



Volume 04 Issue 02

April 2017

Contents

Upcoming Events

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



**Aries—Independent, Enthusiastic,
Generous, Optimistic, Courageous**



**Taurus—Dependable, Persistent,
Loyal, Patient, Generous**



Events/Activities during April 2017---

Saturday, 1—April Fools Day

Wednesday—12, Walk On Your Wild Side Day

Sunday, 16—Easter

Tuesday, 18—Income Tax Day

Saturday, 22—Earth Day

Sunday, 30—National Honesty Day

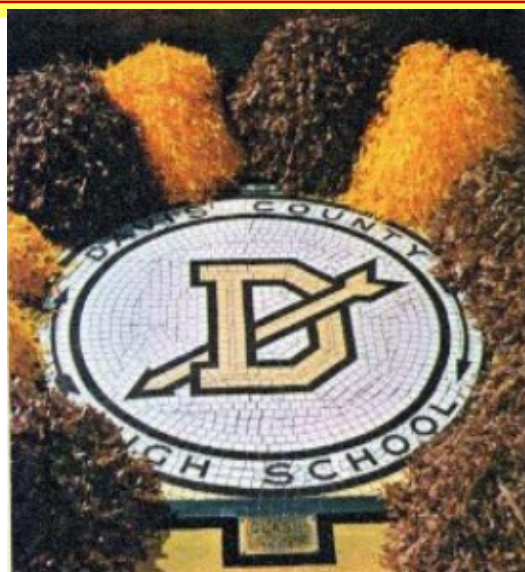
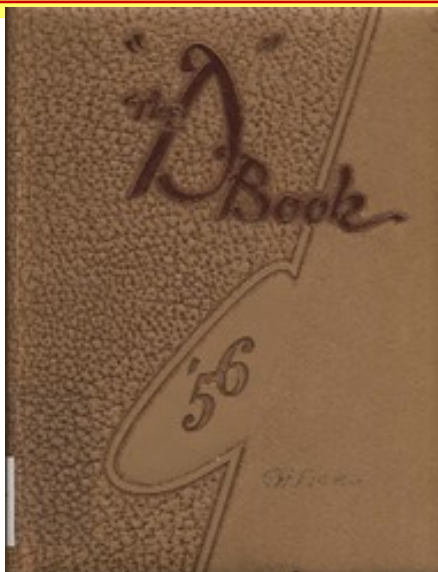
Golden Rule Week, 1—7

Physical Wellness Month

Keep America Beautiful Month



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Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

I hope 2017 is treating you all well with lots of good health and happiness.

Please do everything you can to keep your body and mind active and healthy. I would like to remind you that we are starting an "Annual Class Buffet Luncheon" starting on Friday, September 15 2017. This will give us a chance to gather more often and enjoy the wonderful relationships that started over sixty years ago. I hope to see all of you on September 15, 2017, mark your calendar now. See Page 4 for more information and details on the "Annual Class Buffet Luncheon."

I have to do it again, since I have no control over it, it is with regrets and sorrow that I announce the death of **one** of our classmates.



Joyce Slater Donaldson---Our sweet mother, grandmother, sister and friend passed away Saturday, February 11, 2017, surrounded by the peace and love of her family. Joyce was born on July 4, 1938 to Henry Thomas Slater and Nettie Marie Hansen in Ogden, UT. She cherished and admired her older sister Eleanor (Melvin) Green and adored her little brother, Blain Slater. The family moved to Clearfield, UT where her dad owned and operated Clearfield Cleaners. She attended Wasatch Elementary, North Davis Junior High and Davis High School, Class of '56. She made lifelong friends during her school years, affectionately calling themselves the "Clearfield gang".

Joyce attended Utah State College long enough to find her eternal companion, Lawrence Jay Donaldson. They were married July 1, 1960 in the Salt Lake City Temple. The newlyweds moved to California where Jay started his career with Rockwell International and together they started their family. They were blessed with three wonderful children, David (Liz) Donaldson, Laurie Donaldson and Scott (Nichole) Donaldson. In 1969, Jay's career brought the family back to Utah, settling in Roy, so happy to be back close to family and friends.

Joyce had a fun and engaging personality with a warm and friendly smile. She had a generous heart that was in tune with the spirit to see the needs of others. This served her well through her life as she was able to develop many lifelong friendships as she worked in various jobs and volunteered in the community. She was a member of The Church of Jesus Christ of Latter-Day Saints and served in various positions through the years. She was a member of the Roy Jaycettes through which she provided many hours of community service. Joyce was proudest of her job working as a medical assistant for Dr. Jack Wahlen at the Mckay-Dee Endocrine and Diabetes Clinic.

(Joyce Slater Donaldson Continued on Page 3)

Sylvia's Report (Cont)

Sylvia Fisher Jutila

!! (Joyce Slater Donaldson Continued From Page 3)

In 1995, Joyce and Jay retired from their prospective jobs and were able to enjoy the fruits of their labors. They happily welcomed new grandchildren and traveled the world. In 1999, Jay was diagnosed with ALS and Joyce lovingly cared for him until he passed in 2006. After his passing, with moral support from family and friends, Joyce was able to find renewed joy in her journey. In the last two years of her life, Joyce was diagnosed with dementia and unable to care for herself. She was deeply loved and cared for by her daughter, Laurie. Joyce maintained her amiable nature and smile despite her decline in health.

Joyce is survived by her children, her sister and brother-in-law Lynn (Dorothy) Donaldson; Seven awesome grandchildren and one amazing great grandchild. She is also survived by many beloved nieces, nephews, cousins and friends. She was preceded in death by her husband, parents, Father-in-law Steen Donaldson and Mother-in-law Nora Donaldson and her brother. The family wishes to thank all who laughed, loved and cared for Joyce throughout her life. Funeral services were held on Thursday, February 16, 2017, Internment Roy City Cemetery.



I received an update from **Dick and Tiffany Madsen**. During the month of August 2016 they were finalizing their plans and arrangements for travel to Utah for our 60th Class Reunion. That is, until August 28th, an ambulance was called to take Dick to the Emergency Room. As soon as he arrived, a nurse put an IV in his hand and his heart stopped. It was 10 minutes of CPR and shocking before they had a pulse. That was the beginning of a 5 week hospital ordeal. During the CPR, his ribs were broken. He was in ICU for a week: he couldn't talk, squeeze our fingers or move. He would look up at the ceiling and smile and I thought, "Oh no, they are coming to get him!" Dick had been having every test to see if it was his gall bladder that was making him feel so bad. That infection caused blood sepsis. He had an angiogram that showed severe blockage of an artery, so he was moved to another hospital to get a stent. His fifth week was spent in Rehab. There he became more mobile and on a scale of 30, his cognitive skills went from a 21 to 29. We finally had him back! On December 19, 2016, his gall bladder was removed. On January 10, 2017, he received his third pacemaker, but this time it has a defibrillator. He is 100% dependent on it. We call him our "Miracle Man." He has lost 50 lbs. and is wearing clothes he has had from 1963 when he worked at Clark's Clothing store in Provo. You should see him in his three piece suits and Bavarian jackets with leather trim. Everyone thinks he has a whole new wardrobe! (His daughter-in-laws can't believe it. He never gets rid of anything! He looks wonderful and feels great! He really missed being with everyone at the reunion. Now they are working on their plans for our Class of 1956 Buffet Luncheon scheduled for Friday, September 15, 2017.

Colorado Ed's Desk
dhsdart1956@gmail.com

Larry Edwards
703-371-6938

WOW, April here already, of course we started it with a snow storm here in Colorado. Looking forward to April showers (rain) so we can have May flowers. The week of April 15—23 is National Park Week. The time to discover our National Parks and the wonders they contain. On the weekends of April 15—16 and April 22—23, admission is free. Get outdoors and visit the National Parks, to find the parks near you, go to <http://findyourpark>. Don't forget our Class Buffet Luncheon on September 15, 2017, mark your calendars now. More information on luncheon below, reservation information will be published in the May Newsletter. Stay happy and healthy, Colorado Ed

XX

Annual Class of 1956 Buffet Luncheon—Waiting another five years before we meet again is not right. We should renew our friendships and enjoy each other more often. As Sylvia mentioned in her October Newsletter column, we discussed the possibility of meeting annually for a simple buffet luncheon with ample time to visit. **NOTE:** Most Davis High Classmates older than us have switched to an annual luncheon, they report that they are really enjoying it, and highly recommend it. We took a vote at the reunion and a majority of the Classmates voted that we switch to "Annual Luncheon Format."

It was recommended that we stay in the month of September and hold it locally in Davis County—**SO, mark your calendar for our 61st Class Reunion (Buffet Luncheon)**—

Date: Friday, September 15, 2017

Location: Courtyard Marriott, Layton, UT

What: Buffet Luncheon

Time: Assemble at 12:00PM, Buffet Lunch 1:00—3:00PM, Socialize 3:00—5:00PM

Those traveling in from out of town are encouraged to stay overnight at Courtyard Marriott, we will set up a special nightly rate for our group.

Mark your calendar now!!! We will publish a reminder in each newsletter. The May 2017 Newsletter will contain instructions on how to call in your reunion/hotel reservations and the cost of the luncheon. Your only other task after you make your reservations is to stay healthy and to show up at our 61st Class Reunion.



WE WANT YOU!



Annual Buffet Luncheon
Layton, Utah
September 15, 2017

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)

Sylvia Fisher Jutila

(Sylvia's Report Continued From Page 3)



Robert and Doris Stott make an annual trek to the Seattle, Washington area to visit family and friends. Since Robert and Doris were busy during the summer months assisting with the planning, coordination and conduct of our 60th Class Reunion the trip was put on hold until after our reunion. Once they had finished all of their post reunion tasks, packed their suitcases and loaded up the car, away they went. They arrived safely in the Seattle area for their vacation in the Kent, Renton and Seattle areas. Robert and Doris lived in Renton, WA for sixteen years during Robert's career with Boeing. They forwarded some pictures from their trip for our viewing pleasure.



Robert & Doris at Christmas Party

NO NURSING HOME FOR ME!!!

No nursing home for us. We'll be checking into a Holiday Inn!

With the average cost for a nursing home care costing \$188.00 per day, there is a better way when we get old and too feeble. I've already checked on reservations at the Holiday Inn. For a combined long term stay discount and senior discount, it is \$59.23 per night. Breakfast is included, and some have happy hours in the afternoon. That leaves \$128.77 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. \$5 worth of tips a day you'll have the entire staff scrambling to help you. They treat you like a customer, not a patient.

There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (if you fake a decent limp). To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up. It takes months to get into decent nursing homes. Holiday Inn will take your reservation today.

And you're not stuck in one place forever---you can move from Inn to Inn, or even from city to city. Want to see Hawaii? They have a Holiday Inn there too. TV broken? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything, and apologize for the inconvenience. The Inn has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance . . . or the undertaker. If you fall and break a hip, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation. The grandkids can use the pool. What more could I ask for? *So, when I reach that golden age, I'll face it with a grin and head for the "INN"*

EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each sack.

Your First Kiss!



Health Care

How to Live a Longer, Healthier Life

People who have a sense of purpose in life starting in their earlier years are more likely to live longer, healthier lives. Purpose is associated with satisfaction and happiness, better physical functioning, less likelihood of developing disabilities, and better sleep. Purpose gives people a sense of their role in the community and the broader world.

A recent study shows that participants with high purpose scores were found less likely to develop mild cognitive impairment and more likely to remain free of Alzheimer's disease. A high-purpose score also showed the rate of cognitive decline by about 30 percent. It is important that you establish a direction and purpose for life as soon as possible. Stay active, pursue your goals and enjoy healthy aging. Source: DukeMedicine HealthNews

It's Never Too Late To Get Fit

Healthy aging means an absence of major disease or disability, good mental health, good cognitive abilities and an ability to maintain social connections and activities of daily life. Scientists say that inactivity is right up there alongside smoking, excess drinking, and obesity as a leading cause of reduced life expectancy. Reaching that "Golden or Retirement Age" does not mean you stop all physical activity. We are now blessed with lots of time for golf, tennis, swimming, gardening or just walking briskly and smelling the flowers. You can still benefit your health and age well.

Scientists have found a direct link between physical activity and successful aging, as much as sevenfold among active people compared to people who are consistently inactive. Engaging in physical activity, besides making you feel better, can stave off chronic disease, depression and dementia. A recent study shows that those who engaged in regular physical activity were seven times as likely to be healthy agers as those who remained consistently inactive---and may even prevent fall-related injuries. It is never too late, get or stay physically active, every minute counts.

Take care of your body and your body will take care of you.

Source: DukeMedicine HealthNews

Maintaining Muscle Mass May Help Prolong Your Life

Recent research suggests that the more muscle mass older Americans have, the less likely they are to die prematurely. The findings add to the growing evidence that overall body composition, not the widely used body mass index (BMI) is a better predictor of all-cause mortality. So many studies on the mortality impact of obesity focus on BMI. A UCLA study indicates that clinicians need to focus on ways to improve body composition, rather than on BMI alone, when counseling older adults on preventative health behaviors. Measurement of muscle mass relative to body height should be added to the toolbox of clinicians caring for older adults.

There are several factors that may affect muscle mass throughout your life. Some of the more notable are: protein intake, vitamin D, dietary acidity, vitamin B12 and folic acid. Talk to your doctor if you are concerned about your vitamin and nutrient intake.

Source: UCLA HEALTHY/Years

Alumni/Association Info

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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://www.davis.k12.ut.us>

On the home page, click on “Organizations”---then click on “Alumni Davis High”---scroll down this page until you see Class of 1956---click on “Class of 1956”---then click on the monthly 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



DHS 1956 Alumni

Died

Joyce Slater Donaldson

02/11/17

Alumni Family Members

Died

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 March 31, 2017 our unofficial departed Dart count is 175---we miss them all.

Fellow Alumni---

It is an honor and privilege to put together this Class of 1956 “Davis Dart” monthly 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

Larry - dhsdart1956@gmail.com

Thanks,
Larry Edwards

