

**CONSTITUTION**  
**of the**  
**AFTERMATH ASSOCIATION**



**Preamble**

In view of the fact that existing help and support entities for different categories of Canadians in need can never dispense with complementary aid and service deliverers;

In view of the fact that the best aid and service to those in need is to help them help themselves regain their stature as self-supporting, independent and productive members of society; and

Whereas such aid and service is best provided by entities whose motivation is contribution to society rather than business and profit,

Therefore, we, a group of Canadians from different backgrounds, have come together to found the Aftermath Association for the purpose of rendering service to our communities, based on the following principles and conventions:

## **General Provisions**

### Article 1:

The Aftermath Association, hereinafter to be referred to in this Constitution as 'Association', is a not-for-profit, non-governmental charitable organisation founded to provide a range of philanthropic services to Canadian individuals and families, and render services to promote health and happiness with due regard to the protection of the environment.

### Article 2:

The Association will operate within the purview of the laws of the Federal Government of Canada and the Province of Ontario and shall be legally registered as a non-profit, non-government, charitable organisation.

### Article 3:

The Association will provide its services inside Canada or abroad, wherever there is a need and an opportunity to help.

### Article 4:

The central office of the Association will be located in Ottawa, Ontario.

## **Aims and Objectives**

### Article 5:

The fundamental aim and objective of the Association is to provide charitable, philanthropic aid and assistance to vulnerable and disadvantaged individuals and groups of people, as well as protect animals and the environment. The Association seeks to eliminate mental and spiritual anguish by healing through giving and responding to human need with human care.

The immediate objective of the Association is to promote health by providing persons suffering from post-traumatic stress disorder (PTSD), such as military veterans and former first responders, with a specially adapted therapy program, including services such as counselling, group therapy and meditation programs.

### Article 6:

In order to attain the above aims and objectives, the Association sets itself the duty to undertake activities and launch endeavours in the form of projects aimed at specific beneficiary groups.

## **Membership**

### Article 7:

Any person who has attained 16 years of age, is willing to contribute time, effort and/or resources to furthering the aims and objectives of the Association, subscribes to the duties and obligations of its members and pays an annual membership fee can become a member of the Association.

### Article 8:

Membership in the Association is voluntary and is accorded consequent to written application by the aspiring member, endorsement by two established members and payment of the annual membership fee.

### Article 9:

Members who serve on specialised Association committees will be exempt from paying membership dues.

## **Rights & Duties of Members**

### Article 10:

Members have the following rights and privileges:

- To attend meetings and assemblies of Association members;
- To vote in General Assemblies of the Association and other Association forums where members are called upon to vote;
- To stand for election to the Board of Directors and other elected offices of the Association;
- To propose and initiate new projects and undertakings in accordance with the aims and objectives of the Association
- To put forward ideas, opinions, suggestions and/or criticisms in pursuance of the aims and objectives of the Association and for the betterment of Association service provision;
- To endorse the membership of new members;
- To participate in Association activities.

### Article 11:

Members have the following duties and obligations:

- To abide by the provisions of this Constitution and other rules and regulations of the Association;
- To participate in Association activities by contributing time, effort or resources to the work of the Association;

- To pay annual membership fees.

Article 12:

Participation in Association activities is voluntary and non-remunerative. Subject to approval by the Board of Directors, members can be paid for specific services or resource provision.

Article 13:

The amount of annual membership dues shall be determined by the General Assembly.

Article 14:

Cancellation of membership can be affected by the Board of Directors for the following reasons:

- Violation of the provisions of this Constitution;
- Commission of actions detrimental to the prestige and interests of the Association;
- Non-payment of membership fees beyond the first quarter of the membership year;
- Continued disinterest or non-participation in the activities of the Association.

Article 15:

In case of expulsion due to cancellation of membership, membership fees already paid will be non-refundable.

Article 16:

A member whose membership has been cancelled is entitled to attend the subsequent General Assembly and lodge a complaint against his or her expulsion.

## **Structure**

Article 17:

The organisational structure of the Association shall be composed of the following:

- The General Assembly
- The Board of Directors
- The Executive Board

Article 18:

The General Assembly is the highest authoritative body of the Association and shall meet once a year. The first General Assembly shall be the Constituent General Assembly. All persons contributing time, effort or resources to the founding of the Association or its subsidiary entities prior to the convocation of the Constituent General Assembly are considered founding members. Their

membership shall be formalised after completion of membership application forms and payment of membership dues.

Article 19:

The General Assembly can be convened with the participation of two thirds of the total number of Association members.

Article 20:

The General Assembly shall, at the onset of each annual session, elect its chairperson from amongst the members by majority vote of members present. The function of the chairperson shall cease after the termination of session of the General Assembly.

Article 21:

The General Assembly shall have the following authorities and responsibilities:

- Approving or amending the Association's fundamental documents, including this Constitution;
- Setting the guidelines and general orientation of Association work and activities;
- Receiving and appraising the annual report of the Board of Directors
- Appointing members of the Board of Directors
- Determining the amount of annual membership fees
- Addressing complaints by expelled members

Article 22:

The Board of Directors shall be composed of a total of 12 members. Six directors will be appointed by the Constituent General Assembly. The remaining seats on the Board of Directors will be filled as needed at subsequent General Assemblies according to the Association's growth and leadership needs.

Article 23:

In the event of the resignation, prolonged absence or incapacitation of a member of the Board of Directors, the remaining members shall by majority vote co-opt an established member of the Association for the period leading up to the subsequent General Assembly.

Article 24:

The Board of Directors shall be the highest authoritative body of the Association in the interim between two General Assemblies and shall regularly meet once a month. The Board of Directors shall, at its first session subsequent to its election, appoint its Chairperson and members of the Executive Board from amongst its members. The Chairperson of the Board of Directors (CBD) shall be considered head of the Association and shall represent the Association in its interactions with outside entities.

Article 25:

The Board of Directors shall be answerable to the General Assembly and shall have the following duties and authorities:

- Drafting and approving by-laws and other principal documents of the Association;
- Deciding upon the Association's programme of action
- Creating and setting up new activity projects, sections and Association branches
- Reporting on the Association's activities to the General Assembly
- Receiving and approving the Executive Board's reports
- Approving membership of applicants and cancelling membership with due cause
- Determining and monitoring the budget, and supervising financial affairs of the Association and its subsidiary entities
- Approving acquisition of property and expenditures over \$5,000
- Hiring and contracting licensed chartered accountants to conduct financial audits and prepare financial reports
- Granting honorary positions to non-members in a position to advance the aims of the Association

Article 26:

Quorum of the Board of Directors will be 50%+1. Decisions of the Board of Directors shall be taken by majority vote of members. In case of a draw, the vote of the CBD will count as two votes.

Article 27:

The Executive Board (EB) shall be composed of the CBD and two members of the Board of Directors selected by the CBD. The CBD shall also be the Chairman of the EB. The EB shall meet regularly as needed and will direct and be responsible for the day-to-day management of Association affairs.

Article 28:

The EB shall be answerable to and report to the Board of Directors and shall have the following duties and authorities:

- Suggesting and presenting agenda items for meetings of the Board of Directors
- Implementing the decisions and instructions of the Board of Directors
- Hiring paid employees of the Association, determining their job descriptions and terms of reference
- Supervising leadership bodies of subsidiary projects
- Ensuring the legality and well-functioning of all Association-related activities
- Adjusting the modus operandi of Association activities in the light of perceived results and new exigencies.
- Compiling and presenting complementary Association rules and regulations for approval to the Board of Directors

Article 29:

The Board of Directors may hire paid employees to carry out assigned duties, including duties of the members of the EB. In the latter case, the EB shall be ultimately responsible and answerable to the Board of Directors.

Article 30:

The Association will be funded from the following sources:

- Crowd sourcing
- Grants
- Charitable contributions
- Membership dues
- Sales of Association-related products and items

### **Final Provisions**

Article 31:

All Association contracts, MoU's, correspondence and other documents relating to fundamental Association activities and interests shall be formalised and validated with the signature of the CBD or his/her authorised delegate from the Board of Directors.

Article 32:

The Association may be dissolved by decision of the General Assembly. After the Association is dissolved and all its debts are paid, its remaining property will be distributed or disposed of to donees as qualified in subsection 149.1(1) of the Income Tax Act (Canada).

Article 33:

This Constitution will become an official Association document and come into effect after approval by the Constituent General Assembly. Subsequent amendments and revisions will come into effect after approval by the General Assembly where they are tabled. Consequently, all previous versions will thenceforth be considered as expired and invalid.