DR PAUL LAM TAI CHI FOR HEALTH INSTITUTE INC



NSW Government. Register number INC 9897544

MEETING held GMT+8 on 5th November 2023 via Zoom PRESENT:

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

Elizabeth (Libby) Hill Rosalie Rudduck Pat Lawson Lorraine Norton Annette Plank

1. WELCOME & APOLOGIES

Chair

The Chair welcomed all to the meeting. Apologies from Hillary Simon and Margaret Brade. Evan Wels in attendance as representative of TCP in administrative capacity.

2. CHANGES IN CONFLICT OF INTEREST

No changes reported.

3. MINUTES OF LAST MEETING

JS

Proposed by Lorraine Norton and seconded by Rosalie Rudduck that the minutes of the meeting 1st October 2023 be approved. All agreed. Jocelyn Simpson to send PDF to Dianne McGrath for posting to the TCHI website.

4. MATTERS ARISING (not otherwise on the agenda)

4.1 ST/MT Recognition at Annual Workshops:

LN, LH, MB

Committee to write their thoughts to circulate to the Board.

4.2 Nomination for Innovative Excellence and Community Partnership Award:

Dr. Lam nominated Mike and Denise Soric for their extraordinary work with Kara, who has a nonverbal disability, to learn tai chi and to become a Board Certified Instructor to share with others. Lorraine Norton seconded the motion. All agreed. The award is to be presented at the January 2024 annual workshop in Wollongong NSW, AU.

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5. INSTITUTE GOVERNANCE & ADMINISTRATION

5.1 Membership

WL

Numbers at end of October 2023:

- -MT 70 (same)
- -ST 124 (same)
- -Premier Instructors 418 (down 20)
- -Instructors 1646 (down 39)

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

"Supporting Memberships" - nearly ready

5.2 Finance Report

Revenue for October 2023 is \$9,827.50 made up of \$8,648.00 Membership Fees and \$1,179.50 Certificate Fees

WL

Balance as at the end of October 2023: \$20,219.45

October loss was \$2,063.18

\$83,104.00 owed for administrative fees to Tai Chi Productions (December 2021 – September 2022)

6. INSTITUTE SUB COMMITTEES

6.1 Harmonization Committee:

MB

6.2 Promotion & Resources:

Pat Lawson hosted a roundtable discussion for the National Association of Chronic Disease Directors, a funding organization for organizations such as the Arthritis Foundation and others. Their focus is on arthritis, versus fall prevention. TCHI was the only tai chi group represented.

Chair, DPL

Senior Trainer Greg Zuendel performed a TCA demonstration as well as an interactive workshop "What is TCA about?" at iMTQA's event at the University of Kansas Medical Center.

The Chair had opportunity to demonstrate TCA to the health minister of Singapore, generating interest in including tai chi at area activity centers.

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6.3 **Research & Development:**

Chair, **DPL**

No new report

6.4 **Training & Education:**

DPL, Pat

SIPP is being well received by Master Trainers and participants. Workshop templates will be updated to reflect this change.

7. **ANY OTHER BUSINESS**

Chair

AGM to be held January 11, 2024.

8. **KEY ACTIONS**

Item 3 Jocelyn to send PDF of approved Minutes to Dianne JS

Item 4.1 Lorraine, Libby, Margaret to put together application form LN, LH, for ST/MT recognition and scholarship, as well as develop criteria. MB

DPL Item 4.2 Dr. Lam to proceed with nomination of Mike and Denise Soric for Innovative Excellence and Community Partnership Award.

Item 5.1 Evan, Dino, Dr. Lam, Kartiki, Amatullah to discuss using social media to promote Supporting Membership

Evan, DPL

Item 6.1 Harmonization Committee to email Ileina & Stan on closure of harmonization item.

MB

Item 6.4 Workshop Templates to be revised to reflect SIPP

Pat, Evan

Chair, DPL

Item 7 Chair, Dr. Lam and Rosalie to collaborate to prepare Minutes of 2023 AGM. Rosalie to take Minutes at 2024 AGM. Chair to prepare report.

Rosalie

Item 7.1 Chair to discuss telegram/whatsapp community, more social media presence with Kartiki and Sylvia

Chair

9. DATE OF NEXT MEETING

The date of the next scheduled meeting was set as 3rd December 2023. Availability to be checked and date confirmed.

Dates for 2023 had been listed on the agenda.

The meeting closed at 22:44 AEST.

Chaired by Tang Ching Lau

Minutes by Jocelyn Simpson