

**Unum Retirees Newsletter**  
**Spring 2025 – 49th edition**



**From the Editor**

Thank you to everyone that submitted articles for this issue. I think you will find we have quite a variety in this issue. Very informative!

You will see I've included some pictures from the construction of HO1. I've been told that upon completion, Unum hosted an open house to the public. If any of you have memories of the open house or initially moving into the building, please send them to me for the next issue. It was before my time with Unum, but I've heard there was a champagne fountain (was that for the grand opening or for an anniversary?). I've also heard there was a daily coffee cart; really?

Were there celebrations when HO2 and HO3 were opened? Please share your memories!

Send your articles, pictures, or feedback to me at [cpascoe@maine.rr.com](mailto:cpascoe@maine.rr.com).

Thank you, Connie Pascoe, Editor.

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**Important Dates for 2025**

August 19 - Summer Picnic

October 21 – Annual Meeting

2025 Unum Blood Drives

~~June 10 - Cancelled~~

August 12

October 14

December 9

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

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**Membership**

By Bruce Theriault

We continue to see our membership in the Unum Retiree's Group continue to grow! We currently have 669 members!

Efforts have been made to make recent retirees aware of our group, but we continue to also get individuals who retired years ago contacting us to be added to the roster. These people find us due to your help in getting the word out about the Unum Retiree's Group. Great job! Please continue to let fellow retirees know about the group.

**Lost and Found**

By Bruce Theriault

Occasionally, we lose contact with a member of the group. This often happens when someone changes email addresses, gets a new phone number, or moves. Sometimes multiple changes happen, and we have no way of getting in touch with them. If you have any information on

Pennie & William McVicker or Barbara Miller, please have them connect with me at [maineblt@roadrunner.com](mailto:maineblt@roadrunner.com). And please, contact me if any of your contact information changes.

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## The Picnic

Despite the cooler weather, it appeared that we did it again, another great picnic! On May 21 approximately 60 Unum retirees gathered at Crescent Beach for our annual spring picnic. As we've seen from past picnics, everyone seemed to enjoy reconnecting with fellow retirees from the past and connecting with retirees they hadn't met before. There were quite a few new retirees present. And the view of the beach and ocean from our site was spectacular!

We drew 3 raffle tickets with the recipients selecting the charity of their choice for a \$50 donation made in their name. The recipients and charities were:

- Ken Lane – National Cancer Society
- Kevin Huber – ACLU
- Rose Small – Animal Refuge League

Mark your calendars; our next picnic is August 19. See you there!



Al & Sandy Utterstrom, Cliff Colville,  
Bob Wooten, Jan Barker, Dick Curry



Ken Lane, Ted Bernard, Carl Comstock,  
Bob Mitchell, Kevin Huber



Linda Theriault, Carolyn Gavitt, Jean  
Goodman, Ruth Hannon, Bruce Theriault,  
Ann Waecker



Dick McPhail, Ellen Murphy, Theresa Mitchell,  
Brenda Gobeil, Karen Moreshead





Roger Rioux, Theresa Jackson,  
Karen Witham, Barry Daniels



Sandy Small, Stephanie Dyhrberg, Andrea Roma,  
Dan Bouchard, Karen Alling, Connie Pascoe



Sue Burgess, Elaine Vadeboncoeur, Theresa  
McKensie, Joyce Locke, Michelle McNutt



Tammy Guerton, Tina & Sam Weden,  
Jim Cox, Lynn Thompson

## A Blast From the Past

An interesting fact about the Home Office (HO1) project; the former Union Mutual Life Insurance building was on Congress Street, across from the steps of City Hall and the (now) Press Hotel when Carl Lane was President before Colin Hampton. It backed up to the Kendall & Whitney Hardware Store on the corner of Federal Street and Temple Street. Because of a long-term building restriction on the sale of the Kendall & Whitney store, Union Mutual couldn't expand in downtown Portland at that location. That restriction led to the purchase of L. Morrill Burke's house and land on Blueberry Hill, the site of the new office building for Union Mutual.







Historical details provided by Ward Graffam (former Chairman & CEO of UNUM Limited in London).

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## Get to Know Your Fellow Retirees

### **Bob Profenno**

Bob retired in December 2012 after working at Unum for 30 years. Bob replied “I love retirement. I golf, take day trips and travel.”

### **Jan Vachon**

Jan retired in 2014 after working at Unum for 37 years.

Jan replied “I am now able to winter in Panama City Beach. I volunteer at GAHS (Greater Androscoggin Animal Shelter). I also am involved in social justice work through my church. Most importantly I have more time to enjoy my grandchildren.”

### **Kim Williams**

I left Unum in May 2013. I started IT at Paul Revere Insurance Group in Worcester, Massachusetts in 1987. Then we became Provident and then UnumProvident and then Unum. I relocated to the Portland office in 2000.

After I left Unum, my husband and I sold our house in South Portland and moved full time to our house in Florida. There I continued working part time, leading exercises classes and doing training at a fitness club. I taught Silver Sneakers classes, water aerobics, and Arthritis Foundation classes. I retired fully in 2016.

I make the most of my “free time”. In 2018 I started learning Spanish and have found language partners in many other countries with whom I share English/Spanish conversations.

I also volunteered in Florida with Lutheran Social Services helping Afghan refugees to get settled, navigate a different culture, and learn English.

We decided we’d had enough of Florida and hurricanes, so we moved back to New England in 2023. We now live happily near Montpelier, Vermont.

I still run and do a few road races here and there with Central Vermont Running Club. I kayak and hike in the summer and snowshoe in the winter. And some of my Maine and Florida friends have come to visit us in Vermont!

### **Tina West**

After working in various IT and HR roles for 25 years, I retired from Unum in May 2015. WOW . . . I can’t believe that it’s been ten years! Time flies when you’re having fun 😊

As I reflect on my retirement, three guiding themes have emerged: *Family, Fun, and Giving Back*. Retirement has given me the gift of time—and I’ve chosen to spend it doing things that bring joy, purpose, and meaningful connection.

### **Giving Back**

One of the most fulfilling parts of my retirement has been getting involved with several nonprofit organizations—as a volunteer, board member, and leader. I quickly discovered that the project management and leadership skills I developed at Unum are not only transferable but also deeply valued in the nonprofit world. More importantly, volunteering makes me feel like I’m making a real difference for Maine people and Maine communities.

I currently serve in several roles that keep me connected and energized:

- *Bicycle Coalition of Maine* – Former Board President, now serving as an Advisor



- *Students Empowered to End Dependency* – Board Member
- *Casco Bay Trail Alliance* – Yarmouth Trail Builder
- *Friends of Worthley Pond* – Board President

### Fun on Two Wheels

I'm an avid road cyclist and simply love to ride—it's my happy place. The rhythm of the ride, the open road, and the freedom to explore brings a smile to my face every time I hop on my bike. Cycling has introduced me to incredible people and places, and as a retiree, I now get to ride whenever—and wherever—I want.

From May through November, I enjoy staying close to home, taking in the beauty of Maine's familiar roads. But I've also cycled through the High Peaks, the Bold Coast, and Aroostook County, all within the boundaries of this great State of Maine. Abroad, some of my favorite cycling adventures include Denmark, Portugal, the Catalonia region of Spain, and Italy's Puglia region.

Where to next? I'm not sure—but I do know that regardless of the destination, exploring the world on two wheels is the best 🚲

### Family First

Spending quality time with my family remains one of my greatest joys—especially in retirement, when I can be fully present for life's meaningful moments. Whether we're celebrating a birthday or graduation, relaxing at our camp on Worthley Pond in Peru, ME, or simply watching a University of Maine hockey game on TV, every gathering feels special.



The newest and most joyful addition to our family is our granddaughter, Blake Danielle, who is now seven months old. Watching her grow, hearing her giggle, and breathing a sigh of relief when she finally takes a long nap—well, it's all just wonderful. Who knew being a grandma would be so much fun?




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## The Road from Union Mutual to UNUM

By Judy Nedeau

In 1975, I was a recent graduate from the University of Maine, with a bachelor's in American History. I went for a job interview at Union Mutual – don't recall if it was for a specific position or a general screening interview. What I vividly remember was that after my interview, they took me to a "closet" for a typing test. I told the interviewer that I couldn't type; but she told me that '**everyone** has to take a typing test'. I later learned that it was that **every female had to take a typing test!**

After a couple of years as an Accounting and Billing Clerk, I applied for and was hired as a Disability Benefits Claim Rep in the Chicago field office. After training at the Home Office, I headed out to Chicago. This young kid (22 I think) from Kennebunk, Maine, was in for an education – both professionally and personally. Getting an apartment in the city, taking the bus to work, learning city business attire. Big changes.

In the two years that I was in Chicago, I handled group and individual disability claims. That meant both processing in the office and doing field investigations. I traveled all over – Chicago and its suburbs, St. Louis, Detroit, Cleveland, Minneapolis, Milwaukee and smaller towns in Wisconsin, Ohio, Illinois, Indiana. That was loooong before cellphones and any type of mapping device. We used massive Hagstrom atlases to plot our routes. Our visits to claimants were generally unannounced so you couldn't call for directions! I saw some really interesting places. Both the men and women in our office did the

same type of claims handling. I think the expression was “If you want to get paid like a man you have to do the same work as a man”.

One time as I was returning from a client visit, I came upon an intersection that was absolutely mobbed with people. I looked over and saw I was in front of Wrigley Field. As a diehard Red Sox fan, I would travel to the South Side to see games when they were in town playing the White Sox. Never did go to a Cubs game.

After a couple of years in Chicago, there was an opening in the New York Office, and they asked to “borrow” me for a while. A while became a full transfer. Our office was in the New York suburb of Elmsford – near Tarrytown and the Tappan Zee Bridge. I arrived at my hotel just in time for the Blizzard of ’78. Working in the New York office was Chicago on a much bigger scale. I handled claims in New York, New Jersey, Connecticut, and even the D.C. area. One time I needed to go into Manhattan to meet with an employer who was concerned about a claim filed by a former employee. I had the name of the company – Garan, Inc. – and the address. I had no idea what type of business Garan was. I took the train to the city and headed to the address. Imagine my surprise when the address turned out to be the Empire State Building! When I got off the elevator at the floor for Garan, children’s clothing was hanging all around the reception area. The lightbulb came on -Garan made Garanimals clothing, a very popular brand at that time.

After a couple of years in New York, I decided it was time to go home. In the fall of 1979, I successfully applied for a position in External Affairs as a Government Relations Rep. I would be in that department until I left UNUM. Our work was to monitor legislation in all of the states where Union Mutual had operations, to make sure we were on top of legislative changes that would affect the company. We also maintained contact with the Insurance Departments in the various states and would periodically go to meet with staff and do problem-solving. After several years, I was promoted to the position of Union Mutual’s lobbyist in Augusta. The major effort during that time was getting the legislation passed that would allow Union Mutual to “de-mutualize” and become a stock corporation. We were successful and Union Mutual became UNUM (for better or for worse!) At the same time as the challenges in the Capitol, we were fighting the proposal to build a waste-to-energy incinerator across the Maine Turnpike from the home office. After 100 hours of regulatory hearings, we declared victory based upon the tightened controls and design changes we were able to secure and withdrew our formal opposition.

Next up for me was Director of Corporate Involvement where I ran the UNUM Charitable Foundation. It was very rewarding work; but I soon realized the role meant that everyone in the non-profit world in the State of Maine wanted to be my friend!

My time at UNUM ended in 1990. From 1990 to 2000 I served as Community Relations and Development Director for Southern Maine Medical Center.

Since 2000, I have lived with my husband in Fort Myers, Florida, where I have worked in healthcare and retirement income planning. After retiring, I worked for Red Sox Spring Training for 10 years; retiring again in 2024. A wonderful experience for a rabid Red Sox fan!

Maine will always be home, and UNUM will always hold a special place in my heart. The monthly pension payments sure help in that regard!

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## **Volunteer Opportunities – Maine Needs**

By Carol Ryan Ertz

**Maine Needs** is a non-profit based in Portland and serving the state. It has grown exponentially in the five years since its founding by a group of local Social Workers intent on providing basic life necessities to their clients. Having outgrown its first location, this spring it moved to a new location at 2385

Congress Street in Portland, Maine. The new space is 16,000 sq ft. (four times larger than the previous location)! Yes, right down the street from UNUM and near *Ruth's Recyclables* which many of you probably volunteered for or had a team building experience there!

The Maine Needs Mission is simple: *Our work helps build a strong foundation of community support with the goal of ensuring no one goes without the basics.*

Maine Needs reaches individuals and families statewide via partnership with the social services community in support of asylum seekers, students, the unhoused population, survivors of domestic violence, and those facing financial adversity.

An attractive feature of this organization is that volunteering is very flexible – no required commitment to a certain day or time shift. You can volunteer as often as your schedule allows! It is easy to volunteer through their [website](#). Training is quick & easy and takes place on-site the day of your first shift.

Volunteers help with either of two main activities: sort and organize donations or shop the warehouse space to fulfill requests from social service agencies for individual clients. The requests volunteers fill come from care providers statewide on behalf of those they support. Volunteers shop the space and assemble packages that providers pick up and deliver to individuals and families in all corners of Maine.

I have had a great experience there! You will be amazed at both the volume of donated items and the volume of requests. My typical 3-hour shift involves picking up a packing list at the front desk and 'shopping' to put together bags of items listed. During my recent shift I assembled clothing packets for an entire family just arrived in the state, an individual re-entering society from rehab and getting their first apartment, and a senior who no longer is able to shop for clothing needs or everyday cleaning or personal care items.

The volunteers' range in age from teens to retirees. It is a very friendly environment as the faces are always changing due to the flexible scheduling and everyone is passionate about the mission. There are also new volunteer opportunities emerging as Maine Needs is increasing their development efforts and fund-raising activities. They are looking for folks with marketing expertise, design and graphics experience, program management of fund-raising events, or help at an event. So be sure to let Maine Needs know if you are interested in supporting these new efforts when you fill out the online volunteer form or speak to any of the wonderful staff members at their e-mail address [info@maineneeds.org](mailto:info@maineneeds.org).

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## Volunteer Opportunities

By Connie Pascoe

**Meals on Wheels** – urgent need for volunteers on Tuesdays and Thursdays from May – October, from around 9:30 a.m. into early afternoon at the following locations:

- Portland/Westbrook – need a driver and some backup
- Sanford – need a driver to deliver in the Acton/Shapleigh area
- Windham – need a driver to deliver in the Windham/Gray area

And in South Portland, they need 3 packers on Tuesdays from 7:30 – 9:30.

If you are available, please email their Volunteer Services team at [volunteer@smaaa.org](mailto:volunteer@smaaa.org) or call 207-396-6595.



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# Home Organization Challenges and Solutions for Aging Adults

By Cindy Letourneau (<[revivedspacesme@gmail.com](mailto:revivedspacesme@gmail.com)>)

(Submitted by Kevin Huber as he has worked with Cindy through the SCORE organization)

For retirees, home safety and organization are not just about aesthetics, they are essential for maintaining independence and overall well-being. Aging often brings unique challenges, but simple and practical solutions can turn those challenges into opportunities for creating a secure and welcoming home environment. Here's a look at some common problems faced by aging adults and how to address them effectively.

## Problem 1: Clutter and Limited Mobility

As years go by, it's easy to accumulate belongings, and cluttered spaces can pose significant risks, particularly for those with reduced mobility or using assistive devices like canes or walkers.

### Solution:

- Begin with a room-by-room decluttering process. Sort items into "keep," "donate," "relocate" or "toss" categories.
- Use lightweight storage bins or shelves to organize frequently used items within arm's reach.
- Rearrange furniture to create wide, clear walkways that accommodate mobility aids.

## Problem 2: Difficulty Reaching Stored Items

High shelves or deep cabinets can make it challenging to access essential items, leading to potential strain or injury.

### Solution:

- Install pull-out shelves or lazy Susans in cabinets to improve accessibility.
- Store daily necessities at waist or shoulder height to eliminate the need for bending or stretching.
- Use grabber tools for retrieving out-of-reach items.

## Problem 3: Poor Lighting in Key Areas

Dimly lit spaces can increase the risk of trips, falls, and difficulty locating items, especially in stairwells, hallways, and bathrooms.

### Solution:

- Install bright, energy-efficient LED lights in all key areas.
- Add motion-sensor lights for hallways and entryways to ensure visibility at night.
- Use task lighting, like under-cabinet lights in kitchens, to illuminate workspaces.

## Problem 4: Lack of Safety Features in Bathrooms

Bathrooms are a common site for accidents due to wet surfaces and a lack of supportive fixtures.

### Solution:

- Install grab bars near the shower, toilet, and tub for added stability.
- Use non-slip mats inside and outside the bathtub or shower.
- Consider a walk-in bathtub or shower for easier access.

## Problem 5: Difficulty Managing Important Documents

Paperwork such as medical records, insurance policies, and emergency contacts can become disorganized over time, leading to stress in critical moments.

### Solution:

- Create a dedicated filing system with labeled folders for different document categories.
- Use a secure, accessible spot like a filing cabinet or bin for storing these records.
- Consider going digital—scan documents and store them securely online for quick access.

## Problem 6: Forgetting Where Things Are Stored

Memory challenges can make it difficult to recall where items are kept, leading to frustration and confusion.

### Solution:

- Group like items together so that each item has a “home” making it easier to find items and put them away.
- Label cabinets, drawers, and storage bins clearly with their contents.
- Keep a simple “home inventory” list in a binder in a visible area as a reference guide.

## A Safer, Happier Home Starts Today

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### Trip to Kenya

By Alice Hannon

Hello, I went on an amazing trip to Kenya!

I have had a lifelong desire to see an elephant in the wild. This April I was able to fulfill this dream. It was the most amazing thing I have ever done.



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### 3-day Cruise on Utopia of the Seas

By Tom Bore

My wife and I boarded our ship on March 14 for a 3-day cruise to Nassau in the Bahamas. This ship has 18 decks and can carry 5,668 passengers with a crew of 2,290. It's the 2nd largest cruise ship in the world and was launched last year. It has 5 pools, 3 waterslides, 21 dining venues, 23 bars, 2 casinos and 3 fantastic shows. A special feature is a zip line which I did. We enjoyed the music show and the ice-skating show. Both were very good. Saturday morning we docked in Nassau for the day. I got off to walk

around and hit some gift shops. My wife enjoyed the day on our balcony. There were several other cruise ships in port that day. Nassau was very busy with people from everywhere.

Sunday we docked in CocoCay for the day, which is a private island for Royal Caribbean with water parks, swimming, private beaches etc. We stayed on board to tour the ship and enjoy Central Park. Still didn't get to see the entire ship.

We decided it's better to cruise on a smaller ship in the future. Next year we will book a 4-night cruise out of Tampa for Cozumel, Mexico. I really enjoyed my time there last year.

Till we cruise again!



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## 2025 Frozen Four in Saint Louis!

By Tom Bore

On April 9th my wife and I flew to Saint Louis for the 2025 Frozen Four. This was my 36<sup>th</sup> year attending the Frozen Four and the first in Saint Louis since 2007. Our hotel was in a fantastic location, and it was great seeing old friends once again.

Thursday, we attended the Frozen Fest and also rode the Saint Louis wheel which was located right across the street from our hotel. We had our photo with the Championship trophy and caught up with old friends from Maine that we see every year.

From there we walked down to the Enterprise Center for the semi-final games which were won by BU and Western Michigan. We had great seats and once again caught up with old hockey friends.

Friday, since the weather was cold and windy we decided not to go to the baseball game but instead 6 of us went out to dinner at The Old Spaghetti Factory. That building was very old, and the food was fantastic. What fun the night turned out to be. Saturday was a very beautiful day, so we took an Uber to Busch Stadium for the Cardinals/Phillies game. Great seats and not expensive at all. It's always great to be back in Busch Stadium, one of my favorite ballparks.



After the baseball game it was time to head to the Enterprise Center for the National Championship game between Western Michigan and BU which was won by Western Michigan for their first ever Championship. Another great weekend had come to a close. After a 3-hour flight delay leaving Saint Louis on Sunday we didn't arrive back home till 1:30 am. It was a very long day.

Till next April when the Frozen Four goes to Las Vegas for the very first time. Our hotel is already booked.



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## Freeze your credit

By Roger Rioux

In a previous issue, we had a section on cyber security. It included a recommendation to freeze your credit. I repeat it here because it can save you a significant financial loss or time to fix. This process will take only a few minutes, and it could save you a lot of headaches.

Security freezes, also known as credit freezes, restrict access to your credit file, making it harder for identity thieves to open new accounts in your name. Starting September 21, 2018, you can freeze and unfreeze your credit file for free. It means that if anyone inquires about your credit rating, they will be blocked.

How will these freezes work? Contact all three of the nationwide credit reporting agencies – Equifax, Experian, and TransUnion. If you request a freeze online or by phone, the agency must place the freeze within one business day. If you request a lift of the freeze, the agency must lift it within one hour. If you make your request by mail, the agency must place or lift the freeze within three business days after it gets your request. You also can lift the freeze online temporarily without a fee.

Equifax: 1-888-298-0045 <https://www.equifax.com/personal/credit-report-services/credit-freeze/>

Experian: 1-888-397-3742 <https://www.experian.com/help/credit-freeze/>  
TransUnion: 1-888-909-8872 <https://www.experian.com/freeze/center.html>

You will need to provide some personal information, such as your name, address, date of birth, and Social Security number, and you will receive a PIN or password to lift or remove the freeze. A credit freeze is free of charge and does not affect your credit score.

If you need to open a bank account, apply for credit or loan, you will need to unfreeze your accounts. You can do that online or by phone for a number of days or permanently. I suggest you share your login information with a trusted family member who will deal with your estate.

Don't confuse freezes with locks. They work in a similar way, but locks may have monthly fees. If you want a free freeze guaranteed by federal law, then opt for a freeze, not a lock.

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## Obituaries



From the Portland Press Herald, May 23, 2025

GLASTONBURY, Conn. – **Nancy J. (Perushek) Cunningham**, 76, of Glastonbury, Conn., passed away peacefully surrounded by her daughters, on May 16, 2025.

Born in Cleveland, Ohio, the daughter of Louis Perushek and Elinor Filler, she grew up in Wickliffe, Ohio until she met her devoted husband of over 40 years, the predeceased Paul G. Cunningham, Jr. The two were married in 1978.

Nancy practiced dental hygiene, and later earned a Masters of Education in order to teach and direct dental hygiene programs. She was also a director of dental insurance at Unum. Paul and Nancy moved to Portland in 1980 where they founded Cunningham Security Systems, Inc. In 2006, Nancy and Paul retired to Sarasota, Fla., later moving to Glastonbury, Conn. in 2020 to be closer to family. After Paul's passing in 2023, Nancy remained in Glastonbury, Conn. at Buckingham Heights Memory Care Facility, where she was lovingly cared for in her final years.

Nancy had a gift for making a house a home and every celebration unforgettable. She loved to cook, knit, sew, and entertain friends and family. Nancy was an avid reader, who loved mysteries and anything that gave her a good chuckle. During summers spent at Diamond Cove in Casco Bay, Nancy developed a remarkable sea glass collection that she gathered from many of the island's secluded beaches. Her favorite color was purple, as evidenced by her favorite flower, lilacs.

Nancy was often described as a "go-getter" who always volunteered to help. During her daughters' school years, she gave her time as Girl Scout leader, PTO president, and led the Swim Team Booster Club. A devoted fan of the Cleveland Indians, she also cherished family vacations, particularly regular trips to Disney World.

Nancy leaves daughter, Jessica Cunningham McBride, her husband Patrick and grandsons Graham (11) and Colin (9) of Glastonbury, Conn. She also leaves a daughter, Rebecca Cunningham Auresto, her husband Nick, and grandchildren Emily (10) and Nicholas (7) of Colchester.

Private services will be held to honor Nancy's life. Online expressions of sympathy may be made at <http://www.mulryanfh.com>.

In lieu of flowers, please enjoy a good cup of coffee, welcome the sunshine, and sit down with a great book and think of Nancy.



From the Portland Press Herald, May 6, 2025

GORHAM – **Steven Joseph Curtis**, 76, died Thursday, May 1, 2025, at Maine Medical Center in Portland.

The second youngest of four siblings, Steve was born to Thomas Reginald and Caroline Gaiko Curtis in Randolph, Vt. After graduating from Rochester High School in 1967, Steve joined the Navy, serving several years as a Boilerman before transitioning to the Coast Guard. He took great pride in being a Plank Owner of the USS John F. Kennedy. His military service brought him to Portland, following his discharge from the Coast Guard. Steve worked for many years at UNUM in Portland.

Steve lived a full life of many adventures and many friends along the way. He was a kind soul who was well-liked by all. He shared a special bond with his sister Diane, often driving all the way from Portland to White River Junction, just to meet her for lunch. They also shared a love for their motorcycles, often going on rides together. Steve even did a solo cross-country trip on his Honda Goldwing that took him over two months long to complete.

Steve is survived by his daughter, Lyn (Chad) Beeder of Seattle, Wash.; sisters, Diane (Bill) Johns of White River Jct., Vt. and Susanne (Doug) Masson of Cambridge, Vt., brother, Ronald (Cathy) Curtis of Maryville, Tenn.; two grandchildren, Damien Beeder and Jordan Curtis; as well as two close friends, Katelyn and Emily who were there for him whenever he needed them.

He is preceded in death by his parents and his daughter Brandi.

A graveside service in the Woodlawn Cemetery in Rochester, Vt. will be announced at a later date. Knight Funeral Home in White River Jct., has been entrusted with arrangements. Condolences may be made in an online guestbook found at <http://www.knightfuneralhomes.com>.

In lieu of flowers memorial contributions may be made to a charity of one's choice

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From the Portland Press Herald, April 24, 2025

SOUTH PORTLAND – **Carol Campbell**, 87, passed away at home after a 20-year battle with Parkinson's. Carol was born in Portland to William E. and Vivian G. Darling (nee Watts) on Oct. 17, 1937. She was predeceased by her parents; her brother William "Bill" Darling; and her husband, Daniel Campbell. She is survived by her sister Lorna Kierstead; her nephews Ian Dawson (Courtney) and Bill Darling-Dawson (Caitlin); and her stepdaughter, Danielle Campbell Foss.

She attended South Portland schools and graduated from SPHS in 1956. She immediately entered the business world, working in the mortgage/loan department of Union Mutual (now UNUM).

As she advanced in her career, she moved to the Hartford, Conn. area and worked at Phoenix Mutual, Aetna Business & Credit, and Aetna Life. In her spare time, she sold real estate for Aruba Realty in Connecticut; additionally, she and her brother Bill invested in property in the Ferry Village area. After her brother's tragic death, she continued to rehabilitate the properties herself.

Through her many rehab and construction projects, she met her loving husband, Daniel Campbell. They were married at St. Patrick's Church on April 22, 1987. Her accounting and banking skills helped Dan with the bookkeeping and scheduling aspects of his plumbing business. They were truly work and soul mates.



Carol was devoted to her family and friends. As a young woman, she served as a stern man on her father's lobster boat. When her siblings, Bill Jr. and Lorna, were born, Carol selflessly stepped in to help their bedridden mother care for them from infancy through the rest of their lives. This devotion continued on when her beloved nephews, Ian and Bill III, were born. She was a member of the Peoples' United Methodist Church and a trustee at Mt. Pleasant Cemetery. In addition to her family, Carol corresponded with and visited friends all over the world, including Great Britain, Germany, and Norway. Carol was also lovingly adopted as an auntie by Madeline Richards, Keagan Lutz, Ella Brennan, and Betty Hobbs.

An avid genealogist and amateur historian, Carol was proud of her heritage and her family history. Her contributions to the South Portland Historical Society were an endless joy to her, and she could speak brilliantly on the history of South Portland and Chebeague Island.

A celebration of life will be held on Sunday, April 27, 2025, from 2 p.m. – 5 p.m. at Hobbs Hospitality Center, Hobbs Funeral Home, 230 Cottage Road, South Portland.

To express condolences and for a more extensive obituary, please visit <http://www.hobbsfuneralhome.com>.

In lieu of flowers, contributions may be made to:

South Portland Historical Society

55 Bug Light Park

South Portland, ME 04106

(207-767-7299) or to:

American Parkinson's Disease Association

P.O. Box 61420

Staten Island, NY 10306

or call 1-800-223-2732



From the Portland Press Herald, March 16, 2025

BUXTON – **Arlene M. Lowe**, 86, of Buxton, passed away March 10, 2025 in Massachusetts.

She was born in North Yarmouth, April 10, 1938, the daughter of the late Amos and Edith (Stowell) Lowe.

She graduated from Greely High School in Cumberland Center in 1956. In years past, she was employed by Union Mutual Life Insurance in Portland for 38 1/2 years, retiring in 1995 (now known as UNUM).

She enjoyed gardening and outside activities. She also loved helping others whenever she could.

She was predeceased by sisters Ruth Lowe and Marion Bearce, brothers Robert Lowe Sr., Richard Lowe Sr., Norman Lowe Sr., and Arthur Lowe.

She is survived by nephews, nieces; many grandnephews, grandnieces; cousins; and friends.

Visiting hours are to be held Wednesday March 19, from 3 to 5 p.m. at Dennett, Craig and Pate Funeral Home, 13 Portland Rd., Buxton. A 5 p.m. funeral service will immediately follow at the funeral home. Spring burial will be held at Walnut Hill Cemetery, Yarmouth.



Arlene's nephew sent this picture of Arlene at work, taken in August 1984.



From the Portland Press Herald, February 23, 2025

SOUTH PORTLAND – **Nancy Romano**, 82, passed away peacefully at home on Thursday, Feb. 20, 2025, with her husband and beloved dog by her side.

Born in Portland, Nancy grew up in South Portland at 33 Evans St., a family home dating back to the 1800s. She was raised in an old-school South Portland environment, where strong values and deep-rooted traditions shaped her character. Her father, Carl W. Frost, passed away when she was just 4 years old, leaving her mother, Marguerite E. Frost, to raise her.

Nancy graduated from South Portland High School in 1960 and went on to earn a degree in Psychology from the University of Maine at Orono in 1964.

While attending USM Portland/Gorham, Nancy met the love of her life, Alfred “Fred” Romano, in 1961. Their relationship blossomed as they both pursued their studies at the University of Maine at Orono, and they were married on Feb. 19, 1966.

Nancy and Fred welcomed their first child, Paul, in Rockland before moving back to South Portland in 1968, where they soon welcomed their daughter, Beth. A driven and selfless woman, Nancy held her children to high standards and instilled in them strong morals and values, often reminding them, “If you can, you must.”

After brief stints as both a high school Social Worker and 4th grade teacher, Nancy dedicated herself to raising her children and was a homemaker until they started school. She later worked at Maine Savings Bank and Unum before spending five years at Lebel and Harriman before retiring. Her wisdom and empathy made her a mentor to anyone she met, always offering sound advice without judgment. She was profoundly empathetic, always relevant, and had high expectations for herself and those around her. She remained a lifelong learner, staying current with music, news, and technology.

A passionate sports fan, Nancy especially loved New England teams, with a deep devotion to the Red Sox and Patriots. She enjoyed watching almost every Patriots game with Beth by her side but one of the greatest highlights was when her son, Paul, arranged for a trip for both of them to travel to Fenway Park to watch the 2007 World Series.

Nancy’s love for her family was unparalleled, but her devotion extended beyond people to her beloved dogs, who were her constant companions throughout her life. Above all, she cherished her role as “Grammy” to her seven grandchildren. She had a unique and personal relationship with each of them, knowing everything about their interests and always striving to stay connected with their lives.

Nancy found her greatest joy when the entire family was together, with children and dogs running around the house. She was an incredible cook and an exceptionally giving person, never expecting

anything in return. Family was at the core of her being, and she upheld the tradition of family dinners, a practice she inherited from her mother. She was a devoted daughter and a strong matriarch.

The family extends heartfelt gratitude to Tarah and Myra from Northern Lights Hospice for their extraordinary care and support during Nancy's final days.

Nancy was predeceased by her parents; and her lifelong friend, Carol Cronkhite.

She is survived by her devoted husband, Fred Romano; her son, Paul Romano, and his wife, Michelle, of Scarborough, her daughter, Beth Romano, and her husband, Rich Gill, of South Portland and Naples. She also leaves behind her cherished grandchildren, Anthony "AJ" Romano, Sophia Romano, Abigail Romano, Joseph Romano, Dominic Arsenault, Katelyn Romano, and Gianna Romano. She is also survived by her brother, Robert Frost, and his wife, Shirley, of Illinois; as well as lifelong friends Renee Page and Sandy Drexler; and several in-laws; nieces, and nephews.

A memorial gathering will be held on Thursday, Feb. 27, from 4 to 7 p.m. at the Conroy-Tully Walker Funeral Home of South Portland, 1024 Broadway, South Portland. To view Nancy's memorial page, please visit <http://www.ConroyTullyWalker.com>.

In lieu of flowers, memorial contributions may be made to PSL Strive by visiting <http://www.pslstrive.org/donate>.

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From the Portland Press Herald, February 23, 2025

STANDISH – **Jeff Lane** passed away unexpectedly at his home in Standish on Feb. 18, 2025.

Jeff was born on Feb. 5, 1967, in Framingham, Mass. to Brian Russell Lane and Linda Pasco Lane. Shortly thereafter, the family moved to Scituate, Mass., where Jeff grew up tall, dark and handsome, with a quick wit and an artist's soul. He was avidly pursued by the pretty girls, and perhaps a cop or two, as he tore up the small coastal town with his band of friends.

A natural athlete, Jeff excelled in sports and earned the name "Mr. Hard Yard" for his tenacity on the football field. Jeff graduated from Scituate High School in 1985, attended UMass Amherst, and graduated from the Connecticut College of Art. He lived in Stamford, Conn. for a few years, where he met his best friend, Dave Ginn and his former wife, Peg Bessey. Jeff and Peg moved to Scarborough and were married in 1998. They welcomed Joseph Brian Lane in 2000 and Andrew Robert Lane in 2003. The couple divorced in 2013 but remained committed to maintaining a loving family for their boys.

Jeff worked for many years in the IT field, first at AIM Corp, then IBM, then at Unum. He noted it is actually true that a lot of computer problems can be fixed by unplugging your device and then plugging it back in! After several years working for large corporations, Jeff and his friend Dave decided to go into E-commerce. Dave was the sales force and Jeff was the guy behind the scenes. After Dave's death in 2012, Jeff eventually sold the company and worked flipping houses and investing in the stock market.

Most at home on the water, Jeff spent countless hours in his kayak or motorboat, casting for whatever fish might be biting that day. He enjoyed hiking through the woods with his sons, a pastime Joseph has taken up as well. He adored muscle cars and lovingly restored a 1969 Pontiac Firebird convertible to pristine condition. Always a dreamer, Jeff spent his life looking for the next best thing; the next project, the next big fish, the next opportunity to succeed.

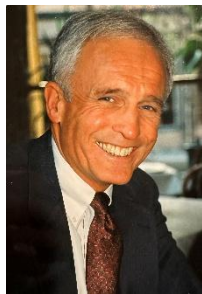


Jeff is survived by his sons, Joseph and Andrew; his parents, Brian and Linda; his sister, Karen Harrington; nieces Lauren and Katelin and nephew, Nicholas; his aunt, Marjorie Lane Lebroda, uncle, Charles Lane, uncle, Col. Jon Pasco (USMC, Ret), aunt, Debbie Pasco Jundt, aunt, Joan Reckmeyer; and many cousins.

He was predeceased by his grandparents, Fred Russell Lane and Marguerite White Lane, and U.S. Air Force Lt. Col. Robert C Pasco and Mariam Bishop Pasco; his aunt, Mary Lane Pulaski; and his best friend, David B. Ginn. The two of them are probably racing their Firebirds in Heaven right now.

Public visiting hours with Jeff's family will be held on Friday, Feb. 28 from 2 to 4 p.m. at Chad E. Poitras Cremation and Funeral Service Chapel, 498 Long Plains Rd. (Route 22) in Buxton. An additional service will be held in Florida at a later date. Online condolence messages can be submitted at the funeral home website, <http://www.mainefuneral.com>

In lieu of flowers, the family asks that you consider adopting a pet from the Animal Refuge League in Westbrook.



From the Portland Press Herald, February 23, 2025

CUMBERLAND – **Eugene Alfred “Gene” Waters** of Cumberland, a devoted husband, father, grandfather, community leader, mentor, and legendary force in the life insurance industry, passed away on Feb. 1, 2025, at the age of 88.

Born in Westbrook on April 22, 1936, Gene was one of six siblings, but truly one of a kind. A natural leader from a young age, he grew up along the banks of the Presumpscot River, organizing neighborhood baseball games, dodging catechism, diving off buildings into the falls, and making lifelong, impactful friendships.

Gene was raised in a humble home headed by his beloved mother, Rose. His early years were shaped by hard times, hard work, resilience, and a deep love for family. His father worked at S.D. Warren Paper Mill, and after he died, he left Gene with little more than a pair of black socks, but also an unshakable drive to achieve while elevating others. Perhaps because of his early childhood, Gene lived by the philosophy that “Happiness is an inside job,” a principle that would guide him throughout his life of service to others.

Under the guidance of Fred Harlow, his rival high school baseball coach who saw Gene's potential, Gene received a scholarship to attend Bowdoin College. There, he formed lifelong bonds with his Kappa Psi Upsilon fraternity brothers and teammates. Working in the college kitchen to help pay for his way through school, Gene embodied the values of hard work and self-reliance that would define his life. In a characteristic act of giving back, he repaid his scholarship just prior to graduation, wanting to ensure future students would have the same opportunities that were afforded to him. The first of his family to attend college, Gene inspired successive generations to do the same. Gene's time at Bowdoin included playing on the varsity football and baseball teams, and in his senior year, he played on the inaugural lacrosse team. One of his formative experiences at Bowdoin was serving as a chaperone for the Young Columbus Program, traveling to Italy with young ambassadors from across the U.S. At graduation, Gene was the first recipient of the Haldane Cup, awarded to a senior who has outstanding qualities of leadership and character. He was also honored with the William J. Reardon Memorial Football Trophy, presented annually to a senior varsity football player who exemplifies honor, courage, and ability both on and off the field. These recognitions spoke to Gene's exceptional character and the profound impact he had on the Bowdoin community during his college years.

Gene was fiercely proud of being a Polar Bear and maintained a close connection to the college throughout his life. He served as president of the class of 1959 and as a dedicated class agent, culminating in his recognition with the prestigious “Foot Soldier of Bowdoin” Award in 2009 for his

tireless dedication to the College. His volunteer work helped set reunion fundraising records and inspired generations of alumni to stay connected with their alma mater.

While at Bowdoin, Gene met Carol, the love of his life, at a dance at Westbrook College. They married on July 9, 1960, and Gene and Carol celebrated 64 years together.

After graduating from Bowdoin in 1959, Gene served in the U.S. Army Signal Corps and was first stationed at Fort Monmouth, N.J. He went on to Fort Riley, Kan. where he benefited from the mentoring of his high school coaches who had required him to join the National Guard and Bowdoin ROTC. After leaving the service and returning to Maine, he joined the Army Reserve in Portland. Gene was intensely proud of his military service. His patriotism was a key attribute he bequeathed to his sons.

Gene and Carol built a beautiful life, raising their three sons, Dan, Glenn, and Ken, in the idyllic small town of Cumberland. A devoted husband and father, Gene instilled in his children the importance of family, teamwork, perseverance, and physical fitness. All three of his boys refer to him as the best father a son could ever ask for.

Gene was a true legend in the life insurance industry in Southern Maine. A pivotal moment in Gene's life came when his older brother, Hugh, died suddenly at the age of 32, leaving behind a young family. Through his career at Union Mutual, TD Bank, and later as founder of Waters Associates and co-founder of Waters & Kachmar (with Jim Kachmar, who was a wonderful partner), he insured business leaders, politicians, teachers, tradespeople, and families across the state. He believed insurance was more than a job, it was a calling. He often said, "We are economic social workers," reflecting his deep commitment to helping families protect their future for their loved ones. This philosophy was exemplified in countless cases where his guidance helped families maintain stability and dignity during their most challenging times.

His impact on the industry extended beyond sales—he was a mentor, a respected voice in the National Association of Insurance and Financial Advisors (NAIFA), and a sought-after speaker, often using his signature humor and "Gene-isms" to drive home the importance of financial planning.

Gene was deeply committed to enriching and protecting his community. He volunteered extensively, donating time and resources to countless organizations throughout Southern Maine, including the YMCA of Southern Maine, United Way, and the Red Cross. He was an advocate of Cumberland's Aging in Place initiative, helping to support elder programs in his beloved town. He was known for engaging presentations, often using props to stress the importance of charitable giving. He considered his home in Cumberland his sanctuary and was a critical leader in opposing the supermarket development proposal in what is now the open space of Cumberland Commons. His successful effort to preserve this space continues to benefit residents today, providing a gathering place for generations to come. Gene also played a fundamental role in bringing the Cumberland County Civic Center to Portland.

As a natural extension of his personable nature, he ran Cumberland County's campaign for the successful senatorial election of his fellow fraternity brother and friend, William Cohen. Gene also served on then Senator Cohen's Military Screening Committee for 18 years.

His friendships were many and profound. No friend was closer than Art Girard, his lifelong business partner and confidant, with whom he shared deep mutual respect. Their individual qualities and life experiences complemented each other personally and professionally. Sharing similar bootstrapped backgrounds, their lifelong friendship was built on deep trust, they were more brothers than friends.

A steward of all his relationships, the monthly "Early Chow" educational gatherings with Bowdoin classmates were a treasured and meaningful connection with beloved friends that lasted a lifetime.

Gene lived life with passion, wit, and humor. He celebrated his 80th birthday by jumping off Sebago Lake's Frye's Leap with his sons. He was a lifelong athlete, and loved squash, running, and tennis. He often engaged in friendly (yet highly competitive) squash matches with his dear friends at the Portland YMCA, his home away from home. A memorable running highlight was finishing the 100th Boston Marathon with two of his sons and the third cheering them on from the sidelines. His dedication to running was legendary, particularly in the Beach to Beacon 10K race, which he ran from its inaugural year in 1999 well into his 70s. At the age of 65, he achieved an impressive time of 51:33, earning him fifth place in his age group. In 2012, at the age of 76, he shared a special moment crossing the finish line alongside two of his grandchildren Anna (16) and Luke Waters (9), embodying his belief that athletics was about more than competition—it was about family and community.

Gene's impact on this world cannot be measured in words alone. He was a mentor, motivator, and friend to many. His wisdom, warm voice, gleaming smile and infectious energy will be deeply missed. Above all, Gene was a dedicated family man.

Gene is survived by his beloved wife, Carol; sons Dan (Vickie), Glenn (Kristin), and Ken (Jeannie) Waters; nine grandchildren, Sam, Anna, Luke, Jack, Annalise, Olivia, Lila, Ava and Sadie; in addition to many loving extended family members and friends.

In lieu of flowers, donations may be made to Rippleffect ([rippleeffectmaine.org](http://rippleeffectmaine.org)), an organization that promotes youth leadership through outdoor experiences. This choice honors Gene's legacy of mentorship and commitment to helping young people reach their full potential, just as others did for him.

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