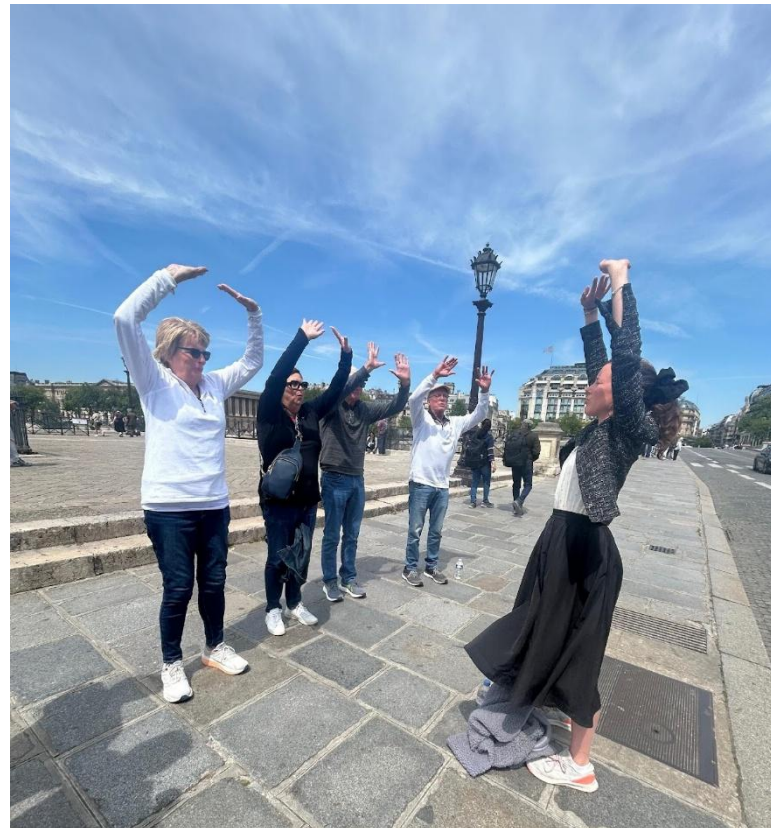


SWELL LETTER

July 2025 Volume 5, Issue 7



On Monday May 12, we set off on a 9-day trip to France. Our group included (L to R) John & Joyce Tierney, next John's sister Mary Johnson and husband Cary, next Steve & Kris Rodham next John's sister Jean Mottet. We flew into Paris and took a river cruise on the Seine River to Normandy and back. On our cruise we visited Versailles, Frances grandest palace and where the treaty was signed to end WWI. Rouen was our next stop; this is the city that Joan of Arc met her untimely death in 1431. Day 5 we visited Etreat on the English Channel, Deauville which is a seaside resort and is known as the Parisian Riviera. Day 6 in Caen we strolled thru the World War II Peace Memorial a premier World War II Museum and then got bussed to 2 locations, Point Du Hoc and Omaha Beach where on June 6th American

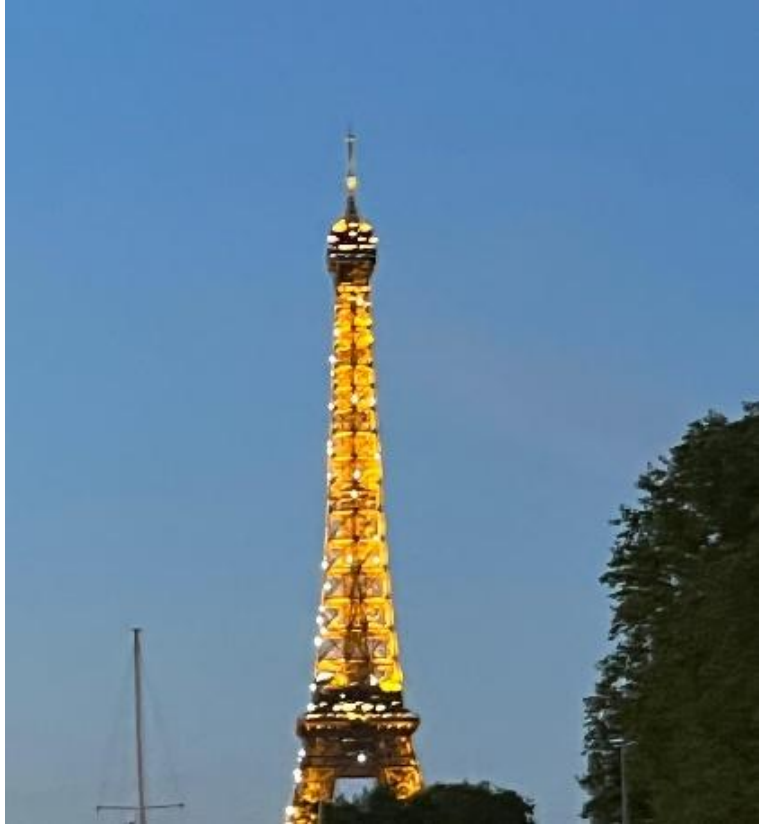


Our last stop of the day was in Collerville-sur-Mer where the American military Cemetery is located, 9385 graves of American who died in the invasion and subsequent battles. This was a somber and reflective day for all in our group. Day 7 we are docked in Giverny and visit Claude Monet's home and beautiful gardens and then set sail for the last leg of our trip back to Paris. Day 8 we took a tour of Paris and visited Notre Dame Cathedral. We then took an afternoon tour of Paris and saw many of the popular sights and had a picnic lunch in a little park by the Seine River. After lunch as we waited for our van to pick us up, the Dubuque SWELL crew practiced a bit of Tai Chi on a bridge arching over the Seine, with our tour director who was a Tai Chi instructor. Needless to say, we got a few funny and curious looks from some of the Parisians. We then made our way to the Eiffel Tower and went up to the top observation deck and a

troops and allied forces initiated the D-Day invasion.

stunning view of Paris. On our last night on our ship the MS Renoir, we said goodbye to our crew and supported people who did a great job in making our trip memorable. That evening we were able to sit on the top deck of our ship and enjoy a beautiful view of the Eiffel Tower as it was lit up and then the lights twinkled to their approval for 10 minutes on the hour. Day 9 we were up early and departed Charles de Gaulle airport for Chicago O'Hare, reminiscing about our memorable trip with wonderful friends.

-- Steve & Kris Rodham



Golf is a Contact Sport.



Here's a golf tale that's par for the course...

It was a perfect summer morning at Bunker, the kind where the only thing you expect to get hit by is a gentle breeze.

Roger and Ron Ruden, golf's duo's dynamic, were out for their daily ritual. Ron, blessing his heart, had launched a ball into a dense grove of trees, and Roger, ever the good brother, was in there helping find the ball.

Meanwhile, Ron, clearly operating on "find and launch" protocol, located his ball. And without so much as a "fore, forehead!" or a "Roger, duck!", he let it rip. The ball, a true patriot missile of the links, threaded the needle through the foliage and found its target with pinpoint precision: **Roger's forehead**.

Now, most mortals would be seeing stars and probably an ambulance, but Roger? He's apparently got a cranium made of something tougher than titanium, because as the story goes, he was *lucky* it hit him in the head. Anywhere else, and it could have been serious.

I have had the pleasure of playing with these brothers, for four years in the Flexsteel league, they are practically inseparable on the course, hitting it daily from the first thaw to the last leaf. And "A players"? Absolutely. Trying to beat them is like trying to convince a squirrel to give up its nuts.

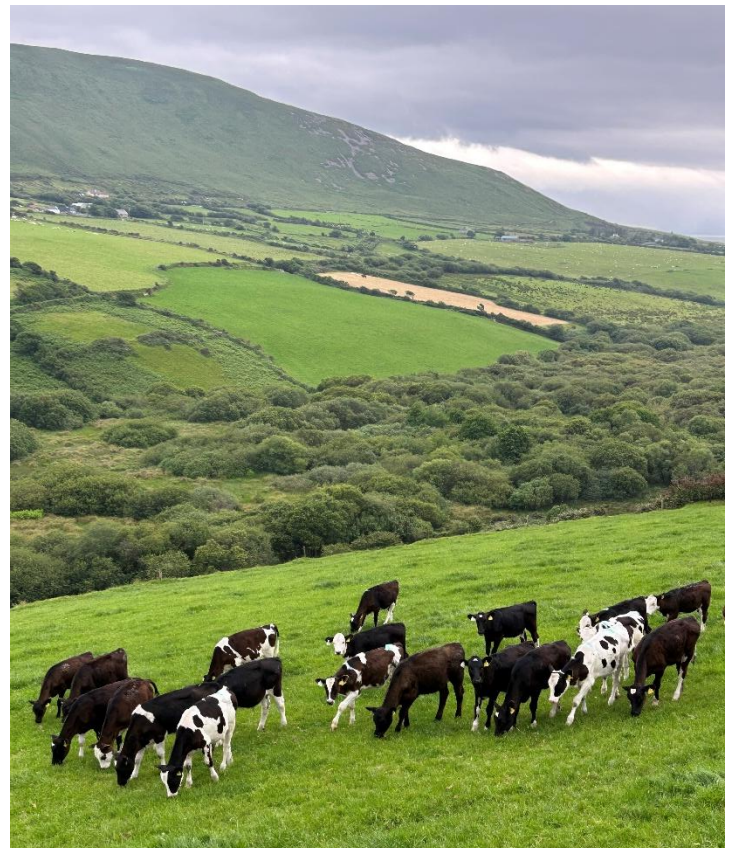
It's been a pleasure getting to know Roger and Ron, but one thing's for sure: you'll never catch me strolling in front of them during a round, especially Ron's. I'm pretty sure he's still perfecting his "forehead-seeking missile" technique.

--Gary

Jerry and Kris Hermesen in Ireland



We had a fantastic trip to Ireland with a tour group through the Presentation Sisters, as their foundress Nano Nagle, was from Ireland so we visited significant sites from her life. We loved hearing stories of her life as it was very inspirational. The weather was exceptional with minimal rain and lots of sunshine. Our tour driver and guide, Terry, was excellent sharing songs, stories, pictures, jokes, folklore and lots of interesting tidbits about living in Ireland. The countryside was green with many fields of cattle and sheep, flowers were in full bloom, the roads were very narrow, and we enjoyed Irish music most evenings. The trip was awesome, and we would love to go back sometime!





What do we need to do to become a Blue Zone?

Being a Blue Zone is a significant achievement, and it's true that only a handful of places in the world have earned this distinction. These five original Blue Zones—Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Icaria, Greece; and Loma Linda, California—offer a natural environment where longevity thrives. Their residents benefit from built-in advantages like:

- **Minimal toxin exposure:** Cleaner air, water, and less processed environments contribute to better health.
- **Nutrient-rich diets:** Access to fresh, local, and wholesome foods is a cornerstone of their eating habits.
- **Consistent physical activity:** Daily life often incorporates natural movement, reducing the need for structured exercise.
- **Strong social and family connections:** A deep sense of community and robust family support systems provide emotional well-being.

Here in Dubuque, Iowa, we recognize that we don't have the same inherent advantages as these Blue Zones. This means we need to be more intentional and work harder to create an environment that fosters longevity. At SWELL, we're dedicated to bringing you the strategies and resources you need to defy the odds and aim for 100 healthy years.

We're working on the details to help you adapt the principles of Blue Zones to our community. Continue to follow our newsletter for actionable information, tips, and inspiration to help you on your journey to becoming a centenarian.



Click on the link and see what happens during Tension Zen Meditation.

You will see the heart rate and stress levels drop during Tension Zen. This drop-in heart rate and stress will calm and relax you immediately after meditation. Over time you will become less stressed and calmer each day. Remember stress is the cause of up to 80% illness.

https://connect.garmin.com/modern/activity/18954354811?share_unique_id=67

Tension Zen Mind and Body on Patreon offers 2 audio tracks to help you sleep better including the 20-minute meditation experience after lunch daily and the 7-minute Tension Zen Deep Sleep Experience when you go to bed and repeat if you wake up at night to go back to sleep.

Our Tension Zen meditation app is available on Patreon!

For just \$1 a month, you'll gain access to a wealth of resources designed to improve your physical and mental well-being. For \$2 a month you will gain access to

SWELL workouts and Tai Chi.

<https://www.patreon.com/TensionZen>

Important Dates.

Fall sign-up during class

- *Returning SWELL Class (Monday August 4th through Friday 22ndAugust)
- *New members sign up (Monday August 25 through Friday September 26th)
- * SWELL Picnic (Wednesday October 1st, Rain Date Thursday October 2nd, 4:30 PM)
- *BritBeat \$40 each Vineyard (Saturday, September 27, 2025, 7:30 PM)
Collect Money in envelope Name on outside (August 25 through September 19th)
- *Texas Tenors \$59 each Main floor Saturday, December 13, 2025, 7:30 PM
Collect Money in envelope Name on outside (November 10th through 28th)

THE STAFF

- Editor..... Gary
- Feature Writer Steve & Kris Rodham
- Feature Writer Gary
- Feature Writer Jerry and Kris Hermesen

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