Active Retirement Association

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

OUR HISTORY: 1982-2002

by
Robert M. Dudley

with contributions by
Donald F. Clark and Joan E. MacPhail

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About the Author

Robert M. Dudley, along with his wife Tina, has been a member of the Active Retirement Association (ARA) continuously since inception of the organization in 1982. At the invitation of Frank and Helen Heald, who had been contacted by the UNH Division of Continuing Education, the Dudleys were among the original organizers of the association in the summer of 1982. In the roster of members, Tina, who served as Treasurer, is #1 and Rob is #2.

After serving on the Steering Committee from 1982-1984, Rob was elected Assistant Coordinator for 1984-85 and then Coordinator from 1985-1987. As Coordinator, he directed efforts that led to the registration of ARA as a non-profit corporation in the State of New Hampshire on July 15, 1986. In 1987, the By laws were amended to provide for a Board of Directors with four officers and seven directors. Rob Dudley was elected President and served from 1987 to 1993. During his tenure, he negotiated the "Affiliation Agreement between the University of New Hampshire, Division of Continuing Education and the Active Retirement Association." This agreement codified the relationship between UNH and ARA that continues to the present day.

ARA President Barbara Wing asked Rob to write a history of ARA that would chronicle the association's inception and growth as an organization dedicated to enhancing the quality of life for people of retirement age in the Seacoast area. Covering ARA's first 20 years, this narrative, which includes contributions by Donald F. Clark and Joan E. MacPhail, is part of the record of documents compiled by Rob that will be preserved in the President's files.

About the Contributors

Donald F. Clark, who wrote the section on "ARA Programs," joined ARA in 1982 and has been a member of the Board of Directors longer than anyone else since our founding. He has served as Assistant Program Chair, Assistant Coordinator, Vice-President, President, and Audio-Visual Director. Some of the program offerings he was directly responsible for organizing are: the Great Decisions discussion series, Play Reading, Fall and Spring Walks as well as cross-country skiing jaunts. In addition, he figured prominently in the preparation and performance of four ARA theatrical productions.

Joan E. MacPhail, who wrote the section on "ARA Tours," joined ARA in 1985 and served as Cultural Tours Director from 1992 through 1997. During that period she organized day trips to such places as the Currier Gallery of Art, the Portland Symphony Orchestra, Plymouth Plantation, the Museum of Fine Arts, Bretton Woods, and the Worcester Art Museum and "getaway" overnights to Washington, D.C., New York City, the Brandywine (PA) valley, and Ottawa, Ontario. In 2000, Joan chaired the Nominating Committee and in 2002-03 she chaired the Ad-hoc Committee on Evaluation that worked with students from the Whitmore School of Business at UNH to make a thorough study of ARA and present recommendations to the Board of Directors for appropriate changes.
OUR HISTORY: 1982 To 2002

By Robert M. Dudley

In the summer of 1982, the Division of Continuing Education (DCE) at the University of New Hampshire recognized the need to offer educational opportunities to retired members of the New Hampshire and Maine Seacoast area. Other universities and colleges had already started "Learning In Retirement" programs to reach that segment of the population and the NH/ME Seacoast area was becoming an attractive locale for retiring seniors. It's interesting to note that the DCE Director at that time was Edward Durnell, who has since retired, joined ARA and later became Program Director.

DCE retained the services of Frank and Helen Heald of Durham to coordinate a special program in the Seacoast area for active retired people. In a letter of July 8, 1982 the Healds asked eight members of the area to assist in developing a proposal for a peer learning program. Members of that steering committee included Frank and Helen Heald (Durham), Anne Boy (Nottingham), Barbara Myers (Newington), Rev. Harry Ford (Exeter), Raymond Brighton (Portsmouth), and Robert and Tina Dudley (Durham). They met August 6, 1982 to pursue the proposal and to gain more input for the development of a specific program. These members were asked to invite other interested area residents to assist.

On October 18, 1982 an organizational meeting was held to expand on the project and to gain more input for design. James Hall from Pace University in New York was an invited guest speaker. He outlined an existing learning-in-retirement program at Pace that had a successful beginning. At this meeting the ARA concept was born and Mary Booth and John and Marion Cannon became members of the steering Committee.
The first ARA General Meeting was held on January 24, 1983 followed by the first educational programs starting February 7, and running through May 13th, 1983. There were 182 paid members that spring, and the ARA was off and running. A tried and tested program had been developed that has been essentially the core of ARA’s success. Membership has increased to a high of 421 in 1992.

Organizational structure then became a priority to insure that the ARA could function for the long run legally, financially and voluntarily. With expert assistance from attorney Joseph Michael, Jr. and his law firm, ARA By-Laws were written and approved on April 9, 1984. Articles of Association then followed and were accepted on May 6, 1985. Articles of Agreement of the ARA as a New Hampshire Non-Profit Corporation were filed with the Town of Durham and the State of New Hampshire on July 14, 1986. Then began the daunting task of getting the Internal Revenue Service to agree that the ARA was, in-fact, a non-profit Association. With considerable help from Attorney Michael’s firm the ARA became a Non-Profit educational organization under the 501 (C3) IRS Code. MISSION ACCOMPLISHED!

Financial stability was established early with an agreement that ARA would operate independently of the University. This would allow ARA to finance on its own, and not get involved with UNH budgeting procedures. Fiscal responsibility became a function of the ARA Board of Directors. Formal affiliation with UNH was confirmed by an agreement signed on August 25, 1989 by UNH President Gordon Haaland, DCE Director William Murphy and ARA President Robert Dudley. This allowed ARA to become an outreach of the University and use the UNH logo on its brochure. In the Spring of 1983, ARA had already held a contest amongst its members to design a distinctive logo of its own. DCE’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 retiring. The purpose of ARA, as defined in the By-Laws, is to offer programs for continuing education for retired people 50 years of age or older. Such programs are to offer a stimulating environment in which its members may participate while “learning to live and living to learn.” The learning programs, normally scheduled for daylight hours, shall cover a wide range of subjects of interest to members, including, but not limited to, the Arts and Sciences, History, Nature, Humanities, Travel, Languages, Finances, Government, Physical Fitness, etc. The programs shall be enhanced by day trips to nearby museums and/or cultural exhibits. Longer tours shall be offered to members for broader educational and
cultural experience.

In addition to stating the purpose of ARA, the By-Laws also established the composition of the Board of Directors, the election process, and the terms of office of the Officers and Directors. The Officers shall be President, Vice President, Secretary, and Treasurer. Initially there were seven Directors: Audio-Visual, Cultural Tours, Facilities, Hospitality, Membership, Program, and Public Relations. These Officers and Directors may serve no more than two (2) four (4) year consecutive terms when nominated then elected by the membership at an ARA annual meeting. Over the 20 year period 59 members have been elected and served in these Officer and Director positions. Attached is a list showing the members who served as Officers and Directors through 2003.

Assisting the Officers and Directors there have been many other members serving on a number of committees and they are a vital part of the ARA operation. Committees including Program, Hospitality, Cultural Tours, Audio-visual, Facilities, and Budget have been staffed by willing volunteers who enjoy being a part of the action.

One of the benefits of being a member of ARA is the privilege of using the University of New Hampshire Dimond Library. You may browse anywhere in the library or take out books by showing an ARA badge at the desk, where a library code number will be assigned.

Membership dues were established at the beginning in 1983. The fee was set at $30 at that time, but has risen over the years to $45 to cover the increased cost of operation. Speaker fees have been increased also, from $25 per program to $75, which reflects the effect of inflation as well as the going rate for talented speakers.

The ARA attempted in the beginning to use UNH facilities for its meetings, but soon learned that not only were rooms scarce, but automobile parking was just nonexistent. Consequently a search found that local churches were an ideal alternative. Since ARA was meeting weekdays, there was an opportunity to rent rooms and find adequate car parking. The Durham Community Church, Durham Evangelical Church, and St. George's Episcopal Church have graciously allowed ARA to rent space. In addition, other sites have been available, including Pease Education and Tradeport, Durham Police Station, Dover Indoor Pool, and Church Hill. General Meetings of members four times a year have also been held at Church locations. Holiday Parties in December and Annual Meetings in May have been held in locations such as The New England Center in Durham, Ashworth-By-The-Sea at Hampton Beach, The Governor's Inn in Rochester, The Cocheco Country Club in Dover, The Portsmouth Country Club, and The Marriott Courtyard in Portsmouth. Programs and meals at these locales have been memorable.

Enhancing the regularly scheduled programs of the ARA, there have been five
member-led "Follies" staged in Richards Auditorium in Murkland Hall at UNH. These
skils were written by members, staged by members, produced by members with
Directors from UNH Theater and/or Music Department. They were lighthearted
musical productions that showcased the enthusiasm, camaraderie, and talent of ARA
members. It started with "ARA Cultural Follies" in 1985, followed by "We've Come A
and ended in 1995 with "Retirement Follies '95". Rave reviews were evident for each
performance.

In the mid-nineties, the ARA became the first so-called "Learning in
Retirement" organization to become a member of NUCEA, a National Association of
Universities and Colleges offering programs to retirees. ARA assisted NUCEA in
forming similar organizations at other colleges in New England. Presentations were
made by ARA members at such places as New England College, Salem State, The
University of Vermont, Champlain College, and Saint Michaels to name a few. ARA's
presentations at these venues were made by overhead view-graphs titled "Peer
Participation at Work" and covered such topics as Organization, Growth,
Demographics, Budget, and Program Development. ARA members also attended
NUCEA Regional Conferences including the Northeast Regional session at State
University New York in Binghamton, NY. An exchange of ideas on program
development and organizational structure and growth was helpful in ARA
development.

Over the past twenty years we have seen the ARA continue to offer first rate
educational programs, take interesting cultural tours, meet for business and for
entertainment, participate in its operation, and develop new friendships. The concept
of a peer-led volunteer Association has been successful, and with its established, well-
documented structure it will continue to meet the educational needs of the Seacoast
seniors for the future.

It has been a definite pleasure for my wife, Tina, and I to have been part of the ARA
since its beginning. Seeing it grow from a concept to a full-blown viable Association
has given us great satisfaction. We still marvel at the talent and enthusiasm of ARA
members and the opportunity we all have to participate.

The heart of ARA's success has been the quality of its program offerings. The
following is a synopsis of ARA program development from the beginning written by
Donald Clark, Past President of ARA, and a long time member of the Program
Committee.
ARA PROGRAMS
By Donald F. Clark

Immediately after the founding of the ARA in the fall of 1982, programs were offered to the members with two sets of daytime programs lasting from early February 1983 to mid-March, and from early April to mid-May. Programs on Estate Planning, Conservation Perspectives, and "By The Minute" Cooking were offered by ARA members, while programs on Current Events, Renaissance Art, and Health and Fitness were led by UNH faculty members. One of ARA’s founders, Helen Heald was in charge of planning and arranging these programs. As time went by and more programs were arranged, both in the fall and the spring of succeeding years, Helen Heald acquired a committee to help carry out this central responsibility of the ARA. Early members of the Program Committee included Mary Booth, Don Clark, Harriet Scarpulia, William Hope, Eugene LaPlante, Barbara Myers, and Betsy Towle.

The mode of operation of the ARA Program Committee was established in these early years and it has remained basically the same up to the present time. The first two terms of programs in an ARA year are in the fall, running from mid-September to mid-November, two four week terms with a one week break in between. Planning these fall programs begins as early as March and is generally completed by mid-May. Similarly, planning and developing programs for the Winter-Spring programs begins in October and is completed by early December.

From the beginning, the hallmark of ARA programs has been their diversity. There are three general kinds of programs, lectures, physical fitness, and others that are member-led, such as discussion programs, film viewing, play reading, and creative writing. The fitness programs include aerobics, line dancing, square dancing, tai chi, and swimming exercises. The lecture programs cover almost any subject. There has been a tremendous variety of subjects offered to ARA members over the past twenty years. The lecturers are primarily UNH faculty members and other specialists in various fields who live and work in the Seacoast area. Occasionally the lecturer may be an ARA member, typically a retired faculty member. Another series of programs, however, titled "Travel Without a Suitcase" has been virtually all led by ARA members, discussing and illustrating their travels.

Returning to Program Committee activities, the initial meeting is, in effect, a brainstorming session. Committee members may come in with a firm idea of the program or programs they would like to develop, there will be a very free airing of program ideas, and there is usually a preliminary assignment of program responsibilities to each member. A second meeting of the Committee is usually held two or three weeks later, for progress (or lack thereof) in arranging the proposed programs. Sometimes a
program idea may have to be dropped for lack of qualified lecturers on that particular subject. As mentioned above, this planning phase can last from six to eight weeks, with as few as two or as many as four Committee meetings. An important aspect of this planning, which requires a lot of communication among committee members, is the schedule for the planned set of programs, to avoid conflicts. The end result for each four week term is a set of nine or ten programs, which fill up each week in the term, one program on Monday mornings, another on Monday afternoons, etc., to the last program on Friday afternoons, rounding out the week.

About a month before the Fall and Spring terms begin, the ARA program schedule is sent out to each of the lecturers, with their program description, time, and place highlighted. Then about a week before their appearance with the ARA, the responsible committee member contacts the lecturer and ascertains his or her audio-visual needs (which is then passed on to the Audio-Visual Director). The Committee member introduces the lecturer to the ARA audience and sees to it that the hour-and-half format with a brief midway break is adhered to. Finally, when the lecturer's payment check has been prepared by the ARA Treasurer, the payment, with a letter of appreciation, is mailed to the lecturer by the responsible committee member. The payments to lecturers have gradually increased to the present level of $75 per session. ARA members are not paid for leading programs.

It should be mentioned that the Winter-Spring terms ran for five weeks each up until 1998. They were then shortened to four weeks, the same as the fall terms, primarily to lessen the burden on the Program Committee members, who often experienced difficulty in finding a fifth lecturer for a program. This change also lessened the likelihood of cancellations due to bad weather in the month of February. (The Spring Terms now take place in March and April).

Helen Heald (a charter member) was elected the first Program Director and held that position until 1992. During the latter five years of Helen's leadership additional members joined the Program Committee, while others left the Committee. These newer members included Mary Smith, Phillip Davis, Elizabeth Epps, Greg Birdsall, Helen Lowry, Tom Lowry, and Richard Pew. It should be mentioned that some ARA members have served (and are still serving) on the Program Committee for many years, while others have served for shorter periods. These Committee members are not elected, and do not serve for fixed terms, as does the Program Director. No matter what their length of service every Committee member has, in his or her time, made significant contributions to ARA programs.

In 1992 Helen Heald resigned as the ARA Program Director, after ten years of leadership in that position. Edward Durnall was appointed by the board of Directors to serve as Interim Director for the last year of Helen's second three-year term. He was
then elected to two three-year terms by the membership, serving as Program Director until 1999. His successor as Program Director is Margery Clark, who is currently serving her second three-year term, which will expire in 2005. During this second decade of ARA, a considerable number of ARA members joined the Program Committee while some earlier members stayed on. The result was an increase in the size of the Committee to ten or more, in fact, as many as fifteen in 1999.

There were two benefits from this enlargement of the Committee: there was a greater potential for new ideas for types of programs not previously developed, and the burden of coming up with the desired nine or ten programs per term was eased for the individual committee members.

Those members joining the Committee in the 1990's are as follows: Barbara Lilly, Mary Metcalf, Ingeborg Brandt, Beverly Tucker, Jean Tucker, David Draves, Jane Draves, Robert Smith, Margery Clark, Virginia Fitzpatrick, Nicholas Lunig, Roland Kimball, Charlotte Kimball, Henry Wing, Barbara Wing, Virginia Dahl, Ed Shivell, Homer Chalifoux, Charles Clark, Barbara Townsend, and Lee Townsend.

In the By-laws of the Active Retirement Retirement Association, adopted after its incorporation in 1987 is a section stating the purpose of the ARA. Part of this statement says that: "The Learning programs, normally scheduled for daylight hours, shall cover a wide range of subjects of interest to members, including, but not limited to, the Arts and Sciences, History, Nature, Humanities, Travel, Language, Finances, Government, Physical Fitness, etc." This central purpose of the ARA has been well fulfilled, year after year, under the ARA's three competent Program Directors and its many Program Committee members.
ARA CULTURAL TOURS PROGRAM
The First Twenty Years

By Joan E. MacPhall

An important feature of the Active Retirement Association has been its Tours Program. Started shortly after the organization began, under the leadership of the late dear Mary Booth, it was intentionally given the title of CULTURAL TOURS in keeping with the educational mandate of ARA and to differentiate it from other similar programs in the Seacoast region. Mary was succeeded as Director of Cultural Tours for a few months by Betty Schmiedtgen, then Joan MacPhall led the program for several years and was followed by Jane Weiland, who continues to provide us with interesting and enjoyable adventures. Many ARA members have served on the Tours Committee over the years.

A look back over its twenty years of existence reveals the remarkable diversity of experiences that the program has offered to ARA members. We have traveled by land, sea, air, and rail to places as far away as Hawaii and as close as the Portsmouth Shipyard. While it is not practical to recall the whole program here, the following sampling might stir happy memories in those who participated, and will certainly show the impressive breadth and scope of the program.

Our most ambitious trip was a cruise of the Hawaiian Islands followed by two days in San Francisco in 1990. Many of the people who went on the trip are still active members of ARA today and remember that bitter cold November morning when we assembled in Dover at 4:00 am to take a bus to Logan airport and how, after many hours of flying, we found ourselves enjoying a late dinner on a tropical terrace overlooking Waikiki Beach. The next day we boarded our cruise ship for an idyllic week of island-hopping.

Closer to home we have visited many sites in New Hampshire—Squam Lake, Castle in the Clouds, the Mount Washington Hotel in Bretton Woods, to name a few—and we rode the train through Crawford Notch. Some destinations we have returned to several times—New York City, Washington, D.C., Montreal, Quebec City—because there is always something new to see. In New York we have taken the ferry to the Statue of Liberty and Ellis Island, seen the Rockettes at Radio City and visited the United Nations building. In Washington, D.C. we remember the National Cathedral, the Holocaust Museum, the Diplomatic Reception Rooms at the State Department, Dunbarton Oaks—and we obtained passes to the Visitors Gallery in the House and Senate. We have also sat in the Visitors Gallery at the House of Commons in Ottawa and watched the Canadian Parliament in action.
When it comes to museums and art galleries, we have cut a broad swath: in New Hampshire, the Currier Gallery and the Frank Lloyd Wright-designed Zimmerman House, the Hood Museum at Dartmouth College, the Museum of New Hampshire History. In Massachusetts, the Quilt Museum, the Clark Institute in Williamstown, Worcester Art Gallery, Peabody Essex Museum, New Bedford Whaling Museum, Boston Museum of Fine Arts, and the Fogg Museum. We have visited the Metropolitan Museum and the Cloisters in New York and many of the national sites in Washington, D.C., also the Center for British Art at Yale University, the Wadsworth Atheneum in Hartford, CT, and the Maine Maritime Museum. We have seen the Glass Flowers at Harvard, Native American art and artifacts in Warner, NH, and in New York City, and we have visited the Norman Rockwell Museums in Stockbridge, MA and Arlington, VT, and the Stueben Glass museum in Corning, NY.

In Horticulture we have admired the beautiful Longwood Gardens near Wilmington, DE, the Wellesley College greenhouses, and the Boston and Portland Flower Shows. Other visits have included such Presidential sites as the White House, FDR's boyhood home at Hyde Park, NY and his family's summer "cottage" (including eighteen bedrooms and facilities for 6 servants) at Campobello, New Brunswick where he was staying when he was struck by polio, George Washington's Mount Vernon, the Adams' birthplaces and library in Quincy, MA, and the JFK Library in Boston. Houses of historic interest such as Chesterwood, the home of Daniel Chester French, who sculpted the figure of Lincoln in the Lincoln Memorial; the home and studio in Cornish, NH of the sculptor Augustus St Gaudens; Winterthur in PA; the Mark Twain House in Hartford CT, and in Newport, RI the palatial mansions and also Hammersmith Farm, the delightfully cozy home where Jacqueline Kennedy Onassis grew up. Other trips took us to historic reconstructions like Plimouth Plantation, Sturbridge Village, Heritage, NH, and the "Mayflower" replica, as well as the real USS "Constitution," and Concord/ Lexington.

We have taken river cruises on the St. Lawrence, the Hudson, the Essex, and the Piscataqua. We have eaten in more than a hundred restaurants including the late, much lamented Windows on the World at the top of the World Trade Center in New York. Of Performing Arts we have enjoyed such variety as "The Nutcracker" by the Boston Ballet, the Big Apple Circus, the Boston Symphony Orchestra at Tanglewood, the Portland Symphony Orchestra and their "Magic of Christmas", "Camelot" in Concord, NH, "A Christmas Carol", and spectacular musicals such as "Ragtime" and "Chicago" at the North Shore Music Theater. We have enjoyed Fall Foliage trips, have shopped at I.1..Bean, Ben and Jerry's, the Teddy Bear Factory, the Christmas Tree Shop, and the Yankee Candle Factory. We have done the Boston Duck Tour, visited the Franklin Park Zoo and the Butterfly Place, and been driven in special vehicles over the
sand dunes at the National Seashore on Cape Cod

Of course there have been glitches: a couple of bus breakdowns and some bus drivers who got lost and cost us valuable time, but they were all taken with good humor—and we never left anybody behind! So many miles, so many bus rides, so many meals shared and company enjoyed. ARA's emphasis on cultural content has never translated as "killjoy"; we have tried to provide something for everyone. The program has produced much pleasure and fun, has created friendships, and has provided many new and worthwhile experiences. And this it continues to do as, under Jane Weiland's imaginative leadership, we shall segue in Spring 2003 from Treasures of Ancient Egypt at the Boston Museum of Science to a chance to ride the futuristic people transporter when we visit the Segway Plant in Bedford, NH.

Sign up promptly! There are lots of treats in store to stimulate our minds and keep us up-to-date in that big world out there. See you on the bus!
MEMBERS WHO HAVE BEEN OFFICERS AND/OR DIRECTORS
1982-2002

James Batten
John Beckett*
Kathleen Beckingham*
William Bonin
Mary Booth*
Anne Boy
Ingeborg Brandt
Raymond Brighton
Donald Clark
Margery Clark
Beatrice Cornish*
Robert and Tina Dudley
Edward Durnall
Frank Fioto*
Rev. Harry Ford
Rosemary Flanagan
John and Marion* Gannon
Libby Garman*
Ann Geraghty
Frank Graham
Robert and Marcia* Harris
L. Franklin* and Helen* Heald
Edna Heidgard
Anne Hislop*
Harold Hocker

Robert Kennedy*
Barbara Eckman Lilly
Joan MacPhail
Helen Maginnes
Carolyn McLean
Barbara Millar
Robert* and Ruth* Morris
Edward and Helen* Morrison
Barbara Myers
Janice Muir
Hugh Pritchard*
Mary Roberge
Harriett Scarpulla
Betty Schmiedtgen
Ruth Schondelmeier
Norma Segal
Joyce Sheffield
Edwin Shivell
Richard Siegert*
Edward Smith
Robert Smith*
George Shultis
Raymond Vranicar
Walter and Jane Weiland
Henry and Barbara Wing

*Deceased