



DATE	23/06/2021	VENUE	Troy Park Clubrooms
SUBJECT	Committee Meeting	ATTENDEES: K. Alexander, C. Hutcheon, K. Castle, E. Turton, J. De Castro, N. Greenwell, J Freeman, K Adamson, E Hart, J Basire APOLOGIES: R Cook, J Turner, C Booth	
FROM	J Freeman		
MEETING No.	20210623		
START TIME	7.01 pm		
No.	Item		Action
1	Welcome		
	Ken welcomed everyone to the meeting. Thanks to Ken and Deb for supplying cakes and tea and coffee.		
2	Matters arising from previous minutes		
	Previous Minutes 20210414 have been signed by Ken Alexander. Matters arising from previous minutes will be dealt with through reports and in General Business. Minutes accepted: Karen Castle Seconded: Elizabeth Turton		
3	Correspondence in and out		
	Correspondence In and Out from 31-01-2021 until 14-04-2021 (Only the most important correspondence included here.) TROY PARK <ul style="list-style-type: none"> Ben W asking for dates of suspension/resumption of activities during COVID. JF replied. CITY OF MELVILLE <ul style="list-style-type: none"> Melville Talks E Newsletter with Foreshore Development meeting included. Fwd to KA (13/05/2021) Submission for Winter Ground Allocation Begun (23/05/2021) Summer Ground Allocation Received (23/05/2021) TOWN OF EAST FREMANTLE MISCELLANEOUS <ul style="list-style-type: none"> JF to WA Marathon Club re: Job Opportunity Tuesday evening & to advertise position among members (19/04/2021) (No response) Email from Seniors Card – agree to competition in June. (07/05/2021) Completed Self governance checklist for not for profit organisations – in folder (06/05/2021) ET written thanks to KA & JF for prompt response to COVID situation. (12/05/2021) Seniors Card JF accept participating in competition.(13/05/2021) Seniors Card request for logo & blurbs (14/05/21) Sent (17/05/2021) Invoice from Perth Web \$286.00 for Payment Conclusions page (18/05/2021) 		

	<ul style="list-style-type: none"> • Kim Giddens MLA Bateman Sports Grants available Fwd to KA (03/06/2021) • Apologies for meeting: Ros Cook (16/06/2021), Jennie Turner (17/06/2021) • Reports for meeting: EH – Captain’s Report (10/06/2021), KC Working Party (20/06/2021), President’s Report (20/06/2021) Trainer Liaison (20/06/2021) RC Membership (23/06/2021) JB Treasurers report (23/06/2021) • NG Trainers approved draft Trainer Information Booklet (22/06/2021) <p>EXECUTIVE COMMITTEE (EC) and SPECIAL PROJECTS COMMITTEE (SPC) and CLUB</p> <ul style="list-style-type: none"> • Job Application from Chloe Monaghan, Melissa Brown & Ross Anestoudis Fwd to KA & NG (06/05/2021) • Letter of Employment offered to Chloe Monaghan (ccd NG, KA, JB)(15/05/2021) • Job Application from Katrina Calicdan Fwd to KA & NG (20/05/2021) Olivia Skalko (23/05/2021) • Job Application from Angelo -James Gonzales Fwd to KA, NG, EH (25/05/2021) • Letter of Employment offered to Olivia Skalko. Cc KA, NG, EH, JB (28/05/2021)s • Received Signed Letter of Employment Olivia Skalko (28/05/2021) • Job Application from Oakley Payne (03/06/2021) • Job Application from Jennifer Pham (03/06/2021) • Ros Cook agreed to hosting Ann Rinaldi Breakfast at her home (19/06/2021) <p>Accepted: Joan de Castro Seconded: Julie Basire</p>	
4	President’s Report	
	<p>Welcome:</p> <p>At the last meeting I reported that we’ve had a slow but steady flow of new faces so far this year, with many moving beyond the trial stage to take up financial membership. According to Julie Basire’s most recent membership list, of the 70 members listed, by my reckoning, at least 63 are active across our seven weekly sessions. Thanks to the informal ‘membership’ team (Elizabeth, Ros, Julie B. and Joanne) who prepare welcome packs for new members.</p> <p>I’m pleased to report that Nola, Eva and I interviewed several candidates for a trainer’s position, recently appointing Olivia Skalko. Olivia is a fourth year Murdoch Exercise and Sports Science student who has now shadowed trainers across Tuesday, Thursday and Saturday sessions. She is an energetic young woman with expertise in running – well suited to the needs of the Tuesday members who are following a number of interval and distance programs.</p> <p>I also reported, at our last meeting, that Eva’s ‘motivations and awards’ working group had been busy working through strategies to establish and maintain members’ motivations for healthy active lifestyles. Goal setting was one of these. We have now moved forward on a proposal that suggests how trainers might work more systematically to identify members’ goals and then to match them with programs that can help reach those goals. The position of ‘Trainer Supervisor’ was established at the last meeting to complement the Trainer Liaison role played by Nola. Trainers who assess prospective members are also now required to keep a record of their discussions</p>	

about physical activity goals and suggested programs. A checklist is completed and signed off by the Trainer Supervisor before being placed in a 'trainer-only' alphabetical file. A log of these records is updated and a 3-month follow-up is scheduled.

Socially, 40 members enjoyed the WA Day long-weekend trip to Northam. The venturesome enjoyed hot air ballooning while, on Sunday, most stayed closer to earth to complete 7km or 15km walks from Clackline to Wundowie. Notable was the mid-walk stop at the Baker's Hill Pie Shop to consume our pre-ordered pies. Those who chose the vanilla slice as their dessert were not disappointed. Some, who couldn't bear the prospect of appearing indulgent in public, carried their slices home for later, more private, decadent enjoyment. Thanks to Bill, Kevin and Pam for their reconnaissance of the walks. Special thanks to Tracey (and Ross) and Elizabeth for their organisation of hospitality and transport. Drinks and nibbles at the Caravan Park's camp kitchen kicked off the weekend early on Thursday evening, followed by dinner in our very own function room at the Duke's Inn (Friday), Indian cuisine (Saturday) and, on Sunday, at the architecture award-winning Farmers' Hotel and Dome restaurant. On the way home we enjoyed a succulent lamb spit roast at the Baker's Hill brewery (Monday Lunch).

Thanks to Jatinder and Neerja, we enjoyed a sumptuous curry banquet and cooking-with-spices tutorial at the Manning Senior Citizens clubrooms on May 16. Happily, the neighbouring hall was put to good use after when we were treated to further instruction in 'bollywood dancing' by a highly credentialed troupe who led us through the essentials of the art form. Subsequently, those attending Monday's strength session were grateful to receive Jatinder's carefully packed containers of a number of dishes even Striders couldn't finish on the night!

Now, we are all looking forward to the 24th Birthday Lunch at a 'mystery destination' on our July 25th car rally – organised by Graeme.

Since our last meeting on Wednesday April 14 2021:

- We have conducted two off-site sessions – at King's Park Sat 17 April and at Manning Park, last Saturday June 19.
- Our product and reach teams continue their work with new programs produced in conjunction with the trainers and Strider-awareness posts continuing through social media. The new 'Couch-to-5km' walking program has been designed by the trainers and is now on our website.
- Elizabeth completed changes to our Y Strider guidelines that were approved at our April 14 meeting
- We have established direct contact with each University officer responsible for posting material on the websites of exercise, sports science and physical education students. We should now be in a position to effectively message uni students as soon as we find we are in need of a new trainer.
- Joan De Castro has worked hard to finalise information for a comprehensive manual for trainers – new and old alike. This will stand us in good stead, especially when bringing new trainers on board.
- Karen has sourced and publicised a new collection of Strider apparel. Thanks Karen.

	<ul style="list-style-type: none"> • Again thanks to Christine Hutcheon our website continues to feature members' stories which are, in turn, seen by visitors to the website. We're currently featuring Jenni Turner. • Kerrie Tomlinson and Leonie successfully completed the Step Up for MS on Sunday, climbing over 1000 steps in the CBD's Central Park building. • Half marathon training continues as does the planning for Coral Bay. <p>2021 challenges</p> <p>Repeating my remarks from my last report, thanks to the Reach Team, we are continuing to spread the word about Y Striders using our developing skills in social media messaging.</p> <p>Ken Alexander (President) 20 June 2021</p> <p>DISCUSSION POINTS:</p> <ul style="list-style-type: none"> • Run for Reconciliation May 29th • All club members to be offered "Member's Goals and Program Record" to complete if they feel inclined • Ensure member awareness of the suite of training programs that are available to members for personal use • Ken to email members about the availability of the Goals and Program Record, plus make them aware of the range of programs that they can easily access if required. <p>Accepted: Kevin Adamson Seconded: Elizabeth Turton</p>	Ken A																								
6	Financial Report																									
	<p>Y STRIDERS FINANCE REPORT 23 JUNE 2021</p> <table> <tr> <td>Balance at Bankwest Zero Account</td> <td style="text-align: right;">\$ 7,445.17</td> </tr> <tr> <td>Balance at Bankwest Saver Account</td> <td style="text-align: right;">\$25,691.80</td> </tr> <tr> <td>Add: Anticipated income to September 2021</td> <td style="text-align: right;">\$ 8,612.00</td> </tr> <tr> <td>TOTAL FUNDS:</td> <td style="text-align: right;">\$41,748.97</td> </tr> <tr> <td colspan="2">Less Provision For:</td> </tr> <tr> <td>Troy Park Rooms to September 2021</td> <td style="text-align: right;">\$ 3,380.00</td> </tr> <tr> <td>Troy Park Lights</td> <td style="text-align: right;">\$ 500.00</td> </tr> <tr> <td>Troy Park CCTV Levy</td> <td style="text-align: right;">\$ 300.00</td> </tr> <tr> <td>Wages/PAYG to end June 2021</td> <td style="text-align: right;">\$ 8,872.00</td> </tr> <tr> <td>Mobile Phone Top Up</td> <td style="text-align: right;">\$ 20.00</td> </tr> <tr> <td>Birthday Dinner 2021</td> <td style="text-align: right;">\$ 400.00</td> </tr> <tr> <td>Miscellaneous Expenses</td> <td style="text-align: right;">\$ 500.00</td> </tr> </table>	Balance at Bankwest Zero Account	\$ 7,445.17	Balance at Bankwest Saver Account	\$25,691.80	Add: Anticipated income to September 2021	\$ 8,612.00	TOTAL FUNDS:	\$41,748.97	Less Provision For:		Troy Park Rooms to September 2021	\$ 3,380.00	Troy Park Lights	\$ 500.00	Troy Park CCTV Levy	\$ 300.00	Wages/PAYG to end June 2021	\$ 8,872.00	Mobile Phone Top Up	\$ 20.00	Birthday Dinner 2021	\$ 400.00	Miscellaneous Expenses	\$ 500.00	
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	\$ 13,972.00 - \$ 13,972.00	
	Anticipated Funds in Bank at end September 2021	\$ 27,776.97
	Membership	70
	Ordinary	35
	Family	16
	Social	15
	Honorary	2
	Life	2
	Julie Basire Treasurer.	
	DISCUSSION POINTS:	
	<ul style="list-style-type: none"> • So far, the money gained from the Containers for Cash bottle return has offset the fees charged through online credit card payment • No change in fees for the Financial Year July 2021 to June 2022. AGREED • Query re: Quarterly Payments. As Quarterly Payments are part of the Annual Membership this option is meant to ease the financial burden of fee payment, not for deferral of fee payment UNLESS it is under EXCEPTIONAL circumstances. • Club Members need to be informed of this circumstance. The Executive is to compose a letter to send out to all members to inform them. 	Joanne F
	Report Acceptance: Nola Greenwell	Seconded: Elizabeth Turton
7	Club Captain's Report	
	<p>Captain's Report, June 2021</p> <p>The Run for Reconciliation on May 29th was a wet and windy event which was attended by six members of the club. It was a 5 km course around Bibra Lake and was also a Park Run event. For this reason there was a lot of feedback as to how well each member achieved, including overall place, gender and age group place, percentage rank according to age and gender. The six club members (Terrence, Joan De C, Martin, Leonie, Ann P and Eva) ran the 5km event in very good times. Some of us managed to come first in our age groups.</p> <p>The training program for the Half Marathon was started in mid May allowing 12 weeks to complete the program for The Perth half marathon which will be on August 1st. Some</p>	

programmers all the respondents were from the Eastern States. All respondents questioned why we would not be developing a web-based app rather than a stand-alone program where data was only visible on the one laptop. Many respondents could be ruled out because of lack of experience and lack of reviews of their previous work. Each task has to have a budget which was set at \$1000. Only 2 people seemed to be at a professional level, the first one quoted \$4000 and the second said the \$1000 budget was insufficient for the task.

Given that most programmers were suggesting a web-based app be developed Karen approached PerthWeb to find out if they could develop such an app for us and possibly integrate it with the Y Striders web-site. As at Wednesday 16th June we have not received a reply from PerthWeb. Reply received 20 June 2021 see emails at the end of this document.

Karen has tried Strava for the last few weeks and was able to enter walking sessions as well as strength sessions (classed as a workout) and the long weekend walk. GPS tracking was possible by taking a smart phone with you on the walks for those who do not have smart watches. Data can be entered on a home computer, smart phone or smart watch. The club computer can't be used as it has no internet connection.

Strava allows the setting up of clubs. Karen has set-up a club for 'Y Striders' which other members can then join and see their fellow members activities.

Strava also has challenges that people can join, there's a 5k in June, a 10k in June, a walking consistency challenge and many more.

Considering the pros and cons of developing our own program or using Strava

STRAVA Pros –

- 1) Free, although if you want to get more in depth data there is payment
- 2) Caters for numerous activity types
- 3) Members can record ALL their fitness activities eg. cycling
- 4) A number of members already use Strava
- 5) Can be synced to smart watches
- 6) GPS tracking
- 7) Numerous challenges for members to participate
- 8) Will be updated as new watches and phones come along.

Cons –

- 1) Not designed for Y Strider needs
- 2) New technology, push-back from some members
- 3) Primarily for running and cycling
- 4) No print-out

REDEVELOP A Y STRIDER PROGRAM (Web-based)

Pros –

- 1) Designed to our needs
- 2) Can incorporate existing data
- 3) Include a smart phone app

Cons –

- 1) Costly to develop
- 2) Ongoing costs to maintain compatibility with new operating systems and devices.
- 3) Not synced to smart watches
- 4) Will be different from current program, so members still need to learn new technology
- 5) No GPS data

6) Will record less data than Strava, so members already using Strava will not want to use it.

Karen's email to Perth Web

Hi Alister, I am part of the Y Striders Club and was involved in our website redevelopment which your company did for our club. I am currently looking into replacing our outdated computer system which we have been using for the past 24 years to record members details and session distance and time data. We also need members to be able to record when they do a strength session, which has no distance associated.

The current program uses a SQL database and was written in a now obsolete programming language called PowerBuilder. I have been tasked with researching replacement options which include having a new computer program built or using free Apps like Strava.

Our members have been used to entering their session details in our club laptop and getting a monthly printout which shows their average pace and distance for the month, their membership expiry date, graphs of their pace at each session in the last 3 months as well as a graph of their monthly distance for the last 12 months. We have no internet access at the club currently.

If we went down the track of redeveloping our computer system it seems like the obvious way to go would be to have a web-based app with a smart phone app which people could use to enter their session data and view/download reports. There are members who do not have smart phones so entering data using their home computer would need to be an option. Is this something that PerthWeb could create? And if so, could it be integrated with our current MemberPress data or would it require a separate database? We would need to have members historic total distance and number of sessions attended added to the new database, otherwise members would be starting from scratch with the new system.

I realise we would need to provide a much more detailed specification if we were to go ahead, but at this stage I am just interested in

- 1) Is this something that PerthWeb could provide?
- 2) Could it be integrated with our current website?
- 3) Would there be ongoing costs for keeping the app up to date?
- 4) Would there be ongoing costs for data storage?
- 5) A ballpark cost of the project?
- 6) Would we be better off using a free app like Strava?

Regards, Karen Castle

PerthWeb Reply from Matt Price (Manager)

Hi Karen.

Alister passed your query on to me. The short answer is obviously this is something we can build, but the cost may be prohibitively expensive if we were to build it from scratch. I'd budget at least 15k for something like this, but I'd really need to get more details before being able to quote it (ie. get you to draft up what you need, and then we'd meet to discuss further). The advantage here is obviously it's customised to your own needs, which means it's easier to use.

Another alternative is to find something like Strava (possibly including Strava) that has an ability to link from a member record in your site to Strava like data, which would likely provide far more functionality and is less work if information is entered from the

13	General Business	
	<p>Change of Committee Members (KA)</p> <ul style="list-style-type: none"> • Would like an email sent out to all club members approx. 8 -10 weeks before the AGM encouraging members to participate in the club by being a Committee Member. • At 6 weeks before AGM send out another email encouraging people to either nominate others or nominate themselves for a role on the Committee • Encourage applicants to let Committee members know that they are interested, and existing Committee members will assist in completing paperwork. • Follow up with Saturday morning reminders to club members. AGREED <p>Change of Logo (JF/ET)</p> <ul style="list-style-type: none"> • No interest from Committee to change name of club, but can see the need for a new logo • Engage a professional to mock-up a new logo for club with a budget up to \$1000.00 • Put designs to club membership for a vote. AGREED <p>Action Plan re: New Members (J de C)</p> <ul style="list-style-type: none"> • Discussion about how to deal with new members/ 4 Week Triallers being out on the path at night alone • Four options were developed: <ol style="list-style-type: none"> 1. They are to go out with the trainer 2. They are to go out with an existing member who is prepared to modify their training to accompany the new member 3. They are to only go out for a kilometre or 500 metres before returning and repeating this over the session to avoid dark areas on the path. 4. They are to use the Stoneham and Wichman road routes more frequently as these have much better lighting than Applecross. They could go further on these routes because they are well lit. • This information is to be included in the Trainer Information Booklet. • Recommended a review of the trainer Information Booklet in January of each year. AGREED <p>Ann Rinaldi Fun Run (ET)</p> <ul style="list-style-type: none"> • Ros Cook has agreed to host the breakfast at her home • There will be a staggered start with a 7.15 Warm Up for 7.30 Start and a 7.45 Warm Up for 8.00 Start • Participants to bring a plate to the breakfast (no muffins) 	<p>Joanne</p> <p>Joanne</p> <p>Joanne/ Elizabeth</p> <p>Joan Eva</p>

	<ul style="list-style-type: none"> • Markers – The Pestanas will need to be asked if they are prepared to put out the markers. • JF to email JT re: trophy – so President can see trophy and decide if new one required. • JF to send out email to all members explaining changes. • JF to email trainers with background to Anne Rinaldi award. • Trainers asked to nominate one person for the award . • Change wording of award in the Guidelines. The award is to go to someone who “worked tirelessly through the year to achieve their personal best”. AGREED <p>Photos of Committee Members</p> <ul style="list-style-type: none"> • KC to take photos of Committee members and arrange into thumbnails to put up in trainer’s cupboard. AGREED 	<p>EH, J de C</p> <p>JF/KA</p> <p>Joanne</p> <p>Joanne</p> <p>Nola</p> <p>Karen</p>
14	Other Business	
	Meeting closed at 9.37 pm.	

NEXT MEETING TO BE HELD: Wednesday 15 /09/2021

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

**PRESIDENT or
MEETING CHAIR**

NAME

SIGNATURE