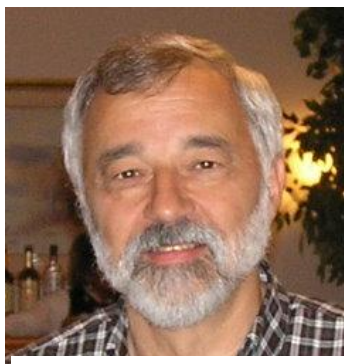


Unum Retirees Newsletter

Summer 2020~thirty-third edition



Words from the Chair by Roger Rioux

As you know, we had to cancel the spring luncheon and the summer picnic. I have to say it looks doubtful that we will have the fall annual meeting. It is disappointing, but necessary in light of all that is going on. I hope 2021 will be a better year. You can be sure that we have started to make plans for a full schedule. We are continuing with the newsletters to let you now we are persevering. Stay safe and healthy.

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.

We lost a long time friend of Unum Retirees in June. Olin Sawyer passed away on June 25. He served as our treasurer for several years. He was also the treasurer of Headlighters which preceded the current organization. I had the good fortune to work with Olin while we were both at Unum in the 1990s. He was smart, kind man and a joy to be around. He was a talented musician and I was able to watch him play on several occasions. His full obituary can be found later in this edition.

If you have feedback about the newsletter please let us know by sending an email to UnumRetirees@gmail.com. We want your comments.

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!
(rlliby5@maine.rr.com) 17 Larchwood Rd., South Portland 04106
Pam Libby, Editor



Cyber Security by Roger Rioux

In this time of heightened concern over the corona virus, I thought I would write about a concern that could significantly affect your financial and personal life, cyber attacks.

A friend of mine recently received an email like the following:

[Verify your account](#)

We detected something unusual about a recent sign-in for the Microsoft account Jssmith@email.com. For example, you might be signing in from a new location, device, or app.

To help keep you safe, we've blocked access to your inbox, contacts list, and calendar for that sign-in. Please review your recent activity and we'll help you secure your account. To regain access, you'll need to confirm that the recent activity was yours.

Review recent activity

Thanks,
The Microsoft account team

He also received a similar note that looked like it came from Amazon Prime. The note said there was an issue with his account and that it is blocked. Unfortunately he clicked on the link and was taken to a bogus website where he tried to login with his ID and password. They now had captured his account information and promptly the culprits were in his account buying items. He then called a phone number that he believed was directed to Amazon customer services. They asked for his credit card information and he gave it to them. When he called me a few minutes later I instructed him to cancel his card immediately. It took many hours over several days to fix everything. He had to wait for his credit card to be replaced. Then he had to update any websites where he used a credit card such as on EZPass, LL Bean, Cabela's, etc. He also had to change his password on all the sites he used as the bad guys now had his ID and password that he used everywhere.

My friend felt pretty dumb, but I assured him he was not alone. Globally, 28% of the population have been the victim of a hack or stolen identity. Within the US that number jumps to 35%. What can you do to protect yourself? Read on.

Antivirus software:

We call it antivirus, but in truth it's unlikely you'll get hit with an actual computer virus. Malware these days is about making money, and there's no easy way to cash in on spreading a virus. Ransomware and data-stealing Trojans are much more common, as are bots that let the bot-herder rent out your computer for nefarious purposes. Modern antivirus utilities handle Trojans, rootkits, spyware, adware, and ransomware. Today's online threats include much more than viruses. There are many different kinds of online threats that can infect your devices and give cybercriminals access to your personal data. You want protection against all of them. Antivirus and security software are designed to help defend computers, smartphones or tablets against viruses and malware. Make sure you have one and keep it up to date.

What are examples of scams that can put us at risk? I will include some with some details.

Phishing: the fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

In an effort to help individuals know how to spot phishing scams, here are a few tips based on common practices and tactics that cybercriminals use to take advantage of unsuspecting victims.

Phishing and other social engineering attacks are only increasing in frequency, and unfortunately, sophistication. However, there are a number of common indicators of a phishing attack. Knowing what to look for goes a long way to protect you against attacks. If you spot any of the following tip-offs, proceed with caution.

Typos are a dead giveaway. If you receive an email from, say, your bank, and it is riddled with typos, awkward language, or formatting errors, it is most likely fraudulent. Legitimate organizations take care when crafting communications to current or prospective customers. While cybercriminals are getting more sophisticated, they are still sloppy by comparison.

Personal information requests: Reputable businesses do not ask for personal information—such as social security and credit card numbers—over email. This should be an immediate red flag. If an email requests this type of information, it is very likely a phishing email.

Beware of emails **offering rewards**—vacations, cash prizes, etc. If an offer comes with a request for personal information, a link to claim your prize, or an attachment to download, it's a phishing scam. It's like the old saying, "if it seems too good to be true, it probably is." This type of phishing email frequently encourages recipients to act quickly, because there is a time limit on the offer.

Scare tactics: Some phishing emails take the exact opposite approach—attempting to scare recipients into clicking a malicious link or providing personal information. For example, an email from your credit provider that says your account has been compromised and a link to take some form of immediate action.

Bogus URLs: If you hover your mouse over a link without clicking, you should see the full URL appear. If it doesn't match the organization's site name, or if it looks suspicious in any other way, it's probably a malicious link. Look out for slight alterations to URLs that you visit frequently. For example, <http://www.largenationalcompany.com> might appear as <http://largenatonalcompany.com>.

Verify the "From:" field in the **email header**. Is it from a legitimate email system or someone on your contact list? I get emails every week that look like they came from a friend. Somehow the hackers are able to make it appear that the email came from someone in my contact list.

Generally speaking, if an email seems sketchy, it probably is. If you don't feel comfortable clicking on a link or downloading a document but aren't completely confident that it is fraudulent, try to contact the sender in a separate email (better yet, in person or on the phone) to determine if the message is legitimate. Err on the side of caution, and you'll avoid most attacks.

Ransomware is a form of *malware* that encrypts a victim's files. The attacker then demands a ransom from the victim to restore access to the data upon payment. Users are given instructions for how to pay a fee to get the decryption key. The costs can range from a few hundred dollars to thousands, payable to cybercriminals in Bitcoin. Major banks and large hospitals have been the victims of ransomware.

There are a number of ways ransomware can take to access a computer. One of the most common delivery systems is phishing spam. Once they're downloaded and opened, they can take over the victim's computer, especially if they have built-in social engineering tools that trick users into allowing administrative access.

What can you do to protect yourself?

Backup your information: Be certain that you have a proper backup of your files. In the event that your computer is compromised by a phishing attack, backups allow you to restore files that were lost or corrupted. You can buy an external hard drive for \$50 to \$60 which can backup all of your important information. You can also subscribe to cloud backup for a few dollars per month. If you have a smart phone your pictures and contact list are backed up to the cloud automatically. These backups can be transferred when you replace your phone or you can access it from your computer.

Passwords: My wife and I keep a record of all our websites, IDs and passwords on an Excel spreadsheet which is password protected. I share that password with my daughter so that she can access it if I am incapacitated. She will be able to access all our accounts including our checking account and our investments. You can also use password software that will generate passwords for you and all you have to do is remember one password that will give you access to all your accounts.

Many of my friends cannot remember their passwords. I have tried to help them recover their accounts by resetting the passwords. Most accounts now use two-step authentication to reset a password. This involves sending a temporary password to the email address on file or a pin code to a smart phone. Believe me; it is easier to keep a record of your passwords.

Identity Protection Services

These services will offer multi layer protection for your personal information and identity starting with credit monitoring which will alert you to instances your information is used and recovery services where they help you cover any losses and have insurance of up to \$1million. There can be a hefty monthly charge for these services. Your credit card company or services like AAA provide some level of protection by monitoring your credit through the credit agencies: Experian, Equifax and TransUnion. I get a report every month letting me know my credit score and whether my identity has been used to apply for credit. Several years ago I froze our credit through all three agencies. We have all the credit cards we need and we don't expect to need to borrow money. The freezes can be reversed if needed.

I hope this is helpful. It is a lot to absorb, but I hope some of what I presented here will prevent an attack that could have a significant impact on your personal and financial wellbeing.

Important Dates for 2020

Unum Retiree Members are welcome to attend Board Meetings.

Just let Roger Rioux know beforehand. (207) 671-7906 rrioux@maine.rr.com

2020 Board Meetings and lucheon tentative:

~August 25th-Board meeting

~September 15th-Annual Meeting

~October 6th-Board meeting

Unum Blood Drive Schedule for 2020:

To be announced

**If you are willing to help out with the Unum Blood Drives,
please contact Kathy Woodbrey at lifter@fairpoint.net.**

NOTE: For those who have enrolled health care coverage through “One Exchange”, now called “**VIA Benefits**”, **they can be reached at: (877) 495-7131.**

If you are not enrolled through VIA Benefits, or have an issue that cannot be resolved, you can contact the **HR Response Team at HRinfo@unum.com or (207) 575-0500.**

(We do not have specific names. We only have what is on the website. The contact names may change but the contact number and email will not.)

Alaska

By Leo Lamoureux

Last year Claudette and I went to Alaska. We began our tour on an 8-day cruise up the Inside Passage from Vancouver, BC. The cruise staff, accommodations, food, activities and entertainment were nothing short of awesome. As you may know, orientation to the myriad cruise ship amenities and activities does not take long. However, on the first morning on board we were at the dining room in time to help the staff make coffee and set the tables. I had misread the 5 hour time change from the east coast on my ‘non-smart’ watch.



In Alaska the first stop was Ketchikan, where we watched the eagles watching the salmon climbing the fish ladder on Ketchikan Creek, hiked around the beautiful town, and visited the historic Totem Heritage Center. Next stop- Icy Strait Point- where we started the day zip riding at 60 mph for over a mile down the world's largest Zip Rider (1400 foot vertical drop)- and Claudette said she didn't “care “ for heights. After that, the walking tour of the salmon packing factory was pretty tame.

In Juneau the next day we rode the aerial Tramway from the middle of the city to the top of Mount Roberts. We had spectacular views, comfortable hiking trails and visits with some native Alaskan tribal members. Its unique geography makes Juneau with its 30,000 population only accessible from air or sea.

The next day, at Skagway we took a train ride up the steep and treacherous path followed by many of the 100,000 Klondike gold rush stampedeers in 1897-1898. Very few prospectors actually made the full 600 mile trek to the goldfields from Skagway to Dawson City.

On our final sailing day we viewed the 300 foot ice cliffs of the Hubbard Glacier from the ships' decks. The glacier was calving huge chunks of ice into the sea- impressive sights along with loud sounds of floating and crackling ice.

Last cruise stop was Seward where we de-shipped and hopped on a bus tour to Talkeetna. We stopped for lunch at the Anchorage Museum. About 40% of Alaska's population lives in the Anchorage area. Heading north out of Anchorage we did not see Russia from Sarah Palin's backyard but we did wave to her on our way by her house in the city of Wasilla. Wasilla is also the starting point for the Iditarod dog sled race.

Talkeetna is a small historic village about 115 miles north of Anchorage. Talkeetna is located at the base of USA's tallest peak, Denali (formerly Mt. McKinley), and is just outside the entrance to the huge Denali National Park. This area typically has about 400,000 visitors per year. Approximately 1100-1200 climbers tackle the 20,310 foot mountain itself, using Talkeetna as the jump off point for getting on and off Denali and the Alaska Range. Talkeetna is also at the confluence of three glacial fed rivers. In the mountain valleys the glaciers typically consist of 12-15 feet of snow on top of 20-30 feet of ice and make great runways for landing climbers and sightseers.

A major reason for our visit was that my son, Nick, was working as a pilot for the season with Talkeetna Air Taxi-- flying climbers, sportsmen, and sightseers like us into and around the mountains, lakes, rivers and park attractions of this area of Alaska. Year round population of Talkeetna is about 850, but it is bustling in the summer in much the same way as some of our Maine communities. In addition to its busy airport there were active train stations, boating marinas, and bus companies bringing people together to enjoy the local landscapes, waterways and trails. We rented a cabin on Easy Street and spent a week of fascinating and fun adventures- we flew around the mountains; landed on glaciers, tundra, and sand bars; hiked around lakes; explored local museums and restaurants -and generally experienced as much of the outside as we could during the 18+hour days. Great memories!

(Footnote-As you might expect, 2020 is a totally different year for Alaska. Nick did not return for the April-to-September flightseeing season, the air taxi business barely keeps 2 pilots busy this year versus 14 last year.)



Azores, Portugal

By Bruce Theriault

As a youth, I grew up in the United States Air Force, where my father was a propeller mechanic. We moved every 12 to 18 months, living in such places as Texas, Florida, Delaware, France, and Germany. Over the past few years, my wife, Linda, and I have been visiting the places I lived growing up. When I turned 50, we went back to San Antonio, Texas where I was born. I called the trip, my pilgrimage to my homeland.



I started the first grade in Gardner Maine and completed it at Lages Field, Azores, Portugal, this would have been 1966. In planning for a trip to Italy, in 2018, we discovered that the AAA travel agent we were working with loved the Azores and was doing small group trips there. So, in September of 2019 Linda joined me in my return to the Azores!

The trip included visiting three of the nine islands that make up the archipelago known as the Azores. These islands are a part of Portugal and are about 800 miles off the European coast. We visited Terceira, where I lived, Faial, and Pico. There were 13 of us on the trip, including the AAA agent Erik Hayes. We also had a bus driver and a local tour guide for each island.

The Azores are sub-tropical islands with a temperature that tend to stay in the 60s and 70s. These are volcanic islands with beautiful terraced farmlands (picture 1), volcanic calderas, and a lava formed coastline. We visited multiple small villages, toured churches, vineyards, a whaling museum, and I got to swim in a tidal pool formed by lava flows. The trip to the bottom of the Algar do Carvão volcano, some 80 meters down, was a highlight.

The architecture and landscape of the Azores is quite unique. The islands are trying to be self-sufficient, as importing items is expensive. So, the buildings are made of volcanic blocks and the cobble stone sidewalks are lava rocks. It gets windy there, so windbreaks are made of trees or stone walls made of volcanic rocks. Large vineyards are made of small plots boarder by lava rock walls leading all the way to the ocean (picture 2).

As always, food is a critical part of a trip to new places and the Azores did not disappoint. Seafood is a major item, but they also raise cattle. Meat and cheese are also major food items. Alcatra is their version of a pot roast and was delicious. We have made it a couple of times since returning. My wife has also been making Portuguese bread! One restaurant we visited had us cook our own meals. A tray of raw meats and fish was accompanied with a lava rock heated to 400 degrees to cook on. Everyone had fun with the experience. I also ate octopus and limpets, we had to eat local.

For me, a key part of the trip was returning to the place I once lived. The local tour guide and the tour group got into it too and were willing to take a detour to see the house I once lived in. While visiting the city of Praia da Vitória in Terceira, we found 12 Largo de Batalha, one of my childhood homes.

The Azores is not the Caribbean, you don't go there to lay on the beach. But, if you like to visit a place and experience their history and culture, the Azores are well worth the experience.



Unemployment Imposter Claims

By Ann Waecker

My husband, Tom retired a few years ago.

He got a phone call on June 19th, from a woman at Town Hall in Cape Elizabeth who asked Tom if he had filed for unemployment. He hadn't. She told him that someone had filed an unemployment claim in his name. That he needed to report it to the State Dept of Labor and file a police report and file an FTC ID Theft report. He did. The police told him there had been numerous impostor claims filed for Cape residents. Then, about 2 weeks later, he received a Visa debit card in the mail from the Dept of Labor. He contacted the local police about it and they said to contact Dept of Labor. He emailed them and asked what he should do with it and so far no answer. I also read that you should make sure you have frozen your credit with the 3 major agencies.

We had already done that a few years ago when the Experian hack occurred so at least we don't have to do that. Just to be safe, we looked at one of our accounts and nothing concerning there. Yet.

I have done some online research to figure out why someone filed a claim in his name and had it sent to him. It looks like the bad guys file a claim and also try to do an address change so they can get the debit card. Maybe because we had frozen our credit, that didn't work? I also read that when we the person gets the Visa card, sometime the scammer will call and pretend they are from the Dept of Labor and ask us to send them the gift card or buy them another one and sent the new one. So far nothing. Yet.

Also why did the Town hear about it and call Tom? Turns out he had done some work with the School Dept and had received a check from them last year. I have read that when these unemployment claims are filed, the employer needs to confirm the request. That's how it got stopped here.

We have a local bi-weekly newspaper, the Cape Courier, that among other things contains a police blog. The one before this happened to Tom showed 40 incidents of this type of Fraud. The next edition showed 27 more! This week's edition shows 40 more! So these folks are busy! Bottom line we think we are OK and that's because of freezing our credit.

Volunteering at Red Cross *by Connie Pascoe*

After volunteering at one of the Unum blood drives after retirement I decided to reach out to Red Cross to do more volunteering. I started in June 2017 working every Wednesday at the Blood Donor Center in Portland. It has been a wonderful experience and I have met a number of very nice people that routinely commit to donating blood. Unfortunately due to the pandemic I've stopped working at the center however I've been able to perform a number of remote tasks in order to continue supporting Red Cross as a volunteer.

I attended a remote celebration recently honoring the volunteers. Maine is a part of the Northern New England region which also includes New Hampshire and Vermont. Our region covers a population of 3.3 million, covering 40 counties, with 1800 volunteers. And did you know, 90% of the work done by Red Cross is accomplished by the volunteers. Blood drives is just one area for volunteering. There are many opportunities based on how much time you want to give. For example, Red Cross needs volunteers for one week in October to help install smoke detectors in people's homes. Other opportunities include fundraising efforts such as working on a telethon, becoming certified to teach a class, grant writing, supporting our armed forces, volunteer recruitment, providing office and warehouse support, disaster relief. The list goes on. If you are looking for an opportunity to fill some of your retirement hours, please check out the Volunteer tab on the Red Cross website (<https://www.redcross.org/volunteer/volunteer-opportunities.html>). And/or I'm more than willing to chat with you if you would like.



Obituaries



Norma Alcantara, 83, of South Portland, passed away on May 11, 2020, peacefully with family by her side, after a four-month battle with a ruptured esophagus.

Norma was born in Calais, Maine, to Frank W. and Viola M. (Skidds) Fenderson in 1936. She graduated from Calais Memorial High School at 16 and shortly moved to Portland where she got a job working as a supervisor of mortgage accounting at Union Mutual.

She soon met her husband, Henry, and they settled in South Portland. For many years she took care of the neighborhood children while raising her own. She eventually went back into the work force at Amica Insurance until her retirement.

She enjoyed gardening, cooking, crosswords, dancing, game shows, food, Toby her cat, and any chance to get together with the family.

She is preceded in death by her husband, Henry F. Alcantara Sr., her parents, and longtime friend, Richard Axelson. She is survived by her three children, Kim Munde and her husband Donald of Standish, Kelly Alexander and her husband Jon of South Portland, and her son Michael Alcantara of South Portland, her four siblings, Barbara Dalvet of Portland, John Fenderson and his wife Shirley of Falmouth, Phil Fenderson and his partner, Joanne of South Portland, and Jane Eakins and her husband Donald of Hurley, N.Y. Norma cherished her grandchildren and two great-grandchildren, Jeremy Munde and his wife Allison and baby Cora of Limington, Carley Munde and John Brooks and baby Zander of Standish, Allen Alcantara of Westbrook, Nicholas, Benjamin and Sarah Alexander, all of South Portland, many nieces, nephews, and friends.

Visitation was from 1-5 p.m., on June 5, 2020, at Hobbs Funeral Home, 230 Cottage Road, South Portland. Private burial to follow.



Lawrence “Larry” D. Bennett, 89, of Westbrook, Maine, passed away peacefully at his home on his birthday, June 3, 2020.

He was born June 3, 1931 in Bethel, Maine, to the late Clarence and Violet (Morrill) Bennett. Larry graduated from Gould Academy in Bethel, attended Boston University, and went on to graduate from Portland University, receiving a bachelor’s degree in business administration.

For a number of years, he worked for Union Mutual Insurance and Sun Oil followed by a career in real estate; starting his own office, Bennett Real Estate in Westbrook.

Larry married Christine Willard in June 1956 in Bethel. For 62 years, they built their careers from the ground up, raised two sons; enjoyed summers for 50 years at their camp on Mineral Springs Road at Sebago Lake, and in their retirement, spent winters in Englewood, Florida.

Larry was a character to say the least – always sharp, and sometimes corny, with his humorous wit and joking nature. There was no one that Larry couldn’t strike up a conversation with. He took his business matters seriously but was able to let loose playing golf, watching golf, or falling asleep to golf.

He served as the President of the Westbrook Rotary Club and volunteered with his wife at the Ronald McDonald House for several years. Reluctant to slow down, Larry volunteered twice a week for Meals on Wheels, delivering meals to persons older and younger than himself, up until a few months ago.

Larry was predeceased by his loving wife, Christine, his parents, and sisters, Margaret Baker, Laurabelle Gile, and Arlene Lyon. He is survived by his two sons, Stephen Bennett and his wife Elizabeth of Cape Elizabeth, and Thomas Bennett and his wife Christina of Westbrook; his two grandchildren, Stephen Bennett Jr., and Laura Christine Bennett, whom he thought the world of. Larry’s gregarious nature and outgoing soul will be sorely missed by his family and friends whom he truly loved. To express condolences and to participate in Larry’s online tribute, please visit <http://www.DolbyBlaisSegee.com>



Gilbert “Gil” Broberg, of Yarmouth, died at home on June 23, 2020, due to metastatic melanoma.

He was born in Rochester N.Y., a son of Anna and Gilbert Broberg and graduated from Canandaigua Academy and the University of Maine with a B.S. in business and economics. He also attended Cornell University and, as his family likes to say, he managed very successfully to “party” his way out. Gil served seven years in the Air Force.

He married Laurie Jane Winchenbach in 1967 and they have one son, Stephen Broberg. Gil was a real family man and cared for his family with love, kindness and a generous heart.

Gil was diagnosed with Multiple Sclerosis (MS) in his early 30s, by the age of 40 he used a wheelchair for mobility and he then became an outspoken advocate for others who lived with a disability. He served on the boards of the Maine Chapter of the Multiple Sclerosis Society, Alpha One, Disability Rights Maine (DRM) and Maine Association of Handicapped Persons. Gil was also a member of the Governor’s Committees for Supported Employment and Employment of People with Disabilities. More recently he served on the

Yarmouth Aging in Place Advisory Committee.

He also received many awards for his advocacy work including a “6 Who Care” award and a President’s Award at Unum. Gil was employed for 25 years as a senior underwriter at Unum where his last work assignment was to design and implement strategies to expand employment of people with disabilities. While at Unum, Gil oversaw the creation of the “Day in the Life”, that was a three day event to increase awareness and knowledge of disability issues. He also developed and acted as primary presenter of Disability Etiquette training sessions at Unum. Gil was previously a member of the Lisbon Falls School Board and Yarmouth’s Planning Board.

Gil lived an active life in spite of being in a wheelchair for a great part of his adult life. He enjoyed New England Sports, coaching Little League when his son played; attending classes at Osher Institute's Lifelong Learning in Maine and Master the Possibilities in Florida, spending winters in Florida where he made many friends, growing herbs in his raised garden beds, going around town in his electric scooter, a good meal and a glass of single malt scotch. His son, Stephen, always said that no moss grew under his "wheels."

He was a generous man with his time and was always available to people, at any time of the day or night, struggling with a disability. He was very loved and supported by his family and friends and he will be missed, but remembered with deep love and fondness. The executive director of DRM wrote in a recent letter to Gil: "You will be leaving more of yourself with us than you will be taking with you, because you have been an enormous power for change."

His granddaughter, Caroline, wrote: "You never let the tough times ruin your life, rather embraced them and learned to adapt. When I think of the strongest person I know, I immediately think of you."

Gil is survived by his wife, Laurie, his son, Stephen and his wife Brenda Wolfe-Broberg, his stepdaughter, Margie, his granddaughter, Caroline, his sisters, Jean Broberg and Lucille Broberg, his son-in-law, Dr. Kevin Finley, his brother-in-law, Fred Winchenbach and his wife Doris, numerous nephews and nieces and a special nephew, Erik Winchenbach, who was like a son to Gil and Laurie.

The family would like to thank all the caregivers that helped Gil on his long journey but a special thank you goes to Mary Weir who helped Gil and his family for the past four years during the hardest part of his journey. Thank you Mary for helping us care for this amazing and much loved man during his last days.

Services will be held at a later date. Please visit <http://www.lindquistfuneralhome.com> to sign Gil's online guest book.



On July 2, 2020, **Jane Patrice Arsenault Chapman**, 60, of West Granby, Conn., loving wife and sister, passed away in Helen and Harry Gray Cancer Center at Hartford Hospital.

Jane was born in Cape Elizabeth, Maine, to Ronald and Helen Arsenault. She was the youngest of six children. Jane graduated from Cape Elizabeth High School and attended Westbrook College to earn her bachelor's degree. Jane worked for UNUM Life Insurance Company in Portland, Maine and Liberty Mutual in Portsmouth, New Hampshire.

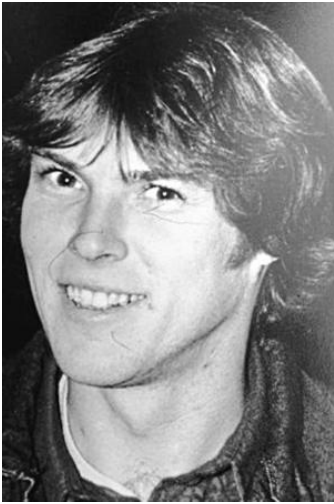
Jane married Scott Chapman in 1988 and moved to Abilene, Texas, in 1996. They then moved to West Brandywine, Pa., in 1999, where she had a successful career with Voya Life, finally settling in West Granby, Conn., in 2005. Jane worked successfully as an Assistant Vice President for Lincoln Financial Group. Jane was very fond of her "LFG family" and she and her family thank them for their outpouring of love and support during her most trying times.

Jane was an avid runner and spent many hours running the trails around Granby with her dogs. She was optimistic, enthusiastic, and full of energy most of her life. Jane also enjoyed boating on Congamond Lake with Scott and Emmie. Her greatest joys were spending time with her dogs, Joshua, Abilene and Sammie, who predeceased her, and most notably her beloved dalmatian, Emmie.

She also loved designing, working in her gardens, spending time with her sisters, shopping and antiques, and most especially restoring and decorating her 180 year old house in West Granby. Jane spent many long hours in her beautiful gardens and enjoyed adding new flowers continually.

She is survived by her husband of 32 years., Scott; his daughter, Kristin Ricci and her husband, Galen; her two grandchildren, Lorenzo and Philomena; her beloved sisters; Dianne (Suzy) McConnell and her husband, Matt, of Annapolis, Md., and her nieces and nephews, Stephanie, Brian and Kevin and granddaughter Adriana, Theresa (Terri) Arsenault of South Portland, and her daughter Jane and grandson, Colten; Ann Marie (Amy) Arsenault of Scarborough, and of course her most beloved dog, Emmie.

A visitation for immediate family and invited friends will be held on Saturday, July 18, 2020 from 12-2 p.m. A private service will follow beginning at 2 p.m. Friends may attend the service remotely by visiting the Carmon Funeral Home Website, clicking on Jane's obituary page and continuing to the video tab. For condolences please visit <http://www.carmonfuneralhome.com>.



Steven Gribbin, 61, of Portland passed away after a battle with lung cancer on April 18, 2020.

He was born in Portland on February 28, 1959, the son of the late Norma (Pettis) Gribbin and the late John Gribbin Jr. A Portland resident who attended local schools, Steve played basketball for Deering High and played football at the infamous Thanksgiving Day games.

Steve also lived in Cumberland where he raised his children.

Beginning at the age of 12 he worked aboard a lobster boat with a neighbor, later a stern man out of Widgey Wharf and eventually had his own boat. After High School he went to work at Unum where he met his former wife and had two daughters. While lobstering, he worked the off season for the Boilermakers Union with his father before spending 20 plus years at Bath Iron Works. In the shipyard he had seniority as a Rigger, welder, and crane operator.

Steve was a natural athlete and leader. In school he was starting five and a quarterback. He served in a supervisory position at Unum even at a young age and as shop steward at Bath. He loved being on his speed boat, watching car races with his children, rooting for the Yankees and listening to music. He cherished his Irish heritage and his family get togethers. He was happiest on the ocean whether working or pleasure boating with his family. He knew every shore of Casco Bay by compass point in the deepest fog.

May he have forever fair winds, following seas and rest in peace.

He is survived by his children, Allison Gribbin of Cumberland and Chelsea (Gribbin) Coye of Dillon, Colorado. He is also survived by his siblings, Thomas Gribbin, Kathleen Neidig, Christopher Gribbin of Portland and John Gribbin, of Yarmouth; and by his nieces and nephews, John Neidig, Marie Bartow and Daniel Gribbin. He was predeceased by his brother, Martin Gribbin, his closest confidant.

A celebration of life will be scheduled at a later date. To offer words of condolence, sign a guest book and share memories, go to the obituary page at www.athutchins.com



Lisa Ann Huntress, 56, of Standish, passed away May 10, 2020 surrounded by her family after a long illness.

She was born May 2, 1964 in Portland. She is survived by Jim Huntress, her husband of 25 years; her sister, Stephanie Boothby of Old Orchard Beach, her brother, Jon Boothby of Wells; and her parents, Janice (Beaulieu) Boothby and Richard Boothby of Scarborough.

She attended the University of Southern Maine as an English and Art major. She was employed for several years by AAA Auto in Portland and then for several years at Unum Insurance.

Lisa was an avid reader, knitter, and also crafted her own jewelry. She was also a devoted animal lover, with several cats, and was a member of several animal welfare groups. Lisa was also a devoted Red Sox fan, traveling to Boston several times a season to see them play at Fenway.

Lisa loved music, attending concerts of her favorite bands, U2, Queen, REM, and The Police.

She enjoyed gardening, swimming at Nason's Beach on Sebago, and taking long walks.

An informal celebration of life will be held at a later date for close family and friends. Please visit <http://www.advantageportland.com> to sign Lisa's guestbook and leave memories and condolences for the family. To honor her memory in lieu of flowers, please donate to the Westbrook Animal Shelter, or your local animal shelter.



Roberta Lee LaPage, 67, a lifelong resident of Waterboro and beloved wife, sister, mom, and aunt, passed knowing she was loved in the comfort of her home on April 30, 2020. Being the consummate gardener, Roberta was blessed to see the first daffodils and birds returning announcing the arrival of spring.

Roberta was born on February 28, 1953 in Saco, the third of four girls born to Roberta and Elizabeth (Place) Abbott. She grew up in a tight knit family with family values which embedded her daily life. Her childhood days were spent finding ways to fill days making fun with her three sisters and neighborhood kids; riding bikes, playing hopscotch, setting up homemade tents and riding Rupp snowmobiles with her Dad that he managed to keep running. Roberta shared a bed with her sister Linda and Linda's memory included that her standard of cleanliness didn't match Roberta's! Roberta was a neat freak and she would make Linda wash her feet before she could get into bed. To make sure she stayed on her own side; Roberta rolled up a blanket and placed it in the middle of the bed for extra

assurance that their feet wouldn't touch one another!

Mrs. Abbott made sure it was a priority for her children to attend Sunday school and church each Sunday which Roberta continued into her adult life. She married her high school sweetheart, Robert, and they had just reached their 46th year of marriage. Family was very important to both she and her husband; many happy memories were made as they shared time with both of their families.

Following graduating from Massabesic High School, with the Class of 1971, Roberta pursued a career with Union Mutual (now known as Unum) and enjoyed working there until her retirement in 2015. She developed lifelong friendships with a few of her co-workers including Barry, Gary, Carlene and Trish. She still hosted holiday get-togethers at her house with them through the years, including this past Christmas. Roberta took great pride and enjoyment from maintaining a meticulous yard and working in her flower gardens.

Roberta was a down to earth woman. No frills and she told it like it was. That's probably why she loved watching Judge Judy! Although she tried to come across as a tough cookie; she possessed a generous heart and loved unconditionally. She received a lot of pleasure out of keeping up with what was going on within the family, and putting much thought and love into "just the right gift" for them on holidays, making them their favorite blueberry pie for their birthday or slipping someone an unexpected gift when it was needed the most.

She made sure geraniums were on her parent's and sister's grave each summer, Mums in the fall and a Christmas basket during the holidays. A tradition that will be carried on! Roberta also looked forward to planning a get-together at her house for the LaPage side of the family – a tradition that will surely be missed. She always looked forward to picking strawberries with her mother and in later years her fresh strawberries with cream cheese dip on the 4th of July became a staple that you could count on! We all looked forward to her pumpkin rolls and holiday mix every year!

One of the family traditions she made with her sisters Gaye and Linda was shopping "until they dropped" in North Conway the day after Thanksgiving which included eating out at Apple Bees and enjoying a Mud Slide.

Roberta had a lot of the same characteristics and personality of her father, Robert Abbott and was often referred to as "Robert Jr." She had a reputation for "telling it like it was with a tough attitude" – but, there was no one that cared more. She was like an Oreo cookie – hard on the outside but gooey and soft on the inside.

Shortly after marrying, she found herself in need of a kidney transplant and after only a few months on dialysis became a recipient of a transplant that gave her the freedom from dialysis for 30 plus years! We celebrated as a family by going out to eat! In spite of working full-time, she spent endless hours tending to the needs of her grandmother, her parents and her sister in their last years. After her sister Mary passed she and her husband Robert opened their home to her sister's daughter, Cheyenne and provided her with a home any child would give their "eye teeth" for!

Roberta and Robert provided tough love and guidance in an effort to help Cheyenne become a responsible adult someday and able to take care of herself. Endless hours were spent in guidance and instruction with the goal of Cheyenne becoming a self-sufficient, independent woman. Roberta really took her under her wing and with a dose of humor and love; gave her the tools needed to be successful in life. Roberta took great pleasure in providing for Cheyenne's every need, while trying to maintain her "tough" reputation. Deep down she was such a softie!

Roberta has been dealing with health issues for the last two years of her life. Her devoted husband Robert has been her rock, her biggest supporter throughout it all. Her love of life on Ossipee Hill Road was quite obvious with Robert and her Boxer, Max! She and

Robert have owned several Boxers throughout their lives and they were definitely important family members whom they loved spoiling. Her beloved Boxer, Bellamy became ill and crossed The Rainbow Bridge last year. She and her sister Gaye would meet most mornings to walk their dogs together until her health waned. She always tried to put a positive spin on things to anyone on the outside, but family members could see her struggle and declining health. She was a trooper and gave it her best until the very end. She was “the Real Deal” and will be remembered for being fun loving, quick witted, snarky, organized and dog lover – especially her Boxers. Roberta would be the first one to reach out to those that needed a helping hand up.

Roberta made an impression not only with her immediate family, but with those who had the good fortune of being in her circle of friends. She was beautiful, inside and out. Feisty at times – a strong woman who fought for the underdog and her shoes can never be filled and she will be forever missed by all that were graced by her presence.

She is lovingly survived by her husband, Robert LaPage, Jr., niece Cheyenne, sisters, Gaye Littlefield and husband Gordon, Linda McNamee and husband Bruce, sister-in-law Jackie Campbell and husband Larry, brother-in-law Raymond Gray, nieces Angela Littlefield (who drove her to the hospital in Boston), Melina Richards, Amy Noble, Heather Glidden, Amanda Thornton, Kathy Carroll, Tracy Gray and nephews, DJ Sawyer, and Jonathan Campbell; and many great nieces and great nephews.

A private graveside were held for immediate family at Elder Grey Cemetery on Thursday, May 7, 2020 at 10:00 a.m. with Pastor Matt O’Neil officiating.

In lieu of flowers, please consider donating to the National Kidney Foundation (NKF Serving New England) 209 West Central Street, Suite 220, Natick, MA 01760.



Sharon Lee Stacy Riley, of Windham and Mesa, Ariz., died after a lengthy illness on June 19, 2020, at her Mesa, Ariz. home surrounded by her family. She was 77.

She was born in Portland, a daughter of Myron “Mike” and Eleanor Shaw Stacy. She grew up in Kezar Falls and South Portland. Sharon graduated from South Portland High School in 1961 and attended the former Westbrook College for business.

She retired from Unum in Portland after 31 years of service including supervisor roles. Over the years she worked as a volunteer “doing good things in the neighborhood” as a Unum retiree. She was also an active member of the AMVETS Ladies Auxiliary for many years. She was a member of the Windham Hill Club, the Windham Hill Church Book Club and a past member of the Windham Hill Church. She enjoyed reading, county and western music, dining with friends, traveling, and spending winters in Arizona with her daughter and family.

Her grandchildren were her utmost pride and joy and she loved every moment she spent with them. Her husband of 46 years, Raymond Howard Riley; a brother, Richard Stacy, and a sister, Barbara Stacy Roy died previously.

She is survived by her daughter, Deborah Riley DeLeo, son-in-law, Joseph DeLeo, granddaughter, Julia N. DeLeo, and grandson, Anthony J. DeLeo, all of Mesa, and four nieces and a nephew. Sharon is also survived by John Heseltine, her fiancé. Sharon and John had been high school classmates and reunited in 2014.

Burial will be in Riverside Cemetery in Kezar Falls. A donation to a favorite charity in Sharon’s memory is requested in lieu of flowers.



Olin Morgan Sawyer, 83, of Shady Lane, passed away on June 25, 2020, following a long illness. He was born on Dec. 30, 1936 in Portland, a son of Alden and Gayle (Morgan) Sawyer.

Olin graduated from Deering High School in 1954 and Bowdoin College in 1958 with a Bachelor of Arts in Mathematical Studies, receiving the designation of cum laude. He attended Officer Candidate School in Newport, R.I., in 1959. After graduating, Olin served in the U.S. Navy as a lieutenant JG aboard the USS Durant, an Edsall-class destroyer escort stationed at Pearl Harbor, Hawaii, from 1959 to 1962.

Olin met his wife of 60 years, Wilma McDonald, while both were in college. They were married on Oct. 3, 1959 in Colchester, Conn.

He joined Union Mutual Life Insurance Company (later Unum), where he worked for the next 37 years as an actuary, retiring in 1995. He continued to work as an actuary for John Hewitt and Associates until he retired in 2001.

During his childhood, Olin was very musical from an early age, participating in all types of music throughout his life both as a singer and playing instruments, particularly the piano. In college, he was a member of the Bowdoin College Meddiebempsters as well as many other musical groups. Throughout his life, he participated in many different musical activities, including more than 30 years as a founding member of the Royal River Philharmonic Jazz Band, playing the piano and arranging the music.

His other passion in life was sailing which he did most recently at his camp on Sebec Lake.

Olin was involved with various organizations during his life including Community Health, The Portland Club, Treasurer of the Unum Retirees, Falmouth Lions Club, Trout Unlimited and a Fellow in the Society of Actuaries. He was also a long time volunteer at Maine Medical Center.

In addition to his wife Wilma, he is survived by his three children, William Sawyer, of Topsham and his wife Cheryl, Pamela Tait of Brunswick and her husband Val, and George Sawyer of Durham, and his wife Shelly; brother, Alden "Tom" Sawyer Jr. and his wife Barbara of Falmouth. He is also survived by six grandchildren, Alexander Tait, Emily Tait, Jayson Goranson, Justin Goranson, Fawn Ramlal, and Samantha Rouse.

A private service will be held. Burial will be in Colchester, Conn. Please visit <http://www.jonesrichandbarnes.com> to sign Olin's online guest book. In lieu of flowers, donations in memory of Olin may be made to the Alzheimer's Association, Maine Chapter 383 US Route One, Suite 2C Scarborough, ME 04074

The following obituary/remembrance appeared in a February issue of The Oregonian and was forwarded by a former UNUM colleague.



By Andrew Theen | The Oregonian/OregonLive

Janet Tobkin Conley picked up her phone last summer and called a real estate agent 3,000 miles away from her rural Maine home.

She was inquiring about a one-story, 676-square-foot cabin just outside the Bar M Ranch some 30 miles east of Pendleton. She wanted the cabin, nestled in Oregon's Blue Mountains along the Umatilla River, to be her final home.

Tobkin Conley bought the home without hesitation or a walkthrough. She'd seen it before.

The 62-year-old didn't even get to enjoy her cabin for a full year. Neighbors and search and rescue crews found Tobkin Conley's body Sunday, not far from her cabin, on the Bar M Ranch. According to family, she was wearing a backpack and had her disabled pet pigeon, Memaloose, in a carrier as she tried to escape the rising waters and get to higher ground.

Tobkin Conley's is the [only known death](#) from the widespread floods that ravaged portions of rural Umatilla County last week, wiping out local roads, damaging state highways and briefly closing Interstate 84 throughout the region. [Dozens of families were evacuated](#), lives upended.

The county sheriff's office did not respond to requests for comment regarding her death. The state medical examiner's office declined to comment.

For friends, family and loved ones, the tragedy is a devastating blow that's difficult to understand. They say Tobkin Conley, a longtime environmental advocate and grant writer who volunteered her time to fight for Oregon's national wonders for years, knew that remote area of Oregon extremely well and was comfortable and well-equipped to hunker down in uncomfortable conditions.

She had just been in Vancouver visiting her younger sister, Linda Swift, earlier in the week when she saw a gap in the weather and headed for home Feb. 4.

"She knew how to survive," Swift said. She had water, grains, and supplies like prepackaged salmon.

According to the sheriff's office, Tobkin Conley told neighbors Feb. 6 that she wanted to stay in her home despite the rising waters. She made it out of the house but was swept away. Swift said the torrent of snowmelt had carved a trench in the road, and there was three feet of deep, surging water to wade through.

"I think things just happened quicker than she could possibly imagine," Mark Conley, her older brother, said of the waters and melting snow.

Jerry Baker, the real estate agent who sold her the cabin, was also a lifelong friend. Baker's family owned the [Bar M Ranch](#) for 65 years, and Tobkin Conley and her family visited there for decades.

"She just loved it there," Baker said. "She had lifelong love affair with the Bar M Ranch."

Baker said it was a pleasure to help his friend -- with whom he spent summers catching frogs and snakes and swimming in the Umatilla as kids -- buy her dream cabin. "When she called me," he said, "it was just like old times." Baker said. "Let's do it," he said of the sale.

In interviews with friends and family, a common theme emerged: She'd been in Maine for more than two decades, but Oregon was where she belonged. She was finally home, Conley said.

"She was extraordinarily happy," he said, "there was a bounce in her voice, a voice I forgot from decades before."

Family and friends said her legacy will be one of profound kindness to friends, family and injured birds and geese that she fostered for years at her New England home, but also tireless philanthropy and a volunteer spirit. She led a grassroots effort to name a trail circling central Oregon's Sparks Lake for Ray Atkeson, a renowned landscape photographer and close friend. She was also one of the leading figures behind a nonprofit group, Friends of Mt. Hood, that emerged in the early 1990s to battle the Mt. Hood Meadows ski area's proposed massive expansion there.



"Oregon was always in her heart," said Mark Tobkin, her ex-husband.

OREGON GIRL

Tobkin Conley was born and raised in Portland, the third of Robert and Nancy's four children.

It was an idyllic childhood. The family ranch-style home in Oak Grove had a view to the east of Mount Hood, a filbert orchard in the foreground.

Robert, a physician, was an avid hiker, skier and camper. "He took us into the wilds of Oregon all the time," Mark Conley said. "We learned to love the beauty of Oregon."

The family traveled internationally, too, setting sail on cruises to Africa, the Panama Canal, and parts unknown.

Nancy was a former assistant to Arthur Andersen, the namesake of the Chicago accounting juggernaut. Janet took from her an elegance and a style.

Three months ago, Mark Conley and Janet took a weeklong trans-Atlantic cruise aboard a luxury oceanliner. "She liked to put on some elegant clothes every now and then and live it up," Conley said.

But the Bar M Ranch, that spectacular and rugged slice of heaven east of Pendleton, was always close to the family's heart.

"Her dad's greatest pleasure was standing in that river all day," said Baker.

It's why last April, the siblings chose the ranch as the best place for a family reunion.

It was already a challenging year. The oldest Conley sibling, Terry, died. Months later, Linda Swift's 8-year-old granddaughter, Aliyah, who was particularly close with Tobkin Conley, died of a rare brain cancer.

Family time was sacred.

So when Linda saw the For Sale sign, she nudged her sister. "Janet, that'd be perfect for you," Swift said.

Mount Hood in July 2018. Tobkin Conley used to hike up onto the mountain and camp, and she advocated for wilderness protections later in her life. Mark Graves/Staff



GRANT WRITING

Tobkin Conley seemed to spend her youth on the go. She raced bicycles at the Alpenrose Velodrome, the now-defunct Portland dairy. The siblings recall an early 20-something Janet would ride 110 miles per day, from her home to Mt. Hood Community College for classes and back to train for her races. She got into rowing, too, racing once at the Head of the Charles Regatta in Cambridge, Massachusetts.

Around that time, Janet was living in a small home near what was then Eastmoreland General Hospital, now Reed College.

Mark Tobkin recalled he was walking by one day and a young woman asked if he wanted a strawberry. “We just hit it off,” Tobkin said.

They became friends and eventually were married for 16 years.

Tobkin described young Janet as a tireless athlete who was perpetually in motion and seemed to be happy all the time. She was a gourmet cook and baker, he said. She worked, briefly, as a part-time energy consultant.

But much of her time and energy, family said, was on advocating for the environment.

In 1988, Mt. Hood Meadows was proposing a massive expansion, including up to 1,500 rooms and more than 700 acre expansion into sensitive terrain.

It was a controversial plan and eventually was scuttled.

Tobkin Conley threw herself into the fight against the resort expansion.

“We will appeal any amount of overnight housing,” she said in a June 1990 interview with The Oregonian. “There is a broad constituency opposed to this, and we are carrying the message of our state.”

Karl Anuta, an attorney who represented the nascent association during those days and has continued on to be on its board of directors, says Tobkin Conley was involved from the beginning. She isn’t mentioned on the nonprofit’s website, but early media coverage refers to her as a founder or cofounder.

“She was very focused and driven to try and protect Mt. Hood,” Anuta recalled. “She was very energetic and devoted an incredible amount of time and resources to the project,” he added, “more than probably any person.”

During that same time, Tobkin Conley became friends with Ray Atkeson, Oregon’s photographer laureate at the time, who chronicled the state’s natural beauty for some 60 years.

Before Atkeson died in 1990, Tobkin Conley said it was imperative he pick a scenic place to honor his legacy so others wouldn’t do it for him.

He settled on Sparks Lake, a stunning Cascade mountain lake west of Bend that was one of Atkeson’s favorite hidden gems.

Tobkin Conley dedicated about four years of her life to getting a trail constructed there to honor her friend.

The Oregonian’s Jonathan Nicholas chronicled the saga starting in the early 1990s.

She set up a P.O. Box and started making connections to raise hundreds of thousands of dollars for the effort. “When I didn’t know what I was doing,” she told the paper, “I relied on guts and intuition.”

Nicholas described her effort as “the essential spirit of Oregon.”

Tobkin recalled the event to commemorate the roughly 4-mile loop trail occurred on a rainy weekend.

The Tobkins and Mark Conley camped at the mountain lake the night before. After the celebration, when everyone had left, Tobkin recalled walking the trail with Janet.

“This is your accomplishment,” he told her. “It’s really something to be admired.”

The view from the Ray Atkeson memorial trail at Sparks Lake in central Oregon.



BACK HOME

Shortly after, in 1996, the couple moved across the country to Maine.

Mark Conley said his sister moved to Maine for her husband, and to be supportive, but it was a challenge.

“It was a huge sacrifice to give up Oregon,” Conley said. “Her love for Oregon was so deep.”

The marriage ended, but the couple remained close friends. Mark Tobkin remarried, and he said Janet was a dear friend to his new wife as well.

“She’s left a lot of emptiness in both of us,” he said, “She had a great deal of influence on our lives, and you don’t realize it until someone is gone like that.”

Linda Swift said she’ll miss her sister for too many reasons to count – she planned ahead for everything, having a five-year plan she executed to perfection.

In the grief of the past week, she is trying to find solace in the fact that Janet did try to escape, and she wasn’t found dead in her cabin.

She was on her way to higher ground when she was swept away.

It’s why the family worked with the sheriff’s office to show potential trails where Janet might have hiked. It’s why the initial news release offered a tone of optimism, citing her experience as a hiker.

Swift said Tobkin Conley, who didn’t have children, was particularly close with her daughter, Chloe, and son, Lauren.

Conley said his sister deeply loved the Umatilla River specifically, and if she had a choice, she’d have preferred not to deteriorate over many years from cancer or other ailments.

“She much would’ve preferred going quick,” he said, “riding the river” with her beloved bird.

He also recalled a visit to Maine in 2015, when Tobkin awoke to recount a poem she’d conjured in her sleep.

She called it “Epitaph.” He wrote it down:

*goodbye my farm
with honk of goose
bobcat, loon, deer and moose
lady slipper butterflies
peaceful night of fireflies.*

He thought it was gorgeous.