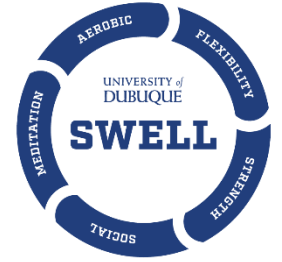


**SWELL NEWSLETTER**  
**October 2022 Volume 2, Issue 10**



**The SWELL apparel store is open until Sunday  
October 16th 11:59pm.**

**This is the time to get your SWELL clothing. I  
will be one and done, if you would like to wear  
some SWELL clothes order NOW.**

**The Under Armour T-shirts will run a little  
bigger. All other clothing should fit at normal  
sizes. When they ask for shipping, check that it  
will be picked-up. I will go to District 20 and pick-  
up get the order when they call me and the order is complete. If you want to have clothing  
mailed to you, the shipping charge is \$8.00. Click on the link below and order.**

<https://stores.district20supply.com/udswell>

**Trea Samifua**



Welcome Trea to SWELL. Trea looks a little young to join SWELL, that's because he is our new student intern. He is from Hawaii and came to the University of Dubuque to study sports science and play football for the Spartans. Trea is the starting nose guard which is an aggressive position in the center of the defense line. His assignment is to line up on the defensive line opposite the center, at the snap of the ball he pushes into the offensive line to disrupt or stop a play in the opponent's backfield or tries to keep the offense from gaining yardage on running plays. On a good day he sacks the QB. Don't let his size scare you. Off the field Trea is a gentle giant who is kind and caring and will work well with SWELL class. He may miss some class this fall when he travels with the football team.

**Mary Pat Ament**



Greetings to fellow "Swellers" from Mary Pat Ament. I was fortunate to hear about and join this great program/group earlier this year. I am only able to attend once a week, but it is always such a positive experience. I love the conversations when walking and the variety of the program keeps me coming back.

I have been married to Mike Ament for 51 years and we are the proud and lucky parents of Zach (wife, Molly) and Samantha. They have blessed us with four beautiful grandchildren – Izzy, JP, Kate, and Raya. We are affectionately known as Nana and Bapa. Before retiring I was in education for 42 years – 32 in the classroom and 10 in professional development. I was fortunate to work with many other great professionals in a field I loved. In my retirement I volunteer at St. Stephen's Food Bank, garden (just started a Mowing to Monarchs bed), read (sometimes even in the middle of the day ☐), travel, and walk 15-20 miles a week.



I am the oldest of 12 children, have no tattoos, love a good cup of coffee as well as a cold IPA, I admire people who are always kind simply because it is the right thing to do, and I am committed to recycling and repurposing. I can understand why the waiting list for this program is so long – the people are so warm and welcoming, the facility is beautiful, and our leader is committed, inspiring and makes the experience enjoyable. Life is SWELL! See you Monday ☐

**Verona Freiburger**



Hi!

I joined SWELL in March of 2022 after friends kept inviting me to join. So happy they kept on me to join. I truly enjoy some of the exercises and the SWELL group of friendly folks. My husband of 53 years, Terry and I enjoy traveling with our Airstream since retirement. Our longest trek was to Alaska in 2015, a three-month, 13,000-mile journey. We have a daughter and a son. Enjoy spending time with grandchildren. I think SWELL will help me as I wade through the aging process.

**Joyce Johnson**



I started coming to SWELL in March 2022, thanks to the glowing recommendation from Rogene Wright. She thought I'd love it, and I do; it's amazing! My dad died at age 67 in 1998 of a massive heart attack, and my former husband died at age 60 of a massive heart attack. It's really important to me to take good care of myself. I enjoy my family, reading, walking, puzzles, traveling. I'm also doing a bit of substitute teaching. Since you asked about my family, here we go! I have 4 kids who live in 4 different states. Kelle, my oldest, is married to Erick. My only two grandchildren come from these two. Dominick is 20 and attends ISU, where he is a 4th generation student, majoring in bio-chem. Carly is 10 and attends school in San Antonio. Erick has been in the Air Force for 16 years now. Kelle is a stay-at-home mom, who volunteers, and cooks fabulous meals. (She didn't learn to cook from me!) Casey, my only son, married Kirsten on July 16th, our second wedding of the summer. Casey is an account manager at CH Robinson Trucking Logistics. He interned there when he was a student at Drake, and is still there, 15 years later. Kirsten is a nurse practitioner. They live in Ankeny.

Aubrey will turn 30 in October. She married Max on May 29th. She and Max met at Drake University while they were working at the Hy Vee pharmacy. They live in Cambridge Massachusetts, and Aubrey walks on the bridge over the Charles River to get to Mass General, where she is an oncology pharmacist. Max does research on drug-resistant bacteria. They have a dog named Oscar.

My youngest is Kate, who is 27. She was the 3rd generation Cyclone. (I'm sorry to keep mentioning it, but I see mostly Hawkeye shirts in Dbq...) She is an engineer with an MBA and is choosing to learn practical things instead of having a "typical career." She travels to other states and countries, and lives on farms, and works for room and board. So far, she's learned beekeeping, she's helped goats give birth, she's milked cows, raised chickens, pulled a million weeds, shoveled mud off impassable roads in Ecuador, etc. She is currently living in Chile, learning about kombucha. I vacillate between being proud of her and worrying about her.

I'm including a few photos from our two weddings this summer. Casey is the tall guy. The only person older than Joyce in the photos is my mom, Carolyn Schmidt.

I returned to Dubuque in 2020 after retiring from 32 years of teaching (mostly 6th grade math). I loved teaching, but I'm glad I got out before Covid hit!

I like just about everything in SWELL. There are so many friendly people. Gary's random comments are hilarious. I've never lifted weights in my life, and I can tell that's been good for me. I appreciate the time at the end where we gather and say the Lord's Prayer together.

Thank you to Gary, Father Mark, Rogene, and all the SWELL friends with their positive energy!

### **Lisa Johnson**



My name is Lisa Johnson, and my husband's name is Jerry Schmidt, also a SWELL member. We joined SWELL in March of 2022. I have always walked for exercise, so I was excited to join a class that involved the use of weights for building strength as well as finding an indoor place to exercise when the weather gets bad. I loved the way the SWELL members were so friendly and welcoming right from the beginning.

I am a retired elementary special education teacher. I first taught students with physical disabilities and then became certified to work with students with learning disabilities. I taught for 33 years in Minnesota, Illinois and here in Dubuque at Audubon, Table Mound, and Eisenhower. After I retired, I spent 10 years working as an "outside tester", assessing students' literacy skills for the Dubuque Community School District three

times a year.

Jerry and I don't have children, but we have had 3 Springer Spaniels over the years who kept us company while we camped, hiked, and swam in different parts of the U.S. We loved traveling to the northwest corner of Montana near Kalispell where the weather is almost always delightful (hot during the day and cold at night), and they grow lots of Bing cherries—yum! Besides camping and hiking, we enjoy listening to live music and biking.

You may notice I don't attend SWELL classes on Fridays. That's because I volunteer at the Carnegie Stout Public Library those mornings, pulling holds and reserves for patrons. I love the library! I also love knitting and have a surplus of baby items such as sweaters and booties. If you have a grandchild on the way, please see me as everything I knit is free to a good home!

One other thing you should know about me—I love chocolate. I am addicted. I don't smoke, drink or do drugs, but there must be chocolate in the house or otherwise there will be trouble!

### **Bumble Bee Met a Butterfly**

#### **Humor September 1991 LAFF newsletter**

**A bumble bee met a butterfly and courted her through the summer. Eventually he asked her to be his bride. Raising her tiny brow she answered quite indignantly, "Me, Why I'm the daughter of a butterfly, and you're just a son of a bee!"**

## Kathy Lawler



Hi, I'm Kathy Lawler. I live in Illinois, halfway between East Dubuque and Galena, with my husband, David, our dog Bert and most recently three goats. We raised five children and are currently enjoying watching them raise our six grandchildren, ranging in age from five months to eighteen years. I retired in 2021 from Medical Associates after thirty years, prior to that I was employed at Finley Hospital for seventeen years, all as an orthopedic nurse. I keep busy with family and friends. I am happy to have the time to follow the grandkids' activities and babysit a couple of days per week. I joined Swell in March 2022, upon the recommendation of my sisters, Ann, and Jan. I enjoy the class; the social aspect makes the exercise easier. It helps me be more dedicated to exercise if I feel accountable to attending class.

## Gerald Schmidt



My name is Jerry Schmidt. I am 72 years old, born and raised in Kankakee, Illinois, about an hour south of Chicago. I came to Dubuque in 1968 to attend Loras, and I graduated in 1972 with a degree in English and a minor in Education. I've lived in Dubuque since graduation and actually met my wife here in 1977. Also, a SWELL member, her name is Lisa Johnson. Lisa is a retired special needs teacher specializing in reading, and she spent 33 years teaching at Table Mound and Eisenhower. I also spent 33 years as a teacher at Western Dubuque HS, specializing in English and also coaching girls' basketball for 18 years. I had several short "careers" in the work world before finally landing my teaching job. I worked in an industrial laundry loading and unloading 1-ton dryers for 2 years, as a substitute mail carrier for 3 summers, and as a finishing assistant in a furniture factory (Kroehler in Kankakee) for another 3 summers. I have several interests and activities to keep

me busy. I love reading, hiking, and bike-riding, camping, traveling, spending time with our Springer spaniel McGwinn, folk music, concerts, crossword puzzles, theater, and White Sox baseball. Lisa loves many of these same activities, so we are happy partners when we can share those times together. I've also run a seniors' summer softball league (age 65 and older) for 11 years. Our league is called Not Dead Yet, and we play from May until October every Tuesday night on a field we built ourselves outside Menominee, Illinois. We've now played over 200 games total in those 11 years. There are 5 of my teammates currently in this SWELL class. As for SWELL, I particularly love spending time with such a large group of friendly, positive people, all gathering for much the same reason. I enjoy all the stretching exercises and the feeling of relaxation I get in Tai Chi. I also appreciate the motivation Gary brings to our class every session.

An interesting bit of trivia, huh? OK, I've broken my nose at least 4 times in my life, where x-rays were actually taken to verify the break. I'm fairly certain it has been broken a few other times where x-rays were not taken. If you look closely at the honker on the front of my face, I think you'll find this amusing detail easy to believe.

Thanks for your attention to my story!

## Paul and Sue Schramm



We joined the SWELL program in the spring at the recommendation of colleagues and we are happy they suggested we join. We have been active with hiking (regulars at Swiss Valley) and biking, and SWELL gives us an alternative for exercise and friendship. We are both retired teachers from Western Dubuque, Sue in Mathematics and Paul in Social Studies for 35 years. We have three married sons: Joe, a Materials Engineer in Oakland CA, Tim, a dentist in Waunakee WI, and Andy, a program manager at Kirkwood Community College, and five grandchildren ranging from 4 to 14. Sue works two days a week in the learning lab at NICC and Paul stays active with woodworking, volunteering with Dubuque County Conservation, golf and softball.

We also enjoy live music at many regional venues.

## Jan Tucker



I have been a member of Swell since February 2022. I grew up on a farm near New Melleray Abbey, one of ten children. I was married for 16 years when my husband Bill passed away at the age of 43. I have been married to my husband Del for 33 years. We live outside East Dubuque with our two dogs. I am a stepmom to five grown children and grandmother to four grandsons, ages nine to nineteen years. Three of our children and their families live in the area, one son lives in Chicago and a daughter lives in West Hollywood, CA. I worked as a nurse for 40 years, the last 29 years at Unity Point Finley and Sisters of Charity Mt. Carmel. I belong to a book club, volunteer at St. Anthony's Parish, enjoy gardening, and spending time with family and following grandkids activities. I like everything about the Swell Class - the exercises, the social aspects, and visiting with my two sisters who are members, Kathy Lawler and Ann Lehnhardt. I really appreciate the dedication of our leader Gary, and I feel lucky to be one of the two hundred members of this group.

### **SWELL Can Only Do So Much**

Rebecca Norris Executive Director and writer – New York Times, writes about her change in lifestyle after learning about the 5 Blue Zones. Sounds like something we are trying here at SWELL. Rebecca has adapted her life to simulate what people in the Blue Zones are doing. She is impressed with their quality of life and longevity which is 10 to 12 years longer than everyone else. Rebecca is not giving up all of her current exercise schedule but is incorporating simpler, more grounded workouts. She is spending time moving naturally. This year she planted a garden, spending hours in her landscape, pulling weeds and doing manual labor around the house. Since people in the Blue Zones don't ride in a car everywhere she is walking more. Rebecca is cutting out many of the modern conveniences and taking the more traditional method, doing things by hand. Maybe we can think about this and follow her lead. How many times do we park as close as we can at the grocery store risking a dooring, squeezing into a tight parking spot. We can walk 2 to 3 miles during SWELL class but for some reason our mind is not conditioned to park farther out in the parking lot to save scratches on our car.

Remember when you were young, before you got your license to drive. The only way you could get anywhere was to walk or ride your bike. In my case, my mom said she didn't want to spend money on gas when I have two perfectly good legs to walk. I remember walking or riding my bike from 833 West Locust to St. Pat's school, the Boy's Club, Vets Park, Riverside and Bunker Hill. IF we wanted to play golf, baseball, or basketball we had to get there ourselves. After all, gas was 15 to 20 cents a gallon. We would ride our stingray bicycles, hooking our baseball gloves over the high handlebars when we had to ride up to Vets or Riverside for baseball practice and games. If your friend had a flat tire on his bike, you would give him a ride on your banana seat thus pedaling the weight of two. On Saturdays, if we weren't at the playground we would walk to the Strand, Grand, or Orpheum theater to watch the latest movie for 25 to 50 cents and a nickel for a giant pickle to snack on. We had to get there early to see the next episode of Batman and Robin. Most of us were skinny healthy kids and played outside all day long. We would show up for dinner with dirty faces and hands to eat our dinner, only after we washed up good. After dinner we would go out and play until bath and bedtime. I can remember hitting the sack to smell of fresh sheets that came in from the close line, only for a second because we fell asleep when our head hit the pillow.

When we were old enough to drive, much of the non-motorized transportation stopped and many kids lost most of this exercise. This was the start of slowing down our metabolism. Those who went out for high school sports maintained a healthier lifestyle. In the Blue Zones transportation is almost always non-motorized, they do most everything without modern conveniences and walk most everywhere.

There is something to be said about getting your hands in the dirt and taking your time enjoying being outdoors around your house. Rebecca found that her body and mind responded in a positive way to the inclusion of simpler, more grounded exercise. We can do our own yard work, cutting grass, weeding, and digging in the dirt. This is also a form of meditation for some people, which can help with stress and lower our blood pressure.

SWELL class adds to many of the things that are being done in the Blue Zones. One big thing we can improve on is non-motorized transportation. If it is possible to walk or ride a bike, we should do it, which can also help our pocketbook. Like mom would say, "you have two perfectly good legs." Our you will after a few SWELL classes.

Our diet is another way we can improve, eat suggestions from the FDA food pyramid and don't snack after supper. Maybe you can make some changes to live healthier? Good luck, Be Well Be Swell. You can click on the link below and see what people in the Blue Zone are doing.

Rebecca Norris Executive Director and writer (Aug. 28, 2022). I Exercised like the Longest-Living People on Earth, and It's Changed How I Think About working Out, The New York Times. Retrieved September 12, 2022

**SWELL PICNIC**  
**WEDNESDAY OCTOBER 5TH**  
**STARTS 4:15-4:30 PM**  
**EAT AT 5:00 PM**  
**16674 WITTMAN HAMM CT.**  
**DUBUQUE, IA 52001**



**BRING TABLE SETTING, A DRINK, YOUR FAVORITE  
DISH TO PASS, AND A CHAIR**  
**SWELL WILL SUPPLY PULLED MEAT AND BUNS**  
**RSVP SELF AND GUEST**  
**RETURN TO THIS EMAIL**

## Vacations

Natalee Berg and son

My son and I did a road trip to Rocky Top, Tennessee, to visit family and friends and to explore that area. On I-75 through Kentucky, we came upon a Buc-ee's, the largest gas station/convenience store I have ever seen. It had 120 fuel pumps and employs 400 in their 53,000 sq foot store that is known for the world's cleanest bathrooms, fresh food, and a beaver mascot. We just had to stop.

We knew we had entered the Bible Belt, but soon found out we had entered the Buckle of the Belt! There are over 40 Southern Baptist Churches alone, within 10 miles of Rocky Top! Little churches were everywhere.

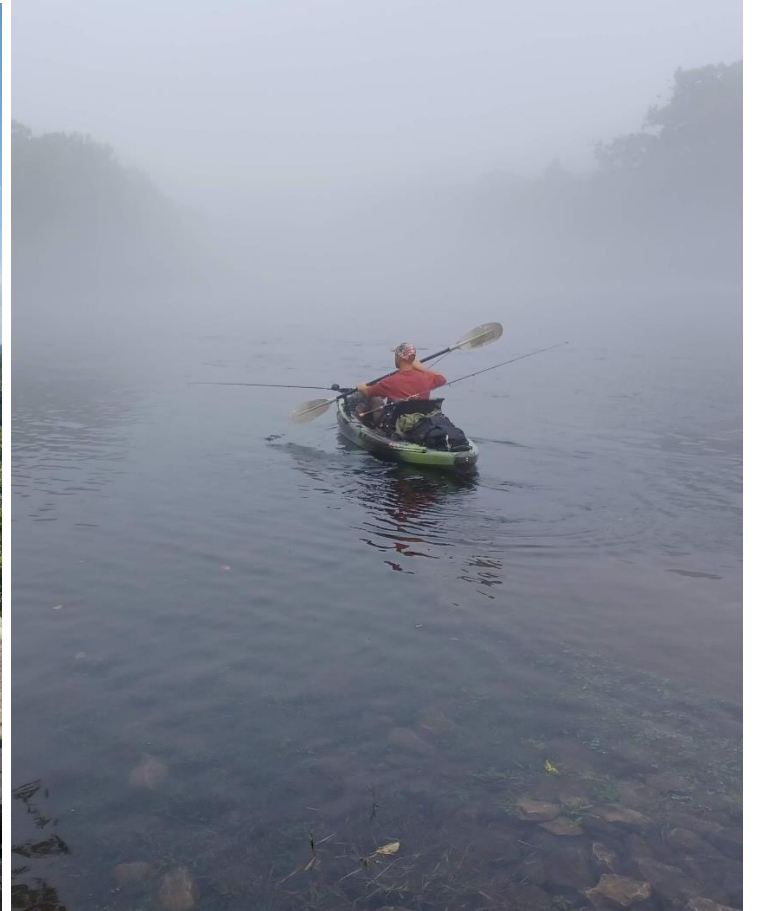
I dropped Jon at the Clinch River, below the Norris Dam built in 1936, the first of the TVA dams. It is 5 minutes from my sister's home. He started out in the fog and had a great time on that gold medal trout stream. Near the dam there was so much kudzu, the invasive plant that climbs up and smothers bushes and trees. It was amazing and sad to see so much of that plant taking over.

We drove through the 200,000-acre N Cumberland Wilderness Management Area, a mountainous area near Rocky Top. The winding roads went through beautiful forests with, at times, a smoky look.

Going home, we left Kentucky, crossing the Ohio River into Cave-in-Rock, Illinois, on a free ferry. We entered the Shawnee National Forest and made our way to the Garden of the God's Wilderness. I had only heard of the Garden of the God's in Colorado. The Trail of Tears went through this area of southern Illinois.

There are so many places to explore in our beautiful country.





**“Coming Soon,” You will be getting our new photo album. We have 21 new members (Angela Krall, Liz Willems, Roger Kurt, Cindy Widmar, Don Kerker, Colleen Zelinsky, Susan McGovern, Smokey McGovern, Sandy Brenner, Dan Brenner, Donna Phillips, Jennifer Stork, Kelly Bergfeld, Cheryl Holloway, Virginia Till, Shannon Kellers, Bob Kellers, Susie Kloft, Brian Kloft, Chris McNamara, Miki O’Neill.) When you see these new faces be sure to walk with them and introduce yourself. Let’s show them that we are a bunch of SWELL folks.**



Historical moment in Bahaman history. In 1994 Queen Elizabeth II named the Justice Center after Claudette Bees' father. My mother and my brother are in front of the Queen in the first photo. In the second photo my mother is on the end.



**AT THE JUSTICE CENTRE Her Majesty Queen Elizabeth II and the Duke of Edinburgh are seen with the Minister of Justice and Immigration, Mrs. Janet Bostwick after meeting and greeting the various dignitaries on the reception line. Second from right is Mrs. Wynelle E. Levarity, wife of the late Garnet J. Levarity, in whose honour the Justice Centre is named; and at right is her son Warren Levarity.**



## Healthy Recipes by Sue Olson



### PUMPKIN COOKIES

- 1/2 cup organic butter
- 1 cup coconut sugar
- 1 egg
- 1 cup canned Pumpkin
- 1 tsp Vanilla extract
- 2 1/2 cups organic All Purpose Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1 tsp Nutmeg
- 1 tsp Cinnamon
- 1 tsp Clove
- 1/2 tsp sea Salt
- 1/2 cup chopped pecans or walnuts
- 1 cup Dark Chocolate Chips/stevia sweetened

1. Cream together butter and sugar. 2. Beat in the egg, pumpkin, and vanilla. 3. Mix remaining dry ingredients together with a whisk. 4. Add dry ingredients to the wet ingredients and mix well.
5. Add nuts and chocolate chips and mix. 6. Use a small cookie scoop and place on parchment paper on a cookie sheet. 7. Bake 10 - 12 minutes at 350 F. 8. Bake longer if larger cookie scoop used.
9. Cookies are done when edges start to brown, and middle is set. 10. Cool 5 minutes before remove to wire cooling rack. 11. Store in airtight container in the refrigerator and set out at room temperature before serving. Enjoy all the flavor and aromas we love every Fall season



## THE STAFF

Editor..... Gary Wittman  
Healthy Recipes .....Sue Olson  
Ghost Writer..... Bumble Bee Met a Butterfly  
Feature Writer.....Gary Wittman



**We are looking for feature writers each month, try your hand at it.  
Suggested information (Vacation or travels, sports, and important milestones like anniversaries).**

**Email articles to [garydonaldwittman@gmail.com](mailto:garydonaldwittman@gmail.com)**