

SWELL LETTER
August 2024 Volume 4, Issue 8

Community Days with the Sisters of the Presentation

SWELL members Margie Reidy, Carol Wyatt, Judy-Zahren Kalb, Carrie Breitbach, and Kris Hermsen are Associates who volunteer their time working alongside the Sisters of the Presentation. **Inspired by Nano Nagle's legacy, Presentation Associates are women and men who feel called to a deeper spiritual life.** After a one-year program women and men can become associates who fosters a shared prayer life and commitment to the Sisters' mission of hospitality, service, and social justice.



Inspired by the work of Nano Nagle, Presentation Associates channel their talents through a vibrant network of 12 ministry committees. These committees offer diverse opportunities to utilize one's spiritual gifts while serving those in need. Initiatives include:
Social Justice: Raising awareness and advocating for issues like human trafficking.
Spiritual Growth: Facilitating faith discussions through religious book clubs.



Direct Service: Providing support through prison ministry and hospitality programs.
Through gatherings, retreats, and days of prayer, Associates maintain a close connection with the Presentation Sisters. Presentation Associates are part of a larger movement. Over 55,000 associates contribute their unique gifts to religious congregations and orders across North America.
Judy and Carol recently invited me to attend Community Days, an event where I could meet Sister Rosalyn and learn more about the Sisters' work and the Presentation community. Having been a Catholic school student all my life, I always saw the sisters as serious figures focused on maintaining order. But a recent visit to the Sisters of the Presentation for their Community Days completely changed my perspective.
The day was filled with laughter and joy. Sisters and associates alike participated in lighthearted games like "Jingle in the Trunk" and "Reindeer Ring Toss." It was heartwarming to see Sister Damian,



even at 104 years old, join in the festivities with her walker. Her presence was a testament to the life-giving power of social connection and prayer. This experience highlighted an important aspect of the Sisters of the Presentation beyond just having fun. Their core mission, as I learned, is rooted in service. Founded by

Nano Nagle in 1775, the order has a long history of ministering to the poor, symbolized by their lantern representing Nagle's tireless efforts.

Locally, the Sisters arrived in Dubuque in 1874 to educate the children of Irish immigrants. Their legacy continues today, with sisters and associates working alongside each other. Carol and Judy, associates who also serve as Eucharistic ministers at St. Columbkille's. The focus on education is another enduring value. The sisters' dedication to combining faith and knowledge has undoubtedly shaped generations of students, including myself. Their commitment to service continues to inspire, with sisters and associates actively involved in initiatives like the Multicultural Center's hospitality committee or celebrating earth day by helping with outdoor clean-up. Witnessing their spirit of joy and dedication firsthand left a deep impression on me. The Sisters of the Presentation, along with their associates, are a powerful force for good in our community, reminding us that wherever there's a need, there will always be a helping hand extended.

Associates and Employees Celebrating Earth Day



Presentation associates and employees, Radie Roberts, Carol Wyatt, Judy Zahren-Kalb, John Richman and Karen Freiburger, haul cut branches and rake up leaves, small twigs and pine Needles.



Above: Employees Lindsey Gapinski and Megan Lucas smile as they haul branches out of the woods near the lake at Mount Loretto.

--Gary



Attention SWELL Members!

Photos courtesy of Ruth Assmus and Gary

Because of special events at the CRWC and our successful relocation to Flora Park on July 1st, we're excited to announce a new, convenient location for our SWELL workouts! We had 26 at Wittman's on July 26th and it worked out great. We will make a few adjustments and continue to have class there on the following dates.

Dates August 12th, 14th, and 19th SWELL will be held at our residence:

Address: 16674 Wittman Hamm Ct., Dubuque, IA 52001

Benefits:

- Great exercise surface: We have a spacious, well-maintained area for comfortable walking.
- Ample parking: Plenty of parking is available in our yard and across JFK on Daisy Trail.
- Hydration and facilities: We'll provide healthy drinking water and restroom access for your convenience.
- Walking options: Choose from our long driveway/lane, exceeding the indoor track length, or venture onto the scenic Daisy Trail for a more challenging 2.75-mile walk with hills.

Safety first:

We'll ensure the grass is cut and swept, and a reminder to use caution when crossing JFK to access the Daisy Trail.

- Please come prepared:
- Dress appropriately for the weather.
- Bring a water bottle.
- Apply sunscreen if needed.

We're thrilled to offer this comfortable and convenient location for your SWELL workouts. We look forward to seeing you there!

16674 Wittman Hamm Ct on Google Maps

<https://maps.app.goo.gl/H7A5j3NyoJgspDSG6>

Sincerely,

Gary



Bo Anderson not pictured.

Three generations of Andersons shine at the Clover Cup! Deb Anderson cheered on her husband Bob, son Bo, and grandkids as they competed in the two-day, two-man best shot tournament at The Meadows golf course. Their teamwork paid off, with the Andersons claiming **both second and fifth place** in the championship flight! This impressive showing highlights the golfing talent that runs deep in the Anderson family, as they outplayed a field of over 44 teams.

Miles of Smiles

Family time was “Crystal” clear on road trips to the house on the hill.

By Bob Knepper, Dubuque, Iowa

SINCE MOVING to the Hawkeye State in 1979, I’ve probably made the trip back home to Crystal Valley at least 100 times, traveling more than 30,000 miles.



Crystal Valley

It’s been worth every second in the car!

My two-story childhood home sat on a hill across from my grandma and Uncle Gene’s farm about 5 miles north of Galesville in Trempealeau County.

We had 2 acres to care for at home, keeping me and my five brothers busy until we were old enough to help on the farm. We’d haul hay for Uncle Gene and help on the Willis dairy farm and apple orchard a few miles down the road.

There were four distinct seasons in Crystal Valley, and fall was our favorite time of the year. My dad, uncles, brothers and I would go hunting for partridge, squirrels, pheasants and deer. Once the snow fell, we’d go tobogganing down the neighbor’s hill.

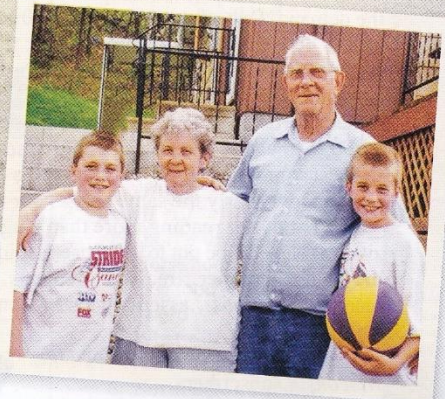
Crystal Valley had a one-room schoolhouse, which my two older brothers attended for a few years. Because of living deep in the valley, we had the distinction of being the first ones on and the last ones off the school bus.

Presents and Presence

When I was a boy, the families in Crystal Valley gathered every year for a picnic in the park. The men played softball,



ON THE MOVE. Bob Knepper’s son Kevin rides Dad’s old Schwinn Sting-Ray bike near his childhood home (below) in Crystal Valley. Kevin is pictured at right with grandparents Patricia and Edward and his brother, Mark.



and a large container of ice cream kept the kids coming back for more.

During a wedding reception one summer at the Willis farmhouse, a water cooler was filled with endless bottles of cold pop. What a welcome treat on a hot day...and a break from our usual glass of milk or Kool-Aid!

For my 10th birthday, in the early 1960s, I got a sporty Schwinn Sting-Ray bicycle

“They’d load up on Grandma’s home cooking...”

with a banana seat and high handlebars. With it, I’d cruise the 5 miles to Galesville in the summer to play baseball. It was a gift of independence.

In later years, this treasured present was passed down to my three younger brothers and eventually to my firstborn, who still has it today.

In 1971, I moved out of my childhood home to join the Air Force. But I’ve never really left this special place. In fact, its following only has grown.

With my wife, Karen, and our son Kevin in tow, we made the first of many 300-mile round-trip visits as a family to see

my folks at Christmastime in 1983. After our son Mark was born, the four of us continued the visits.

Back for More

Our boys never got tired of the adventure of a long weekend in the country and sharing good times with Grandma, Grandpa and other family members who’d stop by. They’d load up on Grandma’s home cooking and savor picnics, card games and sleigh rides.

In 1993, a year after Uncle Gene passed away, Mom had a cabin built on what was part of his farm. We enjoyed many family gatherings in the cabin “over the hill”.

These visits were all about family. Oftentimes, when we came back for a visit, we’d connect with one or more of my brothers and their families. My youngest brother, Steve, and his wife, Kris, still live in the valley today.

We made this scenic trip about four times a year until 2001, when my folks moved from their home of 55 years to a smaller home in Galesville.

They’re gone now, so as I look back on the carefree days of my youth and as a man with a family of my own, I cherish the memories of the time we spent together.

No matter where I live or where I go, the little yellow house on the hill in Crystal Valley will always be home.

What Do You Miss? If you’re a Wisconsinite who’s moved away, tell readers what you’ve come to miss. Email a story, and photo if you have one, to: editors@OurWisconsinMag.com and put “What I Miss” in the subject line. To send by regular mail, see the address on page 5.



Sideline: Wisconsin ranks 12th among all states in food, forestry and agricultural exports.

My husband, Bob Knepper, submitted a story and photos to the “Our Wisconsin” magazine last year. When we went to the mailbox on July 22nd, we were surprised to find a letter saying his story and photos were included in the August/September 2024 issue. I thought Swell classmates might be interested in reading this article.

--Karen Knepper

How Fit Are You? Test Yourself to Find Out

There are many ways to gauge how strong and healthy you are. Here are some of our favorites.

Credit...Clockwise from top left: Sarah Karlan, Ashley Barker, Gritchelle Fallesgon, and Adria Malcolm for The New York Times

By [Erik Vance](#)

July 23, 2024

Article submitted by Paul and Sue Schramm

Tests can tell you a lot about yourself. And some of them can give you an idea of your fitness level, by showing you where you need to improve and allowing you to track your progress.

But they can also be fun: How's your sense of balance? Can you hang onto a pull-up bar for 30 seconds? Can you get out of a chair 20 times in 30 seconds? How fast can you run a mile?

Learn to be flexible

To move comfortably through the world, you need to be flexible and mobile. Flexibility simply measures how far your muscles can stretch, and mobility measures how strong and stable you are as you move.

Both flexibility and mobility are difficult to regain once you lose them. Spending a little time maintaining them now can pay big dividends later. Here's how to check how flexible you are.

Check your power levels

Even if you are doing plenty of strength training, you might not be as powerful as you need to be. Power is the ability to deploy strength quickly, and it's crucial to aging well. If you slip, it's power that allows you to catch yourself before you hit the ground. Getting luggage into the overhead compartment, even opening a jar of pickles — that's all power. Take this simple test to find out if you need more of it.

Find a little balance in life

The best way to avoid slips and falls in the first place is to make sure you have a good sense of balance. Studies suggest that some 20 percent of older adults' struggle to stand on one leg for 10 seconds or more, and that a lack of balance can lead to accidents and injuries.

The good news is that it's never too late to regain your sense of balance.

A good fitness test gives you a snapshot of where you are and helps you set challenging but attainable goals.

Whether you are running a 5K, climbing a mountain or just developing your upper body a little, it's good to start with a test and then check in every few months after that.

A test for the seriously committed

If you are a little more serious about your long-term fitness, or perhaps training for a marathon, you might want to check your VO2 max. This test, which is the gold standard for fitness research, measures how well your body processes oxygen while exercising.

The procedure itself might sound intense — it involves running to exhaustion on a treadmill while wearing a Darth Vader-like mask — but it can give you a useful snapshot of your overall health.

Stay light on your feet

Most people don't think about the muscles in their feet until something goes wrong with them. But a few simple exercises to strengthen your "foot core" can go a long way toward improving your gait and preventing future problems.

One of the most famous fitness tests is also the most hated. Do you remember the mile run in elementary school? The sit and reach? How about the pull-up test?

If those memories send shivers down your spine, maybe it's time you reclaim the Presidential Physical Fitness Test.

While some of its components have been shown to be poor measures of fitness, others can still be useful.



The SWELL Test: Your Comprehensive Fitness Indicator

SWELL is the ultimate assessment of overall fitness, strength, and balance. Mastering all SWELL exercises equips you with the essential physical capabilities for a healthy, active lifestyle. As Gary emphasizes, SWELL performance directly correlates to your ability to navigate daily life with ease and vigor.

Erik Vance is a staff editor for The Times's Well desk.

Reviewed by Gary

Love that Lasts: Dedicated to family, community, Dubuque couple still in love after 57 years

Mel and Theresa Harvey wed on Sept. 17, 1966, at St. Anthony of Padua Catholic Church in Cambridge Springs, Penn.

Jul 9, 2024, Telegraph Herald

BY MICHELLE LONDON michelle.london@thmedia.com



Mel and Theresa Harvey were married in 1966.



Harvey began working as a coal miner in his hometown of Knoxville, Iowa, right after high school graduation. “I spent a year in the coal mine and decided I was smarter than that,” Mel, now 81, said. “A friend talked me into going to (the University of) Southern Mississippi.”

Theresa (Washabaugh) Harvey was born and raised in Panama. Theresa’s grandfathers were among the Americans who helped build the Panama Canal and chose to stay. They lived and raised their families in what became the Panama Canal Zone.

“It was like being on an Army post,” Theresa, now 79, said. “The military was there, but there were also 25,000 civilians.”

For her college education, Theresa chose the University of Southern Mississippi in Hattiesburg.

The boy from Iowa and the girl from Panama first crossed paths in a history class in 1962.

“I went in and I saw Theresa sitting in the first chair,” Mel said. “I knew her, but not well. One of my frat buddies in the back yelled at me to come to the back and sit with him. I thought, ‘No, I’ll sit here beside Theresa. I don’t think she’ll bite.’ Then we just started talking.”

Soon the pair began spending a lot of time together at the library, going to football games and studying.

“He was kind,” Theresa said. “He was also very intelligent. I admired his brain. But we decided we weren’t going to commit until we got our degrees.”

Mel knew they had a future.

“She’s a beautiful girl,” he said. “And very smart. And she was very nice to me. We liked the same things. I just felt I could commit to her.”

They kept their promise to each other and didn’t get married until after they both had their diplomas in hand. After college, the couple moved to Pennsylvania, where Theresa’s family lineage is from.

They wed on Sept. 17, 1966, at St. Anthony of Padua Catholic Church in Cambridge Springs, Pa. They have been married for 57 years and have four daughters — Rita Harvey, Mary Steding, Kathy Pritchett and Julie Schindler — and nine grandchildren.

After a year at Ohio State University, where Mel studied physical therapy and Theresa worked on campus, they moved to Peoria, Ill. But soon, there would be a glitch in their newlywed life. Mel was in Chicago taking a state board exam when his draft letter arrived in Peoria, where Theresa had just gotten the call that her pregnancy test was positive. With his PT skills, Mel entered the Army as a 2nd Lieutenant and worked as a physical therapist at Fort Leonard Wood, Mo.

“(After the Tet Offensive), they were sending so many soldiers that the hospital (population) went from 250 patients to 750 within a week,” Mel said. “It was terrible. But the experience I gained was invaluable.”

After his Army service, the couple moved back to Pennsylvania. Then it was on to Saginaw, Mich., and Indianapolis. The family of six eventually landed in Dubuque in 1985, where Mel founded the business that became Dubuque Physical Therapy.

Haitian congregation, but also travel there to assist the priest and worshipers with their needs, whatever they might be. Mel has made the trip to Haiti 25 times since 1996. Theresa has made the trip four times. In 2010, she, Mel and the rest of the group flew out of Haiti just a few hours before a 7.1 earthquake devastated the country.

Theresa got involved soon after that with sending meals to Haiti. She and others at the church partnered with a nonprofit, and eventually formed their own organization that packed and shipped meals to the earthquake-ravaged country.

“We have good people here in Dubuque,” she said. “The banks came up with \$20,000, and we packed 80,000 meals in a day. We did a book sale that raised close to \$9,000, and that paid for us to do another round (of meals).”

Mel also volunteers his time with the state’s Senior Health Insurance Information Program, (SHIIP) helping seniors navigate their way through Medicare. Both Mel and Theresa often bring meals or give rides to friends and neighbors in need of a pick-me-up. They enjoy traveling, cooking and gardening.

Daughter Rita, of Nyack, N.Y., remembers volunteering at an Indianapolis soup kitchen with her family. “That left an impression on all of us,” she said. “Our parents really impressed upon us the importance of public service.”

Daughter Kathy, of Lake Barrington, Ill., admires her parents’ commitment to their family, each other and their community.

“We saw that commitment with my mom being home with four girls,” she said. “My dad made sure he was at the dinner table every night. They gave us that gift of bringing our family together, and showing our kids that even as you age, you can play games, sit at the dinner table, tell stories, do things together. That’s pretty powerful.”

Rita said she and her sisters know that everything her parents have done for their family and for each other wasn’t easy.

“Relationships are a lot of work,” she said. “They were no exception. I know they work really hard at it.”

Kathy said her parents are the walking definition of young at heart.

“No one believes they’re the ages they are,” she said. “They take care of each other the way we all want to be taken care of.”

Mel said he wouldn’t have it any other way.

“There’s ups and downs, but we made a commitment, and we believe in it,” he said. “And we’re still in love.”

Irish Mustard Potato Salad By Gary

Irish Mustard Potato Salad like mom made with hard-boiled eggs, radishes, dill pickles, and green onions. Dressed in a delicious mayonnaise/mustard combination, this potato salad is wonderfully creamy with lots of mustard tang.



- 3 pounds russet potatoes, peeled and cubed
- 1 tablespoon salt
- 1/2 cup sliced dill pickles
- 1/2 cup green onions
- 4-6 large, hard-boiled eggs, peeled and sliced
- 1/2 cup sliced radishes
- 3 tablespoons yellow mustard
- 3/4 cup light mayonnaise
- 1/4 teaspoon salt
- 1/4 to 1/2 teaspoon black pepper or grind to liking
- 1/4 teaspoon paprika

Instructions

- Place potatoes in a medium pot and cover with water. Bring to a boil. Add salt and reduce heat to maintain a simmer. Simmer for 10 to 12 minutes or until soft when pierced with a fork.
- Drain potatoes well and return to the hot pot. This will evaporate excess water.
- Place the green onions, eggs, pickles and radishes in a large bowl.
- Add potatoes, mustard, mayonnaise, salt and pepper. Stir well, chopping up the potatoes some as you stir.
- Refrigerate for at least 2 hours.
- Sprinkle with paprika just before serving.

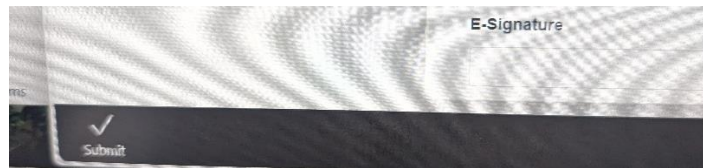
2024 Dates

Time to sign-up for SWELL

SWELL Registration:

Online Waver Form (Required):

1. Click the link below to access the online waver form:
 - o <https://dbqcentral.etrive.cloud/?isAnonymous=true#form/193>
2. Complete all fields on the form, including the E-Signature and Date at the bottom.
3. Click the "Submit" button located in the bottom left corner within the black margin.
(Tip: Look carefully for the button!)



Payment for SWELL:

1. You can bring a check or cash of \$100.00 made payable to Gary Wittman.
2. Place the payment in a sealed envelope with your name clearly written on it.
3. Bring the sealed envelope to Gary during class.

SWELL at Gary's house

August 12-14-and 19

SWELL Picnic at Gary and Lisa's house

Wednesday October 2nd, Rain date Thursday October 3rd.

Upcoming performances at the Heritage Center

BritBeat new music set.

Saturday October 19, 2024, 7:30 p.m.

We will submit money in an envelope and hand to Gary.

We will submit money in an envelope and hand to Gary.



THE STAFF

Editor..... Gary
Feature Writer Gary
Submitted Article by By Bob and Karen Knepper
Submitted Article by Paul & Sue Schramm
Healthy Recipe..... Gary

Thanks to those who submitted wonderful articles to our SWELL newsletter.