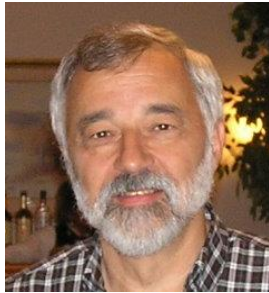




Words from the Chair



If you know of any recent retirees who may not be aware of the organization, let them know about us and how they can join by contacting us through the website: www.unumretirees.org or by contacting Steve Bailey at 846-6648 or sebailey@maine.rr.com.

We had our retiree lunch/annual meeting on October 20 with about 65 members attending. The meeting was held at the Elks Lodge in Portland.

Our organization encourages members to volunteer at their favorite non-profits as a way to give back to our communities. 14 members reported working 3,690 hours this year. Congratulations and good work.

Financial report: Unum continues to grant us an annual gift to help with the cost of the lunches. We will end the year in good stead with one year's worth of expenses in the bank.

Membership: The organization has grown from our initial membership of 304 in 2009 to 581 in 2022. The only way to acquire new members is by word of mouth so let new retirees know how to join.

The following members were elected to the board for the upcoming year:

Roger Rioux Chair

Bob Wooten Vice Chair, Webmaster

Ann Waecker Secretary

Steve Bailey Treasurer and Membership

Leo Lamoureux Communications

Connie Pascoe Newsletter

Beverley Dahms Volunteer Coordinator

Kathy Woodbrey Blood Drive Liaison

Theresa Jackson Lunch Coordinator

Linda Robichaud Lunch Coordinator

Bruce Theriault At Large

Representatives of Hospice of Southern Maine gave a presentation about end-of-life care planning. We are encouraged to sit down with loved ones and document our wishes regarding the quality of life as we near death. This plan goes beyond a will, trust, Medical Power of Attorney and Advanced Directive. Talking about end of life can be a challenge for us and our loved ones, but it is better than the alternative. Without a clear plan our families could be experiencing more stress during an already difficult time trying to decide what we might want. One of the presenters said, "Following the plan is a loving act." It clarifies the role of caretakers and ensures that our families will be more confident that they know our wishes. The plan should be reviewed regularly as choices may change as we age and learn more. It is a good idea to meet with multiple family members as they may have different ideas that should be discussed.

The Hospice organization has staff and tools that can help with creating the plan. The plan should include giving access to your on-line presence. It should include access to your phone, computer, bank accounts, social media, etc. You can access some of the tools through the links below. The hospice organization can provide many services to support the families.

[Hospice of Southern Maine :: Compassion, Care & Comfort](#)
[Maine Do Not Resuscitate \(DNR\) Form](#)
[Life File Checklist](#)
[Maine Advanced Directive](#)
[Information on Physician Orders for Life Saving Treatment \(POLST\) Form](#)
[Maine Bar Elder Law Attorneys](#)

Annual Luncheon/Meeting Pictures



Check in with Connie Pascoe & Theresa Jackson



Bette Robicheaw, Ellen Burrill, Beth Reny



Barbara Bryant, Sandy & Al Utterstrom



Barry Daniels, Gary Akovenko



Dick Curry, Karen Witham, John Gordon



Rick Todd, Nancy Jameson



Gladys Yankowsky, Pat Campell,
Brenda Anastasoff



Rebecca Snoddy, Kathy Heatley, Katie Dyhrberg



Bruce & Linda Theriault, Sue Randall



Sandra Pardi, Judy Burton



Lorraine Cragin, Karen, Alling, Dave Collins,
Linda Grant



Marilee Smith, Mike Cormier, Dick Goulet

From the Editor

To those of you that contributed to this edition, thank you so much! Remember, this newsletter is for YOU so let's make it what you want. Please contribute by submitting articles and/or ideas to make this the newsletter you want to read. You can reach me at cpascoe@maine.rr.com or 648 Butternut Lane, Scarborough ME 04074. Thank you, Connie Pascoe, Editor.

***Reminder – the deadline for the Tax Stabilization benefit for Maine residents is December 1st. See our Summer 2022 newsletter for more information.

Important Dates for 2022

2022 Unum Blood Drives:

- 11/15/22 - *If you are willing to help out with the Unum Blood Drives, please contact Kathy Woodbrey at lifter@fairpoint.net*

An Update from Barb Foss

Barb Foss retired from Unum in 2009 after working there for 25 years. She started her employment on the switchboard, then as an administrative assistant in IT. She later obtained ALHC and was a Disability Benefits Specialist, a Settlement Specialist and a Life Insurance Premium Waiver Specialist. Barb submitted the following update:

"My major activity as local Coordinator Council International Education Exchange was very rewarding to oversee the Host and Students from Indonesia and Spain. Another student to arrive soon for this school from Mexico who also will attend Portland High School. The picture says it all.



Part time work for Gravity Payments and Labor Market Samplings for Portland Rehabilitation for various insurance companies was minimal. My passion doing business at Saco Healing Arts Center (and at times on my back deck due to pandemic) continue to be wonderful though I am only beginning again at this time. There I perform Hypnotherapy, Reiki, Kinetic Chain Release that balances the body, evens leg length discrepancies and more; Moxibustion (found by many to be more effective than acupuncture) and Life wave stem cell phototherapy patches distributor and advisor.

And last but not least, I am so proud of Brianna, "Nines" who was sole winner for Doodle for Google for the entire state of Maine. Although she did not place nationally, she has a bright education and future beginning soon. Here is picture at the award. "Berceuse (lullaby)



I care for myself by slowing down, listening to music, and taking a long walk through my town. She finds joy in the mundane, music and art and inspired many."

Karen Linnell has been traveling

Karen Linnell retired from Unum in 2013 after working there for 32 years. Karen submitted the following:

"My husband John and I have been very fortunate to be able to take some very nice trips since we retired - something we very much enjoy. Though we traveled domestically in 2020 we had to postpone our European trip until 2021.

Even so, last year, as we traveled to Innsbruck, the Dolomites and Venice, Covid 19 was still a major part of the landscape. Regulations and restrictions varied by city, country, and airlines and could literally change mid-flight. I kept thinking to myself - **traveling these days is 'not for sissies'.**

This year, prior to our trip to Vienna, with a river cruise along the Danube in eastern Europe and a final destination in Istanbul, things once again were looking challenging. Covid was still very much with us, airports were a mess (we had to go through Heathrow), planeloads of luggage were missing their owners, river levels in Europe were the lowest in years and the Ukraine and its nuclear power plant weren't far away.

But guess what, it was all pretty much smooth sailing. And I do mean sailing! Our river cruise was on AMA Waterways which has a specially designed fleet of boats engineered to navigate the lower river levels.

I would also say that the mood of fellow travelers and all the people we met along the way was generally much more optimistic and relaxed. **So - get back out there! Even if you're a sissy."**



Ann Waecker's trip on the Rocky Mountaineer

I had seen ads for the Rocky Mountaineer where you could see the Canadian Rockies from a train. My husband and I really enjoy taking train trips, but I couldn't understand how to sleep on a train and miss some of the sightseeing. I looked up the Rocky Mountaineer and found out that you are on the train during the day and sleep in hotels at night. You don't miss any views. We contacted our AAA travel agent, and he planned a trip for us. Fly to Vancouver, BC, take the Rocky Mountaineer from there to Calgary, and fly home from there. You can take the Rocky Mountaineer all the way to Montreal, but we were fine just flying home from Calgary.



We went to Vancouver and did a couple of days touring there before the train trip. On train travel days, they'd pick us up at the hotel around 6:30AM so we'd be on board and eating breakfast by 7:30. Since this was in September, and the last train trip of the season our agent got us a free upgrade to the scenic, all windows, second floor car! Nice. We were served gourmet breakfasts and lunches on the train and suppers in town, at the hotel or other restaurants. The food was excellent. We met many others on board, a number of which were celebrating something special like anniversaries, birthdays, etc.



We had a 5-day train tour from Vancouver to Kamloops, to Lake Louise and to Calgary. Highlights of our trip were, of course, the postcard scenery. We saw beautiful mountains as well as canyons and rivers, streams and some plains. And lots of wild animals and birds. We got off the train early enough each day to explore other places on the route. In Banff, we took a gondola ride to the top of Sulphur Mountain (despite its name, it didn't smell) and a helicopter ride over the Rockies.



All in all, we saw beautiful mountain scenery. There was a leg of the train trip where we had to go up across the Continental Divide. The route was actually a circular going in and out of spiral tunnels to get over the Divide. A couple of times, we looked below and saw the other end of the train going into the tunnel! Pretty neat.



Bruce Theriault Visits Utah National Parks

In October of this year, my wife and I visited the five National Parks in Utah (Zion, Bryce Canyon, Capital Reef, Canyon Lands, and Arches). I call this trip, The Good, The Bad, and the Ugly, but I would change the order to have The Good last as it was the best part to describe.

The Bad

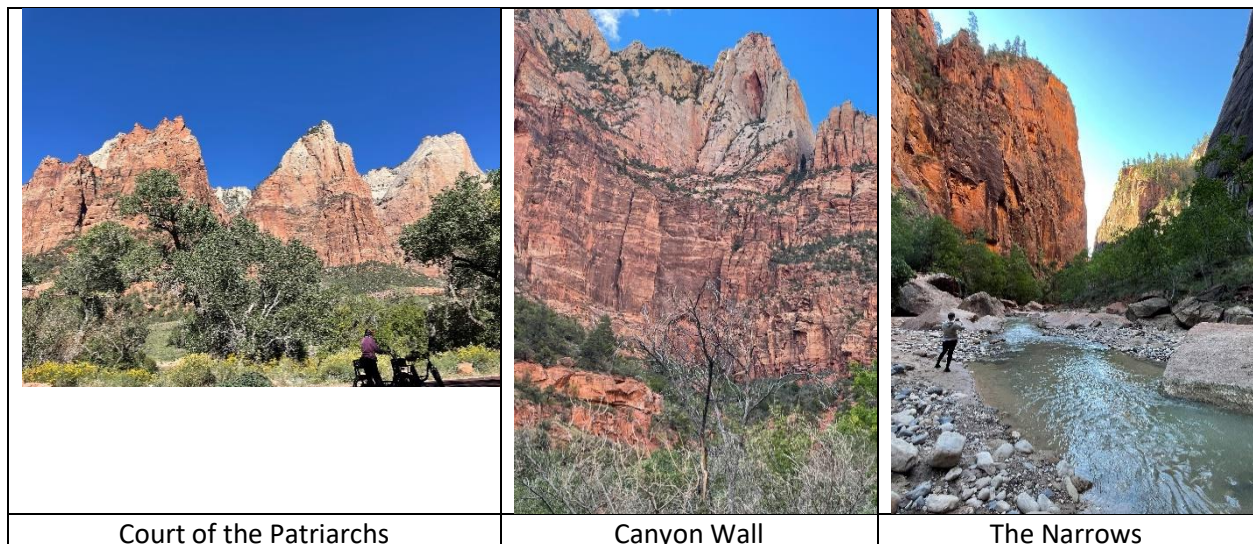
The goal of the trip was to spend 10 days in the parks and then visit friends in Denver. Unfortunately, three days into the trip, our friends called to let us know that one of them had Covid. We ended up canceling the side trip to Denver and rescheduling our flight home.

The Ugly



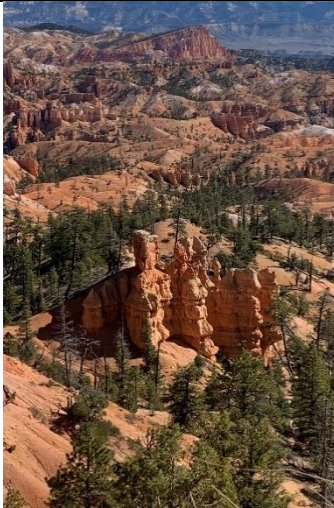
When we planned this trip, I did not consider what the driving between parks would be like. Let me start by saying that I am not afraid of heights, but I am not a fan of driving up the side of a mountain. The drive from Zion National Park to Bryce Canyon National Park included a 2,000-foot elevation change. This included a series of switchbacks to climb from the canyon floor up the mountain and then more winding climbs to get there. Hands clammy, yoga breathing, and stress, but I made it! Of course, I had to do it all over again as we transition to the next park. My wife was a great support in keeping me calm through the mountain rides.

The Good


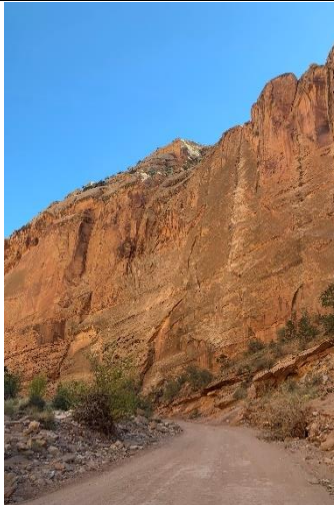

These parks are beautiful. With Zion National Park you enter directly into the canyon floor, with massive walls on either side. There are lots of hikes to take for all capability levels. Knowing we had multiple days of hiking, we decided to stick with the easier hikes and save our legs for the long haul. Zion had a great shuttle bus system, and we started by riding it to get the lay of the land. That helped us plan out our three days there. Day two included eight miles of hiking and enjoying the scenery. On day three we rented e-bikes and rode to the end of the park. From there we hiked to the Narrows, a very popular hike that includes hiking in a river. We skipped the river hike but enjoyed the out and back.





At Bryce Canyon National Park you start at the top, looking into the canyon, a spectacular sight. A hoodoo is a column of weathered rock. Erosion shapes the column. Bryce Canyon has the largest collection of hoodoos in the world. As described above, the ride took a bit out of me, so we spent the first day riding the parks shuttle. On our second day we hiked six and a half miles along the canyon rim. Like Zion, there are lots of trails to hike and many people hike down into the canyon for a different perspective of the hoodoos. Some of the more famous hoodoos are Thor's Hammer and the Queen's Garden.

		
Hoodoos	Hoodos	Queens Garden

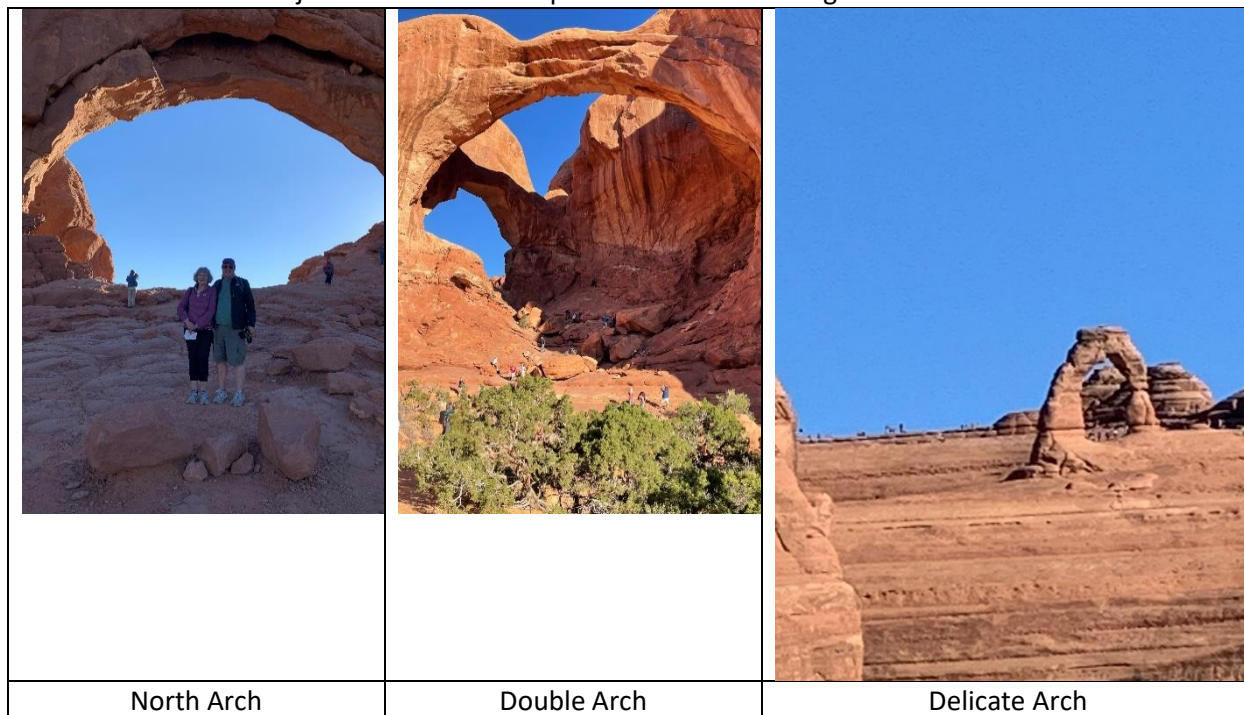
Off to Capital Reef National Park, a less well-known park. While there is no shuttle, there is a wonderful Scenic Drive that shows the variety of the park. At the end of the paved drive, we drove a mile down an unpaved road through the canyon, very cool, ending in a hike along an old dry gulch. On our way to the next park, we discovered a convenience store built right inside a Navaho Sandstone mountain.

		
Mountain Walls	Scenic Road – Dirt Road	Store cut into a mountain

Canyon land is a massive park separated into three parts by rivers that run through it. We visited the portion known as Island in the Sky, a mesa that looked down on the valley below. The Scenic Drive had many turnouts to stop and enjoy the many views of the distant mountains and surrounding valleys.

	
Mesa Arch	Grand View Point

The final park is Arches National Park. An arch is a natural formation where an arch is formed with an opening underneath because of erosion. The Arches National Park has over 2,000 arches located high above on a mesa. That's right, once again, I had to drive a set of switchbacks and mountain climbs. Not as bad as Zion, but come on, when will this end! The park's Scenic Drive enabled us to visit many of the arches, with short hikes from turnoffs along the road. The arches were remarkable with some built into rock formations such as the North and South Arches, the Double Arch where two arches overlap, and the Delicate Arch which just sits out on the top of a hill. Incredible sight!



We enjoyed all the parks, but we both agreed that Arches and Bryce Canyon were our favorites. They had such unique views that were just breathtaking.

Obituaries



SCARBOROUGH – Our wonderful mother, **Mary Theresa (Riley) Morris**, died on Aug. 23, 2022, with loving family members by her side. She was known for her strength, energy, and talents, and we miss her terribly.

Born Nov. 13, 1928, in Portland to James F. Riley and Margaret Alma Riley, Terri grew up in Portland with her five siblings.

In the mid-1940s, Terri and the entire family worked at her parents' seasonal restaurant, Westcustogo Inn in Yarmouth, where she waited on Eleanor Roosevelt, Betty Davis and Gary Merrill, Myrna Loy and other celebrities.

She graduated as salutatorian from St Joseph's Academy in 1945 at the age of 16. She enrolled at Deering High School for an additional year before going on to graduate magna cum laude from St. Joseph's College in 1950.

Terri was a classically trained soprano. She sang in choir at church, soloed at funerals and was hired for weddings and club parties. This led to her having her own radio show, "Time for Terri", at WMTW (1950-1952).

She married John J. Morris, Jr. in 1951 and began raising her family, having 10 children in under 12 years. She was known for walking everywhere, no matter the task—friends would remember her carrying stacks of Angelone’s Pizza nearly two miles as a special treat for her brood. Despite having such a large family and with resources stretched, each child (and eventually grandchild!) was made to feel special, including one-on-one trips to Quebec, Nova Scotia, and special events.

Terri was incredibly active. Her bicycle was her constant companion, and she made several multi-day trips, some encompassing hundreds of miles. She held several records in corporate track while working at UNUM. She ran 10 Beach to Beacon Road races, the last at 90 years old, winning most in her age category.

Terri always pursued her passion for theater through community theater musicals, taking lead roles like Lizzie in “110 in the Shade” or in “The Lion in Winter” (two of her favorites!). She supported other local theater groups, enjoying innumerable performances from Maine to New York.

Terri returned to her academic pursuits in 1984, earning an MS.Ed. in counseling from the University of Maine, and continued her career path at a law firm and G.M. Pollack before retiring to Florida, a lifelong ambition.

Terri was predeceased by her parents; and her five siblings, Carolyn J. Sullivan, R. Anne Redmond, Blanche C. Mack-Davis, Thomas E. Riley, and James M. Riley. She was also predeceased by her daughter, Michelle M. Morris, in 2021.

She is survived by nine of her 10 children, Stephanie A. Morris, Theresa F. Morris and spouse Colin M. Martin, John C. Morris, James P. Morris and spouse Sherry Francis, Patricia E. Morris and spouse Ron Bailyn, Mark J. Morris and spouse Laura, Martin T. Morris, Jeffrey N. Morris and spouse Monica, Robert P. Morris and spouse Lisa. She is also survived by 14 grandchildren; and 11 great-grandchildren; by her sister-in-law, Mary T. Honan, and brother-in-law, John S. Marr Sr.; and many nieces and nephews. A graveside ceremony is planned for Nov. 12 at Pine Grove Cemetery in Falmouth at 11 a.m., followed by a reception at Keeley’s Banquet Center in Portland, 1 to 4 p.m.

The family is grateful to Gosnell Memorial Hospice House for their extraordinary care during Mom’s final days.

Please visit <http://www.AdvantagePortland.com> to sign Terri’s guestbook and leave memories and condolences for the family.

In lieu of flowers, donations may be made to Terri’s favorite charities, including Cystic Fibrosis Foundation, Christopher Reeve Foundation, United Negro College Fund, and American Indian College Fund.



Betty E. Cushman, age 98, of Portland, Maine passed away on Thursday, August 4, 2022. Betty was born August 16, 1923.

A memorial service for Betty will be held Saturday, August 13, 2022, at 10:00 AM at Jones, Rich & Barnes Funeral Home, 199 Woodford St, Portland, Maine 04103. Following the memorial service will be a graveside committal service at 11:15 PM at Forest City Cemetery, 232 Lincoln St., South Portland, ME.

Fond memories and expressions of sympathy may be shared at www.jonesrichandbarnes.com for the Cushman family.

Betty Cyr advised us that Betty Cushman was a member of the retirees' group from the beginning. She retired from UNUM in the late 1980's after more than 40+ years. She served on the Retiree's Board and attended the annual meetings with her best friends Bertha Cadigan and Marge Haugaard whom she now joins in heaven. Betty was one of the founders of Headlighters.



DAYTON – **Ellen “Buttercup” Elizabeth Havu**, 86, passed away at Scarborough Maine Veterans' Homes on August 9, 2022.

She was born in Portland on April 14, 1936, a daughter of the late Richard Hamilton Pelton and Faith Peaslee Pelton.

She attended West Buxton grammar schools where she was known to climb out the library window and head home, graduated from Hollis High School in 1953 and attended Gorham State Teachers College.

She proudly enlisted in 1955 as a Navy WAVE leaving the service in 1957 to marry her childhood sweetheart, Donald Edwin Havu. During this time, she delivered highly classified messages to the Pentagon and was a soloist in the Navy Choir.

She was employed by Blue Cross-Blue Shield in Portland for six years, then becoming a homemaker and raising two daughters. In 1987, she was employed by UNUM for 10 years.

She became a member of the West Buxton Baptist Church at the age of 14. Throughout her many years as a member of the church family, she taught Sunday School, sang in the choir, and held several positions in the church and Ladies Guild. She spent many years as the president of the Hollis Center Public Library Association.

She was predeceased by her beloved husband. They were blessed with 50 years together.

She is survived by her devoted children, E. Melinda Eldridge and significant other, Bill Fisher of West Newfield, Donna Sewell and husband, Tom of Saco, “adopted” daughter, Julie Vickers and husband Richey of Windham, and “adopted” son, Eric French and wife Becca of New Gloucester; treasured grandchildren Emily McLaughlin, Gabriel Reed, Kaitlin and Joshua Sewell; sister, Cynthia Morton; and several nieces and nephews.

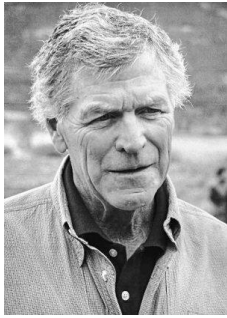
Visiting hours will be held on Sunday August 14 from 2 to 4 p.m. at the West Buxton Baptist Church, 62 Parker Farm Rd., Buxton. A funeral service will immediately follow the visiting hours at 4 p.m. at the church. A graveside service will be held with U.S. Navy Honors at Brooklawn Memorial Park in Portland on Monday August 15 at 10 a.m.

Online condolence messages are available at the Chad E. Poitras Cremation and Funeral Service website, <http://www.mainefuneral.com>

The family would like to extend a special thanks to the staff at Scarborough Maine Veterans' Homes for all the love and care given during the last months of her life.

Her beautiful smile and infectious laugh will be missed by all!

In lieu of flowers, memorial contributions may be made to the West Buxton Baptist Church.



BOSTON, Mass. – **James F. Orr**, formerly of Falmouth, passed away peacefully at home in Boston on March 11, 2022, at the age of 79 from glioblastoma.

Born in 1943 in Minneapolis to James and Ruth Orr, the family moved eastward. Jim graduated from Mountain Lakes High School in New Jersey. He went on to receive a BS degree from Villanova University, where he was an All-American mid-distance runner in track, and leadoff man on a relay team that held several World Records. He received his MBA from Boston University.

Jim had a long, distinguished career. He was President and CEO of Boston-based United Asset Management Corp. He was Chairman and CEO of UNUM Corp. in Portland and was at UNUM for over 15 years. Prior, he had been Exec VP and Treasurer at Connecticut Bank & Trust in Hartford. Jim served on many boards, both public and private. He served on the boards of The Rockefeller Foundation as Chairman, Mellon Financial, Stride-Rite, and Grumman. He served on the Boards of Villanova University, Bates College, Boston Children's Hospital, Harvard School of Public Health, Martin Health Systems in Florida, Massachusetts General Hospital (President's Council), and Maine Health as Chairman.

Jim's interests outside the business world were many. He enjoyed living on an 80-acre farm in Connecticut taking up the equestrian sport of eventing, living on the shores of both Casco Bay and Hutchinson Island, Fla. with boating and golf, and eventually living on Lake Winnepesaukee, N.H., adding hiking as a pastime. He continued to run recreationally and in competitive corporate and senior track events. He enjoyed skiing as a winter activity.

In retirement, Jim rekindled a childhood hobby modeling Lionel trains, renewed an interest in bird and quail hunting, and with his love of classical music took up playing the violin with enthusiasm. Always reading, Jim thrived on discussing thoughts from a vast array of books whether philosophical, historical, political, scientific or just a good old mystery series.

Jim was a loving, supportive husband and father, dedicated to the happiness and well being of his loved ones. His life was framed around a strength of character and purpose, wisdom and perspective, vision and fairness.

He is survived by his wife of 53 years Ann Langreth; daughters Brooke (Anthony Amato) and Sage (Campbell Mastin); and six granddaughters, Alexandra, Maddalena, Ella, Greta, Elin and Finley and two grandsons, Sebastian and Taj.

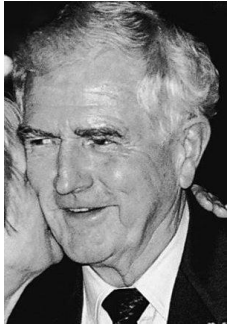
A private family service was held in May 2022, and a Celebration of Life is planned in November in Stuart, Fla. Jim is buried in the Chamberlain Cemetery, Round Pound, Maine.



PORTLAND – **Julia C. "Julie" Martin**, 95, formerly of Wayside Road and The Woods at Canco in Portland, passed away on August 31, 2022, at the Springbrook Center in Westbrook after a period of declining health.

Julie was born in East Sebago, Maine on Nov. 20, 1926, daughter of Carlton D. and Inez (Sanborn) Martin. She attended Sebago elementary schools and graduated from Portland High School in 1943. From 1943 to 1949, she was employed as a secretary at Maine Medical Center. In 1949, Julie joined Union Mutual Life Insurance Company (now UNUM) and served as secretary/administrative assistant to three presidents, retiring in 1985. For many years after her retirement, she volunteered at Maine Medical Center, earning her 500-hour pin.

A private burial will take place at Lakeside Cemetery, North Sebago. Arrangements by Jones, Rich & Barnes Funeral Home.



BRUNSWICK – William Francis “Fran” Brennan, 86, died peacefully Tuesday Oct. 4, 2022 at Midcoast Hospital.

The son of Francis J. and Sarah M. Tansey Brennan, Fran was born in Norwich, N.Y. on Sept. 24, 1936. A high school football, basketball and track athlete, Fran became the first member of his family to attend college, earning a Navy ROTC scholarship to the University of Rochester. He married his college sweetheart, Judith “Judy” Elizabeth Benz, and the two remained happily married until Judy’s unexpected death in 2014.

Fran served as an artillery officer in the United States Marine Corps from 1958-1963, including time stationed in Okinawa, Japan and 29 Palms, Calif., where he and Judy started their family of four children. An avid bowler, Fran bowled a “perfect game” of 300 in 29 Palms. After sending out more than 40 letters upon separating from the Marine Corps, he received one reply with a job offer, and he and Judy set out for Connecticut and the beginning of a long career in the insurance industry.

Fran held numerous leadership roles at Connecticut General Insurance Corporation which became CIGNA, rising to senior vice president. Fran and Judy raised their children on a succession of small farms primarily in North Granby, Conn. After taking a Dale Carnegie sales training course at that time, Fran’s newfound eloquence led to his nickname of the “silver-tongued pig farmer.”

In 1984 Fran moved to Maine to join Union Mutual Insurance Company, where he helped lead the company’s transition to a public company renamed UNUM. At UNUM, Fran led a number of business units and corporate strategy, including making numerous acquisitions and international expansions into the UK, Japan, and Bermuda. Also, while at UNUM, Fran was an outspoken advocate on adult mental health issues, working to remove stigma and create a workplace where employees felt safe to address mental and emotional health challenges. Fran retired in 1995 as an executive vice president, and he and Judy began to spend much of their time on the island of Kauai, where they acquired and operated a hydroponic lettuce farm.

During his 38-year connection to Maine, Fran served as a deacon as well as the treasurer for First Parish Church in Brunswick. He also helped found, and served as deacon, for the Church of the Pacific in Princeville, Kauai, where he was deeply engaged with the creation of their impactful food pantry program. Throughout his life, Fran enjoyed his pursuits as a gentleman farmer and a long-distance runner, completing two marathons and establishing UNUM’s corporate track program, and was inducted into the U.S. Corporate Athletics Association Hall of Fame in 1994.

He was predeceased by his wife, Judy; a son, Dr. Matthew Tyler Brennan; and a sister, Mary Elizabeth Brooker.

He is survived by his sister, Margaret Ann McCarthy of Norwich, N.Y.; son, Seth W. Brennan and his wife, Elizabeth, of Chestnut Hill, Mass., daughters Jennifer Brennan Swindell and her husband, Thomas, of Sagle, Idaho, and Amy Brennan Mohn of Westborough, Mass.; and nine grandchildren.

A memorial service and celebration of life will be held at a later date. Memories and condolences can be shared at <http://www.brackettfh.com>.

Donations in Fran’s memory may be made to Jane’s Team at the First Parish Church, 9 Cleaveland St., Brunswick, ME 04011, and the Kauai Humane Society at kauaihumane.org.



HOLLIS – Mark Ross, 63, of Hollis, died peacefully at the home of his sister on Wednesday, Oct. 12, 2022.

He was born in Portland, June 27, 1959, the son of Warren Ross and Barbara (Adams) Libby. Mark grew up in South Portland and graduated from South Portland High School. He entered the U.S. Army in 1976 and served for three years as a Red Eye Gunner at Fort Carson, Colo. After he left the service, Mark worked at Unum from 1982-1985. He then went to work at the St. John Street Pool Hall where he remained through several owners, spanning over 30 years. Mark truly enjoyed his work.

Mark was a fan of the Patriots and enjoyed boxing, playing poker and MMA fighting.

Mark was predeceased by his father, Warren Ross, his stepfather, Donald Libby' and his sister, Teresa McCutcheon.

He is survived by his mother, Barbara Libby of Brownfield; his sister, Cathy Callen and her husband, Tim, of South Portland, his brothers Dannie Ross of South Paris and David Ross and his wife, Christina, of Sanford, Fla., his half-sister, Casey Connell and her husband, Mick, of Hollis and stepbrothers Fred Libby and his wife, Beth, of Biddeford and Phil Boisjoly and his wife, Michelle, of Saco; several nieces and nephews.

Visiting hours celebrating Mark's life will be held on Wednesday, Oct. 19 from 4 p.m. to 6 p.m. at the Conroy-Tully Walker Funeral Home, 172 State St., Portland, and a memorial service will follow at 6 p.m.

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



Truc Huynh's life work was to return the help his family once received

The Portland High and Bowdoin grad drowned while fishing near Moosehead Lake. He was 40.

Truc Huynh came to Portland in 1989 with only a few clothes and toys given to him by local charities.

He spent his life trying to give back, wanting to return the kindness and care his family received after arriving in Portland from Vietnam.

Huynh made a difference in thousands of people's lives and was always making plans to do more.

He drowned June 18 while fishing on the East Outlet of Moosehead Lake. He was 40.

Huynh and his family arrived in Portland when he was 7. At Reiche Community School, he learned to speak English and play basketball. Trung "Troy" Huynh said his younger brother was a good student, who gave back even then, reading to younger kids.

"Truc was always an outgoing and giving person," his brother said. "Whatever he could give, he did."

Huynh went on to King Middle School and Portland High School, where he thrived in sports and academics. He was a leader on the Bulldogs' football, basketball and baseball teams. After graduating in 2001, he was named a George Mitchell Institute Scholar. In 2005, Huynh graduated from Bowdoin College with a degree in government and legal studies. That same year, he became a U.S. citizen.

His friend Brandon Ferrante, of Falmouth, said one of Huynh's greatest strengths was his ability to connect with people. Ferrante said he met Huynh in the eighth grade at a time when he didn't know anyone.

"Truc was instantly like, 'Hey, what's your name?' In 10 minutes, we're friends," Ferrante said. "Then a few days later we are sleeping over at each other's houses. It's pretty wild how he could build relationships so quickly and stay grounded. He was an incredible person. He was the brightest of spirits."

Huynh, who came to be well known in Portland, was anchored by a group of close-knit childhood friends.

He and Richard Dorney, of Lisbon, played basketball together at Portland High. They lived together in Portland for almost eight years and spent time together in the outdoors, camping, canoeing and talking by the fire. Dorney said Huynh was a rock for his friends and family.

"He was the one people went to for advice. I know I did plenty of times," Dorney said. "He was just very excited to help somebody or do something for someone else. He always made time for his friends. He always made time for his family. He was a devout family man. I was blessed to be part of his family."

Huynh was one of six children of Ngoc and Phu Huynh. His father was a line worker for Barber Foods and his mother was a housekeeper. Huynh was inspired by his parents to give back to the community that had helped his family so much when they first came to Portland.

In high school, he volunteered for Big Brothers Big Sisters, the United Way and American Red Cross – all while juggling honors courses, varsity sports and school leadership posts.

On most of his birthdays, Huynh asked people to join him serving meals at the Preble Street soup kitchen. He was a dedicated supporter of Camp Susan Curtis, dedicated to building self-confidence and a sense of belonging in children from low-income families, and Wayside Food Programs, whose mission is hunger relief. Last year, Huynh launched a new fundraiser, Fishing Across Maine, and raised \$13,000 for Wayside.

"Today our community is mourning a great loss," said a statement on Wayside's Facebook page. "Truc was a pillar and a force for positive change in our community. He loved his family, his friends, doing good for others, and this beautiful place that he called home. And he really loved fishing. ... We will never forget his energy, positive spirit and all that he has accomplished."

Huynh worked at Unum as a benefits consultant for about 15 years after college. In 2020, he left Unum for job at Guardian, and joined YuLife in February.

In 2013, Huynh helped his family open a restaurant, Phoeve Maine Vietnamese Bar & Grill in Westbrook. He went on to help operate it. His brother said he was the face behind the restaurant and its driving force. According to the obituary prepared by his family and friends, he loved to cook and share his Vietnamese culture with others.

"The idea of having the restaurant was all about his siblings," said his brother. "It's all about having a place for them to work, having a place for them to gather and be connected and stick together as a family."

In 2019, Huynh and Nate Cutting, a friend, completed a 400-mile bicycle trek across Maine to raise funds for five nonprofits that had helped him and his family: the Mitchell Institute, the Susan L. Curtis Foundation, the Greater Portland Immigrant Welcome Center, the Community Bicycle Center and Jobs for Maine Graduates. At the time of the trek, Huynh said he raised \$16,000 from business partners, friends and family. Along the way, he met many Mainers and shared his story.

“For Truc, he felt like Mainers have a lot more in common maybe than they realize,” Cutting said. “Truc wanted to hear the stories of other people and share his story because he genuinely believed we are one community.”

In 2018, the friends participated in the Trek Across Maine, a 100-mile bike ride fundraiser for the American Lung Association.

To celebrate his most recent birthday, Huynh brought a group of friends to the Apex Youth Connection, a bike shop in Biddeford run by teens.

Cutting said Huynh was committed to doing his best in all aspects of his life.

“Truc inspired me to do what I could to create opportunities to give back in the way that the world had nurtured me,” Cutting said. “He was always pushing me to achieve more and raise my aspirations for myself.”

For about six years, Huynh had a camp in St. Albans, where he enjoyed boating and fishing. His brother said he loved having family and friends up to his camp.

On the day he died, Huynh was fishing with a friend on the East Outlet, which flows out of Moosehead Lake and into the Kennebec River. They decided to fish in another spot on the river and encountered whitewater rapids, which overturned their boat, throwing both men into the water. Huynh’s brother said he wasn’t wearing a life jacket and was wearing waders. He was swept under by the current and never resurfaced.

His brother expressed gratitude for the swift actions of Maine Game Wardens, who found and recovered Huynh’s body.

“I’m glad his last moment was doing what he loved most ... being in nature,” his brother said. “Truc lived life to the utmost. He made the most of his time. He made the most of his energy. He made the most of everything he did.”

The family held a visitation with a Buddhist ceremony on Friday at A.T. Hutchins Funeral Home in Portland. His services at the funeral home will continue from 9-11 a.m. Saturday. A celebration of Huynh’s life will be held at a later date.