this is the project for you!

The ideal candidate will become a member of the Operations Committee (OC), which meets monthly on selected Wednesday evenings, Jan - July. This position reports to the Executive Director. Please click [here](#) for more details on this volunteer position. If you are interested in applying, please email [management@cdbf.org](mailto:management@cdbf.org).

## February's Highlighted Recipe From Vendor Patron -- Taste of Thailand

### Thai Food

To some it's a trend  
To us it's our heritage  
Taste the difference  
- *Taste of Thailand*

This month, the CDBF is honored that the Taste of Thailand has offered to graciously share their award-winning recipe for a Mango Shrimp Salad. This dish won Best of Show at the 2008 festival, and had all of our distinguished judges talking.

For 15 award-winning years, The Taste of Thailand has been serving delicious traditional Thai dishes to devoted followers and newcomers at its storefront restaurant across from Swedish Hospital in Englewood. Diners rave over the restaurant's signature northern "Yum" Salads, Savory Crispy Sea Bass and bowls of Spicy "Flu Shot" Soup. Delicious, nutritious and affordable, with lunches from \$6.95, and dinners from \$8.95. Be sure to stop in for a meal, and visit them at this year's Festival!

**Yum Mamuang** (Mango Shrimp Salad)  
Serves 4-6

### INGREDIENTS:

5 medium-sized mangos  
2 cups peeled shrimp  
2 tbs. cooking oil  
2 tbs. sugar  
1 medium red onion (cut up)  
3 tbs. fish sauce  
2 tbs. cut up ginger  
4-5 cloves garlic  
3 medium limes (4 tbs. of lime juice)  
¼ cup roasted coconut  
2 cups cucumber, cut up

¼ cup roasted peanut  
2-3 sprigs cilantro, chopped  
3-4 tbs. roasted chili in oil

**PREPARATION:**

- Chop garlic and fry in cooking oil until light brown, discard oil, set aside.
- Bring 1/8 C water to a boil. Add shrimp. Reduce heat and cook 5 mins. Drain and set in a bowl.
- Shred mango or cut into thin strips and place in a bowl.
- Roast peanuts on stove top for 6-7 mins. medium heat, stirring constantly. Do the same with coconut flake. Set coconut aside.

**SPICY LIME SAUCE:**

- Squeeze limes to make 4 tbs.
- Add fish sauce, sugar and roasted chili in oil. Stir until sugar dissolves.
- Add crushed red chili pepper.
- Mix well and set aside.

**METHOD:**

Add all ingredients in a mixing bowl, add lime sauce. Toss well.  
Place in serving bowl. Top with roasted coconut and chopped cilantro, and serve at room temperature.

## Upcoming Events

For events happening in the APA community visit [asiapress.com](http://asiapress.com) and [International Gateways](http://International Gateways).

Do you have an upcoming event that you want to share with the local APA community? If you would like your event listed in the next CDBF monthly newsletter, please email a brief description to [media@cdbf.org](mailto:media@cdbf.org).

## Help Keep the CDBF Thriving and Afloat All Year Long!

We depend on a variety of contributed and earned income to support the growth of its free public event. This financial support comes from corporate sponsors, race and vendor fees, concession sales and annual grants.

We also benefit from the year-round support of individuals whose donations help us fulfill our mission to create and implement new outreach programs for our Asian Pacific American communities that have supported the Festival since 2001.

Please consider making an individual donation at any level and at any time, and know you have helped support our mission of "building bridges of awareness, knowledge and understanding between the diverse Asian Pacific American communities and the general public through cultural education, leadership development, and athletic competition."

To donate online, [click here](#) to make a tax-deductible online donation to the CDBF using PayPal. When you click the "Donate" button, you will be directed to a secure website to fill in the amount you want to donate, your name, address, credit card information, etc. You will receive an email receipt directly from PayPal, which enables you to pay without sharing your financial information with sellers. The credit card and personal information you provide at the time of donation is used only to process your donation and will not be used for any other purposes.

If you prefer to mail your tax-deductible donation, please make your check or money order payable to "Colorado Dragon Boat Festival" and send it to:  
Colorado Dragon Boat Festival  
11049 West 44th Avenue, Suite 110  
Wheat Ridge, CO 80033

You will receive confirmation of your check or money order donation by email or post directly from our office. Please keep this information for your tax records. Thank you for supporting the Colorado Dragon Boat Festival!

## The 9th Annual Colorado Dragon Boat Festival

*Your Weekend Passport to Asia and the Pacific*

Dragon Boat Races. Cultural Education. Performing Arts. Food. Marketplace.

### **About the CDBF**

Founded in 2001 to celebrate Colorado's diverse Asian Pacific American (APA) communities, the Colorado Dragon Boat Festival (CDBF), a 501© 3 non-profit organization, has become the region's fastest growing, family-friendly summer festival. CDBF offers festival-goers the opportunity to explore APA culture through performances, educational programs, arts and crafts, shopping, dining and the exciting athletic competition of dragon boat racing.

### **New Office Location/ Mailing Address and Phone Numbers:**

11049 West 14th Ave., Suite 110

Wheat Ridge, CO 80033

T: 303-953-7277

F: 303-953-7278

**July 25-26, 2009 10 AM - 7 PM**

**Sloan's Lake Park Denver, CO**

*Your Weekend Passport to Asia and the Pacific*

Free festival admission. Parking & shuttle service from INVESCO Field.

**www.cdbf.org | 303.722.6852**