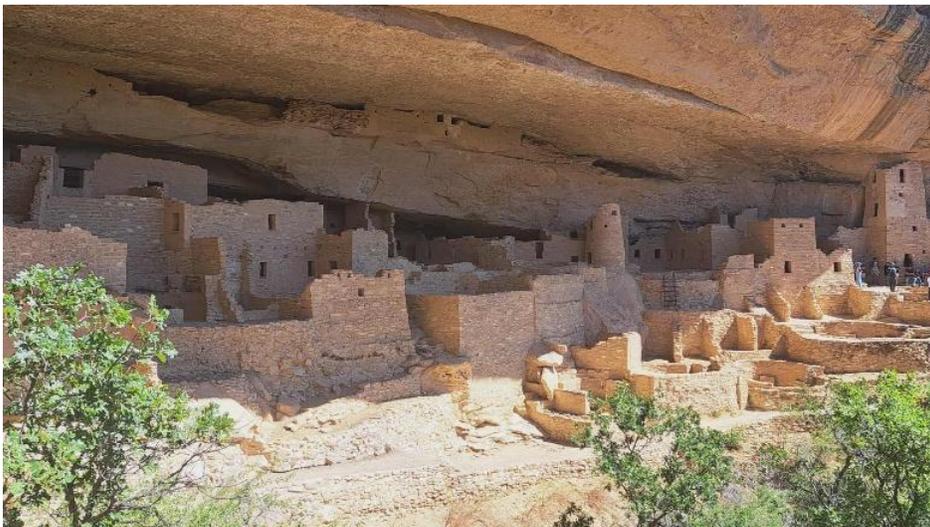
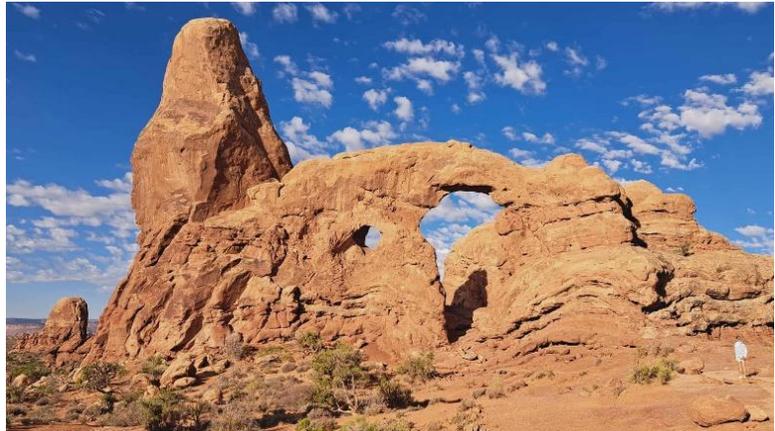
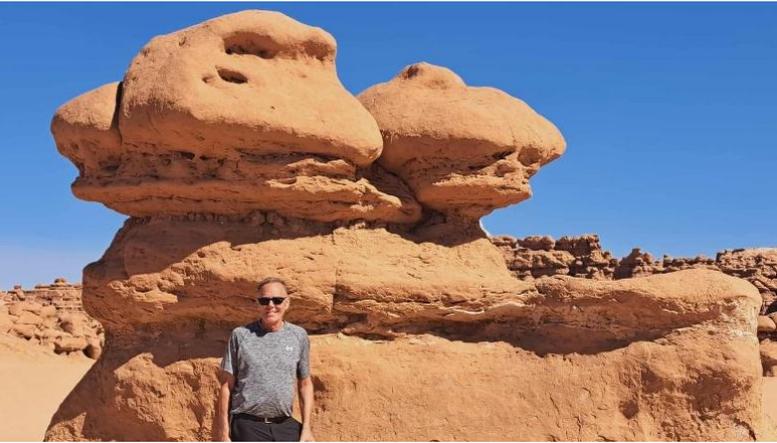
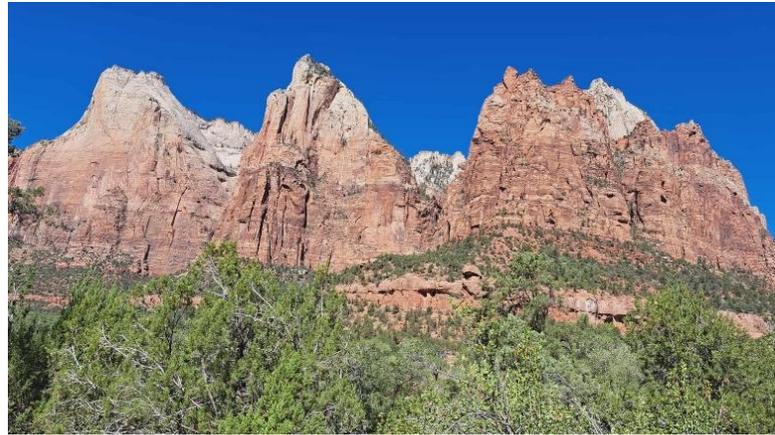
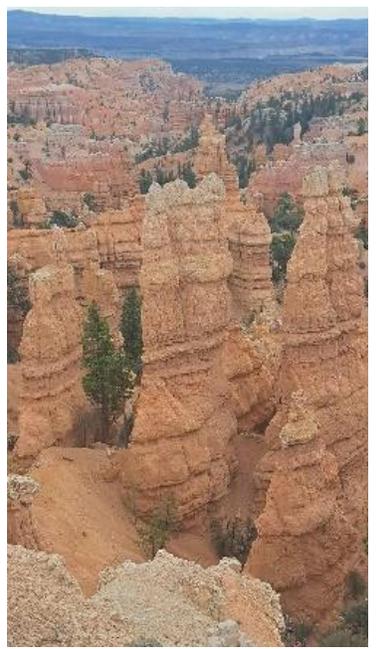


**SWELL LETTER**  
**November 2025 Volume 5, Issue 11**  
**National Parks in and around Utah**  
**By Joanne and Dale Errthum**

Dale and I took a 10-day Grand Circle Trip to the National Parks in and near Utah. It was a small group (8 people) with our guide/driver. It was an unforgettable trip. We visited and hiked in Zion National Park, Grand Canyon NP, Mesa Verde, Canyonland NP, Arches NP, Capital Reef NP and Bryce NP. All the parks were different with spectacular views and landscapes. These land formations were carved out of the sandstone rock by water erosion and wind erosion a million years ago. This area used to be a large inland ocean which created these amazing structures. We saw petrified sand dunes, sandstone arches, windows and bridges. We had full, busy days, starting out at 7:30 am and returning to our hotel around 4 pm. Many days we hiked up to 5 miles but did not feel stiff or sore. In the afternoons, our guide would take us to sites at State Parks (Dead Horse State Park and Valley of the Goblin State Park). We went to sites on the Navajo Nation (Monument Valley, Antelope Canyon, with slot canyons, and Four Corners). We saw many movie sites where these movies were filmed: Butch Cassidy and the Sundance Kid, Indiana Jones and the Last Crusade, Thelma and Louise, John Wayne's "She Wore a Yellow Ribbon", and Galaxy Quest. The guide was very knowledgeable of the history and geology of the area as well as the influence of the Mormon settlers who first came to this area. My favorite area was the slot canyons at Antelope Canyon. These are unlike anything I have ever seen. So breath-taking and unique. Dale enjoyed Zion for its beauty.

**This trip was a bucket list item, and it did not disappoint!!**





## Halloween Traditions

Original Halloween traditions originated with the ancient Celtic festival of [Samhain](#), which involved lighting bonfires and wearing costumes to ward off spirits as the veil between the living and the dead thinned. Over time, these evolved into other practices like souling and guising, where people would go door-to-door reciting verses for food or gifts in exchange for prayers for the dead. The use of carved vegetables like turnips, instead of pumpkins, to make "jack-o'-lanterns" also stems from these early traditions, meant to scare away evil spirits. **A Wittman tradition of painting and decorating pumpkins with the grandkids.**



**Start making your Christmas hats for the annual SWELL hat contest.  
Contest Wednesday December 10<sup>th</sup>, 2025.**



**Last year's hat contest winners were:**  
**Third Place:** Dale Errthum, who transformed into one of the Whos from Whoville.

**Second Place:** Debbie Link, a mischievous elf straight from the North Pole to see who was naughty or nice.

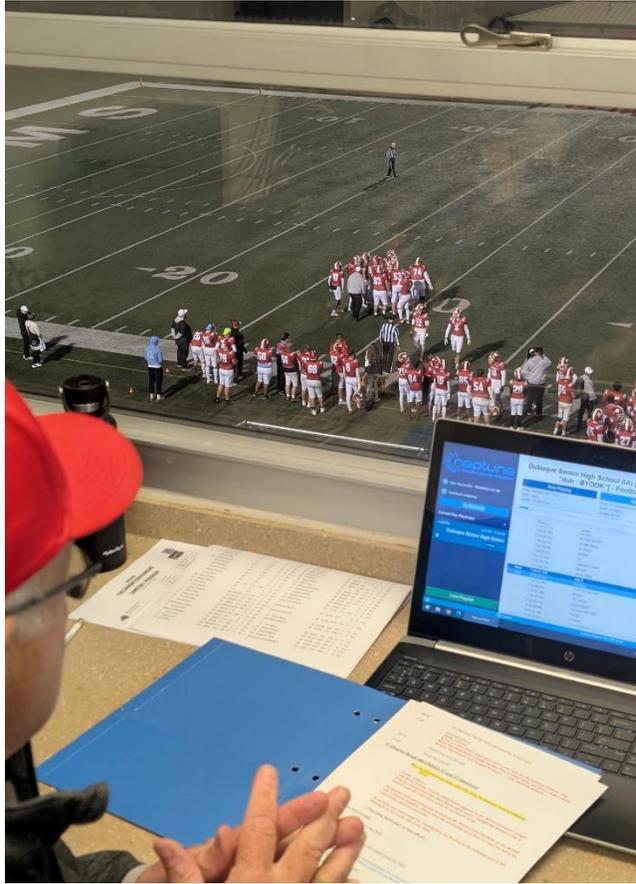
**First Place:** Judy Kulb, whose Barbie family was ready to work-out dressed in SWELL clothes, dumbbell weights, and doing sit-ups.

**Most SWELL Hat Award:** Claudette Bees amazing display of SWELL's year-long fun. Transparent Christmas ornaments filled with memories from our events were a delightful touch

**The Golden Rooster** made a surprise visit AKA Nancy Cooper wearing her homemade rooster mask.



# 50 Years Strong



## ♥ A Beautiful Partnership

You can see the love and commitment in how they continue to share their lives. Wanda still spends Friday nights in the cold supporting the Rams football team while Gene is hard at work!

Gene a man of many talents:

- In the press box, he's spotting numbers for the announcer and controlling the scoreboard, even choosing the music for the dance team.
- For the Rams Booster Club, he's the voice over the public address system, encouraging fans to check out the team programs near the Berwanger statue or grab their Rams spirit wear by the concession stand.

## 🍷 From Salesman to Spotter

Gene's career paved the way for his Friday night passion! After a successful career as a top salesman at Richardson Motors (selling Cadillac, Buick, Honda, and GMC vehicles), his connection to the Rams began. It was two of his best customers, Dubuque Community superintendent Amy Hawkins and Meadows golf pro Jeremy Hawkins—who asked him to work at the football games as his retirement began. And as they say, the rest is history!

## 💡 The Secret to 50 Years

Meeting Gene and Wanda huddled in the concession stand warming up captured the warmth of their relationship—two wonderful people

sharing a life together, showing genuine care for one another. And they aren't slowing down! As dedicated SWELL members, they consistently attend class when they aren't traveling, always with a smile on their faces, staying fit with the goal of celebrating their 75th anniversary!

--Gary

## Zoe and the Tension Zen Meditation Sleep Study

### SWELL Meditation Sleep Study: Mid-Point Summary

The SWELL Meditation Sleep Study, led by our outstanding intern Zoe Connell, has successfully reached its halfway point. The study focuses on evaluating the effects of meditation and deep sleep imagery.

#### 👍 Positive Feedback Received

Participants have reported several encouraging benefits across their sleep and daily function:

- Better sleep quality.
- Clearer mind during the day.
- Falling asleep faster.
- Longer sleep duration when using the deep sleep imagery at night.



#### 🎯 Study Goals: Physiological & Psychological Endpoints

The primary goal of the study is to achieve measurable improvement for participants in three core areas, covering both physiological and psychological endpoints:

- **Stress Reduction and Relief:** Decrease in psychological and physiological stress.
- **Improvement in Sleep Quality:** Improving the efficiency, duration, and restorative nature of sleep.
- **Enhanced Overall Health:** Looking for positive shifts in general well-being and health.



#### 📅 Event & Ticket Details

**Artist:** The Texas Tenors  
**Date & Time:** Saturday, Dec. 13, 2025, 7:30 PM  
**Seating:** Main Floor  
**Price:** \$59 per ticket

#### 💰 Payment Instructions

**Payment Deadline:** Dec. 5<sup>th</sup>  
**Payment:** In an envelope  
**Checks:** Payable to Gary Wittman  
**Submission:** Write your name clearly on outside of the envelope

## Healthy Recipe by Mary and Emma

### Ingredients for Improved Healthy Bran Muffins



- 1 and 1/2 cups (195g) **whole wheat flour** (spooned & leveled)
- ¼ Cup bob's Red Mill Wheat Brand flour (extra fiber)
- 1 and 1/2 cup (52g) **I used Kellogg's All Brand Original cereal.**
- 1 teaspoon of **baking powder**
- 2 teaspoons of **baking soda**
- 1/2 teaspoon **salt**
- 1teaspoon **ground cinnamon**
- 1 large **egg**, at room temperature
- 1/2 cup (170g) honey or **I used pure maple syrup.**
- 1/3 cup (75g) **olive oil.**
- 1/3 cup (60g) **unsweetened applesauce**, at room temperature
- 1 teaspoon **pure vanilla extract**
- 1 cup (240ml) **nondairy milk\*** (or dairy milk), at room temp. **I used unsweetened vanilla almond milk.**
- 1 and 1/4 cup (about 100g) **raisins\***
- 1 and ¼ cup (about 100g) **walnut pieces\***
- **Use Double recipe for 12 jumbo muffins**

### Instructions

- Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray.
- Whisk the whole wheat flour, wheat bran, baking powder, baking soda, salt, and cinnamon together in a large bowl until combined. Set it aside.
- Whisk the egg, honey, melted olive oil, applesauce, vanilla, and milk together in a medium bowl. Combine ingredients and stir. Fold in the raisins and walnuts.
- Spoon evenly into muffin tin. Bake for 5 min. at 425°F, then, reduce the oven temperature to 350°F. Continue baking for 15 to 20 minutes, do spring test to see if they are done. Allow them to cool for 5 minutes then transfer to a wire rack.



**Important Dates and times.**

Holiday CRWC closed dates Special events not listed I will announce these times and dates.

- Fri., Nov. 28, 2025
- Wed., Dec. 24, 2025
- Fri. Dec. 26, 2025
- Wed., Dec. 31, 2025
- Mon., Jan 19, 2026
- Fri., April 3, 2026
- Mo., May 25, 2026

**Daily Hours For SWELL**

**SWELL starts walking 7:45 Friday Clark College Track Team / We can walk outside until 7:45. We cannot walk on the inside track when it is being, come dressed to walk outside on Fridays.**

Exercise class 8:00 am to 9:00 am

SWELL walking after class 9:00 am to 9:45 am

Early walkers can walk in CRWC unless there are other rentals or University usage.

**THE STAFF**

**Editor..... Gary**

**Feature Writer ..... Joan and Dale Erthum**

**Healthy Recipe..... Mary and Emma**

**Feature Writer ..... Gary**

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