

*Constitution*  
*Of*  
*Shannon Dragons*

**1. Name:** The name of the body is: Shannon Dragons

**2. Main Object:** the main object for which the body is established is to promote the health and well being of breast cancer survivors, along with their physical and mental welfare, by establishing dragon boat teams and providing appropriate training and fitness.

**3. Subsidiary Object(s):** In furtherance, exclusively of foregoing main object, the body shall have the following subsidiary objects:

To maintain physical fitness by providing training for and encouraging participation in dragon boat racing. To raise awareness of breast cancer and the benefits of lifestyle and health management. To support breast cancer survivors through the mutual support of team members.

**4. Powers:** To the extent that the same are essential or ancillary to the promotion of the main object of the body as heretofore set out the body may exercise the following powers:

To raise funds

To open and operate bank accounts

To purchase and lease and maintain boats and related equipment

To insure boats and equipment

To liaise with other organisations to further the main object of the body

To co-operate with other charitable cancer support groups

To carry out any other actions necessary to promote and develop and implement the main object of the body.

**5. Rules:**

Membership is open to breast cancer survivors their families, friends and supporters.

An executive committee with a minimum of 5 and not more than 9 members will execute the powers of the body necessary to achieve the main object of Shannon Dragons.

Among the members of the committee will be Officers viz Chairperson, Vice Chairperson, Secretary and Treasurer, Officers will initially hold office for 3 years and may apply for re-election at the end of 3 years.

For meeting to take place a quorum of 40% of members of the committee must be present

Applications for membership to be completed on the official Shannon Dragons application form and submitted to the Secretary. Membership fees are collected annually & held in bank a/c of Shannon Dragons. Where membership is unpaid, it lapses immediately

Meetings of the committee will be held as agreed by the committee but will be at least 3 times per year. The committee may decide agreed matters by email in between meetings.

The committee will seek to build consensus on all issues as far as possible but where required a majority vote of members present will decide any issue. In the event of a tie the Chairperson has a second or casting vote.

An AGM will be held once per year.

All payments will be made by cheque or electronic payment approved by at least 2 officers and in compliance with the Bank Mandate

Members who are or will be paddlers will be competent in the water, wear a life jacket and follow water safety procedures. Members are responsible for their own safety.

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**6. Income and Property:** The income and property of the body shall be applied solely towards the promotion of its main object as set forth in this Constitution. No portion of the body's income and property shall be paid or transferred directly or indirectly by way of dividend, bonus or otherwise howsoever by way of profit, to the members of the body. No Officer shall be appointed to any office of the body paid by salary or fees, or receive any remuneration or other benefit in money or money's worth from the body. However, nothing shall prevent any payment in good faith by the body of:

a) Reasonable and proper remuneration to any member of the body (not being an Officer) for any services rendered to the body;

b) Interest at a rate not exceeding 5% per annum on money lent by Officers or other members of body to the body;

c) Reasonable and proper rent for the premises demised and let by any member of the body (including any Officer) to the body;

d) Reasonable and proper out- of pocket expenses incurred by any Officer in connection with their attendance to any matter affecting the body;

e) Fees, remuneration or other benefit in money or money's worth to any Company of which an Officer may be a member holding not more than one hundredth part of the issued capital of such Company.

**7. Winding-Up** If upon the winding up or dissolution of the body there remains, after the satisfaction of all its debts and liabilities, and property whatsoever, it shall not be paid to or distributed among the members of the body. Instead, such property shall be given or transferred to some other charitable institution or institutions having main objects similar to the main objects of the body. The institution or institution to which the property is to be given or transferred shall prohibit the distribution of its or their income and property among its or their members to an extent at least as great as is imposed on the body under or by virtue of Clause 6 hereof. Members of the body shall select the relevant institution or institutions at or before the time of dissolution, and if and so far as effect cannot be give to such provisions, then the property shall be given or transferred to some charitable object.

**8. Additions, alterations or amendments** No addition, alteration or amendment shall be made to or in the provisions of this Constitution for the time being in force unless the same shall have been previously approved in writing to the Revenue Commissioners.

**9. Keeping of Accounts** Annual audited accounts shall be kept and made available to the Revenue Commissioners on request.

**SIGNED**

Brigid O'Connell

**Chairperson**

**SIGNED**

Helen O'Dea

**Secretary**

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**Date:** 15 November 2016