



Words from the Chair

We had an excellent turnout for the gathering on August 19 at Two Lights State Park in Cape Elizabeth. Just over 70 retirees attended. There was a lot of energetic conversation on a beautiful day in Maine. I know of some retirees who were not able to attend because they had made other plans. My advice is that we all add the date for the next get-together on October 21 now, so there will be no conflicts. As usual we will send the invitation two weeks before. The format will be a little different, as we will meet at a community hall in Scarborough rather than a restaurant. There will be no charge to attend. The hall is quite large, so we hope for a record turnout. We are also planning special entertainment by a local singer who I have heard many times. He is very talented and entertaining.

We have had several inquiries lately about retiree benefits. There is some information in this newsletter about the life insurance benefit. It applies to those who retired prior to 1/1/2013. Any questions about your pension should be directed to the company which sends you your pension check or deposit. Any questions about health or prescription benefits should be directed to Via Benefits at (877) 495-7131. The best time to call will start in January when Medicare benefits enrollment begins. We will include a reminder in our fall newsletter.

From the Editor

Many thanks to those who submitted articles and comments for this issue! I always enjoy receiving your emails with input for the next issue. And I had some laugh-out-loud moments with memories shared about moving into HO1! I hope you enjoy them too.

On a serious note, the Retiree Board feels a responsibility to share information we learn that we feel could be important to the rest of you. You will see we are definitely sharing in this issue; life insurance, preparing for death, and writing a will. We hope you find the information helpful.

As always, please continue to send articles, pictures, or feedback to me at cpascoe@maine.rr.com.

Thank you, Connie Pascoe, Editor.

Important Dates for 2025

10/21 – Annual Meeting

Mark your calendars now for the annual meeting as we are doing something different this year. We will hold the meeting at the Hillcrest Community Center in Scarborough (directions will be included in the invitation). We will have a more casual buffet style lunch. And we have a great singer lined up to provide entertainment! And best of all, there is no charge for you to attend.

2025 Unum Blood Drives

October 14

December 9

Note - If you are willing to help out with the Unum Blood Drives, please contact Connie Pascoe at cpascoe@maine.rr.com

Membership

By Bruce Theriault

We continue to see our membership in the Unum Retiree's Group grow! We currently have 684 members! This includes 37 new members and 8 drops for the year.

We also had 10 of you sending updates to your phone number, email addresses, and mailing addresses. Thank you for sending those updates! We want to stay in touch, so having current information is important.

As I have said in the past, our group is word of mouth; we rely on you to help add to our group.

Webmaster Needed

The Unum Retiree board needs a new webmaster since our current webmaster, Bob Wooten, will soon be leaving that position. The job description below is from Bob.

We are hoping one of our current Retiree members will volunteer to fill the job. We are open to changing the specifics of the job if your experience is different. If you might be able to help us, please contact Roger Rioux at rrioux@maine.rr.com.

The job of Webmaster for Unum Retirees is primarily to maintain and secure the UnumRetirees.org website and to perform updates to the content of the site as needed.

Currently, the website is housed on GoDaddy.com and is a very simple form of website pages that are maintained as HTML (Hypertext Markup Language).

The vehicle used to maintain these pages is a freeware product called Code Lobster, which is an uncomplicated IDE (Integrated Development Environment) for editing, updating, and saving the HTML code for the pages.

The site consists of a basic textual home page with links to additional, single-purpose secondary pages such as the list of names and phone numbers for the Board Members, etc.

There are no 'advanced' features such as Databases or scripts used on the site.

Each quarter, there are updates needed to add the most recent Newsletter, so that all of the Newsletters that we have had, to date, are available to the membership. Other updates include such things as Board Member names, job titles, phone numbers, and email addresses.

Additionally, at irregular intervals, there are necessary updates needed to maintain security, renewal of Domain Name updates and charges, renewal of the contract for the ISP (GoDaddy) Hosting, Secure Domain updates, etc.

The Webmaster is listed on the host site as the technical contact for the Website, and the Domain Name, and contact identification is posted for public information about the site.

More technical information about this job description is available from the current webmaster (Bob Wooten) on request; he will still be on the Board of Directors and will help whenever needed.

The Picnic

Another successful picnic was held on August 19 at Two Lights State Park. We had a great turnout of approximately 70 retirees! There were lots of new faces with people attending for their first time. And so many welcoming smiles and hugs as people reconnected. It certainly looked like everyone had a good time.

A special thanks to board members Lisa Latno and Kevin Huber as they coordinated the picnic for the first time. They stepped up when Linda Robichaud retired from the board earlier this year. Linda coordinated the picnics for many years; thank you Linda!

We drew 4 raffle tickets with the recipients selecting the charity of their choice for a \$75 donation made in their name. The recipients and charities were:

- Dave McMahon Chambliss Center for Children
- Sam Weden United Way of Southern Maine
- Alice Moisen Trinity Episcopal Church
- Leo Lamoureux Kennebunk Free Library



Bob Sweet, Kris Miller, Peggy Veroneau, Alice Moison



Linda & Dick Robichaud,
Carlene Anderson



Dave & Robin McMahon, Linda & Dale Grant



Dave Allen, Jim Cox, Sandy Small, Karen Alling



Sue Burgess, Joyce Locke



Al Utterstrom, Dermot & Wanda Bostock



Gail Kalloch, Helena Cook,
Beth Jackson, Linda Flanigan



Sue Francoeur, Sam & Tina Weden

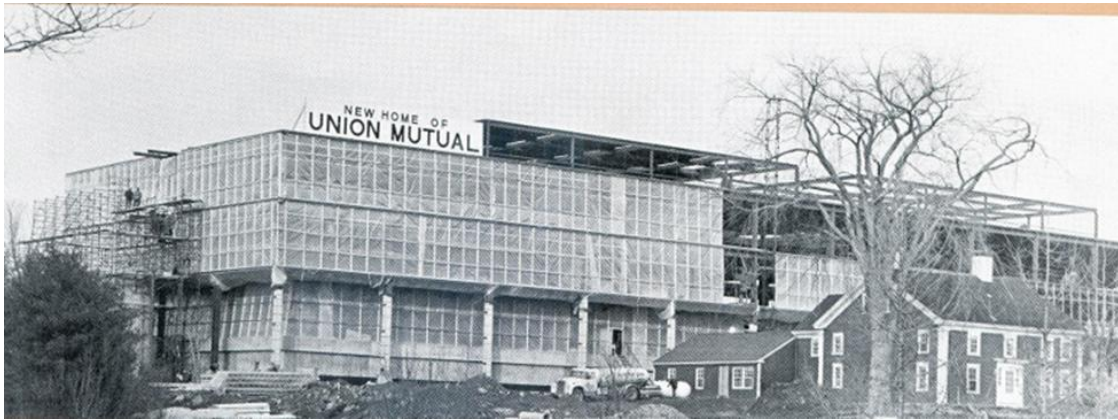


Leo Lamoureux, Ken Lane, Piotrek
Stamieszkin, Dick Curry, Dave Allen



Roger Rioux, Kevin Huber, Jeff Witham, Cliff
Colville

A Blast From the Past



The picture above was featured in the last newsletter and it apparently brought up some memories. Here's some of the feedback I received:

"Thanks for the reference in the last newsletter about 2211 Congress Street. It brought back some interesting memories. When I joined Union Mutual in 1968, (the 4th lawyer to join the department) I was only one of about 350 employees in the home office at that point. After the construction of 2211 they were in a disposal mode, and I was given a framed picture located in my small office (shared by another lawyer) in the Law Library. It was a picture of the first insurance policy ever issued by Union Mutual on October 26, 1849."

"I was located in HO1 during the construction of HO3. The parking lot for anyone arriving later in the morning was relocated during that time to an area basically behind where HO3 is now, I think. I was working in commissions, and we had one shift working till 7 pm in order to cover the west coast. You had to park your car in this unpaved lot and take a shuttle up to HO1. On rainy or snowy days, it was a bit of a challenge, and of course you had to add 15-20 minutes to your arrival time in order to be to work on time. Also, the shuttles only ran till 5 pm so it was necessary to take the shuttle back to your car before that time and move it to the upper parking lot, so you weren't walking in the dark. Only once I missed that opportunity, but security was good enough to drop me off at my car. Fond memories!"

"I started with Union Mutual in 1979 in HO1 working in Individual disability Underwriting. I remember being so thrilled to discover the coffee cart with the little flag and bell. It was always a HOPE that there were still cinnamon rolls hee-hee. I also distinctly remember the photocopy station and 'our' photocopy girl. I believe her name was Karen, but I could be making that up. We were not allowed to touch the machine!! However, I personally used to come into the office at 6 am to send FAX to Equifax for medical reports. It was best to do those transmissions early so they would go through. Or at least that's what I remember. So, fun going down memory lane..... I can actually SEE the fax machine and the area it sat in as well as where the photocopy station was. So crazy how our memories can bring such vivid memories."

"Yes, there was a champagne fountain, and it flowed freely. So much so that some employees got together in conference rooms and tested the boundaries of their relationships with co-workers (this is absolutely true). Those who were caught were not terminated; there were different boundaries then. It was also the last time we had a champagne fountain.

Regarding the coffee cart. Yes, and it came to your work area at designated times. Upon arrival, the bell was rung, and like Pavlov's dog, many responded to the stimulus. Back then, the people who worked in the cafeteria were employees of Unum, and not a vendor. Pam Henderson, a former "coffee cart lady" joined our department as a customer service rep! Another interesting (?) fact is that back then, we had

assigned lunch schedules. Parts of each floor were assigned a lunch time to control the influx of employees to the cafeteria. The schedule didn't last long because people got hungry at different times or had meetings that conflicted with their designated lunch slot.

One other blast from the past was the playing of Christmas Carols during the holiday season. I started in 1979 and believe that tradition lasted 3 or 4 years.

My last memory from the early days of my tenure was the presence of a moose on the large lawn at the front of HO1. For some reason, a security guard felt it necessary to go out there to shoo it away. Let's just say there were a variety of comical reactions to this effort, while we also hoped the man didn't get hurt!

Lastly, we used something called NCR paper back then. I'm curious if anyone even remembers what that is. Well, it's "no carbon required!" Back then, there wasn't email, there were hand-written interoffice memos. The NCR paper was a big step forward because one avoided the ink of carbon paper, which could stain clothing."

"I didn't work in the home office, so I missed the champagne fountain but back in the day in the field office (NYC) we had a coffee cart come around every afternoon in our building at 2 p.m. at 708 Third Avenue. There was also Mario who used to come around twice a week and shined some of the salespeople's shoes. We also had a very diverse soda machine that everything in it except soda, ha-ha. Fun times!"

"I think I put on 5 pounds just eating a Danish and coffee every morning with the coffee cart when I was promoted into the home office from Philadelphia Group Office."

The infamous coffee cart:



Unum Trivia

And now let's test your knowledge and/or memory with some Unum trivia! How many can you answer correctly? Don't cheat but the answers are included later on in this issue.

1. Who was the founder of UNUM?
2. And what year did the founder start up the Union Mutual Life Insurance Company?
3. Where were the initial headquarters located?
4. What year did the company move to Portland?

5. What year was the name changed to UNUM Life Insurance Company and why?
6. In 1969, the company name was changed to what?
7. How many employees were housed in HO1 on move-in day on December 14, 1970?
8. What was the name of the initial dining facility in HO1?

Get to Know Your Fellow Retirees

Dan Bouchard

Dan retired in April 2018 after working at Unum for 38 years.

After retirement, Dan began traveling with Bonnie; "I really enjoyed that. Started to play golf and bowling."

His hobby includes photography.

Dan also said "Just a typical Mainer. I grew up in Brunswick, oldest of 7 children, and went to college at the Boston Wentworth Institute of Technology. Began my working career as a Mechanical Draftsman with an Engineering firm in Connecticut then became a programmer for an Engineering Department. Met Bonnie and began our life together, moved back to Maine, started working for Union Mutual in IT as a Data Analyzer and raised our family with Bonnie. We have four beautiful children and 9 grandchildren. My life today centers around Family.

Volunteer Opportunities - Friends of Wood Island Lighthouse

By Carl Gatto

Friends Of Wood Island Lighthouse is a nonprofit consisting of about 100 volunteers who provide stewardship to historic Wood Island Lighthouse, situated a mile or two from the coast in Biddeford Pool, Maine. Our organization was founded in 2003, and our mission is to maintain the site and make it accessible to the public via tours which we run in July and August of each year. Our website is woodislandlighthouse.org.

We always welcome new volunteers, who assist us in various roles. Some volunteers choose one role, while others serve in multiple roles:

- Docents accompany guests from our boat to the island, sharing the lighthouse's history and stories while guiding them across the boardwalk to the lighthouse.
- Tower hosts take guests, up to seven at a time, up the tower to enjoy the magnificent views from the top. They also share information about lighthouse characteristics and the history of our various light sources and lenses.
- Sign-in hosts register guests as they arrive, against a roster generated by our reservation team.
- Woodchucks are volunteers who travel to the island most Tuesdays from 9am to noon to maintain the property, including gardening, mowing, carpentry (mostly on the boardwalk or ramp) or helping with inside projects such as early season cleaning and setup. This group is very flexible, with people joining the group as their schedules permit.
- Reservation Team volunteers create rosters of tour participants, which is done in our online reservation system. These volunteers also handle tour cancellations (e.g., inclement weather and/or rough seas) and assist customers who have questions about our tours or the reservation process.

Our volunteer experience is very enjoyable, as most volunteers return for many years and form lasting friendships. It is also very rewarding to share an iconic Maine historical site with the public, and witness their enjoyment of our tours, which consistently achieve 5-star reviews from our guests.

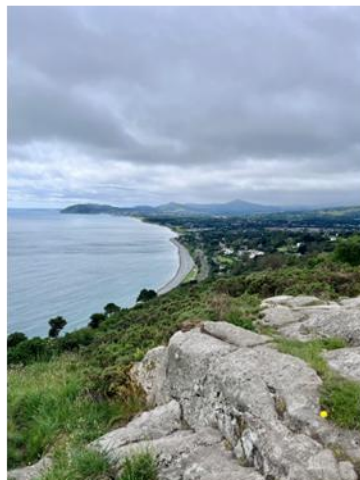
Summer Vacation

By Maureen Welch

Unfortunately, we lost a very important member of our family, I.e., my husband, father and grandfather.

I decided to make a memory of a lifetime to honor Billy's (my husband) and my love of Ireland. I took my family (children, spouses and grandchildren) to Ireland for two weeks. We flew into Shannon and then on to Doolin & Lahinch. Spent a great night at Gus O'Connors and McGann's pubs listening to Irish music. We saw the Cliffs of Moher, took the ferry to Inishmere, went to Blarney Castle and kissed the Blarney Stone and many other sites. From Doolin we went to Galway, to Dublin, to Waterford, to Kinsale to Killarney. The countryside is breathtaking and beaches pristine. We loved visiting the Quay in Galway, the Temple Bar, Trinity College and the book of Kells in Dublin. Stayed in a castle for two nights in Dublin. We went to the seaside community of Kinsale where one of my sons-in-law and grandson played Old Head Golf course. A highlight of the trip as it was one of my husband's favorites.

A lot of shopping, pictures, laughs and love. It definitely was a huge return on money spent.



Father and Son Vacation

By Jay Imler

My son and I went to Greece in May. Great trip: we visited island of Rhodes and mainland Greece.



Life Insurance Benefit

By Roger Rioux

Recently, there have been several inquiries regarding the retiree life insurance benefit of \$10,000 available upon retirement. Retirees have asked about how to designate a beneficiary and how to apply for this benefit.

After contacting the provider by phone and email, the following information was obtained:

- The contact number is 800-678-2436 (also listed on www.unumretirees.org).
- Individuals who retired before January 1, 2013, are eligible for the benefit regardless of their employer.
- To designate a beneficiary, call the number above to request a beneficiary form.
- For claiming the benefit, heirs should call the 800 number for instructions on the process. Persistence may be necessary, as the benefit is no longer offered to retirees and it may be necessary to clarify eligibility criteria.

Note – if you find any of the information above has changed, please let us know in order for us to communicate any updates to our group.

End of Life Planning

By Connie Pascoe

Not to be a Debbie Downer but I thought I would share some notes I took when attending two “Preparing for Death” classes. These are things to think about or consider in order to help out your loved ones.

Life File Checklist

- Data & documents
- Passwords
- Social media accounts
- Bank account info
- Life insurance

- Wills
- Bills
- Advance directive
- Location of valuables & hidden cash
- Direction of possessions, especially items to go to special people
- Personal items to be disposed of (for example, journals)
- Obituary
- Funeral arrangements
- Messages or letters to loved ones to be opened upon death

Healthcare Agent

- Advocate to carry out your wishes
- Can be a different person from your executor

Executor

- Financial
- Power of Attorney
- Estate lawyer (for will)

Advanced Directive

- Medical

Dying To Do List

Family

- Special requests outside the will. For example, possessions that do not go into the will that you would like to be given to someone. Include a note or story behind the item; why you want them to have it.
- Ethical Will – not a legal document. Used to identify things that are important to you. Ethical values that you want to pass on, in a letter format.
- Memories – sharing of stories and memories. Document the details between your birth date and death date, your history.

Financial

- Will – Beneficiaries on finances, etc. are not included in a will. Identify account numbers, titles, etc. to make it easier for your family.
- Executor – can hire/pay someone, or have an estate lawyer
- Probate – guidelines by the state to ensure all paperwork is in place and all outstanding bills are addressed. Average time – 6 – 9 months. Therefore, anything left to others will not be disbursed until after probate.
- Transfer Upon Death – a way to transfer ownership (for example, house or car) immediately upon death (meaning not having to wait for probate). Must be set up by a lawyer.
- Power of Attorney – legal document that identifies a person to act as you, in order to sign documents, etc. in your absence. “You are Me”
 - Specific Power of Attorney – directions for something specific (for example selling house)
 - Durable Power of Attorney – if you are not competent, the regular Power of Attorney & Specific Power of Attorney is void. The Durable Power of Attorney then takes over to make your decisions, sign, etc.
 - Healthcare Durable Power of Attorney – they can make health decisions for you if you are not competent
- Advance Directive - living will
- Medical direction
 - Pain & comfort direction

Future

- POLOST – Physicians Orders for Life Sustaining Treatment
 - A portable medical order or direction
 - Differs from Living will as its limited to medical
 - Doctor discusses with you – fills out form, both you and the doctor sign, it then takes precedence over a living will
 - It goes into your medical records
- Cancel notifications
 - Car insurance – include agent's contact details and policy number
 - Homeowners insurance – “ “ “ “
 - Utilities – contact information and account numbers
 - Credit and debit cards
 - Bank accounts
 - Health insurance
 - Social security
 - Services that are renewed or paid automatically (subscriptions)
- Funeral
 - Arrangements
 - Burial
 - Headstone
 - Obituary

August marks National Make-A-Will Month

Are you ready to make your last will and testament? As you start the process, you may have more questions than answers:

“Should my partner or my sister be my executor? What does that role encompass?”

“What happens to an item I forget to include, like my car or a collection?”

“What will happen to my pet? Can the care of my pet be included in my will?”

Creating your will can feel overwhelming as there are a number of important decisions to make. Despite being challenging, it can be meaningful and an empowering experience. The result, you are taking control of your legacy and ensuring the people, pets, and causes you love are cared for after you're gone.

Here are some steps to consider and questions you can ask yourself to assist with creating your will.

1. Identify your assets. Create an inventory of every asset or piece of property you have to help you decide how each item should be distributed. Your inventory may include:
 - Real estate property
 - Bank accounts
 - Investment accounts (stocks or bonds)
 - Digital assets (including cryptocurrency)
 - Vehicles (cars, boats, or RVs)
 - Personal property (heirlooms, jewelry, collectibles, or artwork)
 - Pets
 - Life insurance policies
 - Retirement accounts

Some of your assets may not be included in your will. Assets are broken into two categories: probate assets and non-probate assets.

Probate is the court-supervised process of distributing your estate according to your will. Some assets must go through the probate process before they can be distributed to your beneficiaries, while non-probate assets can be distributed directly to your beneficiaries after you die. Non-probate assets should not be included in your will as they can cause delays and confusion. Instead, you should fill out separate beneficiary designation forms for each non-probate asset.

Non-probate assets could include:

- Retirement accounts (like 401(k) and IRA accounts)
- Life insurance policies
- Payable on death (POD) accounts
- Transferable on death (TOD) accounts
- Certain bank or brokerage accounts

2. Identify an executor.

An **executor** is the person you designate in your will to carry out your wishes. Your executor will be responsible for distributing your assets according to your will and making sure any outstanding debt you left behind is paid.

You can designate anyone you would like for this role, as long as they're a legal adult and of sound mind. Designate someone who's organized, reliable, and that you trust to act in your best interest. Many people choose their spouse, an adult child, or another trusted family member or friend as their executor.

You should discuss the role with the person you choose before including them in your will. You want to make sure they're willing to serve and that they understand your wishes and how you want your estate to be handled. It's a good idea to have a backup person in mind in case your first-choice declines or is unable to take on this role.

3. Who do you want to receive your property?

Once you inventoried all your assets, you need to decide who should receive each of them as your beneficiaries. You can choose anyone you want to be a beneficiary, people you are close to or a charitable cause or organization.

4. Who do you want to care for your children or pets?

If you have minor children, it's recommended that you identify a legal guardian in your will as this person will be responsible for your children's care. It's very important that you discuss this with the person you have chosen to ensure they are willing to take on this role. And you can even designate funds to be distributed to this person, for the care of your children.

Similarly, to ensure your pet is taken care of, you can designate a pet guardian.

5. What causes do you care about?

If there are causes you support, you may identify the charity as a beneficiary in your will in order to leave a charitable gift. You can specify cash or non-cash assets to a nonprofit, including:

- Investment assets (like stocks or bonds)
- Digital assets (including cryptocurrency)

- Real estate (including your house or any commercial property)
- Personal property (like artwork or a car)

To ensure your gift is transferred to the correct nonprofit, be sure to include the charity's full legal name, address, and Employer Identification Number (EIN).

6. How will your outstanding debts be paid?

Many people have some form of debt. Before your estate funds can be distributed to your beneficiaries, they're used to cover any outstanding debt you left behind. This can include debt from:

- Credit cards
- Mortgages
- Car loans
- Private student loans
- Business loans
- Medical bills

If there aren't enough funds to clear your debts, some of your assets may need to be sold. You can specify in your will how you want this situation to be handled. You can identify which assets you want to sell first.

There are a number of sources available to assist you when developing a will. You can find a number of them online. Below is a partial list.

Ethos

Legal Zoom

Trust & Will

Will Maker

Fast Will

Free Will

Legal Shield

Unum Trivia

And here are the answers:

1. Elisha B. Pratt
2. 1848
3. Boston
4. 1881
5. 1986, as a result of the conversion from a mutual to a stock life insurance company
6. Union Mutual
7. Approximately 900
8. The Beacon

Obituaries



From the Dobson Funeral Services website, May 29, 2025

KENNEBUNK - **John Patrick Stoma**, 78 of Kennebunk, Maine and The Villages, Florida died on May 23, 2025.

He was born on September 12, 1946, in Logansport, Indiana to Marialyce (Hennesey) Stoma and Alexander John Stoma. John received a BA in 1968 from Purdue University and went on to serve his country in the United States Airforce completing his military service as Captain. John earned his Juris Doctorate from Suffolk University in 1977, launching a successful and influential career in the financial services industry. He began with UNUM in group sales, rising to become

Vice President of Pensions in New York City. After he left UNUM, he continued as VP of Pensions for Manulife Financial in Toronto Canada. Joining Oppenheimer Funds as Senior Vice President, in New York City where he survived the attacks on The World Trade Center.

Retiring in 2008 left him time to work for Habitat for Humanity, St Vincent De Paul and treasurer at Arundel Yacht Club. John enjoyed spending as much time as possible with his grandchildren, family, and friends—entertaining, playing golf, boating, traveling, and reading.

His love and devotion to The Lord is best described by the quote " I will trust in The Lord until my dying days".

John is preceded in death by his parents.

John married Karen Marie Cunningham in 1969. They had two children Carol D. Shilliday (Don), from Phoenix, Arizona, and Mark A. Stoma (Maureen) from Southport, Connecticut. He was grandfather to Sullivan Stoma, Isabella, Mary, and Carlee Shilliday. He was also survived by his sisters, Anne Stoma (Dan Seligman) and Mary Stoma.

A Mass of Christian Burial will be celebrated at 11:00 a.m. on Monday, June 2, 2025, at St. Martha's Church, 30 Portland Road, Kennebunk, Maine. Interment with full military honors will follow at Evergreen Cemetery, 19 ME-35, Kennebunk. There will be a Celebration of Life following the burial. Details and directions will be provided at the services.

In lieu of flowers, donations to The Michael J. Fox Foundation for Parkinson's Research would be appreciated.



From the Portland Press Herald, June 1, 2025

BUXTON – **Tracy Kay (Daniels) Boardman**, 69, loving and nurturing wife of 49 years to Stephen Boardman of Buxton, joined her almighty God in the early morning of May 25, 2025. She passed away peacefully in her home with her husband by her side. She leaves behind a family that cared so deeply for her and depended on her love, support, strength, and wisdom.

Tracy was born on March 31, 1956, to Fred and Mary "Cassie" Daniels at the Barksdale Air Force Base in Shreveport, La. After a family move to Pease Air Force Base in Portsmouth, N.H., Tracy attended Portsmouth High School (Class of 1974) along with her siblings, Dennis, Patti, Marcia and Tammie. After high school, she dated the love of her life, Steve Boardman, and married two years later on June 26, 1976, at St. James Church in Portsmouth, N.H. They moved to Millinocket, and then to Rochester, N.H., when their son Stephen Boardman was born in 1979. A couple years later, they built a home in Buxton, and welcomed daughter, Courtney Rose

in 1983. Tracy and Steve built a wonderful life in Buxton. She was her children's biggest sports fan, often coming straight from the office to cheer them on during their Bonny Eagle sports years.

Tracy was a smart, dedicated professional and a voice of reason to many who knew her. She spent 39 years at Unum Group, retiring in 2017 as Vice President of Information Technology. She was so incredibly proud and grateful for the relationships she was able to share with her colleagues.

She shared a love for Barry Manilow's music with Steve, attending their first concert in 1981 and more than 30 shows thereafter. Manilow's music meant so much to Tracy. She and Steve developed a close relationship with the Manilow organization.

During retirement, Tracy loved keeping up with her family and friends. She made constant trips to Dover, N.H. to visit her father, Fred, who she absolutely adored. She was always there for family and friends when they needed her most. They also enjoyed exploring Europe through amazing boat cruises with family. She recently finished building her dream home in Buxton where she enjoyed amazing sunsets looking out over the field.

Tracy was a reliable and dependable wife, mother, daughter, sister, sister-in-law, aunt and friend and will be sorely missed by her husband, Steve Boardman of Buxton; Steve and Tania Boardman and grandkids Shaynan and Lianna of Westborough, Mass.; Courtney Rose and grandkids Hannah, Grant, and Myla of Apex, N.C.; father, Fred W. Daniels of Dover, N.H.; brother, Dennis and Judi Daniels of Dover, N.H., sister, Patti and Bill Castan of Fairfax, Va., sister, Marcia Daniels and Phil Johnson of Rochester, N.H., and sister, Tammie and Brian Aron of Haymarket, Va., and sister-in-law, Carol and Lincoln Hanscom of Peoria, Ariz.

A private family burial will be held at Brooks Memorial Park at 1129 State Rd., Eliot, on Thursday, June 5 at 9 a.m., followed by a Celebration of Tracy's Life at First Parish Church Congregation at 12 Beach Street, Saco, at 1 p.m., where all are welcome.

In lieu of flowers, the family asks you to please make a donation in Tracy's name to one of the following charitable foundations that were important to her:

- St. Jude's Children's Research Hospital-

<http://www.stjude.org>

- Buxton Community Cupboard-

P.O. Box 165

Buxton, ME 04093

- Manilow Fund for Health & Hope-

<http://www.manilowfund.org>



From the Dignity Memorial website, June 3, 2025

SOUTH PORTLAND - **Marilyn Hardy Mountain**, 96, of South Portland died peacefully at the home of one of her children where she was lovingly cared for and spent time with family during her final ten weeks. She will be forever missed by her five children, their partners, nine grandchildren, and eleven great grandchildren. Her children are James E. Mountain, Jr. of Saco, Marie L Clements of Buxton, Annette M. Berube of Gorham, Rosalie J. McMullen of Scarborough and Shawn E. Mountain of Standish. She is also survived by her brother, Edward Marshall Hardy, and his wife, Sue, of Brunswick. Her husband of 70 years, James E Mountain Sr., passed away in 2020. Her parents and their first-born infant, Thomas Jr., are also deceased.

Marilyn was born April 30, 1929, in Lancaster, New Hampshire to Gladys Marshall Hardy and Thomas Phillip Hardy. She was the first baby born by C-section north of Boston. The plan was to go to Boston,

but after many conversations with other doctors, the local doctor was convinced he could do it, and he did. Marilyn was the only child and the only grandchild until her brother Ed was born in 1937. She had a heart murmur all her life and her parents protected her as a result. She was not allowed to play sports or participate in gym class. However, she grew up on a one-man farm and when old enough, she had to learn to drive the horses to help with haying. The huge horse made her nervous. She did not like the hayfield or the hot sun, but her help was needed so she did her part. There always was a family garden, chickens for eggs, and homemade butter, cottage cheese and soap. They skated, sledded, and skied on their property. Marilyn took piano, trumpet and clarinet lessons, and played in the school and town bands for many years. Her love of music continued throughout her life, and she had a piano in her home for many years. She graduated from Lancaster Academy in June 1947 and worked in a law office in Lancaster until 1950.

Marilyn married James Edwin Mountain on November 11, 1950, at All Saints Church in Lancaster. When first married, Jim and Marilyn worked at a hotel in Saint Augustine, Florida and then at the Mount Washington Hotel in Bretton Woods, New Hampshire. After moving to Kittery Maine, Marilyn worked at a company that made furniture, and after her first child was born, she hand-beaded shoes from home. In April 1960, they bought a home in South Portland, Maine where they raised their children and James lived until he passed away in 2020. Marilyn continued to live there until shortly before her death. It was an amazing home for 65 years!

Marilyn was a thoughtful homemaker and always kept very busy. She managed the finances and could stretch money like no other! Food was never wasted, and any leftovers were used in various ways until they were gone. She personally hung wallpaper, painted and refinished furniture. She was a master of many crafts and sewed everything from clothing to bedspreads. She also crocheted, and knit clothes, afghans and doll clothes, and made dolls and stuffed animals.

In addition to his birthday, Marilyn remembered the day her brother was born as the day she learned to knit. Her grandmother and aunt taught her while nervously waiting for news of his birth. Due to concerns about the pregnancy, Marilyn had not been told her mother was expecting. She was surprised with news of a baby brother when her father picked her later in the day! Marilyn enjoyed knitting and made sweaters for many family members and friends. A favorite pattern was called the Wallaby. Over the years, she knit Wallabies of all sizes.

When the children got older, Marilyn wanted to do something other than be at home. She had good office skills previously, but technology had been introduced while she was not working. To get up to speed, she volunteered at the school office and then found a series of part-time jobs. She was hired as a temp at Union Mutual, now Unum, and became full-time in 1978. She held several positions, primarily in the Legal Department, until retiring in December 1993. After she retired, Marilyn started hand quilting and made many beautiful quilts and wall hangings.

Marilyn and James raised five children, all of whom graduated from South Portland High School with honors. She was famous for her "three-minute lectures" of guidance, so if something came up in the future, her children could not say "Why didn't you tell me?" The three-minute lectures and her voice are fondly remembered as a reminder of her love.

Marilyn, Mother Mountain, often invited her children's friends for meals, and her home was a favorite hangout over the years. She was known to occasionally give them directions and three-minute lectures too! Two of those boys grew up to be wonderful men who helped her and James to stay in their beloved home during their final years by faithfully shoveling, taking out the trash and plowing. Special thanks to Jay Dodge and "Brother Bob Van Der Meiren! The family appreciates all your efforts. You meant a lot to Marilyn, and she was proud of the men you became.

Marilyn made every day special for her family, especially holidays. The decorations, gifts and food she made were all wonderful and made great memories for all. She loved her grandchildren and tried to spend quality time with each of them. She was very proud of the people her grandchildren grew into and was grateful to have lived long enough to see them as successful adults, and some as parents themselves.

The family wishes to thank Northern Lights Hospice for the amazing care and support they provided to Marilyn and the family. You are very appreciated and doing God's work! Thank you all, especially Haley Davis, her nurse and Tammy Ingraham, and Steph Allen her CNAs.

Service will be private.



From the Portland Press Herald, June 1, 2025

PORTLAND – **Grace Sylvia Paolino** of Portland, passed peacefully at her niece's home surrounded by her family on May 28, 2025.

At 99 years old, Grace S. Paolino embodied the principles of love, tenderness, generosity, kindness, and laughter. Grace had an immense passion for life, cherishing it more than anything else. She spent her entire life in Portland, beginning her journey on "Little" Middle Street before relocating to Munjoy Hill. Grace entered the workforce at a young age, initially finding employment at McClellan's Five and Dime Department Store, and later advancing her career as a fashion sales associate at A.H. Benoit & Co. She attained recognition as a mail associate at UNUM, from which she retired in 1985.

Following her retirement, she dedicated her time to care for her mother and to volunteering at the voting polls on Munjoy Hill.

Grace was a devoted aunt, sister, cousin, friend, and, above all, daughter. She held profound affection for her father, Tommy Paolino, while honoring and cherishing her mother, Mary Rega Paolino, whom she cared for with exceptional devotion until her passing in 2002.

A member of the USO and a lifetime member of the Italian Heritage Club, Grace was particularly fond of boat excursions, lottery tickets, scratch tickets, and sweets. She eagerly anticipated family gatherings by the lakeside or poolside during the summers, as well as the traditional Italian Sunday dinners on Atlantic Street, where she would encourage everyone at the table to "Mangia". Her interests included attending plays at the Ogunquit Playhouse, visiting Boston, enjoying meals at Barnacle Billy's, Boothbay Harbor, and taking rides on the Songo River Queen in Naples, among her favorite destinations.

Grace's heart was filled with joy during her travels to New York to visit her brother Mike, his wife Evelyn, niece Patricia Paolino, nephews Thomas Paolino (SallyAnne), Steven Paolino (Diana), and niece Lisa Pietzak (John). These trips often included road trips to Atlantic City for gambling, visits to New York City to see the Radio City Rockettes, concerts at Jones Beach, and spending quality time together.

Grace played an integral role in her sister Joan McFarland's life, along with her husband Richard and their children, Maria Locke (John) and Denise Kaserman (Kevin).

She cherished taking her nieces Maria and Denise downtown on Saturdays, where they would enjoy the morning at Bernie's Fashions, watching fashion shows while Aunt Grace had her hair washed, set, and styled.

Grace was predeceased by her parents, Mary Rega Paolino and Thomas Paolino of Portland; her brother, Michael Paolino and his wife Evelyn of Holtsville, N.Y., and her sister, Joann Paolino McFarland of Portland.

She is survived by her brother-in-law, Richard McFarland; four nieces, two nephews; and 15 grandnieces and grandnephews, Julia, Kyle and Johanna Kaserman; Chelsea and Jonathan Locke; Anna (Chad) Decker; Ryan, Michael, Kristen, Daniel, and Giovanni Paolino; Brianna (Joe) Maze; Kelsey (William) Gabriel; Shawn (Natalie) Pietzak; and Matt Pietzak.

We extend our heartfelt gratitude to the staff of Seaside Nursing Home and Beacon Hospice for the exceptional care they provided to Grace.

Visitation will be held from 5 to 7 p.m. on Thursday June 5, at A.T. Hutchins Funeral Home, 660 Brighton Ave. A Mass of Christian Burial will be celebrated 10 a.m. Friday June 6 at St. Peter's Catholic Church, 72 Federal St. Burial will follow in Calvary Cemetery. To share memories of Grace or to leave the family an online condolence, please visit <http://www.athutchins.com>

In lieu of flowers, please donate to Grace's favorite charity, St. Jude's Children's Hospital, <http://www.stjude.org>

Donate To St. Jude



From the Portland Press Herald, July 1, 2025

SPRINGVALE – **Nettie Pollard**, 95, was a loving wife, mother, sister, aunt, great aunt, great grand aunt, and friend. Nettie passed peacefully on June 26th at the Lodges. She was born in Sanford Maine Feb 7, 1930, to parents Chet and Vera Galeucia. She graduated from Sanford High School. She married the love of her life David Pollard on October 17th, 1953, David, Nettie, and Colleen resided most of their lives in South Portland

Nettie found joy in cooking, reading, playing Bingo, cards and especially her daily cribbage game with her daughter Colleen. She cherished the time spent with Nephew David Pepin (Denise) and Neice Kathy Pepin Henry (Steve) for special family events, on holidays, birthdays and at David's camp.

Predeceased by her parents, her husband, sister Virginia Pappas, brothers Chet Galeucia Jr and George Galeucia.

She is survived by her daughter Colleen Pollard of Springvale ME. Nieces and Nephews Kathy, David, Rudy, Michelle, Kevin, Janice, Fred, Gary, Brian, Stuart, Patty, Kathy, Wendy, Trudy, Darlene, Marleen, Susie, and George

Nettie had several great and great grand nieces and nephews who she enjoyed spending time with.

Visiting hours will be at Hobbs Funeral Home 230 Cottage Rd, So Portland ME on Thursday July 3rd 10:00 am to 12:00 pm. There will be a private Burial at the Veterans Cemetery in Augusta where Nettie will rest eternally beside her beloved husband later.

Memorial donations can be made to The Lodges Activity Department in Nettie's Memory, PO Box 355, 51 Main St, Springvale ME 04083, or Compassus Hospice, 163 US Route 1, Scarborough ME 04074.



From the Portland Press Herald, July 6, 2025

YARMOUTH – **Luděk “Lou” Strnad** of Yarmouth died on Friday, June 13, 2025, at the South Paris Veterans Home.

Lou was born in 1943 in Prague, Czechoslovakia, the second of four children, to parents Adolf and Marie Strnad. He lived under German and then Soviet occupation until moving to Köping, Sweden with his family in 1947. After seven years in Sweden, the family moved to Toronto, Canada. In 1957, the family proudly made South Portland their home.

Lou graduated from South Portland High School in 1961 and Amherst College in 1965, with a major in mathematics and a minor in Russian – the fourth language he spoke fluently. After college, he taught mathematics at Waynflete School in Portland and, though not, yet, a U.S. citizen, he was drafted into the Army (becoming a citizen soon after) and served two years in Vietnam, receiving two Bronze Stars.

Upon discharge from the Army, he married Mary J. Archibald, his wife of 54 years. They lived in South Portland for 45 years before moving to Yarmouth in 2015. He served on the District 2 South Portland School Board for three years, as well as Chairman for one year. Lou worked for General Electric in South Portland as a systems analyst and then for Unum as a systems manager. During that time, he taught Structured Systems Analysis at Westbrook College (now UNE) and co-authored a textbook on the subject.

Lou’s interests were varied. As a young man, he taught himself to play the guitar and in the ’60s played at The Gate coffeehouse in Portland. Over the years, he taught several friends and neighbors to play. He enjoyed skiing and fishing from his canoe, always catching and releasing. He finished the New York Times crossword every day in pen. He renovated every room in his house and moved to a new house, in part, to continue the challenge. After retiring, he made jams that might have been the best his family and friends ever tasted. He was a voracious reader and was known for his engaging sense of humor and brilliant wit.

Lou was a caring, supportive and dedicated husband, father, grandfather, son and brother.

He is survived by his wife, Mary; and son, Chris, daughter-in-law Trina, and two grandsons Markose and Mathai of Providence, R.I. He leaves his sister, Hana of South Portland and her partner Bob, brother, Sven and sister-in-law Joann of Yardley, Pa.; and nephew Kyle and his family.

He was predeceased by his younger sister, Marie Strnad.

Beware the Jabberwock, my son....

The family expresses our heartfelt gratitude to Margaret Duffek, Lou’s caregiver in Yarmouth, and to the remarkable staff at the South Paris Veterans Home.

In lieu of flowers, a donation may be made to the Southern Maine Boys and Girls club at <https://www.bgcmaine.org/donate>



From the Portland Press Herald, July 6, 2025

SCARBOROUGH – **Julie Ann Gray**, beloved wife, sister, aunt, and friend, passed away quietly at home on July 2, 2025, surrounded by the love she gave so freely throughout her life.

Julie didn't just move through the world; she shaped it, gently and deeply, with every act of love. Julie lived with clarity, kindness, and strength that was quiet and steady. She was thoughtful, gracious, and present with everyone she met.

She loved with her whole heart and lived generously. She cared and she showed up for her family, for her friends, and for the circle of people who trusted her to walk beside them. Even in her final days, she was still preparing meals, still loading a wheelchair into the car, still giving of herself.

She leaves behind a wide circle of loved ones. Julie is survived by her loving husband and best friend, Craig Gray of Scarborough; her brother, Michael Weeks and his wife Kathy of Dennis, Mass., sisters Margaret Dummer and husband Scott of Scituate, Mass., Mary Ellen Bergstrom and husband Paul of Scarborough, and Amy Johnson and husband Paul of Hanson, Mass.; as well as many nieces, nephews, and dear friends.

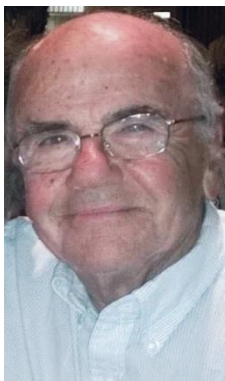
She was predeceased by her parents, Wallace A. Weeks and Margaret M. (Manning) Weeks of Scituate, Mass., and her brothers Stephen and David Weeks.

Arrangements are under the care of Hobbs Funeral Home. Online condolences may be expressed at: hobbsfuneralhome.com

In lieu of flowers, donations may be made to

Sea Change Yoga:

<http://www.seachangeyoga.org>



From the Portland Press Herald, July 8, 2025

LONG ISLAND – **Richard "Dick" Charles Murphy** of Long Island, Maine, peacefully passed away on July 2, 2025, at the age 81. Dick was born on Sept. 19, 1943, to Bernice and John R "Jack" Murphy. He grew up in South Portland, Maine and graduated from Cheverus High School and later Husson College.

Dick served in the Maine National Guard for almost 10 years. He worked for Unum Insurance Company in Maine, Louisiana, and Massachusetts and after retirement returned to work for Standard Insurance of Oregon until his final retirement.

Dick was known for his wise words of advice, his caring and thoughtful demeanor, and his wicked sense of humor. He was married to his beloved wife Martha Jane Murphy in June 1968. Dick was a beloved and devoted father to his children John and Katie Murphy and his wards Alex and Nicholas. He was affectionately known as "Big Guy" to his many grandchildren, which he was delighted by.

Dick was very involved in the Long Island community. He was president of the Long Island Civic Association for many years, the Planning Board chairman, a town selectman, chairman of the Community Center fundraising and building committees, and an ambulance driver for the Long Island Fire and Rescue. He volunteered with several local lobstermen as a sternman and offered his services

wherever there was need in the community. The Island recognized his service with the Franics "Tiny" Murphy Award in 2021.

He was an avid music lover and loved watching his daughter perform with her band. He liked watching the New England sports teams, especially the Red Sox and the Patriots, his alma Cheverus, and would often bat rocks on the beach to relax.

Dick was predeceased by his parents, his sisters Janet Elliot, Mary Jo Howell, and Susan Bulter.

He is survived by his wife Martha Jane Murphy, his son John and his wife Meg Murphy, his daughter Katie Murphy and her partner Cory Courtois, wards Alex and his wife Jessica Anderson and Nicholas and his wife Becca Anderson. Dick leaves behind his cherished grandchildren Eleanor, Brodyn, Benaiah, Cutler, Tilly, Lyndie, Palmer, and Theodore. He is also survived by his sister Elizabeth "Beth" Murphy, as well many nieces, nephews, and extended family.

Jane and her family would like to thank Island Commons of Chebeague Island for their exemplary care of Dick in his final year of life.

A celebration of life service is planned for Sept. 27 at 11 a.m. at the Long Island Community Center followed by lunch at the Long Island VFW Hall.

In lieu of flowers,
the family kindly requests donations to:
Island Commons of Chebeague Island
132 Littlefield Rd.
Chebeague Island, ME 04017 or to:
The Long Island
Fire and Rescue
Long Island, ME 04050



From the Portland Press Herald, July 20, 2025

PORTLAND – It is with deep sadness that the family of **John R. Profenno "Bob"** announce his passing in the early morning hours of July 11, 2025.

John R. Profenno, affectionately known as "Bob," or Bobby passed away peacefully, on July 11, 2025. He was 78 years young. He was surrounded by his loving family.

Bob was born at Mercy Hospital, on December 22, 1946, in Portland, Maine. His parents were John Anthony Profenno and Anna Orienda (Breggia) Profenno. He was raised on Munjoy Hill. He had a wonderful childhood, with very fond memories of his friends and family and the Eastern Prom. He proudly carried the values of his close-knit community with him, throughout his life.

Bob loved sports. Especially football. (Giants first - Patriots second). He participated in football and indoor track in HS. He graduated from Portland High School, on June 16, 1965.

Bob served from 1968 - 1971 in Karlsruhe Germany. He reached the rank of SP5. He received a letter of commendation from the US Army as a superior student - Basic Punched Machine Operator and wiring course. He was honorably discharged on July 26, 1971.

He received a degree from Husson College with a degree in business administration.

Bob spent his professional career as a dedicated computer programmer analyst. He retired from UNUM in 2012, after 36 years of service, marked by diligence and integrity.

Bob's family brought him the deepest joy and purpose.

Bob was predeceased by his parents and also his sister-in-law Sandra Profenno and nephew Tony Profenno.

He is survived by his loving wife, Barbara (Honan) Profenno; his children, Scott Profenno and his partner Suzanna Paille of Salem, Massachusetts, Kristen Profenno of Windham, and Jason Smith and his wife Melissa of Atoka, Tennessee. He also leaves his brothers Lou Profenno and Wife Jeanette and Richard Profenno and nieces Pam Loring and Lisa Profenno Garrett and nephews John Profenno, Louis Profenno, Philip Profenno and Peter Profenno and their families.

Nothing brought Bob more pride than his grandchildren—Olivia, Ian, and Addison Profenno, and Zoe Smith—each of whom lit up his world in their own way.

Bob will be remembered for his steady presence, sharp mind, quiet humor, and deep devotion to his family. He will be greatly missed.

Friends and family are invited to a time of visitation on Friday July 25, 2025, from 1 pm - 2:30 pm followed by a Catholic prayer service at starting at 2:30 pm at Jones, Rich and Barnes Funeral Home 199 Woodford Street in Portland. A reception will follow at the Stockhouse restaurant 506 Main Street in Westbrook beginning at 3:30 pm.

In lieu of flowers, Bob and his family would encourage friends and family to donate to St. Jude's Children's Research Hospital 501 St. Jude Place, Memphis, TN 38105 or: American Cancer Society AstraZeneca Hope Lodge 125 South Huntington Avenue, Boston, MA 02130.

Please visit www.jonesrichandbarnes.com to leave condolences for the Profenno family and sign Bob's online guest book.
