



**Erik Rascon**  
CAC Chair

Erik has been on the SDRC Board for over three years and on the CAC for six months. He has also been an active member of the People's First Conference Planning Committee. Erik can best be described as a "people-person with a kind heart who is committed to serving and volunteering in his community." He enjoys planning and taking part by keeping himself busy.

Erik reported that he has learned and significantly improved his public speaking skills, as he was never exposed to them until he joined the SDRC Board and the CAC. He has also improved his overall communication and organizational skills. Erik stated that he has learned to become more responsible and complete his duties to the best of his ability. He stressed the importance of punctuality, arriving on time, and being prepared for meetings. He likes to provide help and sometimes will provide technical assistance when needed.

Erik enjoys interacting with other members, having get-togethers, and especially enjoying the food. He has a good memory for names and is detail-oriented.

Erik participates in the ARTE Program through Adjoin-IV, which he enjoys because he can express himself by creating his art. He is a Black Belt in Karate and practices once a week. Erik is a member of the Knights of Columbus at St. Mary's Church. He enjoys watching television, especially following the Pope's travels and being informed of his whereabouts.

Erik resides with his mother and brother, Gregory, in El Centro and has a large extended family.