

On the Prom

Winter Edition

Promenade Towers Quarterly

January 2010

Promenade Towers Community Activities



Social Committee Chairman Tom Leonhardt

Would you like to tour the Maine Botanical Gardens in the spring? How about a train ride from Brunswick to Rockland for a visit to the Farnsworth Art Museum? Or you might be interested in an overnight trip to New York City for dinner and a play. These are some trips that are being discussed by the Promenade Towers Social Committee—Tom Leonhardt, Pauli Daniels and Nan Dewing.

In October the committee organized a trip on the Downeaster, the Amtrak train to Boston, for a visit to the Museum of Fine Arts. Chairman Tom Leonhardt (shown in the above photo at the annual Holiday Party) called the trip a great success. Gunnel Hansen said, “I enjoyed the museum tremendously, and the Downeaster was lovely and very relaxing.”

Committee members are open to suggestions for future projects. They also want to thank the residents who supported the fall party and the annual Holiday Party. At both parties, longtime residents and newcomers gathered in the lobby to celebrate and get to know their neighbors. We thank Tom, Pauli and Nan for organizing the events and giving us this opportunity.

Promenade Towers residents enjoy a strong sense of community, and many volunteer their time to make our home a great place to live. In the fall, Einar Juhlin, Fred Hill and John Rastl finished the

stairwell painting project. Last summer Barry Glew helped with pool cleaning, and Judy Hill spent many hours improving the landscape by weeding our plant beds. Gunnel Hansen cares for the outside plants by the front entrance, while Nan Dewing waters our indoor plants. Bruce Hopkins continues to maintain our web site, and John Rastl represents the Association at Munjoy Hill Wind Turbine Study Group meetings. Thank you to these volunteers and to Elaine Findley, Nils Ferm and the anonymous donors who dropped off movies for the condo library. In our last newsletter we requested DVD's to add to our movie collection. Since then we have 21 new DVD donations. What a wonderful response!

A New Amenity for Our Residents

Promenade Towers now has an amenity that is offered at many hotels—Internet access. The Association recently purchased a new computer for the office and has moved the old one to the condo library. This amenity will be especially useful to summer residents who are here without their computers and want to check their email or surf the Internet. It will also be helpful to residents who do not have a computer, but have guests who need to access the Internet. To log on, you'll need a password which is available through the office or from a Board member.

Residents who are interested in lessons on surfing the Internet may contact the office to set up an appointment. John Rastl has volunteered to provide basic lessons on an as-available basis.

Know Your Neighbors Contest

There were no winners in last edition's contest, but many guesses. It was **not** Ed Collins, Richard Winslow, John Widdows, Len Ney or Einar Juhlin. The little boy in the photo was Derek Strout. Do you recognize the smile in this photo? Guess who this girl is and call or email Judith (775-1190 or jrastl@earthlink.net).



Quarterly Profile



Ron and Carolyn Cilley - #141

When Carolyn Cilley first saw our building, she said, “That’s the building I want to live in.” She and her husband, Ron, own a home with panoramic lake views in Harrison, Maine near Bridgton Hospital where Ron works. While she’s happy with the large rural house they built in Harrison, Carolyn started dreaming about a second home—a condo in Portland. She said, “I think Portland is the perfect size. I love the ocean, and this is a beautiful location on the Eastern Promenade.”

Ron and Carolyn met in Phoenix where she grew up and where he, an obstetrician/gynecologist, did his residency. He practiced in Phoenix for 25 years before returning to his home state of Maine in 1994. Over the years Ron has delivered 6,000 babies. That’s not a typo; yes, that’s 6,000 babies.

Carolyn was a “stay-at-home mom” until their children were grown and then worked as director of a women’s fitness program. She also traveled as a speaker on women’s health and fitness. She works out four or five days a week, and says, “I’m a 20-year breast cancer survivor.”

Though they often go back to Arizona to visit family, Carolyn prefers Maine. “I love the seasons,” she says. She also likes the Old Port and Portland’s restaurants and art museum.

Ron likes the convenience of Portland and being near the airport. In March they’re flying to Miami where they’ll begin a 10-day cruise to Madeira and then visit Casablanca and Barcelona. Past travels include the Mediterranean, the Caribbean, Europe and Russia. Their favorite destinations, though, are Wilton, Connecticut (a 4-hour drive from

Portland) and Chicago (a 2-hour plane ride). You may wonder what the attraction is in these locations. The answer is their grandsons—5-year old Ryan in Connecticut and 6-year old Mason in Chicago. “They are the lights of my life,” said Carolyn.

In the eight years since they bought their condo, Ron and Carolyn have seen many changes at Promenade Towers. Ron says, “I’m impressed with how the building has turned around since the construction project.” He and Carolyn are currently renovating their unit, starting with new kitchen cabinets and granite countertops. They’ve also opened up the space between the kitchen and the dining room. Except for the countertops, Ron is doing all the work himself. He said, “My dad was a handyman, and I worked for him when I was going to college.” Besides delivering babies, some of Ron’s skills include carpentry, plumbing, painting and electrical work. As their renovation project continues, installing hardwood floors is on his “to-do” list.

Now that Ron is semi-retired, he and Carolyn are spending more time in their second home. Carolyn says. “When the weather is good I like to walk along the trail on the Eastern Prom. I feel safe and secure here. I feel very at home.”

New and Better Signs

Whether you’re coming or going you’ll notice new signs at Promenade Towers. The Association has purchased all new EXIT signs with LED lights which will save on electricity and replacement bulbs. Eventually, all of the current EXIT signs will be replaced.

There is also a new sign on the office door and one that visitors and residents are complimenting — the new lighted sign at the Front Entrance.



Hello to New Neighbors

Welcome to new residents: David Sturgis & Heath Allen (216); Katie O’Neil (255); Will Gorham (222); and Cathy Bubier (135)