

**SWELL LETTER**  
**October 2024 Volume 4, Issue 10**



***PoPo: A Testament to Resilience***

Ted Wittman, an award-winning filmmaker, and his talented partner, Janet Zehn, have crafted a heart-wrenching yet inspiring documentary that will leave you in awe. *PoPo*, a film set against the backdrop of communist China, delves into the extraordinary life of Janet's grandmother.

PoPo's story is one of unwavering determination and resilience. Separated from her husband and young son for two decades, she faced unimaginable hardships. Yet, she persevered, working tirelessly in the fields, her infant daughter strapped to her back, to provide sustenance for her family, a hand full of rice.

Through PoPo's eyes, we witness the harsh realities of life under a totalitarian regime. Her resilience, her strength, and her indomitable spirit are a testament to the human capacity to endure and overcome adversity.



*PoPo* is more than just a documentary; it's a celebration of life, a reminder of the importance of cherishing our freedoms, and a tribute to the indomitable human spirit.

"Prepare to be moved by this heartbreaking yet inspiring story, brought to life through Janet's evocative piano music and Ted's skillful storytelling. Their documentary is a powerful testament to the human spirit."

**Video Link:** <https://youtu.be/Pl4h9xNYpcM>



**--Gary**

## SWELL: A Comprehensive Wellness Program

SWELL is a holistic wellness program designed to enhance physical and mental health. The program, developed over 37 years by Gary, focuses on a balanced approach that incorporates strength training, flexibility, endurance, and stress management.

### Key Components of SWELL:

1. **Walking:** The program begins with walking at a comfortable pace and distance to gradually increase cardiovascular fitness.
2. **Strength Training:** Using hand weights, SWELL participants target every muscle group to support the skeletal system and improve overall strength.
3. **Flexibility:** Stretching exercises are performed while muscles are warm to enhance flexibility and range of motion.



4. **Stress Management:** Tai Chi and tension release techniques are incorporated to reduce stress and promote relaxation.
5. **Core Strengthening:** Floor exercises target the stomach, back, hips, and buttocks to strengthen the



core.

6. **Cardiovascular Health:** The program includes exercises that elevate the heart rate, such as walking and strength training.



*Photos by Karen Knepper and Gary*



**7. Balance and Coordination:** Simon Says and Dynamics exercises improve balance, coordination, and agility.  
**Benefits of SWELL:**

- Improved Physical Health: Increased strength, flexibility, endurance, and cardiovascular health.
- Reduced Stress: Tai Chi and tension release techniques help manage stress and promote relaxation.
- Enhanced Mental Well-being: Regular exercise has been shown to improve mood and cognitive function.



- **Weight Management:** SWELL can help with weight management through increased physical activity and calorie expenditure.
- **Social Connection:** Participating in group classes can provide opportunities for social interaction and support.



**Accessibility and Customization:**

SWELL is designed to be accessible to people of all ages and fitness levels. Modifications are made to accommodate individuals with different abilities, ensuring that everyone can participate at their own pace.

**Internships:** Students from Health, Wellness, and Sports (HWS), Sports Management, and Sports Science majors at the University of Dubuque have the unique opportunity to gain valuable hands-on experience through a 150-hour internship requirement.

**Jayden Williams**, a former Spring 2023 intern, exemplifies the enthusiasm and dedication that students bring to the SWELL program. His involvement undoubtedly added a positive and energetic atmosphere to the team.



**In conclusion**, SWELL is a comprehensive wellness program that offers a variety of benefits for both physical and mental health. By combining strength training, flexibility, cardiovascular exercise, and stress management, SWELL helps individuals improve their overall well-being and quality of life. And get younger in the process.

--Gary

## Multicultural Family Center Celebrates Mexican Culture

Last Friday evening, the Multicultural Family Center hosted a vibrant Mexican Culture Night. Enrique Santamaria captivated the audience with a fascinating presentation on Mexican history and food. Following the insightful lecture, attendees enjoyed a delicious sampling of traditional Mexican cuisine demonstrated by Enrique. The event was a resounding success, drawing a diverse crowd of SWELL members and community residents eager to experience the rich heritage of Mexico."



*Photos by Judy Kalb*

On September 27th, Enrique was invited to talk about Mexican food and culture by Claudette Bees, who exercises with us at Swell, and is also a member of the board of the Multicultural Family Center of Dubuque. In preparation for the talk, he started thinking about how Mexico was directly involved in what is known today as the Columbian Exchange, an event which had historic effects on the world at large. The Columbian Exchange was named after Christopher Columbus, who in the 15th century was sponsored by Queen Isabella of Spain to explore a sea route to Asia. The subsequent European discoveries, conquests and colonization in the Western Hemisphere was first initiated by Spain, followed by the Portuguese, Dutch, English, and French, who exploited the newly found lands for three centuries.

The Columbian Exchange significantly impacted the economies and cultures of both hemispheres. There were many positive and negative unintended consequences of this interaction. One of those was the mutual transfer of plants, animals, metals and many other commodities. Unfortunately, the encounter of human populations also brought many European diseases into the Americas, which resulted in the dramatic decline of Indigenous populations due to a lack of immunities to Eurasian diseases. This in turn triggered the importation of African slaves to the Americas to be used as labor.

The American Hemisphere benefited from the transfer of numerous domestic animals, such as cattle, sheep, pigs, chickens, horses, among others, as well as food stuffs such as citrus, apples, banana, coffee, wheat, rice, and sugar cane. The New World provided the Old World with corn, tomato, chile peppers, potato and sweet potato, beans, squash, cacao, vanilla, tobacco, rubber trees, and many other fruits and vegetables. The impact of this transformative exchange is felt every day in the diversity of foods and peoples, not only in Mexico but throughout the world. Today it would be hard to imagine Italy without tomatoes, Ireland without potatoes, or America without cows, pigs or chickens.

**--Lana Santamaria**

## **SWELL Members Foster Community and Celebrate Mexican Culture**

Another fantastic opportunity for social connection arose at the Multicultural Family Center. Many SWELL members enthusiastically supported Enrique Santamaria as he shared his passion for Mexican cuisine and culture. Following his engaging presentation, Mary Conzett, Judy Kalb, Claudette Bees, and Carol Wyatt generously volunteered their time to serve the delicious Mexican meal to attendees."



*Photos by Claudette Bees*

What an amazing event this evening! Great attendance and amazing educational component that allowed community member to truly connect with one another and learn about the rich history of Mexican culture!  
I love our mission!!!

Want to send a special shout out to our site supervisors! You both did awesome in seeing this event through from start to finish!!! Marketing, registration, attendance, room set up, etc. Super proud and grateful for you!

**--Claudette Bees**

## Healthy Recipe By Karen Knepper



### Zucchini Bread Recipe

Sally's Baking Addiction <https://sallysbakingaddiction.com/zucchini-bread/>

Thanks to Mike Larkin for sharing zucchini and other produce from his garden with Swell class members. Since I always heard about zucchini bread, but had never tried to make it, I took one of Mike's zucchini and searched for a recipe.

I found this recipe online. I chose this recipe because it substituted applesauce for half of the oil. The zucchini bread recipe yields one 9x5-inch loaf. With brown sugar, cinnamon, nutmeg, vanilla, and a little applesauce for added moisture, the quick bread is flavorful, moist, and a great way to use summer's favorite vegetable!

### Ingredients

- 1 and 3/4 cups (220g) all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 and 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup (120ml) vegetable oil (or melted coconut oil)
- 1/2 cup (100g) packed light or dark brown sugar
- 1/2 cup (100g) granulated sugar
- 2 large eggs, at room temperature
- 1/4 cup (60g) unsweetened applesauce (or sour cream or Greek yogurt)
- 2 teaspoons pure vanilla extract
- 1 and 1/2 cups (180g) shredded zucchini (no need to blot)
- optional: 1 cup (180g) semi-sweet chocolate chips (or chopped nuts, raisins, etc)



### Instructions

1. Preheat the oven to 350°F. Grease a 9 x 5-inch loaf pan.
2. Whisk the flour, baking powder, baking soda, salt, cinnamon, and nutmeg together in a large bowl until thoroughly combined. Set it aside. In a medium bowl, whisk the oil, brown sugar, granulated sugar, eggs, applesauce, and vanilla together until combined. Whisk in the zucchini. Pour the wet ingredients into the dry ingredients. Gently stir or whisk until *\*just\** combined; do not overmix. Fold in any optional add-ins like chocolate chips or nuts. The batter is slightly thick.
3. Spread the batter evenly into the prepared loaf pan. Bake for 55-70 minutes. (I like to loosely cover the bread with aluminum foil halfway through to prevent heavy browning on top.) Baking times vary so keep an eye on yours. The bread is done when a toothpick inserted in the center comes out *\*mostly\** clean with zero raw batter. Remove the bread from the oven and set on a wire rack. Cool in pan for 1 hour before removing from pan. You can slice the bread at this point, but it will still be warm in the center and may not slice neatly. For neat slices, continue cooling bread directly on a wire rack and then slice once cooled.
4. Cover and store leftover bread at room temperature for up to 3-4 days or in the refrigerator for up to 1 week.

*NOTE: If you are wondering about making a healthier option without any refined sugar, you may enjoy the Greek yogurt zucchini bread instead. That recipe can be found at:*

<https://sallysbakingaddiction.com/greek-yogurt-zucchini-bread/>

## Social Connection

Subject: SWELL apparel order closing October 1st, SWELL Picnic, BritBeat Tickets

Hi everyone,

### ORDER SWELL APPAREL

**SWELL apparel is closing Tuesday October 1<sup>st</sup>, we will not have another order until September 2025. Order now or wait one year.**

I will pick up the order and bring it to class. **On the form check that your order will be picked up.**

Here's the link to order your SWELL Apparel order: <https://stores.district20supply.com/udswell2024/shop/home>

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### SWELL PICNIC

**WED. OCT. 2ND**

**STARTS 4:15-4:30 PM**

**EAT AT 5:00 PM**

**16674 WITTMAN HAMM CT.**

**DUBUQUE, IA 52001**

**BRING TABLE SETTING, DRINK, YOUR FAVORITE DISH TO PASS, AND CHAIR**

**SWELL WILL SUPPLY PULLED MEAT AND BUNS**

**RSVP SELF AND GUEST**

**RETURN TO THIS EMAIL**

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

**We could use a few volunteers to help with parking.**



### BritBeat Tickets:

We're going to BritBeat on Saturday, October 19th, 2024, at 7:30 PM at the Heritage Center, University of Dubuque. All new songs this year.

To reserve your tickets, please bring a sealed envelope with the following by October 13, 2024, or as soon as possible. You can bring friends and family as well.

On the envelope

1. Your name
2. The number of tickets you'd like (\$30 per ticket - Vineyard Section)
3. Cash or check for the total amount (written out to Gary Wittman)
4. **We have 19 tickets left. \$45.00 seats reserved for \$30.00 each, you save \$15.00.**

Gary



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

## **THE STAFF**

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