**May Meeting Minutes**

**Location:** Westlake Village Civic Center in the Large Community Room (31200 Oak Crest Drive, Westlake Village, CA 91361)

**Date:** Saturday, 5/21/2016

**Time:** 2:00 PM - 5:00 PM

**Attendees:**

Student Commissioners: Michelle Chen, Alyssa Li, Connie Ye, Tian Ye, Benjamin Yang, Andy Jin

Adult Commissioners: Chien Wen, Lana Shiu, Wencheng Li

Guest Speaker: Kristina Tansavatdi

Youth Guests: Victor Zhou, Kevin Chen

Guests: Ming Ye, Zhou Guang Cai, Yali Chen, Wen Xin Ke, Li Sun

**Agenda**

* **Icebreaker - Wen**

Another form of presentation: a wedding toast

* **Introduction of Dr. Kristina Tansavatdi – Michelle Chen**
* Plastic surgeon
* Double-board certified
* Innovative care
* From Thailand
* Originally shy, until college whereby she was trained as a surgeon
* Originally wanted to be a cardiologist
* Goes back to Thailand for medical mission trips
* **Guest Speaker - Dr. Kristina Tansavatdi**
  1. **Introduction**
* Not directly involved in a lot of community-based things.
* Belief in importance of public speaking.
* Has a twin sister, she was extrovert, Kristina was an introvert.
* Fear holds us back: most of the time, we have a negative reaction that prevents us from plowing forward. We have to keep moving forward, despite what we fear.
* Speeches come naturally only once you know the material well enough.
  1. **Background**
* Parents from Thailand, grandparents from China, and parents married in the US.
* First language Mandarin, Second Language Thai, Third Language English. First generation Asian.
* Parents have a strong influence over you – you have to follow a certain path, for the Asian: study really hard, get good grades, go to school, and become successful.
* You have to define your path for yourself, however, despite whatever your parents tell you.
  1. **Sharing of Backgrounds**
* Ben: First Generation and American-born Chinese (ABC); parents both from China. Success: being happy with yourself – make yourself and your family happy. Also being able to go to a fancy dinner and not have to worry about the bill.
* Kevin: ABC; parents both from China. Success: satisfied about where you are in life.
* Lana: Grew up in China; moved to US as a teenager. Success in achievements in both work and school life up to 2013; after 2013, success is family life.
* Tian: Born in China; grew up in US. Success as being happy with work, happy with life, doing what you love.
* Connie: ABC. Success as being comfortable with your life.
* Alyssa: ABC. Success as doing what you love, being what you love, etc.
* Michelle: ABC; Beijing family background. Success: forming relationships with others on top of work success. Being unforgettable.
* Andy: ABC. Parents from Shanghai. Success: being happy and healthy, doing what you love and doing that passion well. Not necessarily about how much your money earn, but rather following your desire of being what you want.
* Victor : ABC. Success: finishing the certain path that you set out on. Learning on the journey – the journey is the true experience.
* Zhou Guang Cai: Success is appreciating what you have in life, family especially.
* Wen: From Taiwan; parents moved from China to Taiwan. Success: develop an attitude of learning. We learn every single day.
* Ming Ye: Immigrant to US. Success: Children being happy and doing what they love, being a positive impact to society.
* Yali Chen: Success as having the ability to love what you are doing, as in reality many times people do not get the job they want.
* Wencheng Li: Family moved here in 1993. Success is a moving target that changes as you age. Success at this current age is creating a stable environment for you family, both financially and emotionally.
* Wen Xin Ke: Success is how much you have the capability to control certain resources, of the right thing. Resources being either money or social, to do the right thing.
* Li Sun: Success is that if you fall down, you can stand back up. You can rebound. Success is adapting what you have.

1. **Analysis**
   * Overall, I heard happiness and security.
   * Now what is happiness? The definitions of these terms are different for everybody. You can’t keep the definition of success you parents have for you and be happy that way. You need to define your own success.
   * People see me as meticulous or good with my patients. However, the most important part, the biggest success, is gathering the trust of your patients, who are complete strangers.
   * The question is how to get that trust, though.
   * Public speaking is similar.
   * How do you engage each and every person in the room during public speaking? It boils down to knowing your audience.
   * Building that trust requires you to not only engage, but also know your audience. You need to have good relationships, and know how to develop those.
   * Times I was successful was when I surrounded myself with people who were successful.
   * Times I was failing was when I surrounded myself with people with negative attitudes.
   * You want to surround yourself with people who are better than you.
   * Set your sights on the people around you, use them as a goal. Distance yourself from people who were negative, envious, angry, etc. about your successes.
   * How to grow: put your ego aside and surround yourself with people who are better than you.
   * Success is growing. Thus, stability/stagnancy is failing.
   * Similarly, surround yourself with people who make you happy.
   * Find mentors. Read what you don’t know about.
   * Find what’s hard/new, and figure out what’s the first step to make it easier. Remember, a large step can be divided into smaller steps.
   * People skip out on what they think they can’t do, and then they actually can’t. Fear. You have to face your fears.
   * Society needs both followers and leaders – we need people who can take instructions and carry them out effectively.
   * You should never cut your vision out – never say I won’t do this for X reason.
2. **Q and A**
   * Q: How does being a doctor affect your perception of patients?
   * A: Medicine is a relationship with people, not numbers. Medicine has a lot of quality of life issues, yes, depending on what field you choose.
   * Q: How do you manage your emotions to not affect the quality of your surgery?
   * A: You have to say no, to block out your own do not disturb time. If you have a situation when people upset you, go back to the calm status. Focus on the person at hand, not at other people.
   * Q: How did you start your practice?
   * A: Wrote out a business plan: Where do I see myself in 5 years, how do I get there, know what do I have to do to get there today? Plan everything out. Keep working your way back. What is the first step you need today to get to where you want in 5 years?
   * Q: Do you ever feel fear while working on a patient?
   * A: You want to always have a little fear, but don’t want that fear to control you. Having no fear makes you cocky and egotistical. A little fear lets you think and prepare effectively, with a plan. Always make a backup plan on top of the original plan.

* **Youth Recognition Award - Alyssa**
  + Received award, from the Thousand Oaks Youth Commission.
  + For volunteering
  + **Tian**
    - Detailed regarding the how the Youth Recognition Awards work
* **Next Meeting Planning - Ben**
  + June Meeting 6/5 1:30 – 3:30 p.m.
* **CCCA SC Event Idea: Chinese Cultural Day at CVUSD Summer Camps - Ben**
  + Need to plan the budget, at least 7 people available.
  + Booth ideas: Chinese games, Paper Cutting, Origami (Japanese, but irrelevant), Chinese Knot, Face Change, Feather Ball Kicking, Chinese Yo-yo, Ask NPHS Chinese Teacher for Ideas
  + Movie Night with activities for fundraising and a possible admission charge, but probably donations.
    - Possible venues: Dos Vientos YMCA, TO Teen Center
* **Adjournment - Lana**
  + Thanks to Dr. Kristina and everyone