

# AGING GRACEFULLY IN THE 21<sup>ST</sup> CENTURY

By: Faye Nilsson

I entered the beautiful world Dec. 27, 1921. I have happy memories on a dry farm in Holbrook Idaho. In 1931 after leaving the farm and a divorce, we moved to Brigham City. I was the only daughter with 9 brothers. After we adapted to the big city we kept busy taking care of a half acre of land and growing fruits and vegetables. We also earned money picking vegetables and fruits for local farmers. After age 16 I worked in a canning factory. I remember canning tomatoes, peas and corn.

After working the summer and having money, my friend and I would catch the Bamberger train to Ogden to buy school clothes. I graduated from Box Elder High School in 1939. I started school at Weber College. After the death of my brother I was encouraged to go to Pocatello and live with my brother's widow who was going to college there. One of my professors said it was a shame for someone with potential to not continue schooling.

I believe I received schooling in the work force. I worked for a photographer and met Ernest Hemingway who studied the Indians at Fort Hall reservation. We went to schools to take yearbook pictures. We traveled to Chicago to a photographer convention and walked on the heads of the faces in South Dakota before they were completed.

I married a talented man named Sven Nilsson on November 2, 1942. He was a cabinetmaker, opera singer and life was never dull. We loved having a family! We enjoyed going to musical events and educational lectures. I have experienced many changes. I learned to sew on a treadle sewing machine, now the machines are computerized. When mom fixed chicken dinner she had to catch the chicken, I just go to the freezer. My children and I never took a bus to school and we always packed our lunch.

Keeping interested in talents and cultural events helps me to age gracefully. In 1990 I joined the Jordan Country quilt group. There are over 60 quilt groups in Utah. I also belong to the Utah Quilt Guild which was organized in 1977 to preserve the history and art of quilting. All of the groups meet at the county building once a month. Quilters gather at the Colonial Mansion monthly to quilt for an auction the twentieth of November. The proceeds go to the Deseret Foundation and are used for medical research. The quilters ages vary from 19 to 93.

People used to retire at 70. I retired at 86 from the USPS. I was dubbed the sex symbol for men who no longer care. After I retired I joined a writing group and have really enjoyed learning. My husband died Jan. 17th 2002. I asked him, "Do you miss me as much as I miss you"? I thought he said he was singing with the angel's and Pavarotti.

Faye