

From: CDBF Media Team <media@cdbf.org>
Subject: News from the Colorado Dragon Boat Festival
Date: April 17, 2009 11:02:17 AM MDT
To: kelly.nelson@mac.com
Reply-To: media@cdbf.org

Having trouble viewing this email? [Click here](#)



The Colorado Dragon Boat Festival News

January 2009

Welcome



Happy New Year!

Welcome to 2009 and the Year of the Ox! On January 26th, we celebrate the Chinese New Year of the sign that symbolizes prosperity through fortitude and hard work. All of us at the Colorado Dragon Boat Festival (CDBF) look forward to celebrating with you a new year that is predicted to be dependable, calm and humble.

2009 will mark the 9th year of the CDBF offering a free family-friendly festival highlighting Colorado's rich Asian Pacific American heritage. On July 25-26, the two-day celebration at

Sloan's Lake Park in northwest Denver will again showcase Asia and the Pacific with an array of traditional and contemporary performing arts, cultural customs, cuisine and a marketplace of unique and hard-to-find arts, crafts and vendors, in addition to action packed dragon boat races

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](#)

on both days!

The diverse cultures of Hawaii will be featured at this year's 2009 festival to commemorate the 50th year of its statehood with special activities for you to experience like the Hawaiian Lei Ceremony, Polynesian dancing, luau ceremonies and much more. We might even have an outrigger boat onsite to show how Hawaiians have historically taken to the waves to race!

Speaking of racing, the festival's dragon boat race registration opens January 5, so make sure to rally your team together to compete in another exciting weekend of races! Two race locations will be used again in 2009 to accommodate both 250-meter and 500-meter races. Additional divisions have been added with two full days of racing for mixed adult and youth teams. Read more below about this year's competition and how to register your team in this month's newsletter.

I'm happy to announce that the second annual commemorative poster design contest also kicks off this month! Hundreds of copies of last year's first-ever poster were sold and this year's design will again be used on collectible merchandise. Read more about the 2009 competition below.

If you're looking to act on your New Year's resolution to be more involved in the community in 2009, check out our unique and exciting volunteer opportunities! The CDBF is looking for people to help coordinate the Festival's annual Opening Ceremony and Shuttle Bus Service. Read below for more details on learning about the festival from the inside out!

Each month from now until the Festival, we'll be highlighting exciting new developments and behind the scenes stories about this year's Colorado Dragon Boat Festival, so tune in next month for more news about your "weekend passport to Asia and the Pacific!" And don't forget to visit our website at CDBF.org for more information on everything that's happening in 2009!

See you on the lake this summer,

Alisa Zimmerman
CBDF Executive Director

P.S: Make sure to try Mary Lee Chin's recipes for prosperity in the New Year!

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

RACERS, PREPARE YOUR PADDLES! Race Registration Opens January 5th



Company.

Additional divisions this year include Corporate, Intermediate (new), Novice and Youth (13 - 17 years). The Corporate and Intermediate divisions will compete both days in a BuK-style (Hong Kong) boat on the 250-meter course. Novice and Youth teams will race using colorful flag-catching (Taiwan) boats on the 250-meter course. New this year is the Intermediate Division, which is ideal for those teams that have a mix of novice paddlers and experienced paddlers, but do not necessarily qualify to race in the Corporate Division.

Two race locations will be used again this year to accommodate both 250-meter and 500-meter races. For detailed division descriptions, please visit www.cdbf.org, click on Racing and then Racing Divisions.

For those who want to give dragon boat racing a try, practice sessions and special races will be offered.

If you're interested in racing as part of a team or as an individual, please email race@cdbf.org.

Join the Team!

For the team composition, adults must be at least 16-years-old, as of July 25, 2009. Each team will consist of a minimum of 21 people: 20 paddlers (which must include eight females for mixed division), and one drummer for the Competitive, Corporate, and Intermediate Divisions. Novice and Youth teams have 18 paddlers, a drummer, and a flag-catcher. A team may have 22 racers if their steersperson has been certified. Competitive teams must supply their own certified steersperson. It is highly recommended that each team has four substitutes or alternates in case

[Race Registration](#)

[Poster Design Contest](#)

[Volunteer Openings](#)

[Chinese New Year Celebration Recipes](#)

[Upcoming Events](#)

[2009 Sponsors](#)



[Visit Our Sponsor](#)

any of the original racers are unable to compete. Youth Division racers must be 13 to 17 years of age by race day, and for the Adult Division, racers must be 16 years or older.

Registration opens up at 12:01 AM January 5, 2009. Deadline for race registration is May 1, 2009. The entry fee is \$800 for adult and \$500 for youth. Teams can pay by check or credit card. For details on payment, policies, abbreviated or canceled races, or withdrawing from the competition, click [here](#).

CALLING ALL CREATIVE SOULS! The CDBF Announces Second Annual 2009 Commemorative Poster Design Contest

Resolve to be more creative in the new year by participating in the second annual 2009 Commemorative Festival Poster design competition! Trade your paddle for a palette and show your imagination and artistic skill.

The winner of the CDBF poster design competition will see their design used for various collectible merchandise items including home décor framed prints, festival t-shirts and marketing materials. In 2008, hundreds of copies of the first-ever commemorative poster were sold to festival attendees.

The submission deadline is Monday, March 2, 2009 and winners will be announced Friday, April 17, 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 2nd, 2009 and can be sent to: CDBF, 11049 W. 44th Avenue, Suite 200, Wheat Ridge, CO 80033. For more information, click [here](#) or email 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.



We Need You in 2009! Get More Involved with these Exciting Volunteer Opportunities

If you have always wanted to be involved in the Colorado Dragon Boat Festival in a unique and behind-the-scenes way, then we need you! The Colorado Dragon Boat Festival currently has two volunteer openings in 2009.

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!

Are you a flexible problem-solver who is great in dealing with the public? Then we hope you will consider joining us this year as the CDBF Transportation Coordinator. This special person will design and manage festival shuttle bus service, addressing needs of all attendees (ADA and multigenerational), running between INVESCO Field parking lots, Light Rail station, and Sloan's Lake Park in NW Denver during the two-day event.

The ideal candidates will become members of the Operations Committee (OC), which meets monthly on selected Wednesday evenings, Jan - July. Both positions report to the Executive Director. Please click [here](#) for more details on these two volunteer positions. If you are interested in applying, please email management@cdbf.org.

Chinese New Year Celebration Recipes

The Chinese New Year begins with the new moon on the first day of the New Year and ends on the full moon 15 days later. On the evening of the 15th day, people traditionally have carried lanterns into the streets to take part in a great parade. The highlight of the parade is the dragon dance, in which young men perform using a dragon made of bamboo, silk, and paper stretching more than 100 feet in length.

Food holds great symbolism and more delectable eats are consumed during New Year celebrations than at any other time of the year. A vast amount of traditional culinary delights are prepared for family and friends, as well as for those who were close to us and have passed away.

To help you start your Chinese New Year celebrations in 2009, here are a couple of recipes you can prepare for family and friends. Although traditional, the CDBF's own Mary Lee Chin has modernized these recipes to be healthier and simple to make!

Lo Han Jai

Also known as "Buddhist Vegetarian Stew," this dish is served on the first day of the lunar Chinese New Year, to cleanse the body. Since ingredients are not easily available in most food markets, this is a simplified version. Although the list of ingredients appear lengthy, once everything is gathered, the cooking is easy.

2 T. vegetable oil
8 Chinese black mushrooms, soaked in hot water for ten minutes, squeeze excess water, remove stems, leave whole - save soaking water
1/2 cup of dried fungus (cloud ears), soak in warm water, cut into smaller pieces
1/2 cup of sliced bamboo shoots
8 fresh Chinese water chestnuts, peeled, cut into quarters
1 whole carrot, peeled, cut to julienne strips
2 cup of cabbage, torn into small pieces
1 cup of vegetarian or chicken broth
2 oz. bean thread - boil in water to cover for 5 minutes. Drain.
1 cup firm bean cake (tofu), cut to 1/2" cubes
8 snow peas, remove strings, cut to thin slivers
2 cups fresh bean sprouts
2 T. soy sauce (low-sodium best)
1 T. cornstarch mixed well with 2 tsp. cold water
1 tsp. sesame oil

Heat wok until hot; add vegetable oil. Stir-fry mushrooms, fungus, bamboo shoots, water chestnuts, carrot, cabbage; cook for 3-4 minutes over high heat. Add broth; cover and cook for 5 minutes over low heat. Add bean cake, bean sprouts, snow peas and soy sauce. Cover and simmer for two minutes. Stir in cornstarch mixture to form a light gravy, adjusting if necessary. Drizzle with sesame oil.

Note: Traditional ingredients might include: ginkgo nuts, lotus root, dried oysters, lily stems, seaweed hair, fried tofu, and dried bean curd sticks.

Chinese New Year etiquette dictates that you must bring a bag of oranges and tangerines (symbols for abundant happiness) and enclose a lai see when visiting family or friends anytime during the two-week long celebration. Tangerines with leaves intact assure that one's relationship with the other remains secure. And, for newlyweds, this represents the branching of the couple into a family with many children.

Mandarin Orange Salad

Mary Lee Chin remembers this traditional salad from decades ago. Though not a traditional Chinese dish, it goes well on the Chinese table. Originally made with butter lettuce and sugared almonds, she has updated it by substituting Romaine for butter lettuce. Toasting almonds brings out nutty flavor and eliminates additional calories of sugar and butter to produce sugar coating.

1/2 head of romaine lettuce, shredded
1 small can Mandarin oranges
1/4 cup sliced almonds, lightly toasted

Dressing
2 T. red wine vinegar
1 T. sugar
2 T. orange juice
1/2 t. dry mustard
1/4 cup olive or canola oil

Place all of salad dressing ingredients in small jar. Shake well.
Place lettuce in salad bowl. Top with oranges and almonds. Serve with dressing.

Upcoming Events

For events happening in the APA community visit asiexpress.com and 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 enewsletter, please email a brief description to media@cdbf.org.

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.

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.

w w w . c d b f . o r g | 3 0 3 . 7 2 2 . 6 8 5 2

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to media@cdbf.org by media@cdbf.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Colorado Dragon Boat Festival | 605 Parfet St. Suite 200 | Lakewood | CO | 80215

⚠️ **THIS IS A TEST EMAIL ONLY.**

This email was sent by the author for the sole purpose of testing a draft message. If you believe you have received the message in error, please contact the author by replying to this message. Constant Contact takes reports of abuse very seriously: if you wish to report abuse, please forward this message to abuse@constantcontact.com.