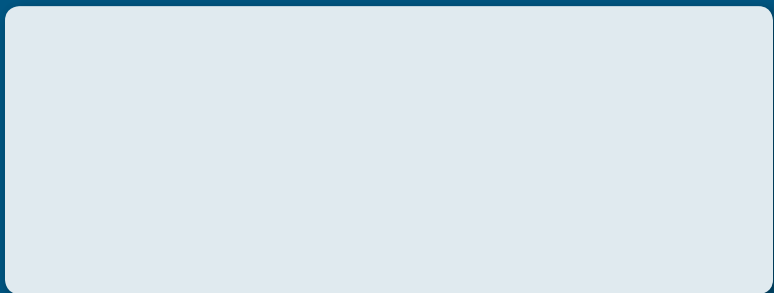




# BAYOU BUZZ

THE OFFICIAL MAGAZINE OF SWEETGRASS • OCTOBER 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

Sweetgrass Card Crafters club meets every Friday in the Activity Center from 12 to 3 pm.



THE OFFICIAL MAGAZINE

# SWEETGRASS

707 DEL WEBB BLVD.

RICHMOND, TX 77469

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

## WHO'S WHO

### HOA Staff

#### Dawn Spencer

Community Manager  
[Dspencer@ccmcnet.com](mailto:Dspencer@ccmcnet.com)

#### Shawn Brumfield

Facilities Maintenance Director  
[sbrumfield@ccmcnet.com](mailto:sbrumfield@ccmcnet.com)

#### Casey Garcia

Office Manager  
[cagarcia@ccmcnet.com](mailto:cagarcia@ccmcnet.com)

#### Rick Breitigam

Architectural Review & Compliance  
[rbreitigam@ccmcnet.com](mailto:rbreitigam@ccmcnet.com)

#### Taryn Rainer

Lifestyle/Communications Coordinator  
[trainer@ccmcnet.com](mailto:trainer@ccmcnet.com)

### Homeowners' Association Board of Directors

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**S**weetgrass Card Crafters is one of a number of Del Webb Sweetgrass clubs that provide creative outlets for residents. Chartered in 2015, Card Crafters was founded as a forum for members to share crafting knowledge and information, and to create cards for personal use or to contribute to charity. The club also periodically raises funds for cash contribution to organizations in the local community. In 2018 alone, the club donated \$1,100 to local charities, and made and donated hundreds of cards. Some of the programs we've donated cash or in-kind items to have been: Nery's Promise, Helping Hands, Creative Aging Program/Mamie George Community Center, Hurricane Harvey Relief, Fisher House The Holiday Project Caring Hearts, and the Parks Youth Ranch. 2,500 volunteer hours that made a difference...one card at a time!

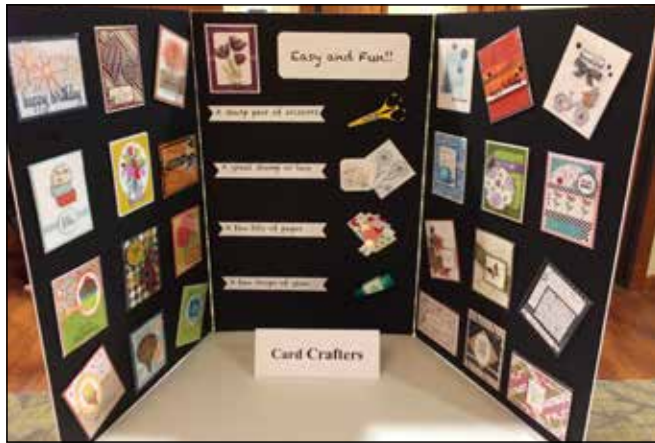
Sweetgrass Card Crafters has nearly doubled in size during the last two years, with members who agree that as a club it encourages fun and creativity in a positive atmosphere. Many walk in the first time unsure of their talent or ability, but soon find out that anyone can learn to make a card with the many tools and personal assistance available to club members. Most importantly, being able to give a handmade card to someone important in our lives brings a satisfaction and joy that cannot be easily quantified. The club is open to all levels of crafters, from the interested but craft challenged, to the skilled card maker.

Card Crafters meets every Friday in the Activity Center, with doors open from 12:00 p.m. – 3:00 p.m. After an hour of socializing and personal crafting, the business portion of the meeting begins at 1:00 p.m. and includes announcements, sharing of cards or projects members made on their own, and then it is time to get busy. The program focus rotates weekly on a monthly rotation schedule, varying between a teaching table, card kits planned by members, making cards for charity, and working on personal projects. Visitors are always welcome to check out the club. Dues are \$12 annually and cover replacement of supplies for club projects, as well as quarterly social events. First time visitors are allowed two free meetings to check out the club before dues are requested.

If you like to have fun and laugh A LOT, this is the place to be. Everyone is welcoming and helpful, encouraging you and lifting you up. Some Fridays I feel like I'm walking on air because it's been a great session. I hope you'll join us. Trust me, you won't regret it. If you do, you can kick me in the shin! See you Friday at 12:00 noon!

Personal note from a semi-seasoned veteran, Miche' Broussard: "The first time I walked through the door for a Card Crafters gathering, I might as well have been walking into the dentist. Danny Dunton had been trying to convince me to join for a couple of years but I finally gave in when Anna Cave dragged me in kicking and screaming (I'm exaggerating





just a little bit). But honestly, I was petrified! I had spent years writing comedic stories and painting, but a change to my medication made the creative piece of me disappear. I missed having that creative outlet and was fairly certain it was gone. During my first year at Card Crafters I just went through the motions. I made the cards that came in card kits. They were explained easily and everything prepared. Open bag. Take out pieces. Assemble. Easy peasy. About six months in, though, I noticed a change. I wanted to do more intricate work and found that I really liked it. I started to listen more to really seasoned vets, who helped me over that creative hump. I now love it. I always tell my hubby, don't you dare plan anything for Friday afternoon.....that is MY day. Recently we had three new members come in and sit with us. I was happy that one of them actually asked ME to help her! Hence my byline... A semi-seasoned vet!"

For more information on Sweetgrass Card Crafters, feel free to stop by a meeting any Friday between 12:00-3:00 p.m. You can also check out the Card Crafters page on MySweetgrass.net under the Chartered Clubs section, or contact President Danny Dunton at [jddunton@gmail.com](mailto:jddunton@gmail.com).

Card Crafters most requested community event - the Annual Card Sale - is coming up in the Lakehouse lobby on Tuesday, October 22 and Thursday, October 24 from 4:00 – 6:00 p.m. For those who like to give handmade cards, the club will have holiday cards for sale (Thanksgiving, Hanukkah, and Christmas), as well as plenty of all occasion cards such as birthday, get well, sympathy, thinking of you, etc.

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# SWEETGRASS VETERANS CLUB

## WE SERVE THOSE WHO SERVED

Veterans Day has special importance to the Veterans Club. Each year we prepare a venue to honor the memories of all who have served and those presently in "Harms Way". Our Veteran's Day celebration includes a formal ceremony with an honor guard, bugler, multi gun salute, key note speaker, honored guests and displays.

The displays are a "Missing Man Table" and the "Wall of Memories":

The meaning of the symbols at the Missing Man Table – The cloth is white – "symbolizing the purity of their

motives when answering the call to serve." The single red rose, "keeps the faith while seeking answers." The ribbon – symbolizes our continued uncertainty, and the determination to account for them." A slice of lemon – "reminds us of their bitter fate, captured or missing in a foreign land". A pinch of salt – "symbolizes the tears of our missing and their families." The candle – "reflects our hope for their return." The glass is inverted – "to symbolize their inability to share a toast." The chair – "is empty – they are missing."

The "Wall of Memories" is composed of photos provided by our residents over the past few years; displaying their relatives who served in various wars, conflicts and peace times of our country. The wall grows each year as residents submit a father, brother, sister, uncle or other loved one who served our country. The Veterans Club gladly welcome new additions to this growing symbol of heritage as proud residents of Del Webb Sweetgrass.

**Veterans** - Continued on page 8



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## Veterans - Continued from page 6

*The purpose of the Club is to promote the camaraderie, education, recognition and social welfare of veterans and their families.*

The Veteran's Club welcomes all residents of Sweetgrass to become a member of our organization. Our community is blessed to have residents who served in all branches of the armed services. Their service spans from WWII to present day conflicts. Our membership also includes non – veterans who joined due to family members and friends who have served in the armed services.

Profits from our fund raising events are used to support local/regional Veterans organizations and Active duty military.

### ***The Veterans Club is honored to support:***

**The DAV (Disabled American Veterans)** is dedicated to a single purpose: empowering veterans to lead high quality lives with respect and dignity. They accomplish this by ensuring that veterans and their families can access the full range of benefits available to them. They fight for the interests of injured heroes and Capitol Hill and elsewhere. They also educate the public about



### **Missing Man Table**

the great sacrifices and needs of veterans transitioning back to civilian life.

**Tip of the Spear** began as an unlikely handful of individuals, all of whom were acting in separate capacities to support our deployed troops. After comparing experiences, they agree that there is tremendous interest and enthusiasm throughout America to support our troops. Many individual groups and businesses want to help. They united to form a formal organization to coordinate, simplify and streamline support for our Ameri-



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### Wall of Memories

can heroes. Thus, Tip of the Spear was created.

They seek donations from corporations and individuals. They teach civic groups, clubs, churches, etc. (that they call, Boots on the Ground). Groups are assigned military units that they adopt. They are encouraged to develop a relationship with their adopted unit. They then allocate and direct financial resource to the groups, who purchase, package and ship the items to their units. They serve as the coordinating link between donors, workers and recipients.



### The Fisher House

**The Fisher House** program provides “a home away from home” for families of patients receiving medical care at major military and VA medical centers. The homes provide free temporary lodging so military and veteran’s families can be near to their loved ones during a medical crisis as they recognize the special sacrifices made by our men and women in uniform. Each Fisher House is located at military VA medical facilities in the USA and Europe.

Article written by Sweetgrass Veteran **Jerry Ackerman**

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# Ted Danson Shares Tips for Healthy Aging

In his distinguished career, actor Ted Danson has played many iconic roles, including a cantankerous but caring doctor. In real life, the 70-year-old says good relationships with health care providers are critical for healthy aging.

“I like the personal relationship with a fellow human being who has compassion, and offers a solid plan to fix whatever is going on with both body and mind,” says Danson. “If something is going on with me, or I’m afraid something is, usually just knowing the facts not only relaxes me, but empowers me, because the doctor will tell me what to do to make it better.”

Danson is currently promoting whole person health with Cigna, which serves older adults in 16 states through its Medicare Advantage (MA) plans. He’s encouraging people to talk to their health care providers about emotional and physical health, including preventive care, as well as common issues like stress, anxiety, loneliness and sleeplessness, which can impact overall health, according to experts.

“Preventive care plays an important role in long-term wellness. Issues like stress can lead to serious health conditions such as diabetes and heart disease. That’s why it’s so



important to have annual wellness exams, and make that time meaningful by being open about everything you’re feeling,” says Dr. Dirk Wales, chief medical director with Cigna Medicare.

For healthy aging, Dr. Wales recommends the following preventive measures:

- Annual health risk assessment (HRA). Your physician or insurer will likely ask you to take an annual HRA -- a quick series of questions designed to help flag issues early, so you can access the right benefits and resources for you.

- Colorectal cancer screenings. Too few older adults get screened for colorectal cancer, the second-leading cause of cancer-related deaths in the country. When caught early, the disease is curable. The U.S. Preventive Services Task Force (USPSTF) recommends starting screening at age 50. MA plans, like those offered by Cigna, cover screening costs at various intervals depending on risk.

- Breast cancer screenings. Breast cancer, the most common cancer in American women outside of skin cancer, affects one in eight women in their lifetimes. USPSTF recommends women ages 50 to 74 years old with average risk get a mammogram every two years. Screenings can help detect breast cancer early, when it’s easier to treat.

- Eye exams, if you have diabetes. People with diabetes have a higher risk of blindness, but early detection and treatment can help protect against vision loss. Getting an annual eye exam -- which Medicare covers if you have diabetes -- is



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critical. Certain MA plans may offer additional coverage.

■ Annual flu shots. Between 70 and 90 percent of seasonal flu-related deaths occur in people 65 years old and older, according to the Centers for Disease Control and Prevention. The best defense, an annual flu shot, is covered fully by Medicare and MA plans when you visit a participating provider.

■ Discuss mind and body. Depression isn't a normal part of aging and it's treatable. Be open with your health care provider about everything you're feeling -- body and mind.

To learn about Cigna's Medicare products, visit [www.cigna.com/medicare](http://www.cigna.com/medicare). For more information about the connection between physical and emotional health, and the Body & Mind initiative featuring Danson, Queen Latifah and Nick Jonas, visit, [Cigna.com/takecontrol](http://Cigna.com/takecontrol).

Every individual has unique health needs. Ask your personal health advocate for additional preventive measures tailored for you.

(StatePoint)

## ***Fitness Corner***

### ***Sweetgrass Fitness Schedule***

#### **Strength Conditioning**

Monday at 9:00 a.m. and Wednesday at 10:00 a.m.

#### **Water Exercise**

Monday, Wednesday, and Friday at 10:00 a.m.

#### **Chair Exercise**

Monday at 11:00 a.m. and Friday at 10:00 a.m.

#### **Strength & Stretch**

Tuesday at 6:00 p.m.

#### **Strength and ROM**

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#### **Yoga**

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# Lost Pines

The Lost Pines Quarterly Neighborhood meeting on August 20th was well attended by our Lost Pines Neighbors. Rick O'Hara, neighborhood representative chair, was out of town, so Ruth Anne Callaham and Beverly Porche, the other two representatives, led the meeting in communicating the latest concerns, positive actions, and questions concerning the neighborhood and Sweetgrass. An Ice Cream Social, hosted



**Pictured L to R: Beverly Porche and Ruth Anne Callaham**



by the Lost Pines Social Committee, was held after the meeting, with the committee serving some delicious Bluebell ice cream treats.





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# Bring Your A-Game With this Tailgating Recipe for the Grill

Want to bring your A-game to tailgating season? For a winning strategy, you're going to need the right grill and great recipes.

## Choosing the Grill

Ninety-five percent of all tailgaters prepare their food at the stadium, according to a Tailgating Institute research study, which also found that 46 percent of respondents tailgate at least six to 10 times a season. That's a lot of set-up and breakdown, so check out grill options built for tailgating.



"A lot of tailgating rookies and even some old-timers make the mistake of bringing a flimsy grill that can't handle the load, or one that requires too much set-up," says Robert Hawkins, product manager for Char-Broil. "The right tailgating grill should be both portable and durable, and have features that make cooking on game day hassle-free."

One such grill to consider is the Char-Broil TRU-Infrared Portable X200 Gas Grill. The Char-Broil TRU-Infrared cooking technology prevents flare ups, so you won't have to worry about fumbling the game day spread, and its push button ignition and lid-mounted temperature gauge will help you win every tailgate, while still getting to enjoy the party.

## Winning Over the Crowd

While standbys like burgers and dogs will always hit the spot with a crowd, why not try some new twists on old classics? This recipe for Cherry Cola Sliders straight from the Char-Broil playbook will help you kick your tailgate up a notch:

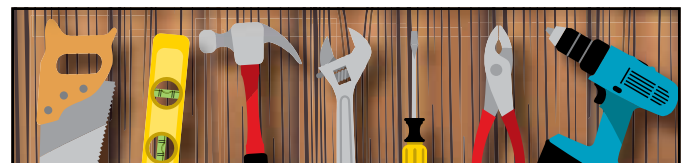
## Ingredients:

### For the sliders

- 1 pound ground beef
- 2 tablespoons Worcestershire sauce
- 8 slices American cheese
- 8 slider buns
- 8 slices of bacon

### For the sauce

- 1 tablespoon butter
- 1/2 cup sliced onions
- 2 tablespoons cherry cola
- 1 tablespoon brown sugar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt



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1 1/2 tablespoons white vinegar  
1 tablespoon ketchup

### Directions:

1. Preheat one side of your grill to 450 degrees F, leaving the other side off for indirect grilling.

Place bacon slices on the cooler side of the grill for indirect heat and cook for 20 minutes at 300 degrees F.

2. While the bacon cooks, caramelize the onions with butter in a saucepan until golden brown. Then, add cherry cola, brown sugar, garlic powder, salt, pepper, vinegar and ketchup. Simmer for 10 minutes on the side burner.

3. Combine ground beef with Worcestershire sauce and form 8 slider patties.

4. Place beef patties on the hotter side of the grill for direct heat. Cook for 4 to 5 minutes per side. When the sliders are almost done, place a cheese slice on each one. Set the slider buns on the warming rack. Close the lid and grill for another 30 seconds to melt the cheese and toast the buns.

5. Remove the patties and bacon slices from the grill. Top each slider with caramelized onions in cherry cola BBQ sauce, a slice of bacon and serve.

More tailgating recipe ideas can be found at: [charbroil.com/collections/tailgating-favorites](http://charbroil.com/collections/tailgating-favorites).

Hosting a tailgating party or six this season? Don't get sidelined. Take your grill game to the next level with the right equipment and some brand-new recipes.

(StatePoint)



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## Bayou Buzz Clubs and Groups

### Sweetgrass Library

Have you read a good book lately? Do you have boxes of books still packed? The Sweetgrass Library has made space for more holdings and we encourage you to donate your hardbacks, paperbacks, audio books, puzzles, or DVDs so we can keep our library up to date. We appreciate that so many have contributed to make the library enjoyable for all to use. Just drop your items at the front desk. Thank you!



### 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 men and women 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

### Dialogue and Learning

The next meeting of the Dialogue and Learning Group will be on Thursday, October 17th at 6:30 p.m. in The Learning Center. Barbara Reynolds RN, LPC, will be presenting on "The 10 signs of Alzheimer's: I know what I want to say, I just can't find the words. I was just introduced to him, but I've forgotten his name already." Are these signs of Alzheimer's? Or is this just part of normal aging? We will take a look into 10 signs of Alzheimer's and how to know if there is a real problem. There will be no Dialogue and Learning meeting in September.

ALZHEIMER'S

### Sweetgrass Singers

Fall will soon be here, followed by the holidays. Before your calendar is full, please save Saturday afternoon on December 7th for the Sweetgrass Singers' Holiday Program. More details to follow.

### Social Canasta

The Social Canasta Club continues to grow in membership as numerous new players have attended lessons and are now coming to play on Wednesdays and Thursdays.



You too are invited to learn the Sweetgrass version of canasta by signing up for lessons. Residents can take up to three lessons before joining the club by emailing our training team at SweetgrassSocialCanasta@gmail.com to reserve a spot. The Activities Committee hosted a Punt, Pass & Play the Canasta Way event on September 5th. Over 80 participants attended the tailgate luncheon, pre-game membership meeting and game day kick-off. Team MVP for highest score of the game was award 1st place, most touchdowns (team with the most clean canastas) was awarded 2nd place, and third place went to team with most field goals (or in canasta terms, most red 3's). You will want to save the dates of these exciting events planned by the Activities Committee in the 4th quarter. These



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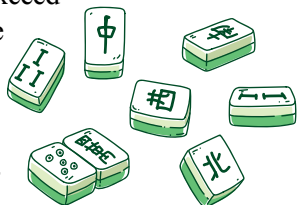
## Bayou Buzz Clubs and Groups



events include: Bats, Broomsticks & Black 3's on October 16th, Wild Two's Turkey Trot on November 14th, and our Razzle Dazzle Recognition Event honoring our many volunteers on December 5th. This upcoming event schedule is one you won't want to miss. Watch for details as plans unfold. And as always, if you have a guest visiting that knows the Sweetgrass version of canasta, bring them along to play. They may join the group by paying a \$3.00 guest fee each time they play.

### Social Mah Jongg

Social Mah Jongg meets every Monday from 1:00 to 4:00 p.m. in the Lantana. Players collect winnings for successful hands with a daily loss not to exceed \$3. Any player that loses the entire \$3, retains the seat and continues to play for free. Tutorials and free play are held every Wednesday from 6:00 to 9:00 p.m. in the Activity Center. No RSVP is necessary. We invite all Sweetgrass residents to learn to play this challenging game in an atmosphere of patience and unlimited fun. For more information, contact Susie Stern at [srstern7911@gmail.com](mailto:srstern7911@gmail.com).



### Garden Club

Our next meeting will be on Tuesday, October 1st, 10:00 a.m. in the Ballroom of the Lakehouse. Our speaker will be Judy Lendernan from Enchanted Forest. She will be presenting ideas on how to bring the garden to your front entry and porch with emphasis on the fall season. It's not too late to join in on the fun! Membership dues are \$10.00 and can be paid at the end of our meeting. We will also be selling poinsettias for \$13.00 each. Happy Fall Y'all!

### Sweetgrass Quilters

The Sweetgrass Quilters meet on the first and third Tuesdays of each month at the Lakehouse from 12 noon until 4 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 went on a field trip to the Texas Quilt Museum and worked on Block-of-the Month #6 at a meeting. At a recent meeting, we made heart pillows for cancer patients as our community service project for this year. We're proud to see that our group has grown from three quilters to over twenty. 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 Del Webb 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!"

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- SAT 5th - Wade Strothers Band
- SAT 12th - NightBird (Stevie Nicks Fleetwood Mac Tribute Band)
- SAT 19th - Teague Brothers Band
- SAT 26th - ALL 80's Costume Party Featuring DVS MYNDS BAND All 80's All Night... Costume Contest
- FRI 25th - Escape (Journey Tribute Band)

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- SUN 13th Johnny Ringo Band
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- SUN 27th-- Vinyl Brew Band (classic rock)

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Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	
(BILLIARDS) 1p-3p Billiards	(AEROBICS) 10a-11a & 12:30p-1:30p Line Dance Club	(LEARNING) 9a-10:30a Landscape Committee	(AEROBICS) 11a-12p Line Dance Club	(BLUEBELL) 10a-11a Bible Study Group	(CREATIV) 9a-12p Gamers	(TENNIS) 9a-11a Tennis	
(AEROBICS) 3p-5p Table Tennis	(ACTIVITY) 1p-4p Social Bridge	(WELLNESS) 10a-2:30p Massage	(PRIMROSE) 12:30p-4:30p Social Canasta	(WELLNESS) 10a-2:30p Massage	(ACTIVITY) 12p-3p CardCrafters	(AEROBICS) 3p-5p Table Tennis	
(BLUEBELL) 3p-5p Drama	(CREATIV) 1p-4p Art at Sweetgrass	(BLUEBELL) 10:30a-12p Gothic Cathedral in France	(ACTIVITY) 1p-4p Social Bridge	(LEARNING) 11a-1p That's Entertainment! BOD	(CREATIV) 1p-4p Social Bridge		
(BOAT) 4p-5:30p Model Yacht	(LANTANA) 1p-4p Mah Jongg	(AEROBICS) 11a-12p Line Dance Club	(FOYER) 2p-3p Pies with Pioneer	(AEROBICS) 11a-12p Line Dance Club	(AEROBICS) 3p-5p Table Tennis		
	(LEARNING) 2p-3p Parking Committee	(ACTIVITY) 1p-3p Needlecrafters	(LEARNING) 3p-5p Pumpkin Decorating	(PRIMROSE) 12:30p-4:30p Social Canasta	(BALL ROOM) 6p-9p Halloween Party	★	
	(AEROBICS) 3p-5p Table Tennis	(AEROBICS) 3p-4p Safety Committee	(INFO) 5p-5:01p ARC App Deadline	(AEROBICS) 3p-5p Table Tennis			
	(TENNIS) 5p-7p Tennis	(LEARNING) 4p-5p Tech Help Desk	(TENNIS) 5p-7p Tennis	(LEARNING) 3p-4:30p Mindfulness Group			
	(FOYER) 5:30p-7:30p Women's Club Lobby	(ACTIVITY) 5:30p-7:30p Singers	(ACTIVITY) 6p-9p Mah Jongg	(BLUEBELL) 5:30p-8:30p Poker Club			
	(LANTANA) 5:30p-8p Poker	(BALLROOM) 6p-8p Wildflower	(BALLROOM) 6p-8:30p Flix Movie Night	(CREATIV) 6:30p-8:30p Stamp Club			
			(BOCCE) 7p-9p Bocce Ball	(AEROBICS) 6:30p-8:30p Drama Rehearsals			
	(LEARNING) 5:30p-7p Slim Down Challenge						
	(BLUEBELL) 6p-8:45p Cocktails & Games						
	(PRIMROSE) 6:30p-8p Drama Club						
Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31			
(PRIMROSE) 12p-5p Pickleball Social	(LEARNING) 10:30a-12p ARC	(WELLNESS) 10a-2:30p Massage	(AEROBICS) 11a-12p Line Dance Club	(WELLNESS) 10a-2:30p Massage			★
(BILLIARDS) 1p-3p Billiards	(AEROBICS) 10a-11a & 12:30p-1:30p Line Dance Club	(BLUEBELL) 10:30a-12p Gothic Cathedral in France	(PRIMROSE) 12:30p-4:30p Social Canasta	(AEROBICS) 11a-12p Line Dance Club			
(AEROBICS) 3p-5p Table Tennis	(ACTIVITY) 1p-4p Social Bridge	(AEROBICS) 11a-12p Line Dance Club	(ACTIVITY) 1p-4p Social Bridge	(PRIMROSE) 12:30p-4:30p Social Canasta			
(BLUEBELL) 3p-5p Drama Rehearsals	(CREATIV) 1p-4p Art at Sweetgrass	(ACTIVITY) 1p-3p Needlecrafters	(TENNIS) 5p-7p Tennis	(AEROBICS) 3p-5p Table Tennis			
(BOAT) 4p-5:30p Model Yacht	(LANTANA) 1p-4p Mah Jongg	(BALLROOM) 5p-6:30p Travel Club	(ACTIVITY) 6p-9p Mah Jongg	(PRIMROSE) 5:30p-8:30p Poker			
	(AEROBICS) 3p-5p Table Tennis	(ACTIVITY) 5:30p-7:30p Singers	(ACTIVITY) 7p-9p Bocce Ball	(BLUEBELL) 6p-8p That's Entertainment!			
	(TENNIS) 5p-7p Tennis			(AEROBICS) 6:30p-8:30p Drama Rehearsals			
	(ACTIVITY) 5:30p-8p Poker						
	(LEARNING) 5:30p-7p Slim Down Challenge						
	(BLUEBELL) 6p-8:45p Cocktails & Games						
	(PRIMROSE) 7p-8p Escapement Ridge						
Guest pool hours (19yrs & under)				Pool Cleaning Hours			
<div>Labor Day until Memorial Day (Indoor Only)</div> <div>Memorial Day until Labor Day (Outdoor Only)</div> <div>Mon- Sun 2:00pm- 5:00pm</div>							
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							

# On the Calendar...

## OCTOBER

### People's Choice Car Show Saturday, October 5th

Join us for the annual People's Car Show on Saturday, October 5th. Come out and see mind-blowing vehicles! Entrance is free for Sweetgrass residents only. For more information please contact Tom Yelverton at (713)-548-7696 or TGCold-sclub@aol.com.



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### Pee Wee Bowen Oldies Band Saturday, October 12th – 6:30 p.m.

The Men's & Veterans Clubs proudly present the Pee Wee Bowen Oldies Band. They will be rocking the ballroom on Saturday, October 12th, 6:30 to 8:30 p.m. Doors will open at 6:00 p.m. The admission price is \$10.00 and go on sale Monday, September 16th. The Pee Wee Bowen Band is one of the best dance bands in the Houston area. You will be thoroughly entertained!



### Garage Sale

Saturday, October 19th – 8:00-12:00 p.m.

Come out and participate in our annual Sweetgrass Garage Sale! Get a Sweetgrass Garage Sale sign and register your home for only \$5. Already have a Sweetgrass Garage Sale sign? You can register your home for just \$1. Registration purchase includes placement on the garage sale map and in the garage sale directory. Registration is open now on Activenet or at the Lakehouse front desk.

### Beers and Brats

Saturday, October 19th – 6:00-8:00 p.m.

Join us for Beers and Brats! We will have a band and so much more! Be on the lookout for more information regarding this event.

### Halloween Dance Party

Friday, October 25th – 7:00-10:00 p.m.

This year's Halloween Dance Party will have lots of dancing with our interactive DJ! Everyone will enjoy the Haunted Wheel of Fortune and prizes! We will award trophies for the winning costumes in the following categories:

Best Couple, Best Male, Best Female, Scariest Individual, and Group (up to 12 members). We'll have lots of table snacks and spirited witches vodka punch (also, non-spirited)! Make plans for a ghoulish showing with your Sweetgrass Friends! Costumes are optional!

*Continued on page 22*

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# The RICHMOND TEXAS Bucket List

## SEE AN OUTDOOR FILM AT MOVIES ON MORTON.

Enjoy an outdoor movie on the First Friday of the month while taking in the backdrop of historic Morton Street.

## HEAR LIVE MUSIC

Experience a live show at the Lone Star Saloon or during a festival at the beautiful Wessendorff Park.

## EAT A ONE-OF-A-KIND MEAL

Experience a one-of-a-kind meal at local favorites including Sandy McGee's, Larry's Original Mexican Restaurant, Trough Juice Bar, Joseph's Coffee Shop, Buena Vista, Unwine'd Wine & Cheese Lounge, Blockhouse Coffee and Kitchen, or a farm-to-table dinner at The Guild.

## SHOP LOCAL

Visit local boutiques and shops including Dapple Grey Co. Boutique, Treasure Hunters, 310 Gallery, Backwater Boutique, Rustic Closet, The Kombucha Company, Mercy Goods, Jay-Wood Trading Co., Studio of Richmond, and Vintage Hope.

## EXPERIENCE THE HISTORY OF RICHMOND

Tour the Fort Bend History Museum, visit the grave of Mirabeau B. Lamar in the historic Morton Cemetery, take a ghost tour with History & Haunts of Richmond, or visit Blockhouse Coffee & Kitchen to pick up a walking map of the historic district.

## Park and Stroll at 402 Morton Street

Strolling through the streets of downtown Richmond is an attraction in and of itself. Free parking is available throughout the downtown area and Richmond's City Hall provides a central parking location for visitors. City Hall is located at 402 Morton Street.



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[www.facebook.com/HistoricRichmondTexas](https://www.facebook.com/HistoricRichmondTexas)

## On the Calendar... *Continued from page 20*



### **The Gothic Cathedral in France**

**Six Tuesdays, 10/15 - 11/19**

**10:30 a.m. - noon**

This class is designed as a six-week investigation of the historical, theoretical and stylistic development of the Gothic Cathedral in France from c.1150 through c.1250 in the Ile-de-France, the area surrounding the city of Paris. We will briefly look at the Early Christian origins of the Cathedral and its architectural transformation after the turn of the first millennium. Special emphasis will be placed on the

concept of the pilgrimage and the sociological importance and function of the Gothic Cathedral within the community. In addition to the Cathedral of Paris, the Cathedrals of Chartres, Reims, Amiens, and Beauvais, among others, will be presented.

Instructor: David Stanley, Ph.D. is a retired Associate Professor Emeritus from the University of Florida where he taught art history and architectural history courses for 25 years. He spent numerous summers teaching and excavating in France and has first-hand experience of all of the Gothic Cathedrals that will be discussed. Registration opens on Monday, September 16th.

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## Picture This



### WHAT A PLEASANT SURPRISE

Ladies from Sweetgrass were celebrating a birthday at Pier 36 on Hwy 90, when we noticed Ft. Bend Sheriff, Nehls eating at a nearby table. He was kind enough to help us sing Happy Birthday and share some cake. He also expressed how important the senior communities in Ft. Bend are to him and he wants to help residents feel safer in their homes.



### AN ERA OF THE PAST

If you haven't seen equipment breaking up concrete and cutting down trees at the Ft. Bend Country Club, I am sure you heard it.

Ft. Bend's earliest golf course was chartered in 1950 and after 69 years of operation, it closed the end of June.

Why did it close so soon? Veranda (Johnson Development Corp) originally planned to leave the golf course open for 1 ½ years. However, after the May rain and flooding in Ft. Bend, it was decided that Veranda could no longer wait to increase its water detention volume and we all appreciate flood prevention. Yet, it is sad to see history being torn down right in front of us.

## NO MORE PAIN

### Chiropractic Care Created Precisely For You

Those with chronic back pain and sciatica can now breathe a sigh of relief thanks to Dr. Larry Dees, Chiropractor 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.

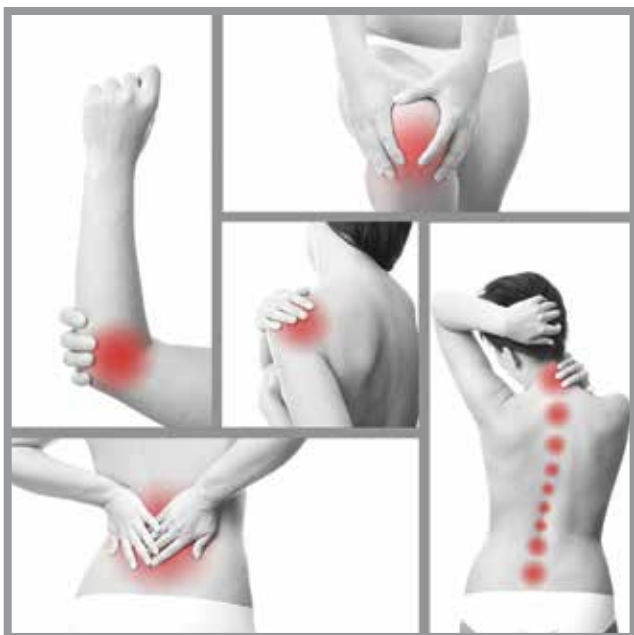
This technology is helping thousands of patients with chronic pain who thought there was no hope, some even had prior surgery, says Dr. Dees.

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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## Picture This



### LUNCH BUNCH

Another lunch bunch group celebrates its monthly gathering at Cracker Barrel. What a great way to keep up with friends while enjoying good food. If your area does not have a group, we highly recommend forming one.



### SEPTEMBER MEET N' GREET!

Resident and solo artist, Steve Lesser played lovely tunes as everyone mingled with friends and new faces. We had a great turnout at our September Meet N' Greet!



### BOOZIN' BUNCO!

The night was full of fun and laughter at Boozin' Bunco! Residents enjoyed meeting new neighbors and playing this exciting game. Special thank you to all those that came out and enjoyed themselves!



### MC POPS

The Missouri City Pops put on a great performance at Sweetgrass recently! – Photo by Jerry Hopman



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## 9/11 OBSERVANCE

Thank you to the Veterans Club and the Sweetgrass Singers for stepping up and making the September 11th Memorial Moment a success. We could not have done it without you. — Photo by **Jerry Hopman**



## SWEETGRASS SUNRISE

Philip Stark captured a beautiful photo of the sun rising at Sweetgrass.

### Did you know?

The sunrise appears mostly in the hues of red, orange and yellow because these are the tones that have the longest wavelength.

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# TIPS TO TAKE GREAT PET PICS

**W**hether you're hoping to make your dog an Instagram sensation or you just want a nice portrait for the mantle, you've likely discovered pets, in general, can be elusive around cameras.

Check out these tips and tricks for getting your fur baby to sit for the camera and look picture perfect, from e-tailer Zulily, creative photographer, Taylor Graham:

- After choosing a great location for your shoot, give your pet a few minutes to get comfortable with the new setting.
- If you're shooting outside, situate your pet in a shaded area. Direct sunlight can make your pet look greasy, and distracting shadows can obscure important features. A flat, overcast day makes for the most flattering pet photos.
- Get low to your pet's level and frame the face tightly, focusing on eyes for maximum impact. Remember to photograph the most endearing parts of your pet. Often overlooked, paws and ears can be some of the most expressive and adorable features of your furry friend.
- Treats and squeaky toys are a given for getting pets to focus, but make sure you're using them to your advantage. Hold the toy or treat as close to the lens as possible. This will get your pet's gaze right where you want it to be.



- Most cameras and camera phones have a "burst mode" that takes many pictures in a row. Later you can select the perfect frame.
- Don't just pose your dog against a white wall. Add flair with accessories that fit your pet's personality. For unique pet products at great prices, shop apps like Zulily that offer quirky must-have items, stylish accessories, treats and pampering products. Their 72-hour sales represent some of the best deals in retail.
- With easy-to-use smartphone apps like VSCO and Photo-shop: Express, you can adjust brightness, color and sharpness to bring a professional quality to images in seconds.

With a few tricks up your sleeve, you can take better pet snapshots and capture some amazing memories of your furry friend.

(StatePoint)



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#### SWEETGRASS HOMEOWNERS ASSOCIATION

For the health and safety of our dogs and residents please review the following rules and regulations for the Sweetgrass Dog Park.

##### General Rules

1. All dogs must be on a leash when entering and exiting the park. Owners must carry a leash (6 feet or less) at all times within off leash park areas. In order to appropriately monitor your dog(s), only 2 dogs per owner/handler are permitted in the park at one time.
2. Dogs exhibiting aggressive behavior or excessive barking must leave immediately.
3. Do not leave your dog unattended for any reason. Direct supervision and voice command control is imperative.
4. Keep gates closed at all times. Do not prop or hold open for any reason. Enter and exit swiftly.
5. No chasing dogs. Do not pet or play with dogs without owner's permission.
6. Owners/handlers are responsible for clean-up of dog waste in bags and containers provided.
7. Dog park code is proprietary to Sweetgrass residents.

##### Safety Standards

For the safety of all, the following items are **NOT** permitted in the dog park:

- Food, picnics, glass, alcoholic beverages, smoking
- Rawhides, dog bones, dog food, etc. (Small personal dog training treats are permitted)
- Spike or chain collars
- Dogs with infectious diseases, internal or external parasites
- Female dogs in heat
- Bicycles, strollers, scooters or skateboards (Wheelchairs are permitted)
- Digging: all holes must be covered with dirt before leaving
- Dogs younger than 4 months: they are too young to have all necessary inoculations
- Brushing or grooming dogs within perimeter of the dog park
- Professional dog training lessons

for Del Webb residents

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# Sports experiences top many fans' holiday wish list

**G**ame day is a big day for sports fans. While the anticipation in the days before a big game can be exciting, nothing can match the game itself.

When shopping for the sports fan on their list this holiday season, shoppers may want to go the extra mile and gift a sports-based experience. Experiential gifts are rising in popularity. According to a 2017 survey from The NPD Group, a leading global information company, 39 percent of holiday shoppers in the United States intended to purchase experiential gifts for their loved ones that year. Sports fans may love a new jersey, but they would no doubt really love a gift that makes them feel like they're part of the action. Shoppers who want to give a sports experience to their favorite fanatic this holiday season can consider these ideas.

## Tickets

Perhaps no sports experience is more enjoyable to a true fan than tickets to the big game. Tickets to see a favorite team play make for a great gift that fans may remember for the rest of their lives. Purchase at least two tickets so your loved one has someone to make memories with. Compare tickets sold directly through the team to those available through reputable secondary market sellers like StubHub™ and SeatGeek.



A round at a favorite course can be the perfect experiential gift for avid golfers.

## Lessons

Some fans not only want to watch their favorite sports, but also play them. For example, fans who follow professional surfing might be able to take their own abilities to the next level after taking some lessons from a local instructor. Many community parks organizations even provide affordable lessons for sports such as cross country skiing, fishing and cycling that can provide great value to shoppers and gift recipients alike.

## A round

Golf fans who can't get enough of the PGA Tour® may dream of playing a course once graced by their favorite professional players. The PGA Tour® holds events at clubs across the globe, and many of these clubs allow non-members to play rounds for a fee. That fee can be high, but avid golfers will be sharing stories about a round at a favorite course for the rest of their lives.

Experiential gifts are tailor-made for sports fans, making them ideal options come the holiday season.

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January 16	Bible Study
January 30	Bible Study


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**Wednesdays at FBC Richmond:**

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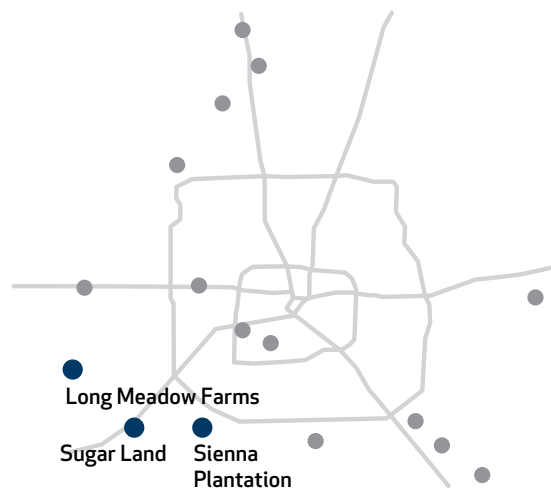
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# These treats are staples of Halloween celebrations

Kids can't celebrate Halloween without asking neighbors "Trick or treat?" Pranks might be part and parcel of Halloween, but treats are what many goblins and ghouls anticipate the most come October 31.

Youngsters are not the only ones who look forward to the sweets that are synonymous with Halloween. Adults also indulge their sweet teeth on Halloween. The following are some treats that simply must be part of all the fiendish festivities this Halloween.

♦ **Candy:** The National Confectioners Association estimated that, in 2018, Halloween would generate \$9 billion in candy sales. In fact, the NCA notes that Halloween, despite being just a single day, accounts for about 8 percent of annual confectionary sales. To say that trick-or-treaters and other Halloween celebrants would be disappointed if candy was not part of Halloween celebrations would be an understatement.

♦ **Chocolate:** Chocolate often finds its way into candy bars, but chocolate also can stand on its own, especially on Halloween. In its U.S. Food Market Outlook 2018 report, the market research firm Packaged Facts found that the Halloween season is the fourth most lucrative season of the year for chocolate sales. Celebrants who don't have any chocolate to



offer this Halloween may find themselves on the receiving end of a few tricks.

♦ **Candied apples:** Each Halloween, candied apples reappear. Though rarely seen throughout the rest of the year, candied apples are perhaps an ideal treat for Halloween, which occurs right in the heart of apple-picking season.

♦ **Pumpkin seeds:** Carving jack-o'-lanterns is a beloved Halloween tradition in many households. If yours is a home where pumpkin seeds are typically discarded, this year you can consider making better use of them by eating them. Pumpkin seeds are great sources of fiber, and the World Health Organization notes that they have long been a great source of zinc. Roasted pumpkin seeds make for a great and nutritious snack when turning ordinary pumpkins into scary jack-o'-lanterns.

Food is a big part of Halloween, and certain items simply must be a part of the culinary experience on this beloved holiday.

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## Around Town

### October 1

#### Fall Coffee Social

FRIENDS of Child Advocates of Fort Bend will host its annual Fall Coffee membership social at the home of Pat and Brad Somers at 10 a.m. For more information on FRIENDS, the location and to RSVP for the event, contact Kristin Stiles-Janossy at 713-384-8096.

#### National Night Out

The Rosenberg Police Department will hold its annual National Night Out from 6 p.m. to 9 p.m. at Texas State Technical College in Rosenberg. Visit [rosenbergtx.gov/national-night-out](http://rosenbergtx.gov/national-night-out).

#### Connections: Meet Someone New

Meet new people and make new friends at this casual, come-and-go social hour at the George Memorial Library Oct. 1 at 7 p.m. or Oct. 17 at 10 a.m. in Room 2A. Enjoy mu-

sic while getting to know one another over a game of cards, chess, checkers, or other board games the library has on hand.

### October 2

#### Seabourne Park Monthly Bird Hike

Members of the Coastal Prairie Chapter of Texas Master Naturalists will lead the 8 a.m. hike at the Seabourne Creek Nature Park, 3831 Texas 36 South, Rosenberg. Participation is open to the public. All ages and levels of birders are welcome.

#### State of the Schools

The 12th Annual State of the Schools will be held from 11:30 a.m. to 1 p.m. at Safari Texas Ranch. Visit [fortbend-chamber.com](http://fortbend-chamber.com).

### October 3

#### Connecting People with Nature

Gary Clark's "Connecting

People with Nature" free program — at 6 p.m. at the Rosenberg Convention Center, 3825 Texas 36 South, Rosenberg — will explore how birds can reconnect people to the beauty and wonder of nature. For additional information call 281-633-7033 or email [mmcdowell@ag.tamu.edu](mailto:mmcdowell@ag.tamu.edu)

### October 4

#### Friday Twilight & Lore Tour Combo

The Fort Bend History Association's Friday Twilight & Lore Tour Combo will be held at 7 p.m., Oct. 4, Oct. 11 and Oct. 18 at the Fort Bend Museum. Brave a twilight tour of the Museum grounds while listening to staff tell the true stories of ghostly encounters throughout the years. Visit [fortbend-museum.org](http://fortbend-museum.org).

### October 5

#### Brush-Pen Calligraphy Workshop

Graphic designer and calligraphy artist Lauren Cole will present an introductory demonstration of calligraphy at the University Branch Library from 1 p.m. to 3 p.m. in Meeting Room 2. In this hands-on workshop, learn calligraphy concepts, warm-up drills, basic strokes and lower-and upper-case alphabets. Registration is required.

### October 9

#### Patchwork of Life 2019

OakBend Medical Center's Patchwork of Life event will

be held from 6 p.m. to 9:30 p.m. in the Infinity Room of the Safari Texas Ranch. Proceeds will support 3D Mammography at OakBend's Women's Imaging Department. Visit [oakbendmedicalcenter.org](http://oakbendmedicalcenter.org)

### October 12

#### Heritage Hikes

The Sugar Land Heritage Foundation will host a historic walking tour of Old Sugar Land every second Saturday of the month starting at 10 a.m. Visit [slheritage.org](http://slheritage.org).

#### Artisan Market

The Rosenberg Main Street Program is hosting a Artisan Market, featuring goods, handmade crafts, food trucks, local art and live music from 10 a.m. to 4 p.m. in Historic Downtown Rosenberg.

#### Fall Vegetable & Herb Plant Sale

The Fort Bend County Master Gardeners will host its annual Fall Vegetable & Herb Plant Sale at its office, 1402 Band Road in Rosenberg.

### October 16

#### Culinary Book Club

This month at the University Branch Library, the Culinary Book Club theme is "The Great Pumpkin Cook-Off." Cooking enthusiasts of all ages and experience levels — from beginners to advanced — are invited to join in this monthly potluck and recipe exchange at 1:30 p.m. in Meeting Room 1.

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## Around Town

### October 17

#### Story Spinners Writing Club

This month's topic at the George Memorial Library will be "Revision." From beginning blogger to published novelist, writers of all genres and experience levels are welcome to write, share, learn, support, network, and critique each other's work from 5:30 p.m. to 8 p.m. in Room 2C. This program is recommended for adults and teens aged 14 and up.

### October 18

#### 2019 Veteran Expo and Health Fair

Open to all veterans, as well as their family and caregivers, this expo — held at 10 a.m. to 2 p.m. at the Veterans for Foreign War Building, 1903 1st St., in Rosenberg — will provide resources, entertainment and networking oppor-

tunities in the area.

#### Senior Series

Home Ownership in Retirement Liz McNeel, a senior real-estate specialist and certified senior-housing professional, will lead a panel of experts who will talk about the responsibilities of owning a home as a senior citizen on a fixed income at the University Branch Library at 10:30 a.m. in Meeting Room 1.

### October 19

#### Walk for Freedom 2019

This free event will be held from 9 a.m. to 2 p.m. at Sunset Park in Rosenberg. The public is invited to walk to bring awareness of human trafficking to the community. There will also be a fundraising effort for A21 (a nonprofit organization) to help them rescue, rehabilitate, and restore victims of human trafficking. Visit on Facebook @WalkForFreedomRosenberg.

#### Navigating Your Property Taxes 101

Fort Bend County Tax Assessor-Collector Carrie Surratt and Deputy Chief Appraiser Jordan Wise from the Fort Bend Central Appraisal District will provide an in-depth look at property taxes at the George Memorial Library from 10 a.m. to 11 a.m. in the Meeting Room.

#### Fort Bend Ranchers' Ball

The 5th Annual Fort Bend Ranchers' Ball benefiting Fort Bend Charities will be held from 6 p.m. to 11 p.m. at Safari Texas Ranch, 11627 FM 1464 in Richmond. Hosted by Precinct 3 Commissioner Andy Meyers on behalf of Fort Bend Charities Inc. Visit [www.fortbendranchersball.com](http://www.fortbendranchersball.com).

### October 22

#### Cache Your Money: Keep It Safe

John Rebeles, Jr., will talk about consumer rights at 7 p.m. at the George Memorial Library in Room 2A.

### October 24

#### Senior Health & Wellness Fair

Fort Bend Seniors Meals on Wheels will host its Senior Health & Wellness Fair from 10 a.m. to noon at 1330 Band Road in Rosenberg. Visit [fortbendseniors.org](http://fortbendseniors.org)

### Nov. 2

#### 46th annual British Fayre

Daughters of The British Empire will host its 46th annual British Fayre from 10 a.m. to 4 p.m. at 1 Fluor Daniel Drive in Sugar Land. Tickets are \$4 at Eventbrite, \$5 at the door and free for children 12 years old and younger.



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#### Architectural Review Committee

Rick Breitigam (Staff)  
rbreitigam@ccmcnet.com

#### Lakes & Waterways Committee

Tony Evers  
smileitonlyme@yahoo.com

#### Communications Committee

Don Stewart  
sbcndonstewart@hotmail.com

#### Finance Committee

Larry Girven  
soa@flash.net

#### Health & Wellness Committee

Sherry Theriot  
stheriot23@gmail.com

#### Needs Assessment Committee

Lenny Holzbond  
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  
kenji@hal-pc.org

Barbara Reynolds  
TEXASROSE281@yahoo.com

#### Art at Sweetgrass

Mary Meier-Roche  
mamr2119@att.net

#### Book Club

Rich Siegel  
richkat723@att.net

#### Canasta

Carol Schone  
schonec15@icloud.com

#### Card Crafters

Daniel Dunton  
jddunton@gmail.com

#### Dialog and Learning

Jim Sheridan  
sherim@operamail.com

#### Drama Club

Sandra Barkerding  
mizbee22@me.com

#### Flix Movie Club

Carolyn Dominjuez  
cfdtogo@gmail.com

#### Garden Club

Julie Craven  
jacraven76@yahoo.com

### Genealogy Club

Terry Seaton  
trseato@me.com

#### Hear More

Teri Wathen  
teri.wathen@sbcglobal.net

#### KISS Cooks

Charlotte Smith  
kcsmith956@gmail.com

#### Line Dance Club

Char Bouillion  
cbouillion@aol.com

#### Men's Club

John Miller  
johnmiller800@gmail.com

#### Model Yacht Group

Bill Foster  
wmfoster@mail.com

#### Needlecrafters

Sally O'Connell  
mollysallysea\_gals@yahoo.com

#### Photography Club

Jim Skarzynski  
jim@aiomachine.com

#### Pickleball

Rommie Maxey  
maxeymje@hal-pc.org

#### Poker Club

Mark Hochstein  
hochstein@comcast.net

#### Quilters

Dena Rosenberg  
quiltbme@hotmail.com

#### RV Club

Miche Broussard  
SweetgrassRVClub@gmail.com

#### SG Golden Marksmanship

Al Ohliger  
hligaa@gmail.com

#### Social Bridge

Charlotte Smith  
cksmith956@gmail.com

#### Social Mah Jongg

Susie Stern  
srstern7911@gmail.com

#### Stamp Club

Max Zollner  
maxzollner2014@comcast.net

### Sweetgrass Golf Association

Eddie Allsup  
eddieallsup@yahoo.com

### Sweetgrass Singers

Ginny Foley  
ginny\_foley@comcast.net

### Sweetgrass Singles

Connie Fletcher-Powell  
cfletcherpowell@gmail.com

### Table Tennis

Phil Kalz  
philip.kalz@gmail.com

### That's Entertainment

Cyrus Bharucha  
bharuchacy@gmail.com

### Travel Club

Carolyn Johnston  
carolynjohnston1@aol.com

### Veterans Club

Jerry Ackerman  
jackerman837@gmail.com

### Women's Club

Tere Dowd  
teredowd@gmail.com

### Special Interest Groups

#### Bible Study

David Stayshich  
dsstayshich@sbcglobal.net

#### Front Porch Democrats

Janet Dawson  
mistars@aol.com

#### Havurah

Cyd Baron  
cydbaron@yahoo.com

#### Rabbs Bayou Investment Group

George Bettinger  
gebetti@gmail.com

#### Sweetgrass Republicans

Dave Vrshek  
cubfan991130@sbcglobal.net

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#### Lynn Whelan

llwhelan@yahoo.com

#### Steve Williams

(281)-762-2950  
stevlind1@yahoo.com

### Copper Leaf

#### Sandra Salter

saundrakstx@gmail.com

#### Dean Jones

cdeanjones@gmail.com

#### Valerie Rucker

valerie.rucker@gmail.com

### Echo Bay

#### Helen Grace

(713)-478-4144  
lucky lady5549@att.net

#### Richard Danalutti

(832)-945-5282  
Rich6104594701@att.net

#### Gene Pfalzgraf

gpfalzgr@sbcglobal.net

### Escarpment Ridge

#### Larry Junek

larryjunek@yahoo.com

### Tom Lotti

(832)-216-7782  
tjlotti@com cast.net

#### Rick Garlock

(281)-703-7444  
rickcgarlock@gmail.com

### Grey Hawk Cove

#### Michael Donovan

(832)-945-2888  
rofmr26@gmail.com

### Heritage Park

#### Donna Coleman

(832)-449-3526  
donna.m.coleman@sbcglobal.net

#### Steve McCoy

sbo15000@aol.com

#### Steve Rayne

(281)-384-8816  
svrayne@comcast.net

### Knotted Pines

#### Allan Sturdivant

(281)-705-7767  
almastallan@sbcglobal.net

#### Janice Friery

(713)-397-3731  
janicefri@comcast.net

#### Jerry Judkowitz

jjukowitz@hotmail.com

### Lost Pines

#### Rick O'Hara

(979)-373-1529  
marrickoh@gmail.com

#### Beverly Porche

bcporsche@gmail.com

#### Ruthanne Callahan

ruthannecallahan@att.net

### Redbud

#### Debbie Russell

debbierussell76@gmail.com

#### Debbie Wall

(281)-788-0868  
debw1976@gmail.com

#### Myrleen Knott

myrleen\_knott@buffalo-flange.com

### River Pointe

#### David Stanley

djstan@ufl.edu

#### Marsha Jacklitsch

mjacklitsch@gmail.com

### Valley Oaks

#### Margie Fougeron

(317)-695-5458  
margiefougeron@hotmail.com

#### Lee Roach

(512)-667-4567  
roach.lee@gmail.com

### Whisper Springs

#### Greg Gibson

gl.gibson49@gmail.com

#### Sherry Theriot

stheriot23@gmail.com

### Wildflower

#### Beverly Ruffin

bwruffin@swbell.com

#### Joe Stucka

(832)-600-9378  
joe.stucka@gmail.com

#### Barbara Sobkowiak

Barbscbkowiak840@yahoo.com

### Windflower

#### Sharon Stutts

mcstutts@yahoo.com

#### Judy DeLavelle

judydelavelle@comcast.net

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kubans@comcast.net

### Windmill Glen

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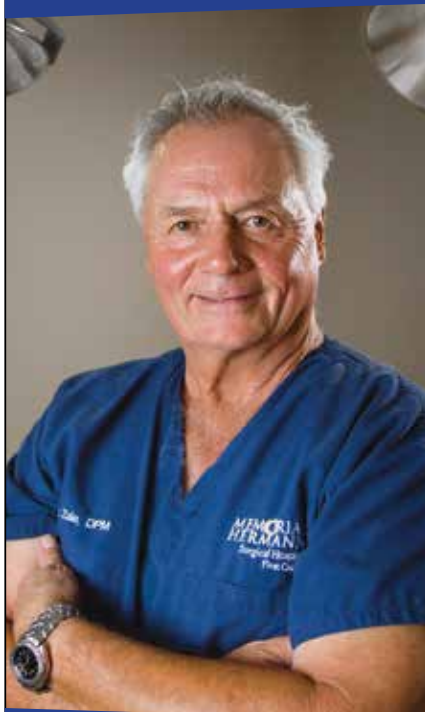
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