



McLeese Lake Meals with Heart Non-Profit Association

CONSTITUTION

Adopted November 2025

Objective

We, the members of this non-profit society wish to give back to the community by cooking individual frozen meals, soups and deserts that will be balanced, heart smart and can be customized to any special dietary needs. We will as a group coordinate with our local CRD representative, the Williams Lake Seniors Advocacy Group as well as Better at Home in Williams Lake to get referrals of people, seniors or other disadvantaged community members who live in and around McLeese Lake. We will also advertise at the store post office as well as on Facebook so that word can spread and residents can refer a neighbour or someone they know who is struggling to access healthy food or simply cannot cook for themselves any longer. In order to promote collaboration and ensure the effective and equitable operation of our association, the Board of Directors hereby adopts this Constitution on 2025-11-01, affirming our commitment to the values of inclusivity, transparency, and respect for all.

Article I: Naming our Association

The name of this non-profit society shall be McLeese Lake Meals with Heart Society. This name shall be used in all official matters and communications.

Article II: Purpose

The purpose of McLeese Lake Meals with Heart Association is to:

- Foster a sense of community and mutual support amongst marginalized members.
- Provide healthy meals that can easily be heated up in a microwave or oven.
- Deliver 8 premade frozen dinners and 6 homemade frozen soups every two weeks.
- Uphold the principles of fairness, accountability, and respect for diversity.

Article III: Membership

1. Eligibility: Membership is open to all individuals who support the purpose and values of the association.
2. Admission: Prospective members can approach any existing member and request to join. Acceptance will be approved by a majority vote of the governing body.
3. Rights: Members have the right to participate in meetings, vote on organizational matters, and stand for office.
4. Responsibilities: Members are expected to abide by this Constitution and the bylaws, attend meetings, and contribute to the organization's activities.
5. Termination: Membership may be terminated for cause, following due process as outlined in the bylaws.

Article IV: Governing Body

1. Composition: The governing body shall consist of the President, Vice-President, Secretary, Treasurer, and any additional officers as deemed necessary.
2. Election: Officers shall be elected annually (in the month of May each year) by the membership through a fair and transparent process. The first Board of Directors will be formed as of November 1, 2025, by the founding members:

President: Dana Crowley

Vice President: Christie Blaquiere

Secretary: Judy Boyetchko

Treasurer: Kai Laukien

3. Duties: The governing body shall oversee the management of the organization, ensure compliance with the Constitution, and represent the interests of all members.
4. Meetings: The governing body shall meet at least once every three months and as needed for urgent matters.
5. Vacancies: Vacancies shall be filled by appointment or special election, as determined by the governing body.

Article V: Meetings

1. General Meetings: General meetings of the membership shall be held at least quarterly. Notice of meetings shall be given at least two weeks in advance and posted on Facebook McLeese Lake News Group as well as posted at the post office.
2. Quorum: A quorum shall consist of at least 50% plus one of the total membership.
3. Decision-Making: Decisions shall be made by a simple majority unless otherwise specified in this Constitution.
4. Special Meetings: Special meetings may be called by the governing body or upon request of at least one-third of the membership.

Article VI: Amendments

1. Proposal: Amendments to this Constitution may be proposed by any member.
2. Notice: Proposed amendments must be circulated to all members at least one month prior to the vote.
3. Approval: Amendments require a two-thirds majority of members present and voting at a duly convened meeting.

Article VIII: Dissolution

1. Process: The organization may be dissolved by a two-thirds majority vote of the membership.
2. Assets: Upon dissolution, any remaining assets shall be donated to a charitable organization chosen by the membership.

Certification

This Constitution was adopted by the founding members on 2025-11-01 and shall remain in effect until amended or repealed according to the procedures outlined herein.

