HAPPY BIRTHDAY USAF
By: Chief Operations Officer, Fred Ryder@blueskiestx.org

In 1947 President Truman signed the National Security Act which established a new defense organization (reorganized and renamed as the Department of Defense in 1949), the National Security Council and the creation of the US Air Force as an independent service. The official birthday of the US Air Force is Sep 18, 1947. “From 1947 to today, Airmen have accomplished the Service’s core missions – air and space superiority; intelligence, surveillance, and reconnaissance; rapid global mobility; global strike; and command and control.” (Kehler, C. Gen, stratcom.mil) Please join us in proudly celebrating the 66th birthday of the US Air Force.

NOTES FROM THE DIRECTOR OF RESIDENT SERVICES
By: LoriDeWitt@blueskiestx.org

Save The Date -
- Thursday, Sep 10 – DRAC, Roadrunner Lounge, 1:30pm
- Friday, Sep 11 – Thrift Shop Opens!!! 7am – 1:30pm
- Thursday, Sep 17 – Resident Council Meeting, RR Lounge, 1:30pm
- Tuesday, Sep 22 – Flu Shots, RR Lounge (See article for times)
- Wednesday, Sep 23 – Resident Photos, Room 112, 11am-12:30pm
- Tuesday, Sep 29 – Flu Shots, RR Lounge, 10am-12pm
- Wednesday, Sep 30 – Active Aging Health Fair, Main Lobby, 10am-12pm

Assistant Director of Resident Services – Teresa is “on board” now, and located in the office connected to mine. We’ve had a door installed directly from the hallway (right next to the Chapel), so you have easy access to her. Teresa can be reached at 568-3302. Please feel free to contact her with any issues/concerns (or compliments!) that you would normally bring to me.

Conference Room Change Of Location – The Conference room that used to be connected to Lisa’s office has been relocated to Room #110 (in the Wellness Hallway).
Continued from page 1

**Problems With Your Cable?** – Prior to calling Time Warner Cable (TWC), please try and reboot your cable box. You can do this by pressing the button on the front of the box or by unplugging your cable box for about 30 seconds, and plugging it back in.

**Housekeeping Spotlight Item** – These weekly items give housekeepers an area of special interest. Housekeepers will still adhere to their checklists, but will pay special attention to the Spotlight Items of the week.

- Week of Sep 14 – Trash Cans
- Week of Sep 21 – Window Screens
- Week of Sep 28 – Windows (inside and out) & Window Sills

**Friday “Mall” Transportation** –
- Friday, Sep 11 – Ingram Mall
- Friday, Sep 18 – Wonderland Mall of the Americas & North Star Mall
- Friday, Sep 25 – Quarry Marketplace

**Safety** – If you see a tripping hazard around Campus we have not tended to or marked with a cautionary cone, please contact Maintenance and/or Teresa, and we’ll get to them just as soon as possible. At the very least, they will be marked with a cone so others are aware.

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**IN MEMORIAM**

Col Leslie L Miller  
Passed away on  
Aug 28, 2015

Col Kenneth S. Heitzke  
Passed away on  
Aug 31, 2015

Maj Teddy Robertson  
Passed away on  
Sep 5, 2015

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**WELCOME NEW RESIDENTS**

*By: Moving Coordinator, BST West, LisaHawthorne@blueskiestx.org*

Please give the following new residents a warm “Welcome” to Blue Skies West in your respective neighborhoods. Their phone number(s) will appear on the in-house channel as soon as they become available.

- Dr. & Mrs. Louis & Jean Shirley will be moving from temporary quarters into their apartment #443 on **Monday, Sep 14**
- LtCol & Mrs. John & Barbara Folkson will be moving into #2712 on or about **Thursday, Sep 17** until their home is built and ready for move in
- Mrs. Mary Ellen Nelson will be moving into #714 on **Tuesday, Sep 22**

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Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
BLUE SKIES WEST 2015 FLU VACCINE
By: Wellness RN Liaison, MarlaCasanova@blueskiestx.org

This year’s flu vaccine will be provided by HEB pharmacy in the Roadrunner Lounge on Tuesday, Sep 22, 8am-4pm, and Tuesday, Sep 29, 10am-12pm. This year’s influenza vaccine contains three influenza virus strains:

1. A/California/7/2009 (H1N1)pdm09-like virus
2. A/Switzerland/97 1593/2013 (H3N2)-like virus
3. B/Phuket/3073/2013-like virus. (This is an amagata lineage virus)

The 2015-2016 influenza vaccine can protect you from getting sick from these three viruses, or it can make your illness milder if you get a related, but different influenza strain. While everyone should get a flu vaccine each flu season, it is especially important that the following groups get vaccinated:

- People 50 years of age or older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from the flu
- Household contacts of persons at high risk for complications from the flu

Tuesday, Sep 22, 2015
Residents with last names beginning with A-L 8am – 12:30pm
Residents with last names beginning with M-Z 12:30 – 4pm

Tuesday, Sep 29, 2015
10am-12pm - Make-up, no order designated

Please bring: Sponsor’s Name, Sponsor’s Date of Birth, Sponsor Social Security Number and your Medicare Card. Contact Marla Casanova RN, at 568-3356 or 568-5042 with any questions.

STUFF THE BUS
By: Cathy Tschirhart, Marketing Manager Broadway Bank

On behalf of Broadway Bank, Thank you for your donation to our “ Stuff the Bus” project. Because of your help, we were able to donate approximately 330 pounds of actual supplies along with a cash donation of $785.00 to Medina Valley Independent School district. The school was very thankful for our donations.

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
Bob’s Blog

A few pictures of Bob’s vacation to Colorado. Oh, what a time he had! Pikes Peak, the Air Force Academy, Rocky Mountain National Park and Durango. And, no, he did not partake in a “Rocky Mountain High,” but we couldn’t resist the photo op!!! Fred Ryder had Bob go to the employee drug testing facility immediately upon return – he passed. In all honesty, he pretty much just slept for two weeks!!!

Maintenance

Pest Control Schedule

By: Coordinator, YvetteBrust@blueskiestx.org

<table>
<thead>
<tr>
<th>Friday, Sep 11:</th>
<th>Friday, Sep 18:</th>
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<tbody>
<tr>
<td>Tower Apts – 411-418, 421-428</td>
<td>Tower Apts – 511-518, 521-528</td>
</tr>
<tr>
<td>Cottages – 1800</td>
<td>Cottages – 1900-2000</td>
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<tr>
<td>Specials – Exterior Main Bldg (Towers)</td>
<td>Specials – Liberty House, The Vista – B &amp; C Wings</td>
</tr>
<tr>
<td>Ranch Homes – 821, 823</td>
<td>Ranch Homes – 825, 829</td>
</tr>
</tbody>
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Maintenance Update

By: General Manager Maintenance, BrittonStacy@blueskiestx.org

Garbage Disposal Tips – A common work order we see here in the Maintenance department is a clogged garbage disposal. Here are a few tips to help keep your disposals in good working order.

- A garbage disposal can't digest anything a child can't digest.
- Do not feed your disposal: celery, lettuce, onion peels, corn husk or corn silks, potato skins, artichoke leaves, grease, egg shells, coffee grounds,

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
your dish cloth, bones of any kind, fish scales, glass, metal, rice, and oatmeal etc. (things that expand with liquid).

- The disposal can be freshened by grinding lemon or orange peels periodically. Ice cubes can help sharpen the blades of your disposal.
- Once a month, pour ½ cup baking soda down the drain, followed by 1 cup of white vinegar. When the baking soda stops foaming, rinse with hot water. This helps clean out the disposal.
- Always run cold water through the disposal while it is in use. Hot water will melt fat and grease and then congeal, clogging it up.
- Always keep hands and fingers clear of the disposal while it is in use.

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**BST WEST WELLNESS & LIFE ENRICHMENT**

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**SPECIALTY CLINIC TOO MEDICAL & WELLNESS SCHEDULE**

_By: Health & Wellness Liaison, HannahAyers@blueskiestx.org_

**National Prescription Drug Take-Back Day** - The Drug Enforcement Agency is sponsoring a prescription medication “Take Back” Day on **Saturday, Sep 26**, throughout San Antonio, JBSA Lackland. The Wellness Center will be accepting any unused, unwanted or expired medications for disposal at this time. The cutoff date is **Thursday, Sep 24**, so please bring any unwanted medications to the Wellness Center, and we will transport them to the Pharmacy drop-off point. Thank you.

**Flu Shots!** - **Tuesday, Sep 22, 8am-4pm,** & **Tuesday, Sep 29, 10am-12pm** in the Roadrunner Lounge. HEB Pharmacy is once again sponsoring our Flu Shot Clinic. Please bring your health insurance card(s) with you.

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**LIFE ENRICHMENT** _By: Life Enrichment Manager, DebbieZazeela@blueskiestx.org_

**Thursday, Sep 10, Active Aging Week Volunteer Meeting, CC1, 3:30pm** - If you are participating in the Active Aging Week or would like to volunteer, please come to this meeting! Contact Debbie Zazeela at 568-3296.

**Calling All Couples!** We are looking for five couples to participate in our Not-So-Newlywed Game on **Friday, Oct 2, 3pm** in the Main Lobby. Wine and refreshments will be served. Please call Debbie at 568-3296.
Friday, Oct 2, Guess Who? 10am, Main Lobby. Looking for Photos!  
*Guess Whose Photo*; most correct guesses wins a prize. Please submit your photo, age 10 or older, no larger than 8” x 10”. ID your photo for return. Please call Debbie at 568-3296. Thank you!

**Busy Bee Card**, Make sure to pick up your Busy Bee Card at the Wellness Center. Attend five events to be entered into a drawing for a prize!

*Due to Active Aging Week, some classes may change or be cancelled*

**Friday, Sep 18**, 3pm TC1 and 3:30pm TC 2, cancelled

**Friday, Sep 25**, 3pm TC1 and 3:30pm TC 2, cancelled

**Tuesday, Sep 29**, 1pm Water Aerobics

**Thursday, Oct 1**, 2:45pm Yoga has been moved to 2pm. Please join us in the Main Lobby for our 1pm Chair Yoga demonstration

**Friday, Oct 2**, 9am ZUMBA, 3pm TC1 and 3:30pm TC 2, cancelled.

**Tuesday, Oct 6**, 1pm Water Aerobics

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**Catch the Buzz –**

Bzzzzz

**Bee Active!**

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*Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org*
AIR FORCE VILLAGES CHARITABLE FOUNDATION

We offer our sincere thanks to the donors listed immediately below who provided generous charitable gifts of $10,000 or more in August:

Estate of Mrs. Ila Dearey
Maj and Mrs. Clyde C. McCullough, Jr.
Mrs. Sharon J. Rider

We are also grateful to the following donors who provided generous support in August!

AFV CHARITABLE FUND
Col and Mrs. Francis L. Asbury
Lt Col and Mrs. George N. Backus
Dr. and Mrs. Stephen G. Burke
Col and Mrs. Don Christian
Lt Col and Mrs. Melvin V. Corley, Jr.
Maj Gen and Mrs. Lewis G. Curtis
Dr. and Mrs. Rad Eanes, III
Col Sharon Freeto and SMSgt Bill Irwin
Col and Mrs. Max Giovannini
Mrs. Jeffie Hill
Col and Mrs. Richard D. Hoover
Col and Mrs. Joel E. Lichtenstein
Lt Col Bill Linn
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Gen and Mrs. William R. Looney, III
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Mrs. Hellen F. Steadman
Col Yale F. Trustin
Mrs. Patricia L. Upchurch

AFV CHARITABLE FUND (continued)
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Col Dave Wise
Lt Col and Mrs. Thomas C. Young

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Col and Mrs. Gordon W. Parkhill, Jr.
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WIDOWS FELLOWSHIP FUND
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Lt Col Robert D. Inghram
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Mrs. Shirley C. Hecht

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Mrs. Jeffie Hill
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Col Thomas D. White

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HIGH FLIGHT CENTER FUND
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Mrs. Scottie M. Bridges
Col and Mrs. Jack P. Bujalski
Mrs. Dorothy J. Dobbs
Dr. and Mrs. William H. Jacobs
Col and Mrs. Knute Lawson

We offer a special thank you to those individuals listed immediately below who donated through the AFV II Protestant Church in August to benefit the High Flight Center Fund.

Maj Gen and Mrs. Gary Alkire
Maj and Mrs. Kenneth F. Andrews, Jr.
Col and Mrs. Don Christian
Lt Col and Mrs. Thomas H. Curtis
Dr. and Mrs. LeBaron W. Dennis
Col and Mrs. Wayne Erwin
Mrs. Eileen Hubp
Dr. and Mrs. William H. Jacobs
Lt Gen James M. Keck
CAPT and Mrs. Hal Lutz
Pastor and Mrs. Gil Richardson
Mrs. Sandra Shull
CAPT and Mrs. Edward W. Wilson

We make every effort to prepare a complete and accurate donor listing. Please accept our apology for any error. If you detect an error, please contact the AFVCF office (568-3211) so that we can correct our records. Thank you.

RESIDENTS’ CORNER

THANK YOU

By: Jim & Dottie Conner

Thank you to Jerry Turner for removing and scrubbing our white “swans” in the lower pond when they get dirty. Thank you to Tom Brown for staining and repairing some of our common area benches. It’s good to know we’re in a caring community.

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
that prides itself on looking good when residents help with the little things which make a big difference. We’ve chosen a wonderful place to live!

**NEBRASKA GAME**  
*By: Dorothy Conner*

A dozen pumped-up Big Red fans met to watch the game on Saturday, Sep 5, in the Helen LeMay room. The game was exciting from beginning to end, with a squeaker ending when Nebraska was ahead by one point - with one second to go, and the Brigham Young team threw a “Hail Mary” pass to the end zone to win the game. We all had lots of fun cheering, exchanging Nebraska stories and a bottle of Dorothy Lynch salad dressing which was the prize for guessing the closest score. Our thanks to Blue Skies for providing the comfortable setting for us, and to the Dining Staff who were so helpful!

**HIGH FLIGHT CENTER**  
*By: Gary Alkire, Committee Chairman*

The High Flight Center Committee met Aug 24 to review progress of plans for the new building that will provide comfortable and welcoming ecumenical worship space as well as up-to-date concert space for cultural arts programs. The next steps of the project include raising funds for the projected cost of the new High Flight Center. To date, 31% of the estimated $4.4M has been raised. We are pleased to note the BST Board of Directors has pledged corporate financial support to close out the campaign as we approach our fundraising goal. The High Flight Committee reviewed the campaign schedule and approved the fundraising budget for 2015-2016 with anticipation that all funds will be received as early as 2017. Materials to be used in the early phase of fundraising were reviewed and adopted including the logo for the campaign. The volunteer committee who will accomplish the fundraising will receive training in the next 30 days to move us closer to fulfilling the “dream” of so many residents.

**US FLAGS**  
*By: Forrest Smith*

Thanks to Ed Orbock, the Activity Coordinating Council (ACC) has 3’x5’ flags for sale at $5 each (yes, that is three feet by five feet flags for five dollars each). They are printed flags with standard grommets for mounting. Fifty percent of the sales will go the ACC. Call Ed if you wish to purchase a flag.

**DRAC NOTICE**  
*By: Frank Sherman, Chairperson*

The Dining Room Advisory Council Sep meeting is today, Thursday, at 1:30pm in the Roadrunner Lounge. Please see the DRAC article further on in this newsletter, for the DRAC 2016 election information.
THrift SHOP NEWS  By: Thrift Shop Team

We are open Friday, Sep 11, from 7am – 1:30pm. We are now accepting your donations. If you leave them in the cabinet in the hall outside the Shop, one of our volunteers will pick them up. If you donate any sheets or bedspreads, please mark the size (twin, double, queen or king). Also, please let us know if you want a tax receipt. We are looking forward to seeing you on Sep 11!

THE SING-A-LONG STRINGS UKULELE BAND  By: Verna Mae Roberson

We’re back! The band is well rested, and we’ll be playing some fantastic “rock n’ roll” along with a little country on Saturday, Sep 12 in the Legacy Room at BST East. The fun begins at 7pm. If you’re riding the bus from BST West, sign up at the Front Desk, and be ready to depart at 6:30pm. If you’re dining in the Sky Lounge, just come on down when you’ve finished dinner as we play until around 8:30. If you play a stringed non-electric instrument, you might want to bring it along as the words and chords are projected on a screen. If you have any questions about ukulele lessons or want to brush up, please give me a call or email me at vmroberson@me.com.

LOSCh SEPTEMBER LUNCHEON  By: Lee Wells & Jean Thatcher

The Lackland Officers’ Spouses’ Club (LOSC) Sep luncheon will be Tuesday, Sep 15, from 11am -1pm. Location alert! The luncheon will be at Mitchell Hall, 1650 Kelly Avenue, Building 2300, LAFB (Next to the Fire Station & Godfather’s Pizza). The theme is “Celebrating the Air Force’s Birthday.” New members will be welcomed, then lunch followed by board introductions, business, President’s remarks and then a rendition of Jeopardy with an Air Force theme. Tables will be competing with each other for prizes. Menu: Soup and salad buffet with a selection of assorted breads and fruits. The cost is $17 per person, $15 for Gateway Club members. The Outreach donation for the social will be gardening supplies (tools, mulch, seeds, soil, small plants, etc.) or Lowe's/Home Depot gift cards in support of September’s Community Service Project: Lackland Youth Center Garden Renovation, which is a joint project with the Lackland Enlisted Spouses Club. Reservations must be made by noon on Thursday, Sep 10. BST West members must call Lee Wells to make a reservation. BST East members must call Marilyn Carter for their reservation. All must sign up for the bus in the Activity Sign-up Booklet at your Village CC room. The bus will depart BST West at 10:30am from and BST East at 10:45am. Return pickup will be at 1pm. There is no transportation charge for this event.

HAM BAND NEWS  By: Bill Overacker

The next meeting of the BST West Amateur Radio Club will be held Thursday, Sep 17, at 11:30am in the Roadrunner Lounge. We will discuss the contacts we have
made with other "Hams" around the world, and some other radio topics. So please, feel free to join us for lunch and some good conversation. For more information, contact Bill for more information. 73 (Best regards in Ham language).

GREAT BOOKS

By: Gus Vanderneck

Great Books discussion group will have its first meeting Thursday, Sep 17 at 7pm in CC2. We will be reading Francis Bacon: “The New Organon,” which can be found in Great Conversations Vol 6. The book can be ordered from greatbooks.org or (800) 222-5870. Great Books is a group of people who like to read and talk about what they read and their understanding of the reading. There is no agenda and there are no correct answers. All are welcome to join us or to come in and observe what we do. If you have any questions, please call me or email me at gvanderneck@satx.rr.com.

RED HATTERS AT BST WEST

By: Lee Wells & Celia McClelland

The Blue Sky West Red Hatters will have their first outing of the fall on Friday, Sep 18, at “Le Chat Noir Eatery,” a Contemporary American restaurant in Castroville. All their dishes are prepared fresh to order from the finest ingredients. You must make a reservation, and sign up for the bus on the “Red Hat” signup sheet in CC3 by Tuesday, Sep 15. The bus will depart BST West at 10:45am, please arrive five minutes early. The bus pickup for the return trip is at 12:30pm. Monthly Luncheons will be planned for the third Friday of the month. All BST ladies are welcome. Get out your Red Hat outfits and join us for the fun! Need a loaner hat. Call us.

SEPTEMBER GATEWAY CLUB APPRECIATION NIGHT

By: Ken Wells

"Appreciation Night" will be the fourth Tuesday, Sep 22, at the Lackland Gateway Club. The cost is $10.50 for club members and $12.50 for non-members. Good Food - Great Price. This month’s menu: Build your own salad bar, beef tenderloin (carver) with Port Wine sauce, shrimp Alfredo with Angel Hair pasta, chicken breast stuffed with cornbread dressing and topped with mushroom sauce, whipped potatoes, rice pilaf, succotash, multi colored cauliflower with Hollandaise sauce, freshly baked rolls, cherry cobbler with vanilla ice cream and fresh fruit cups. Fun entertainment: Music for your listening and dancing pleasure. All Blue Skies of Texas residents are welcome, and club members may use their discount coupons. A sign-up sheet for the bus is in the Activity Sign-up Booklet in CC1 at both campuses. Please sign-up no later than Monday, Sep 21, at noon to ride the bus. PLEASE NOTE: If you have signed up for the bus, but have decided to drive or can no longer go, please remove your name from the list by Monday, Sep 21. The bus will depart BST West at 4:30pm and pick up BST East at 4:45pm. Return trip will depart the club at 7:30pm. There is no transportation charge for this event.

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
RESIDENTS’ PHOTOS

By: Ruth Ann Jacko

On Wednesday morning, Sep 23, all new residents are invited to Room 112 (across from the Thrift Shop) to have their photos taken for the picture board in the hall. Appointments are from 11am-12:30pm; however, walk-ins are welcome. Existing residents who wish to have new photos taken are also welcome. Contact me for more information. Ruth Ann Jacko and Tom Ryan will be looking for you!

SQUARE DANCE LESSONS

By: John & Belinda Katon

If you are interested in learning to Square Dance, the Beginners Square Dance Lessons will start Thursday, Oct 1, at 7pm in the Parish Hall of St Matthew Catholic Church, 10703 Wurzbach Rd. The first lesson is free, thereafter $4 for weekly lessons.

For those who already square dance, please join us on the first through fourth Thursday of every month at 7:30pm (no dance on fifth Thursday). If you need a ride, please call John Katon at BST East. It is a fun and healthy activity.

SMART DRIVER COURSE

By: Jim Phelps

AARP has dedicated considerable time and resources to creating the best possible Driving Safety course using extensive curriculum research. The Smart Driver Course (new name) features the most informative and relevant content from previous editions – updated to reflect the latest driver safety and transportation innovations – bundled with fresh information based on new research, expert recommendations along with volunteer and participant insights. Most auto insurance companies give a premium discount to those who complete the course. You must attend the course once every three years to be eligible for the discount. The cost of the course is $15 for AARP members and $20 for nonmembers. We conduct six courses a year at Blue Skies of Texas West. The next course is Friday, Oct 2, 12:30-5pm in the Roadrunner Lounge. Sign-up sheets for the entire year are in CC3.

GADABOUTS

By: June McLaren

Come join us on Wednesday, Oct 7, for a delicious luncheon at Milano Restaurant, a renowned Italian restaurant, on Wurzbach Road. You will find the menu and sign-up sheet in the pink folder in CC3. All widows, singles, caregivers and widowers, please sign up if you wish to attend. Remember to include your phone number and (W) beside your name if you plan to use a Walker. Others who wish to join us should sign up on the" Wait List" at the bottom of the sheet. You will be called the evening before if we have space on the bus. The bus will depart at 10:30am. Check in at the Front Lobby no later than 10:15am.

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
THRIFT SHOP CHRISTMAS SALE
By: Thrift Shop Team
A huge Christmas and furniture sale will be held on **Friday, Oct 9, 7am-1pm** in the Oaks Cottage 2510.
You’ll find gifts, trees, lights, wreaths, cards, ornaments, furniture and much more.
Do all your Christmas shopping at Blue Skies Texas West!

THRIFT SHOP
By: Thrift Shop Team
Will be closed **Friday, Oct 9**, due to the huge Christmas and furniture sale taking place in the Oaks, Cottage 2510.

RESIDENT COUNCIL ELECTIONS
By: Wayne Erwin
Our annual Residents’ Council elections will be held in October. If you are interested in running, please pick up a “Notice of Intent to Stand for Election” form at the Front Desk. Complete the application, and put it in the internal mail to Kathy Bader by **Saturday, Oct 10**.
Three vacancies need to be filled replacing: Lily Shockley in Tower 3, Jean Miller in Tower 4 and Ellen Alkire in the Gardens.
If you have any questions, please call your representative. He/she will be glad to help you or explain the duties to you.

DRAC NOTICE
By: Frank Sherman, Chairperson
The Dining Room Advisory Council is holding elections for 2016. If you are interested in serving on the DRAC, please pick up an “Intent to Run” form at the Front Desk. It must be returned to the Front Desk by **Wednesday, Oct 14**.

OCTOBER BIRTHDAY AND ANNIVERSARY CELEBRATION
By Carolyn Watson
Who: All BST West residents and guests are invited
When: Wednesday, Oct 14, with Hosted Cocktails at **5pm** and Dinner at **6pm**
Theme: Welcome the colors of fall
Entertainment: Entertained by the senior tap dancers called the “Dallas Dazzlers”
Menu: Jicama Orange Salad, chicken-a-la-king in pastry cup, lima beans and biscuits & honey. Dessert will be Bourbon pumpkin tarts with vanilla cream. (A special diet alternative is offered. Sign-up sheet is located in CC3)
Pictures: Ruth Ann Jacko or Mike & Pam Westwood are available to take the Birthday & Anniversary pictures from **5-5:30pm** in the Helen LeMay Room
Seating Time: Doors open for regular seating at **6pm**. Those needing extra time for seating may enter at 5:45pm
Decorations: To be announced
Suggested Dress: A sweater might feel good as fall arrives
Reservations: The Reservation Chairpersons are Hilda Cunningham and Patricia McCarthy. Please follow directions and everyone is guaranteed a seat. All those

Deadline: **Friday, Sep 18 @ 4:30pm** - Roadrunner@blueskiestx.org
planning to attend, including guests, must sign the list in the CC3 room. The list will be picked up at 1pm on Friday, Oct 9. If you need to cancel after 1pm Friday, please call Hilda Cunningham or Patricia McCarthy. IMPORTANT: If you cancel after 1pm Monday, Oct 12, please call the Dining Services Office (568-3232).

Table Reservations: To make a table reservation, call Hilda Cunningham or Patricia McCarthy. Table reservations are limited to eight. Come alone and be seated with other interesting people. Reservations are needed for the Singles & Caregivers table. Reservations are not taken through the Dining Room for this event. Each person must sign up including guests.

Hosted Cocktails: Cocktail Hour for all BST West residents and guests will be held in the CC rooms from 5-6pm. Your hosts for the evening, who will be wearing colorful and distinctive name tags, are: Judy & Tom Atherton, Jeanine & Wayne Erwin, Kathy & Jack Fair, Ed Kendrex, Alice Mechling, Jean Miller, Muriel & Mike Morris, Carolyn & Russ Newman, Dottie Nicholson, Jeannie Robinson, Penny & Tom Ryan, Jean Sherrill, Lily & “Shock” Shockley, Mickey & Boy Smith, Nan Smith, Genny Spessert, Sherri Ulring, Jacque Veatch and Dave Wise

NOV 3, TEXAS CONSTITUTIONAL AMENDMENT ELECTION
By: Ellen Alkire

During the 84th Texas Legislative Session, seven amendments were proposed and are now ready for Texans vote on Tuesday, Nov 3. If you would like to know more about these seven amendments, read the Constitutional Amendment Analysis done by the Texas Legislative Council using the following link: http://www.tlc.state.tx.us/pubsconamend/analyses15/analyses15.pdf

NORWEGIAN CRUISE LINES’ SEVEN-NIGHT HAWAII CRUISE
By: Betty Robertson

Please join me on the Ozarkland Group Tours seven-night Hawaii cruise on the Pride of America, Oct 2-10. Delta Airlines is the transportation to and from San Antonio to Honolulu, arriving on Friday, Oct 2, allowing for a day of sightseeing before boarding the ship on Saturday, Oct 3. Islands to be visited are Oahu, Maui, Hawaii, Kauai and Oahu. This is an excellent opportunity to meet others from the San Antonio area for a time of relaxation and fellowship. For information regarding this cruise, contact Rudy Span of Ozarkland Group Tours at 1-800-551-9968 or 1-417-549-9958 or visit the Web site: www.ozarklandgrouptours.com.

2015 ARTS & CRAFTS FAIR
By: Jo Dobbs

The date for the Arts & Crafts Fair has been set for Friday, Nov 13, from 10am-3pm in the Lobby of BST West. Participants must be residents of either BST West or East, and items must be made by the resident. The purpose of this event is to encourage residents to be creative, and to give their items a venue for display and/or for sale. If you are interested in displaying or selling any of your creations,
Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org

please request an entrance form from Jo Dobbs. The deadline to sign up is Sunday, Nov 1. Mark your calendar for this important event and get busy!

CHRISTMAS SHOWS IN BRANSON
By: Charlotte Koch

Please join me on the Ozarkland Group Tours eight day, seven night motor coach trip for Nov 9-16 to Branson MO which includes accommodations and 14 meals. You will see a live Nativity Scene and the musical fantasy “The Magic of Toys,” at Dolly Parton's Dixie Stampede Dinner Attraction. Hear beautiful Christmas favorites and their traditional hits by “The Texas Tenors.” Also see: “Christmas Wonderland, The Presley’s, Neal McCoy, Billy Dean, The Brett’s, Clay Cooper's Country Express, Hughes Brothers, Osmond Brothers and Lennon Sisters.” A visit to the Titanic Museum is included. Call Rudy Spann at 1-800-551-9968 to register or go to www.ozarklandgrouptours.com. If 10 people sign up from both campuses, Rudy will pick up at BST West before picking up other tour members.

ALAMO METRO SHOW
By: Ellen Parkhill

WHAT? Alamo Metro Chorus Show (Sweet Adeline’s)
WHEN: Saturday, Nov 21
WHERE: 20523 Huebner Road
TIME: 3pm
COST: $15 for seniors, $20 General Admission
TRANSPORTATION: BST 14 Passenger Bus (Cost is Pro-Rated)
The August B&A program featured a small group from this chorus. Please, contact me for tickets and/or information.

LIBERTY HOUSE
By: Liberty House Admin Assistant, BrandyGarcia@blueskiestx.org

Activities Saturday, Sep 12 – Friday, Sep 18, 2015
Saturday, Sep 12 - Movie in the LH Theater 2:30pm
Sunday, Sep 13 - Bingo in the LH Activity Room 3:15pm

Monday, Sep 14 – Dr. Cavazos will see the LH Residents 9am, Video Lead Exercise 10am, Elvis Movie in the LH Theater 2:30pm Luau Week

Tuesday, Sep 15 - Video Lead Exercise 10am, Elvis Movie in the LH Theater 2:30pm Luau Week

Wednesday, Sep 16 - Exercise w/Linda 10am, Elvis Movie in the LH Theater 2:30pm, Luau Themed Bingo in the LH Activity Room 3:15pm Luau Week

Thursday, Sep 17 - Video Lead Exercise 10am, Elvis Movie in the LH Theater 2:30pm, Bible Study in the LH Activity Room 3pm Luau Week
Activities Saturday, Sep 19 – Friday, Sep 25, 2015
Saturday, Sep 19 - Ice Cream Social in the LH Lobby 2:30pm, Movie in the LH Theater 3pm
Sunday, Sep 20 - Bingo in the LH Activity Room 3:15pm
Monday, Sep 21 - Video Lead Exercise 10am
Tuesday, Sep 22 - Video Lead Exercise 10am, Movie in the LH Theater 2:30pm
Wednesday, Sep 23 - Exercise w/Linda 10am, Women’s Bible Study in the 3rd Fl. Lounge 10am, Bingo in the LH Activity Room 3:15pm
Thursday, Sep 24 – Dr. Laroche will see the LH Residents 9am, Video Lead Exercise 10am, Bible Study in the LH Activity Room 3pm
Friday, Sep 25 - Exercise w/Linda 10am, Bananas Split Social in the LH Lobby 2:30pm

THE VISTA
By: Activities Coordinator, PaulaQualls@blueskiestx.org

Sunday, Sep 13 – Willow Chapel Sunday Service 9:30am, Music with Art 10:30am, Sunday Fellowship 11am, Movie Time 2-4pm, Self-Directed Activity, Outside 6pm
Monday, Sep 14 - Exercise 10:30am, Short Stories 11am, In-Room Visits 2-3pm, music with Carlos 3:30pm, Music with Mary Lou Duncan 6:30pm
Tuesday, Sep 15 – Exercise 10:30am, Dominoes 11am, Baking with Dixie 2pm, In-Room visits, 2-3pm, Artist Loft with Mac 3:45pm
Wednesday, Sep 16 – Sing Along 10am, Exercise 10:30am, M & M with Kniker 11am, In-room visits 4pm, Bingo 4pm
Thursday, Sep 17 – Exercise 10:30am, Short Stories 11am, In-Room Visits 2-3pm, Bunco 4pm, Music with Arland 6:30pm

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
The Vista Activities Continued
Friday, Sep 18 – Resident Outing 10am, Exercise 10:30am, Movie Time 11am, Baking 2pm, In-Room Visits 2-3pm, Happy Hour 3:30pm

September

Saturday, Sep 19 – Exercise 10:30am, High Flight Chapel 11am, Manicures 2-4pm, Outside Time 6:30pm, Self-Directed Activity

Sunday, Sep 20 – Willow Chapel Sunday Service 9:30am, Music with Art 10:30am, Sunday Fellowship 11am, Movie Time 2-4pm, Self-Directed Activity

Monday, Sep 21 - Exercise 10:30am, Short Stories 11am, In-Room Visits 2-3pm, B/A Party/Frank 3:30pm, Music with Mary Lou Duncan 6:30pm

Tuesday, Sep 22 - Line Dancing 10:00am, Exercise 11am, Baking with Dixie 2pm, In-Room Visits 2-3pm, Artist Loft with Mac 3:45pm

Wednesday, Sep 23 – Devotional 10am, Exercise 10:30am, Hawaiian Luau 11am, In-Room Visits 2-3pm, Bingo 4pm

Thursday, Sep 24 – Road Runner 10am, Exercise 10:30am, Short Stories 11am, In-Room Visits 2-3pm

Friday, Sep 25 – Resident Outing 10am, Exercise 10:30am, Movie Time 11am, Happy Hour 3:30pm, Music with Trustin 6:30pm,

Saturday, Sep 26 – Exercise 10:30am, High Flight Chapel 11am, Manicures 2-4pm, Outside Time 6:30pm, Self-Directed Activity

RELIGION

EPISCOPAL CHURCH

There is an Episcopal Service with the Holy Eucharist every Thursday at 3pm in the High Flight Chapel.

CURSILLISTAS (CATHOLIC AND EPISCOPALIAN)

Walk to Emmaus (Methodists) and Via De Cristo (Lutherans) - If you have made a weekend and are looking for a reunion group, please contact me. We meet by the coffee pots behind the bistro at 8:30am on Thursday mornings. If you have any questions, please contact me at 451-5969.

Deadline: Friday, Sep 18 @ 4:30pm - Roadrunner@blueskiestx.org
HOLY SPIRIT EPISCOPAL CHURCH
By: Ralph Comer

Would you like a ride to Holy Spirit Episcopal Church? Joanne and I leave at 9:15am on Sundays. If response warrants, the church will send transportation for larger groups. Holy Spirit is an exciting, multi-generational and multi-ethnic Christian community. Come and sample the experience.

CATHOLIC NEWS
By: Juanita Giesler

Spiritual Renewal Program – Monday, Sep 14, 5pm will be an Open Forum and Social Hour. There will be no dinner in September.

Saturdays – 11am Mass (For Sunday, by special dispensation of the Archbishop) in the High Flight Chapel.

Saturdays/Sundays - Freedom House: Catholic residents will be visited, beginning about 1:30pm, with Holy Communion and prayers.

Wednesdays – 3:30pm, Rosary/Exposition of the Blessed Sacrament held in the Willow Chapel.

Third Wednesdays - Catholic Council meets at 10am in CC2. Guests welcome.

Fridays - 1-5 pm, Adoration in the Blessed Sacrament Chapel

St. Vincent de Paul, Castroville - First Saturday Donations and End-of-Month Food Plan Donations.

St. Vincent de Paul is in dire need of 20” box fans to alleviate the summer heat for those in need and to prevent the dangers elderly residents face during these hot summer months. Please drop off the box fans at the St. Louis Rectory or contact Thelma Hall.

Pastoral Ministry - If requesting the services of a priest for the Sacrament of Reconciliation and/or Anointing of the Sick or for any other need you might have, please contact Catholic Chaplain Carolyn Myers, BCC.

AFVII PROTESTANT CHURCH
By: Church Secretary, CarmenPerez@blueskiestx.org

Protestant Services: Sunday, Aug 30 Sunday, Sep 6
High Flight Chapel Pastor Dan Figueroa Pastor Gil Richardson
9:30am and 11am

Willow Chapel 9:30am Pastor Wayne Knutson Pastor Dan Figueroa
& Freedom House 10:45am

This schedule is subject to change without notice

Bible Study And Weekday Service Schedule
Tuesday Morning Bible Study - Tuesday at 9am in CC1. Connie Wyckoff will lead a study of Revelation. Everyone is welcome.
Wednesday Midweek Devotional Service - Willow Chapel at 10am. For more information, please contact the church office (568-3372) or Pastor Gil (262-9550).

Ladies’ Bible Study - Will begin a new series of lessons on Wednesday, Sep 23, at 10am in the Liberty House Theater. This 10-week study entitled “A Woman’s Heart: God’s Dwelling Place” explores the building of the Old Testament tabernacle and how it relates to our walk with God today. Beth Moore is the video teacher and Ginny Hallager will facilitate. Workbooks will be available for $16. For more information, contact Ginny Hallager or Nita Peck.

Liberty House Bible Study - Meets on the first floor of Liberty House on Thursdays at 3pm. Join us as we study how Scripture applies to our lives today. The public is invited. For more information, contact Jim or Nita Peck.

Fellowship Time - Fellowship time takes place between services in the Main Lobby by the mailboxes. Please join us for coffee, cookies and good fellowship each Sunday. Cookies are needed and greatly appreciated during the summer months. If you can sponsor or donate cookies, please contact Ritchie Seymour.

Church Board Meeting – The Protestant Church Board of Trustees will meet on Thursday, Sep 17, at 10:30am in CC2. All members are welcome.

Welcome!! We encourage you to find a spiritual home in one of the vibrant Communities of Faith here at BST West!

SUNDAY EVENING SERIES

By: Jim & Nita Peck

On the first Sunday of each month, the Thursday afternoon Bible Study Group holds an evening study event in the third floor theater of Liberty House at 7pm. This is a series of lectures by Ray Vander Lann, a noted scholar and archeologist dealing with the Middle East and Biblical Israel. Join us as we tour the ancient sights and listen to Ray Vander Lann explain the historical significance of each site, and how this history relates to Christian living today. Discussion time and refreshments follow. You will enjoy it.

AN ATTITUDE OF GRATITUDE

By: Ren Vandesteeg

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” I Thessalonians 5: 18, The Holy Bible

The statement: “He’s got an attitude!” usually means that a person has a bad attitude or a chip on his shoulder. God turns that around; belonging to Him gives one a thankful heart, an attitude of gratitude. God called all sorts of people who learned to have a thankful heart to believe in Him. Jacob was a liar. Moses stuttered. Gideon was scared. Rahab was a prostitute. David had an affair and was a murderer. Jonah ran from God. Peter denied Jesus three times. Are you a

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murderer or a prostitute? Probably not. If God changed the people listed above, He can change you and me; if we let Him.

**SPORTS, GAMES AND SCORES**

**DARTS ASSOCIATION**

*By: Tom Carter*

A regulation dart board has been donated and installed in the Billiard Association/Dabblers room. I’m interested in forming a BST West Darts Association with regularly scheduled tournaments. If you’re interested in throwing darts, please contact me or email twcarter@satx.rr.com. If we have enough participants, we’ll meet to decide when we throw, type of games played, etc. To practice throwing or have a personal game, check out the billiard closet key from the Front Desk, and use the darts in the large jar on the closet shelf. See you at the toe line.

**GOLF RANGE CLOSED SIGN**

*By: Don Hallager*

When the “RANGE CLOSED” sign is on the cement practice pad, and the rope is across the golf shack ball rack, please do not hit balls on the golf range. The signs are up for that day to allow the mowers to cut the grass without any balls being on the range. The golf balls are picked up the day before so there won’t be any more balls buried in the dirt when the mower cuts the range. Just because you don’t see mowing operations occurring doesn’t mean you should hit balls when the sign is up. Thank you for your cooperation.

**ROADRUNNER GOLF**

*By: Katherine Rajczi*

Monday, Aug 24 - No competition this week, nor Monday and Tuesday of the following week. **Thursday, Sep 3** - Today we began playing at Golf Course of Texas. Eleven golfers showed up for the first day back. John Brooks and I did not compete and only played nine holes. The other nine played point in 3 three man teams. The team of Al Buie, Gene Kircus, and Jim Knicker took 1st on the front with 11 and total with 17. The team of Bill Miller, John Rehm, and Tom Curtis were first on the back with 7. The team of Tommy Thomson, John Revak, and Bob Ingram contributed to the prize money and has a nice day out. The Roadrunner Golf Group would like to encourage any other golfers out there to join us. You may play just for fun; either nine or eighteen holes, or join our competition for a little more excitement. Contact John Brooks, me, or any of the others you see here in our weekly report, for more information.
BRIDGE RESULTS  

By: Ellen Parkhill, Reporter

Saturday, August 22

Monday, August 24
5. M. Greer/L. Tisdale Slam: Andrews

Thursday, August 27
7. G. Lengnick/D. Van Dine (slam)
Slams: B. Crowley/B. Wilson, E. Kendrex/T. Thomson

Saturday, August 29

Monday, August 31
5. K. Bader/A. Wesson

Thursday Nite, Sept. 3
1. E. Jackson/B. Linn (2 slams)   2. R. McCarthy/E. Orbock (slam)
5. B. Crowley/B. Wilson

BST WEST PICKLEBALL ASSOCIATION  

By: Tom Carter

Join us to play the fastest growing sport in the USA and have some fun with other BST residents and guests. On Tuesdays and Thursdays, 9-11am, we play indoors at the Medina Base Fitness Center, meeting in the BST West Main Lobby at 8:30am to caravan to the base. On Saturdays, 8-10am, we play at the BST West tennis courts. Pickleball is played on a small court (about one-half of a tennis court), and provides seniors an ideal venue for getting exercise. Gender or strength is no advantage in this sport. We have the required paddles, balls, nets, etc., so come out, and we’ll show you how easy it is to play. For further information, contact Ralph Comer, Helen Vanderneck, Don or Debbie Christian or Tom Carter.

BST WEST CHINESE MAH JONGG  

By: Martha Wesson

This simplified version of Mah Jongg continues to meet on Monday at 1pm in the lobby by the mailboxes. If there is another activity there, we will meet in the Game Room #112 across from the Thrift Shop. We also have a group playing on Thursdays at 10am in CC3. You are welcome at either time, and we will be happy to show you how to play and help you find a group that may want to play at a time to fit your schedule even better.
Fran began to get her mojo back these last two weeks, with three of her five wins from the Honor Hands choices. Dot was home from her vacation and thought she was in heaven...well, she did win two of her three hands with Heavenly Hash. Sande made a new friend, Betty; winning with that hand twice out of five times. Nan won two Doublet hands and got a Bouquet along the way. Sharon loved that Mish Mash hand even if she couldn’t pung it, mixing it in with a Doublets and a Snowflake. Carol had some real Snow with her Heavenly Hash and Betty. Lynn combined her Dragon Lineup with a Shamrock and a Piano Keys. Katherine favored Doublets too, as she added it, Betty and Picket Fence to her list of wins. Sue was unique with her Scotchhopper and Firecracker wins. Annie dominated the Piano Keys winning with it three times out of her five wins. Martha played the field with her seven wins in various categories. Marilyn took home the Hand of the Day prize as well as winning with Windy Pairs along the way. The Wright Pat game book is full of choices, so you have many options of hands to complete. Perhaps you will discover a favorite one as you learn to like the touch and sound of the tiles and the system we use to play this fascinating game. You are welcome to play on Tuesdays at 1pm in CC3.

Unraveling the mystery of the tiles comes with patience and practice. We use the National Mah Jongg League method of play. It's also known as the American version. After learning to interpret the Card of Hands, the game develops. What in the world is the Charleston? Bams, Craks and Dots are the main building tiles, but we also have Winds, Flowers, Dragons, and Jokers that play major roles. Come and enjoy! We play three times a week, no sign up, just show up.

Playing Session: Wednesdays, 1-3:30pm in CC3, All B & A Days - 2nd Wed of each month in Card Room 112, the Card Room is located across from the Thrift Shop on the first floor. Fridays from 1-3:30pm in CC3, and Saturdays from 1-3:30pm in CC2.

9-Ball, Tuesday Aug 25: 😊 Nine players today. 1st game Dandy Don took on Miller Lite winning on a setup. 2nd game Chicago and T-Man went at it with T taking it on a 2-ball run. 3rd game matched Dutch and Pro who won on a surprise early 9 ball. 4th game Wild Bill bested Swede with a 2-ball setup combo. 5th game Pro beat T-Man on a 2-ball run to the 9. 6th game saw Wild Bill winning over Tommy Gun with a 9-ball setup. In the final upper level game, Pro won over Wild Bill on an easy 9-ball setup. Miller Lite fought through the lower level to meet Pro for the final. It
was a back and forth game with Pro getting a tap-in on the 9 to win game and tournament!

8-Ball, Saturday, Aug 29: 😊 Nine players today for team play. 1st game Ski/Chicago won on a 3-ball run, and Tommy Gun/Pro also made a 3-ball run to win game 2. Ski/Chicago lost the 3rd game to Big John/T-Man on a lag, which pitted them against Tommy Gun/Pro who won on a 2-ball run to advance to the finals. Big John/T-Man emerged from the lower level to take on Tommy Gun/Pro again for the final. Big John/T-Man muffed too many early shots, allowing Tommy Gun/Pro to take it all on a 2-ball run for the game and tournament. Congratulations Tommy Gun/Pro!

9-Ball, Tuesday, Sep 1: 😊 Eleven players today for 9-ball. Six sets of partners with TC/Aardvark winning the 1st game with a good lag after a time expired and Pro/Chicago winning the 2nd with a three ball combo. T-man/Lite won the 3rd game with a five ball run and Ski/Wild Bill won the 4th game. T-man/Lite won the 5th game and advanced to the finals. Lower level Pro/Chicago beat all comers to meet the undefeated T-man/Lite. However, the finals were over in one game as T-man/Lite won with a setup. Congratulations T-man/Lite!

8-Ball, Saturday, Sep 5: 😊 Eleven players today for partners! Irish Pat/Pro led off against T.C./Miller Lite who won with a 2-ball run. 2nd game pitted Swede/Wild Bill against Tom Cat/Ski who won on a lag. 3rd game had Big John/T-Man winning against T.C/Lite on an 8-ball tap-in. Tom Cat/Ski met Lite/Tommy Gun in game 4, winning on a lag. In the 5th, Big John/T-Man won with a tap-in over Tom Cat/Ski. Irish/Pro had fought through the loser’s bracket to meet Big John/T-Man, and beat them in two games to win the tournament. Congratulations Irish Pat/Pro!

The Billiard Association is open to all BST residents; games on Tues & Sat.