

SWELL NTTER
December 2023 Volume 3, Issue 12



**Don and Wilma Sander, a Role Model for Us All
73 Years of marriage and 35 years of SWELL**

The Adventures of Kelly and Terry Bergfeld



As cooler temperatures begin to surround me, I dream of warmer weather and where I would like to explore in the upcoming year. As I anticipate what may be next, it also takes me back to our adventure this past year. Gary asked me many weeks ago to share a snippet of our travels with everyone at SWELL, and I'm sure he will be very surprised I finally

put pen to paper, (actually it's finger to screen these days).

My husband Terry and I had no real destination in mind, only that we were



heading west. Our plan was to camp our way to the coast and back for however long it took, a taste of the gypsy lifestyle one might say. We loaded a trailer with our kayaks, bicycles, trike, and the motorcycle camper, said a few prayers, and away



we went.

In all, including Iowa, we were in 13 states during those 6 weeks away from home. I will share a few of our favorite memories with you.

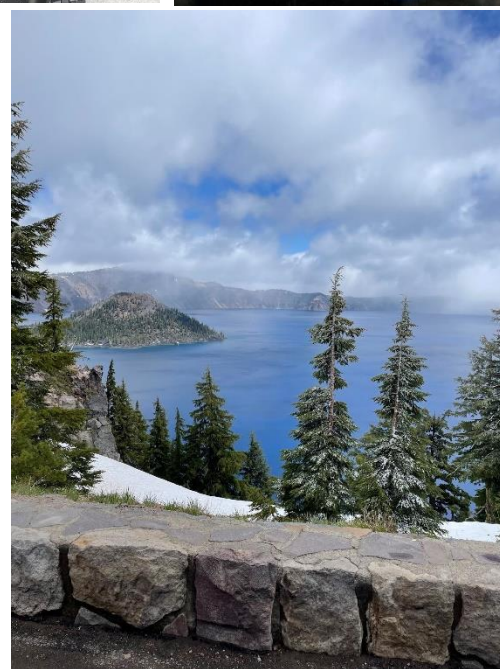
A friend of ours set us up in the middle of a 1600-acre ranch near Estes Park Colorado. Within those many acres there were mountain lion, bear, and a large

herd of elk. Thankfully the elk herd is all we saw during our stay. They left deposits near the tent during night which required a watchful eye while exploring. Todd provided an outfitters tent which thankfully included a wood stove as we woke to snow and 20-degree temperatures a few mornings.

Crater Lake in Oregon was beautiful! Thankfully the fog lifted for a short while so we could see just how beautiful it is.

Some other places we visited, Mt. Shasta, Northern California, Colorado National monument, Rocky Mountain National Park, Bonneville Salt Flats, Utah, Redwoods, California, Glacier National Park, Yellowstone, Montana (my favorite), South Dakota.

The trip was quite an adventure filled with fun memories and varied weather (I actually used the hail from one storm to replenish our cooler!). I had no idea just how loud the hail would be when it hit our little tent on wheels



Why Should We Bring Our Weights to SWELL?

Every Monday, Wednesday, and Friday we get weight out of the car and carry them to our spot in the CRWC. We may ask ourselves why Gary why? Is it that important? Maybe we could just bring our mat and do Tai Chi. That should be good enough. Are weights really that important.

Yes, hauling those weights out of the car three times a week might seem like a chore, but the benefits you reap from strength training are worth it. While Tai Chi offers its own advantages for balance and flexibility, weight training provides a unique set of benefits that shouldn't be overlooked.

Here's a closer look at why strength training is so crucial, especially for older adults:

Stronger bones and muscles: (Satcher 2023) As we age, bone density and muscle mass naturally decrease. This can lead to osteoporosis, frailty, and an increased risk of falls and injuries. Strength training helps combat this by stimulating bone and muscle growth, making you less prone to these issues and keeping you active and independent.

Reduced body fat and toned physique: (Mayo 2023) Weight training not only builds muscle but also boosts your metabolism, allowing you to burn more calories throughout the day, even at rest. This leads to reduced body fat and a more toned physique, improving your appearance and overall health.

Improved mental and emotional well-being: Studies have shown that strength training can help alleviate symptoms of depression and anxiety, boosting your mood and self-confidence. Feeling physically strong can translate to feeling mentally and emotionally strong as well.

Enhanced independence and quality of life: By building strength and preventing disability, weight training helps you maintain your independence and stay active in the activities you enjoy. This translates to a better quality of life as you age.

So, while carrying those weights might seem like a burden now, remember the long-term benefits they offer. Think of those weights as an investment in your future health and well-being.

Science

Building muscle mass: Muscle tissue is more metabolically active than fat tissue, meaning it burns more calories even at rest. As you build more muscle through strength training, your resting metabolic rate (RMR) increases, which means you burn more calories overall throughout the day, even when you're not actively exercising.

Enhancing fat-burning processes: McCarthy (2021) Strength training induces the release of vesicles (little bubbles) from muscle cells that travel to fat cells and trigger fat-burning processes. These vesicles contain microRNAs, which are small molecules that regulate gene expression. In fat cells, these microRNAs appear to promote the breakdown of fat into fatty acids, which can then be used for energy or stored in the liver.

In addition to these two main mechanisms, strength training may also help reduce body fat by improving insulin sensitivity. Insulin is a hormone that helps regulate blood sugar levels, and when you're insulin resistant, your body has to produce more insulin to keep blood sugar under control. Excess insulin can lead to increased fat storage. Strength training has been shown to improve insulin sensitivity, which can help reduce fat storage and promote fat burning. Overall, strength training is a powerful tool for reducing body fat and improving overall health. It can help you build muscle, boost your metabolism, and enhance fat-burning processes. Aim to incorporate strength training into your routine at least two to three times per week for optimal results.

Conclusion

Absolutely! Keep up the great work and dedication to your fitness journey. Strength training is an essential part of maintaining overall health and well-being, especially as the years roll on. It not only helps prevent chronic diseases but also improves balance, coordination, and overall fitness. Remember, SWELL is more than just something we do; it's a way of life that promotes continuous improvement and embraces a healthier, more active lifestyle.

Satcher, David M.D., Ph.D. Director, National Center for Primary Care Morehouse School of Medicine United States Surgeon General, 1998-2002 "Growing Stronger - Strength Training for Older Adults" Center for Disease Control and Prevention Retrieved (2023)

Mayo Clinic staff "Strength Training" Healthy Lifestyles Fitness Retrieved (2023).

McCarthy, John Professor of physiology at the University of Kentucky, Lifting Weights? Your Fat Cells Would like to Have a Word. New York Edition with the Headline News (July 27, 2021): Section D, Page 6.

Suzanne Pauley



I've lived in Dubuque my entire life. I married my husband Mark in February of 1973. We just celebrated our 50th Wedding Anniversary by going on a Caribbean Cruise. We have 2 daughters, a son-in-law, and 3 wonderful grandchildren. I worked at the Dubuque Packing Company for many years and from there went on to work at Barnstead Thermoline. I recently retired from Ennoble Manor. Since retiring, I stay busy working in our yard, planting flowers, helping with grandkids, and spending time with our English Cream Retriever, Rizzo, whom is more like a 3rd child! He enjoys having me home with him and requests daily walks and rides down by the river! I also work a couple days a week at Wahlert serving lunch to the students. I began the SWELL Program in September 2023 and am so thankful that I joined! The socialization that the program brings has been awesome! I feel energized the entire day after a class. I also enjoy the coffee dates after class with my friend Mary Cooper!

Mary Cooper



I started SWELL in September 2023 and enjoy the people; everyone has been so friendly! It has been a great way to get out and meet new people. I have 3 sons, 3 daughters-in-law, 2 grandsons, and 2 granddaughters. I have a Golden Doodle, Macy, she is great company for me. We enjoy spending time outside and going for walks by the river. I worked at John Deere for nearly 10 years and from there went to work at Ennoble Manor. I retired from Ennoble after 38 years. Since retiring, I spend a lot of time in my woodworking shop, reading, watching football, visiting local casinos, and spending time with my grandkids. I enjoy relaxing by the river, baking cookies, and making homemade turtles. I also work a couple days a week serving lunch at Wahlert with my friend Sue Pauley!

Pat Friedman



Hi Gary, thank you for the newsletter article opportunity. Sometimes in class people will come up and ask me where they might have met me. I've been retired 18 years so time and memories march on. My careers have let me have many opportunities to meet a lot of people. My name is Pat Friedman. I became a SWELL member in September this year. Although I am limited with some activities I can do, I still enjoy getting together to do what I can. I attempt to walk every day especially at UD with the free walking time from 11-1 Monday – Friday. I am a widow and have a large family. There are 5 children and spouses, 11 grandchildren and 1 great grandson. I have no pets of my own but 3 grand dogs. My husband was Dick, he retired from the family Independent Insurance agency The Friedman Group started by Dick's Grandfather. We both retired at the end of 2004. On our bucket list

was to do The Great Loop. This is a boating trip which circumnavigates the eastern half of the United States. We took our boat called Another One, south in the fall of 2004 so we wouldn't have to winterize it. We left it in Tennessee. We left Dubuque then went down the Mississippi to the Kentucky Lakes area on the Tennessee Tom BigBee waterway, then south to the Gulf of Mexico. Crossed the Gulf of Mexico diagonally from Carabelle. What was most interesting about that is we were the only boat doing the crossing, had a friend on board who had done the crossing as a charter captain. We left at midnight in pitch black conditions just a spotlight and compass headings on a chart plotter. We were 150 miles offshore. It was a 12-hour trip. The reason for overnight crossing was in the morning the waves were going to be 6-8 feet. The trip took us south around the tip of Florida up the Atlantic and on the Intercostal. Arrived as planned to dock close to the Statue of Liberty in New York harbor for 4th of July. Then we went north crossed into Canada on the Trent Severn Waterway. Back to Lake Michigan, south to Chicago, the Illinois River, and then north on the Mississippi and we were home. The trip lasted nearly 9 months, was about 7500 miles and we used 9000 gallons of diesel. When the trip started it was \$1.40 a gallon marina prices! Truly a trip of a lifetime. We were die hard boaters!

During the retirement years we had together, some of those years were spent in Apache Junction AZ where we owned a park model. After living on a boat, you can live in 400 sq ft. We later added an addition.

My work in Dubuque covered a variety of types of careers but they did tie together. I moved to Dubuque in 1977 and started selling radio advertising for WDBQ then moved to our sister FM station KLYV, as Sales Manager.

In 1985 I went to Skokie IL to work for a developer of commercial office buildings.

I came back to Dubuque and was hired as Executive Director for Dubuque Main Street Ltd, the downtown development company. If you remember the downtown of the 80s there was a lot of work to be done. This was prior to the riverfront development and the ice harbor.

I worked there till 1994 and went to start the Commercial Real Estate division for American Realty. In 1996 started my own company Friedman Realty and Development, later changing to Prudential Friedman Realty. My favorite love was commercial sales, leasing, and development, but I did residential sales also. I was a selling Broker owner and also had 29 agents. They were great working years. I have often said I was lucky to have had the years of the biggest changes in our city between 1977 and 2004. To be a part of those growth times and change was very special to me. Also being a female in basically male oriented businesses or divisions of businesses had its challenges, in the end things worked out.



Lastly something interesting. I am a licensed Master Coast Guard Captain. On paper after going to school I was licensed for up to 100-ton vessel which is equivalent to a towboat for pushing barges. That being said, many more hours in actual vessel handling and schooling to be able to do that! Also, one of the reasons for the license was Dick and I entertained doing boat deliveries for people to Florida. A friend Pam Linden and I who at the time had a boat brokerage firm, planned to teach classes for women with basics like tips for docking and knot tying etc. She went to Captains school with me. Interesting times to be only women in the classes! But that's another story.



**December 13th Picture Day and Holiday hat Contest. Prizes to the top 3 Hats.
Let's set the record for the largest SWELL attendance.**

Healthy Recipe by Gary Wittman

Ingredients for Healthy Bran Muffins

- 1 and 1/2 cups (195g) **whole wheat flour** (spooned & leveled)
- 1 and 1/2 cup (52g) **I used Kellogg's All Brand Original cereal.**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **ground cinnamon**
- 1 large **egg**, at room temperature
- 1/2 cup (170g) honey or **I used pure maple syrup.**
- 1/3 cup (75g) **coconut oil**, melted.
- 1/3 cup (60g) **unsweetened applesauce**, at room temperature
- 1 teaspoon **pure vanilla extract**
- 1 cup (240ml) **nondairy milk*** (or dairy milk), at room temp. **I used unsweetened vanilla almond milk.**
- 1 cup (about 100g) **raisins***
- 1 cup (about 100g) **walnut pieces***
- **Use Double recipe for 12 jumbo muffins**



They are very moist and tasty, everyone liked them.

Instructions

- Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or use muffin liners.
- Whisk the flour, wheat bran, baking powder, baking soda, salt, and cinnamon together in a large bowl until combined. Set it aside.
- Whisk the egg, honey, melted coconut oil, applesauce, vanilla, and milk together in a medium bowl until combined. Pour the wet ingredients into the dry ingredients and whisk to combine. Switch to a rubber spatula or wooden spoon and fold in the raisins (or other add-ins).
- Spoon the batter evenly into liners, filling them all the way to the top. Bake for 5 minutes at 425°F, then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 14–15 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 20 minutes, give or take. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.



Times and dates that we will not be able to have SWELL 2023-2024

The CRWC or indoor track is closed.

There may be more dates that come up throughout the year. The University of Dubuque policy is students first, so we need to be flexible and appreciate what we have.

2023 Dates

Friday December 22, 2023, No Class
Monday December 25, 2023, No Class
Friday December 29, 2023, No Class

2024 Dates

Monday January 1, 2024, No Class
Monday February 19, 2024, No Class
Friday March 29, 2024, Flora Park
Monday May 27, 2024, Flora Park

THE STAFF

Editor..... Gary Wittman
Autobiography..... Suzanne Pauley
Autobiography..... Mary Cooper
Autobiography..... Pat Friedman
Feature Writer..... Kelly Bergfeld
Feature Writer..... Gary Wittman
Healthy Recipe..... Gary Wittman

We are looking for feature writers each month, try your hand at it.
Suggestions (Vacation or travels, sports, important milestones like anniversaries, and hobbies).
Email articles to: garydonaldwittman@gmail.com