



<b>DATE</b>	15/09/2021	<b>VENUE</b>	28 Hamilton St East Fremantle
<b>SUBJECT</b>	Committee Meeting	<b>ATTENDEES:</b> K. Alexander, C. Hutcheon, K. Castle, E. Turton, J. De Castro, N. Greenwell, J Freeman, E Hart, J Basire, R Cook, C Booth <b>APOLOGIES:</b> K Adamson, J Turner,	
<b>FROM</b>	J Freeman		
<b>MEETING No.</b>	20210915		
<b>START TIME</b>	7.00 pm		
No.	Item		Action
1	<b>Welcome</b>		
	Ken welcomed everyone to the meeting. Thanks to Ken and Deb for having us meet in their home and for cakes, tea and coffee.		
2	<b>Matters arising from previous minutes</b>		
	Previous Minutes 20210623 have been signed by Ken Alexander. <ul style="list-style-type: none"> <li>Change to previous Minutes has been recorded and republished. Re the Anne Rinaldi Award going to someone who ‘has worked tirelessly to achieve personal best’.</li> <li>Club computer is still available for use at the club rooms although most are using Strava or an alternative.</li> <li>Photos of Committee members now in cupboard.</li> </ul> <b>Minutes accepted: Julie Basire      Seconded: Elizabeth Turton</b>		
3	<b>Correspondence in and out</b>		
	<b>Correspondence In and Out from 24-06-2021 until 15-09-2021</b> (Only the most important correspondence included here.)  <b>CITY OF MELVILLE</b> <ul style="list-style-type: none"> <li>Confirmation of Allocation of Ground for Summer season received (Smarty Grants)</li> <li></li> </ul> <b>MISCELLANEOUS</b> <ul style="list-style-type: none"> <li>ET to JF Containers for Change Info included in Welcome Pack for new members (26/06/2021)</li> <li>JF to NG to Trainers re Anne Rinaldi Award (28/06/2021)</li> <li>Email from WA Seniors with 5 prize winners. JF to notify. (02/07/2021) Done</li> <li>JB – Updated membership list (13/07/2021)</li> <li>JB – Updated Membership List (10/09/2021)</li> <li></li> </ul> <b>EXECUTIVE COMMITTEE (EC) and SPECIAL PROJECTS COMMITTEE (SPC) and CLUB</b> <ul style="list-style-type: none"> <li>JF to RC to all members re: latest COVID restrictions for 3 days. (27/06/2021)</li> <li>JF to RC to all members re: Computer and Strava (28/06/2021)</li> </ul>		

	<ul style="list-style-type: none"> <li>• JF to RC to all members re: Lockdown until Sat July 03 (28/06/2021)</li> <li>• ET confirms quote for logo with Jamie Wyatt \$800.00 for new Logo design. (30/06/2021)</li> <li>• JF to RC to all members re: Y Striders Quarterly Payment Options Online &amp; BT (30/06/2021)</li> <li>• ET to KA, JF re cancel off-site in August? KA agreed until September after Coral Bay (13/07/2021)</li> <li>• JF to KA re trainers at Anne Rinaldi event (19/07/2021)</li> <li>• Lions Club Arts and Crafts Market October 17<sup>th</sup> Free to participate. (17/08/2021)</li> <li>• From ET Initial Design Concepts for new logo (01/09/2021)</li> <li>• Apologies re meeting: Jennie T , Kevin A (08/09/2021)</li> <li>• Eva Hart will attend meeting (08/09/2021)</li> <li>• New member Leanne Noakes – subscribed (09/09/2021)</li> <li>• NG – Trainer Liaison Report (12/09/2021), JB – Treasurer’s Report, EH – Club Captain’s Report, KA – President’s Report (13/09/2021)</li> </ul> <p><b>Accepted: Christine Hutcheon    Seconded: Nola Greenwell</b></p>	
<b>4</b>	<b>President’s Report</b>	
	<p><b>Welcome:</b>  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. We have a new member – Leanne Noakes and another potential member – Anthea McGuigan – about to complete her free trial. We continue to have active, attending members above 60. Thanks again to the informal ‘membership’ team (Elizabeth, Ros, Julie B. and Joanne) who prepare welcome packs for new members.</p> <p>Olivia Skalko has completed her trainer’s probationary period with us and has just resumed Tuesday night duties after a four-week practicum experience in the Geraldton area. Olivia is a fourth year Murdoch Exercise and Sports Science student who has now shadowed trainers across Tuesday, Thursday and Saturday sessions. She has expertise in running and is well suited to the needs of the Tuesday members who are following a number of interval and distance programs.</p> <p>The position of ‘Trainer Supervisor’ that I hold 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 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.</p> <p>Socially, over 20 members recently travelled north to Kalbarri and Coral Bay to enjoy a relaxing 18 days in the sun while Perth suffered through some unseasonably rainy weather. Thanks to Joanne for the very comprehensive post about the trip that features on our website. Many members thanked Joanne for her contribution in responding to her post.</p>	

With the Northam June long weekend now a fading memory, our attention has turned to bookings for the Albany 2022 weekend. Thanks to Elizabeth for, last week, reminding us about booking and about the opportunity to express interest in whale watching, river cruising and Segway touring as activities over the weekend.

**Since our last meeting on Wednesday June 23 2021:**

- Our Annual birthday ‘mystery car rally bash’ was a success as we wound our way up to the hills, settling, at last, for a well organised lunch at Avacado’s in Kelmscott. Thanks, again, to Joanne Freeman for her post about the event.
- We have conducted an off-site sessions – at Deep Water Point on Saturday September 11.\
- We held the Ann Rinaldi Club event with great attendance – members running and walking distances from 6km to a 21km half marathon (Joan De Castro, Terry Pestana, Eva Hart, Pam Adamson and David Meredith).
- Joan Foley was voted by the Trainers as a worthy recipient of the 2021 Ann Rinaldi award for personal achievement in exercise and fitness.
- Joan De Castro has worked hard to finalise information and is putting the finishing touches to a comprehensive manual for trainers – new and old alike. This will stand us in good stead, especially when bringing new trainers on board.
- Again thanks to Christine Hutcheon our website continues to feature members’ stories which are, in turn, seen by visitors to the website. Our facebook page is currently featuring Julie Basire.
- Members recently competed in the Bibra Lake fun run (results not to hand) and the Regis Aged Care Women’s Classic fun run in which Leonie Harper finished second in her age group in the 5km.

**2021 challenges**

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.

Ken Alexander (President) Sep 13 2021

**Accepted: Karen Castle**

**Seconded: Eva Hart**

**6 Financial Report**

**Y STRIDERS FINANCE REPORT 13 SEPTEMBER 2021**

Balance at Bankwest Zero Account	\$ 5,975.12
Balance at Bankwest Saver Account	\$25,695.05
Add: Anticipated income to March 2022	\$ 8,918.00
<b>TOTAL FUNDS:</b>	<b>\$40,588.17</b>
<b>Less Provision For:</b>	
Troy Park Rooms to September 2021	\$ 5,460.00

	<p>Troy Park Lights \$ 500.00</p> <p>Troy Park CCTV Levy \$ 300.00</p> <p>Wages/PAYG to end June 2021 \$ 9,006.00</p> <p>Mobile Phone Top Up \$ 20.00</p> <p>Workers Compensation Insurance due Nov. 2021 \$ 300.00</p> <p>Miscellaneous Expenses \$ 500.00</p> <p style="text-align: right;"><b>\$ 16,086.00 - \$ 16,086.00</b></p> <p><b>Anticipated Funds in Bank at end September 2021 \$ 24,502.17</b></p> <p><b>Membership 71</b></p> <p>Ordinary 35</p> <p>Family 18</p> <p>Social 14</p> <p>Honorary 2</p> <p>Life 2</p> <p>Julie Basire Treasurer.</p> <p><b>DISCUSSION POINTS:</b></p> <ul style="list-style-type: none"> <li>• So far, the money gained from the <b>Containers for Cash</b> bottle return continues to offset the fees charged through online credit card payment</li> <li>• Brief discussion of Public Liability Insurance. JB has made a request to see the policy document to understand liability. The policy is for \$30 million.</li> <li>• Query re: light fees at Troy Park. This has reduced.</li> <li>• Active membership stays at about the same number i.e. 60</li> </ul> <p><b>Report Acceptance: Joan de Castro                      Seconded: Elizabeth Turton</b></p>	Julie B
<b>7</b>	<b>Club Captain's Report</b>	
	<p>Winter is generally the time of year for an increase in activities such as training and participating in fun runs. This has certainly been the case for some members, with training for the half marathon and Ann Rinaldi run being the focus.</p> <p>There were 10 people who showed interest in training for the Perth half marathon which was due to be run on August 1st. Due to injury and illness only 5 people managed to be ready for the 21.1 km run. This public event rapidly sold out before any Y Striders had managed to register for it. To allow these members to use up the energy gained from all</p>	

this training, it was decided to include this new distance into the Ann Rinaldi club event, a few weeks later.

Since I have been a Y Strider club member for over twenty years, I remember only two other times that there was any training offered for a half marathon. Although we are getting older as a club, it is good to know that our enthusiasm is not always waning.

The Ann Rinaldi club event took place on August 15th from Quarantine Park in Bicton and had a high level of participation. Members could choose to complete various distances to suit their current level of fitness. There were 3 different start times depending on the distances chosen by the members, with the earliest start at 6.30am for the half marathon (21.1kms) runners, 7.30am for the medium distance participants and 8 am for the shorter distances.

The 5 half marathon participants started their warm up at 6.15am, with a few valued supporters including Ken, Kevin and Bill sending them off at 6.30am just as the sun was rising. The weather conditions were perfect for a long run, being fairly cool with barely a breeze. Bill and Kevin ran the first kilometre with the runners to start them on their long journey. The turning around point was at 10.55kms, which was at the section of path between South beach and the ruined power station in South Fremantle. David and Joan were the first to return in a little over 2 and a quarter hours, with Pam and Eva and then Terry coming in at various time between 2 and a half and 3 hours. On their return to Quarantine Park each runner was greeted by a bunch of very supportive Y Strider members who ran the last 500 metres to the finish line, with them. This was very appreciated by the weary half marathon finishers.

Other runners and walkers completed distances of 5, 6,8, 9kms through to 12kms. Breakfast was offered back at Ros's place followed by the presentation of the Ann Rinaldi award which went to a deserving Joan Foley. Interestingly, it was Ann Rinaldi and Joan Foley who used to run together at the evening sessions many years ago and it was Ann and Joan who asked me to join them.

The morning sessions continue to offer strength training as well as the option to walk or run on the road, with most people choosing the strength activities to improve their balance, bone health, muscle mass and to decrease their risk of injury.

On a Tuesday evening in September, I noticed there were 13 members at the start line outside the club rooms with all 13 choosing to run, not walk. Some were following a walk to run program, while others chose various longer distances, all members wanting to improve their pace and fitness.

On Sunday, September 12 Leonie and Joanne Smith ran the Women's classic, Joanne chose the 11kms and Leonie the 5 kms. The race started at the WAMC rooms in Burswood and the event finished with a glass of champagne followed by a small breakfast. Both girls were very pleased with their impressive times.

On the same date, the annual Bibra Lake fun run took place, with the usual single lap 6km run and a new 2 laps around the lake, a distance of 12kms being offered. Eight people rocked up on that beautiful, clear, fine morning. Bill, Mary, Terry and Cara chose the 6kms and Joan, Martin, Ann and Eva chose the 12kms. It was very pleasing to see Mary turn up with her son John, to represent the walkers and two of our newest members Ann and Cara to achieve very good times on their runs. Cara who completed the 6kms





	<p>supplied by members. Need a specified start time for proceedings. Agreed. JF to organise nomination slips for Committee members and bring to club rooms.</p> <ul style="list-style-type: none"> <li> <p>• <b>End of Year Challenge</b> JF Briefly discussed how Trainers developed an End of Year Challenge in 2020 and how successful it was. NG agreed to speak to Trainers to see if they would like to organise and run the Challenge again this year. JF to follow up.</p> </li> <li> <p>• <b>Christmas Breakfast</b> JF Queried if Xmas Breakfast to follow same format as usual. AGREED will do.</p> </li> <li> <p>• <b>Lions Club Art and Craft Fair Opportunity</b> JF Y Striders have been asked by the Lions Club of East Fremantle if we would like to have a stall at their Arts and Crafts Fair at Glasson Park 17<sup>th</sup> October. Decided was not appropriate venue. JF to email and decline.</p> </li> <li> <p>• <b>New Member Follow Up</b> EH Is there a follow-up to the new members goals and aims? KA indicated “yes” and in his role as Trainer Supervisor will follow up with Trainers and make sure that all new members get the chance to re-visit their goals and aspirations. The Club Captain has identified some trainers who work particularly well with new members and has informed Trainer Supervisor. EH recommends that new members are reviewed again after 12 months in the club. There was a suggestion that all members can complete a Goals and Aims sheet if they would like to do so. With a 4 week follow up and a 12 month follow up. Email required. KA mentioned that there are many programs available and that members should be directed to programs that would suit their needs. KA stated that he would construct an email for all members that outlined what was available and directing members to the website where programs can be found. These 2 points could be combined into one email. Christine H said that it was possible to do a short “vignette” on Facebook about different club members who were using a club program detailing the success that has come from combining the running/walking programs with other club sessions such as intervals and strength. KA offered to start with his personal experience.</p> </li> <li> <p>• <b>New Logo</b> ET Original concepts have been received and reviewed. They are now being updated. When they are available they will be sent to Committee members for a vote.</p> </li> <li> <p>• <b>Book Sale Fundraiser</b> KC Karen C has offered to organise a second hand book sale at the club rooms of a Saturday morning. Members bring books that are then re-sold to other members and profit goes to the club. Agreed to do it one or two Saturday mornings in October. KC will follow up.</p> </li> </ul>	<p>Nola G</p> <p>Joanne</p> <p>Ken A</p> <p>Ken A Joanne F</p> <p>Christine H</p> <p>Elizabeth T</p> <p>Karen C</p>
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14	<b>Other Business</b>	
	<ul style="list-style-type: none"> <li> <b>Incentives J de C</b>  Awareness that there are no Awards or Recognition of achievements apart from the 2 “trophy” awards given throughout the year.  Suggestion – meet with trainers early in the year to discuss the different sorts of awards that could be given on a casual basis. (Club Captain and Trainer Liaison to attend)  A ‘seasonal award’ – 4 per year.  Other small recognition awards can be given out as well – when trainers see something that is worthy of recognition. Does not always have to be achievement based. Could be humorous. (ie always late etc)  Collect awards – keep in box in cupboard – coffee vouchers, T shirts, running lights, coloured shoelaces etc. Committee members to look out for opportunities to locate, purchase, donate various prizes that are small but could be well appreciated.  JF and ET to ask about \$5.00 vouchers availability at local coffee shops.  KC to ask about caps and embroidered logos.  NG to discuss with trainers. </li> <li> <b>No Vax No Play at Y Striders JF</b>  This is just an awareness issue. This may be mandated by the Government or there may be a City of Melville policy developed about this. By January next year when we resume regular meetings, we may need to have a policy about this matter. </li> <li> <b>No Longer on Committee ET</b>  Elizabeth T announced that she no longer intends to be a Committee member and her resignation will take effect from the AGM November 13<sup>th</sup>. ET will continue to do the Mail Chimp emails and help the secretary where required.  Nola G also announced her resignation at this meeting.  Eva Hart had already announced her resignation at this meeting.  These are all to take effect from the AGM in November. </li> </ul>	Committee members  JF & ET Karen C Nola G
	Meeting closed at 8.37 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**

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NAME

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SIGNATURE