"Expand Your World"
Affiliated with the University of New Hampshire
Funded by Association membership dues

Active Retirement Association
UNH

celebrating 25 active years
1982 - 2007
ARA Board of Directors
2007 - 2008
Barbara Wing <> President
James Hellen <> Vice President
Linda Franke <> Secretary
George Lamb <> Treasurer
Carl Golden <> Audio-Visual
John McDonough <> Facilities
Gayle Haring <> Hospitality
Edmund Chun Taite <> Membership
Tom Tatarczuch <> Memorial Fund
Homer Chalifoux <> Program
Judith Getchell <> Publications
Beverly Johnson <> Public Relations
Jane Weiland <> Tours

25-year ARA Members
Barbara "Bobbi" Byrne
Donald F. Clark
Robert Dudley - Honorary Life Member
Tina Dudley - Honorary Life Member
Charles "Mac" McLean
Priscilla "Pri" Phenix
Addie Pickett

A Message from the President …..

Current ARA members can look back on the last 25 years with pride at how the organization has continued to fulfill its original mission to provide educational and cultural programming for people of retirement age in the Seacoast area and beyond.

The wisdom of the founders of ARA is evident not only in the programmatic framework they designed, but also in the way they set up the Board of Directors. Each officer and director has specific responsibilities that are outlined in the By-laws. As a result, all board members take an active part in both the specific and overall administration of the organization. In addition, over 75 members serve on committees ranging from Audio-Visual to Stuffers and Stampers.

It is now time to look ahead with vision and imagination in order to meet the changing needs of retirees who look to ARA for opportunities to continue to learn, keep active, and make and maintain new friendships. I am confident that future Boards of Directors, helped by the membership, will meet the challenge as we begin our next quarter century.

Barbara
25 Years of ARA Leadership

In 1982, at the invitation of the Division of Continuing Education (DEC) at the University of New Hampshire, L. Franklin & Helen Heald formed a Steering Committee that established the basic framework of the new organization called The Active Retirement Association. When the first set of By-Laws was written in 1984, officers and directors, with specific responsibilities, were elected. In 1987 the By-Laws were amended to change the title Coordinator to President.

1982 Steering Committee
Frank Heald*
Helen Heald*
Anne Boy*
Barbara Myers
Harry Ford*
Raymond Brighton*
Robert Dudley
Tina Dudley
Mary Booth*
John Gannon
Marion Gannon*
John Beckett*

With assistance from:
Edward J. Durnall, UNH DCE
Joanne Piper Lange, UNH DCE
Jill Kauler, UNH DCE

ARA Coordinators
1982-1983 => L. Franklin* & Helen Heald*
1983-1985 => L. Franklin Heald*
1985-1987 => Robert M. Dudley

ARA Presidents
1987-1993 => Robert M. Dudley
1993-1999 => Donald F. Clark
1999-2002 => Ingeborg K. Brandt
2002-2008 => Barbara H. Wing

*A deceased

A Brief History of ARA ........
25 Facts from 25 Years

- August 1982 - Twelve individuals, under the leadership of Frank and Helen Heald, formed a Steering Committee launching ARA. The Steering Committee became the Board of Directors in 1987.
- Members submitted design ideas for an ARA Logo. The logo, introduced March 28, 1983, is a composite of three entries.
- The first year, 182 members from 23 communities joined ARA.
- Initially, the yearly membership fee was $30. It has increased only $15 in 25 years.
- Retirement gifts to Board members have been given since May of 1988.
- Between 1986 and 1989, the Town of Durham, the State of New Hampshire, and the Internal Revenue Service each recognized ARA as a not-for-profit educational organization.
- ARA President Robert Dudley and UNH President Gordon Haaland signed a formal affiliation agreement in August 1989, that included permitting ARA to use the UNH logo on its publications.
- In 1988, ARA was invited to become the first member of Elderhostel Institute (an offshoot of Elderhostel, which originated at UNH in 1975) because of its successful experience as a “learning-in-retirement” organization. The affiliation ended in 1997.
- UNH Library privileges for ARA members began in the spring of 1988.
- “You, Your Health and Fitness”, begun in 1983 by Robert Wear and Leo Dingle, was renamed “Physical Fitness” in 1986. It is the longest continuously-running ARA program.
- “Play Reading”, started in 1983 by Don Clark, has been offered frequently over the years.
- “Walks” began in the fall of 1984. An enthusiastic response resulted in the addition of a spring session in some years.

continued............
History continued.....

• Rebecca Rule, humorist, teacher and writer, taught Creative Writing from 1986-89
• “Great Decisions”, the ARA unit of a nationwide program prepared by the American Foreign Policy Association, was first offered in the spring of 1984.
• “News and Views”, a domestic policy issues discussion group started in the fall of 1988, evolved into “Great Discussions”.
• Great Decisions and Great Discussions, with three member-led discussion groups each, attract the largest number of participants of any ARA offering.
• From 1983 until 1999, members had to pre-register for the programs that they wished to attend.
• The $1.00 guest fee per class was instituted in 1987. It was increased to $2.00 recently.
• In October 1983, members took their first ARA tour, an overnight to the Sandwich, Massachusetts, Heritage Plantation and Glass Museum.
• ARA members have talent! They wrote, staged, and produced the ARA Cultural Follies, an “extravaganza of skits and songs” in 1985, ’87, ’89 and ’93.
• “Travel Without A Suitcase”, begun in 1985, has been offered ever since in Term C. Members have taken almost one hundred trips through this series.
• Variations in the schedule have been tried. In 1987, Terms C and D were extended to five weeks each. In 1989, the schedule returned to four weeks each term.
• Aloha ARA! Members were off for a tour of Hawaii in November of 1990.
• A modest stipend offered to non-member presenters, including UNH faculty, was increased to $75 per presentation eight years ago. ARA members who lead programs donate their time and expertise.
• General Meetings in the fall and spring, with refreshments and entertainment, have been held since the inception of ARA. The Annual Meeting in May and the December Holiday Party, initiated in 1988, are opportunities for members to enjoy dining together.

As we begin our 25th Anniversary Year, ARA continues to thrive.
**ARA Cultural Tours**

Cultural Tours, so named in keeping with the educational aims of ARA, were initiated in the fall of 1983, with an overnight trip to Cape Cod, and have continued, to the present. Directors of this important and popular activity of ARA include Mary Booth, Betty Schmiedtgen, Joan MacPhail, and Jane Welland. Favorite destinations were often repeated. The following sampling of day and overnight excursions demonstrate the diversity of tours organized by the directors and their committees.

**Day Tours - Museums - Performances - Miscellaneous Destinations**

- Boston Museum of Science
- Currier Gallery of Art, Manchester, NH
- Hood Museum, Dartmouth College
- Isabel Stewart Gardner Museum
- Museum of Fine Arts, Boston
- Peabody Essex Museum and Maritime Museum, Salem MA
- Portland Museum of Art
- The Quilt Museum, Lowell MA

- Boston Ballet
- Boston Symphony Orchestra
- North Shore Music Theater
- Portland Symphony Orchestra

- Boston Duck Tour
- Fall Foliage Train Ride
- River cruises on the Hudson, St. Lawrence, Piscataqua
- Segway Plant in Bedford NH
- Shopping trips at L.L.Bean, the Christmas Tree Shops

**Overnight Tours**

- Campobello Island
- Cape Cod, MA
- Hawaii
- Montreal, Canada
- New York City
- Washington DC

**ARA Programs**

Since the spring of 1983, ARA has offered its members a broad spectrum of daytime programs including lectures, physical fitness activities, and member-led participatory groups. Under the direction of four successive Directors, Mary Booth, Edward Durnall, Margery Clark, and Homer Chalifoux, Program Committees have organized an average of nine series for each of our four annual terms. The following sampling shows the diversity of the program offerings over the past 25 years.

**Lectures and Performances**

- Afghanistan/Cuba/Canada/Turkey, etc.
- American Foreign Policy: Past, Present, and Future
- Classical Mythology
- Fantastic Foreign Foods
- Genomes and DNA: Genetic Codes of all Living Things
- Langdon Place Music Series
- Religion and Science in a Complex Universe
- Rich Cultural Diversity in New Hampshire
- The Psychology of Remembering
- The Shaker Experience
- Time Out for Humor

**Physical Fitness Activities**

- Cross Country Skiing (1984-present)
- Fall and Spring Walks
- Line Dancing/Square Dancing/Tai Chi
- Physical Fitness/Exercise Class (1983-present)
- Water Aerobics/Swimmertizing (2002-present)

**Member-led Groups**

- At the ARA Bijou/Projectionist's Choice (1999-present)
- Creative Writing/The Jailhouse Gang (1986-present)
- Great Discussions/Great Decisions (1990-present)
- Play Reading (1983-present)
- Travel Without a Suitcase/Far Away Places (1985-present)
- Watercolor Workshop (2005-present)
Through the UNH Continuing Education Web Site, the ARA has a Web Page providing membership and program information.

25th Anniversary Committee
Don Clark  
Shirley Greenberg  
Jim Hellen  
Jane Weiland  
Brenda Sargent  
Jane Weiland  
Barbara Wing  
with special help from:  
Homer Chalifoux  
Judy Gardner

Anniversary Booklet
Shirley Greenberg  
Brenda Sargent  
Barbara Wing  
also:  
Pri Phenix-Proofreader  
ARA Members-Photos

ARA held a contest amongst its members to design a distinctive logo. UNH’s Division of Continuing Education’s graphic designer Ralph Burgio judged and selected elements from three entries to form the logo shown on the ARA masthead.

The three winners were Edna Follansbee for the tree design, Margery Milne for the tree of life philosophy, and Ruth Stimson for the circles of continuity.

As Judge Burgio described it: “The tree faces much the same needs as humans and follows similar paths into the future. The main stem leads upwards into continuing interests in later years. The tree is framed within a circle which suggests a continuity of people continuously learning to live and living to learn.”

from “Our History: 1982 to 2002”  
by Robert M. Dudley
BY-LAWS
OF
ACTIVE RETIREMENT ASSOCIATION

THESE EXCERPTS ARE FROM ARA BY-LAWS

PURPOSE
The purpose of the Association shall be to offer programs for continuing education for retired persons 50 years or older. The learning programs, normally scheduled for daytime hours, shall cover a wide range of subjects of interest to members.

DISSOLUTION
In the event of dissolution, all remaining assets and property shall, after payment of necessary expenses, be distributed to such organizations as shall qualify under Section 501 (c) (3) of the Internal Revenue Code of 1954, as amended, or to another organization determined by a New Hampshire State Justice that will best accomplish the general purposes for which ARA was formed.

ELIGIBILITY
Any retired person 50 years or older, who subscribes to the purpose of the Association, is eligible to join the Association.

PRIVILEGES
Members shall have the right to register for and participate in any programs and/or trips offered by the Association, to attend any and all regular, special and annual meetings, and to stand for election to the Board of Directors, if nominated, provided their annual dues are paid for the current fiscal year. There may be some programs where additional fees will be assessed over and above the annual membership fee.

VOTING RIGHTS
At any annual meeting or special meeting of the Association at which a vote of the membership is authorized, each member shall be entitled to one (1) vote on any issue before the membership.

ANNUAL MEETING OF THE ASSOCIATION
The annual meeting of the Association shall be held on the first Monday of May each year at a time and place to be designated by the President, unless otherwise specified by the Board of Directors. Notice of the meeting and its time, place and agenda shall be mailed by the Secretary to each member at least thirty (30) days prior to the date set for said meeting. Any resolution of substance to be placed on the agenda shall be presented to the Board of Directors at least sixty (60) days prior to the meeting.

SPECIAL MEETINGS OF THE ASSOCIATION
Special Meetings of the membership may be called at any time by the President, or at the written request of at least five (5) members of the Board of Directors or twenty (20) members of the Association.

QUORUM FOR MEMBERSHIP MEETINGS
All meetings of the Association, whether regular, annual, or special, the presence in person of ten percent (10%) of the members in good standing shall be sufficient to constitute a quorum.

COMPOSITION OF BOARD OF DIRECTORS
The Board shall be composed of four (4) elected officers, including President, Vice-President, Secretary, and Treasurer and nine (9) other elected Directors. The nine (9) shall be responsible for specific operations of the Association as follows:
1. Audio-Visual Director
2. Cultural Tours Director
3. Facilities Director
4. Hospitality Director
5. Membership Director
6. Memorial Fund Director
7. Program Director
8. Public Relations Director
9. Publications Director

DUTIES OF OFFICERS AND DIRECTORS
The duties of Officers and Directors are fully described in ARTICLES VII and VIII in the complete copy of the ARA By-Laws.

ELECTION AND TERMS OF OFFICERS/DIRECTORS
At the annual meeting, Officers and Directors are elected for three year terms on a staggered rotation sequence. Officers and Directors may be elected for no more than two (2) consecutive three-year terms for the same position. Their term of office shall start on July 1 following election.

EXPENDITURE LIMITATIONS
The Board shall have the power to spend no more than $200 on items that it does not consider necessary for carrying out the ARA's educational and cultural mission.

FISCAL YEAR
The fiscal year of the Association shall commence July 1 of each year and shall run to June 30 of the next year.

ARA Memorial Fund
The Active Retirement Association's Memorial Fund was established in 2004 by a generous grant from his family in memory of Robert E. Smith, an active and dedicated ARA member. Since then, donations in memory of members Elizabeth Towle, Phyllis Wilcox, Gerald Tobey, Carolyn McLean, and Nicholas Popov have been added to the fund. Additional donations are welcome. Gifts to ARA are tax deductible.

The Board of Directors of the Active Retirement Association determined that memorial gifts would be used for events or equipment that would not be affordable in our normal operating budget. It is intended that special events sponsored by the Memorial Fund reflect the interests of the persons who have been honored. The first Seacoast Memorial Lecture, funded through the Memorial Fund, was held on October 5, 2007. The Reverend Professor Peter J. Gomes, distinguished speaker, preacher, author, and Harvard University professor, chose for his topic, "Can We Afford to Be Good? The Problem of Virtue in Bad Times". As part of the 25th Anniversary Celebration, a second Seacoast Memorial Lecture is planned for the spring of 2008.