

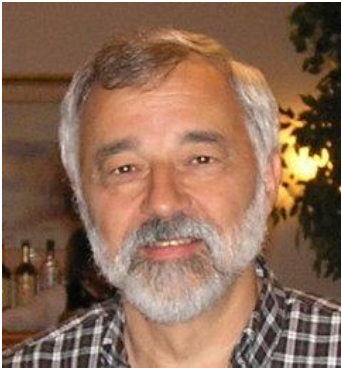
# *Unum Retirees Newsletter*

## *Spring 2019~Twenty-ninth edition*



### **Words from the Chair**

*By Roger Rioux*



If you know of any recent retirees who may not be aware of the organization, let them know about us and how they can join by contacting us through the website: [www.unumretirees.org](http://www.unumretirees.org) or by contacting Steve Bailey at 846-6648 or [sebailey@maine.rr.com](mailto:sebailey@maine.rr.com). Unum notifies us once per year about new retirees so we may be missing contact information for recent retirees. We now have 515 members.

We would love to add to the board membership. Please consider attending a meeting or two to see what we do to support the retirees. We have a good time and no one works too hard. There is no commitment if you join us for a meeting. Just let me know that you will attend so we can alert Unum security. [rrioux@maine.rr.com](mailto:rrioux@maine.rr.com).

We had our spring retiree lunch on March 19 with about 75 members attending. Our speaker was Richard Leslie of Osher Lifelong Learning Institute (OLLI).

In 1997, volunteers came together to create Senior College at USM. Just six courses were offered on Fridays in USM campus buildings. In 2001, they became the first Osher Lifelong Learning Institute thanks to a generous endowment from the Bernard Osher Foundation. (Now there are over 117 OLLIs.) Today, OLLI at USM has over 2000 members and courses are offered Monday through Saturday, year round.

The Osher Lifelong Learning Institute offers an extensive array of courses in the liberal arts and sciences for students 50 or older. There are no entrance requirements, grades and tests; it's your experience and love of learning that count, no college background is needed.

#### **OLLI Offers:**

- Courses and workshops
- SAGE lecture series
- Special educational events
- Trips, short and extended
- Special interest groups

An annual membership of \$25 entitles you to sign up for all of these.

The teachers are OLLI members who propose classes and do it their way. There is also a lending library and members can contribute to a literary magazine published each fall. There are many special interest groups and an art exhibit. If you would like more information check the website at <https://usm.maine.edu/olli>.

We lost a long time member of our board on January 28. Bob Anastasoff played many roles for Unum Retirees and the organizations which preceded it. We will miss his contributions. Our condolences go out to his wife Brenda and Bob's three children. Please see a copy of his obituary in this letter.

## Pictures from Spring Luncheon 2019



Gary Akovenko, Barry Daniels, Gladys Yankowsky



Dianne Hannaford, Martha Murphy, Barbara Bryant, Kathy Doughty



Tim Doughty, Ray Shevenell, Lynne St Pater, Brenda Anastasoff



Kathleen Davidson, Katie Dyhrberg, Kathy Heatley, Pauline Adams



Pauline Adams, Marie Pardi, Sandra Pardi, Rita Weimer



Marty Hoxsie, Connie Rasco, Linda Harrigan



Kris Miller, Marilee Smith, Sue Burgess, Stella Dalrymple



Dave Tourageau, Ted Bernard, Dick Curry





Sally Emery, Joanne Kennedy, Karen Rand, Donna Ames



Jim Toulouse, Linda & Bruce Theriault, Suzanne Randall,  
Bill Post Vander Burg



Jacky Sargent, Carol Robinson, Karen Witham



Carol Howard, Ellen Burrill, Darlene Jenkins



Doug Frantzen, Dave Allen, Sue Bailey



Joanne Gerrity, Beverly Dahms, Suzanne Randall



Doris Carpenter, Kathleen Davidson, Katie Dyhberg, Kathy Heatley

## 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! ([rlibby5@maine.rr.com](mailto:rlibby5@maine.rr.com) 17 Larchwood Rd., South Portland 04106)



*Pam Libby, Editor*

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## Important Dates for 2019

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



### 2019 Board Meetings and Luncheons:

<b>May 21st</b>	Picnic invitation and Board meeting
<b>June 18th</b>	Picnic
<b>July 9th</b>	Newsletter mailing and Board meeting
<b>August 27th</b>	Annual meeting invitation mailing and Board meeting
<b>Sept 17th</b>	Annual Meeting
<b>October 8th</b>	Newsletter mailing and meeting

### Unum Blood Drive Schedule for 2019:

If you are willing to help out with the Unum Blood Drives, please contact Kathy Woodbrey at [lifter@fairpoint.net](mailto:lifter@fairpoint.net).

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## What I Learned On My Last Vacation Trip

Ann Waecker

We took a cruise around New Zealand last October (Springtime in NZ) and learned a lot about the Island: its beauty, its friendly people, its tons of sheep, its great foods. Someone called it a “huge, national park” and that’s for sure. But I learned a lot about travelling, too, mostly from chatting with other passengers.

We flew from Boston to Dallas to Sydney and that last leg was a 14 hour flight. The return flight was Sydney to Atlanta (17 hours) to Portland. I had been told about No-Jet-Lag which is a homeopathic pill you melt in your mouth at takeoff and one every 2 hours on board (if you’re awake) and again at landing. It works. I was tired after both flights but not groggy or time confused. You can get it at Amazon or Wal-Mart for about \$10 a box and we needed 2 boxes. Well worth it.

We paid extra on Qantas for the Premium Economy seats and that was worth it. Our seats reclined back (not flat) and had a leg/foot extension shelf that was helpful for sleeping and we had extra room between rows. Between the No-Jet-Lag and the seats we got a few good hours of sleep. A week before we left we got an email from Qantas asking us if we wanted to bid for a Business Class seat upgrade on our return flight. So I calculated the difference between the two types of seats and offered a bid of third of that cost. On our return

trip, we found out in the Sydney Airport that we got the upgrade! So, with that upgrade, we were able to get free food at the Qantas lounge in Sydney. And we flew in the Business Class seats back. The Business seats did fully recline. I suspect the plane was older than the one we took down because I felt the supporting rods on the seats. So if we ever take that long a flight again, I'd opt for the Premium Economy seats and save the extra money.

We flew Qantas because they offered gluten free meals. I requested those and they confirmed that I'd get them. The gluten free meals they served me on the flights were very good. One meal, out of the 4 meals both ways with Qantas, they messed up and they didn't have one of my gluten free meals. I had planned ahead and brought some extra foods onto the plane, a couple of which were LLBean shelf stable dehydrated meals. And LLBean saved the day! I had them prep my meal by adding boiling water and holding it for 20 minutes. I think they should have cooked it longer because of the altitude, but I did not starve. Lesson: bring extra food for such a long flight in case mistakes happen. I have heard of this more often than not and not just for folks with allergies.

If you need to bring food that is allergy free into another country, I did find that at least in NZ and Australia all I had to do was to have all my pre-packaged food in one Ziplock bag, declare it at Customs and show it to them. They were just fine about letting me bring it into their countries. I also had a prescription from my Doctor just in case but I didn't have to show that. (That has helped in bringing gluten free foods into amusement parks, though.)

The flying portion of the trip was more expensive than the cruise itself. But I met a few people on board the ship who had taken one repositioning cruise ship from LA to Alaska, to Hawaii, to Tahiti, to Fiji, to Papaete to Auckland (and I might have those out of order or missed a couple of stops). That part took about 3 weeks. What I learned is that they found a ship repositioning cruise from LA to Sydney including all those stops and that was cheaper than what it cost us to fly there. That could be a good, leisurely way to get somewhere to start your next cruise.

Because of my food allergies, I requested special meals on board when we made our reservations. Turns out on a ship of 2000ish passengers, there were over 80 of us with various food allergies. Every evening I'd meet with the Maitre'd and he'd go over my meal choices for the next day, telling me what I could eat. I'd put in my order right then. I mentioned to Rommel, my Maitre'd, that I loved cr me br lee. From that point on, he brought me cr me br lee every night! As well as the dessert choice I had picked when ordering. One night, because there was a special dessert that they had made for someone else that was gluten free, he brought me that, too. That night I had THREE desserts! I ate them all, too! Lesson here is to let the staff know about something you love and they go out of their way to help you out.

On the first excursion, climbing (walking?) up Mount Maunganui, an inactive Volcano in Tauranga, we were offered walking sticks. I have heard they were helpful and so I took one. It did make the walking up and down the steep terrain much easier. But two sticks might have been better. I messed up my back muscles for a few days. Because I only used one or because I had never used them before? Not sure.

Another thing I learned is to KEEP your boarding passes until you see that you have gotten your miles credited on your frequent flyer account. My Qantas miles were supposed to have been credited to my American Airlines account. They weren't. I hadn't kept the boarding passes and I had to make a ton of phone calls and jump through hoops to get the credit. But we finally got it!! I'll have to start researching our next trip soon. Can't let those Frequent Flyer miles go to waste.



# Nancy Harris' Grandchild Grown UP

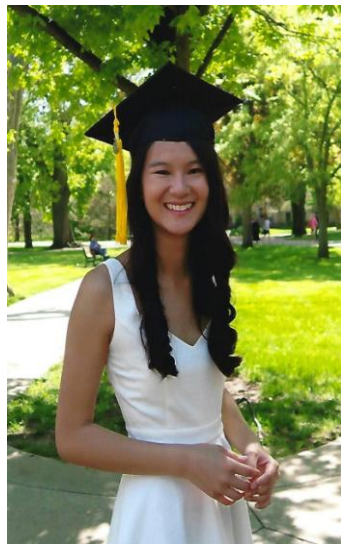
## 20 Years Later



In the April 1998 issue of the Headlighters News, I wrote an article entitled “The Empress of China Comes to Freeport, Maine” – about my trip to China in November of 1997 to get the first of my 4 treasures.

I travelled to China with my daughter Kim and her husband Mike, who both worked at Unum at that time, to get my first grandchild. Katie was 14 months old when she was adopted. Today, Katie is 21 years old and I wanted to share an update on her and my life. How quickly 20 years have passed. My first article in April of 1998 was 3 full pages, edited down from 5 pages by Stan Sylvester who refused to let me have the full newsletter! With effort, I provide you with a brief update.

This past May, we took another trip to bring Katie home – this time from the University of Notre Dame – Go Irish! Katie graduated in May, Magna Cum Laude with a major in Biology.



She was in the top 5 of her class. A month prior to her graduation, she was inducted into the Phi Beta Kappa Society. Last summer she worked at a lab at Harvard Medical School and is now working at a cancer and immunology lab at Dana Farber Institute in Boston. In a couple of years, possibly a PHD or Md. We and her dad (Notre Dame alum) could not be prouder!

As for me, I was given 4 grandchildren in 18 months! While Kim was picking up her children in China (Katie in 11/1997, sister Ally in 10/1999), my son Bud, not to be overshadowed by his sister, was announcing the arrival of his and his wife Tasia's children (Analyse in 5/1998 and brother Zachary in 8/1999.)

As I write this article my other 3 treasures are attending college. Analyse will be a junior at St Joseph's College, Standish, ME - nursing. Ally will be a junior at ST Anselm's College in Manchester, NH – Economics and Sociology. Zach will be a freshman and the University of Southern Maine – engineering.

These are my 4 treasures who I like to tell every chance I get that “they are my reason for being”. So blessed and thankful that they have been the focal point of my retirement. And I have been a focal point in their lives for 20 years.

# HEADLIGHTERS News



The Sixteenth Edition

April 1998

## The Empress of China Comes to Freeport, Maine

*[This article is a little late in coming to you due to the negotiations Stan and I have been having. As I was writing about my experience I found that I needed the entire April issue to publish my article. But Stan felt it necessary to leave room for other noteworthy news. We finally compromised and I was forced to shorten my novel—Nancy]*

Up at 4AM last November 18th, I had started on a trip that would change my life forever. My daughter, Kim Smith, her husband, Michael, and I were on our way to mainland China to bring home **Kathryn Leshan Smith**, our first grandchild and no doubt the Empress of China!

Kim and Mike who live in Freeport had waited 18 months for this very special occasion. Incidentally Mike and Kim have each been employees at UNUM for quite a number of years.

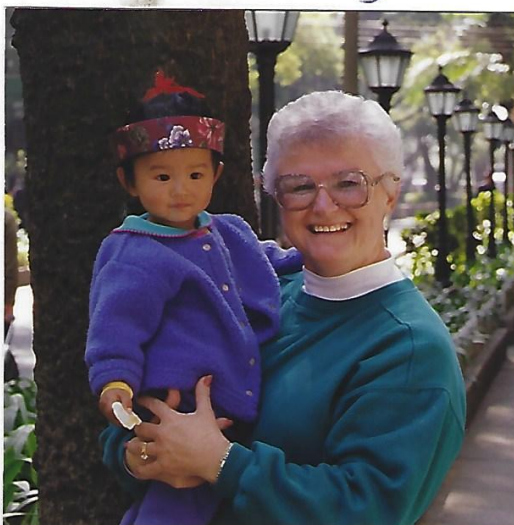
We left Portland with great anticipation but with a very ill wife/daughter. Kim had a major case of flu. Needless to say, the flight was grueling for her, but there was no way Mike could convince her to delay a day or two in San Francisco. She was on a mission and nothing would deter her. Even if she had known that she would be spending 9 hours lying on the floor of a 737 bound for Hong Kong, she would still not have delayed.

You may ask why she was lying on the floor. Well, it was at this point that I learned a very valuable lesson in international travel. As the doors of the plane closed and we prepared to taxi to our runway for departure, everyone jumped up and started changing seats. Can you envision 200 passengers playing Musical Chairs? We sat in our seats, buckled up, watching the process. We later learned that we, too, should have been changing seats.

Please see NANCY, page 2

## Time To Make A Difference

UNUM retirees reported 25,198 donated hours during the 9th Annual VALUR (Volunteers-at-Large, UNUM Retirees) meeting last September. These hours, combined with those volunteered by active UNUM employees, totaled 101,198. The categories with the most hours reported were Children (non-school) and Religious, with Education (K-12) following closely.



Nancy Harris with Katie, possibly the Empress of China.

This is very good news for our communities and neighbors. Using the Points of Light Foundation's national average wage of \$12.00 to put a value to these donated hours, the volunteered time is worth well over \$1.2 million!

"Our employees and retirees, giving their time and talent, have been an enduring resource for UNUM's communities," said Kevin M. Healey, Director Corporate Public Involvement.

Nationally, in 1997, the UNUM Foundation donated \$45,496 in **Volunteer Service Awards** to 191 different organizations on behalf

of the volunteer services of employees, retirees and directors. This program, established to recognize and encourage volunteer efforts, grants \$1 for every hour volunteered. Awards are based entirely on the time reported as committed to the volunteer organization (minimum of 50 hours required). Application deadlines for the volunteer program are April 1, August 1 and December 1 of each year.

UNUM's **Financial Matching Gift Program** is also available to retirees. If you make a gift to your alma mater (college/university) or to a public broadcast radio or TV station, the UNUM Foundation will match your gift.

Please see VOLUNTEER, page 8



As Kim remained sick we toured the plane hoping to find three seats together so she could lie down. By then we realized the reason for Musical Chairs. Everyone had scurried about for the rows with extra seating. They could then spread out with pillows and blankets, all prepared for the 15-hour flight; they had been there before! Even though we found no seats available, we were able to secure three seats together for two hours of the 15-hour trip from a lovely American couple who themselves had two babies to bed down for the long trip. Thank God for those Good Samaritans.

I was unsure of the reception by the Chinese community regarding the adoption of one of their own, even though we had read many articles on the subject prior to our trip. It was in this early phase of our trip we found that the passengers and stewardesses appeared pleased and full of congratulations as we spoke about our reason for the trip. We found that adoption of an orphaned child, regardless of race, creed or color was well received by most individuals.

At home we did have family members questioning the reason for our going to Asia versus adoption in our country. My answer to that question was, "In Asia we can be assured that the adoption is final and the child is ours. In the U.S. you never know when the birth mother will petition the courts for the return of her child." Our trip included several days in Hong Kong and in Beijing. Hong Kong was a shopping mecca. However, the amount of luggage I carried, the cost of our trip and our reason for being in China precluded my having a great interest in shopping. But I must go back and do this all again, if for nothing other than the shopping experience!

Beijing was another world and the China I had read about and did not believe existed. It was like looking at an old movie. There was a significant number of uniformed guards standing very rigid with no smiles, looking very intimidating. Although there was no English spoken, price gouging was at its peak. Trips to the hotels usually costing \$12 were quoted to adoption families as \$50. Many of the adopting families paid the price. We were more fortunate. A young man, an engineer with the Canadian Embassy, overheard the conversation or, should I say, lack of conversation, and advised us of the real rate, directing us to the appropriate taxi area. It was here that we found out two things. First, cars in China are too small, and second, we had too much luggage. With much trepidation, Mike put Kim and me in one taxi while he went in another. After watching too many movies in the U.S. I had visions of our being shanghaied and put into a brothel. My daughter was panic-stricken at the idea while I was elated, until I reasoned that at my age I would be reduced to cooking and washing clothes, not being viewed as anyone's favorite geisha girl!

We had expected communications to be easier in the western hotels where we stayed. It was, however, only marginally

better. I remember calling and speaking with five individuals trying to communicate to them that I needed hot water for my bath. In desperation I gave up. But imagine my surprise ten minutes later when an individual who spoke no English showed up with a carafe of hot water. Needless to say, it didn't go far, but I quickly learned how great the language barrier was.

Beijing has 11 million people peddling 8 million bikes. Throw in a few cars and rickshaws and you have public transportation. With the help of a guide we toured the Emperor's Palace, the Forbidden City, Tiananmen Square and walked the awesome Great Wall of China. To me the 2,000-year-old Great Wall was a highlight of our trip. It is one of the few structures visible from the moon and is 3,900 miles long. I did about 200 steps and decided to wait 'til I go to the moon to see the rest of it. Our guide spoke good English and gave us much of the knowledge that we have of China. She told us that in many families three generations may live together in a 10'x10' room and that 80% of the population works for the government. Working for the government provides extra privileges and reduced housing costs.

Shopping in Beijing was a great adventure. We did not understand them and they did not understand us. We just pointed, shook our heads and negotiated prices. Funny, but we all understood money. Our shopping was limited to the outdoor markets in what was known as Silk Alley and the Russian Market. I got great buys on silk and on Beanie Babies which are the rage in the United States. Many people are bringing Beanies back to the U.S. for resale. I won't tell you how many I brought back. I, who will not illegally park my car or jay walk, may have violated international travel standards.

On November 23rd we traveled from Beijing to Nanchang. We were going deeper into China for what had become known as "Gotcha Day." Those little treasures were getting ready to come to us. We traveled on Dragon Air; unfortunately it was one of the most turbulent trips I have ever experienced. I'll never know where my 6-foot son-in-law put his long legs but my knees were wedged under my chin. But that was o.k. because we were on our way to Nanchang to get our baby the next morning.

#### THE HEADLIGHTERS NEWS

is published periodically by the Headlighters, an independent organization of retirees of the UNUM America Life Insurance Company. Business address: 12 Jersey Avenue, Portland, ME 04103. Editorial address: 52 Ocean Reach, Yarmouth, ME 04096.

The Headlighters Steering Committee is composed of: Anne Andrews, Mark Andrews, Jan Carroll, Bob Cash, Marvin Chaiken, Betty Cyr, Bertha Gardiner, Mary Guy, Joyce Hilliard, Ruth Ladd, Norm Whiton, and with Stan Sylvester as Editor and Doug Dalrymple as Facilitator.



At the airport in Nanchang we were met by a young Chinese man with a note: "Go with this man. He does not speak English. He will take you where you need to go. Your baby is waiting for you at the hotel."

There in Nanchang, we were met by five other families who were to be with us for the next 12 days. Our babies ranged in age from 11 months to 19 months. They were dressed in layers and layers of clothing. Our Katie had on three pairs of pants and three shirts/jackets with socks and shoes that had to be cut off because they were tied to her feet.

They had missed their baths for the previous week and all appeared to have colds. Their caretakers offered varying degrees of information on the children's eating and sleeping habits. All-in-all, we received very little information on the children and much of it was suspect. Some could eat alone, sit up and walk. Some were visibly upset over the separation; some showed no emotion. Within 45 minutes of getting the babies a great transformation occurred. Six little girls all bathed, powdered and dressed in pink emerged after screaming their way through an unaccustomed tub bath with strange people calling themselves Mummy and Daddy.

The process of accepting their new families was not an easy one. I shudder when I think about it today. Moms and Dads went without sleep for days with crying children. And you had only to watch or hold those babies to see the pain and fear they were suffering. We spent five days in Nanchang with a nurse and an interpreter as we waited for the children to adjust.

Katie met and far exceeded all our expectations. She suffered the sleepless nights and fears along with all the others and there were times when we shook our heads in despair. She lay in our arms with no emotion for three days; she screamed non-stop for the next three days. Katie had been abandoned when she was three days old and was put into the orphanage where she stayed until we got her at 14 months. One can well imagine the fear this change meant to her.

It was there in Nanchang where we experienced the most interaction with the Chinese public, particularly when we took the babies out for air. Because the new parents did not have much information on the size and weight of their babies, many of them did not have clothing that fit well. We found that some individuals were not hesitant in telling us that they thought the babies were not being dressed well enough. They would point, pull, push and chastise us. It was a chore for us

to figure out the problem. Many did not like to see the babies in slippers or stockings. I found a quick solution by taking off the mother's gloves and covering the baby's feet with them. At this, the Chinese ladies smiled and patted our arms. In the hotels we were not able to push up the babies' sleeves when they ate. The waitress/waiters would immediately come along and pull them down. We had no choice; we either had to comply or they would scold us for being bad American parents.

We learned very early to eat at the hotels or not at all. Food and water were suspect throughout China. Hotels served only bottled water. Imagine our elation when, on the last leg of our trip, we passed a MacDonald's and a Hard Rock Cafe! Shouts and laughter broke out in our van which was filled with 13 adults, 6 babies, and enough luggage to clothe half of China.

Our next stop was in Guangzhou where visas, passports, the adoption process and physical exams were on the agenda. Katie was adopted in China and will become a U.S. citizen within a couple of months.

Our trip home was not easy with a baby who had never left the orphanage in her short life. She stayed awake for the better part of the 20-hour flight back to Maine. We were all exhausted when we touched down at the Portland Jetport at 10:30PM on December 5th.

Believe me when I say there is nothing that can wake you up quicker and give your heart those extra flutters than seeing over fifty of our family and friends waiting with banners, balloons, gifts and a heartfelt "Welcome to America" for our Katie.

One cannot believe the changes we have seen already in Katie. From a child who could hardly sit up when we got her she is now taking many steps on her own. She picks up several words each day and is considered by her doctor as one of the healthiest children he has seen coming from China.

I left China with a much better understanding as to why the third world countries are not enamored with the United States. How can so few (us) have so much, when so many (them) have so little? I also came away from China with one thing very clear in my mind. If God put anything greater on this earth than our Katie, I have yet to see it. I may, however, see an equal in April when our son has his first baby.

*Nancy Harris*



*Nancy actually walked on the Great Wall of China!*

## Normandy, France by Roger Rioux

For several years, my wife and I have planned an annual family trip with our five children. In May of last year I was asked where we might go for our next trip. I did not have to think very long for I have long wanted to visit Normandy and Brittany. Normandy is because of D-Day and the beaches where American soldiers landed in 1944. Brittany is because that is where my oldest known ancestor lived before leaving for North America in 1768. It did not take long to make plans and we left in late September for a week in France. It was four of my children and me. My wife decided to stay home and one son could not get away. This article is about Normandy, I will write about Brittany later.



We landed in Paris on September 29, rented a car and drove to Giverny where we toured the Claude Monet House and Gardens. Claude Monet's property at Giverny, where he lived from 1833 to 1926, became the Claude Monet Foundation. His valuable collection of Japanese engravings is displayed in several rooms. I found it fascinating that a French artist would collect Japanese art. The gardens have been replanted as they once were. From spring to autumn, the rectangular gardens reflect the ever-changing palette of the painter-gardener who was "crazy about flowers".



We then drove to our rental for the next three nights. We used the Manor of Cleronde as our home base as we toured Normandy. The manor of Cleronde is a 17th century historical monument. It was built in 1639 by a local judge. It was purchased in 1893 by Le Baron Gerard as a hunting guesthouse. The manor has remained in the family since. The property is made up of 800 acres and 200 English racing horses. The manor was a French refugee house during the WWII.



### Normandy and the D-Day Beaches

The Battle of Normandy, which lasted from June 1944 to August 1944, resulted in the Allied liberation of Western Europe from Nazi Germany's control. Allied Forces landed on five beaches codenamed Omaha, Utah, Sword, Gold and Juno. The US military was in charge of taking over the first two beaches, the British took over the second two, while the Canadians were in charge of invading Juno beach.

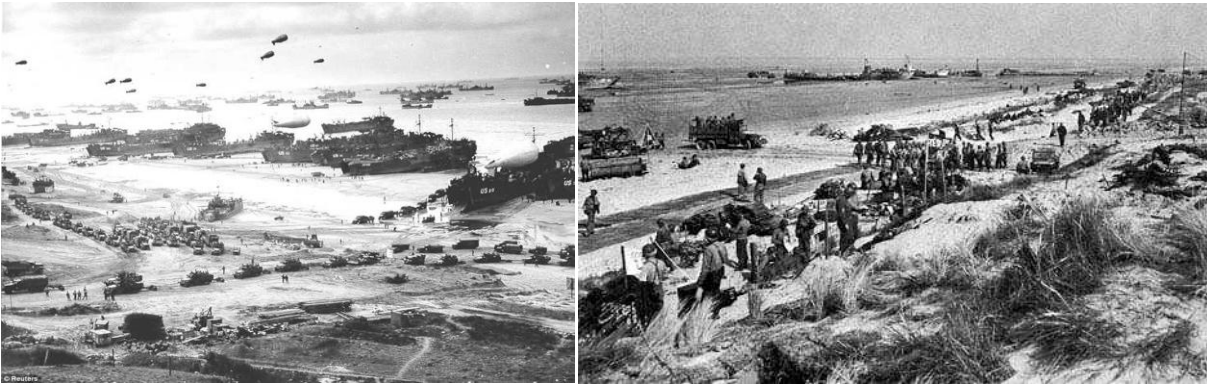


On September 30 we struck out on our own to tour **Utah Beach** and the Museum built on the beach where the first American troops landed on June 6, 1944. The Utah Beach Museum recounts the story of D-Day, from the preparation of the landing, to the final outcome and success. This comprehensive chronological journey immerses visitors in the history of the landing through a collection of historical objects, vehicles, materials, and oral histories. The exhibit includes films of the landing and interviews with soldiers who landed on the beach.

**Utah Beach** is the westernmost beach of the five landing areas of the Normandy Invasion of World War II. It was assaulted on June 6, 1944 (D-Day of the invasion), by elements of the U.S. 4th Infantry Division and was taken with relatively few casualties. In the predawn hours of D-Day, units of the 82nd and 101st airborne divisions were airdropped



inland from the landing beach. They suffered many casualties from drowning and enemy fire but succeeded in their aim of isolating the seaborne invasion force from defending German units. It was amazing to walk on the same beach where so many brave soldiers came ashore on that fateful day.



To better experience **Omaha Beach** we hired a tour guide who joined us in our vehicle. He is a retired British soldier who lives in France. He took us to Omaha Beach as well as several historical sites in the region including St-Mere-Eglise, several gun embankments, a drop zone where paratroopers landed behind the German lines, and the national cemetery in Colleville-sur-mer. Some of the stories he told came from actual American soldiers who landed in Normandy.



St-Mere-Elise is the village where the movie “The Longest Day” depicts Red Buttons hanging by his parachute from the church steeple. There was an actual soldier who was dangling from the church, however he was on the far side from the town square and did not really witness the death of his comrades. There is a dummy hanging from the church in commemoration of the event. We had lunch at a local sandwich shop and toured the square that has barely changed in 75 years.



The Normandy American Cemetery and Memorial is located in Colleville-sur-Mer, on the site of the temporary American St. Laurent Cemetery. It was established by the First Army on June 8, 1944 as the first American cemetery on European soil. The property was given to the U.S. by the French. The cemetery site covers 172 acres and contains the graves of over 9,400 of our military dead, most of whom lost their lives in the D-Day landings and ensuing operations. Families had a choice to bury the dead in France or bring the remains home to the U.S. Soldiers who survived the war can opt to be buried in the cemetery after they pass. On the Walls of the Missing, in a

semicircular garden on the east side of the memorial, are inscribed 1,557 names. Many of the names are of military men and women who died at sea during the D-Day offensive. Rosettes mark the names of those since recovered and identified using DNA.

This was an amazing trip. It was everything I hoped for. Some observations: Normandy is remarkably unchanged from what it looked like before D-Day 1944. The roads, the hedgerows, the farm land, the small towns and churches are much the same as they were 75 years ago. I saw pictures from 1944 and today and they have changed very little. Normandy is known for its many farms and apple trees. If you have been thinking a trip to Normandy, this would be the year to do it when we will be commemorating the 75<sup>th</sup> anniversary of the D-Day landing.

## Obituaries



**Robert "Bob" Anastasoff**, of Saco, 77, passed away peacefully with his family by his side on Jan. 28, 2019, due to complications of Parkinson's Disease.

Bob was born in Biddeford, to George and Jeannette (Tremblay) Anastasoff. He attended local schools in Biddeford, graduating valedictorian of the Saint Louis High School, class of 1960. He was editor-in-chief of the school yearbook, and also the president of his class all four years. Bob graduated Magna Cum Laude from Providence College in 1964, with a Bachelor of Arts in math from the Liberal Arts Honors Program. He attended Boston College Graduate School towards a Master of Science degree, while teaching math in the Boston school system. In 1975, he earned an MBA from the University of Southern Maine, Summa Cum Laude, while working full time.

Bob worked at General Electric in Somersworth, N.H., from 1966 to 1970, as a Computer Operator, Programmer, then Systems Analyst. Bob then began his long career at Union Mutual (Unum) in 1970, as a Systems Analyst. Within a year, Bob was promoted to Market Research Analyst and pioneered competitive intelligence strategies across various departments in that role from 1971 to 1984.

From 1984 to 1993 he was a Manager of marketing and new products. In his final years at Unum he returned to research, as a Senior Research Analyst.

Bob took early retirement from Unum in 1999, after 30 years of service with the company. He had a wide circle of friends and colleagues through Unum, and went on to serve as the Unum Retirees webmaster and newsletter editor. In retirement, he learned programming languages to develop websites. Through his company, CyberResearch, LLC, he was webmaster for several organizations' sites, including St. Bartholomew Catholic Church in Cape Elizabeth, the Cape Elizabeth High School Music Boosters, and his Stonegate neighborhood association.

Bob loved taking trips with his wife, Bren, to different destinations including Rome, Paris, Alaska, and Istanbul, especially if it meant finding a new ice cream place.

Despite being a shy, quiet man, Bob had a dry, quick wit, and even the ravages of Parkinson's Disease did not diminish his ability to land the perfect one liner. His sense of humor will live on in many cherished anecdotes among friends and family. Bob enjoyed Jeopardy! and he loved his cats, Simon and Sallie, and watching birds in the backyard. He was a member of the Saco Bay Gardening Club, and attended Parkinson's Support Groups. Bob was proud of his Franco-American and Macedonian heritages and did extensive research on his Macedonian grandfather's history.

He leaves behind his immediate family, including his dearly beloved wife of 38 years, Brenda (Soucy) Anastasoff, of Saco; daughters, Justine Anastasoff of Manchester, N.H. and Jenny Anastasoff of Portland, son Jason Anastasoff of Brooklyn, N.Y.; and sister, Lorraine Knight and her husband, Larry of Berwick. The family wishes to thank the kind and attentive SCU staff at Southern Maine Health Care, as well as his Comfort Keepers' caregivers.

Friends and family are were invited to attend a time of visitation on Friday Feb. 8, from 4 p.m. to 7 p.m. in the Cote Funeral Home 87 James St., Saco. A funeral service was held on Saturday Feb. 9, at 10 a.m. in the Most Holy Trinity Church, 271 Main St., Saco. Interment was immediately followed at Laurel Hill Cemetery in Saco. On-line condolences can be given to the family at [www.cotefuneralhome.com](http://www.cotefuneralhome.com). In lieu of flowers, please consider a donation to the Maine Parkinson Society [MaineParkinsonSociety.org](http://MaineParkinsonSociety.org) 359 Perry Road Bangor, Maine 04401





**Patrick "Joe" Connolly** of Panther Pond, and formerly of South Portland, passed away on Nov. 20, 2018, with his family by his side. He was born in Portland, the son of Michael and Nora Dillon Connolly and the stepson of Mary Folan Connolly, all natives of County Galway, Ireland. Joe graduated from South Portland High School in 1965 and entered the [United States Air Force](#). After his discharge in 1969 he briefly worked at Ametek before temporarily joining Portland Terminal Company, a part of Maine Central Railroad, for 18 years. At the railroad he was known as "Pat" and was a member of the Brotherhood of Maintenance of Ways Employees. Joe developed a love of computers and was fortunate to be employed by Douglas Computers before getting his dream job as a Help Desk Analyst at Unum where he worked for 22 years. He enjoyed going to work every day there. He simultaneously earned his degree in Computer Science and graduated from Westbrook College, now the University of New England, in 1994. For 27 years he was an integral part of the South Portland American Little League where he coached baseball alongside his childhood friend Lee Pettengill. Joe and Lee were usually there six days a week scouting the other teams or working on the fields. They were known for their positive coaching and mentoring of all their players.

Joe was a warm, kind, funny, playful, and eternally optimistic person who had nothing but positive words for everyone he met. He could make a friend in anyone and during his time at Unum and SPALL, he made many wonderful lifetime connections and friendships. He was an encouraging and affectionate father and a loving husband who was never without a huge smile on his face.

Joe was predeceased by his parents and his brother Michael. He is survived by his wife of 47 years, Marie Karatsanos Connolly of Raymond; his daughter Mara Connolly and her partner Jeremy Dunlap of Portland, Ore.; his brother John Connolly and his wife Betsy Farwell of Waterboro; his nieces and nephews, John, Nora, Melissa, Kellie, Veronica, Scott, and Lee and their families; and several cousins in Ireland and England.

At Joe's request there was a private burial at Calvary Cemetery. Friends were invited to a Celebration of his Life at Bruno's Restaurant, Allen Avenue, Portland from 1-3 on Tuesday, Nov. 27, 2018. Casual dress was suggested. Arrangements are under the direction of the Conroy-Tully Walker Funeral Home, 1024 Broadway, South Portland, ME. To view Joe's memorial page, or to share an online condolence, please visit [www.ConroyTullyWalker.com](http://www.ConroyTullyWalker.com)

Those who wish may make contributions in Joe's memory to: Maine Irish Heritage Center PO Box 7588 Portland, ME 04112-7588 or: Hospice of Southern Maine, 180 US Route One Scarborough ME 04074.

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**Brenda B. Hill**, 76, passed away peacefully at Maine Medical Center on Nov. 8, 2018 with her loving family by her side.

Brenda was born in Houlton, Maine, on Christmas Eve in 1941, to parents Carl and Evelyn (Rowe) Baldwin. She grew up in Gray and was a graduate of the Gray Pennell Institute. She furthered her education by attending Bernadette business school in Boston. On Aug. 9, 1979, Brenda married Robert Hill and made their home in Gorham.

A sharp and detail-oriented person, Brenda spent her working **years** as an underwriter for Aetna and Unum, and upon retirement was self-employed as an accountant in Scarborough for many individuals and businesses. Brenda and her husband Robert shared a common passion for automobiles; she enjoyed going to car shows, particularly trips to Lime Rock Park in Connecticut, and watching Nascar. Some of Brenda's favorite past times include watching the Yankees and Red Sox, boating, and she especially loved fishing.

She is survived by her loving husband, Robert Hill of Gorham; children, David Hill and his wife Carol of Gorham, and Jennifer Martin and her husband Daniel of Sebago; grandchildren, Noel Hill, Andrew Hill and his wife Rebecca, Sarah, Naomi, Caleb, Hannah, Hadassah, and Bethany Martin; great-

grandchild, Arthur Hill; and longtime friends Shirley Giles and her family. She is predeceased by her parents and a grandson Joshua Martin.

A graveside celebration of life is being planned for the spring, date and time to be announced. Arrangements are in the care of the Gorham Chapel of Dolby Blais & Segee, 76 State St., Gorham, Maine. To express condolences or participate in Brenda's online tribute, please visit [www.DolbyBlaisSegee.com](http://www.DolbyBlaisSegee.com).

In lieu of flowers please make donations to: Springbrook Center, Westbrook, Maine.



**Larry Jude Lopes** passed away at Maine Medical Center on Sept. 26, 2018 after a brief fight with cancer. Born May 3, 1955 to George and Lorette (Marchand) Lopes at the military hospital in Tripoli, Libya, while his father was stationed in Athens, Greece. Growing up in an Air Force family, Larry enjoyed a childhood of world travels, living in Germany, Japan, North Dakota and Louisiana before settling in Portland, ME as an adult.

Marriage to his 1st wife, Ellen Panarese, produced two wonderful children, Alexe and Eliza. Larry graduated with a BS in Industrial Technology and a minor in Economics from University of Southern Maine. He discovered a passion for computers and technology, which led to a career in IT. Larry joined the Peace Corps in 2007 where he served in American Samoa. Soon after returning stateside, Larry began working for UNUM, where he worked until his retirement on July 15, 2018.

From childhood, Larry had a strong interest in cycling, and made many multi-state treks and annual races up the Mt. Washington Auto Road. He participated in the Trek Across Maine to support the American Lung Association, the Maine Lighthouse Ride to support the Eastern Trail Alliance, the Community Bicycle Center's AppleCycle, and ALA's Cycle the Seacoast. Inspired

by the loss of a friend to cancer, Larry was an active participant and fundraiser including serving as UNUM team captain. His son Alex often joined him in training and riding.

In the past Larry has been a dedicated board member at the Community Bicycle Center, the Town and Country Credit Union and was currently active as a board member of the Island Terrace Owners Association. He loved his condominium home at Island Terrace, enamored by the direct view out his window of the Saco River teeming with wildlife. He loved to cook and treated others with excellent dishes. It was while residing at Island Terrace that he met Hilda Shelton in 2013, his future wife and love of his life. Larry and Hilda married on July 6, 2018 at Ecola State Park in Cannon Beach, OR, with Hilda's family in attendance.

Larry was a robustious ten-year survivor of lymphoma with a recurrence that came devastatingly fast in the last two weeks of his life. The family expresses their sincere thanks to the extensive Maine Medical team for their exceptional care and compassion, especially surgeon Timothy Fitzgerald, MD, Leif Skjerli, MD, Aaron Brown, RN, CNOR, Mark Wrona MD, and his primary oncologist, Helen Ryan MD.

Larry leaves behind his son Alex and wife Michelle (Darling) Lopes and grandchildren Ryder and Roman; daughter Eliza Lopes; sister Nadine Marchand and wife Deb Stahler and their children Justine and Michael, and grandchildren Kyle and Ava; sister Lora Marchand, stepmother Lillian Lopes; and many wonderful cousins, extended relations, and dear friends. Larry will also be deeply missed by his loving wife, Hilda Lopes, her daughter Morgan Moulton, brother-in-law Michael Shelton, his wife Traci and their son Griffin, and their parents, Don and Aida Shelton. Larry was predeceased by his parents George and Lorette, and his brother Arthur Lopes.

A celebration of Larry's life is planned for his birthday in May. Donations in Larry's memory are welcome to Community Bicycle Center, <http://communitybike.net>.

To express condolences and to participate in Larry's online tribute, please visit [www.DolbyBlaisSegee.com](http://www.DolbyBlaisSegee.com)



**Jim MacDonald...**It should come as no surprise to people who know me that I am writing my own obituary. I'm doing this because no one knows me better than I do and I don't want people to feel bad about my passing. My life has been filled with many blessings and I have much more than I deserve. Linda, my loving and faithful wife of 46 years has been a source of strength since the day I met her. We are soul mates and were meant to be together. My two sons, Joshua and Jacob, have grown up to be two fine young men. Men that I am extremely proud of, men that any Dad would be proud of. My granddaughters are a source of light in my life, and have kept me young at heart with a passion for living. My family, my friends, and my colleagues have been a constant source of strength and comfort for me not only during my struggle with cancer, but throughout my entire life. My thanks go out to all of you for making my life what it was. I hope I made a difference in yours. I will leave you with this. Life is not a race... it's a



journey....Enjoy every day to the fullest. Part of every journey is the end. This just happens to be the end of mine. May you all enjoy yours as much as I did.

"Jim" is survived by his brothers Ronald MacDonald, Paul MacDonald, and sister Susan Gurney. Countless friends, co-workers, business associates, bikers, neighbors, dogs, and even casual acquaintances will also feel his loss. "Dad" is survived by sons Joshua MacDonald, Jacob MacDonald and his wife Jennifer MacDonald, "Bumpy"; is survived by granddaughters Madison MacDonald and Zoey MacDonald. "J" is survived by his soul mate Linda MacDonald.

The family received friends from 4-7 p.m. Wednesday, March 6 at Chattanooga Funeral Home North Chapel, Hixson. A memorial service followed in the funeral home chapel at 7 p.m. Arrangements were under the care of the North Chapel of Chattanooga Funeral Home, Crematory and Florist, 5401 Highway 153,

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**Phyllis Marie Price**, 91, passed away peacefully at Saint Joseph's Rehabilitation & Residence on Tuesday, Nov. 20, 2018.



She was born Dec. 23, 1927, the daughter of Hollis Mills and Olive Irene (Waterman) Price. She attended Portland and South Portland High Schools graduating from South Portland. Phyllis worked for Unum for 38 years and also spent 44 years volunteering at the Victoria Mansion in Portland. Phyllis enjoyed attending worship services at the Stevens Ave Congregational Church, Traveling, knitting, collecting dolls and tea sets.

She is predeceased by her parents; and four brothers Harold, Arthur, Charlie and Kenneth. She is survived by one brother Richard Edward Price of Portland.

Richard would like to Thank the staff at St. Joseph's and also Southern Maine Hospice for their excellent and loving care they provided to his sister.

No services are planned at this time burial will be in Forest City Cemetery in South Portland. To view Phyllis's guestbook or leave an online condolence please visit, [www.athtuchins.com](http://www.athtuchins.com)

If friends or family desire a memorial contribution in Phyllis's name can be made to the: Maine State Society for the Protection of Animals 279 River Rd. Windham, ME 04062 or The Victoria Mansion 109 Danforth St. Portland, ME

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**Helen E. Quirk**, 87, passed away on Oct. 12 after an ongoing illness with dementia. She was born to parents Frank and Isabell (Ehrich) Jolly in New York on June 8, 1931. Helen grew up in the Bronx with 5 siblings and attended Cathedral High School. She married Jack Quirk on May 20, 1950. They moved to Massapequa, N.Y. in 1955 and had five children together.

In the midst of a February winter blizzard in 1969, they moved to Portland where Jack had taken a new job as a bank auditor. Jack died in July 1971 from cancer. In her true grit and stubborn ways, Helen stayed in Portland and raised her family without any other family nearby. She worked at Unum and then Blue Cross and Blue Shield of Maine for many years, retiring in 1990. She then worked as a crossing guard in Portland where the young children loved her and would give her gifts of thanks throughout the school year.

In 1976, she bought a house on Great Diamond Island. She and her daughter Lisa would move there the day school got out and would spend the summer, staying until Labor Day. Helen and Lisa would go

back and forth to work each day on Helen's boat for several years until one day Helen fell overboard while rowing the dingy out to her boat. Fortunately someone pulled her out of the water, but that was the last day she used the boat for commuting. After that she would take the ferry each day to work until her retirement. Mom moved to the island each year in the late spring and stayed until early fall. She had many friends there and this became her new "home". After Janet's death, two of her grandchildren, Chris and Steven Hatch, lived with her during several summers, working and spending precious time with Grammie. This was one of her favorite times on the island.

She is survived by Robert Quirk and his wife Rosemarie and children William and Marisa of WA; Diane Doane and her daughter Elizabeth of ME, Lisa Boucher and her husband Daniel and children Alexander, Maxwell, and Samuel of ME; brother Michael

Brawley of NY; grandchildren Shawn, Meghan, and Sarah Quirk and Christopher and Steven Hatch; five great-grandchildren, son in law Scott Hatch, and daughter in law Paula Quirk. She was predeceased by her husband Jack, her parents, two children John Quirk and Janet Hatch, a son in law William Doane, a sister, and three blikrothers.

The family invited family and friends to a time of visitation on Monday Oct. 15 from 8:45am to 9:45am followed by a funeral service at 10:00am at Jones, Rich & Barnes Funeral Home, 199 Woodford St, Portland ME. A committal service will be held at a later date at Evergreen Cemetery. You may offer your condolences or share your memories at [www.jonesrichandbarnes.com](http://www.jonesrichandbarnes.com)

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**Kathleen 'Kat' Ann Riseman**, 71, passed away suddenly on Feb. 5, 2019, at Maine Medical Center. Daughter to Catherine (Delvo) and John J. Lucy, she was born in New Rockford, N.D., on June 16, 1947.

Kat's creativity, adventuresome spirit, and seemingly bottomless generosity afforded her an abundance of life experiences with a wide circle of friends and family. She grew up in Fargo, N.D., and pursued higher education at NDSU. On summer break, Kat followed the 'Call of the West' to Colorado for a summer job working at a dude ranch - an experience that forever instilled in her a love of Western landscapes and culture. Yet, it was the East Coast that beckoned her to move, leaving Fargo for Boston in the early '70s. This stepping stone paved her way to southern Maine where she resided for the past 40 years. Kat was successful in her careers as co-owner of the Village Tie-up in Harrison, marketing and resource director for UNUM, and various regional non-profits, and later, as copy editor at Tyler Tech, from which she retired in 2013. Laughing, traveling, reading, gardening, spending time with friends, and sailing - a pursuit in which Kat met her second husband, Jim Skinner, were some of her favorite pastimes. Whether it be the holidays or the long summer weekends at the lake, in the kitchen or in the barn, 'Mama' Kat especially loved sharing moments with her children and

grandchildren. Kat was happiest when the entire family gathered, and just like every phone call, she never wanted these nights to end. Her spirit lives on in our memories, and her presence will be sorely missed.

In addition to her parents, Kat was preceded in death by her only sibling, Joan (Lucy, Foy) Nelson. Living loved ones include husband, Jim Skinner; daughters, Alexis (Riseman) Bergman with spouse, Beth (Eisenberg) Bergman, Sasha Riseman; sons, Ben Riseman with spouse, Rebecca (Golden), and Max Riseman with spouse, Mandie (Lasselle); grandchildren, Rex Riseman, Linden and Aliza Riseman, Liam Doherty, Kai Bergman; nieces Jodi (Foy) Buchan and Juli Foy.

Visitors may join the family in honoring Kat on Saturday, February 9, from 1-3 p.m. at Gorham Chapel of Dolby, Blais & Segee, 76 State St. Gorham. A celebration of life open house was at the family home after 3 p.m.

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**Paul Anthony Rouse**, 64, died Tuesday October 2, 2018. He was born September 23, 1954, in Barre, VT, the son of Arthur and Amelia (Lavin) Rouse.

Paul grew up in Barre and attended local schools. He was an alum of Kent State University and Becker College. Paul was employed by UNUM for 27 years as an IT Specialist and also enjoyed a career as a voice over artist and news [reporter](#) and director in Lebanon, NH, Manchester, NH, and Portland. Paul was a diehard sports fan of the New York Giants, New York Rangers, and Boston Red Sox. He will be remembered for his caring and helpful nature and his hearty laugh.

Paul was predeceased by his parents and his beloved dog Merv. He is survived by his loving wife of 36 years Joyce (Langley) Rouse; son Brad Rouse of Prague, Czech Republic; daughter Amy Rouse of Windham; brothers in - law, Scott Langley, and Todd Langley and his wife Cindy; sister in - law, Nancy Miller and her husband Gordon; nephews, Corey Langley, Michael Langley, and Seth Miller; and niece, Hannah Miller and his longtime close friends and neighbors the Johnston family.

A celebration of Paul's life was held at 1:00PM Saturday October 13, at 57 Hawthorne Dr., Windham.

To express condolences or to participate in Paul's online tribute please visit [www.DolbyBlaisSegee.com](http://www.DolbyBlaisSegee.com)

In lieu of flowers donations may be made to the: Jimmy Fund, PO BOX 849168, Boston MA 02284 - 9168

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**Wende Christine (Poitras) Whitten**, 49, of Buxton passed away on Friday, Feb. 8, 2019, after a courageous and brave fight against brain cancer. Wende was born on Jan. 15, 1970, in San Diego, Calif. She grew up in Westbrook and Gorham and graduated from Gorham High School in 1988. Wende went onto USM and spent most of her career in the insurance industry. Wende was employed by Prudential for over 10 years and previous to that worked at Unum for 12 years.

Wende was one of a kind and to know her was to love her. She had a heart of gold and was giving beyond measure to all those she loved. She loved to laugh and spend time with those she held close. She has many strong friendships that span decades which is a true testament to the beauty she held within. You could always count on her to tell it like it is - she always stayed true to who she was. She had a love of photography often taking photos of her nieces and nephews, friends, families, and captured nature at it's finest. Wende enjoyed going on adventures while four wheeling and spending time at the races. She was creative and loved to scrapbook making many precious books over the years for family members that will be cherished forever. Wende also loved to cook she was often trying new recipes and made amazing comfort food. She was famously known for her BBQ skills! Wende's two favorite roles in life were being "Mimi" to her beautiful granddaughter Aria and "Auntie Wende" to her nieces and nephews. She has left them with many memories filled with laughter, heartfelt handmade gifts, and hugs that will be held in their hearts forever. Through her battle Wende graced the path of several amazing doctors,

nurses, and medical staff that were truly in awe of her amazing strength, spirit, and personality. One quote from an individual says it well "When you left her room you left with a smile...."

Wende is survived by her husband of 19 years, Peter Whitten; her mother, Jacqueline Verrill and her husband, Arthur, from Limington; her father, Rodolphe Poitras and wife, Cathy, of Buxton. A sister, Kathy Usher and husband, David from Gray; her brothers, Marc Poitras and wife, Roxanne, of Gorham, Brendan Poitras and partner, Cortney Regan, of Naples. Sister-in-law, Elaina Duquette and husband, Brian, of Scarborough. Mother-in-law, Joan Whitten and stepson, Tim Parker. Wende was predeceased by her brother, Brad Poitras formerly of Gorham, and her father-in-law, Jack Whitten formerly of Portland.

The family hosted visiting hours on Friday, February 15, from 5-7 p.m., at the Westbrook Chapel of Dolby, Blais & Segee, 35 Church Street, Westbrook. A memorial service followed on Saturday at 11 a.m. at the funeral home. To express condolences or to participate in Wende's online tribute please visit [lieu of flowers memorial donations](#) may be made to support further brain tumor research by sending to: Barbara Bush Children's Hospital 22 Bramhall Street Portland, ME 04102, or Maine Medical Neuro Science Institute 22 Bramhall Street Portland, ME 04102.



**Nancy Elizabeth Winship** passed away peacefully on Monday, March 11, 2019, at the Gosnell Memorial Hospice House. She was the wife of the late Kenneth Winship. She was born on May 29, 1933, the daughter of the late Ward and Mabel Hatch. She attended Maine schools in Pittsfield, Bath and Berwick, and graduated from Maine Central Institute in 1951. She married Kenneth Winship on Dec. 1, 1952. Nancy graduated from Northeastern College in 1963 and attended Detroit Bible College with Kenneth.

She spent the next six years in preparation and missionary work in the Philippines. Upon returning to the states, Nancy worked for Unum Life Insurance Company in Portland, Maine, where she was supervisor of the revenue accounting unit for 18 years of her 25 years of service. Upon retirement, she and Kenneth moved to Summerfield, Fla., where they resided until moving back to Maine in June 2016. Nancy was an excellent cook and had a gift for hospitality. She taught many Christian women's groups and children's Sunday school classes. Nancy is survived by sisters-in-law, Eleanor Hawkes and Drucilla Winship; as well as many nieces, nephews and close friends. She was also the sister of the late Ann Bragdon and Sally Tufts.

There will be no services. Her family would like to express their appreciation for the kindness and care given to her at Atria at Scarborough and Gosnell Hospice House. Please visit [www.advantageportland.com](http://www.advantageportland.com) to sign Nancy's guestbook and leave memories and condolences for her family.