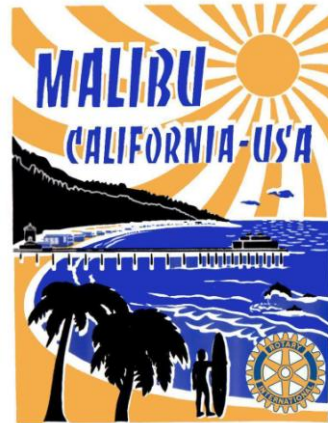




**ROTARY:  
MAKING A  
DIFFERENCE**



*The Award Winning*

## ***Malibu Rotary Club Surfwriter***

April 11 2018

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President Bianca Torrence  
Pictures by John Elman

Edited by Dr. John W. Elman

**In This Issue (click underlined topics for web link when connected to the Internet)**

- Last week Dr Emily Letran Tells how she is able to “Live the American Dream” by using High Performance techniques to leverage her personal and business life
- Next regular Malibu Rotary Club meeting April 18 2018 Room LC 152 on the Pepperdine Drescher Upper Graduate campus Fellowship will begin at 7:30 a.m. with meeting starting at 8:00 a.m. Speaker will be Jim “Gweed” McMichael Lt Col USAF (retired) speaking on “Making a Fighter Pilot”
- Check [Calendar](#) on Malibu Rotary website [www.maliburotary.org](http://www.maliburotary.org)
- Rotary International Website: [www.Rotary.org](http://www.Rotary.org)
- Rotary District 5280 Website: [www.rotary5280.org/](http://www.rotary5280.org/)
- RI President (2017-2018) Ian H.S. Riseley
- Rotary District 5280 Governor ( 2017-2018) Cozette Vergari

**Dr Emily Letran Tells how she is able to “Live the American Dream” by using High Performance techniques to leverage her personal and business life**



**Dr. Emily Letran was the speaker at the April 11 meeting of the Malibu Rotary Club.**

Dr. Emily Letran is a general dentist who owns two multi-specialty group practices in Southern California. She received her Bachelor of Science in Biology from UC Riverside (*magna cum laude*, Phi Beta Kappa) in three years. She is a graduate of UCLA School of Dentistry (Dean's Apollonian Scholarship) and received her Master of Science in Oral Biology from UCLA at the same time in four years. After graduation, she participated in the General Practice Residency at Loma Linda VA Medical Center in Loma Linda, CA. and a mini-residency at Rancho Los Amigos Medical Center in Downey, CA., where she attained additional training in treating geriatric and medically compromised patients.

As a mother of three, Dr. Letran creatively balances work, family life, after-school life and her personal life as a growing entrepreneur. She continuously takes courses in clinical dentistry, practice management and marketing, attending multiple business forums to improve her skills to better serve patients. Her favorite activities include reading, creative writing, and "hanging out" with her three children - whether playing tennis, watching Netflix or enjoying Starbucks together.

Dr Letran is an author of several books. "From Refugee to Renaissance Woman" shares her story coming to the US as a refugee at 13 years old, and her newest book, "Commit to Embracing Your Big Life" offers insights and strategies to building a strong business . Dr. Letran is also a Certified High Performance Coach, helping business professionals achieve highest performance in personal and business life, streamline business and increase profits, winning back time from work so they can enjoy that time with their family, children and pursue their passion.

Dr. Letran is actively involved in community services, sponsoring multiple local school and charity events. She created the Emily Letran Foundation dedicated to providing basic dental care to veterans and families of disadvantaged background, including the monthly Free Dentistry Day, where she and her dental team work to provide free dentistry for the less fortunate in area communities. Her Foundation is raising funds to attain a mobile dental unit where she can carry her services to outreached communities. The Foundation will also provide scholarships for high performance coaching to help business owners from disadvantaged background get a jump start in growing and accelerating their businesses.

In her presentation at the Malibu Rotary Club Emily showed how her journey to the United States was not an easy one. Her family was one of the ones who chose to stay in Saigon after April 30, 1975, when the Americans left the country, and life changed drastically as the Communists from the north took over the country, and were especially harsh on the previous South Vietnam people, who were used to a way of life that most people in the free world have. Emily's father was a school teacher and didn't expect he and his family would be treated as badly as they were. But life was difficult for everyone. Emily recalls having to stand in line for hours to get stale food, how the government officials would go through the home and confiscate any money, or anything of value. Everyone had to wear the same school uniforms. Most of the young men who had previously served in the South Vietnam army threw their uniforms in the streets and didn't admit to having been in the army. Emily's mother died when she was 8 and when she was 13 years old her dad helped her get out of the

country with 50 people on a fishing boat, while her father stayed behind with her younger sister. She did not see them again.

She was on the fishing boat for 7 days, with enough food for 3 days. Finally she went to a refugee camp in Malaysia. She says her luggage consisted of 2 things: Hope and Faith.

After spending several months in the refugee camp in Malaysia Emily was sponsored to come to another refugee camp in America, and ended up in Riverside, California, where she lived with 10 people in a 2 bedroom apartment, sleeping on the floor.

From the very beginning Emily realized it was up to her to forge own way in life. To earn money she got up at 4:00 a.m. and delivered newspapers for \$100.00 per month. She was a good student and was able to earn a scholarship to college.

Despite those humble beginnings she efficiently received her bachelor's degree from UC Riverside in 3 years, her Master's degree and DDS, from UCLA in 4 years, and was able to manage 3 dental practices and family life we described above.

As a mother she arranged her dental practice schedule to see patients from 9 to 2 and from 4 to 6 so she could pick up her daughter from school and take her to day care.

Her youngest son asked Emily to come to a music recital to hear him play recorder flute. He was going to perform in at 11:00 a.m. at school. 11.00 a.m. ?, Emily thought. This is going to interfere with Emily's business schedule. She wondered why her older daughter hadn't asked her about going to any school events, any recitals, when she was the same age as her son.

Emily asked the older daughter about it, and she told Emily, "Yes, I had recitals, too. You didn't go."

Emily had regretted that, and wondered, "Can you live the American dream without having regrets?"

She suggested that we all have our own boat story, our own recorder story. We have had choices to make, and regrets about things we missed. We all need to make a to do list, not just for the day, but for life. We all have to make a choice about what is really important to us. Do you know what you want? Do we know what excites us mentally.

Emily's boundless energy and zeal to continually better herself encouraged her to embark simultaneously on another career, that of a business mentor and High Performance Coach. She writes about suggestions on how owners of small businesses can improve their situation on her website: <http://www.dremilyletran.com>.

Emily explains that we all need clarity on what we want. We have to know what we want before we can convey that to our team, whether at home, in business, or in organizations we lead.

Does your team know what you want? To have productivity you have to know about and practice The Power of Intention. Several people have written books about the Power of Intention. By creating an intention, we suddenly know how to measure our day.

We connect with the goal behind the goal. Emily used the quote, “The main thing is to keep the main thing the main thing.” You need to block your calendar for the most important things.

In addition, delegate whenever possible. The Team Leader may not be the owner. To achieve the highest productivity for the team:

1. Put workable systems in place
2. Have no overlapping of responsibility
3. Expect the best

Emily explains that you should have a “To do list,” a “To be list,” and also be generous and ambitious.

For more information about what Emily does in her life coaching career:

For HIGH PERFORMANCE COACHING in business and personal life to achieve CLARITY, ENERGY, COURAGE, PRODUCTIVITY, and INFLUENCE, please contact Coach Emily Letran at:

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and also her website [www.DrEmilyLetran.com](http://www.DrEmilyLetran.com)

### **Other News and Guests at the Malibu Rotary Club meeting**

Malibu Rotary Club President Bianca Torrence announced a Malibu event several Rotary District events happening in the next couple months:

**On November 4<sup>th</sup> 2018 is the Malibu Half Marathon and 5K Run/Walk**—Bianca said she is recruiting a group of people to sign up for the 5K Run portion of the race day in the to the Memory of her son David Torrence, by joining Team David Torrence.

Here is the link for individual registration cost is \$40. for the 5k

Please make sure that you join "Team David Torrence" inspired by him and in his memory.

[https://www.malibumarathon.com/?gclid=Cj0KCQjw5LbWBRDCARIsALAbcOemumPEEtZJzt5QQ\\_hfGddbg59rw1fM7iUS91SjSVa0ssCP-C6UNzEaAg7QEALw\\_wcB](https://www.malibumarathon.com/?gclid=Cj0KCQjw5LbWBRDCARIsALAbcOemumPEEtZJzt5QQ_hfGddbg59rw1fM7iUS91SjSVa0ssCP-C6UNzEaAg7QEALw_wcB)

The current registration cost is \$40.00 but the cost will increase to \$50.00 by race time, and it may be sold out before then, so register early. Boys and Girls Club of Malibu is a recipient of donations from the race.

#### HALF MARATHON HOURS

Sunday, November 4th, 2018: 7:30 AM to 12:00 PM. The Start / Finish Line is located at Zuma Beach

Malibu Rotary Club members not running in the race should consider signing up to be race volunteers. Except for sleeping you probably aren't going to be doing anything else at this time.

#### **District Events:**

**April 14 Peace Conference** The Rotary Club of Little Tokyo will be hosting the first Rotary Community Peace Conference from 10 am until 2 pm at the Japanese American Cultural & Community Center on Saturday, April 14. This is part of the year-long Global Grant Project: Peace Educational Project in Southern California. It is free and open to all in the community, so finish your tax return early and bring your entire family and friends. Come and find out what you can do to nurture peace in today's volatile world. Bianca and Bill went to this.

April 14 Rotaract Ethics Forum at LMU

**April 17 is next Rotary District Breakfast at the Crowne Plaza LAX at 7:00 a.m.. RSVP by April 12: \$38/person | RSVP after April 12: \$43/person This one will be hosted by the District Rotaract and Interact Clubs and the keynote speaker will be AIYANA HAVIR.** Aiyana heals and inspires our world through conscious music, movement and message. She has performed professionally for over a decade in the form of music, dance, theater, and public speaking. In 2009, Aiyana jet set to live in Vienna, Austria for a year as a Rotary International Youth Ambassador. Malibu Rotarians Bianca Torrence, Bill Wishard and Teresa LeGrove will be attending and Teresa will also be bringing Malibu High Interact President Morgan Perlmutter.

April 21 Rotary Day of Service Bond Park on Los Feliz Blvd 9:00 a.m. to 12:00 pm

April 25<sup>th</sup>—Rotary District Governor Cozette's "Unofficial" visit to the Malibu Rotary Club.

April 27<sup>th</sup>-April 28th RYLA

May 17 May 20 **District Conference** Hyatt Grand Champions, Indian Wells

June 2 District Assembly Carson Community Center

## **Guests**

Malibu Rotary Club President David Zielski was at the April 11<sup>th</sup> meeting of the club and announced that he has take a new job in the south bay area and will be living there during the week. He may makeup at other Rotary Club's during the year, but plans to help with the Malibu Rotary Club October 2018 Halloween Fund raiser.

**Mark Koller** was the only guest at the meeting other than our speaker. Mark will soon not be a guest as we hope to induct him as a Malibu Rotary Club member at the April 25 meeting of the Malibu Rotary Club and Rotary District Governor Cozette Vergari will make it official.

## CALENDAR

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### **April 18 2018 Jim “Gweed” McMichael Lt Col USAF (retired) speaking on “Making a Fighter Pilot”**

Lt Col Jim "Gweed" McMichael is a military strategist who usually does not speak to civilians about what he will be speaking about at the Malibu Rotary Club on April 18. He will take us inside the cockpit view of an F-16 with a video and presentation that we expect will be captivating, interesting and informative.

### **April 25 2018 Rotary District Governor Cozette Vergari returns to the Malibu Rotary Club for her “Unofficial” Visit**

When Rotary District 5280 Governor (2017-2018) came to the Malibu Rotary Club for her official visit Malibu Rotary Club President Bianca Torrence was not able to be there because of tragic family events that we are all aware of. At the time Cozette vowed to return when Bianca could be there. April 25 Cozette returns for her unofficial visit to see Bianca and the Malibu Rotary Club.

### **May 2 2018 Qadir Mohiuddin will be speaker at the Malibu Rotary Club “North Korean nukes and population density”**

Dr. Qadir Mohiuddin was a Fellow of New Westminster College and Associate Professor and Dean of the New York Institute of Technology School of Management in the Kingdom of Bahrain. He been a popular speaker at the Malibu Rotary Club in the past talking about how various world events affect us all.

Professor Mohiuddin’s education and qualifications include:

- 1991: Ph.D., Multidisciplinary: A Theoretical and Econometric Study of MNE Direct International Business Investment, University of Pennsylvania
- 1983: M.S.S.M. in Management Information Systems, University of Southern California
- 1979: M.P.L. in Regional Planning, University of Southern California
- 1977: B.A. in Economics and Political Science, University of California, Los Angeles

### **May 9 2018 Malibu Rotary Club at Chamber Breakfast (no meeting at Pepperdine) Connections Breakfast at Paradise Cove Beach Cafe'**



Malibu Rotary Club will have joint meeting with the Malibu Chamber of Commerce 8:00 a.m. at Paradise Cove Beach Cafe, Malibu Rotary Club President Bianca Torrence and members of the Malibu Rotlary Club will talk about Rotary 6 Areas of Focus & local Malibu programs Rotary supports-The meeting will be hosted by **Anthony McDemas**, Connections Director, Malibu Chamber of Commerce. Breakfast starts at 8, intros at 8:30, Malibu Rotary speakers at about 8:45ish, for 20 minutes.

**May 16 2018 Back at the normal Malibu Rotary Club meeting at Pepperdine LC 152 Bette Hall will talk about “Rotary Youth Protection Policy”**

**May 23 2018 Kay Gabbard & Jay Scott will accept Malibu Rotary Club for The Malibu Community Labor Exchange and talk about this community resource**

The Malibu Community Labor Exchange is a 501(c)3 nonprofit organization whose primary function is to provide a safe and convenient place for people to wait for day jobs. This facilitates a connection with prospective hirers. The benefit to the community is in having a central location where people can find workers; and the benefit to the workers is in having a safe and supportive organization that helps facilitate the work process. The MCLE is neither an employment agency nor an employer. All workers are independent.

**May 30 2018 John Elman will Show and Tell “What you should know about ClubRunner” at the Malibu Rotary Club meeting**

John Elman is Malibu Rotary Club secretary, writer of the weekly Maibu Rotary Club newsletter, and webmaster of the Malibu Rotary Club website [www.maliburotary.org](http://www.maliburotary.org). The website uses communication tools of ClubRunner, which is used by many Rotary Clubs and districts around the world. Non-members of the Malibu Rotary Club can learn about what the Malibu Rotary Club is, what it does, when it meets, who the future speakers are, and who the past speakers were. Members of the Rotary Club can log into the site and view reports and communicate with other members of the Rotary Club and the Rotary District. John will explain what you should know about the Malibu Rotary ClubRunner site when he is the featured speaker at the May 30th meeting of the club.

**June 6 2018 Ellen Shane will talk about The Emily Shane Foundation**

Discussion will focus on why and how founder Ellen Shane created the SEA Program of the nonprofit charity, The Emily Shane Foundation. She will discuss the SEA Program, explain exactly what it is, and give specific examples of her work. In addition, founder will touch on her grief support practice. Her story can hopefully inspire others!

**June 20 2018 (Tentative) Demotion Party Dinner Honoring Bianca Torrence**

