

CONSTITUTION OF THE NOLEDGE HOUSE PTY LTD

Australian Company Number (ACN) 661 826 839

Replaceable Rules

This Constitution supplements the Replaceable Rules in the Corporations Act 2001. In the event of a conflict between the provisions of this Constitution and the Replaceable Rules, the provisions of this Constitution will prevail.

1 The company's name

1.1 The name of the company is The Noledge House Pty Ltd.

2 The company's objects

2.1 The object of the company is to provide free mental health and wellbeing care, services, and education, for people in or headed towards a vulnerable situation.

3 Type of company

3.1 The company is a not-for-profit Proprietary Limited (Pty/Ltd) company, which is established to be, and to continue as, a charity.

3.2 The company has power to do anything that helps it to achieve its objects.

3.3 Subject to the Act and Regulations, the company may only:

- exercise its powers; and
- use its income and assets (including any surplus), for its objects.

4 Use of the company's income and assets – Not – for - profit

4.1 The company must not distribute any income or assets directly or indirectly to its members.

4.2 The company must apply its income and assets solely in pursuit of the object(s) in clause 2.

4.3 Clauses 4.1 and 4.2 do not stop the company from doing the following things, provided they are done in good faith:

- (a) paying a member for goods or services they have provided or expenses they have properly incurred at fair and reasonable rates or rates more favorable to the company, or
- (b) making a payment to a member in carrying out the company's charitable purpose(s).

4.4 This clause shall override any other clause in this constitution and shall prevail to the extent of any inconsistency.

5 Financial Year

5.1 The financial year of the company starts on 1 July of each year and runs for a period of 12 months ('Financial Year').

6 Members

6.1 Any individual who supports the objects of the company can apply to join the company as a member.

6.2 The members of the company are:

(a) initial members, and

(b) any other person that the directors allow to be a member, in accordance with this constitution.

7 Membership applications

7.1 A person may apply to join the company as a member by writing to the company.

7.2 In this constitution, writing includes email and other correspondence in electronic form.

7.3 Applications for membership of the company must be in the form approved by the Committee (if any).

7.4 The Committee can approve or reject a membership application. If the Committee rejects a membership application, it is not required to give reasons for that decision, but it must return the annual subscription fee paid by the applicant (if there is an annual subscription fee) and write to the person to tell them their membership application has been rejected. The Committee must consider applications for membership of the company and notify the applicant of its decision as soon as practicable.

7.5 A person becomes a member when the company adds the person's name and address to the Register of Members in accordance with rule 12.

7.6 The company must inform the person when their membership has started, and whether they have to pay any joining fee and annual subscription fee (which will be calculated in proportion to the remaining Financial Year at the time they become a member). Those fees (if any) must be paid within the time specified by the Committee.

8 Membership Fees

8.1 The Committee can set or change joining fees and annual subscription fees for members.

8.2 Members must pay the joining fee (if any) and the annual subscription fee (if any) within the time specified by the Committee. If a member does not pay in time, their application for membership may be rejected, their membership suspended until the fee is paid (when membership is suspended, a member cannot exercise their

members' rights such as voting at the Annual General Meeting (AGM)) or their membership may be terminated in accordance with rule 11.

9 Members' liabilities

9.1 A member of the company does not have any liability to contribute to the payment of the debts and liabilities of the company or the costs, charges and expenses of the winding up of the company.

10 Members' rights

10.1 Members have rights, obligations and liabilities as set out in the Act, the Regulations and in this constitution.

10.2 Members will agree to undertake and follow the object of the company in accordance with rule 2 in all tasks or activities undertaken in the name of the company.

10.3 Subject to any restrictions or requirements in this constitution, the Act or the Regulations, the rights of a member entitled to vote include the right to:

- receive notice of general meetings and of proposed special resolutions in the manner and time prescribed by this constitution;
- submit items of business for consideration at a general meeting;
- attend and be heard at general meetings;
- vote at general meetings;
- any other rights expressly granted in accordance with this constitution.

10.4 The rights of a member are not transferable and end when membership stops.

11 Ending membership

11.1 Members can stop being a member of the company at any time by notice in writing to the company.

11.2 A member stops being a member if:

- the member resigns in accordance with the constitution;
- the member is expelled in accordance with the disciplinary procedures set out in the constitution (if any);
- the member dies (if they are an individual) or the member otherwise stops existing;
- the member's joining fee and/or annual subscription fee is more than 12 months overdue; or

- where no annual subscription fee is payable, the company has made a written request to the member to confirm they wish to remain a member and the member has not, within three months after receiving that request, confirmed in writing that they wish to remain a member.

11.3 When a membership ends, the company will not refund any fees already paid.

11.4 Writing includes email and other correspondence in electronic form.

12 Register of members

12.1 The Company must establish and maintain a register of members of the company (Register of Members).

12.2 The Register of Members can be kept in written or electronic form and must be:

- at the main premises of the company; or
- if the company has no premises, at the company's official address.

12.3 The Register of Members must include the following information:

- the name of the member;
- the address for the member;
- the date on which the person became a member; and
- the date on which the person ceased to be a member.

12.4 The address for notice may be an email address.

12.5 The Company must update the Register of Members within 28 days of being notified of a change to the details recorded on the register or the member ceasing to be a member.

12.6 If a member requests that any information contained on the Register of Members about the member (other than the member's name) not be available for inspection, that information must not be made available for inspection.

12.7 A member must not use information about a person obtained from the Register of Members to contact or send material to the person, other than for:

- the purposes of sending the person a newsletter, a notice in respect of a meeting or other event relating to the company; or
- any other purpose necessary to comply with a requirement of this constitution, the Act or the Regulations.

13 The Committee

13.1 The company is governed by a management committee (Committee) that is made up of committee members elected in accordance with this constitution.

14 The Committee's responsibilities and functions

14.1 The Committee is responsible for management of the affairs of the company and can exercise all powers and functions of the company (consistently with this constitution, the Act, and the Regulations), except for powers and functions that the members are required to be exercised at a general meeting (under this constitution, the Act, or Regulations).

14.2 The Committee can delegate any of its powers and functions to a committee member, a sub-committee, a staff member or a member, other than the power of delegation or a duty imposed on the Committee by the Act or under any other law.

14.3 A delegation must be in writing. There can be conditions or limitations on a delegation if the Committee considers it appropriate. A delegation can be revoked in whole or in part by the Committee in writing.

14.4 In addition to the Public Officer, the Committee must appoint at least one other authorised signatory to execute documents on the company's behalf. An authorised signatory must be a committee member or a member and ordinarily reside in Australia.

14.5 Among its other responsibilities, the Committee is responsible for making sure that:

- accurate minutes of general meetings and committee meetings of the company are made and kept;
- any direct or indirect interest of a committee member in a matter that is being or will be considered at a committee meeting is disclosed at as soon as possible at that committee meeting and recorded in the Disclosure of Interests Book (as defined in rule 19);
- an up-to-date Register of Committee Members is kept in accordance with rule 16 and an up-to-date Register of Members is kept in accordance with rule 12;
- records that correctly record and explain the company's financial transactions and financial position are kept; and
- all records, books, documents and securities of the company are kept properly and in accordance with this constitution.

15 The committee ('board') members

15.1 The Committee is made up of a minimum of three committee members:

15.2 Committee members are elected by members of the company at each Annual General Meeting (AGM) in accordance with this constitution.

15.3 A person is eligible to be elected or appointed as a committee member if they:

- are a member of the company;
- are at least 18 years of age; and
- are entitled to vote at a general meeting of the company.

15.4 At least three members of the Committee must ordinarily reside in Australia.

16 Register of Committee members

16.1 The company must keep and maintain a register of committee members in accordance with this constitution, the Act and the Regulations (Register of Committee Members).

16.2 The Register of Committee Members must contain the following information for each committee member:

- the name, date of birth and residential address for each committee member;
- the date on which the committee member takes office;
- the date on which the committee member vacates office;
- if the committee member holds an Office Bearer position:
 - their position
 - the date on which they were elected or appointed to the position; and
 - the date on which they ceased to hold the position.

16.3 The Register of Committee Members must be kept:

- at the main premises of the company; or
- if the company has no premises, at the company's official address.

16.4 Any change in the Committee's membership must be recorded in the Register of Committee Members within 28 days after the change occurs.

16.5 The Register of Committee Members must, at all reasonable hours, be kept available for inspection, free of charge, by any person.

17 Election of the Committee

17.1 The company must by resolution at its first AGM decide how many ordinary committee members (if any) it wishes to elect.

17.2 The number of ordinary committee members may be varied by resolution of the company at any subsequent AGM.

17.3 Each of the Office Bearer positions must be elected separately at an AGM.

17.4 If the company decides to elect any ordinary committee members, those positions must be elected together at an AGM.

17.5 Nominations for each position can be made by notifying the company in writing up to 48 hours before the AGM.

17.6 The chair of the meeting can accept additional nominations at the meeting.

17.7 Candidates may nominate themselves. Candidates may be nominated by another member, if they consent. If the number of candidates for a position is fewer than the number to be elected:

- the chair of the meeting must declare elected those candidates who have been nominated; and
- the Committee may fill the remaining vacancies in accordance with rule 22.

17.8 If the number of candidates for a position is equal to the number to be elected, the chair of the meeting must declare those candidates elected.

17.9 If there are more candidates for a position than the number to be elected, a ballot must be held as set out below:

a) the chair of the meeting must appoint a returning officer to conduct the ballot (who may be the chair of the meeting).

b) the candidates may each make a short speech in support of their election.

c) The election must be by secret ballot.

d) the returning officer must give:

- each member present in person or by representative, and
- each proxy appointed by a member,

a blank piece of paper for each ballot (or, for those present, through the use of technology, an equivalent means of registering their vote).

e) for each ballot, voters must:

- write down the names of the candidate or candidates they wish to vote for; and
- not write down the names of more candidates than the number to be elected in that ballot.

f) ballot papers that do not comply with these requirements are informal.

g) each formal ballot paper where the name of a candidate has been written down counts as one vote for that candidate.

h) the returning officer must declare elected the number of candidates to be elected who receive the most votes, subject to the requirement below.

i) if two or more candidates receive the same number of votes, and not all of those candidates are to be elected, the returning officer must decide by lot which is to be elected.

17.10 Writing includes email and other correspondence in electronic form.

18 General duties of committee members

18.1 As soon as practicable after being elected or appointed to the Committee, each committee member must become familiar with this constitution, the Act, and the Regulations.

18.2 The Committee is collectively responsible for ensuring that the company complies with this constitution, the Act, and the Regulations.

18.3 Each committee member must carry out their functions for the benefit, so far as practicable, of the company and with due care and diligence.

18.4 Committee members must not use their position as a committee member or information obtained as a committee member dishonestly with the intention of gaining an advantage for themselves or any other person or causing detriment to the company.

18.5 Committee members may have other obligations under the Act and Regulations, some of which may continue after they stop being committee members.

19 Conflict of interest

19.1 If a committee member has:

- a direct or indirect interest in a matter being considered by the Committee, and

- that interest appears to raise a conflict with the proper performance of the committee member's duties,

then the committee member must disclose the nature and extent of that interest at a committee meeting as soon as possible.

19.2 Unless the Committee determines otherwise, the committee member:

- must not be present while the matter is being considered by the Committee; and
- must not vote on the matter or take part in the decision on the matter.

19.3 While the Committee is determining whether the committee member can be present, take part in or vote on the matter, the committee member who has disclosed the interest must not be present for any discussion of the Committee relating to that determination or take part in making the determination.

19.4 Any direct or indirect interest disclosed by a committee member as required in accordance with this constitution or the Act must be recorded in a book kept for that purpose (Disclosure of Interest Book).

19.5 The company is responsible for keeping and maintaining the Disclosure of Interest Book in accordance with this constitution, the Act and the Regulations.

20 Committee member resignations, removal and casual vacancies

20.1 A committee member stops being on the Committee if they:

- stop being a member of the company;
- fail to attend three consecutive committee meetings (other than urgent committee meetings) without leave of absence granted by the Committee;
- resign, by writing to the Committee or the company;
- are removed by a resolution of members of the company;
- become insolvent under administration (within the meaning of the *Corporations Act 2001* of the Commonwealth);
- become a mentally incapacitated person;
- die;
- are prohibited from being a director of a company under Part 2D.6 (disqualification from managing corporations) of the *Corporations Act 2001* of the Commonwealth; or
- otherwise stop being a Committee member by operation of the Act.

20.2 If a Committee member stops being on the Committee before the end of their term in accordance with this constitution, the Committee can appoint a member of the company to fill the vacancy on the Committee until the next AGM.

20.3 The Committee may act despite any vacancy in its membership.

Note: The Act states that the company's registration may be cancelled if the committee fails to have three or more members, each of whom is aged 18 years or more and at least three of whom are ordinarily resident in Australia.

20.4 Writing includes email and other correspondence in electronic form.

21 Calling Committee meetings

21.1 The company must give seven days' written notice of a committee meeting to committee members unless the meeting is an urgent meeting.

21.2 For urgent meetings, the company must give at least 24 hours' notice (which need not be in writing) unless the committee members unanimously agree to a shorter period of notice.

21.3 Notice of a meeting must specify the place, date and time of the meeting and the general nature of the business to be conducted at the meeting. If the meeting is to be held via technology, the notice must state this and include instructions for accessing the meeting.

21.4 At an urgent meeting, only the business for which the meeting was called may be conducted.

21.5 The Committee can decide how often it meets.

21.6 Committee meetings may be convened by the President.

21.7 An urgent committee meeting may be convened by the President or by a majority of committee members.

21.8 Writing includes email and other correspondence in electronic form.

22 Committee meetings procedure

22.1 As long as all committee members that are present can hear, participate and communicate clearly at the same time, committee meetings may be held at more than one place using technology (such as telephone or video conferencing).

22.2 The President is entitled to chair committee meetings.

22.3 If the President is not present, or does not wish to chair the meeting, the Deputy President is entitled to chair.

22.4 If neither the President nor the Deputy President is present, or if neither wishes to chair the meeting, the Committee must elect another committee member to chair.

22.5 Decisions of the Committee at a committee meeting are to be determined by a majority of the votes of the committee members present at the meeting. Each committee member has one vote.

22.6 There is no voting by proxy.

22.7 The chair of the meeting does not have a casting vote. If an equal number of votes are cast for and against a motion or amendment, the chair of the meeting must declare the motion or amendment lost.

22.8 Subject to this constitution, the procedure to be followed at a committee meeting may be determined from time to time by the Committee.

22.9 No business may be conducted at a committee meeting unless a quorum is present (either in person or through the use of technology).

22.10 Quorum is the presence of a majority of the committee members at the time.

22.11 If a Quorum is not present within 30 minutes after the notified commencement time of a committee meeting:

- in the case of an urgent meeting, the meeting lapses;
- in any other case, the meeting must be adjourned to a date no later than 14 days after the adjournment and notice of the time, date and place to which the meeting is adjourned must be given in accordance with this constitution.

23 Annual General Meetings

23.1 The company must hold an AGM within six months of the end of the company's Financial Year or such other time as permitted by the Act or Regulations.

23.2 The Committee determines the date, time and place of the AGM.

23.3 The ordinary business of the AGM is to confirm the minutes of the previous AGM, receive reports on the activities of the company during the previous Financial Year, receive and consider any financial statement or report required to be submitted to members under the Act and to elect committee members.

23.4 The AGM may also conduct any other business of which notice has been given in accordance with this constitution.

24 Calling a Special General Meeting

24.1 Unless otherwise prescribed by statute, meetings of the Shareholders, for any purpose or purposes, may only be called in the following ways:

- a) By a majority of the Board;

b) by the president of the Company (the "President"); or

c) by the Directors upon the request of holders of shares entitled to cast in total not less than 5 percent of the votes that may be cast at the general meeting where written requests describing the purpose or purposes for the meeting are signed, dated and delivered to a member of the Board or other Officer of the Company.

24.2 The Board will determine the time, place and date of any meeting provided that, in the case of a meeting called by the requisite percentage of Shareholders in accordance with this Constitution, the Board will issue notice of the meeting within 30 days of receipt of the written demand(s) by the relevant Officer of the Company.

25 Notice of general meetings

25.1 In this constitution, a reference to a general meeting includes an AGM or an SGM.

25.2 Notice of the date, time and place of a general meeting must be provided to members at least 14 days (or 21 days if a special resolution is proposed) before the date of the meeting in writing to each member's postal or email address listed on the members register.

25.3 If the general meeting is to be held via technology the notice must state this and include instructions for accessing the meeting.

25.4 The notice must specify whether the general meeting is an AGM or an SGM.

25.5 Notices of general meetings must include all proposed matters and motions to be dealt with at that meeting.

25.6 If a special resolution is proposed, the notice must also include:

- the full proposed resolution, and
- a statement of the intention to propose the resolution as a special resolution.

25.7 Writing includes email and other correspondence in electronic form.

26 General meetings procedure

26.1 As long as all members present at the meeting can hear and communicate clearly at the same time, general meetings may be held at more than one place using technology (such as telephone or video conferencing).

26.2 A member participating in a general meeting through the use of technology as permitted under this constitution is taken to be present at the meeting and, if the member votes at the meeting, is taken to have voted in person.

26.3 The President is entitled to chair general meetings.

26.4 If the President is not present, or does not wish to chair the meeting, the Deputy President is entitled to chair.

26.5 If neither the President nor the Deputy President is present, or if neither wishes to chair the meeting, the meeting must elect another member to chair.

26.6 Decisions at a general meeting must be made by majority vote (subject to the provisions in this constitution regarding special resolutions).

26.7 Other than resolutions being voted on by way of postal or electronic ballot, votes must be held by:

- where no member has appointed a proxy on that member's behalf, a show of hands, or
- otherwise, written ballot

or, in either case, another method determined by the chair that is fair and reasonable in the circumstances.

26.8 If a vote is held initially by show of hands (or any other method determined by the chair), any member may request a vote be held again by written ballot. A ballot must be conducted in accordance with the procedure determined by the chair.

26.9 Subject to the Act, and this constitution, each member has one vote on any question arising at the meeting.

26.10 The chair of the meeting does not have a casting vote.

26.11 Members may vote by proxy at general meetings.

26.12 Proxy forms must be received by the company (in the form approved by the Committee, if any) 3 day(s) before a meeting.

27 Quorum for general meetings

27.1 No business may be conducted at a general meeting unless a quorum of members entitled under this constitution to vote is present (either in person or through the use of technology).

27.2 Quorum is 50% of the members or any three members of the company, whichever is higher.

27.3 The chair may adjourn the meeting if a quorum is not reached within 30 minutes of the meeting start time, or if there is not enough time at a meeting to address all business. Notice of the date, time and place of the adjourned meeting must be sent to members as soon as practicable after the meeting. This notice does not have to comply with time for notice requirements of this constitution, unless the adjourned meeting is more than 21 days after the original meeting date.

27.4 No business may be conducted at an adjourned meeting, other than the business that remained unfinished when the meeting was adjourned.

28 Postal or electronic ballot

28.1 Unless otherwise specified in this constitution, the company may hold a postal or electronic ballot for members to vote on any matter or resolution (including matters to be determined by special resolution).

28.2 The Committee is responsible for deciding whether a postal or electronic ballot is to be held.

28.3 A postal or electronic ballot is to be conducted in accordance with Schedule 3 to the Regulations.

29 Special resolutions

29.1 A special resolution is passed if it is supported by at least three-quarters of the votes cast by members of the company who are entitled to vote on the resolution.

30 Custody of documents and members' access to documents

30.1 The Treasurer must keep custody of the financial records of the company. The financial records must correctly record and explain the company's financial transactions and financial position.

30.2 The Treasurer must ensure that financial records of the company are kept in either written or electronic form for at least seven years after the record was made (or any longer period as required by law).

30.3 The company must keep custody of all books, documents and securities of the company (other than the financial records held by the Treasurer in accordance with this constitution).

30.4 The company must keep and maintain a Register of Committee Members, a Disclosure of Interest Book and a Register of Members in accordance with this constitution, the Act and the Regulations.

30.5 The company must ensure that minutes of general meetings and committee meetings are kept in either written or electronic form for at least five years after the record was made (or any longer period as required by law).

30.6 If the records, books and documents of the company are kept in electronic form, they must be convertible into hard copy.

30.7 A member may, subject to this constitution, inspect the following records, books and documents of the company, free of charge at any reasonable hour:

- the Register of Members;
- the Register of Committee Members;
- the Disclosure of Interest Book;
- the constitution of the company;
- minutes of committee meetings and general meetings of the company; and

- other books, documents and securities of the company including financial records, contracts, and if kept the asset records of the company.

30.8 A member can write to the company asking for copies of a record, book or document of the company.

30.9 The company must provide copies of a record, book or document of the company if a member requests copies in accordance with this constitution (and unless the company is permitted to refuse the request in accordance with this constitution).

30.10 If the company determines a member is entitled to a copy of the record, book or document, it must be made available to the member within a reasonable time of the request.

30.11 Subject to the Act and Regulations, the company can charge a reasonable fee for providing copies.

30.12 Subject to the Act and Regulations, and other than the Register of Committee Members and Disclosure of Interest Book, the company can refuse a request to inspect or get copies of the books, records and documents of the company, or provide only limited access, if they contain confidential, personal, employment, commercial or legal matters, or if granting the request would breach a law or may cause damage or harm to the company.

31 Disciplining members

31.1 The company cannot take disciplinary action against members of the company.

32 Resolving disputes

32.1 If there is a dispute between:

- a member and the company; or
- a member and another member,

in any matter which relates to the company, the people involved must first attempt to resolve the dispute between themselves for at least 14 days from the date the dispute is known to them all (Negotiation Period). For the avoidance of doubt, a member in this rule includes a committee member.

32.2 If the dispute can't be resolved between the people involved within the Negotiation Period, the following grievance procedure must be followed:

- the person or people with a grievance must, within 14 days after the Negotiation Period, write to the Committee and any other people affected, and explain their grievance (Grievance Notice);
- the Committee must, within 14 days after receipt of a Grievance Notice, appoint an unbiased mediator to hear from all the people involved and try to find a solution. The person or people providing the Grievance Notice must pay the costs of the mediator unless the Committee determines that the company should meet those costs;

- the Committee must give the people involved reasonable notice of the time and place of the mediation, which must be held as soon as practicable after the appointment of the mediator;
- at the mediation conference, each person must have an opportunity to be heard; and
- all people involved in the dispute must do their best to resolve it.

33 Funds

33.1 The company's funds can be from membership fees (if any), donations, grants, fundraising, interest, and any other sources approved by the Committee.

33.2 The funds of the company are to be used solely in pursuance of the objects of the company in the manner that the Committee determines.

33.3 The Committee may determine such procedures governing the management of the company's funds as it considers appropriate.

33.4 Cheques (if used by the company), EFT transfers or cash payments made from the company's funds, and all other financial transactions, must be authorised in such manner as determined by the Committee from time to time.

33.5 Financial records must be kept and stored in either electronic or hard copy for seven years after the record was made (or such other periods as required by law).

34 Common seal

34.1 The company does not have a common seal.

35 Changing the constitution

35.1 Subject to the Act and Regulations, this constitution may be changed, added to, or replaced only by special resolution of the company's members at a general meeting.

36 Winding up the company and DGR Revocation

36.1 The members may vote by special resolution at a general meeting to wind up the company or voluntarily cancel its registration.

36.2 Surplus assets not to be distributed to members. If the company is wound up, any surplus assets must not be distributed to a member or a former member of the company, unless that member or former member is a charity described in clause 36.3.

36.3 Distribution of surplus assets are subject to the Corporations Act and any other applicable Act, and any court order. If the organisation is wound up or its endorsement as a deductible gift recipient is revoked (whichever occurs first), any surplus of the assets must be distributed to one or more charities:

(a) with charitable purpose(s) who have similar objects inclusive of, the object(s) in clause 2, which is charitable at law and to which income tax deductible gifts can be made, including:

- gifts of money or property for the principal purpose of the organisation
- contributions made in relation to an eligible fundraising event held for the principal purpose of the organisation
- money received by the organisation because of such gifts and contributions

and

(b) which also prohibit the distribution of any surplus assets to its members to at least the same extent as the company.

36.4 The decision as to the charity or charities to be given the surplus assets must be made by a special resolution of members at or before the time of winding up. If the members do not make this decision, the company may apply to the Supreme Court to make this decision.

36.5 This clause and the clause immediately preceding it shall override all other clauses in this constitution and shall prevail to the extent of any inconsistency.

37 Notices

Members must give the company their address for notices, and any change in that address.

The address for notices may include an email address.

The company must enter any change in the address of a member in the register of members in accordance with rule 12.

Notice may be given to a member by sending it to the address last given by the member.

Notice may be given by members to the company or the Committee by sending the notice by post to the registered address, or, if the Committee determines that it is appropriate in the circumstances, by email to the email address of the company.

In this constitution a period of notice of a meeting expressed in days:

- does not include the day on which notice is given; but
- includes the day on which the meeting is held.

Notices sent by post are taken to have been given on the fourth day after posting that is not a Saturday, Sunday or public holiday at that address.

Notices sent by email are taken to have been given on the first day after sending that is not a Saturday, Sunday or public holiday at that address.

In this rule, 'member' includes a committee member.