



## **Frederick Albert Foss Sr.**

May 29, 1932 - July 13, 2008

Frederick (Fred) A. Foss. Sr., 76, passed away July 13, 2008 at Saint Mary's Hospital. He was born 29 May, 1932 in Boston, MA. to Catherine Sawyer and Frederick Foss.

Fred was a man of honor, integrity and respect. He was a gentleman and possessed amazing inner strength and fortitude. Always on-time, you could set your watch by Fred. He was dependable, responsible and trustworthy. He was patriotic and loved his country, passionately. He proudly served 24 years in the Air Force and saved countless lives by doing his job well. After his military service he spent 20 years in the banking industry. He believed in his fellow man. He loved his wife, heart and soul. She was his world. He believed in his children and it didn't matter what they did for a living or how much money they made as long as they were good people. He adored his grandchildren. He honored his mother and grandmother. He never lost his Bostonian accent, even though he left when he was 17 years old. He had a terrific sense of humor and he watched old movies. John Garfield was his favorite actor. He had strong faith and conviction. He was an avid reader and loved military history. He was a student of WWII, military aircraft and the Vietnam conflict. He was a good friend and a good provider. He was a devout Catholic. He donated his money and time to many different charities and organizations. He never forgot where he came from. He was a hard worker who led by example. He made a difference in this world and in our lives. He was an exceptional man and we will miss him.

Fred is survived by his wife of 54 years, Shirley Springer; three children, Frederick (Nancy) A. Foss, Jr., Randy Foss and Cathy Foss-Stahl; 8 grandchildren: Courtney, Sara, Charlotte, Zachary, Alexander and Trevor Foss, Alec and Cooper Stahl; mother-in-law, Millie Berolo, brothers-in-law Leo Berolo, Neil (Cindy) Springer, Michael (Maggie) Springer.