

# SWELL LETTER

November 2024 Volume 4, Issue 11

## Taming the Tomato: A Guide to Vertical Cherry Tomato Gardening



Imagine a garden bursting with vibrant green vines, adorned with clusters of plump, juicy cherry tomatoes, each one a miniature sun. Yet, without proper management, these delightful plants can quickly become unruly, overtaking other garden inhabitants and creating a chaotic mess. I have devised a way to grow an 8-foot cherry tomato plant in a small garden that does not interfere with other plants. My garden is only 4 x 8 feet, so I have limited space. The solution lies in vertical gardening. By utilizing tomato cages or poles, gardeners can harness the upward growth potential of cherry tomato plants as you can see in the photo. This will help you maximize yield while maintaining a tidy and productive garden. This innovative approach offers numerous benefits: increased plant density, reduced risk of diseases and pests, improved air circulation, and the opportunity to cultivate companion plants. To successfully implement vertical gardening, it's essential to provide sturdy support for your cherry tomato plants. Tomato cages and poles are ideal choices, ensuring that the plants can grow upright without succumbing to the weight of their fruit. Regular maintenance is also crucial, including consistent watering, fertilization, and pruning to encourage healthy growth and abundant harvests. For



added benefits, consider planting basil near your cherry tomato plants. This aromatic herb can repel pests, such as aphids and tomato hornworms, protecting your tomato crop. By following these guidelines, you can transform your garden into a thriving oasis of cherry tomato production, enjoying a bountiful harvest without the hassle of unruly vines.

From a 6-inch plant in May to 8ft on October 7. Producing 40 tomato's every other day. --Gary

## Julie Burgmeier Travels to South Central Africa



Africa Hi Gary, here is my write up for the trip:

I traveled with Road Scholar to South Central Africa in August. There were 13 in our group, plus a great tour guide/naturalist from Cape Town. We spent a few days in Johannesburg, where we spent time at the Apartheid museum and their seat of government at Constitution Hall. We then traveled to Zimbabwe to visit Victoria Falls. Our group went to an elephant encounter refuge run by a group called Wild Horizons. In Hwange National Park we stayed at a lodge located next to a man-made watering hole. The region has had a severe drought for several years, so these watering holes are critical for the animals. We saw elephants, hippos, zebras, wildebeest, buffalo and termite huts. We then transferred to Khulu Bush Camp and spent much of our time on game drives. Every day we had a lecture on some aspect of the country's culture, politics, history,

societal issues or animal/bird life. We had the opportunity to visit a Wildlife Trust, Senior Care facility, orphanage, primary school and a small rural village. In Namibia we stayed at an incredible lodge on the Chobe National Park. The group was able to do River safaris 2-3 times each day. The wildlife views were amazing. We saw a large pride of lions with their cubs feasting on a kill. This was a lifetime trip. Our guide Johann and Road Scholar made it a great educational experience!





--Julie Burgmeier

## 2024 SWELL Picnic



### **A SWELL Time!**

The 26th annual SWELL picnic was a delightful gathering of 119 friends and family. The air was filled with the mouthwatering aromas of pulled pork, warm sides, and sweet desserts. As we feasted on the delicious spread, I couldn't help but think that this might be the best meal of the year!

Of course, the SWELL members teased me, "Don't let Lisa hear you say that!" But I couldn't help but laugh. After all, I *did* do all the cooking!

A huge thank you to John, Chris Richey, Smokey McGovern, and Ken Kunkel for their help with parking. And to Susan McGovern, Chris Richey, Carol Wyatt, and Judy Kalb, your tireless efforts in organizing, setting up, and cleaning up were invaluable.

Before we dug into the delicious feast, Father Mark Ressler offered a heartfelt fall blessing. His words reminded us of the bountiful harvest, the joy of growing younger together, and the importance of cherishing these special moments.

These social events are what make our SWELL community so vibrant and special. Thank you to everyone who made this year's picnic a memorable occasion.

**--Gary**

"Year after year, I'm continually amazed by the incredible strength, balance, flexibility, and boundless energy our SWELL members radiate on their adventures. Kari and Tony Zelinkas embody the spirit of SWELL, reminding us that life truly begins here as we rediscover our youthful vitality and fitness." This is their adventure.



We, Kari and Tony Zelinkas, just returned from a Mighty Five Adventure with the Austin Adventure tour group. But before we joined the group in St. George, Utah, near Zion for our first adventure, we stayed for two days in Mesa Verde National Park, in southwest Colorado. There we hiked to view the many mesa topped villages or pueblos and the amazing cliff dwellings of the ancestral Puebloans. Next, our trip to the Mighty Five took us to Zion, Bryce Canyon, Capital Reef, Arches and Canyonlands National Parks for a nine-day tour. We hiked 3-5 miles in each park, with our longest hike through Bryce Canyon. Each hike took us through beautiful red rock and sandstone formations, hoodoos, and canyons. We even experienced the thrill of canyoneering down 60-, 75-, and 100-foot cliffs (with the help of harnesses and rope of course). As much as the awesome parks, we enjoyed spending time with the other couples on the tour. The youngest, at age 50, were from Denmark. Kari discovered her ancestors were from their hometown. Others included a



couple from Montreal, Denver, NC, WV, and drum roll - a couple from Waverly Iowa! Our guides were wonderful and the food yummy. We almost hated to leave but Tony had other plans. Immediately after returning to Iowa, he drove to the Boundary Waters Canoe Area (BWCA) in the northern third of the Superior National Forest in northeastern Minnesota. More than 1 million acres, it extends nearly 150 miles along the international boundary adjacent to Canada's Quetico Provincial Park and is bordered on the west by Voyageurs National Park. The only way to travel the BWCA is by canoe or on foot, carrying your food and tent in backpacks (portage) between lakes. Together with 3 friends, we traveled about 8 miles per day, camping each night at a lakeside campsite. We saw trumpeter swans, otters, common mergansers, eagles, and other wildlife, and caught fish almost every time we tried. For the first time after many trips, Tony heard wolves howling at night. He didn't see any moose, but we did see a fresh bear print. The 6-day fall trip in the wilderness was indescribably peaceful and beautiful.

**--Tony and Kari Zelinkas**



**Left - Kari**  
Repelling down  
100 ft. in the  
canyon.

**Right – Tony**  
In Boundary  
Waters Canoe  
Area in the  
northern third of  
the Superior  
National Forest in  
northeastern  
Minnesota. Tony  
traveled about 8  
miles per day,  
camping each  
night at a lakeside  
campsite.



## BritBeat: A Night of Beatlemania



SWELL members were treated to a sensational evening at BritBeat, a captivating Beatles tribute band that transported us back to the Fab Four's heyday. The band's performance was nothing short of extraordinary as they expertly navigated through the Beatles' iconic discography, from their early Liverpool days to their global conquests in the US, India, and the USSR. With their uncanny ability to recreate the Beatles' signature sound and energy, BritBeat brought to life the magic and nostalgia of their music. We were immersed in the band's journey, reliving the excitement and fervor of Beatlemania through the vibrant visuals on the giant screen behind them.



SWELL members were the life of the party, enthusiastically clapping, singing along, and dancing to the band's infectious tunes. The crowd erupted in a collective Twist as the legendary "Twist and Shout" filled the air, reminding us of the timeless appeal of this iconic rock 'n' roll classic.

As a result of the unforgettable experience, I've been requested to play "Twist and Shout" so SWELL class can twist their way around the CRWC track on Wednesday.





**Rogene, Eileen, Mary, and Nancy Ushered us to our seats.  
Encore, Hey Jude was appreciated by SWELL members**



**--Gary**



## How long can you stand on one foot? The answer may predict your fall risk.

Teddy Amenabar THE WASHINGTON POST Fri, Oct 25, 2024



How long you can stand on one leg — specifically, your nondominant leg — is a telltale sign of age-related decline, according to a [study](#) led by researchers at Mayo Clinic.

Researchers found that a person's ability to balance on one leg deteriorated with age faster than measurements of walking gait, grip and knee strength. Participants, ages 52 to 83, were compared with each other in a cross-sectional study.

“If you have poor balance, you're more likely to fall,” said Dr. [Kenton Kaufman](#), the senior author of the study and a musculoskeletal research professor at Mayo Clinic in Rochester, Minnesota.

The ability to balance on one leg is “an important predictor” of someone's risk of falling, he said.

“If you can't stand on your leg for five seconds, you're at risk of falling,” Kaufman said. “If a person can stand on their leg for 30 seconds, they're doing really well, especially if they're older.”

More than [1 in 4](#) people ages 65 and older fall every year, according to the National Institute on Aging. It is a [leading cause of injury](#) and injury-related death for older adults.

On average, the study's participants could stand on their nondominant leg for 17 seconds. Among participants older than 65, the average was 11 seconds.

- The researchers recruited 40 healthy men and women who live around Rochester. Half of the participants were 50 to 65 years old; the rest were older than 65.
- Participants completed a series of tests measuring their balance, walking gait, grip and knee strength. Researchers controlled the results for body size (weight and height) to determine if there were age-related changes.
- During balance tests, participants stood on a platform that measured how much they shifted their weight. They stood on both feet with eyes open, then eyes closed. Next, they stood on their dominant leg, then their non-dominant leg with eyes open for up to 30 seconds.
- Researchers told participants to balance on one leg in whatever way they prefer. Results included how long they could stand on one foot and how much they shifted their weight.

### What we know about balance as we age

Our balance comes from several sensory inputs: our vision, specialized nerve receptors in the muscles and joints sensitive to movement, and, also, structures in our inner ear that help us determine our orientation in space.

“As we start to age, what happens is all of these systems start to degrade,” said Dr. Devin McCaslin, chief of audiology and otorhinolaryngology at the University of Michigan. “They’re all contributing in one way or another.”

Dr. Jay Hertel, the chair of kinesiology at the University of Virginia, said the reason a decline in balance among older adults is a concern is because falls can be dangerous.

“We want to have older individuals maintain and train their balance so that they’re more resistant to suffering falls,” he said.

### **How to improve your balance**

Experts say regular exercise is key to improving balance. Tai chi, specifically, can improve balance in older adults, Kaufman said.

**--Submitted by Dave Assmus**

"I found this study on dominant and nondominant leg balance particularly interesting. The fact that it was conducted at the Mayo Clinic adds significant credibility to its findings.

This research aligns well with our SWELL balance exercises, where we balance on both dominant and nondominant legs for 2 sets of 5 seconds each, using the Golden Rooster and Praying Mantis stances. This validates our approach to improving balance and fall prevention. However, it’s important to remember that consistent participation in classes is crucial for seeing results.

While the study involved 40 participants, half of whom were aged 50-65, it would be beneficial to explore a larger, more diverse population. The finding that individuals aged 65 and older could balance on their nondominant leg for 17 seconds is intriguing. It might be worthwhile conducting a similar test within our SWELL community, considering the more challenging nature of our balance exercises.

Dr. Kenton Kaufman's emphasis on Tai Chi, single-leg balancing, and regular exercise as keys to improved balance resonates with our SWELL practices. Additionally, Dr. Devin McCaslin's explanation of sensory inputs, including vision, muscle and joint receptors, and inner ear structures, highlights the multifaceted nature of balance. While we at SWELL focus on focal points and lower-body strength, it's crucial to address potential hearing issues that could impact balance. Consider scheduling a hearing check with an otolaryngologist if you're experiencing balance difficulties and are having difficulty with hearing."

**--Reviewed by Gary**



## Healthy Pumpkin Pie Recipe By Mary and Emma

Simple ingredients.

1 9-inch pie crust *we made our own*

15 ounces **pumpkin puree**

1 1/4 cups **unsweetened almond milk** *or any milk*

3/4 cup **maple syrup**

1 teaspoon **pumpkin pie spice** *or cinnamon*

1 tablespoon corn flower *or cornstarch*



A healthier recipe. No refined sugar, no corn syrup, and no condensed milk. Instead, it's naturally sweetened with maple syrup! And Whipped cream. A must for pumpkin pie!

Step 1- Prep work. Preheat the oven to 180C/350F. Prep the pie crust.

Step 2- Simmer. Place all ingredients in a saucepan over medium heat and stir until the corn flour has dissolved. Continue stirring until thickened and gently bubbling.

Step 3- Blend. Use a hand mixer to blend the pumpkin mixture until smooth and creamy. Allow the filling to cool slightly before transferring to the pie crust.

Step 4- Bake. Place the pie in the oven and bake for 30-40 minutes or until the pastry is golden brown. Let the pie cool, then refrigerate for one hour to firm up.



**Social Connection- And mark your calendars**

CRWC Thanksgiving hours

OPEN Monday November 25<sup>th</sup>.

CLOSED Wednesday November 27<sup>th</sup> and Friday November 29<sup>th</sup>.

**Saturday December 6<sup>th</sup>, 7:30 PM Heritage Center "Glory to the Newborn King"**



This UD tradition will bring spiritual meaning to your Christmas season. The Department of Fine and Performing Arts celebrates with you the birth of Christ through a concert presentation featuring the John and Alice Butler Pipe Organ, UD choirs, and UD Concert Band with live narration. Complimentary holiday refreshments and live music from the UD Jazz Band will immediately follow the concert.

**Wednesday December 11<sup>th</sup>, 9:00 AM** after SWELL class “Hat Contest prizes to the top 3. We need to beat last year’s Record Attendance of 148.

**Last year’s winners.**



**1<sup>st</sup> Mary Hoelscher**  
**Peace on Earth**



**2<sup>nd</sup> John Richey**  
**I fell into a Christmas tree**



**3<sup>rd</sup> Claudette Bees**  
**Christmas Bees by Claudette**

**Saturday, March 22<sup>nd</sup>, 7:30 PM Heritage Center Spring Musical Theatre Production of "Assassins"**



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