

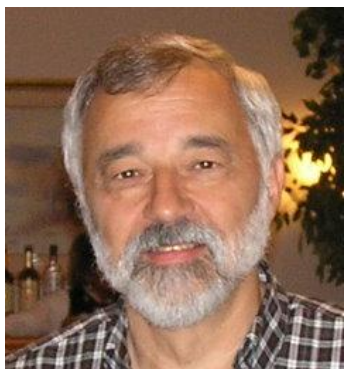
Unum Retirees Newsletter

Summer 2017~Twenty-fourth edition



Words from the Chair

By Roger Rioux



If you know of any recent retirees who may not be aware of the organization, let them know about us and how they can join by contacting us through the website: www.unumretirees.org or by contacting **Steve Bailey** at 846-6648 or sebailey@maine.rr.com. Unum notifies us once per year about new retirees so we may be missing contact information for recent retirees. We now have almost 460 members.

Our summer picnic was held on June 20 at *Two Lights Park* in Cape Elizabeth. We were able to visit with many old friends. We had 75 attendees on what turned out to be a beautiful summer day. If you missed it this year please join us next year because we had a great time.

The next lunch meeting will be **September 29th** at the *Fireside Inn*. I hope we will see you there. An invitation will be distributed three weeks prior to the meeting. Our speaker is a part of Maine Senior Guide organization and will speak about de-cluttering our lives. I know I could use some help in my world. Please set aside the date on your calendars.

From the Editor

*Thank you all for your input! It is truly appreciated! **This Newsletter is published for YOU!***

I would still love to hear from you about what type of "news" you would like to read. Your stories don't need to be long....just a paragraph would do! We would love any pictures that would go along with your story!

I'm looking forward to hearing your input AND receiving articles from you!



Pam Libby, Editor
rllibby5@maine.rr.com

17 Larchwood Rd., South Portland 04106

Updated Unum Retirees Website info will be included in the Fall 2017 Newsletter

Summer Picnic at Two Lights State Park

Pictures taken by Leo Lamoureux



Beth & Scott Ewing



Bill Post VanderBerg & Kriss Miller



**Beverly Dahms, Martha Francoeur,
Lorraine Cragin & Ann Waecker**



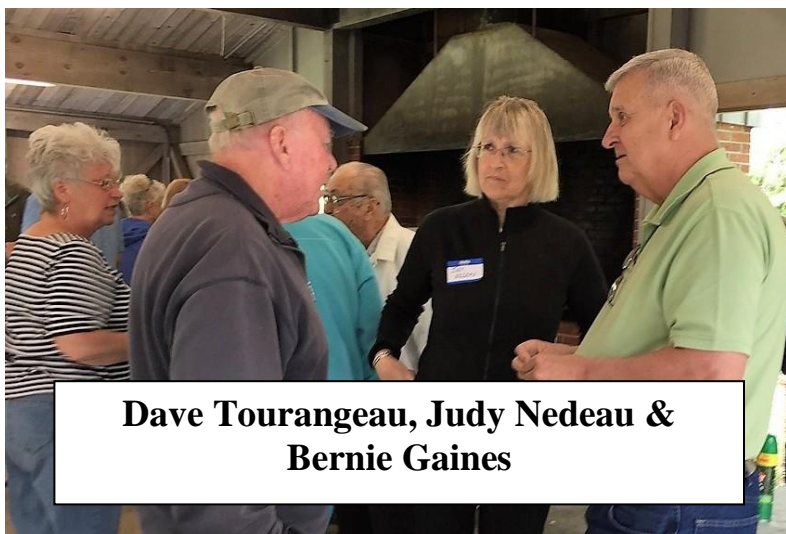
Brenda & Bob Anastasoff



**Bruce Camire, Leo
Lamoureux & Roger Rioux**



Picnic chow time



Dave Tourangeau, Judy Nedeau & Bernie Gaines



Donna Ames & Beverly Dahms



Fred Stuart & Rick Robichaud



Mark Andrews & Linda Martel



**Irene Shaw, Richard Wilbur,
and Steve & Dianne Gaudet**



Martha Murphy & Dianne Hannaford





Sally Emery & Ted Bernard



Richard & Linda Martel



**Linda Robichaud
welcoming guests**

Important Dates for 2017

*Unum Retiree Members are welcome to attend Board Meetings. Just let Roger Rioux know beforehand.
(207) 671-7906 rrioux@maine.rr.com*

2017 Board Meetings: August 29 and October 10

Remaining 2017 Luncheon:

- *September 19 Annual Meeting*

Unum Blood Drive Schedule for the remainder of 2017:

- *September 25 & 27th*
- *December 5 & 6th*



***Please contact Bob Wooten if you are interested in helping out with a blood drive at Unum. (207) 797-8982
rwooten1@maine.rr.com***

Volunteers are needed to work at the refreshment table providing donors with refreshments for the 15 minutes they are required to stay at the table. There are usually two three-hour shifts, but we can accommodate other (two hour) shifts.

Obituaries



Catherine J. Adams, 81, died unexpectedly, Saturday, May 6, 2017.

Catherine was born on May 9, 1935, in Portland, the daughter of the Leo and Muriel Bennett. She grew up in the Portland area. She attended local schools and graduated in 1953 from Cathedral High School.

Catherine married the love of her life, Laurence F. Adams Sr. on July 25, 1959, at St. John Evangelist Church after Laurence returned from military duty. Together they raised four children.

"The Adams Six" frequently went fishing, camping and took lots of Sunday drives together. They also loved sharing the outdoors with their grandchildren.

Catherine was a devoted mother by day and worked as a waitress at night. Later she worked as a Party Coordinator for Unum's upper management. She retired as a switchboard operator from Coastal Bank. After retiring Catherine and Laurence moved to Exeter, Maine. They shared many wonderful years together before Laurence passed away in February 2008. Catherine moved to the Betsy Ross House in South Portland in 2011. Catherine quickly became known

as "Queen of the Betsy Ross House". Cathy's vivacious personality captivated fellow house neighbors. Together there was never a dull moment, whether it be going out to local restaurant or staying back at her Betsy Ross Community. Cathy was an imaginative storyteller which made every moment with her memorable.

She was predeceased by her parents; and by her husband of 49 years, Laurence Adams Sr. Catherine is survived by three daughters, Vanessa Darling of Waterboro, Stephanie Adams of South Portland, Melissa Adams of Gorham, son, Laurence F. Adams Jr. of South Portland; sister, Virginia Stone of Portland, brother, Jack Bennett of South Portland; nine grandchildren; 10 great-grandchildren; and many other cherished family members and dear friends.

Visiting hours were held from 4-7 p.m. on Wednesday, May 10, 2017 at the Conroy-Tully Walker South Portland Chapel, 1024 Broadway, South Portland. Prayers were recited at the funeral home on Thursday, at 9:15 a.m., followed by a 10 a.m. Mass of Christian Burial at Holy Cross Church, 124 Cottage, Road, South Portland. Burial will occur at a later date.

To view Catherine's memorial page, or to share an online condolence, please visit

www.ConroyTullyWalker.com

Memorial contributions may be made in Catherine's memory to the:

Maine Cancer Foundation
170 US Route 1, Suite 250
Falmouth, ME 04105

Barbara A. Littlefield, 87, passed away peacefully on Tuesday, April 25, 2017, at The Cedars, in Portland.

Barbara was born in Gorham, the daughter of Carol G. Usher and Kathleen Sherman Usher. She was a 1949 graduate of Gorham High School.

Barbara went on to work at Portland Water District, Bernstein Shur law firm, and finally Unum Insurance Company. After retiring from Unum, she devoted herself to home and animals. Barbara loved animals and had a passion for helping them, giving generously to local animal refuge leagues. She nursed a stray cat, whom she called Scooter, back to good health and gave him a good home. She was a great outdoor person who loved gardening and hiking Maine and New Hampshire mountains.

Barbara was a dedicated caregiver to her husband, Robert, who had severe dementia and passed on April 8, 2015.

Barbara is survived by two nephews, Michael Pomileau and Christopher Aceto and one niece, Diane Pomileau.

A visitation followed by a service was held on Wednesday, May 3, 2017 at Blais & Hay Funeral Home in Westbrook.

Interment was followed at Woodlawn Cemetery in Westbrook.

Condolences can be expressed online at blaisandhayfuneralhome.com

We do our best at trying to print all Unum obituaries. If you know of any that we might not have picked up, PLEASE notify us. Pam Libby at rlibby5@maine.rr.com OR Leo Lamoureux at leonlam@roadrunner.com

OLLI at USM in Portland

by Pat Walsh



The **Osher Lifelong Learning Institute (OLLI)** at USM started as a Senior College in 1997. It began with a simple vision: to provide a stimulating program for older learners. A generous endowment from the Bernard Osher Foundation in 2000 encouraged expanded programming opportunities. In recognition of the Osher Foundation's gift, the organization's name was changed to Osher Lifelong Learning Institute, or OLLI. In the summer of 2008, OLLI moved into its new home in the Wishcamper Center at USM, allowing the program to expand from Fridays-only to five days a week. Thanks to dedicated community and university leaders and volunteers, our OLLI at USM has grown into one of America's fastest growing and leading programs in lifelong learning, with nearly 2000 active members.

I enjoy taking classes and participating as an office volunteer, and find retirement greatly enhanced by time spent at OLLI. If you are looking for more ways to stay engaged and active while learning something new, or exploring favorite topics and making new friends, OLLI may be right for you, too.

There are offerings in such diverse subjects as: history, philosophy, music, art, film...almost anything you can think of! All instructors volunteer to share their experience and expertise with others. Some of the classes I've enjoyed are: "the Origins of Creativity," photography, creative writing, Zen, and poetry.

Here's a link to the OLLI website: <http://usm.maine.edu/olli>

Quick facts:

- OLLI is housed at 44 Bedford Street, Portland, in the beautiful and well-equipped Wishcamper Center, with convenient, free parking in the USM garage.
- Besides classes there are special interest groups that enable like-minded people to gather and explore their interests, such as American Foreign Policy, Bridge, History, OLLI Ukes, Science and many others. There are Tuesday morning lectures in addition to regular classes and special interest groups.
- Annual membership in OLLI is only \$25.00! Classes cost \$50.00 each and the Tuesday morning lectures have an additional cost and separate catalog (see SAGE on the website for more information). Membership is open to those 50 or older; there are no grades or academic requirements, just learning for the love of it.

OLLI also organizes trips abroad as well as local excursions. I enjoyed visits to the Harvard Art Museums and the Boston Museum of Fine Arts. They were well organized and included informative talks along the way by two of OLLI's art instructors. We learned the history of the museums and were given detailed guidance about the exhibits. Once there we were able to go through and see what we were interested in at our own pace. These were "value-added" trips, thanks to the caliber of the people who organized them and offered their expertise.

Please look at the September, 2016 newsletter on the OLLI website if you are interested in learning more about OLLI at USM. It contains all the detailed information you need. Here's the link:

<http://usm.maine.edu/sites/default/files/olli/OLLI%20Newsletter%20September%202016-Rev2.pdf>

Portland's History Docents Articles

Have fun, meet people, and give back to the community

by Marjorie Getz

Does the history of Portland interest you? Do enjoy meeting people from all over Maine, the U.S., and the world?

This winter for the 23rd consecutive year, people interested in volunteering have a unique opportunity to do something fun for themselves and good for the community. Starting in late February, the Portland History Collaborative will again host a program of 9 classes on local history, art, and architecture.....as well as guiding techniques and public speaking.

The program is called *Portland History Docents* ("PHD"), and it's designed to produce volunteer guides for eight (truly diverse!) historic sites including Spring Point Ledge Lighthouse, the Portland Observatory,



A "field trip" on the Casco Bay Ferry---please note that class participants enjoy engaging with one another. Also note that the \$30 fee for the class is comprehensive-----the island trip is included. And there is coffee and goodies every day!

Victoria Mansion, Maine Narrow Gauge Railroad, Tate House, Eastern Cemetery, Maine Historical Society, and the 5th Maine Regiment Civil War Museum.

I've been running the program on behalf of the Portland History Collaborative for the past 7 years. I do so as a volunteer....because I'm a 2001 graduate of the program myself, and that simple 9-week-program that I participated in all those years ago has led to so many fabulous experiences.

The lecturers are tops in their fields. They include people such as Earle Shettleworth, Maine Historian; Libby Bischof, Chair of the Department of History at USM; Margaret Cleveland (granddaughter of President Grover Cleveland and biographer of Frances Cleveland) and many others.

UNUM retiree participants in the course are people you may know! After completing the course, 2016 graduates **Linda Levesque** and **Mary Spugnardi** chose to volunteer at the beautiful and iconic Victoria Mansion. **John Gordon** enjoys leading walking tours for Greater Portland Landmarks-----and enjoyed the course so much that, like many graduates, he returned to hear the lecturers again this past winter.

I think John put it very well when I recently asked him for his thoughts on the PHD program. He said, "History--- that sounds academic and may scare some folks off. But given the variety of attractions, one doesn't have to be a history buff. If one is interested in mechanics, there is the Narrow Gauge Railroad. The Observatory is historic but it was also a business venture, involved Portland area people, marine commerce etc. There is the Tate House with its colonial furnishings, and colonial era garden. There is interior design in the period homes like the Victoria Mansion. For the literary there is poetry in the Longfellow House. There is gossip, if you would, about the families that built the homes or started business ventures".

Graduates of the program are asked to commit about 6 hours a month for one season (generally June through October, though sites vary) as guides at one of the historic sites sponsoring the training.the place of your choice, of course.

The Portland History Docents classes run on Thursday mornings, 9A.M. to noon. Classes begin on **February 22 and conclude with a fun graduation on April 26**. The cost is \$30, which covers the entire program (all nine weeks of classes).

More information is available at our web site, www.portlandhistorydocents.org. Or contact me! I'm always happy to talk about the PHD program!!!!



*Learning about Arts in 19th Century New England from speaker **Jessica Skwire Routhier**, Executive Director of Maine Archives and Museums*

by Claire Sutton

I just came back from doing a shift at the Maine Narrow Gauge Railroad this morning. I was training a new docent.

Here is my story:

I signed up for the PHD class as something to do, learn a little about Portland and get me out of my comfort zone. I learned so much at the PHD class in 2016. Each speaker gave a different view of the history around Portland. I am not a history buff, but wanted to give back by volunteering. I met a few folks I am happy to call friends today. The speakers were brought in also to help us 'be' a docent. How to handle the crowds, that it is OK if you don't have the answers to their questions and how to treat handicapped individuals with respect.

On the first day of class I listened to all 8 locations and decided to make my decision after visiting each site. I picked Spring Point Ledge Lighthouse as I wanted to work in the shed selling tickets and merchandise. This got me out in the public and certainly out of the house. This year I am braving the 900 foot rock wall and will be a docent inside the lighthouse.

Since Spring Point Ledge Lighthouse is open mostly on weekends I decided to add Maine Narrow Gauge Railroad as another volunteer opportunity. They do go hand in hand as we both speak to the Casco Bay, the Forts and the Islands. It is amazing how many questions I got at the shed about the forts and islands they could see from shore. At the Maine Narrow Gauge Railroad I enjoy "I Spy" with the younger children on items to search for in Casco Bay and along the ride route. I have created my version of the talking points for the Casco Bay area on the way out to the bridge and speak about the 5 Narrow Gauge Railroads in Maine on the way back to the museum. I have met so many wonderful folks and most of the children want to come on the ride, some know quite a bit about the railroad already and most of them enjoy ringing the bell on the engine. This summer I will be dishing out ice cream on selected Friday nights for the Ice Cream train rides again. That is always a fun night albeit sticky as well.

My heart and confidence grew the day everyone on the train clapped at the end of the ride. You see, sometimes I am not sure everyone is really listening to me, but as long as they enjoy the ride I am glad they came. The first time I got a tip I was blown away. I donated it back to the Museum as I was a volunteer passing along information they gave me which, it seems, the passengers enjoyed.

The Windy City *by Tom Bore*

On April 4 my wife and I flew to Chicago to attend my 30th NCAA Frozen Four, which was won by Denver 3-2 over Minn-Duluth. This was our first time in Chicago so we had plenty of sightseeing and sporting events on the schedule. The highlight was seeing Wrigley Field for the first time. We took the first ballpark tour of the season and got to sit in the famous Wrigley bleachers. We had tickets to see the Cubs play the Dodgers twice and on the Wednesday game was the night the team received their 2016 World Series Rings. It was a great honor to be there that night even though the Cubs lost 2-0. We got to see the Cubs fly the 'W' the next afternoon with a 4-0 win. We also attended a Chicago White Sox game, which brought my total of visiting MLB ballparks up to 33.

Also went back to the United Center for a Chicago Bulls game and saw the famous sculpture of Michael Jordan.



During our 10 day stay we did plenty of sightseeing around the great city of Chicago. We went up to the 103rd floor of the Willis Tower (formally the Sears Tower) and walked out on the glass balcony. Then up to the top of 360 Chicago and saw the city from a 30 degree angle on the Tilt. The windows tilt out 30 degrees while you lean against the windows. Best view of Lakeshore Drive you can find is up on 360 Chicago. Also visited the famous Navy Pier and rode the new wheel. Took a bus tour around the city and visited Millennium Park and saw the famous Cloud Gate and known around the city as the Bean. Enjoyed some Chicago style deep-dish pizza and many other great places to eat.

Great city to visit and we can't wait to go back.