



Words from the Chair

By Roger Rioux

Our annual meeting was held on October 24 at the Elks Club with about 50 members attending. We have over 650 members on our mailing list. Unum continues to support us financially, which helps fund the two picnics and reduce member cost for the annual meeting luncheon.

The existing board was re-elected for next year. The board consists of:

Roger Rioux – Chairman – rrioux@maine.rr.com

Bob Wooten – 2nd Chair - rwooten1@maine.rr.com

Leo Lamoureux – Communications Coordinator - leonlam@roadrunner.com

Ann Waecker – Secretary - awaecker@gmail.com

Kathy Woodbrey – Treasurer - lifter@fairpoint.net

Beverly Dahms – Volunteer Coordinator - BDahms1@maine.rr.com

Linda Robichaud – Picnic Coordinator - lindarobo49@gmail.com

Connie Pascoe – Newsletter Editor, Blood Drive Coordinator – cpascoe@maine.rr.com

Bruce Theriault – Membership Coordinator - mainebt@roadrunner.com

Kevin Huber – Member At Large - krhfishhiker@gmail.com

Lisa Latno - Member At Large - llatno@outlook.com

Please refer any friends who worked at Unum to our website for details about how to become a member: unumretirees.org.

The Southern Maine Agency on Aging (SMAA) presented an overview of the agency.

Mission

The Southern Maine Agency on Aging is the focal point in Cumberland and York counties for resources, services, and information to empower older adults, adults with disabilities, and their caregivers to live to their fullest potential.

Programs

Adult daycare at the Sam L. Cohen Center in Biddeford, family caregiver services and support, nutrition through Meals on Wheels, support for Medicare enrollment, community resources for transportation, housing, benefit screenings, and much more. There are also wellness programs to enhance stress management, physical activity, and overall wellness for older clients.

Volunteers

SMAA has 400+ volunteers working on Meals on Wheels, Phone Pals, Age Well class instructors, Medicare counseling, Money Minders, and adult Day Program.

If you have time to give, please contact SMAA to volunteer.

The agency can be contacted at:
Southern Maine Agency on Aging
Sam L. Cohen Center
30 Barra Road
Biddeford, ME 04005
www.smaaa.org
info@smaaa.org
Toll-free: 1.800.427.7411
Local: 207.396.6500

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

Bob Mitchell – Eastern Trail Alliance
Tricia Walsh – Good Shepard Food Bank
Rebecca Snoddy – American Cancer Society/Melanoma
Bertha Gardner – Preble Street Resource Center
Leo Lamoureux – Waypoint Sanford



Check-in



Gary Akovenko, Caren Beety, Bertha Gardiner,
Karen Witham



Al & Sandy Utterstrom, Barbara Bryant



Bette Robicheaw, Sylvia Parks, Darlene Junkins,
Beth Reny, Linda Stevens



Lisa Latno, Marilee Smith, Beth Jackson,
Julie Martin



Sandra Small, Karen Alling, Linda & Dale Grant



Marc Boissonneault, Bob Wooten,
Dick Goulet, Bob Mitchell



Tricia Walsh, Greg Dumas, Nancy Durnam



Adele Edelman, Mary Hadlock, Roger Rioux



Janet Palmer, Rebecca Snoddy, Diane Jamieson,
Vicky Roberts, Theresa Jackson

From the Editor

This issue contains quite a variety of topics. Thank you to everyone who contributed. And as you've heard my request before, please send articles, pictures, or feedback to me at cpascoe@maine.rr.com.

In this issue you will see information about volunteering. I'm hoping we can continue to make others aware of volunteer opportunities; it would be great if some of you that are volunteering will do a write up about your volunteering experiences. And I will try to continue adding different organizations that are continuously looking for volunteers.

Important Dates for 2024

2024 Unum Blood Drives

November 19

Note - If you are willing to help out with the Unum Blood Drives, please contact Connie Pascoe at cpascoe@maine.rr.com

Membership

By Bruce Theriault

Our current membership is 650 members. This includes 39 new members, 36 changes, and 10 drops over the year. The changes mean that you are keeping us up to date with your address, phone and email address changes. That makes it possible to keep in touch with you

Keep up the good work on getting the word out to our fellow retirees, especially those who have not heard of us! Remember, your word is how new and old retirees hear of us.

Unum Retirees volunteer report for 2024

By Beverly J. Dahms

The Unum Retirees membership was asked to provide the Board with an estimate of the number of hours and types of activities that they volunteered for during the past year. We are very happy to report that we received responses from 27 of our members and the number of volunteer hours reported was 5,292. I am sure there are many more volunteer hours that have not been reported.

Our members were very busy helping in their local communities. Several members have volunteered at hospitals, churches, animal shelters, schools, colleges, libraries, municipalities, fire departments, museums, senior citizen activities, nursing homes, hospice, historical societies, local arts and theaters, many children's organizations, several land trusts, many political parties and food pantries.

Some examples of the non-profits supported by our members:

- Partners for World Health
- Mid Coast Hunger Prevention
- Portland Wheelers
- Southern Maine Agency on Aging
- Pine Tree Council, Scouting America (formerly the Boy Scouts of America)
- American Red Cross
- Habitat for Humanity
- Engineers without Borders
- Beach to Beacon
- Maine Senior Games
- Big Brothers and Big Sisters

Again, thank you all for supporting our communities and local non-profits with your many hours of volunteering. Keep up the good work!!

Get to Know Your Fellow Retirees

Lisa Latno

I retired in April 2023 after working at Unum from Nov 1979 to Nov 2018 - 39 YEARS!!

Life after work... Aka retirement. It makes you wonder HOW you had the time to work the 50-60-hour work weeks and still do everything you needed to do in life. I love being retired. I enjoy my leisurely cup of coffee in the morning, usually followed by a 3-mile walk with my sister (also retired) and her dog.

Being retired has allowed me to actually continue with several passions I was able to participate in while working which include volunteering in the community. Being a Unum Retiree I learned about the Portland Historical Docent Program (PHD for short) and am proud to say I graduated from this 11-week program this year which included tours of 11 greater Portland Historical sites and multiple lectures from historians and tour guide experts. As a participant in this program, you are asked to dedicate a season of volunteering to 1 (or more) of the participating historic sites and I choose 2. I grew up in Portland; yes, I am an actual "Mainer" - born here and all but 1 year of my life so far, have lived here. So, when I toured the Portland Observatory (which of course I had seen many times and always thought, I should go inside there sometime) I fell in love with the history behind the building and the surrounding history connected to Portland. I have spent many volunteers shifts this season at the Observatory sharing my 'new' knowledge of this historic site with visitors from all over this country and the world, as well as people like me who grew up in this area but had never taken the time to go up. In addition to being a docent at the Observatory I was honored to also spend time as a volunteer Docent out on Peaks Island supporting the Maine 5th regiment Museum which is rich in Civil war history as well as several other very interesting exhibits within the building.

Being retired has also allowed me to spend time with my now almost 1 year old grandson Lucas. Being a Mimi is the best thing evah!! For anyone who knew me at work and saw pictures of Roman on my desk. You would know Lucas is his son!

Besides volunteering I spend hours working on my house (lovingly referred to as the Hobbit/ Fairie house) and gardens, bowl in a women's league, trail walk and hike and have attempted to play golf, but I am not sure what I do can be called 'golf'! I have done some traveling and look forward to doing much more!

I am a longgggg time member of the Unum Track and Field team and proud to say I currently hold 7 Unum Veteran Women's records and encourage anyone interested in getting involved in track to talk to me!!

Kevin Huber

I retired in March 2022 after working at Unum for 36 years.

I am really enjoying life after retirement. I now travel regularly with my girlfriend - this year we have traveled to the Caribbean, Norway, Northern Scotland, taken a Mediterranean Sea cruise, and we will take a bike trip from Maryland to Pittsburgh in late October. As for volunteering, I enjoy tutoring students at Portland High School twice a week and I am a certified mentor for SCORE which offers free counseling and resources to those that are interested in starting or growing a small business. I also enjoy music, hanging out with friends and family, and watching sports.

I am looking forward to connecting more with people that I worked with in my 36-year career at Unum.

Claire Sutton

I retired on August 7, 2015, after working at Unum one month shy of 36 years.

I started out saying 'yes' whenever I was asked to go someplace or help someone or do more volunteer shifts. I began to wonder when 'my' time was coming. Well, the pandemic took care of that and now I still volunteer but not as much.

I was taking care of my mother with my siblings before she passed and while cleaning out her 'stuff' I decided to challenge myself and took some of the kits she had and attempted to make them. Her training helped me get through them all. My siblings and some of my nieces are enjoying these animals today.

I also tried my hand at the Arumugam Star Wars characters which are crocheted and my niece enjoyed receiving. I stay busy and enjoy spending time with family and friends.



A Blast From the Past



Front row: John Budkiewicz, Jay Imler, Jeannie Gribbin, Cynthia Archibald
Back row: Randy Paige, Deb Pierce, Sue Mooney, Diane True, Dan Bouchard, Tim O'Brien, Glen Nason, Keith Sawyer

Volunteer Options

By Connie Pascoe

One of the missions of the Unum Retiree Group is promoting volunteerism. Post retirement is the perfect time for volunteering. A few of the benefits include keeping active, being involved for a good cause, interacting with people. And so many agencies need volunteers. I know many of you already are involved with some type of volunteering; thank you! We thought it would be helpful to share some of the organizations needing help in case you have more time or haven't yet determined where you might be of service. This list is just a start. I encourage you; if the organization you're involved with isn't listed, please consider doing a write-up for a future newsletter. Or make me aware and I can add your organization to our list for republishing in a future issue. Thank you!

In addition, there are two websites that provide volunteering options: volunteermaine.gov and www.unitedway.org/find-your-united-way.

American Red Cross – volunteers provide 90% of the work done by the Red Cross, including:

- Blood Donor Ambassadors – welcoming & checking in donors, and providing canteen support once the donor has completed their donation
- Disaster Action Team – providing support to the public after a disaster
- Duty Officer – dispatching the disaster action team members to a disaster (call from home)
- Home Fire Campaign – installing smoke detectors in peoples' homes

For more information, go to their website; <http://redcross.org/volunteer>

Hospice of Southern Maine – after attending a 30-hour training program, volunteers can:

- Provide companionship and emotional support for patients, caregivers, and families
- Assist with errands, light household chores or light meal preparation
- Bedside companionship for patients alone in their final hours

Hospice also has volunteers that perform office functions for the staff and/or assist with special events.

For more information, go to their website; hospiceofsouthernmaine.org/volunteer or call 207-289-3581.

Independent Seniors Network – a local network of volunteers who assist older adults so they can continue to live in their own homes. The volunteers provide various services:

- Transportation/car rides
- Personal errands (for example, grocery shopping)
- Technical/computer assistance
- Yard work
- Light repair work
- Home visits/companionship/friendly phone calls

For more information, go to their website; www.independentseniorsnetwork.org or call 207-370-1896.

Dempsey Center – help to make life better for people impacted by cancer. Volunteers participate with:

- Client Orientations
- Administrative Support
- Events
- Support Group Co-Facilitation
- Community Gardens
- Clayton's House in Portland

For more information, go to their website; DempseyCenter.org

Make-A-Wish Maine – create life-changing wishes for children with critical illnesses:

- Wish Granter
- Intern Volunteer
- Event Volunteer
- Fundraising Volunteer
- Office Volunteer

For more information, go to their website; wish.org/maine or contact Annie Cavallaro at 207-221-2306.

Catholic Charities - empowering and strengthening individuals and families of all faiths. With 400+ professionals and 500+ volunteers, more than 55,000 individuals were helped last year. The volunteers assist with their services including:

- Behavioral health for both children and adults
- Child development services
- Senior services
- Community outreach
- Parish social ministry
- Thrift Stores – shop, donate or volunteer
- Knitters – donate homemade hats, mittens and scarfs

For more information, go to their website; www.ccmaine.org or contact Kelly Day at 207-523-1152 (extension 2152)

The Portland History Collaborative

By Paul Fields and Marjorie Getz

Does the history of Portland interest you? Do you enjoy meeting people from all over Maine, the U.S., and the world?

This winter for the 30th year, people interested in volunteering have a unique opportunity to do something fun for themselves and good for the community. Starting in late February, the Portland History Collaborative will again host a program of 11 classes on local history, art, and architecture...as well as guiding techniques and all aspects of volunteering at their sites.

The program is called Portland History Docents (“PHD”), and it’s designed to produce volunteer guides for 11 (truly diverse!) historic sites including Spring Point Ledge Lighthouse, the Portland Observatory, Victoria Mansion, Maine Narrow Gauge Railroad, Tate House, 3 historic cemeteries (Eastern, Western, and Evergreen), Longfellow House, Maine Irish Heritage Center, and the 5th Maine Regiment Civil War Museum.

I (Marjorie) have been running the program on behalf of the Portland History Collaborative for the past 14 years. I do so as a volunteer.... because I’m a 2001 graduate of the program myself, and that 11-week-program that I participated in all those years ago has led to so many fabulous experiences and new friends. In fact, Paul and I didn’t know each other at UNUM----we became friends at the PHD program.

The lecturers are tops in their fields. They include people such as Earle Shettleworth, Maine Historian; Libby Bischof, Executive Director of the Osher Map Library and Museum, and many others.

I don’t know of anyone who has taken the program who didn’t come away without their own unique experiences. Last fall Paul and I were talking about this, which is why we decided to write this article. I’m going to turn the keyboard over to him!

Thanks Marjorie. I came to the PHD program after a number of false starts trying to figure out my post-retirement plans on my own. I had a vague idea that I was going to be involved in some sort of volunteer work, but I knew there would be plenty of time and resources after my retirement to figure that out. I had the bad luck to retire three months before the COVID epidemic hit and while I was able to keep busy during the worst of the lockdowns, this was a delay in figuring out where and how I would volunteer.

While we were in lockdown, I researched the variety of volunteer options in the Portland area. I was overwhelmed with the scope of nonprofits that needed volunteer help, and it was difficult to navigate all the possibilities from hospitals (then closed to volunteers) to literacy programs, animal welfare, hospice services and historic sites. I have always had an interest in local history but my career and experience in accounting and finance didn't really seem to indicate that I had any particular talents that would help in being a tour guide. In my research, I came across the PHD program which reopened in 2022, and I decided to give this a try.

I still wasn't quite sure that being a tour guide would be for me, but I signed up (maybe I just wanted a PHD after my name) and attended the first class. Everyone in attendance was trying to do the same thing as I was – find a place that would be a good fit. The program consisted of visits to 11 historic sites involving ferry and train rides, historic homes, museums, cemeteries, a signal tower and a lighthouse. There was a lot to see but Marjorie had everything planned and it came off without a hitch. We also had lectures about Portland history and what is involved in being a tour guide.

After visiting all the wonderful sites, I had to narrow down the choices. Finally, I decided (after some prompting by the Executive Director) to volunteer at the Tate House Museum, a colonial historic home in Stroudwater. The staff and volunteers at the Tate House were very welcoming and allowed me to shadow other tour guides for as long as I wanted. I also learned that there are other volunteer needs at the Tate House, even if you don't want to be a guide. When I was ready, I gave my first tour and found that I really enjoyed interacting with the public and talking about history and the Tate House. My first tours were not very polished, but I got a little better over time. I also contribute my time as the Treasurer of the Tate House (so accountants are needed after all!).

For me, the PHD program was a rewarding experience which helped to clarify my choices. Volunteering, either at a historic site or one of the many deserving nonprofits, is a very rewarding experience and I would encourage UNUM retirees to give this program a try.

Graduates of the program are asked to commit about 6 hours a month for one season as guides at one of the historic organizations sponsoring the program. The place is your choice of course!!! And we hope that like Paul and me, you find it so rewarding that you stay around for years to come!

Classes are on Thursday mornings, 9:00 to noon. Classes begin on February 24 and conclude with a fun graduation on May 8. The cost is \$50 for the entire program, which includes visits to all the sites.

More information is available at our web site, www.portlandhistorydocents.org. Or contact me (Marjorie) at 781-4502 or at bates76@aol.com. I'm always happy to talk about the PHD program!!!!



Activities in Maine

By Bruce Theriault

A few newsletters back I challenged you to write articles about the different activities you have been doing in Maine. I thought I would tell you about some of the things we did this last year.

Maine is a great place to enjoy the great outdoors, and we had great plans to get out to hike, bike, and kayak this past summer. We didn't do as much as we planned due to the high humidity and hot summer. I have a mild case of asthma and really felt it this summer. But we did get out when we could. Though limited, we did get out for a bike ride on the Eastern Trail. This is a great set of trails starting in South Portland and ending in Kittery. We did the section between Eastern Road in Scarborough and Thorton Academy in Saco. This is my favorite stretch as it goes through the Scarborough Marsh. The Presumpscot Regional Land Trust issued a hike challenge this summer. It covered two of their trails and required locating six interesting spots along the trail. A great way to get people to go hiking! We hadn't done these trails before and enjoyed the hikes. Hiking does not have to be limited to the summer. We enjoy walks on the beach year-round, and you can walk long distances on a flat surface. Weather permitting, this has become a Christmas morning tradition for us. Snowshoeing is also a great way to take a winter hike. Along with trail blazing through the woods, there are multiple farms in the state that have groomed trails you can enjoy. We live on the Saco River and enjoy getting out for a nice kayaking paddle on the river. We got out several times and had some great paddles. Along with the Saco River, we also paddled a section of the Presumpscot River in Westbrook and looped around the Biddeford Pool in Biddeford. Our peak paddling experience, this year, was doing a moonlight canoe paddle on the Scarborough Marsh put on by the Maine Audubon. Bill Dunn, another retiree, was one of the guides.



Presumpscot Paddle



Scarborough Marsh Moonlight Canoe Paddle

In a past issue I told you about the Down East Sculpture Trail. Over the past few years, we have found 23 of the 34 sculptures. This summer we visited the remaining 11 sculptures starting in Winter Harbor and ending in Calais. It was great to find them and complete this journey. The other great adventure we enjoy is visiting the many lighthouses around the state. This summer we went to the Pemaquid Point Lighthouse. In September there is Maine Lighthouse Day, a fun way to see lighthouses which are not always open to the public.



The Gate in Gouldboro



Connection in Jonesport



Pemaquid Point Lighthouse

Each summer, my sons and I go deep sea fishing. We have a friend who owns a charter fishing business, and he takes us out for a day of fishing. We have gone out for ground fishing as well as shark fishing. This year we stayed closer to the shore and went stripper fishing. The limits imposed on what you can keep meant we could only keep one fish, but adventure is our main goal, and we had a great time.



My Son Sean



My Son Adam



Me

Maine is a great place for Farmers Markets, Festivals and Fairs. We visited the Farmers Markets in both Gorham and Scarborough. Fresh vegetables, breads, cookies, and crafts make them a fun visit. I found a mushroom guy in Scarborough and have had a great time cooking the variety of mushrooms he grows and forages for. Our only festival this year was the Seafood and Salmon Festival in Eastport. It is a small festival with some great food. Over the weekend we had lobster, crab, and of course salmon. We also took a boat ride out to the salmon pens where the farm raised salmon are raised. Each year we try to attend a festival or two. A harvest fair is also a must to attend. We did the Common Ground Fair and the Fryeburg Fair. Talk about contrasting events. The Common Ground Fair is known as a “granola” fair while the Fryeburg Fair is a huge fair with all the trimmings.

Christmas is a special time in Maine. Seasonal plays are run throughout the state. The Nutcracker is a fun ballet for the family, church fairs, the Portland Symphony Orchestra’s Magic of Christmas concert, and the Kennebunk Prelude are a few of the events we enjoy. Then there are the Christmas lights. Driving around to see what people have for displays is then followed by the displays done by different towns. Westbrook’s downtown holiday light display, and Nubble Light in York are great sights. Then there are the big displays, such as the one at the Cumberland Fair Grounds and Gardens Aglow at the Maine Botanical Gardens in Boothbay are both spectacular!



Gardens Aglow



Gardens Aglow



Nubble Light in York

Maine is awesome for the arts! Throughout the summer we went to “Concerts in the Park” in Gorham, Westbrook, Scarborough, and York. We also attended the concert Julia Gagnon, from American Idol, gave at Merrill Auditorium. Then there is the Portland Symphony Orchestra (PSO). We really enjoy the POPS series as well as the Discovery series for the kids (grandson experience). We recently went to the PSO concert with Yo-Yo Ma. Along with music, we love going to plays. Ogunquit Playhouse and Portland Stage are our favorite venues. Over the years we have seen some great productions and recently saw “Little Shop of Horrors” followed by a nice dinner in Ogunquit.

As you can see, there are so many things to do in our great state. We have only scratched the surface of the things available to us and look forward to many more adventures. Retirement gives us lots of time to fill and with all that is out there to do in Maine, there is no reason to be bored or have nothing to do! So, get out there and experience everything the state has to offer and then share your experiences with the rest of us.

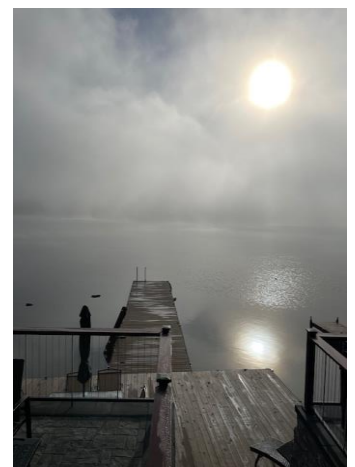
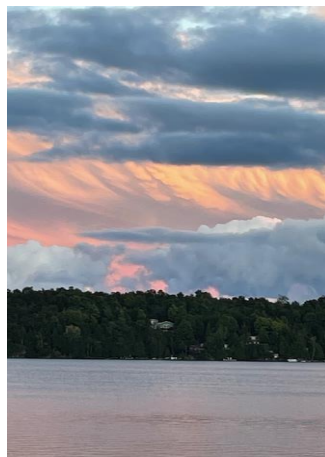
Back at the Lake

By Connie Pascoe

In September, I went back to Sylvia Lake, located just southwest of the Adirondack Park in upstate New York. I started going to Sylvia 62 years ago when my father surprised us by renting a camp there for the entire summer. We actually rented that camp for 2 summers and then he surprised us again by purchasing our own camp which we owned for 6 years. Then when I was older and out working, I would take vacation the first 2 weeks of August and rented another camp at Sylvia. I did that for 12 years. So, you see, I have a lot of history at that lake. I've always said my best childhood memories were from summers there. The carefree life of a kid at the lake; swimming, canoeing, boating, jumping off high rocks into the lake, king of the raft, neighborhood cookouts, long walks in the woods...every day an adventure.

It had been quite a while since I had been back and then unexpectedly, an opening came up at a brand-new camp. I jumped on it! Coincidentally it was available on my birthday. I rented it for 10 glorious days. The camp was great, but the best part was outside. There was a 3-level deck with a perfect view of a good portion of the lake. I spent the majority of my time outside. I had a number of day guests join me with everyone enjoying the beautiful view. I sometimes found myself just watching the water, caught up with memories.

I had such a great time that I have reserved the same camp for next year, for two weeks. I can't wait!



Visit to Dallas/Fort Worth

By Thomas Bore

On July 22 I flew to Dallas/Fort Worth for a 4-day trip to visit the new ballpark of the Texas Rangers and to visit the book depository in Dallas, the site where JFK was assassinated on Nov 22, 1963. This had been on my bucket list for years.

The new Globe Life Field in Arlington is a nice ballpark. I was able to attend 3 games vs the Chicago White Sox with great seats behind home plate. Now I only have 4 ballparks left to visit. I also toured the home of the Dallas Cowboys, a fantastic stadium. Got to go into the press box and into the Cowboys

locker room. Unable to go onto the field since it had been removed as they were setting up for a two-night country concert.

Took an Uber into Dallas to tour the Texas School Book depository building and saw the site where Lee Harvey Oswald was hidden before he shot the president. This brought back a lot of memories. I walked around Dealey Plaza after, which is now a National Historic Landmark. I had lunch downtown and walked around before visiting Reunion Tower for views of Dallas.

It was my first visit to the Dallas area, and I enjoyed it very much. Also got to see my cousin who lives near Arlington and have dinner with his wife and kids who I haven't seen in several years. It was a short 4-day trip, but it was well worth it. Next trip will be Oct 31 to Nashville for a quick 4 days.



North to Alaska

By Beverly Dahms

I had the great pleasure of traveling to Alaska on a cruise with family and friends in August. First, we left Portland Jetport on time and landed in Charlotte in the aftermath of Hurricane Debbie! Several flights had been cancelled or delayed along with our flight to Vancouver. After a few gate and plane changes we were able to take off and landed in Vancouver at midnight. I was able to see a shooting star and a lightning storm in the distance.

We boarded our cruise ship, and the adventure began. We were awoken by the Captain to let us know that there were Orcas on the starboard side, amazing. In Juneau I was able to get to a Quilt Shop, what fun. We went on a culinary experience and whale watch in Auke Bay. We saw eagles, parts of the Mendenhall Glacier, porpoises, sea lions, whales and had some local cuisine on the boat.

At Icy Stait Point we went on the Spassky River Bear Search, only saw one off in the distance, but did see the salmon spawning. My daughter-in-law wanted to do the Zip Line so, up we went to the World's Largest Zip Rider 1,330 feet, it two gondolas to get to the top of the mountain. Absolutely amazing, there were 6 lines, and we were down in 90 seconds! Had a great day in Sitka! In Skagway we took a 2

1/2 train ride on the White Pass & Yukon Route. Beautiful, 2,888 up, crossed into the Canada and back down, saw the Bridal Veil Falls, Gold Rush Cemetery and the Trail of 98. Klondike Mike, our tour guide, was the best. Back to town and we panned for gold, had a presentation by a musher and were able to hold two Husky puppies, Gronk and Brady, (the musher was from Dexter, Maine).

Got to the Hubbard Glacier, the ship did a 360 for an hour so that everyone could enjoy the view of the glacier and the mountains from their balconies. Our final stop was in Seward, from there we headed to Anchorage for our flight home, beautiful scenic route and saw the landscape, swans and some muskox. Took the red eye home.

If going to Alaska is on your bucket list, go!

Marathons in Berlin

By Alice Mains

My son (Brian Hannon) and I just got back from Berlin Germany. He completed the Berlin marathon, and I did my first ever 5K.



Obituaries



From the Portland Press Herald, September 6, 2024

PORTLAND – **Julia Anne Jacobson**, 63, eldest daughter of Phillip and Jane Jacobson, sadly left us on May 6, 2024.

Julie grew up in Vienna, Va. until the age of 9 when her family relocated to Sebago Lake. Even at an early age, Julia was very protective of her siblings- Chuck, Karen, Scott and John.

She graduated from Bonny Eagle H.S. Her career with Unum (Union Mutual) and Lincoln Financial, for 23 years included being a Senior Project Manager in both the financial and systems arenas.

Julie was known and will be remembered for her open-door policy at her home. Her whole family and many friends would gather on weekends and holidays. She went all out to make sure everyone was

taken care of. Family was her life, especially her special bond she shared with her father. This included automotive care and the rationale behind it.

Julie was predeceased by her father, Phillip Jacobson.

Julie is survived by her mother, Jane Jacobson; two sons, Michael (Katie) Wolstenhulme, Jeffrey (Danielle) Wolstenhulme; three brothers, Chuck (Michelle) Jacobson, Scott (Belinda) Jacobson, John (Jennifer) Jacobson, one sister, Karen (Edward) Flaherty III; and many grandchildren; nieces and nephews. She will be deeply missed by all who knew and loved her.

A Mass will be celebrated in memory of Julie on Friday, Sept. 20, at 11 a.m. at St. Pius X Church, 492 Ocean Ave., Portland.

In lieu of flowers donations in Julie's memory can be made to St. Jude Children's Research Hospital.



From the Portland Press Herald, September 8, 2024

SOUTH PORTLAND – **Marie Ann Ross**, 85, went to be with her Lord early Tuesday morning, July 30, 2024. Marie was born in Monticello to Leland and Louise Ross. She was raised in Augusta where she graduated from Cony High School.

Marie attended Westbrook College in Portland. She worked at the Maine State House in Augusta, Shaw's and eventually at UNUM as a Benefits Representative. In 1970, she moved her young family to Portland where she enjoyed volunteering at her children's schools, serving on the South Portland Church of the Nazarene executive board and teaching Sunday school.

It was at the Church of the Nazarene where Marie spent most of her free time, worshipping and singing with family and friends. She would eventually meet her husband, the late Rev. Stanley L. Ross at the SPCN and together they built and grew the Saco Church of the Nazarene. After briefly retiring to Alton, N.H., Marie and Stan moved to Loudon, N.H. where they ran senior ministries for the Loudon Church of the Nazarene before eventually moving back to Maine. Marie was honored to be a pastor's wife and a service to others.

Marie found so much joy being with her family and friends. She attended countless ball games, ceremonies, birthday parties, dance and theatre performances to cheer on her children and grandchildren. She loved holiday gatherings as well as quiet visits throughout the year. Marie was a great friend who was blessed to have life-long friends and continued to make new friends wherever she lived. Marie had a caring heart and was always willing to help others whether it was giving the neighbor boy a ride, helping a struggling family with laundry and groceries or to just listen and pray for you.

Marie was predeceased by her parents; and older sister, Cleo Ross, as well as her brothers Richard and Wayne Ross; and her husband, Stan.

Marie leaves behind her son, Vinton A. Savage III of Saco, her daughter, Holly (Dan) Walsh also of Saco and her daughter Heidi (Steve) Knepper of Andover, Mass. She was a loving "Mimi" to her grandchildren, Sarah, Shannon (Rich), Sam, Cory, Tyler, Stephanie (Chad), Dylan (Saige); and great-grandchildren, Jordan, Maddie, Emma, Kaiden and Chloe. She is also survived by her sisters-in-law May Coffin, Betsy Ross, and many nieces and nephews.

Marie and her family would like to thank their many friends at the Betsy Ross House, Southern Maine Hospice and the Gosnell Memorial Hospice House.

A celebration of Marie's life will be held at 11 a.m. on Saturday, Sept. 21, at the South Portland Church of the Nazarene.

In lieu of flowers, donations can be made to:

The South Portland Church of the Nazarene or Hospice of Southern Maine



From the Portland Press Herald, September 11, 2024

CARLSBAD, Calif. – **Angela Marie Linehan**, 47, formerly of South Portland, passed away on Sept. 2, 2024.

Angela was born on July 11, 1977, in Portland, the daughter of Linda Linehan and the late Bruce Dyer. She grew up in South Portland, where she attended Holy Cross School and graduated from South Portland High School in the class of 1995. During her high school years, Angela began working at Maine Medical Center, gaining early experience in the workforce. After graduation, she transitioned into the finance industry, working for Unum and later at TD Bank.

Angela had a passion for travel that began early, inspired by her mother. She particularly enjoyed visiting North Carolina, California, the Grand Canyon, Las Vegas, Florida, and New York City. It was in California where she eventually settled, falling in love with the state's beauty.

An accomplished artist, Angela displayed her creative talents from a young age. By the age of 3, her gift for art was already apparent. At 15, she won first prize at South Portland's Art in the Park, Student Exhibit, for her watercolor painting. Watercolor was her preferred medium, and she had a special fondness for painting animals.

Angela had a beautiful voice, and was a great lover of music, especially classic rock. One of her favorite songs was "Long as I Can See the Light" by Creedence Clearwater Revival, which held deep meaning for her and her son, Mason. She shared her love of music, singing, and dancing with him. Together, they enjoyed many special moments, including surfing the waves along the California coast.

Angela adored the beach, both in Maine and California. Willard Beach held a special place in her heart, and it was one of her favorite places to relax and enjoy the ocean. She also loved cooking, and her favorite foods included salmon, Mexican food (especially tacos and fajitas), and Starbucks coffee with whipped cream. Physical fitness and wellness were important to Angela, and she made staying physically fit a priority. She had a natural ability to make friends wherever she went. Her great sense of humor, quick wit, and kind nature endeared her to everyone she met.

Angela cherished spending time with her son, Mason, and they shared a special bond. Her love for animals extended beyond her art; she loved the family pets Mingo, Bear Cub, Chaos, and Diego, and she also had a fondness for dolphins.

Angela was predeceased by her father, Bruce Dyer.

She is survived by her son, Mason; and Mason's father, Dayn Hammond, of California; her mother, Linda Linehan of Cape Elizabeth; her sister, Christina Michaud and her husband Chad of South Portland, her half-brother, Marty Adams and his partner Pattyanne Daigle of Arundel, her half-sister, Elysha Dyer of Colorado; and many aunts, uncles; nieces, nephews; and cousins.

A wake will be held from 4 to 6 p.m. on Sept. 12, at the Conroy-Tully Walker South Portland Chapel, 1024 Broadway, South Portland. A Mass of Christian Burial will be celebrated at 11 a.m. on Sept. 13, at Holy Cross Church, 124 Cottage Rd., South Portland. A burial will immediately follow at Calvary

Cemetery, South Portland. To view Angela's memorial page or to share an online condolence, please visit <http://www.ConroyTullyWalker.com>

Memorial contributions may be made in Angela's memory to the
Animal Refuge League of Greater Portland,
P.O. Box 336,
Westbrook, ME 04098



From the Portland Press Herald, January 25, 2024

FREEPORT – Lifetime Freeport resident, **Bradley Wescott**, 89, passed away peacefully in his home Jan. 11, 2024.

Brad was born at the Freeport Hospital and grew up on Pleasant Hill Road. In 1957, he purchased 96 Pleasant Hill Rd., just a few doors from his family home. Except for the two years he was drafted into the Army, he proudly lived on and loved this property for the remainder of his life. Brad recalled his childhood with fond memories of bare feet, farm chores, and fishing at Bibber Brook and the Mill Stream.

One of the main themes of Brad's life was hard work, being outdoors, and self-sufficiency. He worked at L.L. Bean, lobstered, logged and milled lumber with his father, and worked for Freeport Fuel and Grain. He was most proud of being an electrician at Union Mutual for 31 years. When not at work, he cared for his property and often lent a hand to neighbors. Two of his favorite sayings were "Make do, do without, use it up, wear it out" and "If it's gonna be, it's up to me".

Brad had many passions and pastimes over the years. In his younger years he loved camping, fishing, hunting, ATV'ing, gardening, and keeping livestock. Later in life he set hunting aside and thoroughly enjoyed feeding all the wildlife that arrived in his yard. He was a proud Army veteran. After wife Mary developed leukemia he donated blood plasma at the Red Cross for 15 years, donating 223 units.

He was passionate about his family, friends, big hugs, drinking coffee, maintaining his five-acre field to near golf course standards, junking metal, and telling jokes. His humor persisted to the end. When visiting nurses asked, "How do you feel?" he'd respond, "with my hands".

Brad married high school sweetheart, Patricia Henderson at the age of 19. Divorced after 17 years of marriage and three children, it wasn't long before he met and married Mary Traverso. He lovingly welcomed her three daughters into the blended family, followed by a daughter of their own. Mary passed after 29 years of marriage and many happy adventures together, including traveling the U.S. and Europe together. Several years later Brad reconnected with high school classmate, Anne LeClair, whom he adored and spent his remaining 10 years with.

He was predeceased by brother, Walter Robert Wescott, brother, Reginald Owen Wescott; father, Robert Reginald Wescott, mother, Josephine (Morse) Wescott; wife, Mary (Traverso) Wescott; and grandson, Bradley Alexander Wescott.

He is survived by partner, Anne (Smith) LeClair; brother, Irving Gilbert "Gibby" Wescott, sister-in-law, Deborah Wichenpaw-Wescott, nephew, Jai Paul Wescott; daughter, Catherine Wescott, son-in-law, Drew Starkweather, granddaughters Alicia and Amelia; son, Bradley G. Wescott, Jr., daughter-in-law, Dennise Cole, grandchildren Rebecca, Tryston, and Alex; son, Daniel Wescott, daughter-in-law, Stacey Wescott, grandchildren Savannah, Sierra, Dennis, Katie, Anah, Maxton, and Molly; daughter, Lisa (Traverso) Cheney, son-in-law, Dale Cheney, granddaughter, Lila; daughter, Tina Traverso, grandson Riley; daughter, Adria Traverso, partner, Joshua LaChance, grandchildren Isaac, Gavin, Alex, and Olivia;

daughter, Maria Wescott, partner John Scola, grandchildren, Orren and Teagan; and 14 great-grandchildren.

Special thanks to CHANS Home Health and Hospice for their skilled and caring staff.

Condolences may be shared at FuneralAlternatives.net. A Celebration of Life is planned for Spring.

In lieu of flowers or gifts, donate to:

The Freeport Elders or the Freeport Community Center. <https://freeportelders.com/contact-us> <https://fcsmaine.org/give/>



From the Portland Press Herald, October 20, 2024

CUMBERLAND – Our beloved mother, **Ulrike “Uli” Jungcurt Wiles**, passed away peacefully on Oct. 6, 2024, surrounded by her two children.

Uli was born on Sept. 12, 1944, in Rinteln/Weser, Germany, to Fritz and Ida Jungcurt. She was educated at schools in Germany and a graduate of Gymnastikschule Schwarzerden in the Rhön Mountains. Uli emigrated to the United States at the age of 21, traveling aboard the MS Berlin ocean liner to New York City, N.Y.

After marrying in 1966, Uli began planting her roots in the United States working and raising her two children. She held various occupations, including camp counselor, medical claim examiner at Unum, sales associate at Jill McGowan, showcasing furniture at the Thomas Moser showroom in Freeport, and modeling. She was a dedicated employee at Cole Haan in Freeport from the mid-1980s to the early 2000s, where she built a loyal following of customers who valued her expert guidance on fashion apparel.

Some of her happiest moments were spent on family vacations by the beautiful lakes in Washington County, Maine. She frequently traveled to Germany to visit family, and in 2018, she visited Japan with a dear friend – one of the highlights of her life. Uli greatly appreciated different aspects of culture, including the arts, music, cuisine, architecture, and landscape. She also enjoyed visiting beautiful spas with her sister while exploring the scenic landscapes and rich histories of Germany and Italy. Uli’s homemade meals were magical, always stimulating the taste buds. She took great pleasure in setting up the dinner table and cooking for her friends, children, and grandchildren. Gardening was a central part of her life, and her property was a stunning botanical display of flowers, fruit trees, vegetables, berries, and boxwood hedges.

Her strength, perseverance, dedication to staying active, and motherly love and care for her children and grandchildren will be deeply missed.

Uli is survived by her daughter, Kristina Wiles of Cumberland, and granddaughter, Sophie Michaud, son, Markus Wiles and his wife, Elizabeth of Falmouth, and granddaughters Hannah and Molly Wiles. She is also survived by her sister, Heidrun Breit of Bavaria, Germany; her cousin Anne Kampsen of Neuenkirchen, Germany, and Anne’s son Christian Kampsen.

Our deepest gratitude is extended to Uli’s dear friends Sue Full, Janice Peterson, Steve Poulos, and Ursula Thompson. Your unwavering support and love for Uli were unconditional and brought her great happiness.

Additionally, we owe a special thank you to our friend, Martha Murdick, for helping our mom to transition comfortably.

A private ceremony will be held in memory of Uli.

Instead of flowers, we ask that you consider a donation to the Dempsey Center in Ulrike's name



From the Portland Press Herald, October 21, 2024

Milo and Saco - **Charles "Chuck" Lawrence Foss**, 58, passed away Friday, October 18, 2024, in Portland, ME. He was born November 27, 1965, in Stafford Springs, CT, the son of Lawrence and Virginia Foss of Milo.

Chuck had an amazing life considering he was seriously injured in a shooting incident when he was 15 years old that left him paralyzed from the neck down and unable to breathe on his own. He spent over a year at Yale-New Haven Hospital in CT where he had phrenic pacers implanted that allowed him to breathe without a ventilator.

Chuck graduated from Penquis Valley HS in 1984 and attended college to learn computer programming. He moved to southern Maine and eventually got a job at UNUM, where he was employed for over 26 years. He then went to work for American National Insurance Co., where he worked from home. He loved working and earning his own way.

Chuck was baptized at Faith Temple Church in Portland where he was an active member. Chuck loved his Lord and was very faithful. Chuck led a full life, traveling whenever he could. He enjoyed the outdoors and would utilize the walking trails in Portland with his good friend, Ross Lamontagne. Chuck was the organizer of party games at the yearly family cook out and he even held an annual cribbage tournament at his parents' home. He loved planning for these events and made them fun for everyone.

Chuck has many friends, especially Trish McLaughlin, who was always there when he really needed her. She was with him at the end along with most of his family.

Chuck was predeceased by his grandparents, Phillip and Virginia Barden, and Louise Ham. He is survived by his parents; his sisters, Sheri Conley (Peter) and Rebecca Smith (Clifford); his nephews, Thomas Smith (Chelsea), Dillon Conley (Kasey), and Shane Smith (Natasha); his aunt, Brenda MacDonald of Winthrop; four great-nieces, Ellie and Delanie Conley, Lyndin Smith, and Everly Smith; and great-nephew, Cullen Smith.

A time of visitation will be held 12 p.m. Thursday, October 24, until time of funeral service at 1 p.m. at Brownville Community Church with Pastor Phillip Stearns officiating. Burial will be at Evergreen Cemetery, Milo. Arrangements are in the care of the Lary Funeral Home. Messages of condolence and memories may be expressed at laryfuneralhome.com.
