

<b>DATE</b>	6 February 2019	<b>VENUE</b>	28 Hamilton Street East Fremantle	
<b>SUBJECT</b>	Committee Meeting	<b>ATTENDEES:</b> K. Alexander, C. Hutcheon, K. Castle, R. Cook, N. Greenwell, K. Adamson, D. Ruggiero J. Basire, E. Hart, C. Booth, Joan de Castro, Jennifer Tuner, Christine Hebron		
<b>FROM</b>	Joan de Castro			
<b>MEETING No.</b>	20190206			
<b>START TIME</b>	7.00pm	<b>FINISH TIME</b>	8.45pm	<b>APOLOGIES:</b> E. Turton
No.	Item			Action
1	<b>Welcome</b>			
	<p>Ken welcomed everyone to the meeting including the new members (Jennifer Turner, Christine Hebron, Joan de Castro and Leonie Harper (latter on the running sub-committee), apologies were recorded. Ken acknowledged the difficult situation Elizabeth and Darryl Turton were facing with his recent accident, especially so soon after the loss of Birgit. He thanked Elizabeth for preparing the agenda and Joan for doing the minutes.</p> <p>Apologies from Elizabeth Turton.</p>			
2	<b>Matters arising from previous minutes</b>			
	<p>Previous Minutes 20180919 have been signed by Ken Alexander</p> <p>(a) Positives outcomes from the trial possible through a City of Melville grant had been communicated to the City. The club now has a range of promotional material and has managed to attract some new members. Future promotion recorded under General business.</p> <p>(b) Feedback received from the trial was that members did not want to be signed up for membership when they were only wanting a trial and so the form had been amended to a Free Trial Form A and a Membership Form B.</p> <p>(c) Elizabeth had nominated Ros Cook for Town of East Fremantle longest serving volunteer in a fitness category (in Ros's case 21 years). She just missed out on winning, but was runner up.</p> <p>(d) Discussion about wages was postponed and a small group will circulate thoughts about this.</p> <p><b>Minutes accepted: Julie Basire Seconded: Christine Hutcheon</b></p>			Julie
3	<b>Correspondence in and out</b>			
	<p style="text-align: center;"><b>19 September 2018 – 3 February 2019</b></p> <p><b>TROY PARK ASSOCIATION</b></p> <ol style="list-style-type: none"> <li>1. A letter was sent on 14 November to advise the incoming executive committee's details</li> <li>2. Ken sent another email to the president requesting invitation to attend their next meeting – there has been no response</li> </ol> <p><b>CITY OF MELVILLE</b></p> <ol style="list-style-type: none"> <li>1. An email was received on 30 November from Marcia Coelho advising approval to spend some of the grant money on additional promotional materials (sun shades). Approval given</li> </ol> <p><b>TOWN OF EAST FREMANTLE</b></p> <ol style="list-style-type: none"> <li>1. An email was received from the Town of East Fremantle requesting nominations for our club's longest, continuous serving volunteer who resides in the East Fremantle area.</li> </ol>			

	<p>Elizabeth nominated Ros Cook for her 21 years of continuous voluntary service to YS. Ros missed out on the prize by 1 year</p> <p><b>MISCELLANEOUS</b></p> <ol style="list-style-type: none"> <li>1. An invitation to attend Parliament House with Lisa O'Malley MLA</li> <li>2. Correspondence to various promotional company's requesting quotes for banner and sun shades</li> <li>3. Correspondence outgoing for acceptance of quotes and permission to proceed with printing advertising material</li> <li>4. Christmas wishes received from Lisa O'Malley MLA</li> </ol> <p><b>EXECUTIVE COMMITTEE (EC) and SPECIAL PROJECTS COMMITTEE (SPC) and CLUB</b></p> <ol style="list-style-type: none"> <li>1. Correspondence regarding the inadequacy of the current membership form. A revised version with two parts (forms A and B) was introduced to be trialled until a decision could be made at this meeting.</li> <li>2. A new register created by Deb Ruggeiro to be introduced to record the voucher holder's attendance at the club</li> <li>3. Considerable correspondence between the SPC on how to best spend the left- over funds from the grant</li> <li>4. An email from Tracey Wyatt thanking all Y Striders for their get well wishes</li> <li>5. Ken sent a letter to Melville City requesting approval to spend leftover funds from the grant</li> <li>6. Following the AGM, Elizabeth lodged the Annual Information Statement with Associations Online</li> <li>7. Circular Resolution 2 for life membership award to Julie Basire was circulated to the 2019 Committee (excluding Julie) for approval and or objections to the nomination for a Life Membership.</li> <li>8. Email from Ros Cook advising monies raised for the Esther Foundation donation and proceeds of raffle</li> <li>9. Ken copied the completed grant application report to the secretary and SPC</li> </ol> <p><b>Accepted: Eva Hart Seconded: Julie Basire</b></p>	<p>Deb</p>
<p>4</p>	<p><b>President's Report (Ken)</b></p>	
	<p>Ken noted the last committee meeting was in September and AGM was on Saturday November 10. He welcomed Christine H., Jenny, Joan D. and Leonie (Fitness Sub-committee) to the committee for 2019.</p> <p><b>Activities since the last Committee meeting:</b></p> <ol style="list-style-type: none"> <li>1. <b>Events/Socials:</b> Christmas lights walk – organised jointly by Pam and Kevin; Susan and Dave and Christmas end of celebration and awards. There was a New Year's Eve get together at South Beach and a movie at Somerville. Thanks to Ann for organising the latter.</li> <li>2. <b>Awards:</b> At the end of year awards the Brian Cook award presented to Kevin Adamson and Ros Cook; Life membership awarded to Julie Basire.</li> <li>3. <b>YRiders:</b> Since the AGM in November, Bill has organised another 12 bike rides.</li> <li>4. <b>Off-site:</b> Sessions have been held on the Australia Day weekend so far this year. Bill organised six holiday exercise sessions at Mt. Henry Bridge and Deep Water Point during December.</li> <li>5. <b>Presentations:</b> Neerja and Jatinder presented on the topic of 'wellness' in December.</li> <li>6. <b>Troy Park Association:</b> Secretary Ben Walker informed Ken the CCTV for the area is still on their agenda, as is replacement key boxes. Ben seems to be the 'go-to' man for TPA matters.</li> <li>7. <b>Fitness sub-committee:</b> Eva is now able to give this more attention and will be aided by Leonie and other committee members she consults. With Terry and Kaye's plans to be</li> </ol>	<p>Eva</p>

	<p>away this year, and their departure from the Committee the runners and walkers of the month will need to be reassigned.</p> <p><b>8. Membership promotion:</b> The Serco and City of Melville grants have been acquitted. Action needed now on a weekly plug over Curtin Radio – especially focusing on awareness of our website.</p> <p><b>9. Results of membership promotion/drive using grant funding:</b> Results summary from grant acquittal (City of Melville) is included as a separate document submitted for this meeting. Highlights include:</p> <ul style="list-style-type: none"><li>- An increase in financial membership prior to the grant period</li><li>- In July/August (prior to City grant) 3 people enquired about Ystriders and were issued 4 week trial passes. One of these signed up for membership.</li><li>- In the City grant supported period (Sept/Oct) 12 people enquired and were given trial passes. Five of these signed up for annual membership.</li></ul> <p><b>10. Trainers:</b> Ken thanked Nola (liaison) and Deb (Head Trainer) for arranging that the training roster was filled over the January period, allowing trainers to have time to enjoy their own holidays.</p> <p><b>11. Travel:</b> Elizabeth has been collating information about those booked into Denmark accommodation for June and Graeme says more information about the UK trip is imminent – in time for bookings to be made for the Lake District walking tour (book this May; travel September 2020). Since Elizabeth has other priorities, Graeme will be approached about continuing the enquiries into the Denmark trip, since he has experience of organising other trips.</p> <p><b>Accepted: Nola Greenwell    Seconded: Kevin Adamson</b></p>	<p>Kevin</p> <p>Christine H</p>
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	<p><b>Y STRIDERS FINANCE REPORT 6 FEBRUARY 2019</b></p> <table border="0" style="width: 100%;"> <tr> <td>Balance at Bankwest Zero Transaction Account</td> <td style="text-align: right;">5,631.62</td> <td></td> </tr> <tr> <td>Balance at Bankwest Saver Account</td> <td style="text-align: right;">10,699.67</td> <td></td> </tr> <tr> <td> Add: Anticipated Income to April 2019</td> <td style="text-align: right;"> 8,252.00</td> <td></td> </tr> <tr> <td><b>TOTAL FUNDS</b></td> <td style="text-align: right;"><b>24,583.29</b></td> <td></td> </tr> <tr> <td colspan="3"> <b>Less Provision For:</b></td> </tr> <tr> <td>Troy Park Rooms to April 2019</td> <td style="text-align: right;">2,535.00</td> <td></td> </tr> <tr> <td>Troy Park Lights</td> <td style="text-align: right;">500.00</td> <td></td> </tr> <tr> <td>Wages/PAYG to April 2019</td> <td style="text-align: right;">4,187.00</td> <td></td> </tr> <tr> <td>Superannuation</td> <td style="text-align: right;">0.00</td> <td></td> </tr> <tr> <td>Mobile Phone Top Up</td> <td style="text-align: right;">10.00</td> <td></td> </tr> <tr> <td>Public Liability Insurance</td> <td style="text-align: right;">1,260.00</td> <td style="text-align: right;"><b>-8,492.00</b></td> </tr> <tr> <td colspan="3"> <b>Anticipated Funds in Bank at April 2019</b></td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;"><b>16,091.29</b></td> </tr> <tr> <td colspan="3"> <b>Membership 62</b></td> </tr> <tr> <td>28 Ordinary Members</td> <td style="text-align: right;">11,648.00</td> <td></td> </tr> <tr> <td>16 Family Members (8 Couples)</td> <td style="text-align: right;">5,344.00</td> <td></td> </tr> <tr> <td>15 Social Members</td> <td style="text-align: right;">2,940.00</td> <td></td> </tr> <tr> <td>2 Life Members/1 Honorary Member</td> <td style="text-align: right;">-</td> <td></td> </tr> <tr> <td><b>TOTAL</b></td> <td style="text-align: right;"><b>19,932.00</b></td> <td></td> </tr> <tr> <td>Currently 2 Voucher Holders</td> <td></td> <td></td> </tr> <tr> <td colspan="3"> <b>Accepted: Ros Cook    Seconded: Christine Hutcheon</b></td> </tr> </table>	Balance at Bankwest Zero Transaction Account	5,631.62		Balance at Bankwest Saver Account	10,699.67		 Add: Anticipated Income to April 2019	 8,252.00		<b>TOTAL FUNDS</b>	<b>24,583.29</b>		 <b>Less Provision For:</b>			Troy Park Rooms to April 2019	2,535.00		Troy Park Lights	500.00		Wages/PAYG to April 2019	4,187.00		Superannuation	0.00		Mobile Phone Top Up	10.00		Public Liability Insurance	1,260.00	<b>-8,492.00</b>	 <b>Anticipated Funds in Bank at April 2019</b>					<b>16,091.29</b>	 <b>Membership 62</b>			28 Ordinary Members	11,648.00		16 Family Members (8 Couples)	5,344.00		15 Social Members	2,940.00		2 Life Members/1 Honorary Member	-		<b>TOTAL</b>	<b>19,932.00</b>		Currently 2 Voucher Holders			 <b>Accepted: Ros Cook    Seconded: Christine Hutcheon</b>			
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	<p>(a) One fun run/walk since last committee meeting – 10 members participated in the Perth Running Festival at Optus stadium 7 October in the 4, 14 and half marathon categories</p> <p>(b) John Wilkinson participated in Australia Day Sprint Triathlon at Point Walter. He achieved winner in his age group and received a state champion medal.</p> <p>(c) Calendar for fun runs/walks for 2019 prepared and will put in clubroom. First event is Asics Bridges Fun run/walk April 7 so training will commence early Feb.</p> <p>(d) Eva noted that different trainers have different skills and interests and we should use these e.g. Anita's speciality is HIIT, Natasha's is injury prevention etc.</p> <p>(e) She also noted that the evening participants should have a greater range of options e.g. strength training, intervals etc. John W has been helping Eva to look into some options for training programs Kevin noted that alternative training e.g. intervals need to be optional which all agreed on.</p> <p>(f) There might be a need for lights for interval training which will mean higher electricity costs. Eva will discuss with trainers.</p>	<p style="text-align: right;">Eva</p> <p style="text-align: right;">Eva/John W</p> <p style="text-align: right;">Eva</p>																																																															

	<p>(g) It was noted that it is hard to get space to do intervals with all the evening groups, but Ken suggested intervals could be done on the road.</p> <p>(h) Eva will make sure that there is a training program on the website that suits those who want to do the walk to run program for 5km as Kaye had reported that the training program on the website last year was different to one previously used and better suited to many recovering from injury or wanting to move from walking to running. Deb will send the one that is not on the website to Eva.</p> <p>(i) Eva to follow up Melville Spinner (Melville Markets fundraiser) as they haven't been in contact to give us any session times.</p> <p><b>Accepted: Julie Basire Seconded: Christine Hutcheon</b></p>	<p>Deb</p> <p>Eva</p>
<b>7</b>	<b>Trainer Liaison Report (Nola)</b>	
	<p>(a) All trainers – Deb, Anita, Natasha and Celeste - will continue this year.</p> <p>(b) Deb is introducing new warm up exercises and stronger strength sessions, Natasha has graduated and is looking for work, but prepared to stay on at this stage, Anita and Celeste can work the same hours as last year.</p> <p>(c) Joanne Smith may know someone who can take sessions if Natasha does get a job. Eva to ask Joanne.</p> <p>(d) Natasha and Celeste (and Bill and Ken) filled in recently when Deb and Anita were on holiday</p> <p>(e) Nola will be handing over the Entertainment book/card fundraiser to Christine Hebron.</p> <p><b>Accepted: Christine Hutcheon Seconded: Joan de Castro</b></p>	<p>Eva</p>
<b>8</b>	<b>Trainer's Report (Deb)</b>	
	<ol style="list-style-type: none"> <li>1. Session attendance numbers are generally quite healthy.</li> <li>2. Deb intends attending one trainer session this term</li> <li>3. Wednesday morning 8am session was relocated to South Beach due to heat. Deb suggested that 33 degrees and above sessions on Wednesday to relocate to South Beach instead of 36 and above. This will need to be changed on website. It was suggested that if there was a change a text be sent to members who regularly attend this session. Karen Castle to work with Ros on setting this up.</li> <li>4. Deb thanked the committee for support and Bill and Ken for helping to open and close when she has to go to another session.</li> </ol> <p><b>Accepted: Chris Booth Seconded: Joan de Castro</b></p>	<p>Deb</p> <p>Karen Ros</p>
<b>9</b>	<b>Social</b>	
	<b>No social report, but certain activities reported in Presidents report.</b>	
<b>10</b>	<b>General Business</b>	
	<p>(a) Ken suggested a letter be sent to Kaye and Terry Pestana and Faye Halma thanking them for their contribution.</p> <p>(b) Birgit's daughter Charlotte would like to donate some items of Birgit's to Ystriders for fundraising purposes. Mary Neesham will store these. It was suggested there is a garage sale on 24 March to sell this and a sign up sheet put in the club rooms for roles to help with this.</p> <p>(c) It was noted that Julie Basire has been given life membership for all the work she has done for the club. This was decided via Circular Resolution 2 soon after the AGM.</p>	<p>Ken?</p> <p>Kevin</p>

	<p>(d) Ken has requested Troy Park Assoc that he represent Y Striders at their meetings. Ken reported some difficulty making contact with them. It appears that they are not very active. However, Ken has liaised with Ben re beeping defibrillator which belongs to the Troy Park Assoc.</p> <p>(e) Kevin displayed the new sunshades. There was some discussion about how to display new Ystriders sun-shades purchased with leftover grant money. They are to be handed out to new members upon signing up for membership. Ystriders who will have an opportunity for a prominent display of the sunshades are also welcome to take one (i.e. those who park for work in a public place or those who will be able to display it around Melville, Fremantle etc. during their day). Kevin to take to club for distribution.</p> <p>(f) There was a brief discussion about where we can display banners e.g. getting permission from the City of Fremantle and displaying at South Beach etc. Joan to find out if they can be displayed at the Bibra Lake Fun Run.</p> <p>(g) Monthly print outs are no longer being handed out due to many members not taking them and sustainability reasons. Kevin pointed out that this was part of what members were promised on joining and that many liked to receive these and Joan agreed. There was a discussion about whether we could receive these online or individually, but currently this was not an option. Karen explained she had sent this up a long time ago with software current at that time and in the short term it might be best just to print these for everyone again, until another solution had been reached. There was a query about possibly issuing these 3 monthly instead of monthly.</p> <p>(h) Certificates representing milestone achievements e.g. 1000km were also no longer being issued, so this would also be followed up. There are apparently many certificate templates still available. Eva to follow up.</p> <p>(i) There was a discussion about where those who want to do other options e.g. interval training would go when there is lots of other sport going on, especially in the evenings. It was noted that the ½ km mark could be used on the path for interval training. Eva to follow up with trainers.</p> <p>(j) Ken raised the occasional presentations after Saturday sessions on particular topics and proposed that these be moved to the evening at certain houses combined with a social. Joan suggested that this rather happen at the club house, but Ken felt we could trial the interest and arrange one per term. There have been suggestions about particular speakers of interest to the club. Ken to follow up.</p> <p>(k) Fitness trainers will receive a 5% increase from 1 March as per Circular Resolution 3.</p> <p>The meeting closed with a delicious cake made by Deb Alexander, from Elizabeth's Turton's cookbook.</p>	<p>Ros/Joan</p> <p>Eva (Bill)</p> <p>Eva</p> <p>Eva</p> <p>Ken</p>
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**NEXT MEETING TO BE HELD ON 10 April**

I hereby certify that these minutes have been reviewed and are correct

**PRESIDENT or MEETING CHAIR**

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NAME

SIGNATURE