

Dubuque HomeBuilders and Associates



During the Home builders Holiday celebration President Joe Mozena and Gerb Smith were honored to present the 2022 Ron Smith Award to SWELL members **Tim Pancratz and his wife Mary Kay**. Tim was an outstanding home builder and member of the Dubuque Home Builders Association.



I don't think my dad has looked at LinkedIn since he signed up years ago. He's never needed it, as he always handled himself with integrity and professionalism; people came to him. When he ran his own business. When he worked for others. People knew Tim Pancratz would get the job done on time, with high quality, and with professionalism. This award he received on Friday night is a reflection of that; an award based on the respect of his peers in memory of his friend. He was shocked (he retired 2 years ago and didn't think he'd be considered). His family, friends, and peers were not shocked. Just proud.

Son Danny Pancratz

Jasani Williams



My name is Jasani Williams, and I am a junior majoring in Wellness and Exercise Science and I am a member of the women's basketball team here at the University of Dubuque. I'm from Kenosha, Wisconsin where my immediate family resides consisting of my parents, 3 sisters, 6 nieces and nephews, as well as my cat Dinka. In my free time I like to exercise, spend time with friends and family, and I like to travel. With my major, I either intend to be a performance/ strength and conditioning coach or work as an exercise physiologist in cardiac rehab. I'm very excited to have this opportunity with the SWELL program and I'm looking forward to gaining more experience.

Mary Hoelscher



My name is Mary Hoelscher, and I am recently bereft. I have lost my love of 48 years, and can't change that. I know him a little better from reading the cards and letters sent to me. Who can ever fully know another person?

I have been doing exercise here for one year. I like to exercise, though I didn't when I was younger. I just lived life as it came, and a lot of that was running after five children, and teaching them their first sports, before my husband took over. I became a nurse too, somewhere along the way, and worked the longest and hardest for Hospice of Dubuque.

I like to go on long walks with friends, and put a kayak in the pickup, and go somewhere in the Tri-State area. I love to read books, including theology, poetry, and spy thrillers. Also, I am trying to make a "not-quite-pro" quilt for each of my 12 grandchildren. I like the Swell group because they ooze friendliness, kindness, and enthusiasm.

Jim and Loretta Crippes



Both of us spent most of our lives in Dubuque. We met at a Friday night dance at the age of fifteen at St, Anthony's church where we still attend. We have four children, nine grandchildren and two great grandchildren. Jim worked at Dubuque Packing Company and Loretta worked at City of Dubuque Housing Department. We both retired at the same time and then attended Gary's exercise class at Loras. We learned quickly that we should forgo the Iowa winters and spent twenty years going to Arizona from November to April. This year we thought we wanted to stay closer to home and joined the SWELL group to keep us active. It sure has given us a way to stay healthy. Thanks, Gary, for everything you do.

Julie Burgmeier Travels to New Zealand



Hi Gary, Here is a brief description of the trip:

I traveled with the Sierra Club to the South Island of New Zealand in late November.

We spent close to 3 weeks touring the island, hiking each day, and learning about the Māori people, the islands culture and the land's biodiversity.

Our journey began on the East Coast in Christchurch and took us on a loop around the island. We traveled to Papatua, Abel Tasman/Mount Cook, Nelson Lakes, Arthur's Pass and Fiordland National Parks. The island is incredibly beautiful and rugged! I enjoyed all that we did, but some of my highlights were swimming with the dolphins and seeing Glo Worm caves.







Exercising and being mobile has always been a priority to me so Gary’s class and the U of Dubuque’s facilities is terrific. Walking gives me great joy and I try to walk some distance every day. Yoga, biking, and horseback riding have always been other sources of great fun and exercise for me.

After teaching elementary art for 25 years, my life evolved into traveling with my husband to places throughout the United States, Europe, and Australia to see and experience great art through architecture, museums, galleries, gardens, castles, etc.

During my travels, I have made a goal to see all the National Parks and have been able to photograph & experience 43.

Michelle Leland



Happy New Year to my fellow SWELL members.

My name is Michelle Leland. I was introduced to Gary’s SWELL class in April 2022 by fellow member and friend Lin Ricker.

I have always enjoyed exercise in any form, starting at a young age with Ballet classes, Cheerleading in high school, running and yoga, skiing, swimming, and Jazzercise now as an adult. In our SWELL classes, I enjoy the stretching and the Tai chi the most. Tai chi is so calming.

And what a wonderful way to end class with a prayer.



I was born and raised in Dubuque (one of 7 siblings). My parents were Daniel and Christa Welu, my mom was from Germany, born in Leipzig, Dad is a native of Dubuque. Father had a career in Banking, my mother was a busy stay at home mom with many talents. They were such a loving pair and great role models. They introduced us all to the love of Arts and the importance of exercise.

I attended Holy Ghost grade school then Hempstead High School then on to Capri Cosmetology College. I just retired after 41 years as a Cosmetologist. I still stay connected with several clients in the form of exercise and lunching with them.

I married my husband John Leland in 1988. He is a UD graduate; John has his BA in Communications. He worked at Brown Publishing (which changed names and was bought sold several times, is currently McGraw Hill) for 24 years and he now is in the offices at Hodge Companies as a Equipment Sales Coordinator, he plans to retire in 2-3 years and I have him on the list to join our SWELL class.

We enjoy exercise, music and theatre, John enjoys Hawkeye sports, I love the school band at halftime. John also plays guitar as a hobby. We both are big readers. I adore reading, prefer History subjects. I love classical music and Opera. Dubuque has a talented Symphony. But a part of me still connects with 70’s rock music and Motown, music moves me. I also volunteer at the Dubuque Library, and I am in the Fellowship at 4-Mounds, we organize fundraising to support several programs there.

My family lives close, I have a brother in Dubuque and sisters in Davenport and Iowa City. We get together often; John and I enjoy our nieces and nephews and are so proud of them all. We went to their school functions, they chose the Arts, music, show choir. John sometimes would lean over a whisper in my ear(why couldn’t they have chosen to play basketball!) He got used to it though. We babysat often and I also volunteered in their schools when they were young. I tried not to embarrass them too much! My parents have passed. John’s parents are Roger and Eileen Leland from the Albert Lea area in Minnesota, they relocated to Dubuque, his Father was a Chemical engineer and his mother a teacher. Sadly, his father

passed but John's mother is still with us here in Dubuque, still in her own home at 88. He also has two brothers in Dallas Texas that we visit often. (it's warmer there). We are blessed to have close ties with our family.

So, in closing
See you in



I will end as I started by wishing everyone a Happy and Healthy New Year.
class.

Randy and



Linda Glass



We have 2 married daughters, Jody, and Elly, that live in Bettendorf.



Between them there are 4 boys ages 10 to 14, and one darling 3-year-old girl who everyone dotes on.

Linda joined Swell July 2021, after Randy's sister Dianne Uthe recruited us. Back then class was at the

Flora tennis courts, rain or shine. Randy joined In March of 2022.

When you are both members, you can shame the other one into going to class, actually unless we are traveling, we usually show up in the family corner at Swell.

We are both retired from: Randy, City park department and Linda, RSM, accounting. Retirement is way better than both of those jobs.

When the weather is good, we go camping in our Little Guy teardrop camper. Summer of 2023 we are headed to Glacier National Park. When I made our reservation there were Moose in the managers back yard, and her 4 St. Bernard's were howling.

We love everything about Swell, the variety of exercise, and especially the positive friendly people. Gary you are something of a local celebrity, when we tell friends to join, everyone knows Gary. Thanks for your commitment.

Margie Klostermann



I joined the SWELL class in April of 2022. I enjoy seeing and visiting with the members and of course the exercise is enjoyable too - just the right amount of movement and stretches!! I try to walk and talk for 30 minutes before class. I grew up in rural Dubuque county and graduated from Viterbo College in LaCrosse, WI with an education major in 1971 and received my master's degree in Reading/Language Arts from Clarke College in 1990.

I taught in the Western Dubuque school district for 34 years. Then I subbed in the Dubuque schools and was fortunate to get full year contracts at several schools and for 6 years was a half time Reading Specialist. When the pandemic hit in 2020, I retired for GOOD!!

Before the pandemic I did some traveling - my favorite places are Long Beach, CA to visit my sister, Portland, OR to visit my nephew and the coast of Maine with friends.

I enjoy the SWELL class because of its availability 3 times per week and I can work at my own pace! Thanks Gary, for organizing and leading the class!!

Jill Becker



I joined Swell in MARCH OF 2022. i am retired from American Trust & Savings Bank after 50 yrs. in 2019. My husband, Fran and I have been married for almost 42 yrs. We have three sons who we are very proud of. Jeff is a lawyer for a health insurance company in Madison Wisconsin. Matt is a Internal Medicine doctor at the University of Iowa Hospitals and Clinics in Iowa City. Nick is a journeyman for Geisler Bros. in Dubuque. We also have four beautiful grandchildren, Brayden, Cadence, Gus, and Daphne who keep us very busy. I also belong to Weight Watchers and became a Lifetime member a week ago. So far, I have lost 37lbs. and I am going for 50lbs. After sitting around for two years because of Covid, Swell was just what I needed. I love all of the different exercises that we do. I love doing Tai Chi. It is so relaxing. Thank you, Gary, for getting me off the couch and start moving again.

Sherri Treanor



I Believe I joined Swell sometime last April; Gary would kindly remind when I would run into him out and about at of course the grocery store! He would tell me I was cutting it close with class filling up. (I believe it was way back in October of 2021 he was prompting me to join) I'm so glad he kept at me as I so love the class and the wonderful people around me every day! I'm from a family of 13 grew up in Key West as did Gary's wife Lisa did! One of the "Kearney Girls" as Gary would say! So, I love the social part too of being around people! My Husband Rick and I have two daughters, two wonderful son-in-law's and five darling grandsons! Our oldest daughter Tiffany coached women's soccer at Wartburg college for 11 years, she her husband Brian & family have since moved to Lexington Virginia for head women's soccer coach at Washington and Lee university this past fall! Beautiful country! Our youngest daughter Sheena, husband Brett and three boys live in Waukee,



Iowa! I'm a retired cosmetologist, and my husband Rick is a plant superintendent at Morrison brothers' company here in Dubuque. If I'm not at class, I'm either traveling to the beautiful country of Virginia or heading west of Des Moines to be with my other darlings.! When my husband was a freshman at Wahlert, and Mr. Wittman was a senior at Wahlert they ran track together (just a little trivia) my past time I love to read books and I love putting puzzles together! And I love spending time with friends! Thank you, Gary, for all you do. It's a great class.!

Seven Ways to Get You Out of the Winter Blues

I was reading an article written by Taylor Leamey who is Certified as a Sleep Science Coach and holds degrees in psychology and sociology. The article is titled "Let's Talk About Mental Health: 7 Habits, that'll Make you Happier in 2023." Taylor invests hundreds of hours studying and researching mental health. Her most important certification is that she writes about things that I have studied and researched LOL. It is important during this time of the year to focus on mental and brain health. KKTU is a television station in Colorado Springs, Colorado, affiliated with CBS, they nicknamed the third Monday in January "Blue Monday or the most depressing day of the year. Their team compiled statistics on three factors. On this third Monday of January many people are feeling the failure of their News Year's resolution, getting credit card bills back from holiday spending, and the cold winter months continuing on with no relief in sight. Taylor has outlined 7 ways we can work our way through this trying time.

1. Develop a relaxation routine. Many of these winter days you feel tired or stressed out. SWELL has a solution for you. The SWELL website has audio tracks that can help you with this tired stress time. Click on www.dbq.edu/SWELL click on and follow our Tai Chi lessons, lie back and listen to the audio track Relaxation the night before, or practice our 15-minute Transcendental Meditation.
2. Practice gratitude, Taylor points out that you can reduce stress and lessen depression symptoms simply by being grateful for your life and the people around you. Self-awareness reflects how we treat people. Are you positive or negative? Be kind and helpful to others and you will understand how being grateful can change your mood making you more positive and happier.
3. Value Social interaction or sharing time with others will decrease your feelings of loneliness. Everyone is different, some of us need more social interaction than others. If you are happy and not lonely you probably
4. have the correct amount of social interaction. If your lonely, get out there and interact with others.
5. Physical health, we need 7 to 9 hours of sleep per night. You might say that you are having trouble sleeping. Try our audio link "[Relaxation the night before](#)" to help you go to sleep or back to sleep when waking up in the middle of the night. You will find our website link posted above. Eating healthy and drinking plenty of water will help your body and mind function at a higher level. Your brain is 60 percent water. When we are dehydrated, we may find that we are more forgetful. Exercise will help you sleep better, control your body weight, and stimulate your brain as well.
6. Taylor says that you can become more anxious, depressed, feel inadequate, and have trouble sleeping with too much social media. I agree with her. There are so many things you can do with your time other than going on Facebook, Instagram, Snapchat, or Twitter. Spend more time going for walks, reading books, and meeting with friends face to face.

7. Journal your feelings, many universities and mental health agencies have found out that Journaling each day for around 15 minutes can reduce stress, depression, and PTSD.
8. Make yourself laugh to reduce anxiety and stress. You can watch online Roku TV that has free movies and TV shows. Old sitcoms like Bewitched, The Mary Tyler Moore Show, Murphy Brown, and That Girl quality TV shows from the past. These sitcoms are funny and are without some of the negative connotations we see on today's TV shows.

So, if you are feeling the winter blues try some of Taylors suggestions and make your 2023 happy, relaxing, and stress free.

--Gary Wittman

Taylor Leamey Sleep Science Coach (Dec. 25, 2022). Want to Be Happier in 2023? Start Using These 7 Daily Habits. CNET. Retrieved January 20, 202

Mary O'Hea



I joined Swell in April of 2021 and have enjoyed the classes immensely - especially the upper body and balance exercises. Starting in December of 2021 I developed some medical problems and was unable to attend until December of 2022. I am so happy to be back at Swell. I have also been taking advantage of the Community Walking program at UD. I retired from Frank Hardie Advertising after many wonderful years and have been enjoying many more wonderful years visiting my children (5) in the various cities in which they live and traveling with them to other places.

Since retirement I have also been able to take advantage of all the opportunities available for volunteering in Dubuque. Currently I drive for DuRide, deliver casseroles for Convivium and books for the library. I have met so many great people through volunteering, just as I have met many through Swell. Life is great, especially when we can keep active.

Martin Luther King Jr.

Make sure you pay tribute to Martin Luther King. 100 years after Lincoln's Emancipation Proclamation, Martin Luther King Jr. had one of the most iconic speeches in American history.

"**I Have a Dream**" is a public speech that was delivered by American civil rights activist and Baptist minister Martin Luther King Jr. during the March on Washington for Jobs and Freedom on August 28, 1963. In the speech, King called for civil and economic rights and an end to racism in the United States. Delivered to over 250,000 civil rights supporters from the steps of the Lincoln Memorial in Washington, D.C., the speech was a defining moment of the civil rights movement and among the most iconic speeches in American history.

Beginning with a reference to the Emancipation Proclamation, which declared millions of slaves free in 1863, King said "one hundred years later, the Negro still is not free". Toward the end of the speech, King departed from his prepared text for a partly improvised peroration on the theme "I have a dream", prompted by Mahalia Jackson's cry: "Tell them about the dream, Martin!" In this part of the speech, which most excited the listeners and has now become its most famous, King described his dreams of freedom and equality arising from a land of slavery and hatred.

Jon Meacham writes that, "With a single phrase, King joined Jefferson and Lincoln in the ranks of men who've shaped modern America". The speech was ranked the top American speech of the 20th century in a 1999 poll of scholars of public address. The speech has also been described as having "a strong claim to be the greatest in the English language of all time".

From Wikipedia, the free encyclopedia

"All SWELL people walk hand in hand regardless of color."

-- Gary Wittman

Jim Delaney



Hi, I am Jim Delaney and after watching my wife of 48 years, Jean, go off to her new exercise class called. SWELL for a couple of months and telling me how great it was she finally convinced me to try it. So, I started around March of 2022. I have always tried to be active, participate in sports, and go to the gym to stay fit but the pandemic made it much easier to sit around and do nothing. I also retired recently from the chemical plant outside of East Dubuque after 43 years of working swing shifts and long hours of making fertilizer. I immediately liked the class and felt that I fit into the program. All the aspects of the SWELL program provided some great benefits, from working with light weights to keep muscles toned and improve balance. I particularly enjoy the Tai Chi to help center myself with breathing, body movements, and relaxation techniques. The work done on the mats to improve flexibility and stretch parts of my body that just get tighter and tighter as I age helps

me feel younger than my 68 years. I have enjoyed meeting many new people and reconnecting with some old friends. Our instructor Gary is someone I went to grade school with! Trying to stay young by exercising the brain to remember names and faces has been challenging but rewarding and fun. I enjoy golfing, reading, used to do a lot of woodworking but not so much anymore, and do-it-yourself projects around the house. We have 4 boys and 3 grandchildren. No big claims to fame for me. Just doing the best I can to make my family and community the best they can be.

Healthy Recipes by Sue Olson



Appetizers to enjoy veggies and good protein during Valentines and Super Bowl activities:

TURKEY SAUSAGE BALLS

ingredients: 1 pound ground turkey or organic ground chicken
1 egg, pasture raised
1/2 Cup blanched almond flour
3 TBSP diced onion
1 tsp onion powder
1 tsp dried rosemary
1 tsp paprika
1 tsp dried oregano
1/2 - 1 tsp red pepper flakes
1 tsp black pepper
1 tsp sea salt

INSTRUCTIONS:

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.
2. In a medium mixing bowl, using your hands, combine all the ingredients, well mixed.
3. Using a 1 Tablespoon measure, scoop mixture and roll into balls. Place on parchment paper prepared baking sheet.
4. Bake 20 minutes, or until golden brown. Remove from oven to cool slightly.
5. Serve immediately **I also like to add 1 - 2 TBSP dried parsley

Stuffed Mushrooms

STUFFED MUSHROOMS

INGREDIENTS:

- 4 portabello mushroom caps
- 1 tomato, diced
- 1 organic bell pepper, diced
- 6-8 kalamata olives, sliced
- 4 leaves fresh basil, chopped
- 1/2 small red onion, chopped
- 2 cloves garlic, minced
- 2 handfuls fresh spinach
- 2 tbsp butter
- Sea salt, black pepper
- Goat cheese crumbles, optional

DIRECTIONS:
Melt butter and cook veggies until tender. Cook mushrooms at 350 degrees for 10 minutes, top with veggies and goat cheese and bake until heated through and cheese is melted.

MaximizedLiving

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We are looking for feature writers each month, try your hand at it.

Suggested information (Vacation or travels, sports, important milestones like anniversaries, and hobbies).

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