

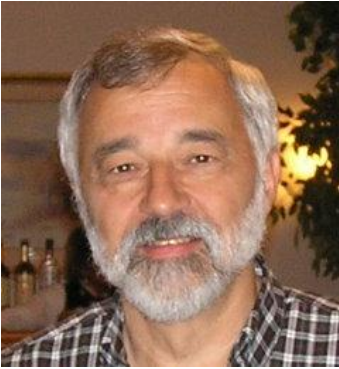
Unum Retirees Newsletter

Fall 2015~Nineteenth 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 or by contacting Steve Bailey at 846-6648 or 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 over 400 members. We have heard that there have been a lot of recent retirements so our numbers should grow.

Please refer to our website, www.unumretirees.org for a list of the board members, helpful information about the organization and contact numbers for Unum Retiree benefits.

Annual Meeting

Our Annual Meeting was held on September 22 at the Italian Heritage Center. **Roger Rioux** welcomed the over 100 attendees. He reminded all that the www.UnumRetirees.org web site contains information about how to join the Unum Retirees, contact information for all of the retiree benefits available through Unum, as well directions regarding obtaining matching funds for your favorite charity.

There were 30 responses to the request to our members to report volunteer hours over the last 12 months. The 30 members reported 6163 volunteer hours.

Steve Bailey reported that we have 413 members with more to come as we solicited 2015 retirees in a recent mailing. As treasurer he reported that our bank account is in good shape thanks to the gift from Unum which helps to fund our lunch meetings.

The board was reelected by unanimous vote.

Donna Sawyer and **Dianne Senechal** presented an overview and a video sampling of their show called “*Garden Thyme*” which is shown on the Saco River Community TV broadcast on cable in 6 towns (Buxton, Hollis, Limerick, Limington, Standish, and Waterboro). “Grammie” Donna and Miss Dianne have been performing for 7 seasons. They are the videographers and performers in their show which has been shown on various other cable shows in Maine and around the country. This is truly a labor of love since there is no compensation. The theme of the program is described by the ladies as “Two old ladies in the back yard teaching you how to garden”. They say that they are serious gardeners but they include a lot of humor which is why the show is so popular. Donna and Dianne both worked at Union Mutual in their working lives. Thank you ladies for providing the wonderful entertainment.

You can see the shows on the Saco River TV website <https://vimeo.com/channels/gardenthyme>. You can also visit their website at <http://cliffwoodgardens.com/gardenTours.html>.

The next meeting will be in **February**. I hope we will see you there. An invitation will be distributed three weeks prior to the meeting.

Annual Meeting at the Italian Heritage Center on September 22nd

(Photographer Leo Lamoureux and his assistant Claudette Shepard)



Anne & Mark Andrews, Ann Waecker and Roger Rioux



Arlene Lowe and Barbara Montague



Barbara Furey, Janet Gleason, Becky Snoddy and Pauline Adams



Bette Robicheaw, Sylvia Parks, Judy Hall and Lorraine Cragin



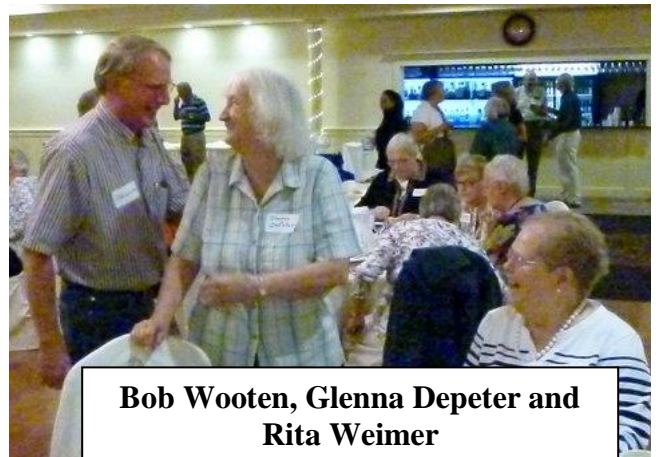
Betty Cushman, Karen Witham and Kay Joyce



Bill Davis, Wally & Lissa Crowell and Bertha Gardiner



Bill Post Van der Berg and George Barker



Bob Wooten, Glenna Depeter and Rita Weimer



**Brenda Anastasoff and
Bea Osterburg**



**Carmen Girard, Claudette Shepard, Steve
& Sue Bailey and Jennifer Sturzenberger**



**Darlene Junkins, Linda Stevens, Eugenie
Clemann and Bethann Reny**



Diane Jamieson and Katie Dyhrberg



Jean Fairweather



Julie Martin, Dianne Hannaford and Martha Murphy



Gail McIntire



Kathy Dimare and Ann & Jim Bourke



**Kathy & Tim Doughty and Natalie &
John Bonnell**



Kathy Woodbrey and Sue Parsons



**Kris Miller, Marilee Smith
and Theresa Mackenzie**



Leo Lamoureux and Claudette Sheppard



**Sandra Huntress, Ginny Williams,
Christine Pooler and Carol Robinson**



**Sandy & Al Utterstrom, Jean Thomas,
Candice Jewett and Pat McLaughlin**



Sue Bailey and Jennifer & Ron Sturzenberger



**The Twins
Miss Dianne & "Grammie" Donna**



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!

Pam Libby, Editor rlibby5@maine.rr.com or 17 Larchwood Rd., South Portland 04106



Unum Retirees - Volunteers

by Beverly J. Dahms

UNUM RETIREES VOLUNTEER REPORT FOR 2015

The Unum Retiree membership was asked to provide the Board with an estimate of the number of hours that they volunteered during the period of September 1, 2014 to August 31, 2015. I am very happy to report that we received responses from 30 of our members and the number of volunteer hours reported was 6,163.5. Our membership was very busy over the last year.

We continue to receive calls for mailings from some of the local non-profits. If you would like to be part of our volunteer group please contact me and I will let you know where and when we are needed.

Some examples of the way that the membership has helped in our local communities: Meals on Wheels, hospitals, animal shelters and rescues, schools, colleges, churches, libraries, municipalities, museums, senior citizen activities at local nursing home and assisted living facilities, Red Cross agencies, historical societies, local arts and theaters, botanical gardens, children’s organizations and food pantries. There were also many volunteers hours at the Knights of Columbus, Habitat for Humanity, Wreaths Across America, Fort Williams, Park, Girl Scouts of America, Make-A-Wish, Big Brothers/Big Sisters, YMCA, Southern Maine Agency on Aging, AARP Tax Preparation, Maine Maritime Museum and Mid Coast Hunger Prevention Program. There are also many smaller non-profits that have been supported in our local communities by our membership.

To report your hours for matching funds from UNUM, you will need to go to <http://www.unumretirees.org/> for the form. There is also a copy of the form attached to the Newsletter. Please complete the form and forward it to Unum before the **December 4, 2015** deadline.

Thanks to all of our retirees for taking to the time to support all of the non-profits. They greatly appreciate our help and support.

Beverly J. Dahms
BDahms1@maine.rr.com



Our Dearly Departed

by Bob Anastasoff



Mary Louise (Downie) Alward, of Clemons Street, South Portland, passed away unexpectedly at home on July 7, 2015. She was born on April 30, 1941 in Houlton. She graduated from St. Mary's School and Houlton High School and she attended the University of Southern Maine. Mary moved to Massachusetts in 1960 and worked as a legal secretary in the Boston area, returning to Maine in 1970. She worked for Unum for 29 years before her retirement. A private graveside service will be held at a later date at Mount Pleasant Cemetery, Meeting House Hill, South Portland. Those desiring may make memorial contributions to: The Mercy Breast Care Specialists, 144 State Street Portland, ME 04101 or The Maine Heart Association, 51 US Route 1, Suite M, Scarborough, ME 04074



Beverly Joan Larrabee passed away on July 5, 2015, after a long struggle with MS. She passed away at Maine Medical Center after a short stay surrounded by loving family. She was born in New Gloucester on April 20, 1937. Beverly resided on the Black Point Road in Scarborough from the time she was born until 2003, when she moved into Pine Point Nursing Home. Growing up she worked on the Larrabee Farm, where she met her lifelong crush, Donald Larrabee. After graduating from Scarborough High School in 1955, Don and Bev were married by April of 1956. After high school, Beverly worked at Unum for a short time.

Beverly was predeceased by her loving husband of 51 years, Donald Larrabee Sr.

Visiting hours were held on July 10, 2015, followed by Funeral Service at Hobbs Funeral Home in South Portland. Interment followed at Black Point Cemetery, Scarborough. In lieu of flowers, the family requests memorial donations to be made to the Ronald McDonald House, Charities of Maine, 250 Brackett Street, Portland Maine 04102

Unum Retirees Website <http://www.unumretirees.org/>

Bob Anastasoff, Webmaster BobA2000@aol.com

Welcome We are a social group that also encourages volunteerism.

Unum Retirees Board Members (Name, function, contact information)

UNUM RETIREES BENEFIT INFORMATION

Retiree Benefits Described on the Unum Website This has all retiree plan booklets. *Note that some plan benefits are different based on year retired.*

Contacts From the Unum Website This includes shortcuts when making calls.

Telephone Contacts Include:

Pension and Life -- important contact	Towers Watson	800-678-2436
Medical	UnitedHealthcare	855-868-6663
	Aetna	800-438-2602
	Cigna	800-244-6224
Prescription Drugs	Caremark	877-860-6415
	Aetna	800-238-6279
	Cigna	800-244-6224
Dental	Ameritas	800-487-5553
	Cigna	800-244-6224
Long Term Care	Unum	800-277-4165
401k	Fidelity	877-220-4015

NOTE: Towers Watson at 800-678-2436 is a particularly good resource. They manage all the enrollments for our retirees and have basic info on all our benefits. As needed, they can do research or put the retiree in contact with the right provider (e.g. UnitedHealthcare or Aetna or Cigna or Caremark).

Unum HR Contact:

*It is important that plan members first call Towers Watson or one of the carriers (medical or pharmacy) directly if an issue arises. If the provider or Towers Watson is unable to resolve the issue then retirees (or their family members) should contact Unum HR for assistance. Our contact is **Carl Gagnon**, Director of Retirement Programs. He can be contacted at 207-575-4102 or **cdgagnon@unum.com***

Newsletters (going back to November 2009)

Volunteer Contacts in Non-Profit Agencies

Unum's Volunteer Service Grant Program: Unum will donate \$1 per hour for volunteer work for a 501C3 (non-profit) firm.

Please Keep Track of your Volunteer Hours

By-Laws

Important Dates for 2015

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



Unum Blood Drive Schedule for the remainder of 2015:

- HO1 Blood Drives are scheduled for **12/8** from 9:00 AM to 2:00 PM
- HO3 Blood Drives are scheduled for **12/9** from 7:00 AM to 12 Noon

Please contact Bob Wooten if you are interested in helping out with a blood drive at Unum. (207) 797-8982 rwooten1@maine.rr.com

Volunteers are needed to work at the refreshment table providing donors with refreshments for the 15 minutes they are required to stay at the table. There are usually two three-hour shifts, but we can accommodate other (two hour) shifts.

The 2016 Calendar will be announced at a later date.

The Winter Luncheon is scheduled for February, 2016--more information to follow.

A visit to the National WWII Museum

by Thomas Bore



On July 28 my wife and I took a short non-stop flight over to New Orleans for 4 nights. Since we've been there several times I wanted to visit the National World War II Museum. We took a taxi over Monday morning and began our journey in the Louisiana Memorial Pavilion. You begin the story in the Union Pacific Train car and then continue with exhibits about D-Days (Normandy and the

Pacific).

Next it's over to the Solomon Theatre Complex for the epic story of WWII in the movie '*Beyond All Boundaries*' produced by Tom Hanks. The 40 minute film costs an additional \$5.00. After lunch at the American Sector Restaurant we went over to the U.S. Freedom Pavilion for the Final Mission: USS Tang Submarine Experience. This is also an additional \$5.00



but well worth it. The Pavilion also features many WWII aircraft including B-17E Flying Fortress called "My Gal Sal". It crashed in Greenland in June 1942 and was abandoned until it was recovered from the ice cap in 1995.

It would take about two days to read and watch every video in the museum. It first opened its doors in June 2000 and is still growing. Plan to visit again after the next Pavilion opens in 2016. The museum is located at 945 Magazine Street in New Orleans and is opened daily 9-5 except Xmas, Mardi Gras and Thanksgiving.

We also visited the Mardi Gras Museum, Jackson Square, Preservation Hall Jazz Band and took a cruise on the mighty Mississippi River on the Natchez.

One of my favorite cities to visit. Hope you will get a chance to visit the National WWII Museum.

Bryce Canyon & Zion National Park

by Phil & Cindy Sargent

Our younger daughter Jessie lives outside San Diego. Her husband is a Chief Warrant Officer and Maine Engine Officer on the 820 foot aircraft carrier USS Makin Island. This ship is designed solely for vertical take-off/landing aircraft (helos, V-22 Osprey and Harrier Jump Jets). We visited her last fall while her husband was on a seven month deployment to the Persian Gulf, Red Sea and Gulf of Aden. This was his 5th deployment to that part of the world in his 18 year Navy career.

En route to San Diego, we flew to Salt Lake City and drove our rental car south to Torrey Utah. There we began our scenic tour of Bryce Canyon and Zion National Park skirting Escalante Grand Staircase National Monument and Canyon lands National Park. The trip down Route 12 had some of the most beautiful and awe inspiring scenery we have ever viewed. Every turn in the road was a Kodak moment.



Bryce Canyon with its Hoodoos and spectacular sandstone formations is indescribable. Hiking down into the valley was a treat as well as all of the turn-off's along the 16 mile road. Water and wind have tremendous power to alter this landscape and at an altitude of 9000 feet.



After two days, we traveled about 90 minutes to Zion. More beauty with a totally different landscape. Zion is a slot canyon created by the Virgin River which you can actually hike up through in knee deep cold water. The canyon walls rise 1500 feet in many places. We saw bison, mule deer, eagles, and one large tarantula along with a variety of birdlife. The day we left was a torrential downpour where the river went from a flow of 30 cubic feet per minute to over 20,000 in a matter of hours.



It was trip to remember, and we now look forward to departing again for San Diego after spending six weeks cruising the Maine Coast on our Sabre 34. This will include a side trip to Jackson Hole Grand Teton and several days in Yellowstone. Perhaps this will make for another article.

I have included a few pictures that cannot begin to show the beauty of this part of the US.

Campobello and the Roosevelts

by Leo Lamoureux

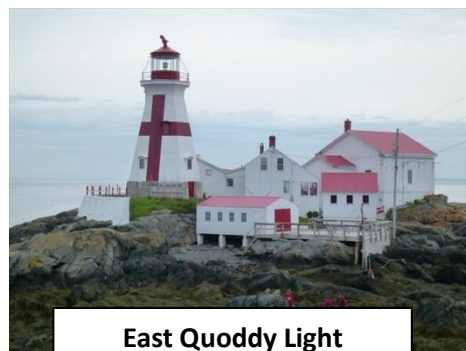


FDR's 30+ Room Cottage

Many of us were entertained by the recent Ken Burns PBS series on the Roosevelts. That triggered a visit for Claudette and me to Lubec, Maine and Campobello, New Brunswick this summer. If you have not made the trek down east it is well worth your time to see the easternmost U.S. community, the nearby lighthouses and the beautiful Canadian Island of Campobello (bring your passport). The visit to Roosevelt's summer retreat is free and doubly entertaining if you can sit in on the "Tea with Eleanor" presentation which takes place twice a day in the Hubbard Cottage.

As you probably know, Franklin Roosevelt spent much of his childhood and most of his summer vacations on that island until he contracted polio there in 1921. He only visited the island twice more after that but Eleanor and their family continued to visit Campobello regularly. The Island was only accessible by boat until the early 1960's. Now it is a few minutes' drive through customs and over the bridge from Lubec. Established in 1964, it is the only International Park in the world.

Twice a day you can also scramble across the rocks and sand at low tide to visit the East Quoddy Lighthouse as well as the "keeper's" house which is at the northeast end of Campobello. It's worth the climb for another enjoyable tour and great views of the Bay of Fundy. There are also a variety of trails and spectacular views at many other points on the island.



East Quoddy Light



Lubec Business District

Lubec itself is very attractive and its history as a fish processing village (sardines, etc.), along with some quaint architecture, shops, restaurants and B&Bs make it a great place to wander. You can even take a ferry over to Eastport if you want to get into the 'big' city.

A few miles south of Lubec sits the West Quoddy Light on a point which catches the first rays of the sun in the U.S. (barring fog and haze).

A Tribute

by Jim MacDonald

As I'm sure all of you are aware, Chattanooga was saddened this past summer by a senseless terrorist attack that killed five of our fine military men (4 Marines and 1 Navy). It was a shock to the community but I am so proud of the way that Chattanooga responded in support of the families of the Fallen Five.

My local HOG Chapter had plans to ride to Sturgis this year so we dedicated the ride to these fine young men and did everything we could along the way to honor their sacrifice to this great nation.

Below is a picture of our group at Mount Rushmore as we paid tribute to our military, Chattanooga and our Nation. Everywhere we went during our journeys we would fly these flags and countless people would approach us to show their support.

I know that the press writes about all the problems we have but I have to tell you that this country is full of hard working, loyal, selfless, caring, red blooded, patriotic Americans. Don't let the negative people get you down. We live in the greatest nation on Earth. ***God Bless America!***



Mt. Rushmore

My Fishing Adventures

by Gerry Katz

Every year since just prior to my taking “early” retirement from Unum in 1999, I have traveled to the Northwest Territories, Canada from Ft. Lauderdale through one or more intermediate stops and onto Edmonton, Alberta, CA. I stay in Edmonton for two nights with friends I have made over the many years I have traveled to the same fishing lodge, Brabant Lodge. It is located on Brabant Island in the Mackenzie River. This river flows north to near the Arctic Circle. I believe this river is the seventh longest river in the world and it flows from the Great Slave Lake that is approximately 10,000 square miles in surface. We fish for trophy size Northern Pike and after fishing at seven other Canadian fishing lodges, there is no comparison to Brabant Lodge.

My trip one way, takes approximately 17 hours of travel time over more than one day, with four flights from three airports. Several years ago I began to lengthen my trip by staying two nights in Edmonton at a nice hotel near the airport due to the possibility of the airline misplacing my fishing rod carrier (7' long and 8" in diameter) and my luggage that consists of an Army duffle bag with my tackle box in the middle of it and my clothes stuffed around the tackle box. Talk about “anal” I guess I fit the description. The friends I meet up with are a father and son (attorneys) from Tulsa, OK. We come from completely different backgrounds, religions and personalities but we have bonded over a 12 year period and love each other.

A commercial or charter flight takes us from Edmonton, Alberta Canada to Hay River, Northwest Territories Canada. From there we transfer to a “float-plane” that flies us out to Brabant Island, approximately a 30 minute flight. We have used a Cessna Caravan on most of these short trips and I have talked the pilot into letting me take control of the plane for approximately 10 minutes each year. I have previously had nine hours of single engine training back in my college days at the U of F but ran out of money to complete my pilot training. The passengers (whom I know) usually just stare at me when I put on the head-set and begin taking directions from the “bush” pilot.

We begin our day with an early morning breakfast at 7:00 AM and out on the water by 8:00 AM. Although we enjoyed many “shore lunches” in the past, we now take box lunches to maximize fishing time. Back at the lodge by 5:00 PM, we enjoy some light snacks and cocktails before dinner at 6:00 PM and back on the water fishing at 7:00 PM. Our day ends at approximately 9:15 PM when all boats head back to the lodge.

I set a personal record in 2012 (see picture) with the most amount of released Northern Pike (415 for the week) and the largest Northern Pike for that season 50-1/4" long and 31.7 lbs. During my years of fishing at this location, I have personally hooked and lost or have seen Northern Pike in excess of 52" and 35 lbs. I lost one that approximate size this year that may have been a North American record but that's why they call it “fishing” and not “catching.” This is strictly a catch & release lodge and there are no barbs on the hooks we use so the Pike really only have a piece of stiff wire in their mouth to hold them on your line. All bait is artificial, mostly spinner baits, crankbaits including metal and wooden lures and most of the fish are released while they are still in the water.

It is a glorious week for anyone who really loves fresh water fishing.



Volunteer Service Grant Application

(For former Unum Employees who are Retirees)

1. Print application, complete all retiree information and sign.

2. Return completed application to:

Jessica Davis

Unum SC344 -- Community Relation Dept.

PO Box 1365

Columbia SC 29202

3. Check will be sent to organization; memo will be sent to retiree.

Volunteer Service Application (Please print)

RETIREE NAME: _____

PHONE: (_____) _____ - _____ X _____

HOME ADDRESS: _____

CITY, STATE _____ ZIP CODE: _____

RECIPIENT ORGANIZATION: _____

EXECUTIVE DIRECTOR'S NAME & TITLE: _____

MAILING ADDRESS*: _____

CITY, STATE _____ ZIP CODE: _____

PHONE: (_____) _____ - _____

*Correct address is critical, as this is where the check will be mailed.

\$1 Dollar for 1 Hour Volunteered Minimum hours matched 50 and maximum of \$500 matched per retiree.

Annualized Time: Please report total accumulated volunteered time in 12 months:

TOTAL HOURS VOLUNTEERED _____

(For reporting purposes, please report all hours even if more than 500)

*Note: Hours from all organizations for which you have volunteered may be combined.

The recipient organization must be one of those listed below, all reported organizations must meet eligibility requirements.

(See guidelines for restrictions and eligibility requirements.)

Organization Name Hours Contact Name Phone Number (If additional lines are needed, use back of form or attached page)

1. _____

2. _____

3. _____

Recipient organization's 501(c)(3) IRS letter must be attached if this is a new organization. All prior recipients should be on file with the Foundation, and the IRS letter is not required.

I certify that all facts and representations made in this application, including attachments made part of this application, are true and correct to the best of my knowledge.

_____/_____/_____
SIGNATURE DATE RETIREE VOLUNTEER

Old Fashioned Christmas

Sent in from Ruth Myer
[\(RuthMyer22@embarqmail.com\)](mailto:RuthMyer22@embarqmail.com)

Search up, down, forward, backward, and diagonally to find words related to Christmas remembrances. Unused letters spell out a memorable phrase.

X	D	N	A	L	R	A	G	O	N	G	G	E	I	L
O	S	L	O	R	A	C	A	K	E	U	O	H	E	I
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U	L	T	A	R	T	A	N	N	F	P	F	W	C	T
M	E	R	R	Y	C	H	R	I	S	T	M	A	S	O
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C	L	F	T	L	D	S	P	Y	I	F	B	L	E	G
S	T	N	E	M	A	N	R	O	S	S	A	L	G	S
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Advent calendar
 Angels
 Balsam
 Cake
 Candy canes
 Cards
 Carols
 Eggnog
 Elves

Figs
 Garland
 Gifts
 Glass ornaments
 Goose
 Gumdrops tree
 Life saver book
 Lights
 Magi

Merry Christmas
 Mistletoe
 Music box
 Pie
 Popcorn
 Punch
 Real tree
 Santa
 Scrooge

Sleigh
 Spruce
 Stockings
 Tie
 Tinsel
 Trains
 Wassail
 Yule

Hidden Scripture: _ _ ' _ _ _ _ _ _ _ _ _ _

If you need the "Solution" page, please let me know rlibby5@maine.rr.com/17 Larchwood Road, South Portland, ME 04106)