



RRA
Research Recreation Association

HAPPY TIMES

SOUTHWEST RESEARCH INSTITUTE • RRA.SWRI.ORG • SAN ANTONIO, TX • April 2025

SLICK ADVENTURES!



EXPLORE SAN ANTONIO!

Learn about local attractions, adult and kid's activities, camps, and entertainment. Join us for incredible door prizes too!



Thursday, April 24

11:30 AM to 1:30 PM

Fitness Center

For inquiries, call
the Fitness Center
at x5100

VENDORS INCLUDE:

- San Antonio Missions Baseball
- Andretti Indoor Karting and Games
- Main Event Entertainment
- Get Up and Go Travel
- San Antonio Stock Show and Rodeo
- Witte Museum
- Astronomy on Tap
- Top Golf San Antonio
- Abby's Attic Sewing & Crafting Studio
- YMCA at OP Schnabel Park
- Armadillo Boulders
- *And many more!*



Team SwRI • Corporate Cup 2025



May 31, 2025



**Open to SwRI &
SwRCFCU employees**
\$10 registration fee

Pay at the Fitness Center by
April 15 for competitor jerseys.
Last day to sign up and pay is
May 30.

Donations for the Charity
Challenge will be accepted
through May 14.



Event website:

[https://runsignup.com/Race/TX/
SanAntonio/CorporateCup](https://runsignup.com/Race/TX/SanAntonio/CorporateCup)

**Join the
team that's
Yeti-powered!**

For inquiries:
Fitness Center Team
at fitness@swri.org
or
Matt at
mfreeman@swri.org

**Sponsored by
the RRA and SwRI**

- **What is it?**

A city-wide friendly competition
among employees from a variety
of businesses and organizations.

- **Athletics for all levels of
skill and fitness!**

Don't forget about the awesome
tailgating food and drinks our
team supplies!

- **Registration fee covers:**

Participation with Team SwRI at
the Corporate Cup, food, drink,
competitor jersey, camaraderie,
and a great time!



2025 Corporate Cup Detailed Schedule

Date(s)	Competition	# of Participants (Gender Requirements)	Time(s)	Location
May 1 - 25	RBFCU T-Shirt Design Challenge	Unlimited	Daily Voting	Online
March 8	Whataburger 5K Run	10	8 a.m.	TBA
May 16	Charity Challenge Ends	Unlimited	N/A	N/A
May 16	University Health 3v3 Basketball Tournament	3 (+ 2 subs)	5 - 9 p.m.	Mission Conception Sports Park
	CPS Energy Three-Point Contest	4 (min. 1F)	7 - 9 p.m.	
May 25	Competition Registration Deadline	ALL	11:59 p.m.	Online - RunSignUp
May 27 - May 29	Chicken N Pickle Pickleball & Captain Packet Pickup	2 (1M, 1F)	5 - 9 p.m.	Chicken N Pickle
May 31 (all events listed @ University of Incarnate Word)	Opening Ceremony	N/A	8 a.m.	UIW On-Field Track
	Gonzaba 2K Walk	Unlimited	8:15 a.m.	UIW On-Field Track
	Broadway Bank Dodgeball Tournament	6 (min. 2F)	9 a.m.	UIW Tennis Courts
	Golf Chipping	4 (min. 1F)		UIW Baseball Field
	University Health 3v3 Basketball Tournament (Semi's & Finals)	3 (+ 2 subs)		UIW Convocation Center
	SSFCU Tug-of-War	8 (4M, 4F) D4/D5 Teams Only 4 (2M, 2F)		UIW Football Field
	Soccer Kicks	4 (min. 1F)		
	Citi Football Throw	4 (min. 1F)		UIW Football Field (North Endzone)
	Methodist Healthcare Ministries Hula Hoop Challenge	4 (min. 1M)		
	Capital Group Kan Jam (Frisbee) Tournament	2 (1M, 1F)		UIW Softball Field
	Taco Cabana Corn Hole Tournament	2 (1M, 1F)		
	BioBridge BBQ Contest	3 entries	10 a.m.	UIW Convocation Center Lawn
	Generations FCU Sack Race	4 (2M, 2F)	10 a.m.	UIW On-Field Track (Visitors Sideline)
	4 x 100m Relay	4 (2M, 2F)	12 p.m.	UIW On-Field Track (Home Sideline)
	Trophy Presentation		12:30 p.m.	UIW Football Field (South Endzone)

All times above are subject to change, tournaments may be assigned designated times by division.

Intramural Sports – Spring 2025



Softball begins April 8

***Soccer begins late April,
register **HERE**.***





Save the Date!

Multicultural Day

May 8 / 11:30 am - 1:30 pm / Slick Cafe Parking Lot

- Booth hosting **registration** - complete the form by April 24
- For more information, check out the **2024 highlights reel** and **Multicultural Day Basics presentation**
- Questions? Contact engagement@swri.org



SAVE THE DATE!

FUN WITH THE
EASTER BUNNY

- Saturday, April 12
- 12 PM - 3:00 PM
- SwRI Fitness Center

- Egg hunt begins at 1 PM
- Open to children 10 & under of RRA Members

Submit your RSVP at the RRA website:
<https://rra.swri.org/eform/submit/fun-with-the-easter-bunny-rsvp>



April Seminars

Mental Health Awareness for Leaders

Thursday, April 10 at Noon

Mental Health is a topic of great importance that impacts nearly every area of daily life. General awareness of issues, signs and symptoms of problems and a plan of how to respond are skills that greatly benefit the workplace and their employees. Overcoming the stigma of mental health assistance is paramount in changing the perception of mental illness. Topics Include:

- Creating awareness
- Overcoming stigma
- Signs and symptoms
- How to respond
- What are you doing for you?

Coping with Anxiety

Tuesday April 29 at Noon

Anxiety may be your body's natural response to stress, but how much anxiety is too much? Covering anxiety in depth, this presentation will teach you why you have anxiety and review the signs and symptoms of anxiety. You will also learn how to better handle anxiety, and how to recognize if you need help. [UHC Webinar Link](#) | [Flyer](#)

RRA Blood Drives

SAVE A LIFE/ GIVE BLOOD

April 10 (Thurs. 9AM – 3 PM)

May 8 (Thurs. 9AM – 3 PM)

Schedule your appointment at RRA Blood Drive. Bring a co-worker too! Blood donors must wait at least eight weeks between donations.

**FREE ICE CREAM at all
RRA Blood Drives**

THE SCIENTIST'S GAMBIT

CHESS CLUB

The SwRI RRA Chess Club meets every 2nd and 4th Thursday of each month from 12:00 p.m. to 1:00 p.m. at the SwRI Library Reading Room on the 1st floor. All ages and skill levels are welcome. Learn, practice, sharpen your chess skills, make friends, and become part of our great family. Contact [Valerie Avila](#), [Christopher Ramirez](#), or [Darren Haby](#) for more info.

VOLUNTEERS NEEDED!

FOR RRA EVENTS!

Email [Martha Olveda](#) to have your name added to the volunteer list through SignUpGenius for future events.

Slick Talkers Toastmasters Club

Slick Talkers meets every "time-sheet" Friday. If you want to improve your speaking and leadership skills, Toastmasters is for you. Following the guidance of Toastmasters International, you learn at your own pace. This is also an opportunity to network with other SwRI staff and folks in the nearby community. A Toastmasters club is a safe place to practice the skills you want to improve.

**Meetings held every time sheet Friday 11:30 a.m. - 12:30 p.m.
in B. 152 Facilities Operations Conference Room**

April Meeting Dates: 4 & 18

***Please join us. Questions?
Contact Belen at x6820.***

RRA CLASSIFIED

Appliances

Whirlpool Washer and Dryer Set: Washer is 3.5 cubic feet, top load with agitator, white in color, model WTW4816FW; dryer is 7 cubic feet, electric, vented, white in color, model WED4815EW; purchased brand new and used for 6 months, pick up only; \$600; contact Madison Marshall at Madison.marshall@swri.org.

Automotive

Tires for Sale: Set of 4 Goodyear Wrangler Fortitude HT Tires, size 275/65 R18 116TSL; about 15K miles, removed from current vehicle to install lift kit; \$600; contact Felipe Garza at felipe.garza@swri.org or x2868.

2016 Travel Trailer: 2016 KZ Sportsman Sporttrek RV Travel Trailer, model ST320VIK, 35.6ft bumper pull, 3 slide outs, island and outdoor kitchen, sleeps 11, 2 A/C units 50amp, includes weight distributing hitch; very good condition; \$22,000; contact Pablo Cardenas at pablo.cardenas@swri.org or x5064.

Household

Pottery Barn Twin Bed: white hardwood with carved flower pattern, headboard and footboard included, excellent shape, lightly used; \$250; contact Chris Ermlich at cermlich@swri.org or 210-885-0102.

Commuter Wheelchair: Nova commuter wheelchair, red, very good condition, rugged wheels, foot rest, weighs 27lb, has 300lb capacity; \$200; contact Chris Ermlich at cermlich@swri.org or 210-885-0102.

Vinyl Cutter: US Cutter 2, additional blades included, full stand with vinyl holder built in; \$350; contact Jaccob Teal at x4620, 830-388-3820, jaccob.teal@swri.org, or tealj219@gmail.com.

Pets

Fish Tanks: 10 and 20 gallon fish tanks, each included with everything for fish or crab care; best offer; contact Jaccob Teal at x4620, 839-388-3820, jaccob.teal@swri.org, or tealj219@gmail.com.

Submit your ad for free!

Submit ads on the [RRA website](http://rra.swri.org) at rra.swri.org or email rra@swri.org by April 20 for the May Happy Times.

Looking for food, services, entertainment, travel, and other discounts?

[Just click the link!](#)



Contact Information

The RRA operates through committees headed by a chair. The RRA Board of Governors Officers and Committee Chairs are listed below.

RRA Executive Board

Chair	Mary Ramos	x3353
Vice Chair	Anysa Ticer	210-258-9491
Secretary	Stacey Chavez	x6493
Treasurer	Jennifer Betz	x5369
Executive Secretary	Sara Kauffmann	x5100
SwRI Fitness Center	Sara Kauffmann	x5100

Committee Chairs

Athletics	Luciano Smith	x6857
Employee Engagement	YongLi McFarland Carlos Sanchez	x2715 x3663
Health & Fitness	Matt Freeman	x2748
Membership	Linda Estes	x5642
Outreach	Shane Siebenaler	x5758
Publicity & Historical	Kimberly Guzman	x2714
Recreation	Turner Tarrillion	x2663
Social	Pauline Rico Vinny H. Cantu	x3145 x6273

For questions or comments about the *Happy Times*, call 210-522-5100.

RRA DISCOUNTS

Knead Grace Bakery

offers a 15% discount every day to SwRI, TX Biomed and Credit Union employees. Visit www.kneadgracebakery.com and enter code: SWRI2021 at checkout. Local pickup and delivery available. Located in the Alamo Ranch Area. Contact Alexis Hunt at 210-685-8784 for any questions or to specify pick up options. "Thank you so much for supporting our dream of adoption while filling your bellies!"

Fuel for Life Nutrition

is offering a 15% discount to SwRI, TX Biomed, and CU employees and their immediate family members on virtual and in person nutrition consultations when paying out of pocket. Call 210-591-3640 or email fuelforliferd@gmail.com for more information.

RRA STORE + MORE

Stop by the Fitness Center to see our latest products or view [HERE](#).

Group Bike Rides



Tuesdays at 11:30 a.m.

Any type of bike is welcome!

For inquiries, contact

matthew.neugebauer@swri.org.

All routes will exit the campus via the south gate and be roughly 45 minutes in duration at around a 15 mile per hour pace. It will be a "no drop" ride, meaning no rider will be left behind or isolated if they are unable to keep up.