

Minutes of 3rd TCAA Management Committee (MC) Meeting on Monday 27 February 2023 via Zoom.

**NSW, VIC: 7:30pm - 9pm
QLD: 6:30pm - 8pm
SA: 7:00pm - 8:30pm
WA: 5:30pm - 7pm**

Present:

Cyril Loa, James Gao, Ken Goh, Fang Qin, Steve Heard, Peter Eves, Robert Hall, Bruce Jin, Sam Ruan, Stephen Lin, Lina He and Luke Walker.

Apologies: Paige Olsen and ChunMei Yang

AGENDA MINUTES

1 Welcome and Apologies.

Meeting commenced at 7:40pm and welcome notes by Cyril, the Chair.

Cyril welcomed VIC new Representative Peter Eves.

2. Review and Approval of previous notes of meeting.

Decision: Minutes was approved by MC.

3. Quarterly Report from all State Vice-President Reps:

(i) WA: Robert Hall report

Note: New NDIS clients joined tai chi class. Has plan for upcoming WTCQD.

Action: Robert will send Paige event information to promote local WTCQD in TCAA newsletter.

(ii) SA: Fang Qin report

Note: SA welcomed Master Wu to Adelaide relating to a tai chi workshop, promoted World Guidelines for Fall prevention to local GP and physio (sent approximately 50 letters out), and had a few more SA members since last meeting.

Action: Fang will organise WTCQD with SA members soon.

(iii) VIC & TAS: Peter Eves report

Note: Peter introduced himself and shared his experience and passion about taiji with MC team. He also promoted forthcoming taiji competition on 15 April 2023 in Sydney.

Action: Peter to talk to Anna (and Ken if necessary) about handover of Vic's weapons' compliance.

(iv) NSW & ACT: Steve Heard report

Note: Updated on Grant by City of Sydney for use of Redfern town hall finishing in April 2023. Enquiring about a grant for use of a larger venue at Sydney town hall but yet to receive any response. Proposed to meet with competition venue management team with Ken Goh. WTCQD will go head on Saturday 29 April 2023.

Action: Steve to update on application for use of Sydney town hall for future events.

(v) Qld/NT: Chunmei Yang Report

Note: No update due to absence.

4. Report of Sub-Committees:

(i) Competition Sub-Committee – Ken Goh (lead), Steve Heard, Bruce Jin, and Stephen Lin.

Note: Ken updated on smooth progress for forthcoming competition on 15 April 2023. Competition flyer was sent out with State reps assisting in promoting the event. All judges are to be briefed to ensure quality assurance and score harmonising, and this year, the judges will be seated around the arena. Registrations from participants are already coming in. More help may be needed on the day. Bruce reported on push hand competition's planning going well. A reminder will be sent out early in March so as to avoid an influx of registrations at last minute.

Action: Update on competition event at next meeting.

(ii) Publication, website and social media Sub-Committee- Paige Olsen (lead), Cyril Loa, James Gao, Ken Goh and Quentin Li (webmaster).

Note: Paige supplied the following updates and asked for the following:

- MCs to send her details of any upcoming events and seminars for next few months to publish in newsletter;
- March newsletter will focus on covid-related research and to supply any relevant personal experience in relation to severity and recovery as a direct result of tai chi/qigong practice;
- Provide any constructive feedback, what you like/dislike and any suggestion for improvement; and
- January 2023 newsletter had a 63.4% opened and a 60% clicked rate with similar results to the October 2023 newsletter.

A new Website design of the TCAA is currently being scoped, led by Quentin Li and James Gao.

Action: when website design is progressed to an advanced stage, it is proposed to invite Quentin Li at next MC meeting for a briefing.

(iii) Health Sub-committee- Cyril Loa (lead).

Note: Cyril promoted World Guidelines on Tai Chi for Fall prevention since December 2022, sent same to multi organisations/peak body/stakeholders. MC is encouraged to promote World

Guidelines to local relevant health organisation as part of education and further promotion. MC is encouraged to contact Cyril for any assistance, including a cover letter.

Cyril also briefed MC about TCAA being approached by a research team at Melbourne University in relation to an online survey with a view to developing an online platform program on Tai Chi for Knee or hip arthritis. TCAA's Members were written to and encouraged to participate in the online survey. James also reported that he is on the panel focus group of the Melbourne University's research team to discuss results of the online survey as well as developing and testing an appropriate online Tai Chi program.

Action: Cyril and James to report on progress of the research study by Melbourne University.

(iv) Learning and Development (Seminars) Sub-Committee- James Gao (new Lead), Ken Goh, and Fang Qin

Note: James reported the 1st online seminar conducted on 25th February. Concerning issue is related to resource (experienced presenters) shortage to conduct ongoing online seminar. With post-covid, may consider the prospect to have both online and in-person seminars this year.

Action:

- MC to encourage more members to conduct or recommend someone else to contact TCAA for online seminar. Sub-committee needs more discussion further.
- MC to recommend presenters. In order to reflect diversity in Tai chi styles, it is proposed to conduct workshops in 2023 that would include a Sun style.

(v) Liaison and Exchange Sub-Committee- Lina He (lead), Sam Ruan, and Stephen Lin.

Note: Lina mentioned upcoming international competition event in HK in August 2023 and the prospect of TCAA MC members to participate at individual level as well as officials of TCAA. MC seem to be open to the concept and Lina is encouraged to take the lead in providing further details about event, communicating with MC and raise any relevant matters.

Action: Lina to develop concept further and to provide more details to MC for consideration.

5. Any other Business.

(i) Planning for celebration of 25th silver anniversary of TCAA in or around July 2024.

Action: MC are encouraged to send emails to Cyril to share any ideas and suggestions. Whether a sub-committee can be formed and approved to organize same.

(ii) Confirmation of next meeting on Monday 29 May 2023.

Action: Agenda to include TCAA AGM, 2023; method (ballot v/s in person), call for nominations and election of committee members for 2023-2024.

In the absence of any other agenda items, the meeting was terminated at about 9.13pm