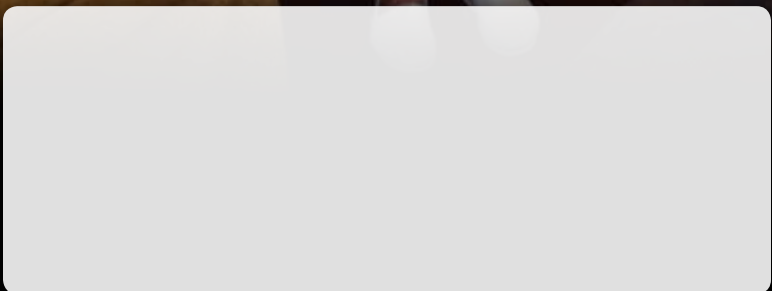




# BAYOU BUZZ

THE OFFICIAL MAGAZINE OF SWEETGRASS • JULY 2019



*A publication of the*

**Fort Bend Herald**  
AND TEXAS COASTER





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Facebook: <https://www.facebook.com/dwsweetgrass>

Email: [dwsweetgrassHOA@gmail.com](mailto:dwsweetgrassHOA@gmail.com)

\*Doors lock at 5:30 p.m. daily; please bring your access card for entry.

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### ON THE COVER

Del Webb Sweetgrass neighbors had a blast partying on Disco Night.



## THE OFFICIAL MAGAZINE

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# SWEETGRASS

707 DEL WEBB BLVD.

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[WWW.MYSWEETGRASS.NET](http://WWW.MYSWEETGRASS.NET)

## WHO'S WHO

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### Homeowners' Association Board of Directors

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**T**wenty Sweetgrass residents flew to Seattle and traveled by bus to Vancouver to board the Rocky Mountaineer train for 3 days of breathtaking scenery. Gourmet hot breakfasts & lunches were served in the

Gold Leaf Dining Room. Evenings were spent at hotels in Whistler, Quesnel & Jasper. In Jasper, we boarded a bus for 4 days of sightseeing along the Icefields Parkway. We rode a "Snowcoach" up the Athabasca Glacier then walked on it. On our route, we stopped at the Skywalk, Moraine Lake & the Valley of Ten Peaks, Lake Louise, YoHo National Park, Emerald Lake and Banff. In Banff we took the Sulphur Mt. Gondola in the rain which turned to snow at the top to our delight! Great trip!

**More photos on the following page.**

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**Canadian Rockies Getaway photos.**



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# Sweetgrass Social Committee

The Sweetgrass Social Committee is a chartered, non-profit group whose function is to plan and implement social activities. Each member brings to the group their ideas and special abilities for organizing and hosting events, decorating, and party planning. The group averages over 100 volunteer hours each month and works together to host various events such as:

- ★ Game nights (Boozin' Bunco, Bingo, Trivia, Mexican Train)
- ★ Dances (Halloween, New Year's Eve, Disco, Sock Hops, C/W)
- ★ Dinner Parties
- ★ Holiday Parties
- ★ Special events like Casino Night and Murder Mysteries

Committee members work closely with the SG Lifestyle Director. Members also make contacts in the community and often obtain entertainment and refreshments donations and sponsorships from local businesses.

The Charter determines the number of members for the committee. Right now the committee has eleven members and three prospective members. There are three officers for the committee. Lee Roach currently has the Chair position. Char Boulion is the Vice-Chair, and Margie Fougeron is the Secretary. In the next few months, if you feel like you'd like to be a part of this hard working fun group, submit an application at the front desk.



**Our motto for Sweetgrass is: *Have Fun... Meet Your Neighbors... This is OUR time!***



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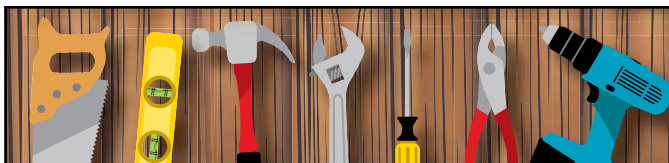
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# Picture This



TOP: We celebrated National Donut Day at the Lakehouse.



RIGHT: Beautiful flowers donated by the Garden Club

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# Picture This



The Sweetgrass Veterans Club hosted a successful Memorial Day Observance.

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**Picture This continues on the next page...**



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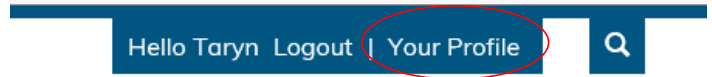
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# DOG PARK OPEN TO FURRY FRIENDS

Sweetgrass dog park is now open to all dog owners in Sweetgrass. One of the first residents to take advantage of the park was Marcie McCutchen of Shearwater, along with her sweet doggies Cosmo and Casper. "Since my husband and I moved here in December 2018, we have been anxiously waiting for the park to open. Our dogs enjoy the chance to roam freely and play with the other dogs that join in the fun. It has helped ease the adjustment from enjoying a huge backyard to something much smaller."

The dog park is located near Mossy Cup (Red Bud) and Sweetgrass Blvd. off Sweetgrass circle. If heading toward Veranda, it is the first street on the right. The park is open 24/7 and you need an access code each time you enter and exit. The gate is somewhat tricky to use the first time. Open the the cover, and press RESET. Enter the code, making sure you hear a "click" each time. Make sure after you exit the park to press RESET and make sure door is locked. Once you enter, there is another unlocked gate for the small dogs and large dogs (over 30 lbs).

The code may change from time to time. If the code changes, it will emailed to residents. It is very important that you don't share the code with anyone outside of Sweetgrass, and please do not post on any social media websites, including ours. If you would like to start or organize a "Yappy Hour" for meet-ups, email [marcie.mccutchen@gmail.com](mailto:marcie.mccutchen@gmail.com).



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1	2	3	4	5	6	7
<p><b>Fireworks terrify pets!</b></p> <p>Create a safe haven for your pets in a sheltered, escape-proof part of your home with plenty of water. Also, turn on the TV to help mask the fireworks with familiar sounds.</p> 	<p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(CREATIVE) 1p-4p Art at Sweetgrass</p> <p>(LANTANA) 1p-4p Mah Jongg</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(LEARNING) 4:30p-5:30p Golf</p> <p>(CREATIVE) 5p-6:30p Men's Club BOD</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(LANTANA) 5:30p-8p Poker</p> <p>(BLUEBELL) 6p-8:45p Cocktails &amp; Games</p>	<p>(MASSAGE) 10a-2:30p Massage</p> <p>(LEARNING) 10a-12p Men's Club Committee</p> <p>(CREATIVE) 12p-4p Quilters</p> <p>(ACTIVITY) 1p-3p Needlecrafters</p> <p>(LEARNING) 5:30p-7:30p Singers</p> <p>(CREATIVE) 6p-9p Mah Jongg</p> <p>(BOCCE) 7p-9p Bocce Ball</p> <p>(LOBBY) 1p-3p Red, White &amp; Brew</p>	<p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(LEARNING) 3p-4:30p Book Club</p> <p>(INFO) 5p ARC App Deadline</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(ACTIVITY) 6p-9p Mah Jongg</p> <p>(BOCCE) 7p-9p Bocce Ball</p> <p>(LOBBY) 1p-3p Red, White &amp; Brew</p>	<p>(LAKEHOUSE) 8a-3p Holiday Hours</p> 	<p>(CREATIVE) 9a-12p Gamers</p> <p>(ACTIVITY) 12p-3p CardCrafters</p> <p>(CREATIVE) 1p-4p Social Bridge</p> <p>(AEROBICS) 3p-5p Table Tennis</p>	<p>(LEARNING) 9a-12p Photography Club</p> <p>(TENNIS) 9a-11a Tennis</p> <p>(PRIMROSE) 1p-4p Private Event</p> <p>(AEROBICS) 3p-5p Table Tennis</p>
<p>(BILLARDS) 1p-3p Billiards</p> <p>(PRIMROSE) 1p-3p Private Event</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BOAT) 4p-5:30p Model Yacht Club</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(LANTANA) 5:30p-8p Poker</p> <p>(BLUEBELL) 6p-8:45p Cocktails &amp; Games</p>	<p>(MASSAGE) 10a-2:30p Massage</p> <p>(ACTIVITY) 1p-3p Needlecrafters</p> <p>(LEARNING) 2p-3:30p Veteran's BOD</p> <p>(LEARNING) 4p-5p Tech Help Desk</p> <p>(BLUEBELL) 4:30p-5:30p Golf Club</p> <p>(TENNIS) 5p-7p Singers</p> <p>(LEARNING) 6p-7p Grey Hawk</p> <p>(PRIMROSE) 5:30p-8p Men's Club</p> <p>(BLUEBELL) 6p-8:45p Cocktails &amp; Games</p>	<p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(ACTIVITY) 4:30p-5:30p Resident Ambassadors</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(ACTIVITY) 6p-9p Mah Jongg</p> <p>(BALLROOM) 6:30p-8p Tip Your Glass to Good Health</p> <p>(BOCCE) 7p-9p Bocce Ball</p>	<p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(CREATIVE) 2p-3:30p Alzheimer's/Dementia</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(LEARNING) 3p-4:30p Mindfulness Group</p> <p>(CREATIVE) 4p-5p Welcome Committee</p> <p>(ACTIVITY) 5:30p-8:30p Poker Club</p> <p>(BALLROOM) 6p-8p Republican Group</p>	<p>(BLUEBELL) 10a-11a Bible Study</p> <p>(LEARNING) 10a-11a Hear More</p> <p>(MASSAGE) 10a-2:30p Massage</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(CREATIVE) 2p-3:30p Alzheimer's/Dementia</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BALLROOM) 6p-8p Meet N' Greet</p>	<p>(CREATIVE) 9a-12p Gamers</p> <p>(ACTIVITY) 12p-3p CardCrafters</p> <p>(CREATIVE) 1p-4p Social Bridge</p> <p>(LEARNING) 1p-2:30p Needs Assessment Comm.</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BALLROOM) 6p-8p Meet N' Greet</p>	<p>(TENNIS) 9a-11a Tennis</p> <p>(LEARNING) 10a-12p Investment Club</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BALLROOM) 7p-10p THE FAB 5</p>
<p>(BILLARDS) 1p-3p Billiards</p> <p>(LAWN) 2p-4p Outdoor Concert</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BOAT) 4p-5:30p Model Yacht Club</p> <p>(LEARNING) 5p-7p Table Tennis</p> <p>(LANTANA) 5:30p-8p Poker</p> <p>(BLUEBELL) 6p-8:45p Cocktails &amp; Games</p>	<p>(CREATIVE) 12p-4p Quilters</p> <p>(ACTIVITY) 1p-3p Needlecrafters</p> <p>(LEARNING) 2:30p-4p Health and Wellness</p> <p>(CREATIVE) 5:30p-7:30p Singers</p> <p>(PRIMROSE) 5:30p-7:30p KISS Cookers</p> <p>(AEROBICS) 3p-5p Veteran's Club</p> <p>(LEARNING) 7p-9p Sweetgrass RV Club</p>	<p>(PORTICO) 9a-7p Fisher House Charity Drive</p> <p>(CREATIVE) 9:30a-12p Crafty Ladies</p> <p>(LEARNING) 10a-11a Emergency Preparedness</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(INFO) 5p ARC App Deadline</p> <p>(LEARNING) 5p-7p SG Marksmanship</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(ACTIVITY) 6p-9p Mah Jongg</p>	<p>(PORTICO) 9a-7p Fisher House Charity Drive</p> <p>(CREATIVE) 9:30a-12p Crafty Ladies</p> <p>(LEARNING) 10a-11a Emergency Preparedness</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(INFO) 5p ARC App Deadline</p> <p>(LEARNING) 5p-7p SG Marksmanship</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(ACTIVITY) 6p-9p Mah Jongg</p>	<p>(LEARNING) 11a-1p That's Entertainment! BOD</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(PRIMROSE) 5:30p-8:30p Poker</p>	<p>(CREATIVE) 9a-12p Gamers</p> <p>(ACTIVITY) 12p-3p CardCrafters</p> <p>(CREATIVE) 1p-4p Social Bridge</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(PRIMROSE) 6:30p-8:30p Havurah</p>	<p>(TENNIS) 9a-11a Tennis</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BALLROOM) 6:30p-10p Private Event</p>
<p>(BILLARDS) 1p-3p Billiards</p> <p>(LAWN) 2p-4p Outdoor Concert</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BOAT) 4p-5:30p Model Yacht Club</p> <p>(LEARNING) 5p-7p Table Tennis</p> <p>(LANTANA) 5:30p-8p Poker</p> <p>(BLUEBELL) 6p-8:45p Cocktails &amp; Games</p>	<p>(CREATIVE) 12p-4p Quilters</p> <p>(ACTIVITY) 1p-3p Needlecrafters</p> <p>(LEARNING) 2:30p-4p Health and Wellness</p> <p>(CREATIVE) 5:30p-7:30p Singers</p> <p>(PRIMROSE) 5:30p-7:30p KISS Cookers</p> <p>(AEROBICS) 3p-5p Veteran's Club</p> <p>(LEARNING) 7p-9p Sweetgrass RV Club</p>	<p>(PORTICO) 9a-7p Fisher House Charity Drive</p> <p>(CREATIVE) 9:30a-12p Crafty Ladies</p> <p>(LEARNING) 10a-11a Emergency Preparedness</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(INFO) 5p ARC App Deadline</p> <p>(LEARNING) 5p-7p SG Marksmanship</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(ACTIVITY) 6p-9p Mah Jongg</p>	<p>(PORTICO) 9a-7p Fisher House Charity Drive</p> <p>(CREATIVE) 9:30a-12p Crafty Ladies</p> <p>(LEARNING) 10a-11a Emergency Preparedness</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(ACTIVITY) 1p-4p Social Bridge</p> <p>(INFO) 5p ARC App Deadline</p> <p>(LEARNING) 5p-7p SG Marksmanship</p> <p>(TENNIS) 5p-7p Tennis</p> <p>(ACTIVITY) 6p-9p Mah Jongg</p>	<p>(LEARNING) 11a-1p That's Entertainment! BOD</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(PRIMROSE) 5:30p-8:30p Poker</p>	<p>(CREATIVE) 9a-12p Gamers</p> <p>(ACTIVITY) 12p-3p CardCrafters</p> <p>(CREATIVE) 1p-4p Social Bridge</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(PRIMROSE) 6:30p-8:30p Havurah</p>	<p>(TENNIS) 9a-11a Tennis</p> <p>(AEROBICS) 3p-5p Table Tennis</p> <p>(BALLROOM) 6:30p-10p Private Event</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(PRIMROSE) 6:30p-8p Drama Club	(PRIMROSE) 10:30a-12p ARC Mtg	(BLUEBELL) 9a-10:30a Landscape Committee	(PRIMROSE) 12:30p-4:30p Social Canasta	(ACTIVITY) 10a-1p Finance Comm Mtg	(CREATIV) 9a-12p Games	(TENNIS) 9a-11a Tennis
(BILLIARDS) 1p-3p Billiards	(ACTIVITY) 1p-4p Social Bridge	(ACTIVITY) 1p-3p Needlecrafters	(ACTIVITY) 1p-4p Social Bridge	(BLUEBELL) 10a-11a Bible Study	(ACTIVITY) 12p-3p Card/Crafters	(AEROBICS) 3p-5p Table Tennis
(AEROBICS) 3p-5p Table Tennis	(CREATIV) 1p-4p Art at Sweetgrass	(LEARNING) 3p-4p Safety Committee	(TENNIS) 5p-7p Tennis	(PRIMROSE) 12:30p-4:30p Social Canasta	(CREATIV) 1p-4p Social Bridge	(BALLROOM) 6p-8p Murder Mystery
(BOAT) 4p-5:30p Model Yacht Club	(LANTANA) 1p-4p Mah Jongg	(LEARNING) 4p-5p Tech Help Desk	(ACTIVITY) 6p-9p Mah Jongg	(AEROBICS) 3p-5p Table Tennis	(AEROBICS) 3p-5p Table Tennis	★
(PRIMROSE) 1p-3p Sunday Sundae	(AEROBICS) 3p-5p Table Tennis	(CREATIV) 5:30p-7:30p Singers	(BALLROOM) 6p-8:30p Fix Movie Night	(LEARNING) 3p-4:30p Mindfulness Group	(BALLROOM) 6p-8p Bingo Night	★
	(TENNIS) 5p-7p Tennis	(BALLROOM) 6p-8p Wildflower	(LEARNING) 6:30p-8p Dialogue & Learning	(PRIMROSE) 5:30p-8:30p Poker		
	(ACTIVITY) 5:30p-8p Poker Club		(BOCCE) 7p-9p Bocce Ball	(BLUEBELL) 6p-8p That's Entertainment!		
	(BLUEBELL) 6p-8:45p Cocktails & Games			(CREATIV) 6:30p-8:30p Stamp Club		
	(PRIMROSE) 7p-8p Escarpment Ridge					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
(BILLIARDS) 1p-3p Billiards	(ACTIVITY) 1p-4p Social Bridge	(ACTIVITY) 1p-3p Needlecrafters	(PRIMROSE) 12:30p-4:30p Social Canasta			
(PRIMROSE) 2p-5p Private Event	(CREATIV) 1p-4p Art at Sweetgrass	(BALLROOM) 5p-6:30p Travel Club	(ACTIVITY) 1p-4p Social Bridge			
(BLUEBELL) 2p-4p Private Event	(LANTANA) 1p-4p Mah Jongg	(CREATIV) 5:30p-7:30p Singers	(INFO) 5p ARC App Deadline			
(AEROBICS) 3p-5p Table Tennis	(AEROBICS) 3p-5p Table Tennis		(TENNIS) 5p-7p Tennis			
(BOAT) 4p-5:30p Model Yacht Club	(TENNIS) 5p-7p Tennis		(ACTIVITY) 6p-9p Mah Jongg			
	(LANTANA) 5:30p-8p Poker		(BOCCE) 7p-9p Bocce Ball			
	(BLUEBELL) 6p-8:45p Cocktails & Games					
<p>Guest pool hours (19yrs &amp; under)</p> 						
<p>Labor Day until Memorial Day (Indoor Only)  <b>Memorial Day Until Labor Day (Outdoor Only)</b>            Mon- Sun 2:00pm- 5:00pm</p>						
<p>Pool Cleaning Hours</p> <p>The Indoor pool is closed for cleaning Mon. &amp; Thurs. from 12p-1p            The Indoor and Outdoor pool are closed on the 1st Thursday of every month            for a deep cleaning from 12pm-3pm</p>						
<p>Items highlighted in <b>RED</b> are featured events. Items marked with a <b>STAR</b> require an advanced ticket purchase or RSVP. For more details on an activity or to RSVP, visit our Activenet webpage at <a href="https://activecommunities.com/sweetgrass/Home">https://activecommunities.com/sweetgrass/Home</a> or call the Lakehouse Front Desk at 281-239-4455. RSVP and Ticket sales are not accepted via voicemail or email.</p>						

## ENTERTAINING

# Tips to Punch up Your Next Backyard Barbecue

If you're like many folks, your backyard will become the heart of the home throughout the summer, as you play host to barbecues, picnics, parties and more.

*To punch up your next celebration, give these tips a try.*

## Set the Scene

Make the task of DJ-ing simple by creating a playlist in advance, and getting your outdoor sound system set up before



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guests arrive. For evening parties, add ambiance to the scene by hanging string lights above your patio, pergola or wherever you want guests to dine and congregate. Tiki lights can add even more illumination to your party, while helping to keep biting bugs at bay.

## Try a New Recipe

If you've served burgers and hot dogs at your last few gatherings, your guests have come to know what to expect. This time, surprise friends and family with new flavors using this delicious recipe for Sweet Tea Wings.

# SWEET TEA WINGS

### Ingredients:

- 3 cups Milo's Sweet Tea
- 2.5 pounds chicken wings
- 2 teaspoons garlic salt, divided
- 1.5 - 2 teaspoons cayenne pepper, depending on heat preference
- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 2 teaspoons lemon pepper

## Preparation Instructions:

In a medium bowl, whisk together Milo's Sweet Tea and 2 teaspoons garlic salt; set aside. Place chicken wings in a large shallow dish. Pour Milo's mixture over chicken; cover and refrigerate for 8 hours.

## Cooking Instructions:

- ★ Preheat grill to medium or oven to 400 F.
- ★ In a large bowl, combine remaining garlic salt, cayenne, garlic powder, chili powder, paprika, and lemon pepper. Toss chicken and spices in large ziplock bag or bowl until evenly coated.
- ★ For grill, place wings over heat turning frequently. Cook for 20-25 minutes or until the internal temperature is 165 degrees and skin is crispy.
- ★ For oven, arrange wings on a lightly greased baking sheet. Bake 35 to 40 minutes, turning halfway through, until skin is browned and tips are crispy. Serve warm. For extra crisp, toss wings on the grill over medium-high heat for three minutes per side before serving.

Serve alongside backyard classics like macaroni salad, cole slaw, grilled veggies and iced tea or lemonade.

## Iced Tea Bar

Refresh guests with a summer classic -- iced tea, but go above and beyond by creating a full-scale iced tea bar. Keep

in mind that tastes vary, so be sure to include a variety of flavors -- sweet tea, no calorie tea, tea mixed with lemonade and peach tea, to name a few. As a mainstay of any outdoor gathering, be sure you are serving beverages with high-quality, fresh, natural ingredients, such as the teas offered by Milo's, which have no added colors, acids or preservatives. Label each variety so guests can pick their favorite.

With a few twists on your standard hosting habits, you can throw the ultimate backyard gathering this season.

(StatePoint)



## Bayou Buzz Clubs and Groups

### Hear More

Well, we postponed this because of the weather back in early May. Let's try again! You are invited to the next meeting of Hear More on Thursday, July 11th, 10:00 a.m. at the Lakehouse. We will watch the DVD – Unheard Voices. This DVD is a candid and compassionate portrayal of people dealing with the life-changing impact of hearing loss. Gael Hanan, an actor with a profound hearing loss, gives a powerful performance in this adaptation of her award winning solo show created with writer Dalene Flannigan. The characters in Unheard Voices cover the human spectrum of hearing

loss – children, adults, women, men and hearing healthcare professionals. The stories are both humorous and moving, as ordinary words become eloquent descriptions of how hearing loss makes us feel and behave. If your life has been touched by hearing loss, you will hear your voice in Unheard Voices. Everyone, after this extraordinary glimpse into its heart and truth, will understand the world of hearing loss as never before. We hope to see you then.

### Social Mah Jongg

Social Mah Jongg meets every Monday, 1:00 to 4:00

*Continued on next page.*



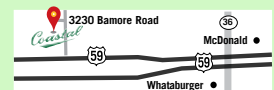
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## Bayou Buzz Clubs and Groups

p.m. in the Lantana. Players collect winnings for successful hands, with a total loss not to exceed \$3 per day. Any player that loses the entire \$3, retains the seat and continues to play for free. Mah Jongg tutorials and free play are held every Wednesday from 6:00- 9:00 p.m. in the Activity Center. No RSVP is necessary. Everyone is invited to learn this challenging game of skill and strategy. For more information, contact Susie Stern at srstern7911@gmail.com.

### Sweetgrass Poker Club

The Sweetgrass Poker Club meets in the Lakehouse on Mondays and Thursdays from 5:30 to 8:30 p.m. Buy-in is \$10 and all are welcome. Games include variations of draw, stud, Texas Hold-em, Omaha, high-low split pots and more! The deal rotates with the dealer calling the game. There is also a high hand jackpot most nights. Come join us! For more information contact Mark Hochstein at hochstein@comcast.net

### Sweetgrass Singers

The Sweetgrass Singers continue to meet during the summer, and we invite you to join the fun! We are working on new music for the fall and our holiday show on December 7th. We also will continue our nursing home/assisted living visits. We always welcome new voices. Come and join us, Tuesdays, 6:00 p.m. in the Creativity Center. Also, we are looking for someone to play the piano for us for either or both rehearsals and performances. Any degree of help would be

appreciated. Please contact Ginny Foley at ginny\_foley@comcast.net.

### Lunch Bunch Group

Lunch bunch #16 is now forming! Join in the fun if you are new to Sweetgrass or have been here a spell. Text or call Alice at (281)-678-2060 or alicem728@gmail.com for details.

### Dialogue and Learning

The next meeting of the Dialogue and Learning Group will be on Wednesday, July 10th, 6:30 p.m. in the Learning Center. The subject will be "Sleep is your superpower!"

### KISS Cooks

KISS Cooks will be meeting at the Lakehouse June 18th, 5:30 p.m. (there will people there at 5 and you are welcome). This month Charlotte will be demonstrating "pork/chicken breast or two". Bring your beverage and join us.

### Social Bridge

Social Bridge meets three times a week (MWF), 1:00-4:00 p.m. There are two formats. On Monday it is "partner bridge" (you come with a set partner and stay with them). Chicago scoring is used. On Wednesday and Friday we play "party bridge" as individuals. Contract scoring is used. At this time there are no lessons available.

### Sweetgrass Library

The Sweetgrass Library in the Lakehouse is available to all residents. It contains a diverse collection of hundreds of books, all published in 2013 or later, and well over one hundred jigsaw puzzles. Books and puzzles may be borrowed for three weeks. The library works on the honor system. Take whatever books and puzzles you wish and return them within three weeks TO THE FRONT DESK. Please do not re-shelf any borrowed items. Donations of books and jigsaw puzzles are welcome. Please give donations to personnel at the front desk. Donations of non-fiction books will be especially appreciated at this time.

### Sweetgrass Social Canasta Club

The Sweetgrass Social Canasta Club held its quarterly member lunch, meeting and canasta tournament on Thursday, June 6th. 70 people enjoyed a lunch catered by Jason's

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## Bayou Buzz Clubs and Groups

Deli, and 64 played in the bunco style rotation tournament. 1st place high score was attained by Rick Foley, who will have his name engraved on our new awards plaque. Other top score winners were Marilyn Liebling, Judy Thomas, Judy DeLavalle, and Sandy Smith. Make sure you save the date for our next special event on Thursday, July 18th. "Life's a Beach – Let's Play Canasta" is rotation play, with three chances to win. Pay \$1.00 when you sign in, wear your beach apparel (hat, flip flops, etc.) for a 2nd ticket, and highest score at your table after the 5th hand gets you a 3rd chance to win.

### RV Club

The next meeting of the RV Club will be Tuesday, July 19th, 7:00 p.m. in the learning center. Come see the exciting events we have planned. It doesn't matter if you have an RV. For more information, contact Michelle at (713)-516-2042.

### Sweetgrass Quilters

The Sweetgrass Quilters meet on the first and third Tuesdays of each month at the Lakehouse, 12:00-4:00 p.m. Since we convene at noon, members can feel free to bring their lunches and/or snacks with them. The business part of each meeting is during the first hour leaving the remaining time for members to work on quilting projects that sometimes are provided or that they bring with them. Last month, we made our 3rd Block-of-the-Month, went on a fieldtrip to Old Town Spring, and had a Saturday Sew Day at the Lakehouse. We

plan to continue going on field trips, completing more Blocks-of-the-Month, and even displaying our quilts at the Lakehouse. Quilters at all levels (from "I want to learn to quilt." to "I've been quilting all of my life!") are always welcome at our Sweetgrass Quilters' meetings so please invite friends and new neighbors to come with you. Our tagline is "We don't collect dues. We just have fun!"

### Flix Movie Club

Flix Movie club offers Sweetgrass residents the opportunity to come to together to view new and/or nominated movies once a month. The club meets the 4th Wednesday of the month at 6:00 p.m. with the movie showing at 6:30 p.m. Popcorn, water, and candy are provided with door prizes presented prior to the movie showing.



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## NO MORE PAIN

Those with chronic back pain and sciatica can now breathe a sigh of relief thanks to Dr. Larry Dees and his new FDA approved non-surgical technology.

The Lordex spinal decompression system was developed by a team of back specialists and a group of engineers. Unlike other types of treatment, spinal decompression repositions the disc and repairs the disc structure. These dramatic improvements are seen on before and after MRI studies.

Spinal decompression is a major advancement in the treatment of back pain because it is only non-surgical disc treatment proven to have lasting results says Dr. Dees.

This technology is helping thousands of patients with chronic pain who thought there was no hope, some even had prior surgery, says Dr. Dees.

Research has shown that in a clinical study, more than 86% of patients treated with spinal decompression were effectively corrected. Treatment for the patient is extremely comfortable and most patients fall asleep during their 30 minute treatment session. In many cases the pain resolves after the first few minutes of being on the machine.

Most patients I see have tried everything from medication to surgery, thanks to this technology. I am able to help patients quickly without any risks or complications, explained Dr. Dees.



*"It's like a modern miracle," says Joe*



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# On the Calendar...

## JULY

### Meet N Greet

Friday, July 12th – 6:00-8:00 p.m.

Join us on July 12th for our July Meet N' Greet! There will be live music from solo artist and resident, Steve Leaser. Meet N' Greets are a great opportunity for new residents to meet their neighbors! Come mingle with your friends and meet new faces. As always, beer, wine, and sodas will be provided. Please bring an appetizer to share. No RSVP necessary.

### THE FAB 5

Saturday, July 13th – 7:00 p.m.

Come out and join us as we present the FAB 5 at Sweetgrass! Since early 1990, The Fab 5 have been thrilling audiences all over Texas with what The Houston Press and The Houston Chronicle have called "One of The Top 10 Tribute Bands".

The Fab 5 takes their audiences on a musical journey to an era in rock history that will live in all of our hearts forever. They are hailed by critics and fans alike as the most authentic and endearing Beatles and 60s's tribute in Texas.

Choosing songs from the Moptop, Sgt. Pepper, and Abbey Road eras, The Fab 5 astonishingly recreates a live Beatles concert, with period instruments, clothing, hairstyles, and on-stage banter.

Information regarding ticket sales will be announced in the weekly updates.

### Sweetgrass Charity Drive for Fisher House

July 15th-19th

We cannot have a more worthy cause than Veterans who have given so much for our country. We will be taking donations of household items (New Items Only Please) as well as cash and checks during the week of July 15th through July 19th. On Monday, July 15th and Wednesday July 17th there will be a collection table set up in front of the Lakehouse between the hours of 9:00 a.m. and 5:00 p.m. to allow residents to drive through and drop off donated items, checks and cash. During the rest of the week, there will be a collection box set up in the Lakehouse lobby where items can be placed. Again, please bring new items only. A "wish list" of items needed by the Fisher House will be included in e-blast announcements and in the rotating stand at the Lakehouse under Veterans Club. Thank you in advance for your help!

Any resident who will be "out of town" the week of 15 July can still donate either check or cash prior to leaving. Check/cash donations can be turned in at the Lakehouse front desk in an envelope marked for the "Veterans Club - Fisher House Charity Drive."

Again, checks must be made out to "MEDVAMC" with "Fisher House" annotated on the memo line of the check.

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## Bingo Night

Friday, July 26th – 6:30-8:30 p.m.

The Men's & Veterans Club are sponsoring BINGO this year. The profit will be donated to charity. We will be using a new card that does not require daubers, so do not bring any. Tickets are available online through Activenet or at the Lakehouse front desk. Bingo is always popular, so get your tickets before it sells out! We will have plenty of snacks. BYOB.

Friday, July 19th, 6:30 – 8:30. Doors will open at 6:00 p.m. The cost is \$10.00.

## Murder Mystery Dinner

Saturday, July 27th

The Murder Mystery Company will be here on Saturday, July 27th hosting "Death of a Gangster".

Lucky you! You've been invited to the Dunn Speak-easy for the wedding of the year! In this "married to the mob" event, you'll never know who to trust. With the two families merging together, someone is bound to lose power, which means someone else will lose their life! Get on the trolley and solve this case with your fellow detectives.

Dress like the cat's meow for this mafia wedding! Flapper dresses, zoot suits, feather boas and headbands, pinstriped suits and fedoras are all appropriate. Traditional wedding attire is nifty too!

Information regarding ticket sales will be announced in the weekly updates.

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## Blood Drive

Tuesday, July 30th – 12:00-4:30 p.m.

The Gulf Coast Regional Blood Center bus will be back again taking blood donations on Tuesday, July 30th at the Lakehouse. You must register for a time slot between 12:00 and 4:30 p.m. at the Lakehouse front desk.

## AUGUST

### Outdoor Concert

Sunday, August 4th – 2:00 p.m.

**Save the dates** – The Men's and Veterans Clubs are presenting Music on the Lawn throughout the summer. These Sunday concerts are free for Sweetgrass residents, friends, and family. Bring your blankets, chairs, food and drinks. The band will play from 2:00 to 3:00 p.m.

## Club and Group Fair

Friday, August 9th – 6:00-8:00 p.m.

The Club and Group Fair will be held in conjunction with the August Meet N' Greet. This is a great opportunity to learn about the different clubs and groups at Sweetgrass! Wine and soda will still be served. However, please no food dishes this month.

### Sweetgrass Super Summer Supper

Friday, August 23rd – 5:30-7:00 PM

Dinner plates are \$16 from Witt's Pit Barbeque. Barbecue dinner includes: turkey and brisket, 3 sides, and trimmings. Water, tea, and lemonade will be available in the Ballroom. Be on the lookout for ticket sales!

## Committees, Clubs, Groups & Activities (CCGAs)

### HOA Committees

#### Architectural Review Committee

Code Nelson (Staff)  
conelson@ccmcnet.com

#### Lakes & Waterways Committee

Tony Evers  
smileitsonlyme@yahoo.com

#### Communications Committee

Don Stewart  
sbcconstewart@hotmail.com

#### Finance Committee

Larry Girven  
soa@flash.net

#### Health & Wellness Committee

Yvonne McQueen  
mcqueenyv@att.net

#### Needs Assessment Committee

Lenny Holzband  
lenny.adventures@gmail.com

#### Purple Martin Committee

Andrew Farnum  
andrew116@att.net

#### Safety Committee

Greg Gibson  
gl.gibson49@gmail.com

#### Emergency Management

Jerry Brooks  
btexashome@yahoo.com

#### Social Committee

Lee Roach  
roach.lee@gmail.com

#### Landscape Committee

Kaye Lynn White  
klwhite@houseloan.com

#### Welcome Committee

Richard and Peggy Norman  
ranpan1962@hotmail.com

### Chartered Clubs

#### Alzheimers and Dementia Support

Kenji Nishioka  
kenji@hal-pc.org

Barbara Reynolds  
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#### Art at Sweetgrass

Mary Meier-Roche  
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#### Book Club

Rich Siegel  
richkat723@att.net

#### Canasta

Carol Schone  
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#### Card Crafters

Daniel Dunton  
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#### Dialog and Learning

Jim Sheridan  
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#### Drama Club

Sandra Barkerding  
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#### Flix Movie Club

Carolyn Dominjuez  
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#### Garden Club

Julie Craven  
jacraven76@yahoo.com

#### Genealogy Club

Terry Seaton  
trseato@me.com

*Continued on page 30*

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## In two 4-week CIC clinical studies:

- Patients taking AMITIZA averaged 5 to 6 bowel movements per week, versus 3 to 4 in those taking placebo
- AMITIZA improved symptoms of abdominal bloating, abdominal discomfort, stool consistency, straining, and constipation severity

## Indication

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication.

## Important Safety Information

AMITIZA (lubiprostone) is not for everyone. If you know or suspect you have a bowel blockage, do not take AMITIZA. If you are unsure, your healthcare provider (HCP) should evaluate your condition before starting AMITIZA.

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your HCP if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Tell your HCP if you are taking any medications to lower blood pressure. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

For adults with Chronic Idiopathic Constipation (CIC)

# Is chronic constipation keeping you stuck in the bathroom?

Ask your doctor if AMITIZA can relieve your symptoms and help you go more regularly\*

Individual results may vary.

Ask your doctor for a FREE SAMPLE

*Make the conversation with your doctor easier*

Create a discussion guide at [TalkAboutAMITIZA.com](http://TalkAboutAMITIZA.com)

If your doctor determines you have chronic constipation, and laxatives haven't helped enough, **talk to your doctor about AMITIZA.**

\*"Relieve" is defined as improvement in CIC symptoms: abdominal bloating, abdominal discomfort, stool consistency, straining, and constipation severity. "Go more regularly" is defined as having an average of  $\geq 3$  spontaneous bowel movements per week.

## Important Safety Information (cont.)

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur. These symptoms usually go away within three hours, but may recur with repeated use. Tell your HCP if you experience these symptoms.

The most common side effects of taking AMITIZA 24 mcg twice daily for CIC are nausea, diarrhea, headache, abdominal pain, abdominal distension, and gas. These are not all the side effects associated with AMITIZA.

Tell your HCP if you are taking a diphenylheptane opioid (e.g., methadone).

AMITIZA has not been studied in pregnant women. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your HCP to evaluate the risks to the fetus. Tell your HCP if you are nursing and monitor infants for diarrhea.

Tell your HCP if you have liver problems.

**Please see accompanying Important Patient Information for AMITIZA on next page.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



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**amitiza**  
lubiprostone

## IMPORTANT PATIENT INFORMATION

AMITIZA® [ah-mah-TEE-zah]

(lubiprostone)

soft gelatin capsules



### Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

#### What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer (orange capsules, 24 mcg, twice daily). The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children less than 6 years of age. AMITIZA is not effective in children 6 to 17 years of age.

#### Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breastfeeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of Important Patient Information for a complete list of ingredients.

#### What should I tell my healthcare professional before and while taking AMITIZA?

Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems.
- cannot swallow a capsule.

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone). Tell your doctor if you are taking any medications to lower blood pressure.

#### How should I take AMITIZA?

AMITIZA should be taken with food and water twice a day or as prescribed by your healthcare professional. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.

#### What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

##### Chronic Idiopathic Constipation

- nausea
- abdominal pain
- diarrhea
- abdominal distention (bloating)
- headache
- gas

##### Opioid-Induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

##### Irritable Bowel Syndrome with Constipation

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea; taking AMITIZA with food and water may reduce symptoms of nausea.

If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your healthcare professional if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms.

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088.

#### How should I store AMITIZA?

Store AMITIZA at room temperature and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

#### General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at [www.amitiza.com](http://www.amitiza.com) or call toll-free at 1-877-825-3327.

#### What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

Marketed by:

**Sucampo Pharma Americas, LLC.**, Bedminster, NJ 07921 and

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750-00500-5B\_CFB Rev. October 2018

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### Sweetgrass Singles

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### That's Entertainment

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### Veterans Club

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### Women's Club

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## Special Interest Groups

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### Front Porch Democrats

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### Havurah

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### Rabbs Bayou Investment Group

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### Sweetgrass Republicans

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### Tennis

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**Thursdays at Del Webb Sweetgrass Lakehouse 10 am:**

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June 20	Bible Study
July 4	Bible Study
July 18	Bible Study
August 1	Bible Study
August 15	Bible Study
August 29	Bible Study
September 12	Bible Study
September 26	Bible Study


**Sundays at FBC Richmond:**

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6:00 pm	Prayer Meeting, John Lockhart
7:00 pm	Youth Connect, Children's Activities Sanctuary Choir Rehearsal

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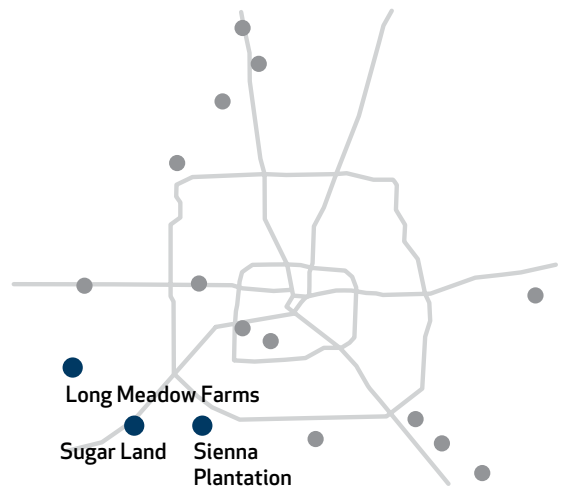
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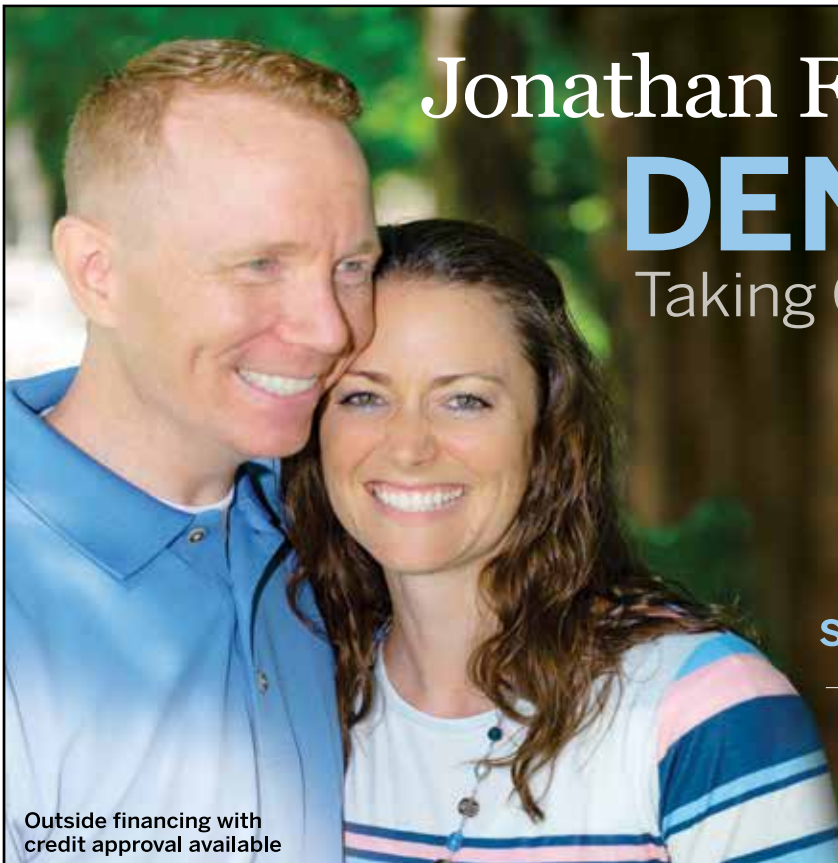
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