

## U3AYP President's Report 2022-2023

It's that time of year again when we look back to view our progress, to consider any changes that have occurred, acknowledge positive steps forward and to examine where to go from here.

No role is all it seems from the outside looking in and comes with its share of challenges and unexpected happenings, but nevertheless it is about seeking solutions which best fit the circumstances that arise. This is when team work is essential and I am sincerely grateful to those members who have been there and offered support, advice and friendship.

Towards the end of 2022 some members visited Dilba Guuranda- Innes National Park. It was a worthwhile trip on various levels. It enabled us to appreciate the beauty and diversity of this part of our peninsula. We shared this wonderful experience and had time to socialise and to relive some very pleasant memories.

2023 began with our Picnic in the Park which, although only attended by a small number, provided another opportunity to meet and better get to know members in a very relaxed and pleasant environment. It's a matter of bringing everything you need, then sitting back to relax and unwind.

A Leaders' Forum was held in March and it provided time for open discussion related to the role of a course leader, examination of our website, planning for 2024 and grant purchases. Recommendations for further meetings have been recorded and will be considered when planning for any further such days.

The application of a grant enabled U3AYP to purchase three signs displaying the motto :Seniors Learn Laugh Live. The wording was agreed upon at the Leaders' Forum. A sub committee worked hard to acquire the grant monies which has now enabled our organization to display signs at the location of courses and also to act as a form of advertisement with the hope that interest from passers by will be piqued.

U3AYP continues to provide a variety of courses which have been organized by the Program Committee under the guidance of the Program Coordinator, Corinne Stephens. She has now decided to relinquish this role and we thank Corinne for her hard work and commitment during her time in this position. Members of this committee have been Pamela Doroch, Pam Gillie, Shirley Grimsey, Chris Martin, Colleen Sherman, Jean Franke, Sally Sims and Sue Williams, our editor, who works hard to prepare and deliver our newsletters each term. Thank you to both Pam and Colleen who are not continuing on this committee. More details will be provided by Corinne in her report.

In addition to the many face to face courses that are on offer, there is also the opportunity to access online courses through Statewide Online. These courses are not in competition with what we offer but can provide extra choices, some of which have been attended by a couple of our members. Interested members are encouraged to check out the selection now available.

The Management Committee has consisted of Jean Wheare [secretary], Nancy Rawlings [treasurer], Corinne Stephens [Program Coordinator], Dorothy Bradshaw, Irene King, Joyce Yeomans, Pauline Foy, Peter Thomas [web master], Wendy Loveridge and myself.

Also, to ensure the smooth running of U3AYP, several sub committees have been formed to discuss and recommend actions to be taken by the management committee.

Firstly there is the sub committee whose role it has been to examine and submit changes that are determined necessary related to all official documents and individual roles of members. This committee has been lead by Wendy Loveridge and supported by Joyce Yeomans, Sue Thomas and myself.

Secondly there is the grants sub committee whose role it is to seek out available grants, to ascertain how to acquire those grants and then to complete the writing of the applications. Joyce Yeomans has been responsible for collating all essential information and the actual writing of the grant submissions with the help of Wendy Loveridge, Jean Wheare and Pauline Foy.

Finally, a planning sub committee for our 20<sup>th</sup> Anniversary celebrations, in 2024, has been formed. The members of this committee are Chris Crouch, Denice Karutz, Joyce Yeomans, Pauline Foy and myself.

Each committee meets on a regular basis to examine, discuss and decide where to go next.

Thanks must go to each of these people, from both Management and Program Committees, as well as other U3AYP members, who have been willing to be part of these extra committees.

U3AYP continues to be on the look out for people who are willing to share their skills and /or interests. We continue to successfully operate due to the hard work of our committee members as well as those of you who have been willing to volunteer either your time, your knowledge and /or expertise as well as your ongoing attendance at courses which are run for YOU. It is hoped that you can experience the benefits of being together, learning new skills, enjoying the world around us, and knowing that life is for living. U3AYP offers all of these benefits.

I found a quote by Fulton J. Sheen which I believe aptly ties in with the ethos of our organization.

It says: "The mind is like a clock that is constantly running down. It has to be wound up daily with good thoughts." These good thoughts can enhance a positive lifestyle and surely that is what we all hope to experience.

In July, I spoke at the Copper Coast Garden Club. Once again I found that many people have not heard of U3AYP or if they have, their knowledge is limited. It was very evident that they were impressed with the variety of courses on offer and to learn that all that is required, to attend any or all of these, is a single yearly registration payment. Also we were permitted to distribute our pamphlets to any interested attendees at SA Regional, Disability, Ageing & Lifestyle Expo 2023 in early August. Thanks to Shirley Grimsey for being willing to help spread the word at this event.

Once again, I would like to offer my sincere thanks to the Copper Coast and Yorke Peninsula Councils as well as the office of Mr Fraser Ellis for their ongoing support and assistance related to the provision of venues, photocopying and printing.

It is evident that as we look back over the last year we can see the progress that we have made. Moving forward is about maintaining the positive efforts that are benefitting our members as well as making the changes that we know are necessary and will ensure that U3AYP can prosper. Changes will occur around us, whether we embrace them or not. Changes for the good can only be for our benefit. So how about it? I feel confident that

with your support we can continue to successfully move ahead in the coming year and beyond.

Heather Simpson, U3AYP President