

Sons in Retirement (SIR)

By Phil Frank

The SIR Luncheon on the first Wednesday of the month never fails to bring the good guys together for good food, good fellowship, good information and inspiration. Big SIR Paul Lambert observes the old friends and new members hobnobbing and mixing about. When he senses that we've found our seats and all's well, (it's always right at 12:00 noon...he must smell the good food, too), he calls us to order in order that we can share a moment with our Chaplin. Elmer Curtis really knows how to gather our thanks and thoughts to send them out to others less fortunate than we.

Our Salute to the Flag is followed by Verne Bagby's stirring leadership in a couple of oldies, but goodies from his songbooks. (Did you catch his quartet's show at Bear River High on the 20th?) Then, it's on with our show...the committee reports, the ubiquitous jokes and the food!

Membership Chairman Phil Jones (268-7714) reported first, last month. Thanks to his wrangling and the lengthy lariats of their sponsors, three new dogies joined our herd. We welcome our newest members, Don Albee, Ken Shannon, and Terry Everhardt.

Sign-ups for the next SIR Golf Tournament close on May 7. May play will be at Alta Sierra on Tuesday, the 14th. Help Chairman Rod Corvington field a torrid team.

Our guest speakers last month gave us really good food for planning thought. From The Hospice of the Foothills, Director Frank Santos and Case Manager and Facility Liaison, Maria Bishop explained the mission and fine services of our local non-profit family support group. They posed questions that, sooner or later, we each may have.

What if you or a loved one are confused or concerned about a terminal diagnosis? What if you or a loved one has a life-limiting illness, are living alone, or require round-the-clock care? What if you or a loved one believe you are experiencing depression, acute anxiety, stress or other signs of grief related to the loss of a loved one?

And then they gave answers that assured us that when *What if* becomes *What is*, the path of compassionate care leads to Hospice of the Foothills. Whether we are planning ahead, caring for a loved one, living with an illness, or grieving a loss, Hospice of the Foothills meets patients and families anywhere along the journey, delivering comprehensive services where and when they are needed most. I know this from personal experience, and sing their praises whenever I can, but never as effectively as Frank and Maria did.

So, I have two more questions: What if you think you might want or need their help? What if *you* want to help *them*...want to join their 470 volunteers? Call 272-5739 or visit www.caringinfo.org to get answers to both my questions, and many more.

LOP Bocce Ball League teams, beware! The newly formed SIR Roosters team will soon be the Cock o' the Walk!