

ROADRUNNER

MARCH 2024

VOLUME 2024-03



FROM THE DIRECTOR

The Wheels on the Bus...

Will not be going round and round on Tuesday, **March 19**. We will be holding our annual "Transportation Down Day," a day when all drivers will attend safety training. When making Dr's appointments, please be sure to avoid this day.

Staff Changes ~ Darrell Jones

Great things are happening at Blue Skies of Texas. As you all know, both Kathie Estrada and Fred Ryder retired at the end of 2023. I am excited to share that we have filled both of those positions.

Heather Ransom, as you may all recognize as Director of Capital Projects, has been selected as the new Chief Operating Officer. Having worked under Fred for the last four years, Heather will be a valuable asset in her new position.

Kendall Turton joined us as the new Director of Human Resources in early February. Kendall comes to us with many years of HR leadership and experience.

The Capital Projects position did not stay vacant long. Heather recently hired **Erika Provencher** (Director of Development) as the new Director of Capital Projects. If you see any of these faces around BST – be sure to congratulate them on their new positions.



New Residents

New residents coming soon to a neighborhood near you.

Joanne Johnson, #522

George & Glenna Verre Knippel, #737

Judith McKinney, #830



Save the Date:

Monday, March 4 - AFIO Meeting - Roadrunner Lounge - 12pm

Wednesday, March 13 - B&A - CC Rooms, Roadrunner Lounge, The Lakeview - 5pm

Thursday, March 14 - DRAC Meeting - Roadrunner Lounge - 1:30pm

Tuesday, March 19 - Transportation Down Day - No Busses Running Due to Training

Thursday, March 21 - Resident Council Meeting - Roadrunner Lounge - 1:30pm

Tuesday, March 26 - BST Health & Wellness Fair - Main Lobby - 9-10:30am

Resident Services Announcements

Eclipse

The countdown has begun, and glasses are on sale now at the Village Store, for the solar eclipse on Monday, **April 8**. We're in the early stages of planning something special at The Gazebo...details to follow!

Employee Emergency Fund

At the most recent RC meeting, residents asked how they might help employees without jeopardizing the employee's status at Blue Skies (employees are not allowed to accept cash or gift cards from residents). Residents may donate to the Employee Emergency Fund which is run through Blue Skies HR department. Donations are accepted: through Development or ask for forms at the Front Desk.

Volunteer Drivers

Need to go to an early or late Dr's appointment? The Front Desk maintains a list of other residents who have volunteered to take fellow residents to these types of appointments, if you are in need just call or stop by the Front Desk. Also, if you are interested in becoming a volunteer driver, stop by or call the Front Desk and speak with Aleisha.

AFIO At Blue Skies

The Association of Former Intelligence Officers (AFIO) are holding their next monthly meeting at Blue Skies on Monday, **March 4** at noon in the Roadrunner Lounge. The topic for March will be Attacks on US forces by Iranian proxies. Although the target audience is AFIO affiliated residents, these meetings will be open to all and look to be very informative and interesting.

Spectrum Upgrades

If you upgrade services with Spectrum, keep in mind when doing so that the equipment that is BST property will then be placed under your account, this will not accrue any charges on your account.

Spring Cleaning Save The Date

The weather has been beautiful, no excuse to not clean up all the "stuff" that's accumulated 😊. Residents living in The Gardens, Oaks, and Lakes please take a moment to look at what you have stored outside your home for everyone to see. We know storage space is limited but items should not be permanently stored outside carports/garages/in your lawns, etc. Please take an objective look at what others are looking at and remove/store items properly.

Safety

- **Leaving the pool?** Please take a moment to dry off before heading into the elevators, or other areas with tile. The water left behind creates a slipping hazard for those that come behind you.
- **Parking At Tower Entryways** – Reminder, there is no parking along red curbs, this is a direct violation of Fire Safety codes. You may leave your vehicle only for loading or unloading and must be in the immediate vicinity in case emergency personnel need to access the building. Also, we'll be hanging No Parking signs as soon as they arrive, but there is no parking on the sidewalks near the entryway awnings – this is considered a safety issue as the sidewalks are designated for people not Golf Carts.

Caregivers (and others) Charging to Resident Accounts

If you want to give a caregiver, or anyone including Guests/other residents, permission to charge to your account please contact Guy or Nikki in Dining Services or Lori in Resident Services, preferably via email. This will eliminate Staff trying to figure out if they should allow the charge.

BST Public Computers

When utilizing the computers located in the Library area please make sure to log out of what you are searching/working on. Personal bank information was recently discovered by our IT team member on one of the computers, so please take the time to close out what you are searching/working on.

Resident Services Announcements

Spectrum News

Are you having issues with your Spectrum service? Not sure what number to call? Well I have great news for you! The Spectrum Team that assists property staff with troubleshooting issues has provided us with a number primarily for residents to call. The number 1-833-697-7328 is identified as the resident bulk account number and the folks on the other end of the line are quick to respond and assist you with any issues that you are experiencing at that time.

Touchtown Profiles

If you are one of many residents who are utilizing the Touch Town app then you should know that if there is an update to your contact information, YOU can make that change, simply log on to your profile and click on edit. Be sure to click the 'Save' button, which is under your profile picture on a browser and at the bottom of the screen on the app. You can also upload your picture and add information about yourself.

Tower Residents

If you have a carport space and are no longer driving please contact resident services so that we may update our records.

Taking a trip? Hospitalized?

Don't forget to sign out and sign back in with the front desk when you are away. This allows us to track accordingly and apply meal credit as applicable, this also alerts us when those who participate in the red tag program will not be home.

Pendants

When you arrived to Blue Skies of Texas a pendant, emergency alert device, was issued to you. Your pendant will only work within the Blue Skies of Texas West (BSTW) community.

Don't be the Scammers Pot of Gold at the end of the rainbow! ~ Ashlie Maltos

Cryptocurrency is a type of digital currency that generally exists only electronically. You usually use your phone, computer, or a cryptocurrency ATM to buy cryptocurrency. Bitcoin and Ether are well-known cryptocurrencies, but there are many different cryptocurrencies, and new ones keep being created. People use cryptocurrency for many reasons such as for quick payments, to avoid transaction fees that traditional banks charge, or because it offers some anonymity. Others hold cryptocurrency as an investment, hoping the value goes up. You can buy cryptocurrency through an exchange, an app, a website, or a cryptocurrency ATM. Some people earn cryptocurrency through a complex process called "mining," which requires advanced computer equipment to solve highly complicated math puzzles.

Scammers are always finding new ways to steal your money using cryptocurrency. To steer clear of a crypto con, here are some things to know.

- **Only scammers demand payment in cryptocurrency.** No legitimate business is going to demand you send cryptocurrency in advance – not to buy something, and not to protect your money. That's always a scam.
- **Only scammers will guarantee profits or big returns.** Don't trust people who promise you can quickly and easily make money in the crypto markets.
- **Never mix online dating and investment advice.** If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them money, that's a scam.



Resident Services Announcements

Pest Control Schedule

	Friday, March 1	Friday, March 8	Friday, March 15	Friday, March 22
Tower Apts.	331-338, 341-348, 431-438	411-418, 421-428	511-518, 521-528	531-538, 541-548
Cottages	1700	1800	1900-2000	2100-2200
Specials	Village Center, Kitchen, The Vista Office and A Wing	Exterior of Main Tower Building	Liberty House, The Vista B and C Wings	Freedom House: Int. and Ex.
Ranch Homes	811, 812, 815, 817	821, 823, 825, 826	827, 828, 829, 830	831, 834, 835, 836, Pavilion 1

Employee Anniversaries

Employee	Department	Anniversary Date	Years of Service
Mary Cockrell	Freedom House	March 2	3
Charlynnne Gonzales	Hospice	March 3	1
Cynchia Escobar	Human Resources	March 3	4
Ivonne Torres	Hospice	March 8	2
Austin Diaz	Dietary Aide	March 8	2
Leonard Herrera	Hospice	March 9	3
Danielle Molina	Liberty House Housekeeping	March 12	4
Leslie Cisneros	Marketing Counselor	March 12	27
Sherry Woodard	Nurse Manager	March 12	28
Denise Diaz	Courtesy Officer	March 13	1
Christina Riney	Freedom House	March 17	2
Freddie Cervera	Marketing Counselor	March 18	5
Roswitha Tucker	Freedom House	March 18	8
Abbie Ortiz	Freedom House	March 22	1
Darwin Guray	Freedom House	March 22	2
Paul Williams	Desk Clerk	March 23	3
Jacqueline Rivera	Freedom House	March 24	4
Maria Balderas	Freedom House	March 26	4
Andra Griffin	Cook	March 31	2

Resident Services Announcements

In Memoriam

Frances Halber – February 2
Miguel Martinez – February 2
Clyde McCullough – February 7
James Kellogg – February 9
James McCarthy – February 19
Albert Costley – February 25

Deadline for the next Roadrunner is Friday, **March 22**

Send articles to roadrunner@blueskiestx.org

Next Publication Date: Friday, **March 29**

The Roadrunner by Email

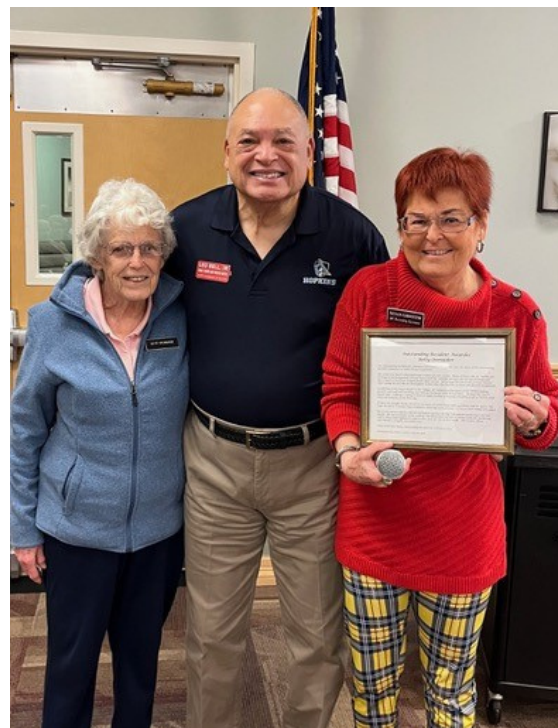
If you would like to receive your Roadrunner via email, please email roadrunner@blueskiestx.org and we'll be happy to add your email address to the list of Residents receiving Roadrunner by email. The Roadrunner, Bon Appétit, and the Wellness and Life Enrichment publications are always available on our Blue Skies of Texas Website, www.blueskiestx.org. Start by Clicking on What's Happening then select West Campus and you are there. The newsletters are also available on TouchTown and the Resident Portal.

Resident of the Month

Our Outstanding Resident for February 2024 is Betty Overacker. Yes, the Chair of the Outstanding Resident Committee is indeed being recognized! She works very hard to find deserving residents for this award. Many of those who are worthy are working in the background, serving many small but valuable services, are service-oriented, and don't expect a reward or recognition for their service. Betty keeps her ear to the ground, watches what's going on, acts like an investigator to find clues that lead her to those who deserve recognition.

In addition to this major benefit to the Village, she volunteered for years at The Vista, helping patients and staff, and watching over Bill, her husband, while he was there. She kept The Vista mascot dog -- walking it, taking it home at night, feeding it, keeping it healthy so all in VISTA could enjoy the company of the little dog.

If that's not enough, she has served as secretary of HAM (ham radio operators) club for years. She rings the bell at Veterans Day ceremonies, honoring each veteran's service as their names are called. She is very active with her church and helped organize the big Volksmarch marketing event last month. She was a member of the walking club downtown and was a contact point for marketing staff so they could organize to come to Blue Skies for one of their walks. Her tireless efforts contributed to a highly successful event. Congratulations, Betty, Outstanding Resident for February 2024! Nominated by Dottie Conner and Leo Bell.



Resident Updates

Centering Prayer

Centering prayer is a nondenominational contemplative practice rooted in Christian spirituality. The purpose is to be open to the presence of God and to cultivate inner stillness and peace. It includes a period of quiet meditation (usually 20 minutes), the reading of short inspiring texts, and a time for sharing. Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer – verbal, mental or affective prayer – into a receptive prayer of resting in God. All are welcome! Please join us. We meet at Blue Skies West in the Helen Lemay room the first and third Friday mornings of the month from 8:30-9:30am. For March that is Friday, **March 1 and 15**. For more information contact Linda Ricketts or Jenà Hatchett.

Army War College

Residents who are graduates of the US Army War College will have a luncheon at BSTW on Monday, **March 4** at 11:30am in the LeMay room. Contact johnmacintyre@mac.com for details.

Mini Resident Directories

Many of the residents have picked up their copies of the 2024 Mini-Directory; however, a few are remaining. If you want one for your purse or pocket, please contact Ruth Ann Taylor by phone or text. Leave a message on the phone for a quick response.

Girl Scout Appreciation

Thanks to everyone who came out to buy cookies from the Girl Scouts of Troop 46 in support of their goals (trips to camp and Disneyworld) Your generosity is truly appreciated. They sold exactly 500 boxes over 3 visits and hope to be back next fall for candy and nut sales!

Fishing in the BSTW Lakes ~ Layne Perelli

Did you know that you and your guests can fish in any of the five lakes at Blues Skies year-round? Fishing here is also a great activity for your Grandkids. (Anyone fishing under the age of 16 must be accompanied by an adult.)

Our lakes are well stocked with good-sized Bass and plenty of scrappy Bluegill. Come take advantage of one of Blue Skies'

most enjoyable attractions. A fishing license is not required.

"Catch and Release" is

recommended, using barbless

hooks. Or just come out and watch

us feed the fish. You can volunteer to help feed if you are looking for a fun activity!

The BSTW Fishing Club will be happy to provide fishing tackle, instructions, and a guide to anyone new to fishing. The club will also assist anyone with special needs or physical limitations, including residents of Freedom House or Liberty House.

Check out our page in the Activities List on the Residents' Portal for safety tips.

<https://bstwresidentsportal.com/>.

The next BSTW Fishing Club meeting will be held in The Vista, Room B-17, at 2pm on Tuesday, **March 5**. We will be electing officers for 2024 and planning our next Fishing Derby. Stop by and join up. We're always looking for exceptionally entertaining liars! For more information or to help feed, contact Layne Perelli. Tight lines!



Create Greeting Cards ~ Geri Martin

Come join us as we create greeting cards for Easter, Mother's Day or any day. On Thursday, **March 7** from 1-3pm, Libby Fleming will bring all supplies and clever ideas to create attractive cards. We will meet in Room 110. Please sign up in Touchtown by clicking on Activities or calling Terry Elizondo, Activities Coordinator, at 210-568-3310, as the class is limited to 14. A \$20 fee is required for supplies to make 6 cards. Come join the fun!

Resident Updates

Rotarian Corner ~ Debby Cox

Did you know that the San Antonio West Rotary Club (1907) meets right here at Blue Skies of Texas West twice a month? Yes, every first (1st) and third (3rd) Tuesday of every month from 12-1pm in the Roadrunner Lounge. Feel free to bring your lunch with you. (Watch for flyers posting upcoming meeting speakers or programs.) You are invited to attend our meetings as a guest, but also please consider becoming a Rotary member if you have a heart for contributing to valuable community or global Rotary service projects. Exciting and informative topics from our recent past meetings included:

- Everything you wanted to know about the San Antonio rodeo
- How to prepare your medical power of attorney and to discuss it with your loved ones
- The benefits of beekeeping and how to do it

Our motto is: "Service Above Self". We are also "People of Action", making a difference locally and globally. Our global network of 1.4 million neighbors, friends, and leaders volunteer their skills and resources to solve issues and address community needs.

Membership is by invitation. If you would like to receive an invitation, please contact: Debby Cox at 505-428-8023 or email: debby.welker@gmail.com.



Gadabouts - JoAnn Oldham and Nan Smith

Gadabouts will travel to the Acadiana Cafe to enjoy their wonderful "Cajun Cookin". Meet in the Main Lobby on Friday, **March 8** at 10:15am. The bus leaves at 10:30am. Look for the GADABOUT'S pink folder in CC3 and sign up. Gadabouts is open to all singles and caregivers. It's time to meet new people while enjoying some delicious food.

****Save the date for Friday, April 12 as the Gadabouts will be heading to the one and only 410 Diner!**

Attention New Residents

We welcome you to Blue Skies and want to get acquainted. One of the things you need to check off your list as a new resident is to have your picture put on the Resident Bulletin Board in the main hallway of the Towers. This helps us remember your name and helps you when you have met someone and cannot remember their name. Trust us, just check out the Board! (This also helps the office as they like a picture on their official file.) Judy and Bob Howen will be taking pictures in the Helen LeMay Room on Wednesday, **March 13** from 4-5:30pm. Questions?? Call Judy Howen (see resident roster).

The History of Instrument Flight ~ Robert Certain

The Alamo Chapter of the Distinguished Flying Cross Society will hold our monthly meeting on Wednesday, **March 13** at 10am in the Roadrunner Lounge at Blue Skies West. This month Bill Ercoline, the Flight Captain of the Stinson Flight of the Order of Daedalians, will tell the story about The History of Instrument Flight. The story includes people like Macready, Doolittle, Mitchell, Foulois, and Arnold and a few names that are hardly recognizable. Military pilots, commercial pilots, and general aviation pilots owe much to their accomplishments. The presentation explains this claim, and shares what happened to these early trailblazers for making such a noted discovery. All residents of Blue Skies East or West are welcome to attend.

Resident Updates

It's Green & 4-Leaf Clovers for March 13 B&A

All BST West residents and guests are invited to “become Irish” at the Wednesday, **March 13**, Birthday and Anniversary event (B & A). Doors open for the hosted Social Hour in CC1-3 Rooms at 5pm. Dinner service in The Lakeview is at 6pm. The Happy Out Irish Trio will add to the Irish theme.

Bob Howen will be available to take Birthday & Anniversary pictures from 4-5:30pm in the Helen LeMay Room. Please check in with Judy Howen.

The dinner includes:

Starter: St. Patrick's Day Green Salad – Spring Mix, cucumber, green apple, onion, Feta cheese with Avocado Ranch

Entrée: Corned Beef & Cabbage with marbled potatoes, carrots, onions & green cabbage, served with horseradish sauce

Dessert: Irish Apple Cake

Guinness Bread

Water, Coffee, or Iced Tea

\$30 Per Person

Alternative: Grilled chicken

Dinner reservations are required. All those planning to attend, including guests, must sign up on the Sign-Up List in CC3. If you need to cancel after 11 am Monday, March 11, call the Dining Services Office (210-568-3232). If you wish to create a table of 6-8, call Bonnie Gardner or Donna Bowman. Seating will be assigned for all others. Reservations are not taken through the Dining Room for this event.

Social Hour hosts are Rachel and Jack Bujalski, Valerie and Jim Byrd, Lorrie Cappellino, Rudy Carson, Janet Croce, Sharon and Tom Dera, Kathy and Jack Fair, Paul Flynn, Marilyn Goff, Andy Hebrank, Lyn Henderson, Nancee Langley, Audrey and Don Logeman, Pat and John MacIntyre, Joe Mancini, Tom McKenzie, Pat and Merlin Miller, Annie and Ron Moore, Rick Nollenberger, Pat Perry (chair), Darlene and Bill Ramunas, Sue Robert, John Siebert, Ellen Skiba, Gina and Don Skucas, Rebecca Vallejo, Pat Wagner (chair), Al Wesson, and Gil Wolfe.



Red Hat Luncheon ~ Vivian Ray

This month's lunch is hosted by Ann Christensen and Vivian Ray. Friday, **March 15** at 11:30am. Renzo's Trattoria and Pizzeria located at 4323 N Loop 1604 W Suite 112, San Antonio, TX 78249. Please be in the Main Lobby by 10:30am. The bus leaves at 10:45am. When you sign up on the sheet in CC3, You must indicate "W" if you are using a walker or a wheelchair because the bus only accommodates one wheelchair. If you sign up and can't go, it is essential that you remove your name from the sheet by the Wednesday morning before the luncheon. If you do not remove your name, you will be considered a “no call, no show,” and will be charged the transportation cost. Please don't prevent someone on the waiting list from attending, because you didn't take your name off the list in time.

St. Patrick's Day Karaoke Party

You don't have to be Irish to celebrate St. Patrick's Day! Come to the Karaoke Celebration on Sunday, **March 17** from 6-8pm in The Lakeview. Wear green! BYOB and snacks.

We will have a few acts by your favorite residents. We expect Mac and Karen McDonald to provide some funny songs, poems, short tales, etc. Diantha Perelli accompanied by dancers will sing “Rare Old Mountain Dew,” which some of us refer to as the “Doodeliday Song”. Pat Wagner will sing “Danny Boy” acapella, and “When Irish Eyes are Smiling” accompanied by Karaoke music.

Jack Church will provide a variety of Irish music for background, singing and entertainment acts. Please come and embarrass yourself!

Brought to you by Jack Church Productions.



Resident Updates

Ham Radio on the Moon!! ~ Betty Overacker

In September 2023, the Japanese Exploration Agency (JAXA) launched their Smart Lander for Investigating the Moon (SLIM). It successfully landed on the moon within 180 feet of its targeted touchdown location on 19 January 2024. Just prior to touchdown, SLIM released two small lunar probes: LEV-1 and LEV-2. LEV-2 is mobile, and collects data while moving on the lunar surface, and transmits this data to LEV-1, and then this data is transmitted to Earth using its 1-Watt UHF circular polarized antenna as Morse code 437.410 MHz. The JAXA Ham Radio Club secured Amateur Radio licensure for LEV-1 (JS1YMG), which has been sending Morse code signals since 19 January. Amateur Radio Operators have been busy analyzing JS1YMG's signal with Daniel Estevez's (EA4GPZ) blog introducing the method and extraction results for demodulating the Morse code. SLIM's mission is to analyze the composition of the moon's rocks to aid research about the origin of the moon, and report atmospheric conditions. What an amazing accomplishment—to have a Ham Radio Station on the Moon!! All are welcome to the next BST Amateur Radio Club Meeting on Tuesday, **March 19** in Meeting Room 110 at 11:30am. Please contact Bob Stuckert for more information.

73—(Best regards in Ham Language)

Resident Council Meeting

The Blue Skies of Texas West Resident Council meeting will be held on Thursday, **March 21** at 1:30pm in the Roadrunner Lounge. Come and hear updates on financials, activities and news about our community. All residents are invited to attend.

The Living Last Supper ~ Ron Rickard

The BSTW Chapel Community will present the dramatization portrayal of Leonardo Da Vinci's famous painting of "The Last Supper" beginning at 7pm in The Lakeview Dining Room, the evening of Palm Sunday, **March 24**. Come hear the twelve Disciples reveal their inner most thoughts in light of the word JESUS had just spoken, "One of you will betray me!" Preparation of the Lord's Table and worship begins promptly at 7pm. BSTE and local communities are all invited.

Save the Date

Jack Fay's Birthday Bash is on Saturday, **March 30** from 2-4pm in the Roadrunner Lounge. Refreshments provided.

Scan 35mm slides

The Village owns equipment that will scan mounted 35mm film slides and convert the scan into a digital JPG file that can be stored on a computer or a thumb (USB) drive. The images can then be displayed on the computer, or the thumb-drive can be inserted into most TVs and the pictures (Images) show as a slideshow on the TV. Even better, you can easily send the images to your children. A volunteer can train you to convert your 35mm slides to image files on a thumb-drive to take home. Questions: Call or email Mike Fox (see Resident Roster).

Punkin Pond

The pond is full
The fountain flows
Come and see
If the Great Punkin shows
Bring champagne for the faithful

Punkin Pond – Saturday, April 6 at 2pm



Resident Updates

Dining Room Advisory Council

~ Sandra Snyder

March is here and DRAC is happy to announce our hard-working employees of the month: Michael Vause who serves the Front of the House (FOH) and John Mauricio who works tirelessly in the Back of the House (BOH). These gentlemen are hardworking, professional and always ready to go the extra mile. Thank you for making our dining experience wonderful.

An interesting fact: a cardboard shortage is the reason low fat milk was unavailable for a while here at Blue Skies. Nikki Villa requested quart size milk packaged in plastic containers! Problem solved, look in the server's refrigerator and the 1st floor store to purchase 2% milk. Your favorite BISTRO coffee beverages and milkshakes can be made with low fat milk too.

Many residents have asked for gluten free food options. Gluten free bread for sandwiches and burgers are available upon request. These breads are ordered from manufacturers that have gluten free kitchens. Our Blue Skies kitchen is not rated as a gluten free facility. We do not meet the standards therefore no other food options can carry a gluten free designation. Less gluten can be marked on the glass above the food choices as you walk through the server's lines. Executive Chef Jeronimo Espiritu is launching themed dinner nights for BSTW! February 21 was our first one, and others will follow on the third Wednesday of each month.

A special thank you to residents who take time to submit comment cards. Electronic cards are preferred because they are distributed immediately to Chef, Guy, and Nikki as well as DRAC Quality Control (QC) and the Executive DRAC Board members. Often our QC Chairperson is unable to read handwritten cards and does not receive them in a timely manner.

Therefore, using the Portal or Touch Town's link is an efficient way to make your voice heard quickly. One last thought regarding Comment Cards, many months fewer than 50 cards are submitted; if more residents took a moment to comment, complement and/or critique, we could make a greater impact on our dining experience. It would be nice to have 100 different residents speaking because DRAC is here to represent you. Your voice is necessary for that representation to be effective. Please comment and be heard.

TAC Recce Reunion in San Antonio

~ Jim Conner

The TAC Recce Reunion will be held **October 4-6** at the Hilton Garden Inn – Live Oak. All air crew members, family and friends of any type tactical reconnaissance aircraft are invited, as are honorary members of the TAC Recce Reunion Association and Voodoo Pilots Association. For more information and registration details contact Jim Conner (see Resident Roster) or donna@tacrecce.org.

Wildflower Project Update ~ Marti Wessman

Spring is right around the corner, and I hope many of you, like me, are looking forward to nice weather and hopefully beautiful wildflowers in our Blue Skies of Texas Wildflowers

Conservation Area. For those of you who are new to Blue Skies we started a Wildflower Conservation Area between the basketball court around to the road that goes to the Cleanscapes shed. We have been given approval to expand the area up to the golf driving range, and with \$100, given by the ACC (Activities Coordinating Council), we will purchase more wildflower seeds which we will spread in those areas. Last year we had many wildflowers, like Texas Bluebonnet, Texas Yellow Star, Verbena and many others, and with more seeds having been put out in the area and how they reseed themselves we are hoping for an even more beautiful space this spring and summer.



Thank you for the support and enjoy!

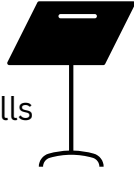
Handbells ~ Nancy Sowada

The Blue Skies West Handbell Choir is busy rehearsing for our performances for you in May. In the past 2 years, we have been able to play 8 handbells consistently with the number of players we have. This year we have enough players to play 16 to 18 bells on a piece, which provides an even richer quality. Our programs will consist of patriotic music, folk songs, and classical pieces. We hope you will join us for our concerts in May. Performance dates will be in next month's newsletters.

Resident Updates

Music Stands ~ Nancy Sowada

There are 2 music stands in the chapel and 6 music stands in the craft room. These music stands are used every week at the Protestant and Catholic services and by the handbells who rehearse in the craft room and the Village Voices who rehearse in the chapel. Some music stands are missing. These music stands are marked for the chapel or handbells. If you have borrowed one or borrow one in the future, please return it as soon as possible. Otherwise, the people who use them in the chapel and the craft room every week are unable to rehearse or perform as well as they would like. Thank you.



Village Voices ~ Nancy Sowada

The Village Voices are really enjoying our music for the spring, and we hope you will too! We are going to be singing favorites from many Broadway musicals, including Les Misérables, Oklahoma, The Music Man and many others. We have several new members, so we sound even better. Reserve these dates on your calendar for our concerts for independent living: Blue Skies East, Tuesday, April 30, at 7pm and Blue Skies West, Thursday, May 2, 7:30pm. On with the show!

Thank You

Thanks to all our Blue Skies Residents who purchased Valentine goodies. Our Philanthropic Education Organization is grateful to each one of you who helped us add to our funds for scholarships. This organization is all about educating women and we have several scholarships we support. We are excited that this year we will contribute more than \$ 5,000. This would not be possible without the generosity of our Blue Skies support team.

Artist of the Month ~ Mac McDonald



H.Mac, as he signs his art, has loved art since his youth in Brooklyn, NY. He relates that a subway ride then was 15 cents, so he saved lunch money to take the subway into Manhattan and visit the Metropolitan Museum of Modern art. It was free, and he would stay as long as the guards allowed a street looking kid to stay. Regardless, his creative side was awakened.

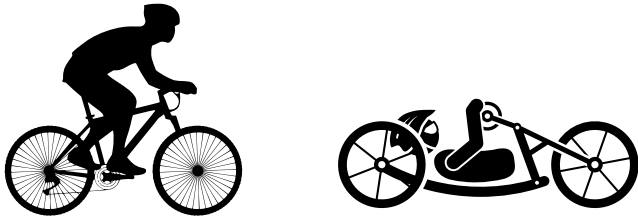
Now after 21 years as an enlisted Marine to an Officer of Marines, retirement gave him time to self-learn art. Experimenting with many mediums, he expresses himself with abandonment and the desire to make the viewers of his art happily smile. This month he indulged in making paintings of the personalities that cars have.



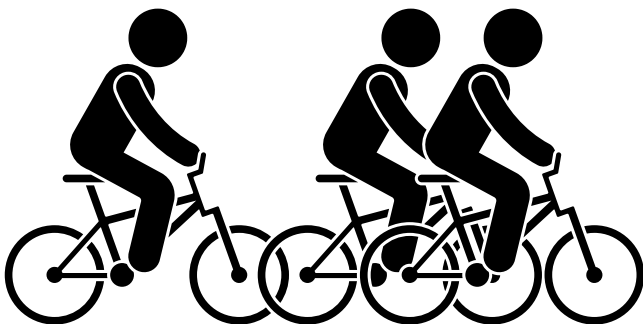
Sports, Games, & Scores

BSTW Bicycle Club ~ Mike Fox

The BSTW Bicycle Club is accepting new memberships. The Club offers 2 bike rides on Mondays. One ride will start at the flagpole at 7:30 AM during the summer and warm winter days and will stay on campus for 10 miles. The 2nd ride will also start at the flagpole at 7:30 AM whenever the weather is suitable year-round, but this ride will go off campus for 20 or more miles with a breakfast stop halfway.



Ride length is adjusted to the number of miles the riders agree to. Riders may leave the ride any time and return home. In addition, the club has many specialized tools for maintaining bikes in the bike room in the Lower Level of Tower 3. There is a bike stand for maintaining bikes. There are tons of tools. There's a wheel truing stand. There are supplies for fixing flat tires. There are free jerseys. There is a cupboard full of high quality used bike equipment; this includes helmets, pedals, seats, inner tubes and saddle bags. And there is an annual picnic. Annual dues are \$10. Just put \$10 in an envelope in internal mail to Jim Byrd. Include name, phone, cell, email address, and Apt #. If you have questions, call or drop a line to Mike Fox (see resident roster).



Come Play Pickleball ~ Robert Ferre

Pickleball is a sport in which two or four players hit a perforated, hollow plastic ball with short-handled solid paddles over a 34-inch-high net on a small court. The Blue Skies West pickleball club plays on Tuesday, Thursday and Saturday mornings from 8-10 a.m., weather permitting. One of the four courts is reserved for beginners. If you have never played before, or want to brush up, come out and someone will give you basic instruction. You will not be required to play above your skill level. Pickleball utilizes its own lines and movable nets on the existing tennis courts. (Tennis is played on Monday and Friday mornings.) There is an unlocked storage container that contains balls and paddles and there is a wooden backboard to hit against. Come any time and hit a few balls. If you have played ping pong, badminton, racquetball or tennis, you are a step ahead, but no previous experience is necessary. It's not rocket science. You simply hit the ball over the net (preferably in bounds). Pickleball is good exercise, social, and lots of fun. Wear good shoes (court shoes or tennis shoes are the best), a hat and sunscreen, and safety glasses. Avoid sudden moves or stepping backward to keep from falling. (You may not be as agile as you once were. Start slowly.) Players include men and women in a wide range of ages, from 50's to 80's. Guests and visitors are also welcomed. YouTube has hundreds of instructional videos. Please note that recreational pickleball does not resemble the fast-paced professional games you may see on television. Come and find out why pickleball is the fastest growing sport in senior communities. Spectators are always welcome. For more information call Robert Ferre, Linda Prose, Dan Collin, Tom Carter (see resident roster).

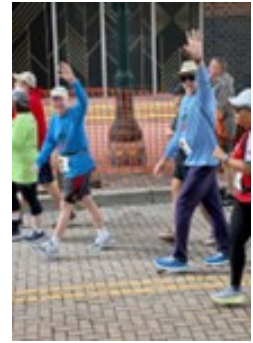
Sports, Games, & Scores

Seasoned Soles ~ Pat and John MacIntyre

Photos by Lu Schuster

February started off with the San Antonio Rodeo. Ten Seasoned Soles participated in the Rodeo Stampede 5K which leads the kick-off parade. The race started and finished at Milan Park running through downtown, the King William neighborhood and then along the River Walk. This race is a great introduction to the San Antonio area for our new walkers/runners. Cynthia and Tom Cochran, Karen and Harlan Sager, Pat and John MacIntyre, Brenda Perry, Richard DeVillez, Pat Perry, and John Paul Sullivan were finishers. Karen and Harlan Sager won first places in their age groups and Richard DeVillez and John MacIntyre were also age group winners. The next race in February was the Chocoholic Frolic held at Morgan's Wonderland. It was a cold and very windy Saturday morning. Pat and John MacIntyre ran the 10K and Karen and Harlan Sager and John Paul Sullivan ran the 5K. There were no age groups, but Pat MacIntyre ran her fastest race in 3 years giving her a PR (Personal Record). She claims it was the wind at her back pushing her toward the Finish line (and a desire to get out of the cold). The finishers swag included a medal and a 1/2 lb. chocolate chip cookie. Heading for a local bakery seemed like a good way to finish the day and helped overcome the 28-degree windchill. Next on our schedule is a 10k training walk/run in Alamo Heights and Olmos Park.

At the end of the month, to be highlighted in next month's report, is a Seasoned Soles visit organized by John Shore to the Nimitz Museum annual fundraiser in Fredericksburg, Texas. The Museum features the Navy's role in the Pacific Theater during WWII, where Admiral Nimitz served as Commander-in-Chief. Admiral Nimitz was a Fredericksburg native.



Bunco ~ Annette Johnson and JoAnn Oldham

The Ladies Bunco group meets the first and third Tuesday of each month at 6:30 pm in CC3. Bring \$1 for the "pot". A group of ladies meet beforehand at 5pm in the Roadrunner Lounge and enjoy dinner together in The Lakeview before Bunco. We would love for you to join us early to eat at 5pm, followed by Bunco at 6:30pm. Bring a friend!

Winners for February

February 6: Brenda Perry, Joann Gonzales, Susan Flood and Jane Hill
February 20: Susan Flood, Joann Gonzales, Frieda Schutza and Brenda Perry

Sports, Games, & Scores

Bridge Results ~ Stu Flood

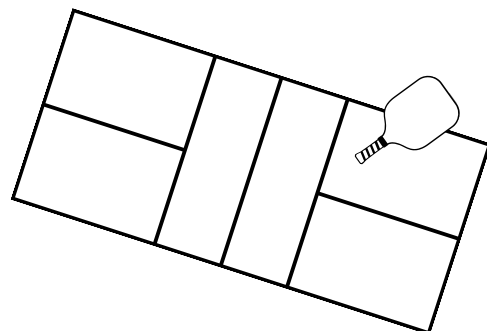
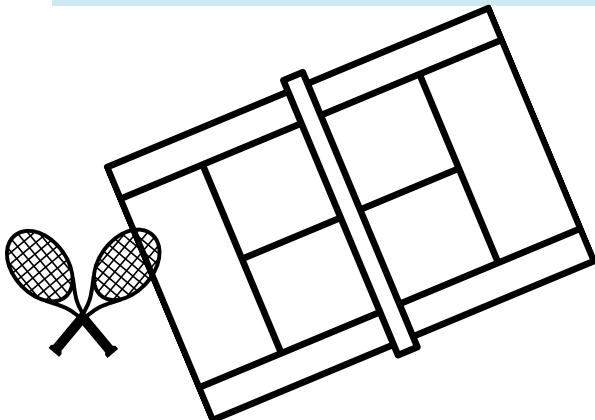
We play Bridge Mondays at 1pm, Thursdays at 6:30pm and the third Tuesday of the month at 1pm. Please sign up with a partner in CC-3. Monday's are Party Bridge; all others are Duplicate. All games are relaxed games and we try to follow the rules. If you have questions, please reach out to Stu Flood (see Resident Roster) and he will point you in the right direction.

	1	2	3	4
January 22	Wesson / Wagner	G. Skucas / Leydon	Cowans	Bader / Reedy
January 29	Cowans	Gant / Higginbotham	Wesson / Wagner	Houghs
February 1	Hood / Eright	Wood Tuttle	Wesson / Wagner	Skucas
February 5	Bader / Reedy	Cowans	Germann / Wesson	Flood / Padgett
February 8	Flood / Gant	Houghs	Caudill / Frisch	
February 12	Flood / Padgett	Newman / Higginbotham	Wesson / Germann	Tuttle / Wood
February 15	Wesson / Wagner	Cowans	Wood / Tuttle	Flood / Gant
February 19	Hood / D. Skucas	Cowans	Bader / Reedy	Caudill / Frisch
February 20	Higginbotham / Newman	Caudill / Frisch	Padgett / Germann	

Tennis & Pickleball ~ Linda Prose



Our Tennis and Pickleball courts offer a great opportunity for fun and exercise. Please come out and join us for Tennis on Monday and Friday mornings and for Pickleball on Tuesday, Thursday and Saturday mornings. My phone number is in the Resident Directory. See y'all out there!



Spiritual News

Catholic News ~ Rebecca Vallejo

Holy Week services will all be held in the High Flight Chapel: Palm Sunday on Saturday, **March 23** at 11am; Holy Thursday, **March 28** at 4:30pm; Good Friday, **March 29** at 3pm; Easter Mass, Saturday, **March 30** at 5pm

Mass - Saturdays at 11am (except Saturday, March 30) in the High Flight Chapel (Fulfills Sunday obligation, by special dispensation of the San Antonio Archbishop)

Benediction and Adoration - The first Wednesday of the month immediately following the 9:00 am Communion service led by Deacon Richard in the Willow Chapel, located in the Vista.

Eucharistic Exposition and Adoration – Every Friday from 3-4pm in the High Flight Chapel.
Communion Service – Every Wednesday at 9am led by Deacon Richard in the Willow Chapel located in the Vista.

Second Saturday of the Month - Birthdays and Anniversaries will be recognized with a special blessing at Saturday Mass

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

Third Tuesdays – 9am, Catholic Council meets in Conference Room #110. Guests are welcome.

Third Wednesday – 9:30am Rosary following Communion Service in the Willow Chapel
St. Vincent de Paul, Castroville - First Saturday Donations

Pastoral Care - To meet privately with a priest for Reconciliation or Anointing, please contact Fr. Richard Bendorf (see Resident Directory).

Homebound - If you are homebound and unable to attend Mass but would like to receive Holy Communion, you may contact Rebecca Vallejo, Barbara Wilson or Mary Tucker by phone, text, or email, and they will arrange for a Lay Eucharistic Minister to bring the Holy Eucharist to your apartment/cottage (see Resident Directory).

Hospital Visits - Most hospitals have a Catholic priest available; ask a staff member to contact a priest.

Protestant Church

We are welcoming Kayla Ramsey as our new Church Secretary. Kayla has extensive bookkeeping experience and already knows most of the residents since she comes to us from the service area of the kitchen. Be sure to welcome Kayla when you see her. (PS You'll still see her downstairs just not as often).
New Office Hours: M/T/W – 9am-3pm and Th 3:30-5pm, closed on Friday.

Special Services During Lent

Lenten Services on Wednesday 10:30am in High Flight Chapel

Palm Sunday, **March 24**, will include an Easter Cantata during both services in High Flight Chapel

Special Good Friday Service at 10:30am, on Friday, **March 29** in the High Flight Chapel

Regular Services

High Flight Chapel – Sunday 9:30am and 11am

Sunday service is repeated at 10:30am on Wednesday on Channel 1890 or lobby monitors.

Fellowship time between services 10:30-11am

Freedom House – Sundays at 10:45am

Liberty House 3rd level – Thursday at 10:30am

Pray For Our Nation happens the 1st and 3rd Friday at 10am in the Helen LaMay Room. We also have Bible Study groups and other activities. If you are interested in joining our congregation or wish to speak to either Pastors Wayne Knutson or Pastor Dan Figueroa please leave a message with the church office at 210-568-3372 and they will be in touch.

Episcopal Church Services with the Holy Eucharist continue on Thursdays at 3pm in the High Flight Chapel.