

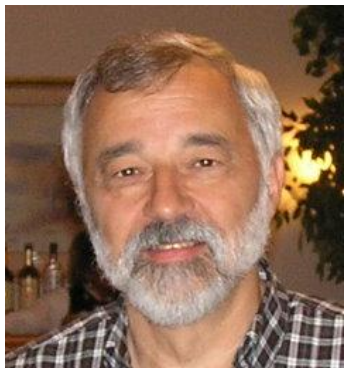
Unum Retirees Newsletter

Fall 2017~Twenty-fifth 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 479 members.

We had our retiree lunch on September 19 with about 80 members attending. We commemorated the eighth year of Unum Retirees which was formed by uniting Headlighters and VALUR in October 2009. The organization has grown from our initial membership of 304. Thanks to a gift from Unum of \$3000 per year we are able to function without dues and can keep the costs of meals to about half of the actual cost per person.

Each year we ask members to let us know of how many hours they have volunteered in the last 12 months. Thirty people reported 5057 hours. Our organization encourages people to volunteer at their favorite non-profits as a way to give back to our great country. Unum will also donate one dollar per hour to qualifying organizations for each hour you work. Please look for directions later in this newsletter. You can also find directions and the application form on our website: **unumretirees.org**.

Our website was recently updated with corrected information and a new format thanks to **Bob Wooten**. *Please visit it and let us know what you think.*

The members elected the board for the upcoming year:

<i>Roger Rioux</i>	<i>Chair,</i>
<i>Bob Wooten</i>	<i>Vice Chair, Blood Drive, Webmaster</i>
<i>Ann Waecker</i>	<i>Secretary</i>
<i>Steve Bailey</i>	<i>Treasurer and Membership</i>
<i>Leo Lamoureux</i>	<i>Communications</i>
<i>Pam Libby</i>	<i>Newsletter</i>
<i>Beverley Dahms</i>	<i>Volunteer Coordinator</i>
<i>Bea Osterberg</i>	<i>Lunch Coordinator</i>
<i>Linda Robichaud</i>	<i>Lunch Coordinator</i>
<i>Tim Pinette</i>	<i>At Large</i>
<i>Kathy Woodbrey</i>	<i>At Large</i>



Deborah McLean of Maine Senior Guide was our guest speaker at the last retiree lunch. She presented her suggestions about decluttering your home. Maine Senior Guide is an on-line resource of services and information for mature Mainers. (www.MaineSeniorGuide.com) Maine Senior Guide also hosts senior expos around the state. The next expo is October 5 in Freeport. Maine Senior Guide is also hosting Your Second Act Maine, a Boomer conference Saturday, October 14 at the University of New England. The following is a summary of her presentation.

Clutter control takes the place of Spring Cleaning

Most of us don't spring clean the way Grandmother used to: taking down and washing the curtains, dusting the walls, removing furniture, taking up and beating the carpets, and washing, then waxing, every floor. Instead, we look around and say: where did all this stuff come from? Is every single room in your house cluttered? Do you need a method for dealing with it? Face it, your house is cluttered for a reason. Finding where your stuff fits on the clutter list will help in decluttering.

Start by getting large boxes or heavy-duty trash bags. Label them: Keep, Donate or Trash. You might also want to have boxes for each kid who is supposedly going to want an item "some day". Then enlist all members of the house. Tell them you're decluttering a particular room and if they want a say if what happens to the items, they need to help out. Show them the boxes and explain your method.

Tackle one room or area at a time. Focus! Don't get overwhelmed! Start in one corner and deal with each item. Quickly put it in a category, then take the appropriate action. Don't spend time inventing reasons to keep things!

1.) Memory clutter. We keep stuff in this category because it evokes a good memory. Little Bobby's baseball cleats from first grade, your old Playbills from the time you went to New York City, or your grandmother's broken teapot. You don't need the item, you need the memory. Take a picture and put the item in the appropriate box.

2.) Needed Someday Clutter. You know this stuff best, because you handle it all the time. This is stuff like the single mitten, the drawer full of unmated Tupperware, the chair that would be good if someone caned the seat, or six years of old magazines that you're going to cut the recipes from. Harden your heart and get rid of it. Ask yourself: can someone else use this? The answer is almost always, "No! No one else can use this item in its current state." Well, if no one else can use it, neither can you. Get rid of it.

3.) What Oprah calls "lazy clutter" like junk mailed piled up, the free hat you'll never wear or the 17 extra poly grocery bags you picked up at the last senior expo. You don't really want the stuff but you haven't gotten around to removing it. You could get some immediate satisfaction by throwing anything useable into the rummage sale bag for the Church or Goodwill, and putting anything else in recycling or the dump box.

4.) Someone else's clutter. That's why each member of the household is present. If they've moved away to college or California, then you have to take on the task. But don't bypass that clutter category, even if it ends up in the Store/Save box in the cellar. If they've moved away to Heaven, then much of this stuff falls into category 1. Take a picture, keep one small treasure as a sample, put the appropriate items into the kid's boxes as mementos, then let the good stuff move on to charity so someone else can enjoy it.

5.) Extras and duplicates clutter. Lots of clutter in my kitchen is because I have not one, but two old fashioned meat grinders. A French press, plus the drip coffee maker it replaced, plus a percolator. 12 egg plates. Decide whether you want the extra item, or the room it's taking up. If you haven't used the percolator in 5 years, get rid of it. How many egg plates do you need? Why do you still need the food processor if you always use the immersion blender? As soon as you bring in something new, get rid of what it replaces.

6.) To be repaired clutter. Art with broken frames, a bookcase you can't use until it's reglued, or a pot with a handle that needs a screw are all common examples of stuff that would be useful (and hence, not clutter) if it was repaired. Take a look. If it's been in that state of disrepair for more than six months, you don't really want nor need it. Get rid of it now. The next time something breaks, fix it or throw it immediately.

Be methodical and set a timer. It's really easy to get discouraged and overwhelmed, so take some satisfaction in filling one trash bag and one charity box. If you stay on task and spend twenty minutes a day on one room at a time, you'll see real improvement in your clutter.



Unum Retirees - Volunteers

by Beverly J. Dahms

UNUM RETIREES VOLUNTEER REPORT FOR 2017

The Unum Retiree membership is very involved in several local non-profit organizations and we like to acknowledge the many hours and participation of the retirees. We are happy to report that for the period of September 1, 2016 to August 3, 2017 we received responses from 30 members who volunteered **5,057 hours**.

Our membership stays very busy in their retirement and continue to provide valuable assistance to non-profit organizations in Maine, Florida, Georgia, New Hampshire, Kentucky and Pennsylvania.

Some examples of the non-profits that benefited from our volunteers are listed below:

Meals on Wheels, hospitals, churches, Boy Scouts, food pantries, land preservations, historical societies, Habitat for Humanity, Maine Maritime Museum, Maine Medical Center Development Office,

Mid Coast Hunger Prevention Program, Knights of Columbus, local arts and theaters, animal shelters, Maine Cancer Center, schools and colleges, AARP Tax Volunteer, Ft. Williams Park Foundation, American Red Cross, Good Shepard Food Bank, H.A.R.T, Almost Home Rescue, local cities and towns. Many Unum Retirees serve on the Board of Directors for a great number of non-profits.

We continue to receive calls for mailings from 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.

To report your hours for the Matching Gifts Program from UNUM, you will need to go to <http://www.unumretirees.org> for the form. **Please complete the form and forward to UNUM before January 31, 2018.** Please take advantage of this great program and support your non-profit organization.

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



Annual Retiree Luncheon at Fireside Inn & Suites

(Photos by Bob Wooten with Ann Waecker assisting)



Pat Thomes & Eugenie Clemann



**Jan Vachon, Marilee Smith,
Linda Grant & George Barker**



**George Clark, Steve & Susan Bailey, Rosina Pierce,
Martha Francoeur, Lorraine Cragin & Theresa**



**Jacky Sargent, Carlene Anderson, Barry
Daniels, & Carol Robinson**



**Dick Curry, Bruce Theriault, Bertha
Gardiner, Caren Beety & Sally Emery**





Micki Blanchet, Linda Grant & George Barker



Pat Davis, Cheryl Riley, Christine Pooler, & Virginia Williams



**Bruce & Judy Dominick, Trissa & Tim
Pinnette & Bill Post VanderBerg**



**Barbara Bryant, Martha Murphy, Kathy Woodbrey, Dianne
Hannaford, Barbara Montague & Tim and Kathleen Doughty**

Sorry not all attendees in the photos are not identified!

From the Editor

*Thank you all for your input! It is truly appreciated! **This Newsletter is published for YOU!**
I would still love to hear from you about what type of "news" you would like to read. Your stories don't need to be long.....just a paragraph would do! We would love any pictures that would go along with your story!
I'm looking forward to hearing your input **AND** receiving articles from you! (rlibby5@maine.rr.com 17 Larchwood Rd., South Portland 04106)*

Pam Libby, Editor



Obituaries



Betsy A. Carbone-Delano, 50, a loving and dedicated Mom to her four children, beloved daughter, sister, and aunnie, entered into eternal rest on Friday, September 1, 2017, at the Gosnell Memorial Hospice House in Scarborough. Betsy was surrounded in love as the family had a sleep over in her room at the Gosnell House.

Betsy was born on December 21, 1966, in Boothbay Harbor, the first daughter of Romolo (Gene) and Janet (Sample) Carbone, Jr. She was raised with her brother Scott and sister Liane in Waterboro in a loving and active household. Betsy grew in her faith by attending the South Waterboro Bible Chapel and as a young adult, she became a member of the church. The principles and faith of her childhood guided her throughout the rest of her life. Betsy was a graduate of Massabesic High School, Class of 1985 and also a graduate of Gordon College, with a degree in Marine Biology.

Betsy worked within the scope of her education for ten years and then began a career with Unum, in their Portland office. She worked in a variety of positions from customer service, coding and billing and more recently as a service specialist. Betsy was an extrovert whose sense of humor and personality put those she met at ease. Her infectious smile brightened the room upon entering and she gave generously to her

many friends at work, both locally and throughout the Unum network of offices in the United States.

Betsy's first love and devotion was to her four children. She loved being their MOM and was super supportive of their goals, sporting activities and being present in every sense of the word. Betsy rooted for Dan Marino of the Miami Dolphins and Derek Jeter of the NY Yankees. She was also the neighborhood "mom" who had an open door policy and made everyone feel wanted and welcomed. She was a talented baker and skilled cook, her famous homemade pizza and taco dip were mouthwatering good! And if you were lucky enough, you would be presented with a box of her peanut butter fudge at Christmas time.

Upon learning that her cancer had returned with a vengeance - Betsy held an open house at her home a few short weeks ago; to allow those who wished to see her, share a hug or two, and walk down memory lane one more time . . . Ever the lady, she mailed out thank you cards to all who came to see her.

Betsy was strong in her fight with cancer. She did not complain or bring unwanted attention to herself, even in the bleakest hour. She was not defined by her diagnosis of cancer. Betsy remained a beautiful, talented, giving, loving woman with a strong faith and unending love for her family. She will be forever cherished and dearly missed.

She is lovingly survived by her mother, Janet Carbone of Waterboro; her four children, Brandon Carbone and wife Breanna of Gray, Briana Delano, Caleb Delano and Chloe Delano all of Portland; her brother, Scott Carbone and wife Julia and their two children, Siena and Myah Cate of Alfred; her sister, Liane Renaud and husband Leon and their two children, Dawson and Skylar of East Waterboro; her uncles, from her Dad's side of the family: Robert Carbone and wife Marinel of Southport and William Bird of Warren; and her aunts and uncles from her Mom's side of the family: Nancy Shufelt and husband Dan of Sanford; James Allen of Clovis, Calif. and John Sample and wife Dorinda of Clovis, Calif. and many cousins.

She was predeceased by her father, Gene Carbone in 2008 and by her aunt, Janet Bird.

Friends and family gathered on Thursday, September 7, 2017 from 4 - 7 p.m. at the Autumn Green Funeral Home, 47 Oak St., in Alfred. A Memorial Service was held on Saturday, September 9, 2017 at 10:00 a.m. at the South Waterboro Bible Chapel, 911 Main St., in Waterboro, followed by a reception and time of remembrances in the parish hall. Committal prayers and burial will be at the Pine Grove Cemetery with her loving family in attendance.

To leave a message of condolence for the family, please visit www.autumngreenfuneralhome.com
The Autumn Green Funeral Home is respectfully handling arrangements.

In lieu of flowers, Betsy has requested donations be made for Caleb (17 yrs. old) and Chloe's (15 yrs. old) future education fund at : TruChoice Federal Credit Union, 272 Park Ave., Portland, ME 04102

Carolyn E. Bower, 62, of Freeport, passed away June 29, 2017, at Central Maine Medical Center, in Lewiston.

She was born in Melrose, Mass., on March 27, 1955, the daughter of William H. and Charlotte (Coburn) Bower. Carolyn was educated in the Lynnfield, Mass., school system; she furthered her education at both Bates College and University of Southern Maine.

She started her career at Union Mutual Life Insurance Company, then worked the rest of her career at UNUM. Carolyn also

did part-time work at the Freeport Library. She enjoyed reading, puzzles and the Boston Red Sox.

She is survived by her father, William H. Bower Sr.; her mother, Charlotte Bower; her son, Randall A. Poore, of New Orleans, La.; a brother, William H. Bower Jr., and his wife Kathleen, of Illinois; a niece, nephew, uncles, aunts and cousins.

A Memorial Service was held at the West Auburn Congregational Church at 1:30 p.m. on Saturday, September 16.



Barbara Parsons Congdon, 95, a lifelong resident of Portland, passed away peacefully at home on September 8, 2017.

She was born in Portland on December 15, 1921, the daughter of George A. and Lulu A. (Ramsay) Parsons. Barbara graduated from Deering High School in 1938 and attended Portland Junior College.

Barbara worked for the Portland Pipeline and typed every plan and specification for the proposed pipeline from South Portland to Montreal. She also worked at Union Mutual.

During World War II, Barbara was a member of the Civil Air Patrol, where she was a plane spotter and also worked for the government teaching Morse code. After the war, Barbara worked for the Smaller War Plants Corporation as a secretary during a time when all equipment from the war was for sale. While working at the SWPC, Barbara met her future husband and the love of her life, F. Gilbert Congdon Jr. They married in May 1949 and raised four children together.

She was a member of the Women's Board of Maine Medical Center where she served as president, and for many years volunteered at the hospital coffee and gift shop. Barbara was on the lineage research committee of the Mayflower Society of Maine and served as the society's secretary for over 20 years. She

was a member of Woodfords Congregational Church and served as a deaconess. She was also a member of the Women's Woodfords Club, and the Maine Historical Society.

Barbara had a passion for genealogy research before the age of computers, and often traveled in search of needed documents. She and her husband also enjoyed traveling to Europe, the Caribbean, Hawaii, Alaska and Las Vegas. On one memorable trip, the couple traveled to China with Elderhostel.

A lifelong learner, Barbara took classes on a wide variety of interests throughout her life. She took several writing courses and her family and friends enjoyed her humorous short stories. A writer at heart, Barbara kept journals throughout her life. She was an avid reader and loved a good mystery.

Barbara and her husband enjoyed summers at their camp on Highland Lake with the family.

She was predeceased by her husband of 49 years, F. Gilbert Congdon Jr.; a brother, George A. Parsons Jr.; and a granddaughter, Tracey Congdon Grover.

She is survived by her children, Priscilla Congdon, of Bristol; Patricia Coombs and her husband Jim, of Portland; F. Gilbert Congdon III and his wife Martha, of Portland; and Pamela Springer and her husband Randy, of Windham; grandchildren, Timothy Grover and his wife Jaimie; Stephen and Matthew Congdon; Kate, Jeffrey and Kevin Springer; and great-grandson, Nolan Hanson.

Barbara's family greatly appreciates the loving care given by her daughter-in-law, Martha, who has served as her primary caregiver for 16 years. The family also wishes to extend their gratitude to Cara and Cheryl, of VNA Hospice, for their caring assistance.

Relatives and friends were invited to a time of visitation from 4-6 p.m. Thursday, September 14, 2017, at Jones Rich & Barnes Funeral Home, 199 Woodford St., Portland. A private graveside service at Pine Grove Cemetery will be held at a later date. For additional information and to sign Barbara's online guest book, please visit: www.jonesrichandbarnes.com.

In lieu of flowers, donations may be sent to: VNA Home Health Hospice, 50 Foden Road, South Portland, ME 04106



Corrinne M. Feeney, 82, formerly of School Street died Sunday, July 2, 2017, at the Barron Center in Portland.

She was born in St. Francis, Maine, on October 17, 1934, the daughter of the late Oscar I. and Annie M. (Jackson) Morin. She graduated from South Portland High School in the class of 1954.

In 1960, she married Francis R. Feeney and together they shared many happy years together.

Corrinne worked as an administrative assistant at UNUM for more than 27 years before retiring. In her spare time she enjoyed knitting, playing bingo, gathering with friends and family to play cards, and she had a great love for animals. She was a longtime member of the Gorham American Legion, and a lifelong communicant of Holy Cross Church in South Portland. She was a beautiful woman and a loving mother to her two children.

Corrinne was predeceased by her husband Francis R. Feeney in 1975, two brothers, Reynold and Sheldon Morin. She is survived by a daughter, Darrin Henckel of Limington, a son, Francis R. and his wife Rhonda Feeney of Buxton; a sister, Anita and her husband Albert Stivaletti of Cumberland, three brothers, Roland and his wife Jean Morin of Cape Elizabeth, Gerald and his wife Mary Ann Morin of Portland, and

Ervin and his wife Judy Morin of Old Orchard Beach; five grandchildren; and six great-grandchildren.

The family would like to extend their heartfelt appreciation to the staff of the Barron Center for the love and care given to their mother over the past three years, she considered you all her extended family.

Visiting hours were held on Thursday, July 6, 2017, from 4-6 p.m. at the Conroy-Tully Walker Funeral Home, South Portland Chapel, 1024 Broadway. Prayers were recited at the funeral home on Friday, July 7, 2017, at 9:15am followed by a 10:00 a.m., Mass of Christian Burial at Holy Cross Church, 124 Cottage Road, South Portland. Burial was at Calvary Cemetery, Broadway, South Portland. To view Corrinne's memorial page or to share an online condolence, please visit www.ConroyTullyWalker.com

Those who wish may make contributions in Corrinne's memory to: Greater Portland Animal, Refugee League, PO Box 336, Westbrook, ME 04098



On Sunday, August 6, 2017, **Amy Herrick**, 41, passed away, surrounded by her family, after a long, courageous battle with cancer. Amy was a loving wife, mother, daughter, sister and friend.

Amy was born in Portland on July 15, 1976, the daughter of Alan and Kathy Whitten. Amy graduated from Westbrook High School in 1994. In 1998, she graduated from Saint Joseph's College with a Bachelor of Science degree in nursing. Amy married the love of her life, Christopher Herrick, in 1998. She worked many years as a registered nurse and an education coordinator at New England Rehabilitation Hospital. Most recently, she worked as a clinical consultant at Unum.

Amy had a smile that would light up a room. She had a passion of caring for others. Amy loved life! She loved spending time with her family and friends. Her favorite place to be was at the beach with her toes in the sand.

Amy is survived and will be forever remembered by her husband, Christopher Herrick, and two precious sons, Emmitt and Charles, of Casco; parents Alan and Kathy Whitten, of Raymond; sister, Kimberly Plummer, of Raymond, and husband Scott; sister, Martha Ladd, of Sebec, and husband Richard; mother-in-law, Holly Herrick, of Naples; and sister-in-law, Leanna Herrick, of Bridgton. She is also survived by five nephews and one niece.

A Celebration of Life was held at 2 p.m. Saturday, August 26, at the Crooked River School, 1437 Poland Spring Rd., Casco. Pastor Robert White will be officiating. Arrangements are under the direction of Hall Funeral Home, 165 Quaker Ridge Rd., Casco. Online condolences may be left for the family at: hallfuneralhome.net.

In lieu of flowers, donations may be made to: On Eagles Wings, 236 Portland Street, Bridgton, Maine, or Grace Bible Church Mission Fund, 74 Deering Road, Gorham, ME 04038, or Little Pink Houses Of Hope, 2442 Tribek Ct, Burlington, NC 27215



Cheryl Ann Nanos, 66, passed away at home on August 19, 2017, following a courageous three-month battle with a glioblastoma brain tumor.

She was born January 21, 1951, to Jane (Hodgdon) and Frank J. Nanos in Westbrook. Cheryl graduated from Deering High School in 1969, and completed post-secondary studies at USM. As a young girl, she enjoyed the friendship and travel of both the Portland Assembly #1 Order of the Rainbow for girls and the Corner Stone chapter. A highly imaginative and witty mind guided Cheryl throughout life. Smiling, singing, and dancing with Portland Co-Opera, Lyric Theatre, and the Woodfords Congregational Church choir, she put her talents into her work and volunteer environments - including Woodfords Church boards and committees. Perhaps the capital campaign fundraising, including reconstruction of the church's Wicks Organ, was a favorite moment.

The art departments and production management for various print shops (Casco Print, Seavey Printers, Union Mutual's print shop) were home to Cheryl's many skills in the graphic arts field. This Yankee girl even went south to Columbia, S.C. for UNUM/Colonial Life in the late 90s for a two-year stint to set up a new print/mail distribution center there. Cheryl's L.L. Bean career began in 2001, as a Senior Supervisor in Distribution. She was promoted to Assistant Manager, Distribution Operations in 2012; in 2014, she joined L.L. Bean Security as Operations Manager.

Cheryl's unique gift was her ability to inspire people to always reach higher, to listen to one another, and work together. Quick with a joke and a smile, her earthly presence will be missed by many friends, co-workers, family, and animals. We're sure Cheryl and her horse Buster are now together trotting through lush green fields.

Cheryl leaves behind her partner Julie Motherwell, sister Pam Barrows, brother Paul Nanos; niece Rebecca Barrows and her partner Tommy Bailey, and grandniece Madison; nephew David Nanos; and fabulous neighbors and friends who stepped up to help Cheryl's life changes be easier ones.

We are especially grateful to the VNA Home Health Hospice professionals, and to Theresa Gray and Brandi Greene of 'The Girls at Home Care' for their gentle caring of Cheryl as she neared her final journey.

As Cheryl requested, there will be no public services. Please visit www.advantageportland.com to sign Cheryl's guestbook and leave memories and condolences for the family.

Donations in her memory: a cancer research center of your choice; or Woodfords Church music program, www.woodfordschurch.org, 202 Woodford St., Portland, ME 04103, or



Shirley A. Stilphen, 82, passed away peacefully on Thursday, August 31, 2017, at the Gosnell Memorial Hospice House with her loving family by her side. Shirley was born in Braintree, Mass. to the late Walter W. Osborne, Sr. and Annie Naugle Osborne.

She attended schools in Portland and graduated from Portland High School in the class of 1953. Shirley married Walter J. Stilphen in 1953 and together they shared 62 happy years together. She was a longtime member of the State Street Church, where she was very active in church functions of all kinds, and where she served for several years as a Deacon to the church.

Shirley worked outside the home at UNUM where she maintained documents, microfilm, and did record keeping. She retired from there in the mid-eighties. She enjoyed monthly luncheons with her PHS classmates. Shirley's entire life centered on and revolved around her family. She was an avid crafter doing everything from making quilts for all of the children and grandchildren to knitting sweaters, making baskets for family and friends, and sewing. She was constantly donating her handy work for church fairs or school fundraisers for her grandchildren. Sunday dinners and family celebrations were a standard for Shirley. Her large family would gather around the table at Walter and Shirley's home where

there was always plenty of food, fun and laughter for everyone. Her son commented "Big family, Big Kitchen, Big Heart" - this will long be Shirley's legacy.

Shirley's greatest loves in her life were her grandchildren. She could always be counted on to babysit her grandchildren, spend time with them, take them on outings and she was known to always pack the best lunch when spending a day at the beach! She welcomed her daughter-in-laws into her family with an open heart and maintained a very strong and loving relationship with all of them. She cherished their friendship.

Shirley was predeceased by her husband Walter J. Stilphen Sr. in 2015, eight sisters Grace, Dorothy, Geraldine, Pauline, Virginia, Margerete, Joan, and Charlotte and two brothers Walter Jr. and Bernard. She is survived by a daughter Lisa Ellington of South Portland, five sons Walter Jr. and his wife Carolynne Stilphen of Calif., Greg and his wife Carrie Stilphen of South Portland, Steve and his wife Faith Stilphen of Cape Elizabeth, Kevin and his wife Beth Stilphen of Cape Elizabeth, Dean Stilphen and his companion Jackie McAuliffe of Saco; eight grandchildren, Erin, Carly, Christy, Alexander, and Lydia Stilphen, Theresa Rock, and Nathaniel and Maya Ellington; two great-grandchildren, Spencer and Harper Rock and many nieces and nephews.

Visiting hours and a celebration of Shirley's life were held 4 to 7 p.m., on Tuesday, September 5, 2017, at the Conroy-Tully Walker South Portland Chapel, 1024 Broadway. A funeral service was held on Wednesday, September 6, 2017, at 11 a.m. at the State Street Congregational Church, United Church of Christ, State Street, Portland. Burial will follow in Brooklawn Cemetery, Congress Street, Portland. To view Shirley's memorial page, or to share an online condolences, please visit www.ConroyTullyWalker.com

Those who wish may make contributions in Shirley's memory are encouraged to consider:

Gosnell Memorial Hospice House, Southern Maine Hospice, 180 US Route One, Scarborough, ME 04074



Sheldon E. "Whitey" White, age 73, passed away on July 5, 2017, at Maine Medical Center, with family by his side. A people person, through and through, he enjoyed his children, grandchildren, local and national sports, and what he considered "the best retirement job," as a shuttle driver for Morong Falmouth. Always positive, yet not afraid to express his opinion, he was a natural connector.

Whitey was born in Bangor, Maine, on January 13, 1944, to Herbert and Marie Corey White. As a child, he enjoyed spending summers at the family camp on Holbrook Pond with his parents and boxer Budgie. A graduate of Bangor High School, Class of 1962, he was active in arts, sports, academics, and leadership. Whitey participated in band and chorus and managed the junior-varsity and varsity basketball teams. He attended the All-State Music Festival and Boy's State, served on Student Counsel, and earned a National Merit Scholarship. In 2012, he coordinated his class's highly successful 50th reunion.

A graduate of the University of Maine at Orono with a Bachelor's degree in journalism, he spent many years working in advertising and sales within the radio industry, and, later, as an insurance claims adjuster. His real passions were family, friends, and sports. In 1980, as the founder of Tennis Intermediates of Maine, an adult competitive tennis league, he made an expansive network of close friends for life and, for many years, was known among the players as "Father TIME." He also religiously followed professional tennis, golf, baseball, and football, especially the Red Sox and New England Patriots.

Known as "Gumpy" by his grandchildren, he was very proud to support their interests and enjoyed swimming, board games, jigsaw puzzles, and crosswords. A foodie who appreciated fine dining, Whitey, incidentally, relished Pat's Pepperoni Pizza and a juicy burger.

He is sadly missed and survived by his wife of 33 years, Paula; his son Sean and wife Carrie and children, Chloe and

Kaydence, his daughter, Kristin McGough, and her children, Riley and Keegan; his step-son Christian Durgin and wife Jennifer, and their children, Geneva and Sam; and step-daughter Abby Jacobs and husband Daniel, and their children, Hope and Vincent. His family extends heartfelt thanks for the expert and loving care he received through the New England Cancer Center and in his final days at Maine Medical Center on the Gibson Pavilion and in the Special Care Unit. They wish to thank his doctors and especially his nurses Salena, Tony, Bobbi, Jillian, Nicole, and Karen.

A visitation was held on Saturday, July 15, 2017 from 11:30 am to 1:30 pm at Fortin/AUBURN. A funeral service was held on Saturday, July 15, 2017 at 1:30 pm at Fortin/AUBURN. A committal service will remain private. In lieu of flowers, the family requests that any tributes be in the form of contributions to Maine Medical Center. Donations can be mailed in his name to Maine Medical Center at the address below and identifying one of the following special funds; Gibson Appreciation Fund To be used in support of appreciation efforts for staff of the Gibson Pavilion. This includes renovation of the Gibson staff lounge and staff education needs. SCU Nursing Education Fund To support Nurses Professional Development, Maine Medical Center, Philanthropy Department, 22 Bramhall Street, Portland, ME 04102. A service of The Fortin Group/Plummer & Merrill Funeral, Cremation and Monument Services, 217 Turner St. Auburn, Maine 04210. 783-8545.

We do our best at trying to print all Unum obituaries. If you know of any that we might not have picked up, PLEASE notify us. Pam Libby at rlibby5@maine.rr.com OR Leo Lamoureux at leonlam@roadrunner.com

2017 MLB All-Star Game

by Tom Bore

On July 11 my wife and I made the short 5 hour drive to Miami to attend the 2017 MLB All Star game, Home Run Derby and Future Stars game.

My wife didn't want to do a cruise for our 50th anniversary, all she wanted was to attend the All Star Game. Knowing the tickets would be very expensive I started looking to see if we would be able to purchase tickets at face value. About a month before the game we got selected to purchase two ticket strips thanks to the Miami Marlins and MasterCard. The tickets as expected were very expensive, the All Star Game was \$275, the Home Run

Derby was \$250 and the Futures Game was \$80 per ticket. Plus toss in the parking at \$30 per game which we were glad we purchased in advance since all the garages were sold out.

The first event was the Futures Game followed by the Celebrity Softball game. Got to see current Red Sox star *Rafael Devers* play in the Futures game. The next day it was over to the Miami Beach Convention Center for the MLB Fan Fest. That evening it was time for the Home Run Derby which was won by NY Yankee rookie sensation *Aaron Judge*. Tuesday morning it was time to head to Miami Bayside and the players parade on the Red Carpet. And then Tuesday evening it was time for the 2017 MLB All Star Game which the American League won 2-1 on *Robinson Cano's* HR in the 10th inning.

The following morning after 3 hectic days in Miami it was time to drive back home to The Villages. Don't think we will do it again but you never know.



Our very own **Terri Morris** was the oldest finisher of the *Beach to Beacon* race this year again!!

(Photo taken from the August 11, 2017 *Sentry*)

Fireworks and COBOL

by Ann Waecker

One item on our bucket list is to see the Boston Fourth of July Fireworks. I LOVE fireworks and the Boston ones are supposed to be wonderful. So my husband Tom and I reserved a hotel and went down to Cambridge, MA, to see them. All the info on the internet and news articles said to get there early because the traffic will be horrendous. So we left here at 10AM and got there at 11:30ish. So the traffic wasn't bad at all. We couldn't check into our hotel until 4 PM so we parked at the hotel and walked up the path along the Charles River on the Cambridge side. Yes, some folks were already there staking out their viewing spots. It was in the low 80s, low humidity and a lovely day. There was a TON of police presence: Cambridge cops, National Guard as well as helicopters and drones overhead. So I asked a couple of cops to recommend a good place to see the fireworks and they said between the Mass Ave bridge and the next bridge.



So we went back to our hotel and talked the man at the front desk (OK we tipped the guy \$20.) to get us into our room earlier than the normal check in time. So we did, grabbed our chairs and picnic supplies and left the hotel by 3PM and went to find a spot to watch the fireworks. There is a railing along the river bank so we found an open space right in front of the railing between the two bridges the cops told us about. That put us just halfway between the two places that they shoot off the fireworks: three barges on the river and the Mass Ave Bridge. And it put us in front of a group of maybe 12 post-grad students from MIT. They were playing cards and generally having some interesting chats. (Not that I was listening!) They had put 4 empty chairs along the railing and we set up right beside them. There was space for one more chair between our chairs and the trash can.

So we waited. We brought things to read and food for a picnic and games. After a while a man came up to Tom and asked if it was OK to stand beside him. "Sure." So he did. His name was Peter, and he had a shirt with NASA embroidered on it. Tom was wearing a hat that was embroidered with "RPS TiO2", some sort of nano-sized pigment project. So the two tech guys got chatting. The stranger does projects for NASA through Harvard and Tom was a chemist and an engineer so the two talked about a lot of tech stuff. Peter remarked that the crowds weren't as bad as they usually were. He said we lucked out!

Eventually one of the post-grad MIT students, Nolan, came over and sat beside me and we got talking. He asked what I did and it came out that I used to be a programmer. "What language?" "COBOL" "Are you kidding me? The country is desperately looking for COBOL programmers! They are all retiring!! I can get you a job. Want one?" "No thanks. I'm retired and enjoying it" so we talked about other stuff. Later on he went back to play some more cards with his buddies.

So I started paying attention to my husband and the NASA guy. He asked me what I used to do and he also was pleasantly surprised to hear that I used to code in COBOL. He also said he could get me a job. No thanks again.

Throughout the latter part of these conversations, the Boston Pops concert was happening in the background. The lawn at MIT had HUGE speakers so we could hear the music. But there were also speakers on the other side of the Charles so we had an issue with the sound delays. The music was the expected traditional Fourth of July patriotic songs with Melissa Etheridge and Andy Grammer headlining. They also had the traditional, 2 military jet flyover coordinated with the playing of the Star Spangled Banner. Then they shot off of the cannons to begin the fireworks show.

And they were wonderful! And LOUD! Since we were right across the river from the barges, the fireworks' sound was almost too much. But the fireworks were beautiful so I would plug my ears and love it. Twenty minutes of one after another after another. And other fireworks being shot from the side of the bridge, many colors and shapes. Some I'd never seen before. A HUGE finale and then they were over. So we picked up our chairs and headed back to the hotel with a million (not really) other folks leaving the river bank.

If you have seen the Boston Fireworks, you know what I mean about how wonderful they are. If not, go once. Portland's fireworks are just about as good as the Boston ones but I've never had a job offer at the Portland ones!

And if you knew COBOL and you want to pick up some extra cash, I hear there are jobs out there for you. Fortran, too!

Important Dates for 2017

Unum Retiree Members are welcome to attend Board Meetings. Just let Roger Rioux know beforehand.

(207) 671-7906 rrioux@maine.rr.com

2018 Board Meetings and Luncheons will be announced soon!

Unum Blood Drive Schedule for the remainder of 2017:

- ***December 5 & 6th***

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.