



RRA
Research Recreation Association

HAPPY TIMES

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



RRA
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Night at the Ballpark



vs.



Saturday, September 6



NIGHT

Gates Open - 6:00 PM | First Pitch - 7:05 PM

- \$10/Ticket + Processing Fees
 - Includes Infield Reserved Ticket + \$15 Diamond Dollars
 - Children 2 and Under do **NOT** require a ticket
- Diamond Dollars are dollar-for-dollar credit at the concession stands/food vendor
- Pick up Diamond Dollars at SwRI Fitness Center on Wednesday, August 27, 11 AM-1 PM OR at the ballpark on game day 5-7 PM
- \$5 Parking Pass when purchased with tickets
 - Otherwise \$10 day of game

Scan QR code to
purchase tickets



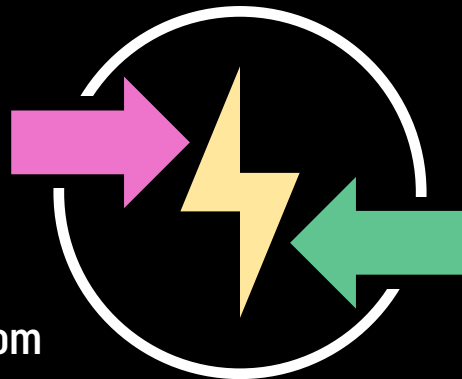
*****Missions Stadium is a cashless venue*****

Any questions or concerns, please contact
Alexandra Curtin - ayarbrough@samissions.com / 210-554-1521

A Seminar Presented by Alliance Work Partners



- Thursday, July 17
- Noon
- Bldg. 84 (Library)
4th Fl. Conference Room



Register Here:



[https://forms.gle/
pmY57kTYJZiaktz18](https://forms.gle/pmY57kTYJZiaktz18)

The fear of conflict is common. Sometimes the fear of confrontation can get in the way of what we really want to say, which can put up a roadblock in utilizing healthy and effective communication. Though fear of confrontation can be challenging, you aren't alone in this fear. Knowing the right techniques can help us overcome our fear and deal with the situations we may find ourselves in.

➔ TOPICS INCLUDE ➔

- Why am I afraid of conflict?
- What is conflict?
- What is conflict anxiety?
- Overcoming the fear of conflict.
- Steps to resolve conflict.



VOLUNTEERS NEEDED!

FOR RRA EVENTS!

Email **Martha Olveda** to have your name added to the volunteer list through SignUpGenius for future events.

SAVE THE DATE

THE 2025 RRA 17TH ANNUAL SOUTHWEST CLASSIC

SUNDAY, OCT. 5, 2025

\$98/GOLFER – INCLUDES MEAL AND PRIZES

OLYMPIA HILLS GOLF & EVENT CENTER
UNIVERSAL CITY, TX

TEAMS OF 4 SCRAMBLE • 8:30 AM SHOTGUN START

REGISTER AT THE FITNESS CENTER • DEADLINE: **SEPT. 12**

QUESTIONS? CONTACT THE FITNESS CENTER AT **210-522-5100**

Intramurals: Sand Volleyball registration is now open!



The season is scheduled to run July 28 through the end of October (tentatively). All players must register using the [LeagueApps](#). A \$50 team payment is due by Monday, July 14. The league will be capped at 20 paid teams. For inquiries, please reach out to [Grahm Roach](#) or [Kenneth Lange](#).



SCIENTIST'S GAMBIT CHESS CLUB



The Scientist's Gambit Chess Club meets every 2nd and 4th Thursday of each month from 12:00 p.m. to 1:00 p.m. at the Slick Café. Beginners welcomed, all ages and skill levels. Join the RRA Chess Club to learn, practice, sharpen your chess skills, and make friends. Did you know? Studies suggest that chess players may burn around 132 calories per hour, primarily due to increased heart rate and stress associated with intense mental focus, rather than physical exertion. Contact [Valerie Avila](#), [Christopher Ramirez](#), or [Darren Haby](#) for more info.

RRA Blood Drives

SAVE A LIFE/ GIVE BLOOD

July 10 (Thurs. 9AM – 3 PM)

August 14 (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**

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**

**July Meeting Dates: Please join us. Questions?
3 & 18 Contact Belen at x6820.**

RRA CLASSIFIED

Appliances

Ninja Foodi: Digital fold away air fryer, \$75, contact [Carol Beffer](#) for details.

Electronics and Computer

Portable PA System: Behringer Ultra-Compact, 150 watts, 5 channel, \$300, contact [Carol Beffer](#) for details.

Submit your ad for free!

Submit ads on the RRA website at [rra.swri.org](#) or email rra@swri.org by July 20 for the August Happy Times.

Household

Dining Room Table: glass top with no chairs, \$25, contact [Carol Beffer](#) for details.

Furniture: Sofa (\$100), loveseat (\$50), and large dresser with mirror (\$200); loveseat and sofa in good condition, dresser has some wear but overall good condition, contact [Camille LeBlanc](#) for details.

Sporting Goods

Road Bike: Triban RC120, gently used, \$300, for details contact [Jillian Petty](#).

Concept2 Rower: good condition, in need of cleaning; \$200; for details contact [Jillian Petty](#).

RRA DISCOUNTS

YMCA Employee Discount

Wellness Partner Membership Exclusively for Southwest Research Institute Employees

To Join:

- Visit your local Y to register for membership
- Provide proof of eligibility (pay stub or ID badge)

YMCA Nurturing Healthy Living Together. Click [flyer](#) for more information.

RRA STORE + MORE

**Stop by the fitness center to see our
latest products or view [HERE](#).**

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	Anysha Ticer	210-258-9491
Secretary	Stacy 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.**