

SWELL LETTER

September 2024 Volume 4, Issue 98

Recent Adventures of Gary Sewell (not SWELL)

Gary Sewell recently recounted two extraordinary adventures he shared with friends John Branch and Peter Howard. A longtime RAGBRAI enthusiast, Gary had consistently participated in two-day segments since 2016, enjoying the camaraderie and challenge. While he'd ridden with John on several occasions, he'd always declined invitations for the full week, citing work commitments.

In early 2023, an unexpected opportunity arose. John, unable to join RAGBRAI due to a backpacking trip to Isle Royale National Park (IRNP) with Peter Howard, invited Gary along. Initially hesitant, Gary ultimately accepted, buoyed by his SWELL class progress, Peter's expertise, and the chance to contribute to the planning. The remote, pristine wilderness of IRNP proved irresistible.

Gary carried a fifty-pound pack on an eight-night expedition through the island's most challenging trail. Perfect weather, solitude, a close encounter with a moose, and stunning vistas culminated in a profound sense of accomplishment.

Shortly after retiring in October, John extended another RAGBRAI invitation, which Gary eagerly accepted. This marked the beginning of a new chapter in their shared adventures.



Our ride to the island



John eating thimble berries



Peter looking toward Canada



Todd Harbor



Getting ready to cross a beaver dam



Grand Portage National Monument

2024 RAGBRAI

In early 2024, John invited Gary and Peter to join him on RAGBRAI. With the trio committed, planning commenced. Leveraging the comprehensive RAGBRAI website, the group efficiently organized their trip, focusing primarily on training. Despite a late start and adverse weather, Gary impressively logged nearly 900 miles in ten weeks, incorporating indoor cycling. Camping near the baggage trucks for seven nights, they embarked on daily rides before 6:00 AM. Along the route, John encountered extraordinary sights, including a solo rider tackling the course in reverse and unique tandem formations. Completing the ride, especially given the week's record-breaking 18,741 feet of elevation gain, was a remarkable achievement. While Gary plans to return to RAGBRAI, the group may consider a shorter, three or four-day ride in the future. It is great to see Gary at 67 years young accomplish these challenges and tribute much of his success to SWELL exercises.



Along the route, John encountered extraordinary sights, including a solo rider tackling the course in reverse and unique tandem formations. Completing the ride, especially given the week's record-breaking 18,741 feet of elevation gain, was a remarkable achievement. While Gary plans to return to RAGBRAI, the group may consider a shorter, three or four-day ride in the future. It is great to see Gary at 67 years young accomplish these challenges and tribute much of his success to SWELL exercises.



Day 5 -Sunset at camp

Peter and John heading into the fog/sun



Gary at Birth the place of John Wayne Winterset, IA



Early morning start

Bicycle built for 3



-- Gary Sewell

Shooting Your Age: A Golfing Feat for the Ages

Shooting your age – scoring the same or less than your age in a round of golf – is a coveted milestone for any golfer. It's a testament to skill, precision, and the relentless pursuit of golfing perfection. But just how hard is it?

A Statistical Stunner The odds are astronomical. Less than 1 in 100,000 golfers ever manage this feat on a course stretching at least 6,000 yards. It's a statistic that underscores the extraordinary nature of this achievement.

SWELL: A Hotbed of Golfing Greatness Intriguingly, SWELL boasts a disproportionately high number of golfers who've conquered this challenge. John Richey and Roger Ruden, SWELL members, are among the elite. John's recent age-defying round at 72 years young shot a 72 at the Meadows par 72 was a testament to his skill and dedication. And Roger, a seasoned age-shooter, continues to impress with his consistent brilliance. Roger has shot his age along with his brother Ron at Bunker. Roger first shot his age 65 at 65 years young. At age 72 he shot a 64 at Bunker which is his lowest score below par.



"I had a great morning golfing with Roger and his brother, Ron Ruden. I learned that Ron, who is 80, shot a 73 last week, which was 7 strokes under his age.

We played the front nine together, and Roger shot a 34, one under par. He birdied the first hole and had eight pars after that. Later that morning, I joined Jonn Richey at the Meadows and watched him expertly par the 10th hole with a fantastic up-and-down, sinking a tricky side hill putt."



The Secret Ingredients What sets these golfers apart? Their stories reveal three key factors:

Practice Perfection: Consistent practice is the bedrock of any golfer's success. It's about honing your skills, understanding your game, and striving for that elusive par.

Physical Prime: Golf is a demanding sport. Maintaining strength, flexibility, and endurance is crucial. SWELL's emphasis on wellness undoubtedly contributes to its golfers' longevity and performance.

A Touch of Magic: While practice and

physical fitness is essential, there's an undeniable element of luck and magic involved in shooting your age. Sometimes, the golf gods smile upon you.

Inspiration and Aspiration: The stories of John, Roger, and other age-shooters are inspiring. They show us that age is just a number, and with the right mindset and dedication, golfing greatness is within reach. So, whether you're a seasoned pro or a weekend warrior, the next time you step onto the course, dream big. Who knows, you might just be one shot away from your own age-defying moment.

Have you ever come close to shooting your age? Share your golfing stories and aspirations in the comments below!

--Gary

A Vibrant Celebration of Indian Independence



Dr. Mosali Reddy graciously invited Lisa and I to immerse ourselves in the kaleidoscope of culture at the 77th Indian Independence Day celebration at the Multicultural Family Center of Dubuque. It was an evening of unparalleled vibrancy and rich heritage.



Many of you know the legendary figure of Gandhi, the beloved Baapu of India. His unwavering spirit, ignited by nonviolent resistance, propelled India to independence on August 15, 1947. The world watched in awe as this master strategist outmaneuvered the British Raj. The opportune moment struck post-World War II. A financially crippled Britain, desperate to escape the mounting costs of colonial rule, sought a hasty exit. The last viceroy, Lord Mountbatten, was forced to set the departure date for August 15, 1947. The growing tide of dissent, inspired by Gandhi's philosophy, created a climate of fear among the British, who dreaded the prospect of a bloody conflict.

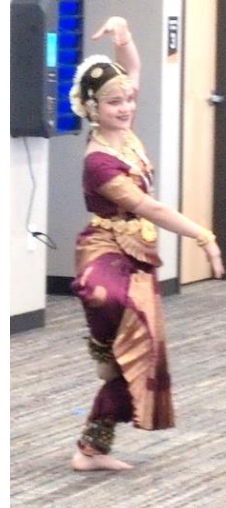


Dr. Reddy, a distinguished physician who honed his skills at the prestigious Cleveland Clinic, brought a slice of India to Dubuque in 1969. Imagine the thrill of celebrating India's independence in a small town! Back then, the Indian community was a tight-knit group, gathering in local parks to commemorate their hard-won freedom. Fast forward to today, and the Indian diaspora in Dubuque has blossomed into a vibrant community, finding a home at the Multicultural

Family Center. This year's celebration was a spectacular affair, with a record-breaking 199 attendees.

One of the afternoon's highlights was the mesmerizing

performance by 14-year-old Trisha, a Kathak prodigy. Her feet, adorned with rhythmic ghungroos, transformed the stage into a canvas of sound and movement. Years of dedicated training in Madison, Wisconsin, have sculpted her into a graceful and expressive dancer. Kathak, a dance form demanding



rigorous discipline from a tender age, has clearly found its muse in Trisha.



The celebration kicked off with a stirring rendition of the Indian national anthem by a young, talented boy. The air was thick with anticipation as we dove into a culinary adventure, savoring the rich tapestry of Indian flavors. The fashion show was a visual feast, showcasing the elegance and diversity of Indian attire.

Lisa and I left the event with our senses invigorated and our hearts filled with admiration for the Indian culture. It was an afternoon to remember.

--Gary



SWELL At The Wittman's

"With college starting and the CRWC [Chlapaty Recreation Wellness Center] unavailable, and parks either closed or too wet, we've found a great new spot for SWELL during freshmen orientation and athletic check-in this year: Wittman's. The weather has been perfect, and there's plenty of shade if you need it.

Adding a bit of variety to our routine, we've been walking across JFK in Daisy Trail street, enjoying the scenic route and getting some exercise on some hills of a developing subdivision."

7th annual Bluff Strokes Paint Out



On Sunday, September 29, fifty-five artists from around the country arrive in Dubuque to paint area scenes during the 7th annual Bluff Strokes Paint Out. At the end of the week, over 500 paintings will be hung in the beautiful Steeple Square Community Event Center, 15th and Central, former home of St. Mary's Parish. This will be a chance to "See Dubuque through Artists' Eyes." As a local artist once said – "you see something every day of your life and then these artists come along and show it to you completely differently."

Bluff Strokes Paint Out is a competitive event for artists; \$16,000 in prize money will be awarded for top paintings. Special award



categories have been selected to highlight the great variety of area scenes interesting to artists – these include Mississippi Overlook, Riverfront, Historic Dubuque, Industrial, Arboretum/Park/Garden, Rural Scene, and Street Scene. Judging will be done by Debra Joy Groesser, a nationally recognized artist from Omaha, Nebraska.

If you are interested in seeing Bluff Strokes paintings, there will be advance showings over the noon hours (12 to 1 pm) Tuesday and Thursday, October 1 and 3. Saturday, October 5, 9 am to 4 pm will be a public sale, and Friday, October 6, 6 to 9 pm will be a paid Patron Party and Sale. Also, watch artists painting around the

Dubuque area during the week at interesting sites. More details can be found at Bluffstrokes.org.

Bluff Strokes was started by Wes Heitzman in 2014. Its mission is to attract artists to the Dubuque area, to develop local artists, and to encourage people to buy and love original art. Bluff Strokes has conducted 17 artist workshops featuring regionally and nationally known instructors and drawing both local and out of area participants. The Plein Air Painters of Dubuque and the Dubuque Urban Sketchers were both launched out of these workshops. Both groups meet weekly and paint or sketch scenes in the Dubuque area.



There has been a huge growth in interest in outdoor painting and sketching in the last 30 or so years, largely driven by people interested in pursuing their art interests in retirement. This group has time and resources to travel, take workshops, and participate in events such as paint outs, which have popped up all over the country. Artists are interested in experiencing their environment mindfully through painting and sketching, are interested in the social aspects of sharing their interest with a broader community and enjoy exploring and developing their artistic skills at all levels of ability. If you are interested in participating in outdoor painting or sketching, volunteering for Bluff Strokes Paint Out, or have other questions, feel free to email

wesheitzman@gmail.com.

As of this year, Bluff Strokes is now transitioning to the new Bluff Strokes Art Center. Through a generous donation by a committee member, Bluff Strokes has purchased the St. Marks building at 12th and Locust, has hired Rachel



Daack as Executive Director, and will be offering a variety of classes, workshops and activities for adults and children. Details will be rolled out in coming months.

--Wesley Heitzman

Natalee Berg Biking and Hiking with Sons and Grandkids



What started out as my grandchildren going on a camping trip with me ended up including my two sons also!

Thunderstorms and lots of rain were predicted, so we set up at my son's home for a safer time in the Colorado Rockies near Pikes Peak. We enjoyed hiking and biking! After camping, I climbed the Manitou Incline with a girlfriend at 4:37 AM to beat the heat, biked in the Garden of the God's and in the Pike National forest. At the end, I got to see my son play an outdoor gig! SWELL had me in shape for all!



--Natalee Berg



Introducing Hunter Snyder, SWELL's New Intern

We are excited to welcome Hunter Snyder to SWELL as our newest intern. A senior at the University of Dubuque, Hunter is majoring in Human Health Science, Wellness, and Exercise Science.

A graduate of Carlisle High School in Des Moines, Hunter is a seasoned athlete with a passion for distance running. He has been a valuable member of the University of Dubuque's cross country and track and field teams, excelling in middle-distance events. Last year, Hunter set a personal best of 1:58 in the 800 meters.

When he's not immersed in his studies or training, Hunter enjoys cheering on his favorite teams and indulging in the occasional video game.

A Breakthrough in Osteoporosis Treatment: The SWELL Approach

Recent testimonies from women participating in the SWELL program has yielded groundbreaking results, demonstrating the potential to reverse osteoporosis. Despite longstanding diagnoses and traditional treatments, these women experienced a significant improvement in their bone health as evidenced by their most recent DXA scans. While conventional wisdom suggests that osteoporosis is a progressive condition, the SWELL program has challenged this paradigm. Participants in SWELL, who have been following the program for several years, have reported remarkable improvements in their bone health, often surprising their doctors.

Unlike many women who continue to experience bone loss, SWELL participants have successfully reversed their osteoporosis. When asked about their success, participants often attribute it to the SWELL program's holistic approach, which includes a combination of exercises that put stress on the bones creating bone thickness and strength.

Jean Delaney Testimonial



Gary asked me to share some insights about Swell benefits I have experienced. I was diagnosed with osteoporosis (a disorder causing bones to weaken, often fracturing) in my fifties, due to genetics and my small-boned frame. Treatment involved a prescribed medication, as well as calcium and Vitamin D and a recommendation to do weight-bearing exercise regularly which decreases risk of broken bones by strengthening muscles. Every 3 years I had a bone density to assess my progress. I incurred several small fractures over the years, but I made small gains in my bone health. In 2023, after being a Swell member for over a year, I had another scan. They told me my osteoporosis was GONE! No more meds, keep taking calcium and Vitamin D and keep going to Swell. I fractured my collarbone in 2016 and had mobility issues w/my shoulder because of that. Swell took care of that as well over time. I also lost 20 pounds I'd gained since retiring. I thank God for using Swell to heal me. As much as I appreciate the health benefit of Swell, it doesn't hold a candle to the blessing of meeting so many people I never knew before and now I know by name. For Jim and I, Swell is the best thing we do in our retirement years. (Even better than golf; that's a fact).

--Jean Delaney

Gary Conlon and wife Marian travel to Italy



On Memorial Day we flew into Rome and spent 3 days touring the Borghese Gallery; Vatican City including a Papal Audience, St Peter's Basilica and Sistine Chapel; The Colosseum and Ancient Rome; and a Food Tour (including gelato!). We took a high-speed train to Florence for a one-day walking tour including the Accademia and Uffizi Galleries. We headed north with 25 other Optometrists and spouses for a continuing education conference "CE in Italy", stopping at Ostia Antica archeological site and Santa Severa Castle, to Civitavecchia where we boarded the elegant Royal Clipper ship of the Star Clipper line (228 passengers, 106 crew) for a one-week cruise. We set sail (42 sails/6,222sq yds of fabric) for Ponza Island; Palmarola Island; Sorrento with stunning views of the volcano Mt Vesuvius;



and Amalfi where we toured a paper making factory. We continued through the Strait of Messina to Taormina in Sicily with panoramic views

from the Teatro Antico di Taormina. We stopped at Lipari, one of the seven volcanic Aeolian Islands and went on a winery tour, then sailed past the active volcano of



Stromboli. Our last stop was Gaeta, then back to Civitavecchia. We stayed another two nights in Rome and toured the Roman Baths of Caracalla, Eternal Rome with the Trevi Fountain and the Pantheon. We had our return flight cancelled, so we found a couple more museums to occupy the extra day. We enjoyed the trip immensely!



--Marian Walker

I recently returned from a John Deere Retirement Club bus trip to Asheville, North Carolina.



Upon boarding the bus, I was delighted to see two familiar faces from SWELL: sisters Mary Shanahan and Eileen Schuller. The trip's highlight was undoubtedly a visit to the magnificent Biltmore Mansion. We also enjoyed a scenic train ride on the Great Smoky Mountain Railroad, explored a local craft store and museum, and hiked to Chimney Rock, one of the area's highest peaks.

That evening, we indulged in a delicious farm-to-table dinner at The Farm, A Gathering Place. On our return journey, we made a memorable stop in Metropolis, Illinois, to capture a photo with Superman.

+At the Biltmore, we embarked on a guided tour of the entire mansion and had the opportunity to stroll through its beautiful gardens. We also enjoyed a delightful lunch at The

Stables. On our second day, we took a scenic drive through the Great Smoky Mountains to Table Rock, another breathtaking peak. Our final day featured a train ride through the Smokies and another memorable farm-to-table dinner at The Farm. It was an unforgettable trip!



--Kim Daykin



Pumpkin Seeds Recipe

This year when you carve your pumpkin, remember to save the pumpkin seeds so you can make a delicious and nutritious snack!



Ingredients

- Pumpkin seeds (removed from pumpkin and rinsed thoroughly)
- Worcestershire sauce
- 2 tablespoons olive oil OR melted margarine/butter
- Lawry's salt (or another seasoning of your choice)

- 1)Remove seeds from pumpkin and rinse thoroughly.
- 2)Add a dash of Worcestershire sauce to 2 tablespoons olive oil OR melted margarine/butter and mix together with the seeds.
- 3)Spread the seeds out evenly on the cookie sheet, and sprinkle Lawry's salt (air other seasoning of your choice) lightly over the seeds.
- 4)Bake at 350 degrees, stirring the seeds occasionally, until the seeds are brown and crispy.
- 5)Remove from oven, cool on paper towels, place in a container, and enjoy this delicious seasonal treat!

Important Update: SWELL Participant Calendar for 2024-2025

Description of Use of CRWC

Mon., Sept. 2, 2024,
Fri., Nov. 29, 2024,
Wed., Dec. 25, 2024,
Mon. Feb. 17, 2025,

Special dates when University of Dubuque Campus is closed and Holiday hours Facility

Fri. Apr. 18, 2025,
Mon. May 26, 2025
Spring Classes: TBD o Event D

Social Connection

2024 Dates

SWELL Apparel (Optional):

- You will be able to order SWELL apparel mid-September at our online store.
- Stay tuned for an email with the online store link.
- I will deliver SWELL orders to SWELL class, saving you the delivery fee. (Delivery to your location is an option for an additional fee.)
- The store will open September 8th
- Note: A minimum of 12 Tension Mind and Body T-shirts must be ordered for that order to go through because it is a different color and logal. These dry-fit t-shirts are available in both men's and women's styles (gold with navy blueprint design). They will fit better than last year's Tension Mind and body shirts.

Upcoming performances at the Heritage Center

BritBeat new music set.

Saturday October 19, 2024, 7:30 p.m.

We will submit money in an envelope and hand to Gary.

More events to come.

SWELL Picnic at Gary and Lisa's house

Wednesday October 2nd, Rain date Thursday October 3rd.



THE STAFF

Editor..... Gary
Feature Writer Gary Sewell
Feature WriterJean Delaney
Feature WriterMarian Walker
Feature WriterKim Daykin
Feature Writer Natalee Berg
Feature Writer Wesley Heitzman
Feature Writer Gary
Healthy Recipe..... Karen Knepper

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