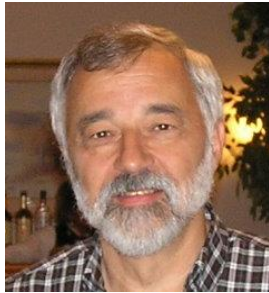




## Words from the Chair



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 **Bruce Theriault** at 207-749-2712 or [maineblt@roadrunner.com](mailto:maineblt@roadrunner.com).

As you may have noticed we have opted for picnics on May 23 and August 22 and a lunch/annual meeting on October 25. This is a reaction to the limited availability and cost of indoor facilities. Also, we have had very good turnouts for the picnics at Two Lights State Park in Cape Elizabeth.

We decided to publish a newsletter in February this year to stay in touch and allow you all to send in articles. We have nearly 600 members on our roster. In our last email we had quite a number of rejections. Please send an email to Bruce ([maineblt@roadrunner.com](mailto:maineblt@roadrunner.com)) with any change in address, email and telephone number.

Finally, we could use some additional members on the board. Perhaps you have some ideas that would make the organization even better. Please send me a note if you would like to attend a board meeting to see how you might be able to contribute. If you come, there is no commitment as we would like to see you. Contact me at [caperioux@gmail.com](mailto:caperioux@gmail.com). Meeting dates: 6/6, 8/8, 9/12, 10/10, and 11/7. We go out for lunch after these meetings.

We are looking for feedback about the organization. Please send any feedback about additional information we can share about the organization. We are here to serve you. Thankfully UNUM continues to provide funds to support our efforts.

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## From the Editor

Again, thank you to all of you that contributed to this edition! As you read each edition, I hope you enjoy the variety of articles included. And again, remember, this newsletter is for YOU so let's make it what you want. We welcome your contributing by submitting articles and/or ideas to make this the newsletter you want to read. You can reach me at [cpascoe@maine.rr.com](mailto:cpascoe@maine.rr.com) or 648 Butternut Lane, Scarborough ME 04074. Thank you, Connie Pascoe, Editor.

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## Important Dates for 2023

8/22 – Summer Picnic  
10/25 – Annual Meeting

### 2023 Unum Blood Drives:

June 14<sup>th</sup>  
September 20<sup>th</sup>  
December 19<sup>th</sup>

*Note – If you are willing to help out with the Unum Blood Drives, please contact Connie Pascoe at [cpascoe@maine.rr.com](mailto:cpascoe@maine.rr.com).*

\*\*\*For those of you that have not volunteered before, please consider trying it. We try to have two volunteers at a time, so you won't be alone. You may recognize the faces of employees still working so a good opportunity to catch up. We typically ask for you to put in at least an hour or two. And its easy work; you hand out treats and chat with the donors as they wait out their ten-minute relax period after donating. Please let me know if you would like to give it a try!

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## Lost and Found

We make every effort to maintain an accurate roster of the members in the Unum Retirees Group. Unfortunately, sometimes we lose contact with someone. A person may move, change an email address, or get rid of that landline for a cell phone without forwarding their new information along to us. We also lose contact when someone passes. We try to discover these but can only look so far. Below is a list of people we have lost contact with. If you have any contact information or knowledge about them, please let Bruce know at [btheriault7@roadrunner.com](mailto:btheriault7@roadrunner.com).

Oretta Baker  
Alfred Blohm  
John Hewitt  
Craig Kellam  
Sharon Kiley  
Patricia McLaughlin  
Martha Murphy  
Grace Paolino  
Ginger Rice  
Dorothy Small  
Peggy Hunt  
Pauline Lundberg  
Thursa Phillips

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## The Picnic

Another great picnic! On May 23 approximately 60 Unum retirees gathered at Two Lights State Park for our spring picnic. While the temperatures were a bit lower than most of us would prefer, it was a beautiful blue sky, sunshiny day. The picnic tables were moved outside the gazebo to be in the sunshine and a good time was had by all. There were a number of new faces and great conversations.

We drew 5 raffle tickets with the recipients selecting the charity of their choice for a \$50 donation made in their name. The recipients and charities were:

Carol Niles – Pets for Vets  
Linda Grant – Alzheimer's  
Leslie Waller – American Cancer Society  
Diane Lewis – Mid Coast Human Society  
Carol Matthews – Animal Refuge League

Thank you to all involved with the planning and set-up and to all the attendees!

We will be hosting a second picnic this summer, on August 22 at Two Lights State Park. Please plan on attending and catching up with former coworkers! Hope to see you there.



*Ann Waecker, Sue Suchecki, Diane Lewis,  
Carol Friend, Laurie Noble*



*Linda Robichaud*



*Beth Reny, Sylvia Parks, Linda Stevens,  
Ellen Burrill*



*Connie Pascoe, Karen Alling, Sandra Small  
Dale & Linda Grant, Alice Moisen*



*Theresa Jackson, Barry Daniels,  
Carlene Anderson, Karen Witham*



*Lorraine & Moe Cragin, Susan Towle,  
Rick Robichaud, Peg Veroneau,  
Leslie Waller*



*Gary Akovenko, Carlene Anderson,  
Karen Moreshead, Barry Daniels,  
Karen Witham*



*Beverly Dahms, Connie Pascoe*



*Mary Jordan, Bruce Theriault, Nancy  
Ashley, Kathi Breton, Donna Emerson,  
Marilee Smith*





*Sue Parsons, Donna Farrington,  
Deb Murphy, Toni Robey*



*Sandra Small, Karen Alling,  
Mary Jordan*



*Theresa Jackson, Linda Robichaud,  
Claudette Shepard, Beverly Dahms*

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## Get to Know Your Fellow Retirees

I hope you enjoy getting to know more about each other in our retirement years. Please watch your inbox in case you are selected for a future issue!

### **Jim Cox**

Jim retired from Unum in April 2018 after working there for 20 years. Jim said "Life after retirement has been relaxing but still working part time. I have worked part time for UNUM Tax reporting Group during tax season for the past 5 years. I also have my own tax practice where I do Personal Tax returns. In the summer I relax and catch up on chores around the house and go on weekly motorcycle trips. This may all change when my wife retires next March. We will probably winter somewhere warm. I enjoy Reading, Music, Stamp Collecting and riding my Motorcycle."

### **Candice Jewett**

Candice retired on July 27, 2012, after 30 years at Unum. Candice said "Well before I retired from Unum, we started a business called Safe Kitty and we built custom cat enclosures to be used both inside and primarily, outside a home. We never expected it to be as successful as it was, but after 20+ years we retired from that (and closed it) in Dec of 2022. We ended up with our products in 36 states and many, many new friends. It was really a lot of fun! Now we are trying to get caught up with all of the projects we couldn't get to because Safe Kitty consumed most of our time. I have been a gardener for most of my life and continue to enjoy the benefits of growing flowers and vegetables. Somewhere in my mid-50s I started taking bagpipe lessons and still enjoy learning and playing. For those of you who already know me, you know how much I love animals and we still have a small family of them, so I get several dog walks in every day. I also enjoy walking with friends on a regular basis. Evenings are pretty much dominated by reading and I usually have two to three books going at a time. Retirement is definitely not dull!

### **Maureen Belanger**

Maureen retired in 2019 after working at Unum for 33 years. Maureen said "after retiring, I dove into crafting and learned how to knit, sew, paper quill, resin arts, card making, etc. So fun! I'm enjoying my grandchildren and just moved into our brand-new home this January. The intention was to travel but Covid squashed that plan. Looking forward to seeing more of our beautiful states. Recently, I've become very active in my local church and have met many new people who have become like family. Retirement is the best!!"

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## Rescued Loggerhead Sea Turtle

By Donna Emerson

While vacationing in the Keys with friends, we were out boating and came upon a turtle who was unable to dive. We called The Turtle Hospital in Marathon, and they asked if we were able to get it on our boat. The turtle was huge, and we didn't have much equipment to try and rescue him. We thought he had been hit by a boat. We had to stay with him to provide the coordinates, so the rescue team knew where we were. After 1 1/2 hours with no rescue crew forthcoming, we came up with two ropes to try and lasso him. After quite a few tries, we finally got one flipper and I was able to guide and turn him around, so my husband was able to get the chump rope around another. It took all 4 of us to get him on the boat.

We notified The Turtle Hospital that we got him on the boat, and they were going to meet us at the boat ramp. "Mainer" as we were able to name him is a 25–30-year-old turtle, weighing in at 196 lbs., and he had an impaction. The impact was caused by eating too much of the conch shell while trying to eat the conch. This causes gas, and the gas was what wasn't allowing him to dive. The Hospital was able to remove over a zipped sandwich bag full of shell by using mineral oils. Not sure how long he was unable to eat but he had barnacles and algae growing on his shell. If we hadn't rescued him, he probably wouldn't have made it.

Mainer has recovered and was released back to the ocean in Key West on May 5th. You can also see videos of him arriving at the Hospital and being released via Facebook at The Turtle Hospital. He also was chosen to have a transmitter tag due to being a mature loggerhead, and you can track him under Sea Turtle Conservatory. Needless to say, we had an adventure.



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## Maine Things to Do

By Bruce Theriault

There are so many things to do in the great state of Maine. I am sure there are things you have done which others may not even know exist. I challenge you to share your experiences with the rest of us. I will start that challenge with one of my experiences.

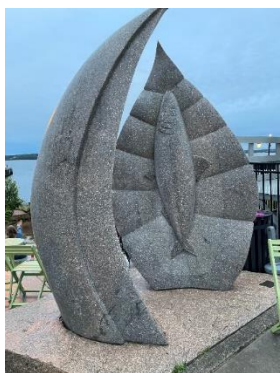
### The Maine Sculpture Trail

From 2007 to 2014 34 sculptures were carved across Downeast Maine. Spanning from Bucksport to Calais these granite sculptures were part of the Schoodic International Sculpture Symposium. My wife and I discovered the trail while visiting friends in Pembroke. Having dinner in Lubec we visited our first sculpture, shown below.



Beyond the Horizon, Lubec

That discovery inspired us to visit all of the sculptures. During our visit and ride home, we ended up visiting 11 of the sculptures, including ones in Eastport, Machias, Orono, Old Town and Bangor.



Natures Grace, Eastport



Dragon, Orono



Lay Down Like Glass, Bangor

Last year we spent a few days in Bar Harbor and decided to visit the six sculptures between Bucksport and Ellsworth on our way to Bar Harbor. We then hit the two sculptures on the island and topped the trip off by heading north and visited the five sculptures between Lamoine and Sorrento, bringing us to 24 total sculptures.



Before the Wind, Bucksport



Window of the Sea Wind, Blue Hill



Gate of the Sun, Sorrento

Visiting the sculptures has had multiple benefits for us. The obvious one is to see some spectacular sculptures. The second benefit was the discovery of multiple small towns in Maine that we never would have visited. The best benefit was the time my wife and I spent together exploring the state and discovering its beauty.

We look forward to finding the final 10 sculptures, though that one Calais looks far away right now. Check out this webpage for more details: [Schoodic Sculpture – International Symposium](#)

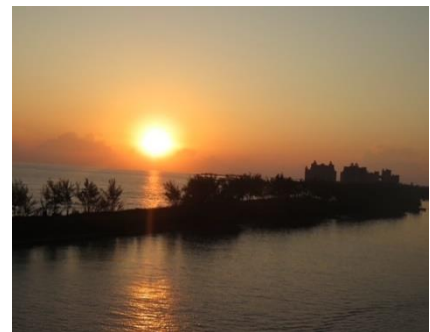


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## Our First Cruise

By Tom Bore

We moved to Florida 14 years ago and this past May we finally went on our first cruise. It was only a 3-night cruise on Royal Caribbean Independence of the Seas, out of Port Canaveral to the Bahamas. It was a very relaxing cruise. I got off in Nassau for a 3-hour bus tour while my wife stayed onboard enjoying our balcony. Enjoyed the tour guide as he was born and raised in Nassau and knew the area well. The largest employer in Nassau is the Atlantis Resort. Price of gas was \$5.68/gallon. Did some shopping before heading back to the ship for a 5pm departure. Spent Sunday just cruising in the Atlantic. Enjoyed a great ice-skating show featuring many Olympic skaters and also a Broadway performance of 'Grease'. We arrived back in Port Canaveral at 7am Monday morning. We enjoyed our cruise so much we signed up for a 4-night cruise next May out of Tampa to Cozumel, Mexico. Our cabin was very nice, and we really enjoyed the balcony. Will never do another cruise without having a balcony.



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## Great News

By John Thompson

On April 12, 2023, I had a successful kidney transplant. I had been on dialysis three days a week for the last 5 years which significantly limited my camping in my new motor home. This summer will be totally different. With no dialysis I will have literally no limitations on my travels. I am really looking forward to it!!

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## Kentucky Adventure

By Stan Small

Our adventure began at 2:45 a.m. on Monday morning May 15<sup>th</sup>. Our eyes opening with our cell phones alarm telling us it's time to prepare for liftoff (at least leaving Hawthorne for our ride to the Sanford, FL airport). Gone are the days when we lived in No. Scarborough & had a 10-minute commute to Portland Jetport.

We left home at approximately 3:40 a.m. for the hour & 10+ minute drive to the airport. Much less traffic at that time of day. Upon arrival we found the closest spot to the terminal building in the economy parking area & proceeded to walk to the passenger check-in/TSA area. Through the TSA checkpoint (after being scanned, checked, etc.) without having to remove our shoes. Age still has some advantages when traveling.

We then proceeded to Gate 15 for our eventual boarding & flight to Owensboro, KY. But wait..... we had to proceed to Gate 7 (in the opposite direction) in order to complete the afore mentioned process. Our boarding call came at 6:45 a.m. with our flight taking off at 7:30 a.m. We arrived at 8:30 a.m. after a 2-hour flight. How is that possible you ask..... Owensboro is on Central time!!

Our son picked us up at the Owensboro airport & through a comedy of errors we spent the day roaming from one place to another as we couldn't go home. Had a serious electrical problem (eventual transformer replacement) compounded by a broken water line which means it was after 6 p.m. before things were back to normal, but then again you realize that "normal" is only a setting on your dryer.

Shortly after gaining entrance to our son's home, the ultimate reason for our being up at 2:45 a.m. stopped by with her mom & dad. Let me introduce you to our 1<sup>st</sup> Great Grandchild ---Lyla Rose. On Tuesday we were invited to supper with Lyla Rose & her parents at their home. Cell phone cameras can smoke even when Tracfone is your cell phone provider.



Wednesday also brought our entire gang together at the Mellow Mushroom for pizza, etc. & then brought us yet to another (not nearly as exciting) event taking place down at the riverfront in Owensboro. It lasted maybe 15-18 minutes tops, and it was impressive. Our grandson's close friend Tre demos & sells agricultural drones, so he was able to explain that what we were seeing is yet another example of how drones are playing an ever-important role in our society. Tre told us that many hands were needed to set up the more that 300 drones that night, however, once in the air, one person with the aid of a computer was able to run the entire program.

Moving on to Thursday, we had gotten up early with the expectation of watching Lyla Rose for a couple of hours during the morning. Plans changed with Dad & Lyla Rose was a no show!! Needless to say, it was a major letdown for Great Grammie & her by now blistered cell phone camera finger. We did errands, honey do items (since our DIL was working in the office all week) lunch, etc.



By Friday great Grammie & Grampie's energy level was at a point where we realized once again why young people have children. We visited our other grandson & his soon to be bride in their new home on Friday afternoon. Came back to our son's & enjoyed a delicious cookout with 2 of his/her good friends before being taken back to OWB for our flight back to Florida. Arriving in FL at approximately 11:30 p.m., claimed our luggage at 11:45, we made a dash to the parking lot's computerized check out & got through before another day would begin.

The hour and a half drive home was uneventful (with the exception of a detour) in Sanford off the 417. Arriving home (exhausted) yet thankful & blessed for the opportunity to visit with Lyla Rose and our family was something that reminds me of an old MasterCard ad..... PRICELESS!!!

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## **Bonnie's Travels**

By Bonnie Beach

Since retiring from Unum, I've been on a journey to see as much of the world as I can. I have discovered an interest in the history of the places I travel to, and connecting with the people, their outlooks, and traditions. The groups I travel with have a focus on education and providing one-on-one experiences with locals, such experiences as dinner with a local family at their home, spending a day on a mountain farm searching for truffles or learning how to make a local dish with a small mountain community. I've seen gorgeous places and heartbreaking situations and have met people who I stay in touch with and plan to travel with in the future.

Some of my recent travel experiences:

Morocco surprised me with its beauty. Being a pottery maker, I was fascinated with the mosaics on ancient and new buildings and had the opportunity to go to a studio where we saw how they made the mosaics, very labor intensive. We stayed in tents in the Sahara Desert, took a camel ride, visited a Bedouin nomad's tent for tea and discussion of her life, and took a hot air balloon ride over the desert. One of the best experiences was roaming through the narrow streets and alleys of the old city areas called medinas filled with small stalls and shops selling food, spices, handicrafts, and clothing. Morocco is one of my favorite trips.

Italy is beautifully diverse and easy to travel. The Dolomite Mountains in the northern Italy Alps are the most gorgeous sight I've ever seen. Venice was magical, very walkable, and easy to get around on the water buses. I experienced the floods in St. Mark's Square. The floods are so predictable elevated ramps are ready to put out for the tourists to walk on to get around the square. Cinque Terre and Tuscany are not to be missed. The old mountain top towns are so unique and full of history. And the food and wine!

Amsterdam in the spring is a spectacular display of tulips. This trip is very easy to plan by yourself. All the activities were related to the tulips – Keukenhof Gardens, the Flower Parade with floats covered with flowers, the tulip market where they are processed, auctioned, packaged and shipped around the world. We also spent a few days in Bruges, Belgium which is a beautiful old city of canals where we took a chocolate making class and visited a lace making center. I always try to plan a food tour in the places I travel. The food tour in Amsterdam was focused on the unique foods and drinks of the area...so good!

The people of Thailand are very peaceful and respectful. In fact, in Bangkok you never hear a car horn even though there is traffic everywhere. We saw a museum related to the opium trade, followed elephants in their natural habitat, went to the floating markets and visited the Angkor Wat temple complex which was reclaimed from the jungle. The most impactful activity was our visit to a land mine museum where we met the man who founded the museum. He was a child soldier for the Khmer Rouge and was put in charge of planting land mines. As the Khmer Rouge were taken over by the Vietnam and Cambodian armies, he continued to plant land mines. When the peace forces came into the region, he

was recruited to deactivate the land mines. He has made it his life's mission to remove all the land mines remaining in Cambodia, approximately 3 million.

Some additional places I've traveled include Croatia and the Balkans, Ireland, Scotland, England, Costa Rica, and China.

I've already made plans for further travel in the next few years. This fall my plans take me to Easter Island to see the giant stone moai statues, then to Chile and Patagonia, ending in Argentina/Brazil to see the Iguassu Falls. Next year I will be going to Bhutan on a hiking trip on the Trans Bhutan Trail where I will see ancient mountain fortresses and the beautiful Himalayan Mountains. Then I'm home for a week and on to the Azores and Portugal! In 2025 I plan to make it to New Zealand.

There are so many experiences and learnings from each of my trips, it is hard to do justice to them. Traveling is so mind-opening and provides opportunities to experience and see other countries' traditions, struggles and values, and meet their people. I highly recommend the experience!



Morocco



Northern Italy Dolomites



Cinque Terre Italy



Cambodia Angkor Wat



Croatia Plitvice Lakes  
National Park



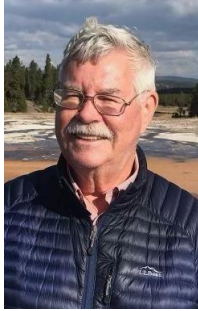
Amsterdam



Thailand

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## Obituaries



From Portland Press Herald, February 12, 2023

FALMOUTH – **David Ross Murray**, 73, passed away on Jan. 20, 2023.

Born in Brockton, Mass. to James Murray and Dorothy Masterton, he graduated from Framingham North High School and Bowdoin College. He received an MBA from the University of Southern Maine and was a Certified Financial Analyst.

After college, David married Margaret Owen MacVane of Portland, worked as a manager for Consolidated Freightways in Pittsfield, Mass. and served with the National Guard. Moving back to Maine, David and Peggy lived in Portland for a few years before settling in Falmouth, where David served as a volunteer firefighter and member of the planning board and town council. He was on the board of the Portland YMCA and a member of the Portland Yacht Club.

After nearly 25 years at Unum in investments, David worked as a consultant supporting Maine business owners. He worked at Raven Technology in Brunswick and then as a merger and acquisitions advisor at Caswell Vlachos Group in Portland.

David had a quick wit. His many stories, including his time in the Guard and with his Theta Delta Chi brothers, were always amusing. He loved to entertain and cook and spent many memorable times with family and friends at Little Moose Pond, Little Sebago Lake, and sailing “Margarita” on Casco Bay. He was an avid skier, golfer, and reader. He adored his dogs, Baxter and Webster. He watched his favorite movie, “Casablanca,” at least once a year.

David is survived by his wife; sons Travis and Dallas (Katie), daughter, Lesley; brothers Mark and Scott (Laurie); granddaughters Mackenzie and Tegan Elkin; half-brother, Andrew (Heather), half-sister, Emily Ludwig (Jamie), stepsisters Lisa Murray and Jennifer Hornaday; stepmother, Kitty Murray; and other family members.

The family will have a celebration of David’s life this summer.

Contributions in memory of David may be made to Maine Audubon or the Falmouth Memorial Library.



From Portland Press Herald, February 12, 2023

PORTLAND – It is with deep sadness that we announce the passing of our beloved Gerry—husband, brother, father, grandfather, great-grandfather and friend. **Gerard “Gerry” Prevost**, 88, passed away on Monday Feb. 6, 2023, in Portland.

He was born on July 26, 1934, in St. Johnsbury, Vt. to Thomas and Lucienne (Couture) Prevost. In St. Johnsbury, Vt. he met his wife of 66 years, Rita (Poliquin) Prevost. He graduated from St. Johnsbury Academy, enlisted in the United States Army and was proud to serve in Korea.

His work with Western Union took him to Biddeford then to Portland where he and Rita raised their family.

Gerry had a strong work ethic which he instilled in his children. After working for Western Union for 30 years he worked for UNUM, but his heart was at Scarborough Downs where he worked from 1972 to 2018 and the Cumberland Farmer’s Club, where he served as treasurer for 22 years.

He was a man of deep faith and was devoted to his family, always providing for them.



Gerry was predeceased by his parents; his sister, Laurette Lachance and her husband Raymond; and his Bichon Frise companions Amos and Louie.

Also surviving are his wife; children, Julie Prevost (Alfred) Lucci of South Portland and their children Emily (Jeremy) Guillette with Jayden, Lucas, and baby boy due in March and Joseph (Darcy Berry) Lucci; Michael Prevost of Portland; Richard (Pam) Prevost of Topsham and their children Monique Prevost with Ellerie and Addison and Michelle Prevost; Diane Prevost of Cumberland and sons Geoffrey (Jennifer) Tibbals with Quincy and Charlie and William Tibbals with Reagan and Madison; Cynthia Prevost of South Portland with Hailey Grohman; Lorelei Prevost of North Bethesda, Md. with Aden Perry; his brother, Archie Prevost of St. Johnsbury, Vt. and sisters Rita (Norman) Airoidi of Brewster, Mass. and Madeleine (Ronald) Ducham of Barton, Vt.; close cousins; and many nieces and nephews.

He was a wonderful father and grandfather who enjoyed spending time with his family.

Visiting hours will be on Wednesday Feb. 15 from 4 to 6 p.m. at the Conroy-Tully Walker Funeral Home, 172 State St., Portland. A Mass of Christian Burial will be celebrated at St. Pius X Catholic Church on Thursday Feb. 16 at 11 a.m. Burial will be in St. Johnsbury, Vt. in the spring.

To view Gerry's memorial page or share an online condolence, please visit <http://www.ConroyTullyWalker.com>.

In lieu of flowers, the family kindly requests that donations in Gerry's honor be made to: St. Jude's Research Hospital at <http://www.stjude.org>



From Central Maine May 18, 2021

CHINA – It is with a heavy heart that I bring the sad news of the passing of **Constance G. (Bernier) Theriault**. On this 15th day of May 2021, Mom left this mortal earth where she has suffered for the past three years and has joined her husband of 63 years and her two youngest sons, in a joyous reunion, I'm sure.

Mom was born in Portland, Maine Feb. 25, 1935. She was the oldest of nine siblings and grew up on King Street in Westbrook where many stories have been told pertaining to that address. From there she met and married on August 27, 1955, my dad, Joseph S Theriault, the absolute love of her life and began her very adventurous life. She left Westbrook in 1955 with her new husband and headed for Michigan (where I was born) and dad started his first career as a lab tech. After two years they ventured south to Delaware, Ohio (where Tim came along) and after a short ten months again moved north about 100 miles to Castalia, Ohio where Steve and Mike joined the crew.

It is now 1960 and team building is over, Mom and Dad buy their first house in Castalia and we as a family begin our yearly trips to Maine. Now keep in mind this young woman with four boys in 1962 had to come to Maine and her husband couldn't leave work, she hopped in their 1962 Chevy 2 with two of the boys and headed 850 east. She made it there and back and before we moved back to Maine eight years later; she made at least six trips all by herself, she was very gutsy. It has now proceeded to 1970 and we have moved back to Maine and it's my mom's job to find us a place to live, so every day we would leave my grandparents' house in Westbrook and travel the state looking for a house to buy. After two months she found a house to be finished in China on 3-mile dirt road 100 miles from nowhere (as thought by all other relatives) which we still call home today. Mom loved this town and the real estate agent Elmore Hussey who sold her the house, he kind of adopted her. I remember the day he shook my

mom's hand and sealed the deal and said "wait till your father sees this gem" none the less, this was now home, and dad was happy.

Mom had many jobs throughout her life, in Ohio she worked at many Dr's offices through my dad's contacts at the hospital and believe me she needed some time away from four energy filled boys. She liked working but loved her boys (they were her angels) One of her favorite stories was when we moved back to Maine, she went to work at Thayer Hospital in Waterville and was working for the original Dr. Hawkeye Pierce from MASH, Dr. Richard Hornberger, that blew her mind. After working there a few years she took some time off and they moved to Millinocket for a couple of years and then back to China. Mom got bored and got a job at Unum in Portland which meant a lot of traveling but she loved it and stayed there until she retired.

After they retired Mom and Dad became snowbirds and lived the good life of "warm in summers of Maine and warm in the winters of Florida" They did this for about 20 years until health issues in 2018 forced them to move back to Maine.

Mom was predeceased by her husband of 63 years Joseph S. Theriault; her two youngest sons Steven D. Theriault and Michael S. Theriault; her parents; and four of her siblings. She is survived by her two oldest sons Gregory I. Theriault and his wife Rebecca of China, Timothy S. Theriault and his wife Rebecca also of China.

She also left behind 10 grandchildren; and six great-grandchildren.

A couple of special thank-you's go to the staff and her friends at the Muskie Center in Waterville whose help was invaluable in giving us a break with mom's daytime care over the last 18 months and the staff of Dexter Health Care for showing Mom a loving caring touch during this pandemic when we were not permitted access. In her final days they showed such genuine compassion, and it was greatly appreciated.

There will be a celebration of life at the Waterville Elks Banquet Center on May 22 from 10 a.m. to 12 noon. All are welcome to share their stories.



From Portland Press Herald, April 9, 2023

PORTLAND – **Cathy (Sevigny) Sanborn**, passed away peacefully on April 5, 2023, after a four-year battle with cancer. She was surrounded by family and friends until the end.

Her beautiful life took her from Erie, Pa. where she was born on Oct. 23, 1957, the eldest daughter of John and Lucille Sevigny, to Massachusetts and then back to Maine when she was 9 years old. She took her older sister role seriously, shepherding her sisters Cindy Sevigny and Laurie Sevigny through their childhoods and adolescence.

She attended Deering High School, graduating in 1975. From there she went on to the University of Maine Orono and to nursing school at Westbrook College. She would go on to have a career at UNUM for 20 years.

Her choice of nursing as a career was fortuitous as she met her amazing husband, Gregory Sanborn, when he was a paramedic and she worked in the ER of the Osteopathic Hospital of Maine. And thus began a 40-plus yearlong love affair. Greg, son Nathan Sanborn and daughter Rebekah Sanborn were the focus of her life. Her daughter-in-law, Heather Thompson Sanborn, and her grandson, Gavin then became a part of those she loved and took care of with tenderness and dedication.

Cathy loved her immediate and extended family with tenacity. She was an avid gardener, dancer, traveler, reader, seamstress, sunbather and cook. She and Greg shared a busy and full life together. They traveled throughout the U.S., Europe, and the Caribbean with friends Liz Delano and Don Wormell and Gloria Thomas and Ken Walo. They also enjoyed years of skiing at Sugarloaf and years of lake time at their camp on Crescent Lake in Raymond with friends and family. Cathy embraced her nieces Liz, Hig and Hwida, welcoming them into her family with open arms.

Cathy's laugh and smile were unmatched. Her unwavering courage in the face of her illness gave strength to those who loved her and saw her through the difficult days. We continue to draw on her strength now. Cathy is survived by numerous friends, family and cousins.

A Celebration of Life ceremony will be held at the Portland Country Club, 11 Foreside Rd., Falmouth, on April 22, from 4 p.m. to 7 p.m.

To share memories of Cathy or to leave the family online condolences please visit, <http://www.athutchins.com>



From Portland Press Herald, May 24, 2023

GRAY – **Gayle Marie (Landeck) Cushman**, 65, passed away on Monday, May 22, 2023, at the Gosnell Memorial Hospice House following a long illness.

Gayle was born on July 5, 1957, in Portland to Donald R. Landeck and Rosealine T. Gormley.

After graduating from Catherine McCauley High School, she went on to work as an underwriter at Unum for nearly two decades.

More than anything, Gayle loved spending time with her family and friends during the summers at their camps on Little Sebago Lake, and Coffee Pond. As well as her “legendary” karaoke performances at bars and clubs in the Gray-Windham area, where she was often a fixture on Friday and Saturday nights.

Besides her parents, Gayle was predeceased by her brothers, Glenn and Jeffrey Landeck.

She is survived by her husband of 45 years, Terrance Cushman Sr. of Gray; three sons, Terrance Jr. of Conway, SC, Eric Cushman of Gray, Corey Cushman of Portland; a brother, Dana Landeck of Wells; three granddaughters; as well as several cousins and lifelong friends.

At the family's request, all services will be private. Burial will be in Cavalry Cemetery in South Portland. Arrangements are under the direction of the Conroy-Tully Walker Funeral Home, 172 State Street, Portland, ME. To view Gayle's memorial page, or to share an online condolence, please visit <http://www.ConroyTullyWalker.com>

In lieu of flowers,  
donations can be made to:  
Hospice of Southern Maine  
390 US Rt 1  
Scarborough, ME 04072  
who provided her with compassionate care over her final few days.





From Portland Press Herald, April 30, 2023

SOUTH PORTLAND – **Paula Valente** passed away at her home in South Portland on April 7, 2023, after a valiant battle with cancer.

She was born in Buffalo, N.Y., the daughter of Frank and Lucy (Tronolone) Valente. She joined her older sister, Janet, and a large, loving family of grandparents, aunts, uncles, cousins, and family friends, who, together with her parents, nurtured her. Their love inspired and sustained her throughout her life. The values which guided Paula's life were rooted in this family and her Catholic education.

Paula graduated in 1970 from Canisius College with a Bachelor of Arts degree in History. She set out to find a path from which she could make a difference in the world. Paula's first position was with the American Red Cross at Walter Reed Army Hospital, working mostly with injured Vietnam Veterans. From Walter Reed, she moved on to Capitol Hill, serving as a legislative aide in a Congressional office where the primary issues of the day were Watergate and the Vietnam War.

In 1979 Paula earned her Master of Public Administration degree from George Washington University and began a career in local government management.

She was fueled by both passion and compassion, by a sense of purpose and community service, all founded on a value system guided by her innate integrity. Paula was always ready to take on a challenge if it could help communities thrive and enhance people's lives. Paula became a difference-maker in an indifferent world.

Paula's varied and extensive career included positions as City Manager of Auburn Maine, Second Vice President for Federal Relations for the Unum Corporation, Chief Lobbyist, Maine Municipal Association, President/CEO of the Maine Health Care Association, President of the Institute for A Strong Maine Economy and Executive Director of the Greater Portland YWCA. Paula ended her career in Buffalo as Associate Vice President for Development at Canisius College and Chief Development Officer at Medaille College before returning to Maine in retirement. She brought well-informed positions, disciplined reasoning and persuasive communication skills to every position.

However, she was much more than an accomplished executive and leader. Paula was that friend you made and kept for a lifetime. Paula's joy in others was boundless, and her family and friends sustained her. She even became close and caring friends with her caregiving team over the last seven years of her battle with cancer.

Paula was a social animal ever hosting or joining in on dinner gatherings, quick to laugh, ready to engage in important conversations of our day, and ever ready to travel to exotic lands, including trekking in Patagonia, exploring Machu Picchu, as well as visiting her family's ancestral home in Italy. She took countless trips back to Buffalo to reconnect with family and friends and often spent holidays with her sister, Janet and her late husband, Harry in Wichita, Kan.

Nearly four decades ago, Paula owned her first dog, Chaucer, a handsome, engaging English Springer Spaniel. She may have owned him, but he owned her heart. Chaucer was followed by a string of others to the very latest heart stealer- Miss Honeycombe, a beautiful, lovingly devoted Australian Labradoodle. They gave back as much love as they got, and it was always a joy to see Paula with these amazing pets.

Her Catholic religion gave her a deep-seated faith in a loving God, a God Paula knew walked with her on every step of her life's journey.

Paula's unwavering grace, resiliency, and joy of living day in and day out throughout her more than seven years of treatment served as a powerful example to those of us privileged to share time with her. She was a beacon of faith, always living with a welcoming heart and cheerful smile.

Recently a darling 8-year-old neighbor left a bouquet of fresh flowers and a note on Paula's doorstep- the note, written with a child's crayon, simply said, "You are the best neighbor ever."

For those of us privileged to know Paula- she was the best daughter, sister, friend, colleague, or neighbor ever!

A Mass of Christian Burial will be held at St Michael's Church, 651 Washington St, Buffalo, N.Y., on May 6 at 10 a.m. Arrangements are under the direction of the Conroy-Tully Walker Funeral Home, 1024 Broadway, South Portland. A reception in Portland, honoring Paula, is being planned for a later date. To view Paula's memorial page, or to leave an online condolence, please visit <http://www.ConroyTullyWalker.com>

In lieu of flowers, memorials may be sent to  
Catholic Charities,  
307 Congress St.,  
Portland, ME 04101 and  
Canisius College,  
2001 Main St.,  
Buffalo, NY 14208

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