DR PAUL LAM TAI CHI FOR HEALTH INSTITUTE INC



NSW Government. Register number INC 9897544

MEETING held GMT+8 on 30th May 2021 via Zoom PRESENT:

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

Rosalie Rudduck Pat Lawson Aileen Bonaparte Dave Carter

In attendance: Andrea Lam

1. WELCOME & APOLOGIES

The Chair welcomed all to the meeting. Apologies were recorded from Jocelyn Simpson, Sarah Malia, and Elizabeth (Libby) Hill.

The Chair also welcomed Andrea Lam as an observer.

It was noted that this meeting was in place of the scheduled meeting of 2nd May which had been cancelled and would also replace the scheduled meeting for June 2021.

2. MINUTES OF LAST MEETING

Correction to 4.2 of the April Minutes changing UK £ to AUD \$. Pat Lawson attendance also noted.

Proposed by Pat Lawson and seconded Rosalie Ruddock that the minutes of the meeting of 4th April 2021 as corrected beapproved. All agreed. MB to send to Jocelyn Simpson to send PDF to Dianne McGrath for the website.

MB / JS

3. MATTERS ARISING (not otherwise on the agenda)

3.1 Post-Pandemic World (look to the future):

It was discussed that according to many leading scientists there was unlikely to be a 'post' pandemic world as such, so there was a need to plan for the wax and wane of the virus.

3.1.1. Virtual Teaching

It was agreed that the MT update would include virtual adaptations for online teaching. It was noted Paul had developed very good experience in this area and would have good information to share in time.

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3.2 Board Elections 2022

Jocelyn to update at the next meeting.

3.3 Website Ownership

The legal agreement was in process with Pauls' lawyer who was familiar with the Institute's situation. However he was currently unavailable due to a bereavement so a delay was expected. It was agreed to be kept on the agenda and an update planned for the August meeting.

Dr PL

3.4 Website maintenance

TCP has a contract with EWeb and a lot of work has been done over last 3 years in support of TCP. EWeb now required a monthly maintenance fee and Dr Lam felt this was appropriate. Noted as similar to previous costs.

It was noted further that there was no contract with a company called Formation – instead TCP approaches them when larger development work is required but they were expensive.

It was noted that the budget already had a figure for website costs which so far had not been used so with payments due it should be okay for this year.

4. INSTITUTE GOVERNANCE & ADMINISTRATION

4.1 Membership

WL

Numbers at end of May:

- -MT May 67 (same)
- -ST May 126 (same)
- -Premier Instructors May 656 (down 1)
- -InstructorsMay 1719 (down 16)

(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

Income for April 21 \$8482.30 made up of \$7679.80 Membership Fees and \$802.50 Certificate fees.

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Income for May 21 \$8391.70 made up of \$6618.20 Membership Fees and \$1773.50 Certificate Fees

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Balance as at the end of May 2021: \$51101.88

This represented a loss of \$1,860 in May and a loss of \$2,391 in the 8-month period from October 20 to May 21.

It was felt overall to be a good result in the unprecedented Pandemic circumstances.

Winnie was thanked for clear and helpful reporting as usual.

5. INSTITUTE SUB COMMITTEES

5.1 Harmonization Committee:

MB

No new activity to report.

5.2 Promotion & Resources:

Chair

Continuing to promote the programs widely including updates from Dr Lam toTCU in UK and Arthritis Foundation in US and also engaging the CEO of the International Medical Taichi and Qigong Association (IMTQA).

5.3 Research & Development:

Chair

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No Update but noted some work ongoing but progress had been and continued to be difficult in the pandemic situation.

5.4 Training & Education:

Pat reported on the Senior Trainers meeting- to explore different activities for ST to be involved in. Point sheets improved and clarified. Suggested consideration for special circumstances and provide allowance / carry forward and noted was already looked at flexibly. Any changes should be considered through the T&E Committee.

Paul L

Tai Chi for Kids- Paul noted he is keen to promote this program in response to increased awareness of mindfulness in schools; also, happy to run MT update course virtually, including giving advice on how to teach children in this forum.

6. ANY OTHER BUSINESS

3.5 MT Retirement

A US MT Dr McBrienwas due to retire in June 2021 after having been engaged and involved through the formation of TCHI. It was agreed that Dr Lam consider a special recognition award and bring recommendations back to the Board.

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7. KEY ACTIONS

Item 2 Jocelyn to send PDF of approved Minutes to Dianne.JSItem 3 Jocelyn re electionsJSItem 3.3 Website ownership (August)ChairItem 6.2 Consider a special recognition award for retiring US MTPaul L

8. DATE OF NEXT MEETING

The date of the next scheduled meeting was 4th July and availability to be checked and date confirmed.

Dates for 2021 had been listed on the agenda.

The meeting closed at 21:40 AEST. Chaired by Tang Ching Lau Minutes by Margaret Brade