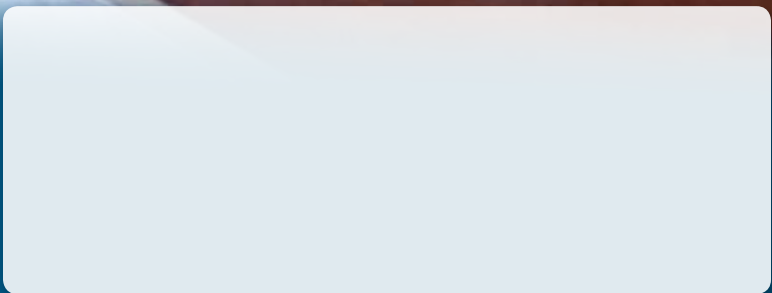




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THE OFFICIAL MAGAZINE OF SWEETGRASS • AUGUST 2019



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ON THE COVER

Del Webb Sweetgrass Singers get together on Tuesdays at 6 p.m.



THE OFFICIAL MAGAZINE

SWEETGRASS

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Sweetgrass Singers share the love

The Sweetgrass Singers love to get together and sing, and they do it on Tuesdays at 6 p.m.

The Singers have three primary objectives, first to be a club where folks can share their love of singing. Then they use these talents to entertain at Sweetgrass events and to outreach into the community.

The group (a chartered Sweetgrass club) is open to all; there are no auditions. Members have different musical backgrounds and levels of musicianship, but it all blends together in their four-part harmonies.

The Sweetgrass Singers originated from the Drama Club's first Cabaret Night in February of 2014. The event's director, Sandy Barkerding, organized men's and women's ensembles each doing a show tune. That created an excitement to keep the singing going, and a group was formed. Their first performance was for the Women's Holiday Lun-

cheon in December of that year.

Since then they have performed at several Sweetgrass events: St. Patrick's Day potlucks, Memorial Day observances, July 4th and Veterans Day celebrations, the Sweetgrass 5th Anniversary Celebration, Cabaret Night 2015, the Drama Club's Olde Tyme Comedy Club, and the annual SMILE Project with Santa Papa Hardee. In 2018 they began to sponsor their own events with February's Love Songs in the Afternoon along with the Sugar Sisters and then Celebrate the Holidays in December along with the King's Men Barbershop Chorus. This

year they performed four songs in their April show which highlighted their guests the Longhorn Players from George Ranch High School. They plan to work with Lamar ISD on future projects.

The outreach objective is being attained through visits

So far the Sweetgrass Singers have visited at least seven different facilities in Richmond and Sugar Land and plan to continue doing so on a regular basis.



to local assisted-living and nursing home facilities. So far they have visited at least seven different facilities in Richmond and Sugar Land and plan to continue doing so on a regular basis. Members often acknowledge that they get as much joy out of these events as their audience when they see their faces brighten as they recognize these familiar tunes and join in. The Singers have song sheets that are distributed to the audience for the sing-alongs including favorites like “The Yellow Rose of Texas”, “Take Me Out to the Ballgame”, and patriotic songs.

To improve, the Singers keep working on new, more challenging music under the direction of Cynthia Lara, who has been with the group since 2016. For the Drama Club events and the Singers’ early years they were grateful to have Francie Brown accompany them on the piano. Today Dean Jones has graciously offered to assist at AL/NH visits. They continue to seek an accompanist for rehearsal and/or performance support, but they have enjoyed learning to sing with recorded accompaniment tracks also. Those recordings, along with purchasing sheet music and other expenses, pushes their budget past the \$10 annual dues. To meet this challenge, last year

President Ginny Foley invites anyone interested to attend and get a sense if they’d like to join the other 30+ members.

they decided to have one fund-raising event a year.

This year’s event will be Saturday, December 7, during the afternoon. It again will be a celebration of the holidays with traditional and secular Christmas music, plus a selection of Hanukkah music. They are currently in the process of inviting guest performers and selecting their assortment of songs.

They meet weekly on Tuesdays at 6:00 pm in the Creativity Room. Lately they have been organizing at 5:45 pm for warm up. President Ginny Foley invites anyone interested to attend and get a sense if they’d like to join the other 30+ members. Sit with the soprano, alto, tenor, or bass section. And for more information, visit their table at the Friday, August 9, Club Fair.

Research has shown that singing in a group has tremendous benefits for both physical and mental well-being. The Singers have fun in their collective endeavor to improve their own skills, entertain friends and neighbors, and reach out to others with the power of music. Throughout the year they wear several ‘hats’ – from patriotic events to singing about peanuts and Cracker Jacks -- and they are having a good time! They invite you to come join them.



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- Usually migrate southward by Labor Day
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Submitted by Sweetgrass resident- **Carol Schwartz**



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Sweetgrass Women's Club

The Women's Club of Sweetgrass is a chartered HOA Club that was formed in 2012 and chartered shortly thereafter in 2013. This club was one of a few that became active long before the Lakehouse was constructed, a bridge built and homes even started across the Bayou.

Highlights

Some of our first events included monthly topic driven meetings, lunch bunch group outings and a festive holiday party at Ft. Bend Country Club. Over the year's speakers were brought in to share the history of the county, educate

members about the various community charities and fundraising opportunities, share women related health care topics, and more. Wine socials, a day trip tour of homes in Galveston, catered dinners, fashion shows, community-wide barbecues, Chico's trunk show, Pampered Chef demonstrations, partnering with Veteran's and Men's Clubs on community fundraisers and the annual holiday luncheons are amongst the highlights of a thriving Club.

Future of the Women's Club

As the community began to grow, so did the number of residents, clubs and special interest groups, making the opportunities for the Women of Sweetgrass limitless. For this reason, past Women's Club officers and committee members met earlier this year to brainstorm ideas and determine a future path for the Women's Club. The 2018 Board of Directors were asked to extend their term in office until June 1, 2019, knowing that the club would remain inactive until decisions could be made as to its future. We are especially grateful for the leadership and support provided by President Karen Taylor, Vice President Judi Van Horn, Secretary Margie Krenek and Treasurer Debbie Laguens. The extension of their term in office made it possible for the Spring Luncheon and Transition Committees (appointed by Karen Taylor) to lay the groundwork to

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develop a survey capturing feedback from the Women of Sweetgrass.

Kaye Lynn White volunteered to Chair the June 1 Spring Luncheon Committee. Women of Sweetgrass and Lunch Bunch Groups were invited to attend for the purpose of giving all women an opportunity to socialize, have fun and have a voice concerning the Club's future through information captured on a survey. The luncheon was a sell out event, with colorful decorations, beautiful handmade centerpieces (which were given away as door prizes), flowers, piano music by Ron Ellis, wine and Mimosa bar and a wonderful lunch catered by Sandy McGee's. Survey's were collected following the event and the Transition Committee (Tere Dowd, Chair; Carol Townsend, Secretary; Yvonne Sexton, Treasurer) went to work announcing via Eblast an invitation to all Women of Sweetgrass who were unable to attend the luncheon to participate in the survey on file at the Lakehouse.

Survey Results

- All surveys have been tabulated and the Transition Committee is excited to share the following results.
- 88.9% said yes to keeping the Women's Club active
- 52.2% said yes to changing the format of the Club to four signature quarterly events
- 71.4% said yes they would join the club (\$12.00 annual dues)
- 50% Said yes to volunteering on a committee or event
- The question regarding preferred meeting day/time options were too close to determine
- 58.2% said they would not serve on the Board

Membership Drive

In order to activate the Women's Club before year-end, the Transition Committee will be hosting a Membership Drive this fall. \$12.00 dues will be collected in the lobby of the Lakehouse during various hours to accommodate all schedules. Dues paid this fall will secure your membership through the end of 2020. Details regarding the Membership Drive will be forthcoming with some fun door prizes and information about the October 8th catered member thank you dinner, where a slate of officers will be presented for vote. In addition, plans are already underway for some exciting events in 2020 you won't want to miss. The Transition Committee thanks you for your support of the Women's Club. Your feedback was critical to determining a future for the club and we are excited about the new format.

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Small Town Newspapers

By Nonnie Barton

I had the pleasure of attending a couple of Texas Press Association newspaper conferences in the past few months, TPA, South Texas Press and Texas Gulf Coast Press Association. I'm happy to report that The Fayette County Record was recognized and presented many awards of excellence at these conferences.

Upon leaving my friends and acquaintances to attend these meetings I was asked: Why are you going to these conferences? I reply that the newspaper in La Grange, Texas has been in the Barton family for 43 years

and I am the longest term employee and co-owner of the newspaper. Then the next question that is usually asked: Aren't newspapers a dying business?

I'll give you just a little background information. Five years ago, I moved from La Grange to Sweetgrass after retiring from La Grange ISD to be near my son's family. I continue to do the newspaper's corporate books, everything except accounts receivable. This is a job I have done for all of the 43 years which is done from my home office, so the distance is not a factor.

"A small town newspaper like ours in La Grange is like an oasis and is not only surviving but thriving in the small town environment."

So I begin to answer the question about the newspaper business. Yes, the newspapers in the metropolitan areas are suffering and many are going out of business. Big city dwellers have so many ways to access their news and living in a suburb does not give you the same sense of belonging as living in a small town. They seem to not care as much about the local happenings surrounding them. Or if they do care, they access their news in different ways. How many of you take the local Richmond/Rosenberg newspaper? I believe most of us are more interested in the news and updates in Sweetgrass than we are in the local small town news. We prefer the Bayou Buzz, Friday e-blast and even our Facebook page for our news.

I explain that a small town newspaper like ours in La Grange is like an oasis and is not only surviving but thriving in the small town environment. Being located at least an hour away from a big city (Austin), we know some county residents also subscribe to a metro newspa-

Continued on page 12

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Small Town Newspapers

Continued from page 12



per for state and national news. The Fayette County Record only reports the local news, the news that the citizens want to read. We report the meetings of the city council, county commissioners court, school board and public forums for local elections. We also cover all sports, school honor rolls, graduations, births, deaths, weddings and nearby area news from smaller towns in our county. We are the county seat and the voice for the local residents as they turn to us for the news.

Likewise, the local businesses want to advertise in the newspaper because they know that the residents will read the newspaper. It's a win – win situation for the citizens, the businesses and The Fayette County Record.

The next question I'm usually asked is: How many carrier boys and paper routes do you have? I laugh because unlike the delivery service they were familiar with from a metro newspaper, we primarily use the mail for our distribution. Since we are a twice weekly paper, we rely heavily on the post office. We do sell our newspaper on news racks throughout the county. We also have loyal sub-

I believe most of us are more interested in the news and updates in Sweetgrass than we are in the local small town news.

scribers who come to the office to pick up the paper when it's hot off the press.

We have adjusted to the times offering an e-publication online that looks exactly like the pages of the newspaper. This is helpful for our out of town subscribers who get their newspaper later than they would like. We have a website and a Facebook page that hosts any "breaking news" that may happen in the county.

Just a few weeks ago when the tornado hit McCourt and Sons, I logged into The Fayette County Record Facebook page and saw our editor Jeff Wick giving a live news feed from the tornado site. He captured the news first hand before any TV station was able to drive to La Grange. We are the news source that the residents of Fayette County turn to.

As you can see I am very proud of our newspaper and the job our staff has done in reporting the news in Fayette County for almost half a century. We hope to continue to excel at what we do and keep your readership for many more years to come.

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PHIL STARK



The photograph above was taken on September 30, 2018, after an early evening rain storm.

The photo on the left was taken on June 6, 2019, after evening thunderstorm.



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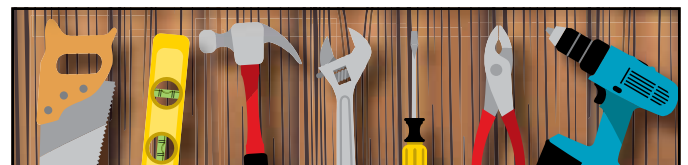
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Bayou Buzz • August 2019



AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Items highlighted in RED are featured events. Items marked with a STAR require an advanced ticket purchase or RSVP. For more details on an activity or to RSVP, visit our Activenet webpage at https://apm.activecommunities.com/sweetgrass/Home or call the Lakehouse Front Desk at 281-239-4455. RSVP and Ticket sales are not accepted via voicemail or email.</p>					
<p>Monday 4</p> <p>(BILLARDS) 1p-3p Billiards (LAWN) 2p-4p Outdoor Concert (AEROBICS) 3p-5p Table Tennis (BOAT) 4p-5:30p Model Yacht Club</p>	<p>Tuesday 5</p> <p>(BLUEBELL) 10:30a-12:30p Communications Comm (LEARNING) 10:30a-12p ARC Mtg (ACTIVITY) 1p-4p Social Bridge (CREATIV) 1p-4p Art at Sweetgrass (LANTANA) 1p-4p Mah Jongg (AEROBICS) 3p-5p Table Tennis (CREATIV) 5p-6:30p Men's Club BOD (PRIMROSE) 5p-8p Valley Oaks (TENNIS) 5p-7p Tennis Poker (BLUEBELL) 6p-8:45p Cocktails & Games</p>	<p>Wednesday 6</p> <p>(LEARNING) 10a-12p Men's Club (CREATIV) 12p-4p Quilters (ACTIVITY) 1p-3p Needlecrafters Singers (PRIMROSE) 6p-9p Big Cypress Mah Jongg (AEROBICS) 6p-8p Needlecrafters (BOCC) 7p-9p Bocce Ball</p>	<p>Thursday 7</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 1p-4p Social Bridge (LEARNING) 3p-4:30p Book Club (TENNIS) 5p-7p Tennis (ACTIVITY) 6p-9p Mah Jongg (PRIMROSE) 6p-8p Knotted Pines (BOCC) 7p-9p Bocce Ball</p>	<p>Friday 8</p> <p>(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (LEARNING) 1p-2:30p Needs Assessment (AEROBICS) 3p-5p Table Tennis (BALLROOM) TBA HOA Event TBA ★</p>	<p>Saturday 9</p> <p>(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (LEARNING) 1p-2:30p Needs Assessment (AEROBICS) 3p-5p Table Tennis (PRIMROSE) 6p-8p Poker (BLUEBELL) 5:30p-8:30p Social Committee (CREATIV) 4p-5:30p Table Tennis (AEROBICS) 3p-5p Social Canasta (PRIMROSE) 12:30p-4:30p Genealogy Club (LEARNING) 11a-12p Landscape Committee (CREATIV) 11a-12:30p Landscapes Committee</p>
<p>Monday 10</p> <p>(BILLARDS) 1p-3p Billiards (LAWN) 2p-4p Outdoor Concert (AEROBICS) 3p-5p Table Tennis (BOAT) 4p-5:30p Model Yacht Club</p>	<p>Tuesday 11</p> <p>(BLUEBELL) 10:30a-12:30p Communications Comm (LEARNING) 10:30a-12p ARC Mtg (ACTIVITY) 1p-4p Social Bridge (CREATIV) 1p-4p Art at Sweetgrass (LANTANA) 1p-4p Mah Jongg (AEROBICS) 3p-5p Table Tennis (CREATIV) 5p-6:30p Men's Club BOD (PRIMROSE) 5p-8p Valley Oaks (TENNIS) 5p-7p Tennis Poker (BLUEBELL) 6p-8:45p Cocktails & Games</p>	<p>Wednesday 12</p> <p>(ACTIVITY) 1p-3p Needlecrafters (LEARNING) 2p-3:30p Veteran's BOD (LEARNING) 4p-5p Tech Help Desk (BLUEBELL) 4:30p-5:30p Mah Jongg (AEROBICS) 3p-5p Table Tennis (TENNIS) 5p-7p Tennis Singers (BALLROOM) 7p-8p Echo Bay</p>	<p>Thursday 13</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 1p-4p Social Bridge (ACTIVITY) 4:30p-5:30p Resident Ambassadors (INFO) 5p ARC App Deadline (TENNIS) 5p-7p Tennis Singers (BALLROOM) 7p-8p Echo Bay</p>	<p>Friday 14</p> <p>(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (LEARNING) 1p-2:30p Needs Assessment (AEROBICS) 3p-5p Table Tennis (BALLROOM) 6p-8p Meet N' Greet</p>	<p>Saturday 15</p> <p>(LEARNING) 9a-11a Tennis (PRIMROSE) 12:30p-4:30p Social Canasta (AEROBICS) 3p-5p Table Tennis (ACTIVITY) 5:30p-8:30p Poker (BALLROOM) 5:30p-8p Copperleaf (PRIMROSE) 6:30p-8:30p Havurah</p>
<p>Monday 16</p> <p>(BILLARDS) 1p-3p Billiards (LAWN) 2p-4p Outdoor Concert (AEROBICS) 3p-5p Table Tennis (BOAT) 4p-5:30p Model Yacht Club</p>	<p>Tuesday 17</p> <p>(BLUEBELL) 10:30a-12:30p Communications Comm (LEARNING) 10:30a-12p ARC Mtg (ACTIVITY) 1p-4p Social Bridge (CREATIV) 1p-4p Art at Sweetgrass (LANTANA) 1p-4p Mah Jongg (AEROBICS) 3p-5p Table Tennis (CREATIV) 5p-6:30p Men's Club BOD (PRIMROSE) 5p-8p Valley Oaks (TENNIS) 5p-7p Tennis Poker (BLUEBELL) 6p-8:45p Cocktails & Games</p>	<p>Wednesday 18</p> <p>(ACTIVITY) 1p-3p Needlecrafters (LEARNING) 2p-3:30p Veteran's BOD (LEARNING) 4p-5p Tech Help Desk (BLUEBELL) 4:30p-5:30p Mah Jongg (AEROBICS) 3p-5p Table Tennis (TENNIS) 5p-7p Tennis Singers (BALLROOM) 7p-8p Echo Bay</p>	<p>Thursday 19</p> <p>(PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 1p-4p Social Bridge (ACTIVITY) 4:30p-5:30p Resident Ambassadors (INFO) 5p ARC App Deadline (TENNIS) 5p-7p Tennis Singers (BALLROOM) 7p-8p Echo Bay</p>	<p>Friday 20</p> <p>(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (LEARNING) 1p-2:30p Needs Assessment (AEROBICS) 3p-5p Table Tennis (BALLROOM) TBA HOA Event TBA ★</p>	<p>Saturday 21</p> <p>(LEARNING) 9a-11a Tennis (PRIMROSE) 12:30p-4:30p Social Canasta (AEROBICS) 3p-5p Table Tennis (ACTIVITY) 5:30p-8:30p Poker (BALLROOM) 5:30p-8p Copperleaf (PRIMROSE) 6:30p-8:30p Havurah</p>

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	
(PRIMROSE) 5:30p-8p Men's Club (BLUEBELL) 6p-8:45p Cocktails & Games	(CREATIV) 12p-4p Quilters (ACTIVITY) 1p-3p Needlecrafters (LEARNING) 2:30p-4p Health and Wellness (ACTIVITY) 5:30p-7:30p KISS Cookers (LEARNING) 2p-3p Parking Committee (AEROBICS) 3p-5p Table Tennis (TENNIS) 5p-7p Tennis (LANTANA) 5:30p-8p Poker (BLUEBELL) 6p-8:45p Cocktails & Games (PRIMROSE) 6:30p-8p Drama Club	(CREATIV) 9:30a-12p Crafty Ladies (LEARNING) 10a-11a Emergency Preparedness (PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 1p-4p Social Bridge (LEARNING) 5p-7p SG Marksmanship (TENNIS) 5p-7p Tennis (ACTIVITY) 6p-8p Mah Jongg (OFF SITE) 6p-9p Singles Club (BOCCE) 7p-9p Bocce Ball	(ACTIVITY) 10a-12p Finance Comm Mtg (BLUEBELL) 10a-11a Bible Study (LEARNING) 11a-1p That's Entertainment! BOD (PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 3p-5p Table Tennis (LEARNING) 3p-4:30p Mindfulness Group (BLUEBELL) 5:30p-8:30p Poker (PRIMROSE) 6p-8p Whisper Springs (CREATIV) 6:30p-8:30p Stamp Club	(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (AEROBICS) 3p-5p (BALLROOM) 5:30p-7:30p Summer BBQ Supper ★	(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (AEROBICS) 3p-5p Table Tennis	(TENNIS) 9a-11a Tennis (PRIMROSE) 1:30p-4p Private Event (AEROBICS) 3p-5p Table Tennis	
Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31	
(BILLIARDS) 1p-3p Billiards (AEROBICS) 3p-5p Table Tennis (PRIMROSE) 3p-5p Private Event (BOAT) 4p-5:30p Model Yacht Club	(ACTIVITY) 1p-4p Social Bridge (CREATIV) 1p-4p Art at Sweetgrass (LANTANA) 1p-4p Mah Jongg (AEROBICS) 3p-5p Private Event (TENNIS) 5p-7p Tennis (PRIMROSE) 5:30p-7:30p Singers	(ACTIVITY) 1p-3p Needlecrafters (LEARNING) 3p-4p Safety Committee (LEARNING) 4p-5p Tech Help Desk (BALLROOM) 5p-6:30p Travel Club (CREATIV) 5:30p-7:30p Singers	(PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 1p-4p Social Bridge (BLUEBELL) 1p-2p HOA Board of Directors (BLUEBELL) 2p-5p Neighborhood Advisory (INFO) 5p ARC App Deadline (TENNIS) 5p-7p Tennis (ACTIVITY) 6p-9p Mah Jongg (BALLROOM) 6p-8:30p Flix Movie Night (LEARNING) 6:30p-8p Dialogue & Learning (BOCCE) 7p-9p Bocce Ball	(PRIMROSE) 12:30p-4:30p Social Canasta (ACTIVITY) 12p-3p Table Tennis (PRIMROSE) 5:30p-8:30p Poker (BLUEBELL) 6p-8p That's Entertainment! (AEROBICS) 3p-5p Table Tennis	(CREATIV) 9a-12p Gamers (ACTIVITY) 12p-3p CardCrafters (CREATIV) 1p-4p Social Bridge (AEROBICS) 3p-5p Table Tennis	(TENNIS) 9a-11a Tennis (PRIMROSE) 1:30p-4p Private Event (AEROBICS) 3p-5p Table Tennis	
<p>Guest pool hours (19yrs & under)</p> <p>Pool Cleaning Hours</p> <p>The Indoor pool is closed for cleaning Mon. & 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>Memorial Day until Memorial Day (Indoor Only) Memorial Day Until Labor Day (Outdoor Only) Mon- Sun 2:00pm- 5:00pm</p>							
<p>Activities listed below are fitness classes and require a fee to participate. Price is per person, per class and is based on "Advanced Registration". Residents must sign up at least 1 day in advance for advanced registration pricing. Please add \$1 per class for "Day of" Registration.</p>							
		Time	Monday	Tuesday	Wednesday	Thursday	Friday
		8:05-9a					Pilates Unlimited \$2.75
		9:05-10a	Strength Conditioning \$2.75		Stretch & ROM \$2.75		Yoga \$3
		10:05-11a			Strength Conditioning \$2.75		Chair Exercise \$2.75
		10:05-11a	Water Exercise \$2		Water Exercise \$2		Water Exercise \$2
		11:05-12p	Chair Exercise \$2.75				Stretch & ROM \$2.75
		6:05-7p			Strength & Stretch \$2.75		

** Calendar is subject to change. If you have a question about a meeting and/or event please contact the Lakehouse front desk. **



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As always, the Fisher House Charity Drive was successful!

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We had a great turnout at our July Meet N' Greet!



The Hurricane Preparedness presentation was extremely informative. Our presenters shared helpful information.



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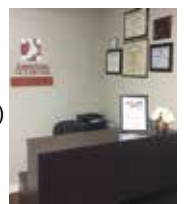


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We celebrated national sugar cookie day at the Lakehouse by giving away delicious sugar cookies.



Dr. Chauhan from Memorial Hermann Sugarland discussed heart and vascular conditions at our July Tip Your Glass event.

	<p><i>Smokehouse Meat Can't Be Beat!</i></p>
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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.

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

On the Calendar...

AUGUST

Outdoor Concert

Sunday, August 4th – 2:00 p.m.

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.

Sip N Salsa

Saturday, August 10th – 6:00-8:00 p.m.

Join us August 10th for our first Sip-N-Salsa! We will have The 3 Amigos playing Mariachi music to set the mood. You are welcome to bring a Mexican dish to go with your chips and variety of salsas that will be provided (not mandatory). We will also be serving delicious wine! There will be giveaways throughout the evening. Tickets are only \$8.00!

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!

SEPTEMBER

Meet N Greet

Friday, September 13th – 6:00-8:00 p.m.

Join us on September 13th for our September Meet N' Greet! There will be live music from solo artist and resident,



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Steve Leeser. Meet N' Greeters 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.

Boozin Bunco

Saturday, September 14th – 6:00-8:00 p.m.

Mark your calendars for the crowd favorite, Boozin' Bunco on Saturday, September 14th, 6:00-8:00 p.m. This is a fun way to meet new people in the community! Light snacks will be provided, and door prizes will be given away.

BINGO Night

Friday, September 20th – 6:30-8:30 p.m.

The Men's & the Veterans Clubs are sponsoring BINGO. The profit will be donated to charity. We will be using a new card that does not require daubers, so do not bring any. The prizes are bigger (as much as a \$50 gift card) and better snacks. BYOB.

Pancake Breakfast

Saturday, September 28th – 8:30-10:30 a.m.

There are some events that have become traditions in Sweetgrass, and the Men's Club Pancake Breakfast is one of

them. The next Pancake Breakfast will be held on September 28th. Open to friends and families, be sure to invite them all to this delicious event that will benefit several charitable organizations in the Richmond and Rosenberg area.



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Sweetgrass Quilters

The Sweetgrass Quilters meet on the first and third Tuesdays of each month at the Lakehouse from 12 noon until 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 our first meeting day was scheduled two days before the Fourth of July. Several of our members were not able to attend that meeting so we had a general sew day instead of a regular meeting. Then, at our July 16th meeting, we got in-

structions for our Block-of-the-Month and were able to complete it at that meeting. Future plans include making more Blocks-of-the-Month at our meetings and 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!”

Sweetgrass Social Bridge

Sweetgrass Social Bridge meets three days per week from 1:00-4:00 p.m. Monday is designated as Partner Bridge. Players need to come with a designated partner; the two will play as partners for the day. Chicago scoring is used. Wednesdays and Fridays are party bridge. We draw for tables. After a thirty minute set, two will move and split partners. Contract Bridge scoring is used.

Social Mah Jongg

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

Social Canasta

The Social Canasta Club’s July event “Life’s a Beach” was a blast! Canasta members enjoyed an opportunity to win prizes by donning their favorite beach attire, hat, sunglasses, sandals, etc. to earn extra chances to win prizes. Plan to join us this month - you won’t want to miss FANTASTIC FIVES on Wednesday, August 14th. Members pay \$1.00 at the door for a chance to win. For every 5 “natural” canastas scored through the end of the 5th hand, there are extra chances to win. Winners will be drawn before the end of the sixth hand. Contact us at SweetgrassSocialCanasta@gmail.com with questions or for free lessons.

Sweetgrass Poker Club

The Sweetgrass Poker Club meets in the Lakehouse on Mondays and Thursdays, 5:30-8:30 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.

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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

Tech Help Desk

John Hansen
texashansens@yahoo.com

Chartered Clubs

Alzheimers and Dementia Support

Kenji Nishioka
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Barbara Reynolds
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Art at Sweetgrass

Mary Meier-Roche
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Rich Siegel
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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
mizbee22@me.com

Flix Movie Club

Carolyn Dominjuez
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Garden Club

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Genealogy Club

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Hear More

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John Miller
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SG Golden Marksmanship

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Social Bridge

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Stamp Club

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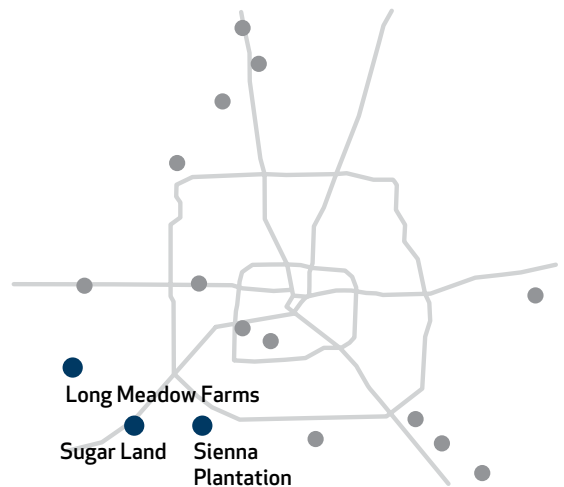
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5 Delicious Low-Carb Recipes Perfect for a Cookout

Food on the grill, carb-loaded side dishes and high-sugar desserts are at the center of most seasonal cookouts. But this doesn't mean you need to avoid those countless neighborhood barbecues to ensure you stay on track with your healthy lifestyle.

Courtney McCormick, manager of Clinical Research & Nutrition for South Beach Diet, recommends these five low-carb recipes that are great to bring along to any cookout.

- **Shredded Chicken Chili:** Just toss some chicken, beans, tomatoes and a combination of chili powder, ground cumin, paprika, salt, black pepper, garlic powder, onion powder and oregano in your slow cooker and let that magic machine do all the work. Six hours later, you'll have perfectly cooked chicken and plenty of flavorful fixings for fewer calories than a chicken prepared in a sugary or cheesy sauce.
- **Avocado Tuna Sandwiches:** Mix lemon juice, avocado, Dijon mustard, salt and pepper in a small bowl and add canned tuna fish. Scoop onto a slice of whole grain bread with arugula, sliced cucumbers and red onions and you've got yourself a delicious sandwich to eat in place of that hamburger.
- **Skinny Shrimp Fajitas:** You won't miss the tortilla with this recipe! Combine shrimp, onion, bell pepper, olive oil and dry fajita spices such as chili powder, garlic, onion, cumin and paprika in a large bowl. Pour into a veggie basket or place on skewers and let the grill do the work for you.
- **Pesto Cilantro Dip:** Bake walnuts at 275 degrees until golden brown, then chop cilantro, garlic, and walnuts in a food processor for about 25 seconds. With the machine running, pour olive oil in a steady stream. Add sour cream, lemon juice and salt. Pulse a few times to combine and you're done! Serve with fresh veggies.



- This recipe is quick and simple," says McCormick. "It contains minimal ingredients and it is packed with healthy fats. Plus, it keeps five days in the refrigerator and freezes for up to a month."
- **South Beach Coleslaw:** Coleslaw is a BBQ staple and this recipe for a lighter version of it is easy as 1-2-3! Whisk together mayonnaise, mustard, vinegar, celery seed and a sugar substitute. Add cabbage and toss to combine. Season to taste with salt and pepper and refrigerate until ready to serve.

For more details on these recipes and other great tips and tricks to lose weight and live healthier, visit South Beach Diet's website The Palm at palm.southbeachdiet.com/cookout-low-carb-recipes.

Remember, cookouts don't need to wreak havoc on your healthy diet. By making some simple swaps and choosing healthier options, you'll stay on track while still enjoying time outdoors with family and friends.

– (StatePoint)

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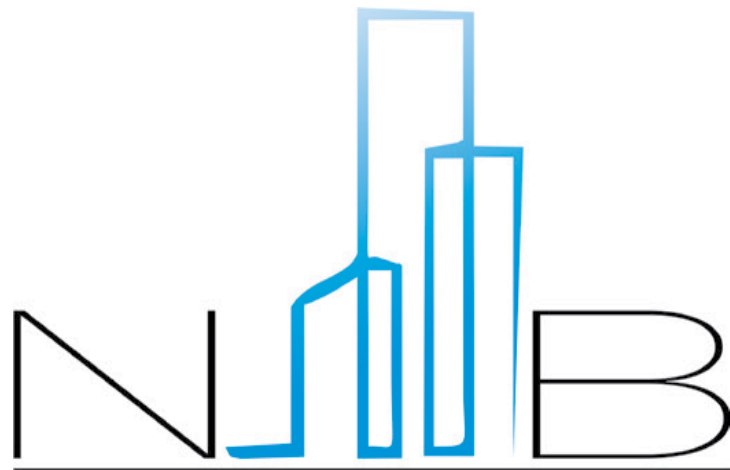
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Top Tips for Hurricane and Storm Readiness

(StatePoint) June to November is known in many parts of the country as hurricane season. As a growing area of the U.S. becomes susceptible to the effects of tropical storms, tornadoes and hurricanes, it's important to have a plan for your home and family.

To help you weather storms, the experts at Freddie Mac are offering the following tips:

- ★ Your home should have an emergency supply kit stocked with water, flashlights, non-perishable food, first-aid supplies, batteries, a radio and several days' worth of medication for every member of the family.
- ★ Create a family emergency plan and make sure everyone knows what to do and when. If you have pets, make sure that your plan accounts for them, too.
- ★ Gather and protect important household documentation, including birth certificates, passports, marriage licenses, mortgage statements, deeds, insurance policies and medical files. These, along with valuables and family mementos, should be kept protected in a safety deposit box or fire- and water-proof safe. In the event of an emergency, have a plan to move these items to higher ground where they are less likely to sustain water damage.
- ★ Check your area's emergency management agency to know where to go in the event of a local area evacuation. Technology can help you stay informed, as well as assist you in connecting with friends and family. With the free hurricane app from the American Red Cross, you can track weather and alert loved ones you are safe. Likewise, the free app from the Federal Emergency Management Agency (FEMA) features numerous resources for preparing or dealing with a storm. To ensure these apps come in handy when they are needed most, keep your phone charged as long as your home has



power. Having an external battery pack on-hand can be helpful as well, particularly if you need to evacuate.

- ★ When severe weather is in the forecast, clear your home's outdoor areas of loose furniture, lawn debris and other loose items and store these items securely. Maintain your gutters to help protect your home from undue damage during heavy rainfall.
- ★ On of the best ways to protect your home is by preparing windows and doors for the storm ahead. Installing hurricane-impact strength windows and applying hurricane film, which can be left on year-round, can offer your family peace of mind, particularly if you have little time to prepare.

More hurricane and storm tips and information can be found at freddiemac.com/blog.

Unfortunately, no one can stop a tropical storm or hurricane from happening, but before the next storm heads your way, you can take steps to help ensure your family and home are protected.

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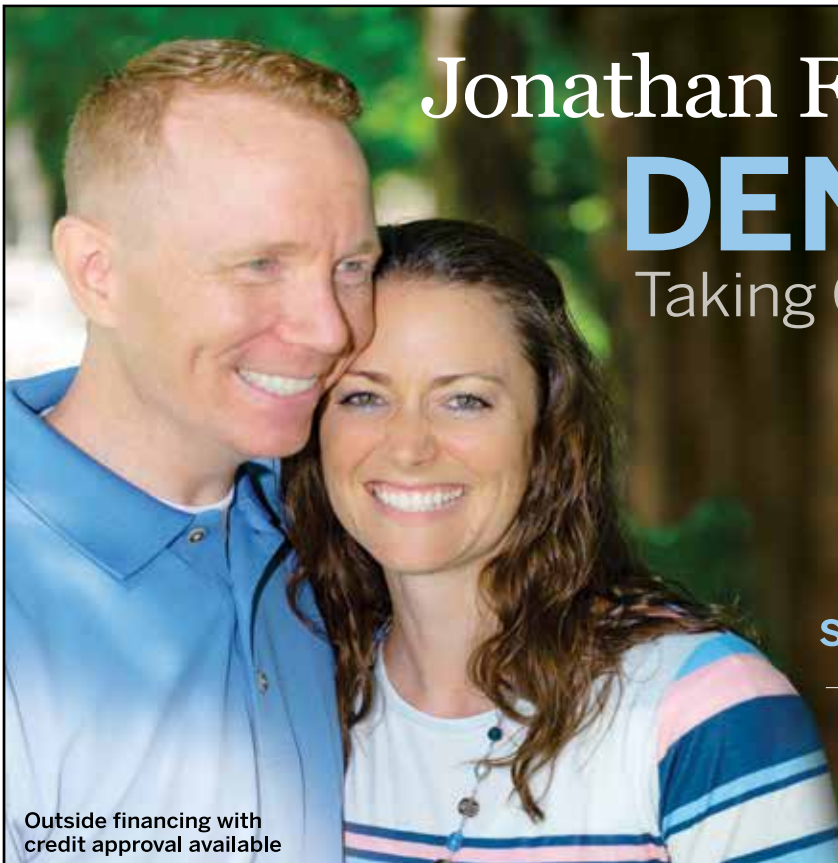
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