



Volume 06 Issue 05

October 2019

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### Upcoming Events

*Happy Birthday to all the October Darts!*  
It is your special day, live it to the fullest.



**Libra---Diplomatic, Graceful, Peaceful,  
Idealistic, Hospitable**



**Scorpio---Loyal, Passionate, Dynamic,  
Resourceful, Hospitable**



**Events/Activities during October 2019-----**

Oct 1st, Tuesday---International Day of Older Persons

Oct 5th, Saturday---Walk a Mile In Her Shoes Day

Oct 7th, Monday---You Matter To Me Day

Oct 14th, Monday---Columbus Day

Oct 26th, Saturday---Make A Difference Day

Oct 31st, Thursday---Halloween - Trick Or Treat

Fire Prevention Week (6 - 12)

Organize Your Medical Information Month

Positive Attitude Month

Enjoy October to the fullest



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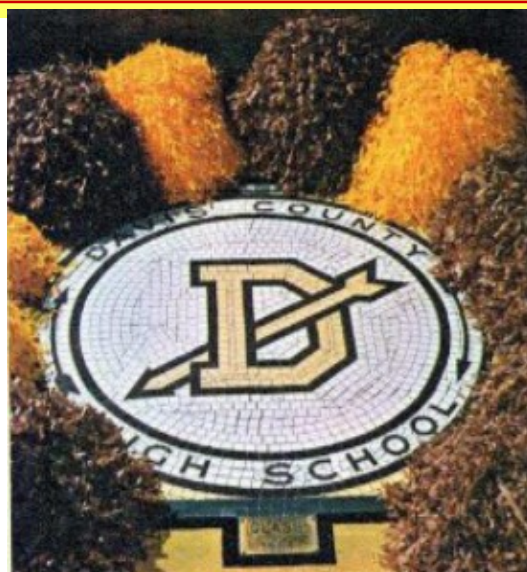
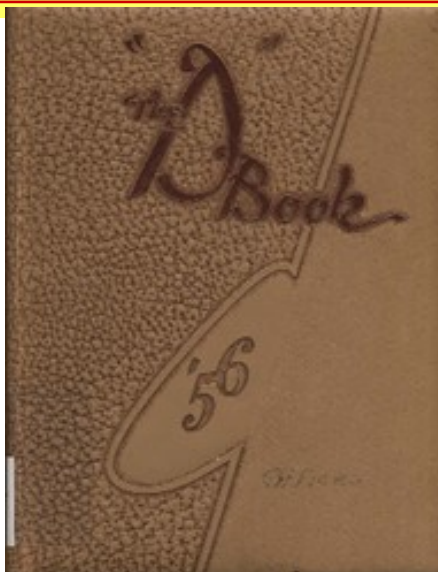
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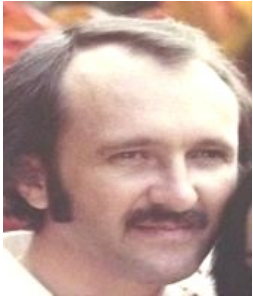
# Sylvia's Report

# Sylvia Fisher Jutila



## Fellow Classmates,

As we are coordinating and preparing for our Annual Class Luncheons it is unfortunate that we discover deaths of Classmates or their spouses that we missed. So, it is with sorrow that I have to announce the death of Classmate. **Leonard "Bud" Jex Chatwin.**



Leonard "Bud" Jex Chatwin, 77, of Pittsburg, CA passed away in his sleep on August 9, 2016. Bud was born September 2, 1938 in Spanish Fork, UT and subsequently relocated to Northern California. He was an extremely devoted husband who always put the needs of his wife over his own. Bud had a kind and gentle heart and doted on his daughter Nicole constantly and loved her with absolute unconditional love and support. He was extremely generous to others and gave without any expectation of reciprocation. He loved wholly and completely with such compassion and

- selflessness. Bud enjoyed participating in the Napa Valley Corvette Club with his wife Connie and would take many adventures in their 99 Cruisin' Corvette. Bud worked in the grocery industry for 65 years and had a work ethic that was unparalleled and was known for being immensely hard working in all facets of his life. He enjoyed cooking and creating his own special recipes. He loved music and we will hear his singing (You are my sunshine, my only sunshine .... ) even now after he has passed on.

He is survived by his loving "bride" of 38 years Connie Chatwin; his devoted children Nicole Chatwin, Len Chatwin and wife Rhonda Chatwin, Elizabeth Nelson and husband Brad Nelson as well as his grandchildren Aspen, Chancellor and Garrett Nelson, and is preceded by his son Barry Chatwin. He also leaves his brother Ray Chatwin (wife Val Chatwin deceased), Bill Chatwin (Deceased) and wife Sherri Chatwin, Burl Quinn (husband John Quinn deceased), Maxine Hamblin (husband Jay Hamblin deceased) and Gerry Larson and her husband Ralph Larson and many other friends and loved ones. A celebration of his life was conducted at the Oak Park Hills Chapel in Walnut Creek, CA on August 15, 2016. A graveside service was conducted at Oakmont Memorial Park in Lafayette, CA on August 15, 2016.



## Annual Class Luncheon

Over 60 of our wonderful Classmates and guests gathered on September 13th at the Courtyard Marriott in Layton for our 63rd class reunion (annual luncheon). A good time was had by all, seeing old friends, renewing acquaintances and enjoying hugs and lively conversation. We were honored again this year to have the Mother, Audrey Carr, of our Classmate Valerie Burke with us. Audrey is amazing, sharp and has her hair dyed. You would never know that she turns 99 on October 4, 2019. She is the only classmate living parent that we are aware of. We presented her a dozen Yellow Roses in appreciation for her sharing her life with us. What would you get if you combined our 1956 Student Body Secretary and our Senior Class Vice President--- **Frank and Joan Hepworth Roybal.** We honored both of them at the luncheon with our Class of 1956 Lifetime Achievement Award. We also presented Joan with a dozen Red Roses and Frank with our Class of 1956,

**(Class Luncheon Cont. On Page 3)**

## Sylvia's Report (Cont.) - Annual Luncheon

### (Sylvia's Report Cont!! From Page 2)

"You Light Up My Life Lantern." Not only were Frank and Joan very active supporting the Class of 1956 during our high school days, it didn't stop there they have been supporting all class activities for 63 years. Frank and Joan were so very surprised and thrilled to receive the awards and recognition from the Class of 1956. Frank being a lawyer, I had to tell two good lawyer jokes. Ila assisted me with the presentations and the ceremonies. Our thanks and appreciation go out to Frank and Joan for their many active years of support to the Class of 1956, they remind us that, "Everyday is a good day to be a Davis Dart."

### The Newlyweds!!!

Now I have another puzzle for you. What does a Classmate in Solgokna, Alaska and a Classmate in Woods Cross, UT have in common? Rumor has it that they had a crutch on each other in the 5th grade. Now, many years later we find Classmate **Walter Barton** in Alaska working as a guide for hunters, for caribou, moose, elk, wolves, bear and deer. He wore out both knees and one shoulder packing a lot of meat out to civilization, not too many roads and highways in Alaska. He decided to trade that in for a more relaxing job as a fishing guide. Now lets go to Woods Cross where we find **Judy Armstrong Peck**. Judy is another one of our Classmate marrying Classmate, she married Dick Peck. Judy and Dick raised a family of five children. Dick passed on in October 2013, leaving Judy a widow. Now back to Alaska, Walter was looking through some old memorabilia one day and found Dick Peck's obituary. As he was reading it, he saw Judy's name, he knew he had to get in touch with her and see if he might rekindle the 5th grade romance. He found her and it was perfect when they met. After several months of dating they tied the knot and it is now **Walter and Judy Armstrong Barton** - Congratulations. The newlyweds were darling, they were so happy it was fun to be around them. We presented Judy with a dozen Red Roses and Walter with our, Class of 1956 "You Light Up My Life Lantern." They will live in Alaska for two months in the summer, in Woods Cross during spring and fall, and Arizona in the winter---sounds like an extended honeymoon.

It was so wonderful to see Dick Newcomb, Judy Prusse, Carol Adamson, Carolyn Kerr and so many others. Please join us next year. Now I would like to share some photos from the luncheon, enjoy.





**Colorado Ed's Desk**  
**dhsdart1956@gmail.com**

**Larry Edwards**  
**703-371-6938**

I hope everyone enjoyed their summer, the beautiful Autumn season is here. The cooler temperatures and beautiful Fall colors are my favorite time of the year. Get out and enjoy the wonders Mother Nature provides.

Another Annual Class Luncheon has come and gone. I hear that everyone that participated in the luncheon had a good time. Did you notice that I used the term, "I hear" - on Tuesday, September 10th I was finalizing everything I needed for the luncheon and loading my car for my 6:00AM departure on Wednesday, September 11th.

Wednesday was my usual travel day from my home in Colorado Springs to the Courtyard Marriott in Layton. Tuesday afternoon complications started coming to my attention that eventually resulted in me having to cancel my trip to Utah to enjoy my wonderful Classmates and visiting with relatives and friends. I would like to thank and express my appreciation for my cell phone, email account and FEDEX, they allowed me to deliver everything to the appropriate individuals in Utah. The ones that I'm most thankful are my wonderful Classmates---Sylvia Fisher Jutila, Ila Bagnell Devereaux, Robert Stott and Butch Evans. As usual, they did an outstanding job conducting our Annual Luncheon. I'd also like to thank Classmate Audun Seljaas for taking luncheon photos and sending them to me. I must also extend my appreciation and thanks to---

- \* Rachel Perez and her staff at the Courtyard Marriott - they go out of their way for us.
- \* Jerra and her staff at Gold Star Awards & Engraving, 55 East Gentile Street, 801-544-7404
- \* Annie and her staff at Main Street Floral, 15 South Main, 801-544-5999

Now it is time to start planning and coordinating our 2020 Annual Class Luncheon. I would like to make a proposal for the location of our 2020 Class Luncheon and request your comments, thoughts and feedback.

**How would you like to have lunch at Dear Old Davis High School????? We would meet in the Commons Area and have lunch catered in. The proposed date would be Saturday, September 12, 2020. Now the ball is in your court, please give me your feedback by text message to 703-371-6938 or email to dhsdart1956@gmail.com. Don't be bashful, this is your luncheon, be a part of the planning team. I would like to determine the what, when and where by the end of January 2020, then do the coordination for approval by the end of March 2020.**

I would also like to request that you all stay active, eat healthy food and get the right amount of sleep - ounce of prevention is worth pound of cure. Take care and stay healthy.

### HELPING HANDS

Please notify us about a fellow alumni or family member who is seriously ill, in a hospital, or care facility. We need your help so we can extend our love for them. Notify Sylvia at **sylvia.jutila@gmail.com** or Larry at **dhsdart1956@gmail.com**.

In **school** you're taught a lesson and then given a test,  
 In **life** you're given a test that teaches you a lesson.

## Sylvia's Report (Cont.)

(Luncheon Photos Cont. From Page 3)



**"You can never have too much happy"**

**"It's great to be great, but it's greater to be kind"**

**"Even if you don't believe in other things, always believe in yourself"**

**"If everything is going well, you have obviously overlooked something"**

**(Luncheon Photos Cont. On Page 6)**



## Sylvia's Report (Cont.)

(Luncheon Photos Cont. From Page 5)



A special thanks to Ila Bagnell for assisting with the presentations and ceremonies, to Robert Stott and Butch Evans for handling registration and logistics, to Valerie Burke for sharing her wonderful Mother with us and to Larry Edwards for assistance behind the scenes. Sylvia

**"Focus on the journey, not on the destination"**

**"Falling down is an accident. Staying down is a choice."**

**"Only those who risk going too far can possibly find out how far they can go"**

## Getting Enough Sleep Is Critical---

### Getting Enough Sleep Is Critical For Good Health-----

Sleep should be added to the list of lifestyle behaviors that are critical to good health, such as **staying active** and **eating healthy**, according to a recent paper published by the American Heart Association. The paper summarized the latest evidence on sleep and cardiovascular health. Based on a wealth of evidence linking poor sleep patterns to increased risk for heart disease, experts urge health organizations to incorporate sleep into guidelines for optimal health.

Sleep is a major public health concern that is often overlooked. According to data from the National Heart, Lung and Blood Institute, an estimated 50 - 70 million U.S. adults have poor sleep patterns, defined as getting less than 7 hours of sleep or more than 9 hours of sleep a night on a regular basis. Common sleep problems can be due to medical conditions like insomnia or sleep apnea, or simply due to responsibilities at work or home. It's estimated that 5 - 15% of the U.S. population has insomnia, while sleep apnea affects up to one-third of U.S. adults. The impact of these conditions on health is striking.

Studies continue to show that sleep apnea and insomnia increase risk for a long list of conditions, ranging from high blood pressure and obesity to heart disease and stroke. For example, an analysis of 23 studies found that getting less than 7 hours of sleep a night was associated with 55% increased risk for obesity. Two recent studies also found that short sleep duration increased risk for diabetes by 30%, while an analysis of seven studies linked less than 7 hours of sleep a night to 48% increased risk for heart disease or heart-related death. The good news is that experts are starting to recognize the important role that sleep plays when it comes to our health. A national health initiative called Healthy People 2020 released a series of sleep goals, which included increasing the amount of adults that get sufficient sleep. Of course, experts explain that it will take some work to raise awareness and improve America's sleep patterns.

### Six Steps To Better Sleep-----

1. Stick to a sleep schedule. Set aside no more than eight hours for sleep.
2. Pay attention to what you eat and drink. Don't go to bed hungry or stuffed.
3. Create a restful environment. Create a room that's ideal for sleeping.
4. Limit daytime naps. Long daytime naps can interfere with nighttime sleep.
5. Include physical activity in your daily routine.
6. Manage worries. Try to resolve your worries or concerns before bedtime.

Nearly everyone has an occasional sleepless night - but if you often have trouble sleeping, contact your doctor. Identifying and treating any underlying causes can help you get the better sleep you deserve.

Source: American College of Cardiology  
Mayo Clinic

Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing. Here's how you might feel if you've been holed up in your home for too long, and how getting back to nature could soothe what ails you.

\* **Stressed** - Nature presents scenes that gently capture your attention.

\* **Anxious** - Working out in nature helps to reduce anxiety.



## Alumni/Association Info



Stay active, eat healthy food and get at least seven hours of sleep each night - this equates to better health and more happiness. Join your wonderful Classmates at our Annual Class Luncheon. Read the Class Newsletter for information on our 2020 Cass Luncheon.

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**Have you joined the Alumni Association? See Membership Registration Form below—fill it out and mail today\*\*\*\*\***

### DAVIS HIGH ALUMNI ASSOCIATION MEMBERSHIP REGISTRATION

Name \_\_\_\_\_  
 Graduating Class \_\_\_\_\_ (Women, please include maiden name)  
 Spouse's name \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip Code \_\_\_\_\_  
 Phone#: \_\_\_\_\_ E-Mail Address \_\_\_\_\_  
 Interests/Talents \_\_\_\_\_

I am willing to participate on a committee: Yes \_\_\_\_\_ No \_\_\_\_\_

**To register, complete this form and mail to:**

**"Home of the Darts"**  
**Davis High Alumni Association**  
**325 South Main**  
**Kaysville, UT 84037**



*"It's the little things in life that bother us.  
 You can sit on a mountain but not a tack"*



## “Class Tidbits”

### \*\*\*\*\*IMPORTANT NOTICE/INFORMATION\*\*\*\*\*

Our Class of 1956 Dart Newsletter is now available on the Davis High School Website. This will allow those classmates without an e-mail address and all other Davis High graduates access to the newsletter. To get to the newsletter follow these instructions: Davis High School Website----- <http://dhs.davis.k12.ut.us>

On the home page, click on “School Information”---then click on “About Us”---then click on “Alumni”---first entry on page is “Class of 1956”---click on “Bold” months---for the newsletter you want to see/read. **Please help us get this information out.**

***“You don’t stop laughing because you age.  
You age because you stop laughing”***

### TAPS

### MEMORIAM



<b>DHS 1956 Alumni</b>	<b>Died</b>
<b>Leonard Jex Chatwin</b>	<b>08/09/2016</b>

<b>Alumni Family Members</b>	<b>Died</b>
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Our heartfelt sympathy to the family of those who have passed to their eternal rest. May all those who grieve be comforted.

**Note:** As of September 30, 2019 our unofficial departed Dart count is 202.  
We miss them all.

### Fellow Alumni--

It is an honor and privilege to put together this Class of 1956 “Davis Dart” newsletter. It is your newsletter, please provide me feedback and most important provide me alumni news, articles, photos, etc. Update all of your classmates on your life after Dear Old Davis High School. Don’t be bashful, be proud of what you have accomplished and share all these wonderful moments with your classmates.

Please send your text input to both Sylvia and Larry.  
Send your photos and art work directly to Larry.

Sylvia - [sylvia.jutila@gmail.com](mailto:sylvia.jutila@gmail.com)  
Larry - [dhsdart1956@gmail.com](mailto:dhsdart1956@gmail.com)

Thanks,  
Larry Edwards

