

**Tai Chi for Health Institute
AGM Meeting Minutes
January 9, Australia.
January 8 (USA, Eastern Calendar)**

Board Members in attendance: Paul Lam, Director; Margaret Brade, Vice Chair and Chair of the Harmonization Committee; Winnie Lo, Treasurer; Helga Meyer, ST Representative New Zealand and Australia; Rosalie Rudduck, MT Representative New Zealand & Australia; Patricia Lawson, MT Representative USA and Chair of Education and Training.

In addition, Brenda Hum, Dianne McGrath, Ernie Hall and Evan Wels were in attendance.

A quorum was established and the meeting opened at 09:10 Australian Eastern Daylight Time.

Apologies received from Raymond Lau, Chair; Jocelyn Simpson, Secretary; Dave Carter.

Welcome by Paul Lam, Director. Margaret Brade to chair. Pat Lawson and Rosalie Rudduck were asked to take meeting notes.

Minutes of the 2021 Meeting were distributed in advance and accepted unanimously.

The annual report by Chair, Raymond Lau, was put on the shared screen and read by Dr Lam.

It was noted that Helga Meyer actually filled a vacancy in September 2021. Also noted that the paragraph on p. 2 on the future focus of the Institute was for the 2021-2022 year.

With these minor corrections, the annual report was accepted unanimously; it was agreed that the report should included in the minutes.

Treasurer, Winnie Lo, presented the financial statement for 2020-2021. Key figures were read: Income for 2021 was \$106,660, with \$19,700 from certificates and \$86,960 from Membership fees. Expenses totaled \$117,071. Retained earnings on 1st October 2020 was \$40,416, making the retained earnings on 30th September 2021 \$30,005.

The Treasurer's report was accepted unanimously, and it was agreed that the report should be included in the minutes.

The meeting was opened to discussion.

- ◆ Dr Lam spoke about the important role we have in helping people cope with the mental stresses of our time; as well as improving immunity. The effectiveness of our teaching method has enabled the Tai Chi for Health programmes to reach out to more people; also our instructors have been able to adapt to the technology available more effectively than some other tai chi organizations.
- ◆ Margaret Brade pointed out that the monthly Forums have been a very positive step forward in communication and a fantastic way to keep instructors energized.
- ◆ Thanks were expressed to Ernie Hall, Nuala Perrin and Pat Lawson for their work on enhancing the virtual trainings. Special thanks to Evan Wels for his technical and administrative support on the webinars and Zooms. Huge kudos to Ernie and Nuala for being present at various time zone presentations, requiring sacrifices to their sleep schedules.
- ◆ It was noted that the announcement for the meeting was difficult to find, and that next year reminders should be sent to improve attendance.

The meeting was closed at 09:44 Australia Eastern Daylight Time.