

# **Abe Dugal | Allen Insurance and Financial**

Episode 9: Meet Abe Dugal, CFP®, of Allen Financial, who believes you do well in life by doing good – for yourself, your family and your community.

---

# **Susan Chace & Robin Chace | Bohdell Sails**

The sailing tradition is strong and proud in Maine. Perhaps nowhere moreso than at Bohdell Sails in Rockport, where the mother-daughter team of Susan and Robin Chace are at the helm (if you will) of a company with roots dating to the 1860s. In Episode 06 of the Navigating Life's Risks and Rewards podcast, the Chaces share their story with host Patrick Chamberlin.