DR PAUL LAM TAI CHI FOR HEALTH INSTITUTE INC



NSW Government. Register number INC 9897544

MEETING held GMT+8 on 7th June 2020 via Go to Meeting PRESENT:

Dr. Paul Lam (Director)
Tang Ching Lau (Chair)
Margaret Brade (Vice-Chair)
Winnie Lo (Treasurer)
Jocelyn Simpson (Secretary)

Elizabeth (Libby) Hill Pat Lawson Dave Carter Rosalie Rudduck Aileen Bonaparte

Sarah Malia

1. WELCOME & APOLOGIES

The Chair welcomed all to the meeting.

2. MINUTES OF LAST MEETING

JS

Margaret Brade proposed and Libby Hill seconded that the minutes of the meeting of 3rd May 2020 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 Change of Website Engineer: 4mation Technologies was approved by the Board via email vote to do urgently needed upgrades to the TCHI website.

Paul L

3.2 Online Instructor Training during Covid-19 Pandemic: The Chair, Dr. Lam, Pat Lawson and other MT Trainers developed a curriculum guide for virtual instructor training workshops which was distributed to Master Trainers. A subcommittee of the Training and Education Committee was formed for requests for exceptions to the adaptation guide consisting of Rani Hughes, Robin Malby, Betty Scanlon. Pat moved that the committee formation and members be approved. Sarah Malia seconded the motion. All agreed. Dr. Lam to look into the possibility of a corporate Zoom account to be shared by MTs. He also expressed his appreciation for all the hard work MTs are doing during this difficult time.

Chair, Paul L, Pat L

3.3 Website Ownership: Margaret Brade and Dr. Lam to review legal ownership of TCHI website.

4. INSTITUTE GOVERNANCE & ADMINISTRATION

4.1 Membership

WL

4.1.1 Numbers:

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- -MT 68 (minus 4)
- -ST 125 (plus 2)
- -Premier Instructors 782 (minus 42)
- -Instructors 2442 (minus 130)

(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**

Balance as of end of May 2020: \$62,379.32

WL

- **INSTITUTE SUB COMMITTEES** 5.
- **Harmonization Committee:** No new activity to report. 5.1

MB

- 5.2 **Promotion & Resources:** A committee composed of the Chair, Beverly Roberts, Ileina Ferrier and Dr. Lam are working with USA government regarding TCHI's status with Title III-D evidence based fall prevention approved programs. Dr. Lam is translating TCA into Mandarin.
- Paul L Chair

Chair

Research & Development: Rhayun Song continues research on Paul L 5.3 Tai Chi for Memory in South Korea. Georgia Institute of Technology, USA, continues Seated Tai Chi for Arthritis research study, and has begun a new study incorporating tai chi for Tele-Technology for Mind-Body Interventions for People with Mild Cognitive Impairment.

Training & Education: 5.4

> **5.4.1 ST Training:** Webinar hours will count toward ST points requirement for renewal. Dr. Lam to email STs.

Pat L Paul L

5.4.2 MT Training: Pat Lawson to complete core competencies with addition of our newest programs.

ANY OTHER BUSINESS 6.

6.1 Review of Administrative Systems

Chair

The Chair to meet with Dr. Lam on this matter.



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7. KEY ACTIONS

Item 2 Jocelyn to send PDF of approved Minutes to Dianne.

Item 3.3 Margaret and Dr. Lam to resolve website ownership

Item 5.2 The Chair to circulate Title III-D committee report.

Item 5.4 Pat to finalize MT core competencies.

Item 6.1 Chair to meet with Dr. Lam.

JS MB, Paul Chair

Pat L

Chair, Paul

8. DATE OF NEXT MEETING

The date of the next scheduled meeting was agreed as GMT + 8 Sunday 5th July 2020 via Go to Meeting.

Dates for 2020 had been listed on the agenda.

The meeting closed at 22:49 AEST.

Chaired by Tang Ching Lau

Minutes by Jocelyn Simpson