

**Minutes of
BWY Eastern Region Annual General Meeting
Saturday 31st October 2009**

**Springfield Parish Centre
Chelmsford
Essex CM1 6GX**

Present: Philip Anstey, Michael Beaven, Ian Burgess, Kari Knight, Karen McQueen, Gill Pendreich, David Primett, Anne Raymond, Annya Stoddart, Amanda Turner

Meeting opened at 10:01am by Chair - Ian Burgess (regional officer)

1. Apologies for Absence:

Carole Baker, John Cain, Jacquelyn Cooper, Emma Escott, Lesley Humphrey, Sophie Leek, Beverley Nolan

2. Minutes of 2008 AGM:

Minutes of last meeting were accepted as a true and accurate record.

Proposed by Karen McQueen

Seconded by David Primett

3. Matters arising:

At the last AGM the issue of raising the BWY's profile through publicity was mentioned. Ian has since taken this to the National Executive Committee and was told there is an on-going system aimed at getting the BWY into the national press and yoga magazines such as Yoga and Health and by having a regular presence at The Yoga Show.

Ian also explained that a leaflet to promote the BWY in our region is currently in production. It will be up to the County Reps to decide how these leaflets will be distributed in their areas.

4. Committee Reports – the following reports were received and adopted:

Regional Officer's Report: (Ian Burgess)

Continuing on from raising the BWY profile at a regional level, Ian explained that he has had extra 'yoga for everyone' leaflets printed; each teacher will receive 10 of these leaflets at IST days to distribute amongst their own students. Gill added that in her region these leaflets were given out at local libraries with stickers on giving teacher's contact details. It was also suggested the regional website address could be added to the leaflet.

The date of the next AGM was incorrect on the agenda; the correct date is 23rd October 2010.

It is to be noted that the correct spelling of the new incoming county rep for Suffolk is Annya Stoddart.

There is still a vacancy for County Treasurer as David Primett is stepping down.

Ian announced that he is also stepping down as Regional Officer next year and that Kari Knight, the out-going county rep for Suffolk, has been put forward for the post. Ian explained that the position is still open for other members to put themselves forward.

Ian thanked the committee for their hard work and support and thanked Karen McQueen for organising the day. Ian especially thanked all members for turning up.

Regional Treasurer's Report: (David Primett)

David encouraged people to put themselves forward for the post of regional treasurer and explained briefly the duties involved.

David thanked the current and previous County Reps for feeding financial information to him on time making the job easier.

David reported that the region is active and healthy financially and, as a consequence of this, today's event was able to be free of charge. David added that further ways of using funds to benefit members is in discussion.

The end of year financial report will be in the next Yoga East.

Regional Training Officer's Report: (Gill Pendreich)

Gill had nothing to add to her report except to say she was pleased to announce Vonnie Bloom is taking over as regional training officer.

A member posed the question when will DCT training recommence? Gill has been told this will be next year. Helen Smith confirmed this adding that once the course is actually written and lodged on the national framework it will then be offered.

Regional Editor's Report: (Anne Raymond)

Anne apologised for no report.

Anne reported there is going to be 4 issues of Yoga East next year; this is due to Anne herself now doing all the design and therefore saving money. The money saved is being put into the production of the extra issue.

Anne welcomed any articles/items of interest to be sent to her to help keep our magazine interesting.

Kari Knight asked members if they did actually read the magazine and there was a large show of hands.

Regional Website Administrator's Report: (John Cain)

In John's absence Ian highlighted the importance of teachers updating their teaching details on the website adding that incorrect and out-of-date information reflects in an unprofessional way.

Ian asked members if they would like to see anything added to the website to contact John.

Ian also referred to John's report concerning expired websites. Some of these sites are being taken over and the new content is very inappropriate. A member suggested adding a disclaimer to links. Ian will raise this possibility with John.

ACTION – IAN/JOHN

A member expressed how useful he thinks the discussions regarding problems and advice are on the teachers page of the website.

County Representatives' Reports:

Bedfordshire: (Jacquelyn Cooper)

In Jacquelyn's absence Ian referred to her report.

A member commented on how well Jacquelyn's daughter had done with the 'meeting and greeting' at event days.

Cambridge: (Sophie Leek)

In Sophie's absence David (deputy county rep) referred to the report and the list of events planned for the year.

Ian also referred to the Cambridge Yoga Forum and Rod Mulvey, the coordinator, explained a little about it.

East Essex: (Karen McQueen)

Karen referred to her report and on days/events past and present.

Karen asked that any suggestions/requests for tutors could be accompanied with contact details of the tutor where possible. Venue suggestions would also be appreciated.

Karen expressed her hope that members enjoyed the day and especially enjoyed the enthusiasm of our tutor for the day Mark Freeth.

Karen thanked Barbara Fairbanks for the distribution of Yoga East.

West Essex: (Emma Escott)

In Emma's absence Ian referred to her report.

Gill, as the areas IST organiser, gave details of future days planned.

Ian commented that he has frequently been asked where is West Essex and what area it includes; it includes a big area of North East London including Barking, Dagenham, Havering, Newham, Redbridge and Waltham Forest.

Hertfordshire: (Philip Anstey)

Phil referred to his report and added that a Paul Harvey day is also planned for next year.

Norfolk: (Michael Beaven)

Mike referred to his report and welcomed everyone next year to Regional Congress and the AGM where it will be hosted in Norfolk.

Mike welcomed Vonnie Bloom as deputy county rep as well as training officer.

Suffolk: (Kari Knight)

Kari welcomed Annya Stoddart and Carole Baker as incoming county rep and deputy to Suffolk.

Kari explained that whilst she has invited 'big-named' tutors to event days, she also feels it is important to support and invite local teachers to teach at these events; she tried a scheme 'platforms' where lesser-known teachers were invited and supported to teach either on their own or sharing with several other teachers, sadly no one came forward.

A member asked Kari if many Suffolk people attended the Ruth Gilmore day that was fully booked. Kari explained she had offered an 'early booking' for this which had been advertised in Yoga East. This was not read by many Suffolk members who missed the booking.

Kari asked members for any ideas as to why the same people seemed to be going to event days and how interest could be generated to encourage others to attend. Kari was asked if she was aware of the 'Suffolk Circle' who also arrange event days and

suggested this could be a reason for lack of interest? Kari explained that she had approached this group, and whilst they liase to avoid a clash of events, the Suffolk Circle were not interested in working with Kari in event organising neither were three ladies in the Woodbridge area who also organise events. A discussion ensued as to how getting involved in an organisational role within the BWY could be promoted. Kari reiterated some of the benefits offered to committee members and helpers.

Annya Stoddart confirmed that she would also work to avoid clashes of event days with the 'Suffolk Circle'.

5. Election of Officers:

Sophie Leek for county rep Cambridge – voted in unanimously
Thanks to outgoing officer Beverly Nolan

Annya Stoddart for county rep Suffolk – voted in unanimously
Thanks to outgoing officer Kari Knight

Vonnie Bloom for regional training officer – voted in unanimously
Thanks to outgoing officer Gill Pendreich

Rest of committee voted in en block.

Flowers were presented to Gill Pendreich (out-going officer) and Karen McQueen (event organiser)

6. Any Other Business:

A member expressed her thanks to Karen McQueen for being so quick to respond to queries. Thanks were also expressed to Karen again for organising the day especially coming so quick into her short term in office.

A member commented on the backlash of negativity she had come across on the internet regarding the BWY. Helen Smith explained that just one individual had instigated this and that it now appears he has stopped.

7. Close of Meeting

Meeting closed at 11:00am