



**MEETING held GMT+8 on 1<sup>st</sup> August 2021 via Zoom**

**PRESENT:**

Dr. Paul Lam (Director)	Rosalie Rudduck
Tang Ching Lau (Chair)	Pat Lawson
Margaret Brade (Vice Chair)	Elizabeth (Libby) Hill
Winnie Lo (Treasurer)	Aileen Bonaparte
Jocelyn Simpson (Secretary)	Dave Carter

**1. WELCOME & APOLOGIES**

The Chair welcomed all to the meeting. Apologies were recorded from Sarah Malia.

**2. MINUTES OF LAST MEETING**

Proposed by Rosalie Rudduck and seconded by Aileen Bonaparte JS  
that the minutes of the meeting of 4<sup>th</sup> July 2021 be approved. All  
agreed. Jocelyn Simpson to send PDF to Dianne McGrath for the  
website.

**3. MATTERS ARISING (not otherwise on the agenda)**

**3.1 The Pandemic World (look to the future):**

With the risk of covid-19 and its variants still high, it was suggested  
that participants get tested prior to gatherings, classes and  
workshops in order to keep everyone as safe as possible from  
infection.

Chair

**3.2 Board Elections 2022**

Election to be held January 2022. Current members willing to  
serve again are Dr. Lam – director, Dr. Lau – chair, Margaret  
Brade – vice chair, Pat Lawson – MT rep USA/Canada. Email to  
be sent in September/October to qualified members to see if there  
is other interest in serving in these offices.

JS

**3.3 Website Ownership**

The legal agreement is in process with Dr. Lam's lawyer who is  
familiar with the Institute's situation. Dr. Lam expects to hear  
something in 1-2 months, at which point Margaret Brade will review  
the agreement.

DPL



**3.4 Nomination of Dr. Bob McBrien for the Innovative Excellence and Community Partnership Award**

PL, DPL

Dr. Lam nominated Dr. Bob McBrien for the Institute's highest award due to his many contributions to TCHI, including its formative years. The Chair so moved, and Jocelyn Simpson seconded the motion. All agreed. The award to be made in person at the June 2022 USA workshop. Related expenses estimated at US\$2000.

**4. INSTITUTE GOVERNANCE & ADMINISTRATION**

**4.1 Membership**

WL

Numbers at end of July:

-MT 67 (same)

-ST 128 (same)

-Premier Instructors 632 (down 11)

-Instructors 1750 (down 12)

(The "Instructors" figure reflects "Standard Memberships" only. Total membership is reflected by totaling all categories and includes only those current on membership fees.)

**4.2 Finance Report**

Revenue for July 2021 \$7452.50 made up of \$5791.00 Membership Fees and \$1661.50 Certificate fees.

WL

Balance as at the end of July 2021: \$49,596.03

**5. INSTITUTE SUB COMMITTEES**

**5.1 Harmonization Committee:**

MB

No new activity to report.

**5.2 Promotion & Resources:**

Chair

Dr. Lam recently submitted an article to the National Council on Aging at their request. Discussion about scheduling the third International Tai Chi for Health Conference, as well as looking into additional types of TCHI memberships such as non-instructor associate members and supporters.

**5.3 Research & Development:**

Chair



Georgia Institute of Technology (GA Tech) study of virtual tai chi for permanently homebound individuals using Seated Tai Chi for Arthritis is ongoing. The Chair submitted a grant application for Tai Chi for Diabetes and how it works for vascular flow and neuropathy, recommending Rhayun Song and Dr. Lam as reviewers. Discussion regarding possible study on Stage 1 self paced study and Stage 2 regarding its effectiveness and comparison with traditional approach.

#### **5.4 Training & Education:**

5.4.1 Stage 1 self paced study for Tai Chi for Arthritis for Fall Prevention has shown to increase the level of preparedness for individuals then proceeding to the Stage 2 live workshop. Dr. Lam is working on additional Stage 1 self paced studies for Tai Chi for Diabetes and Tai Chi for Beginners. PL

5.4.2 Pat Lawson shared positive experience of Tai Chi for Kidz workshop with new emphasis on mindfulness and problems facing preteens and teenagers in schools, using a modified schedule with a break in between the two days of training.

#### **6. ANY OTHER BUSINESS**

#### **7. KEY ACTIONS**

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|--|--------|
| <b>Item 2</b> Jocelyn to send PDF of approved Minutes to Dianne  | JS     |
| <b>Item 3.2</b> Jocelyn re elections   | JS     |
| <b>Item 3.3</b> Website ownership (Sept/Oct)   | Paul L |
| <b>Item 3.4</b> Look into other areas of funding for scholarships  | Board  |
| <b>Item 5.2</b> Dr. Lam to consult attorney regarding possible new types of memberships, look into scheduling a third International Tai Chi for Health Conference and possible meeting with Dr. Oh of IMTQA. | Paul L |
| <b>Item 5.3</b> Dr. Lam to look into possible study regarding Stage 1.   | Paul L |

#### **8. DATE OF NEXT MEETING**

The date of the next scheduled meeting was 5<sup>th</sup> September and availability to be checked and date confirmed.

Dates for 2021 had been listed on the agenda.

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**DR PAUL LAM TAI CHI FOR HEALTH INSTITUTE INC**  
NSW Government. Register number INC 9897544

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The meeting closed at 21:45 AEST.  
Chaired by Tang Ching Lau  
Minutes by Jocelyn Simpson