



Canadian Federation of University Women – Ottawa

Capital Carillon

April General Meeting

DATE: Monday, April 11, 2011
TIME: 7:30 p.m.
PLACE: St. Timothy's Presbyterian Church, 2400 Alta Vista Dr.
TOPICS: 2011 CFUW Draft Resolutions - Presentation, Discussion, Vote; Online Membership Renewal

The April General Meeting is reserved each year to present, amend, discuss and vote on draft resolutions proposed by CFUW clubs or the national or provincial Boards for adoption as policy at the national or provincial AGMs of the same year. This year, there are three draft resolutions to consider, one provincial and two national. The full texts of these resolutions are accessible from the Club website and appear in the March 2011 Carillon. CFUW-Ottawa Issues Committees review the resolutions and formulate recommendations for presentation at the Resolutions meeting. A quorum of 10 percent of members, currently 518-strong, and a majority vote is required for a draft resolution to pass in our Club. The comments and amendments to resolutions resulting from the Club vote at the April meeting are submitted to CFUW Ontario Council or to CFUW National, as appropriate. Final drafts are developed which are voted upon at the AGMs. If adopted, draft resolutions become part of CFUW policy on behalf of which Clubs may advocate.

At this meeting, our Web Wizard, Glenda Levesque, will provide an overview of online membership renewal, new this year.

We look forward to seeing you there.

PRESIDENT'S MESSAGE

WILMA CLAPHAM

CFUW-Ottawa members have been busy during the past month completing plans for 2010-11 projects and events as well as working on plans for the 2011-12 Club year. Nancy Vrooman and her committee have made all the arrangements for a wonderful CFUW-Ottawa AGM on Monday, May 9, at Restaurant International, Algonquin College. Check the announcement in this issue, register online and pay through PayPal! Mary Houston-Lambert has been hard at work editing the submissions for the Annual Report which will be available at the AGM.

All of the tickets to the March 10 International Women's Day Celebration at Library and Archives Canada were sold and the event was a huge success despite terrible weather leading to less than full attendance. Charlotte Rigby, CFUW-Ottawa Vice President Liaison, and Beverlee McIntosh, Ottawa Council of Women President, co-chaired the event which commemorated the Centenary of International Women's Day. Lynne Bond, Mary Butterill, Margaret Ford, Adele Muldoon and Sheila Perry worked with Charlotte and Beverlee to plan this event. The Club owes a thank you to all of the volunteers who helped to make this event such a success.

Margaret Haines, CFUW-Ottawa

Scholarship Convenor, arranged our March General Meeting so that members could meet some of the winners of the scholarships provided by funds raised by our members for our Scholarship Trust Fund and awarded to deserving students by the University of Ottawa and Carleton University. The programs being pursued by the students are varied and many members enjoyed talking with the winners during the refreshment period following the meeting. Thank you, Margaret and Scholarship Fund Committee members, Dawn Smith, Pauline Adams, Pierrette MacLean and Janet Riehm, for all your work preparing this program.

(see **President** on next page)

INSIDE

Historical Study Group – Sojourn in South America

Targeting Toxins – Out, Out! Toxic Dust!

Travel Group – Fasten Your Seatbelts!

CFUW-Ottawa Scholarship Awards Evening

CFUW Revised Constitution and Bylaws

Give Us Bread But Give Us Roses, Too

Helping HIPPY : A Community Service Initiative

Update on Strategic Plan Review

Sojourn in South America

Participation in the CFUW-Ottawa Historical Study Group stimulates the minds of its members, encouraging individual research, informal discussion and fellowship. At our monthly meetings, two members present the results of their research, allowing plenty of time for general discussion as well as chatting over refreshments.

This year, the group is focusing on South America. Facilitated by the outline developed by our convenors Margaret MacKay and Janice Vennos, the group divided up the history of South America into manageable chunks. We began with a review of the geography of the continent because its physical features had an impact on its development. Then, we considered the role of its indigenous peoples followed by discussion of the impact of colonization and conquest by Spain and Portugal in the 15th to the 18th centuries. We looked at the independence movements in the 18th century, discussing the factors leading to the successful establishment of independ-

ent countries in the early part of the 19th century. Next, we turned our attention to development of modern states, reviewing political stability and economic growth. In March, South American relations with the United States in the 19th and 20th centuries and socio-political developments in the 1930s and 1940s were reviewed. In April, we will spotlight influential revolutionaries (Salvador Allende, Juan Peron, Che Guevara, Getúlio Vargas) and enjoy a cultural evening in May. Our year of South America concludes in June with a South American dinner.

Join us next year for fun and learning about a topic yet to be decided!

Gail Tyerman

Historical Study Group

President - continued

Looking ahead to 2011-12, Glenda Levesque, Webmaster, and other Board Members have been working to make sure that the website is ready for the next Club year. Many of the services, including registration forms, Member Directory, PayPal, Announcements of Club, Ontario Council, CFUW, and IFUW events are already online. More will be added during the spring. Check out the website and see how many services you can access! Check your profile in the Directory and see if the information is up-to-date! If you have any questions, please direct them to Glenda Levesque glenda.levesque@rogers.com.

Capital Carillon is published monthly from September to May, except for January.

Please send all material for the next issue to Mary Butterill at marpathb@storm.ca

Next issue: **May 2011**
Deadline: **April 15, 2011**

Previous issues are located on the Club website at <http://www.cfuw-ottawa.org>



Left to Right: Back Row: Iris Young, Gail Tyerman, Ivana Caccia, Mary Butterill, Mary McNamara-Roy, Pat Wevrick, Aline Barrette, Susan Howell

Front Row: Barbara Gallagher, Dawn Smith, Marlene Hewitt, Janice Vennos, Margaret MacKay, Pierrette MacLean, Gail O'Brien, Phyllis McEwen

Venue: Richelieu-Vanier Community Centre

Photo by: Harry MacKay



From the CFUW-Ottawa Environmental Toxins and Health Study Group

OUT, OUT! TOXIC DUST!

DUST IS UNAVOIDABLE

Every home has some dust, depending upon where you live, the number of occupants, smokers, and pets; the climate; what you cook. Dust is the result of natural decomposition of the things we have in our homes (furniture, electronics, upholstered articles) plus dust infiltrating into our homes from outside. Much of it is invisible, embedded in cracks, crevices and air ducts.

WHAT IS HOUSE DUST AND WHY IS IT TOXIC?

Ordinary house dust is a mixture of human hair and skin, pet dander, mould and fungal spores, textile fibres, decomposing insect parts, food, pollen, dust mites (found in bedding and stuffed animals), soil, and harmful chemicals such as endocrine disruptors, carcinogens and neurotoxins, which escape from consumer products and settle in dust.

Exposure to toxic chemicals even at low doses can adversely affect health, especially of children, who spend much time indoors and play on or near the floor and inhale or ingest dust. Many toxins commonly found in house dust have been linked to allergies, birth defects, psychological abnormalities, and cancers.

WHAT CAN WE DO? ► REDUCE EXPOSURE TO DUST!

- ☐ Purge your home of clutter – a magnet to dust;
- ☐ Clear out unsafe cleaning and personal care products such as: cosmetics, fabric softeners, air fresheners, and also pesticides, paints, and dead batteries;
- ☐ Remove shoes at the entrance;

- ☐ Clean carpets and upholstery furniture using a “high efficiency particulate air” (HEPA) filter fitted vacuum;
- ☐ Clean furniture and uncarpeted floors with wet or micro-fibre cloth/mop;
- ☐ Clean/replace furnace/air conditioner filters regularly. Have air ducts cleaned and furnace/air conditioner serviced professionally;
- ☐ Clean up quickly and thoroughly after a home renovation;
- ☐ Regularly groom and wash pets; launder pet bedding;
- ☐ Caulk and seal cracks in doors, windows and walls to prevent dust from entering;
- ☐ Prevent mould by controlling humidity. Remove mould with baking powder and vinegar paste;
- ☐ Choose natural materials: solid wood, cork, linoleum for flooring; wood, metal or glass furniture; textiles like cotton, down, linen or wool; washable curtains or window shades;
- ☐ Use closed bookcases, curio cabinets and wardrobes; and,
- ☐ Destroy dust mites in bedding and stuffed animals. See Lancaster website below.

FOR FURTHER INFORMATION

- ☐ <http://www.ewg.org/healthyhometips/toxicchemicalsinhousedust>
- ☐ <http://lancaster.unl.edu/pest/resources/dustmites311.shtml>

FASTEN YOUR SEAT BELTS!

A travelogue with a difference! On the third Thursday of the month from October to May, a group of us become Armchair Travellers and enjoy being taken to some exotic part of the world by one of our members or an invited guest. We meet in comfort in various homes. Most of the group are well travelled, so there is no shortage of places to visit. This year, we have been to Morocco with Kathy Greiner, New Zealand with Barbara Jackson – ably assisted by her husband Keith, Singapore, Kuala Lumpur, Cambodia and Vietnam with Carol Hart and Malaysia with Leslie Holland. During the next few months, we will be going to Tibet and Yunnan Province in China

with Marlene Hewitt, Austria - particularly Vienna, with Brenda Ellacott and Torajaland, Indonesia with Melita Classen, likely accompanied by her husband Alex.

The evening always begins with a very lively social half hour over coffee, tea and some delicious treats supplied by two group members. Our hostess for the evening sees to it that we all have a comfortable seat from which to view a PowerPoint presentation, with some quite outstanding photography. The commentary usually covers geographical location, interesting historical points and sometimes local political issues, as well as personal amusing anecdotes. It's

amazing to see how adventurous some of our members are, from riding elephants and drifting on inflated tire rings down rather large rivers to visiting longhouses in the jungles of Borneo and seeing exotic palaces! At the end, we have a discussion, which can become very animated when members compare notes on their experiences in a particular part of the world.

Join us and make new friends whilst visiting some wonderful countries. No need to fight your way through an airport!

**Carys Griffiths, Leslie Holland,
Louise DuVernet, Co-Convenors**
Travel Group



Photo by: Leslie Holland



Photo by: Carys Griffiths

Above: Batu Caves, Kuala Lumpur

Lower Right: Ubaidiah Mosque, Perak, Malaysia

Upper Right, Left to Right: Back: Ursula Mount, Shirley Rayes, Liza Zaslavsky, Greta Jones, Rosemary Jull, Evelyn Crees, Pat Hall, Linda Douglas, Leslie Holland **Middle:** Helen Anderson, Bonnie Hodge-Barber, Daisy Kovacs [hidden], Melita Classen, Judy Pillai, Kawser Kruithof **Front:** Louise DuVernet, Glenys Pike, Marlene Hewitt, Audrey Reekie



Photo by: Leslie Holland

CFUW-Ottawa Scholarship Awards Evening

Margaret Haines, CFUW-Ottawa Scholarship Convenor, chaired the Scholarships portion of the General Meeting on March 14. She introduced the trustees, speakers and winners, mentioning that there would be 24 awards this year, totalling \$33,000.

Former CFUW scholarship winner Alicia Natividad thanked us for the opportunity to describe how much our award had meant to her. Her family had come from the Philippines to Ottawa after several years of following her engineer father from one project to another all over the world where Alicia went to accredited American schools. She had planned to attend Cornell University, but her father's sudden illness kept her in Ottawa to help support her family. She and her mother both studied and worked, and Alicia eventually began part-time classes at Carleton, which did not recognize her overseas high school qualification. She had to

pass the TOEFL English language test and a qualifying year before further studies at Carleton and a law degree from the University of Ottawa. Called to the Bar in the middle of a recession, she went back to the firm where she had articulated until 1995, when she established a private family law practice. She advises clients on establishing bursaries and awards because of her own experience as a winner. She advised the students present to focus on their goals, watch for opportunities, thank those who help, and seek qualifications that would permit independent, self-reliant careers.

Denise Mayer, Awards Officer, Carleton University, spoke about the processes involved in scholarships. She works for the Department of University Advancement and with donors, telling them about winners. For some scholarships, candidates are nominated by different departments. For other

awards, students must apply. Undergraduate students have received 10,000 scholarships or bursaries this year, totalling over \$15.8 million.

After introducing the winners who were present to receive their awards, Margaret called on the winner of the Ruth Bell Centennial Scholarship, Niamh O'Shea, a third-year student in women's and gender studies at Carleton, to address the meeting. Niamh said that she had been shocked and humbled to receive the scholarship, which has paid for nearly all her tuition this year, and gave her time to volunteer at a women's shelter. On behalf of all winners, she thanked CFUW-Ottawa for its generosity.

Sheila Waugh

For the Scholarship Trust Fund

Trustees



Photo by: Amanda Goth

Left to Right:

Top Row: Janet Riehm, Margaret Haines, Pauline Adams, Maureen Pytlik, Mary Renaud, Nicole Leaver

Middle Row: Alicia Natividad, Pierrette McLean, Denise Mayer, Isabelle Hetu, Nadia Parvez, Niamh O'Shea

Bottom Row: Véronique Labonté, Dawn Smith, Megan Lummis, Wilma Clapham, Dr. Ruth Bell

Details on the awards are found at <http://www.cfuw-ottawa.org>.

CFUW Revised Constitution and Bylaws

Delegates at the 2009 CFUW AGM authorized revision of the CFUW Constitution, Bylaws and Standing Rules. A draft revision was prepared by an appointed Ad Hoc Committee and presented at the 2010 AGM. The Constitution, Bylaws and Standing Rules (CBS) Committee has been working since August 2010 to complete a detailed consultative revision process in time for a final vote at the 2011 AGM in St. John's. On March 3, the National Board approved sending the final revised text of the Constitution and Bylaws to eligible voters for consideration. There will be no secondary amendment process. The revised [CFUW Constitution and Bylaws August 2011](#), including covering letters from the CBS Committee Chair and Lawyer, is found on the CFUW website in the [Constitution](#) section.

Give Us Bread But Give Us Roses, Too!

The seventh annual International Women's Day Celebration hosted by CFUW-Ottawa and the Ottawa Council of Women on March 10 at Library and Archives Canada celebrated the Centenary of IWD and 100 years of progress in women's rights and freedoms, through song, speeches,



Photos by: Mary Butterill

historical displays, recognition of notable attendees and members who recently authored books, not to mention great food, drink and door prizes.

Singer/songwriter Amanda Cotreau and two members of the Vox Femina Choir, Rita Finnigan and Margot Lange, led us in solemnly singing the historic *Bread and Roses* as we "marched" into Salon A to hear our speakers. Originating in 1911 as a poem, set to music in 1976, an inspiring feminist anthem and slogan for fair pay and working conditions, the song is associated with a textile workers strike in Lawrence, Massachusetts led by immigrant women, the 1912 "Bread and Roses Strike".

Dr. Pamela Walker, Joint Chair in Women's Studies at Carleton and Ottawa Universities, told us about three heroic activists for African-American civil rights, courageous women who, despite their disadvantaged backgrounds, stood up to gross injustice and violent resistance: a) Rosa Parks whose investigation of the 1944 gang rape of Recy Taylor by racist white men helped launch the civil rights movement and who single-handedly sparked the 1955 bus boycott; b) Diane Nash, who campaigned to desegregate lunch counters and interstate travel, and achieve voting rights in the 1960s; and, c) Fannie Lou Hamer, who advocated against discrimination in voter registration in the 1960s.

Dr. Caroline Andrew, Director, Centre on Governance, University of Ottawa, spoke about the concepts of thinking, feeling and acting, about "Bread and Roses" as a powerful holistic vision and metaphor for mate-

rial and spiritual needs. In referring to Status of Women Canada's 2011 theme "Girls' Rights Matter," she noted that, though people need identity, many young girls have no identity. Even in countries that demonstrably value education, access to education is higher for the wealthy. Political action is needed to improve lives. She spoke about the "Women's Worlds" conference coming to Ottawa in July and invited us to attend or volunteer. The conference will honour aboriginals, diversity and intergenerational dialogue.

Though the event sold-out, the "dark and stormy night in Ottawa" resulted in 24 percent non-attendance. Luckily, 115 registrants, our guest speakers and three of our featured singers braved the treacherous driving and walking conditions to contribute to a most enjoyable evening. See descriptions of the photos on the left, more photos and videos at <http://www.cfuw-ottawa.org>. Thank you to all for a memorable and successful party!

Mary Butterill

For the IWD 2011
Planning Committee

CFUW-OTTAWA HOLIDAY PARTY



Clark Room, RA Centre
Saturday, Dec. 3, 2011

Mark Your Calendars! This is the 1st Time that the Party will be held on a Saturday!

Helping HIPPY : A Community Service Initiative

Nancy Simmons-Wright, Carol Hinde, and Janet Hagey

A major priority of the draft CFUW-Ottawa Strategic Plan for 2011-15 is to develop and implement a community service project. We three volunteered to identify a project that would promote lifelong learning and improve the lives of women and children in our community.

The proposed project is the HIPPY Program (Home Instruction for Parents of Pre-School Youngsters). (Those who attended the October 2010 CFUW-Ottawa general meeting will be familiar with HIPPY.) In late February, the Board gave the project approval in principle, subject to support from members.

What is HIPPY?

The HIPPY program focuses on helping low-income parents, in Ottawa usually immigrants, prepare their three- to five-year-olds for school. Ideally, it is a three-year program which involves weekly visits by program workers to the homes of participating families, monthly training and social sessions for the parents, and an annual graduation event for the children.

Numerous benefits include better preparing children for entry to the Ontario school system; empowering parents to prepare their children for school; breaking down barriers to the integration of recent immigrants to Canadian life; and mentoring those parents and program workers interested in pursuing learning or career plans.

In Ottawa, the Program operates from the Vanier Community Centre. Funding comes from a mix of government and private sources. Friends of HIPPY

play a key role in raising funds and awareness of the program. (More information is available on the HIPPY Ottawa website: <http://hippyottawa.ca/en/home>.)

How can CFUW-Ottawa members help?

Some of the ways we can help include:

- helping the HIPPY Program coordinator organize monthly training and social sessions;
- enriching child care activities at these monthly meetings;
- mentoring program workers and parents; and,
- organizing the annual graduation ceremony.

The meetings, which follow the September-June academic year, alternate monthly between Friday evenings and Saturday daytime.

Club members recently received a short survey via email to determine if there is sufficient support to make the HIPPY Program our community project. Let's embrace HIPPY!



Left to Right: Janet Hagey, Nancy Simmons-Wright, Carol Hinde

Photo by: David Chapman

Update on Strategic Plan Review

CFUW-Ottawa's Strategic Plan has been reviewed and rewritten during the past several months. Board members provided input to a draft version at the Jan. 11 Board Meeting. In recent weeks, members of the Review Committee (Anne Alper, Patricia Bays, Wilma Clapham, Jill Moll, Charlotte Rigby and Leila Metcalf) have prepared an updated version for presentation to Board on March 28. Subject to Board approval, the Strategic Plan for 2011-15 will be presented to the CFUW-Ottawa membership for approval at the Annual General Meeting on May 9. The new Strategic Plan is based on our Club's mission statement and goals, and focuses on membership, communications and networking, advocacy, community service, leadership and governance, and club structure.

Leila Metcalf, Chair
Strategic Plan Review Committee

Invitation to a Musical Luncheon at the NAC

Spring has arrived! To help us celebrate, the Study and Interest Group, University Women Helping Afghan Women, invites you to join them at a Musical Luncheon at Le Café, the NAC, on **Friday, May 6, from noon to 2 p.m.** Featuring renowned harpist, Robin Best (in photo to the right), who will play a variety of solo harp music from baroque to modern, and a delectable luncheon menu prepared by Chef Michael Blackie, this event is certain to please your senses! The menu consists of the following: Soupe du jour; General Blackie's Crunchy Chicken (or a vegetarian alternative); Crème Brûlée; Coffee/Tea. The cost per ticket is **\$40 (tax and gratuities included)**. The proceeds will go to assisting Dr. Sima Samar's students. Dr. Samar is the incredible physician, human rights activist and creator of thriving schools and clinics for girls and women in Afghanistan and was the keynote speaker and a workshop leader at the 2010 CFUW AGM in Ottawa last summer.

Anyone who enjoys music and fine food, and would like to contribute to the education of young women in Afghanistan, is welcome. Parking is free in the NAC parking lot for two hours. Just remember to bring your parking receipt to be stamped. Tickets are available by mail – please enclose a stamped, self-addressed envelope along with your cheque made out to Mary Partington, 43 Queensline Drive, Ottawa K2H 7J3. Only 100 spots are available – last

year was sold out! The deadline for purchasing your ticket is April 30. We look forward to welcoming you to what promises to be a very enjoyable event!

Joan Bell and Hally Siddons,
Co-Convenors
University Women Helping Afghan Women



CFUW-OTTAWA AGM & DINNER

6:00 PM, Monday, May 9, 2011

**Restaurant International
Algonquin College
1385 Woodroffe Avenue**

Registration Fee: \$30 Per Person

Includes 3-course dinner, taxes & gratuity
Dinner menu to be determined in April

Register Online at <http://www.cfuw-ottawa.org>
Online payment by PayPal, credit card or cheque

Registration Deadline: Tuesday, April 26, 2011
(No refundable cancellations after this date)

Reservations & payments will also be taken by
Alice Bolt & Ina McCuaig at the April 11 CFUW-Ottawa General Meeting

Directions to Restaurant: Turn left at the first set of traffic lights on Woodroffe Avenue, south of Baseline Road, (between College Square Shopping Centre & Algonquin College). Turn right at the next set of traffic lights. The parking lot & the Hospitality Centre will be in front of you. Restaurant International is in that building.

2011 CFUW AGM, St. John's N.L.



AGM 2011
1919 CFUW-FCFUDU 2011

The 2011 CFUW AGM will be held at the Sheraton Hotel Newfoundland in St. John's, N.L. from Thursday, Aug. 4 to Saturday, Aug. 6, 2011. A proposed agenda and tour information is available on the CFUW St. John's website at <http://www.envision.ca/webs/cfuwstjohns/>

BOUTIQUE: The "*The Pitcher Plant Boutique*", named after the provincial flower, will offer many lovely, interesting and often handcrafted, items at reasonable prices. The proceeds will go to the CFUW Charitable Trust.

Diane Siegel, the Boutique Committee Chair, is requesting donations of items to sell in the Boutique from all clubs represented at the AGM. Clubs may wish to consider having their other members contribute to one item of greater value that could be sold in a silent auction. Items that represent clubs or their locations in some way are appreciated. The Committee will need to know the value of the items to determine where they will best be sold and, in the case of Silent Auction items, so that a reserve or starting bid can be determined. A raffle will also be offered.

CAR RENTAL: If you are planning to rent a car during your stay in St. John's, you are advised to do so as soon as possible. Rental cars are often hard to come by during the busy summer tourist and convention season.

TOURS: The Local Arrangements Committee has partnered with two local tour companies, McCarthy's Party and Woody Island Tours. The Full-day and Half-day Tours can be paid during the online registration process. *The eight and 12 day Pre-Conference Tours, the six day Post-Conference Tour and the two day Post-Conference Woody Island Resort Tour must be paid through the tour companies. Contact information is included with the tour summaries on the website.*

TRAVEL DISCOUNTS: Air Canada offers a discount code, located on the website, for use by AGM 2011 delegates on flights to and from St. John's from Wednesday, July 27 to Sunday, Aug. 14.

For further information regarding tours and travel, please contact Barbara Parsons Clancy at windinoursails2011@gmail.com. Please also check <http://www.cfuw.org> for links to information about AGM 2011.



CFUW
ONTARIO
COUNCIL

CFUW Ontario Council AGM

(Hosted by CFUW Oakville)

Taking off the blinders: the four pillars of poverty

Friday May 13 and Saturday May 14

CFUW Oakville is proud to be hosting this year's Ontario Council Annual General Meeting. In addition to the business meeting and networking opportunities, there will also be a keynote speaker and workshops that will focus on a very important topic — the four pillars of poverty: income security; food security; mental health; and affordable housing.

Our goal for this program is to help members take the blinders off with respect to recognizing poverty and its causes in their own communities.

We want to give you a safe forum to learn about and talk about what's happening in your neighborhoods and then provide ideas and examples of current successful initiatives.

CFUW has a long history of successful advocacy and we hope that by providing constructive dialogue, tools and suggestions, our members can help to spur on some significant local changes.

The program will be anchored by Dr. Joey Edwardh, the Executive Director of Community Development Halton. Dr Edwardh will give the keynote address and then delegates will break into one of four pre-selected workshops. The workshops will run through a second cycle before everyone reconvenes to summarize the discussions and ideas. Each of the workshop leaders will summarize their two sessions. Dr. Edwardh will facilitate this process.

Location: Holiday Inn - Oakville

540 Argus Road
Oakville, Ontario

Phone 905-842-5000 or 800-842-0092

Registration forms can be found at ocagm.cfuwoakville.ca

Full registration cost: \$95 on or before April 15 or \$110 after April 15.

Registration Convenor –Susan Walkinshaw(oakvilleagm@gmail.com)

More information available at <http://ocagm.cfuwoakville.ca>