



## Club Officers

President:

**Diana Ruiz**  
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VP Education:

**Catharine Gruver**  
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VP Membership:

**Terri Jones**  
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VP Public Relations:

**Kathy Spencer**  
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Treasurer:

**Andrew Proudfoot**  
[andrewp@scripps.edu](mailto:andrewp@scripps.edu)

Secretary:

**Diana Ruiz**  
[diruiz@scripps.edu](mailto:diruiz@scripps.edu)

Sergeant-at-Arms:

**Lyn'Al Nosaka**  
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## Club Officer Elections

It's time to choose new club representatives. We will hold elections in mid-June. All club officer roles are available. This unique opportunity offers a chance to have your opinions shape our club and its direction. You will learn how to manage a team and coordinate efforts toward a common goal. If you see that your future career path will require leading a team, here is a safe environment to learn techniques that will serve you well. Is it your turn to step up into an officer role, or take on a new one you haven't yet tried? Officers meet once per month (first Tuesday) to discuss club business.

**President** – our liaison with District 5 and neighboring clubs in Area 17. Sets the tone of the club. Leads the officer team.

**VP Education** – organizes the meeting's functionary roles and speaking dates. Sends out weekly reminders of functionary assignments. Tracks speech progress. Submits awards to TI Headquarters.

**VP Membership** – helps new members with the club application. Follows up with guests. Videos all speeches and evaluations. Markets our club through Yelp and conducts membership building events.

**VP Public Relations** – advertises our club to TSRI and the surrounding area. Maintains our Facebook and web page. Sends out weekly FYI e-mails. Coordinates with SOF for joint activities.

**Secretary** – maintains meeting notes and correspondence.

**Treasurer** – deposits member dues and signs-up new members.

**Sergeant at Arms** – organizes meeting supplies and room setup. Ensures all forms are up-to-date.

Training is offered formally by the District, and you have several seasoned former officers who can advise you. The term is for July 1-Dec 31. Officers may only hold two consecutive terms, so some of our officers will not be continuing in their current role. If you are interested, please contact any of the current officers to discover more about their responsibilities. Raise your hand!

## Happy June Birthdays!

Lee 17<sup>th</sup>  
Kathy Sp 18<sup>th</sup>  
Catharine 23<sup>rd</sup>  
Yun 23<sup>rd</sup>  
Joyce 24<sup>th</sup>

## Member of the Month Catharine Gruver



This month's SOS Member of the Month was chosen for stepping in to help. Catharine answered a request to work on the May newsletter, when Kathy Sp wasn't able to do it. Working on the newsletter is one way to accomplish the Competent Leader goal #6. However, Catharine had already achieved this goal; she didn't need to work on the newsletter to achieve credit. But she completed the newsletter anyway, just to help out. She also completed the newsletter well ahead of the publishing deadline. Thanks so much for pitching in, without a self-reward, just because something needed to be done!

## Meet Arancha Sanchez



**Date joined;** February 2014

**Hometown;** Madrid, Spain

**How long have you been in San Diego?** I have been at Scripps for almost 4 years

**Whose lab are you in?** I am in Paul Russell's Lab, Cell and Molecular Biology Department

**What do you like to do for fun?** I like outdoors activities like walking, hiking, camping, swimming and here in San Diego I like to spend time at the beach, body-boarding, reading or just laying down until sunset. I also like to hang out with friends, go to restaurants, movies or a pub and dance

**Where have you traveled?** I have travelled around Spain and some European countries like Portugal, Germany, Switzerland, Czech Republic, UK and Ireland. In the US, I have visited New York, Washington, Las Vegas and Grand Canyon, Yellowstone and many places in California like Death Valley, San Francisco, and Yosemite. I also have crossed the border to Baja California, to spend the day and eat lobster, or longer trips to Guerrero Negro and Cabo San Lucas.

**Where would you like to travel?** Short term, I have in mind to continue exploring California and Baja; I have a long list. Long term I would like to travel almost everywhere, but on the top of my list are the east coast of Mexico, Perú, Egypt, Italy and Greece; I would love to visit all the remains of those places.

**What is your favorite food?** I miss all my mom's food but especially her "croquetas", fried balls made with bechamel and jamón, chicken or tuna.

**What is your guilty pleasure?** Chocolate.

**What is something about you that we might not know?** I am pretty good at darts.

**What do you like about Toastmasters?** I had a very good impression the first time I went to the club. I really appreciate the friendly environment and the encouragement that makes you feel very comfortable when you speak and makes you keep trying. It makes me realize that you can train your speech and leadership skills. Also, I like that you can perform different roles and learn from each one. For me every session is a challenge and I still have a lot of work to do.