



Pamela Garand Spencer of St. Johnsbury, Vt., passed away at Northeastern Vermont Regional Hospital Saturday evening, Feb. 16, 2008, at the age of 48. She was born in Bristol, Conn., Dec. 7, 1959, the fourth of seven children born to Arnold and Patricia (Bean) Garand. She was predeceased by her mother June 17, 2007; her sister Lynn Caprodicci in 1994; and her brother Mark in 2000. Pamela graduated from St. Johnsbury Academy in 1979. She trained as a nurse's aide and had worked at both the St. Johnsbury Health and Rehabilitation Center and what was then known as The Pine Knoll Nursing Home. She also took a course in culinary arts. Pam enjoyed most sports, music, and liked to camp and fish at Joes Pond. She is survived by her husband Ted Spencer of St. Johnsbury; her father Arnold Garand of Waterford; two children, Adam Garand and Crista Garand, both of St. Johnsbury; one grandchild Philip; brothers Gary Garand, Robbie Garand, Peter Garand and Greg Garand, all of St. Johnsbury; aunts and uncles, nieces and nephews, and cousins. Friends and family will gather at the Sayles Funeral Home this Thursday evening 6-8 p.m. Committal services will be held in the spring at the Riverside Cemetery in Waterford. Contributions may be directed to Northeastern Vermont Regional Hospital, attn: Jim Flynn, P.O. Box 905, St. Johnsbury, VT 05819.