

Annual Report



2015-2016

Cover photos courtesy of:

Top left: UWC Winnipeg Members at the Local to Global Event for International Women's Day

Top centre: CFUW St. John's and Project Grace

Top right: CFUW White Rock/Surrey "From Then to Now"

Bottom left: UWC North York at the local White Ribbon Campaign March

Bottom right: BC Council's 2016 AGM in Abbotsford



Message from CFUW President and Executive Director

In the year under review, CFUW members can be proud of their work in the advancement of equality for women and girls. The organization continued its national initiative to support women and girls affected by violence in Canada; CFUW members were active in their communities raising money over \$1 million to help women pursue post-secondary education; a pilot mentorship program and a pay equity workshop geared to young women about to enter the workforce were launched; and, in the anniversary year of the first women in Canada receiving the vote, many Clubs were actively involved in getting out the vote. CFUW was involved at the local, provincial, national and international levels of civic engagement and social action

Throughout this report, you will see highlights of our actions which demonstrate the power of women working together to improve the human rights of women and girls.

Doris Mae Oulton
National President

Robin Jackson
Executive Director

Board of Directors

Doris Mae Oulton President
Linda Russell VP British Columbia
Bilkies McKen VP Prairies
Brenda Robertson VP Ontario
Liette Michaud VP Quebec
Grace Hollett VP Atlantic
Helen Sami VP Finance
Teri Shaw VP Advocacy
Karen Dunnett VP Membership
Cheryl Hayles VP International Relations
Kathryn Wilkinson VP Education

Standing Committee Chairs

Myra Willis.. Articles and Bylaws Committee
Patricia McGregor .. Fellowships Committee
Grace Stapleton.....Nominations Committee
Eleanor Scarth Resolutions Committee

Regional Directors

Barbara DuMoulin..... Vancouver Island
Marg Picard..... BC West
Ruth Mellor BC Interior
Madeline Kalbach..... Alberta
Margaret Hendry..... Saskatchewan
Fran Myles Manitoba
Kaarina Tulisalo..... Ontario North
Cheryl Ambrose..... Ontario West
Deborah Harasym Ontario South
Pat Joyce..... Ontario Central
Leila Metcalf..... Ontario East
Sandra Thomson..... Ontario Huron
Patricia DuVal..... Quebec English
Debra Christiansen-
Stowe..... Quebec French
Roseline Anderson..... New Brunswick
Heather Huestis..... Prince Edward Island
Janet Willwerth..... Nova Scotia
Barbara Clancy..... Newfoundland & Labrador

CFUW is a non-partisan, voluntary, self-funded organization with over 100 CFUW Clubs, located in every province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice, and peace. It holds special consultative status with the United Nations (ECOSOC) and belongs to the Education Committee of the Canadian Commission for UNESCO. CFUW is the largest affiliate of Graduate Women International (formerly known as International Federation of University Women), which represents women worldwide.

CFUW's Mission Statement

CFUW will continue to enhance its role as a national, bilingual, independent organization striving to promote equality, social justice, fellowship and life-long learning for women and girls.

Strategic Aims

1. **Membership:** Build and strengthen membership to sustain a healthy organization while continuing our advocacy and educational support and initiatives.
2. **Public Profile:** Raise the public profile of CFUW so that our ongoing and significant contributions to Canadian society are fully recognized.
3. **Advocacy:** Increase the effectiveness of CFUW's advocacy role by assisting our membership to continue and enhance their involvement in advocacy and social action and extending our impact through partnerships.
4. **Scholarships/Fellowships:** Encourage Clubs to begin/continue scholarship programs and strengthen the effectiveness of national fellowship programs.
5. **Sustainability:** Build organizational capacity at the Board, committee, regional and club level to maintain CFUW's ability to reach goals

CFUW initiatives in the area of education, life-long learning and leadership are wide-ranging, clearly indicating a vibrant network of creative, dynamic and committed women. We offer life-long learning opportunities for our members to help them expand their knowledge of the world outside the classroom. There are more than 200 CFUW book clubs across the county and 100 lecture series.

In keeping with the organization's mission, CFUW Clubs work to ensure that all women and girls have equal opportunities and have equal access to quality education. This work includes undertaking initiatives to promote literacy and education as well as raising monies to provide local scholarship and bursary programs.

CFUW Sherbrooke & District organized a potluck supper for Aboriginal students studying at Champlain College, Lennoxville Campus at which the students were given gift cards. The Club provided assistance to Aboriginal students with writing application to Indspire, a national scholarship/bursary competition. CFUW Sherbrooke and District also works with a group of refugees every Saturday to help them learn English and integrate into the community.

CFUW Lethbridge reads each week to the students from Grades 4 and 5 of Westminister School to help improve their literacy skills.



CFUW Lethbridge Westminister Reading Group

Left-right, back row: Evelyn Osaka, Doreen Brazier, Liz Groves, Debbie Greeff, Anne Miller

Left-right, front row: Ila Winfield, Pat Hodd

Absent that day: Sharon Prenevost

In order to assist Children's Aid Society (CAS) Wards, CFUW Aurora/Newmarket provides an award of \$1000 to be given to a young woman who has been a CAS ward and who is transitioning out of care and going on to some form of higher education. Since statistics show that the percentage of CAS wards proceeding to higher education is relatively low, in part due to the fact that they drop out of high school, the Club implemented a "*stay in school*" recognition event in conjunction with Children's Aid.

For 45 years, CFUW Nanaimo has been delivering the Seashore Program. Every spring Club members collect a wide variety of intertidal marine specimens which they show to local schools and present a short lecture which emphasizes preservation of the marine environment and information on the characteristics of animals who live between the tides.

This past year, CFUW St. John's raised \$2,000 for Project Grace which provides children from all walks of life with the opportunity to learn and make music together and the chance to benefit from the individual skills and community values that are inherent in music-making.

In honour of International Women's Day, CFUW Nelson and District organized Stories Inspire Passion (SIP) Talks as a celebration of women. Fourteen prominent Kootenay women were invited to share their stories of what their passion is and how they live it every day. The event raised over \$4,000 for their scholarship program.

CFUW Brampton organizes an annual fashion show for which the proceeds are used to fund scholarships for young Brampton women entering university.

Based on CFUW's work to promote women's leadership and economic empowerment, this year, CFUW launched a national Mentorship Pilot Program with a focus on three areas: women in the STEM fields; CFUW members who have leadership portfolios and women who are interested in entering the field of politics. The Mentorship Program links



Mentor Madeline Kalbach with her Mentee, Catherine Ringham, Ph.D. Candidate, Nursing, University of Calgary

members across Canada to work on initiatives that support women's empowerment and has involved community partners such as universities.

Comment from a CFUW Mentor:

"In my opinion, the mentor/mentee programme is a valuable resource for both mentors and mentees and should be continued. It has been an excellent experience for me as a mentor. I believe we both benefited from the pilot programme."

Also as part of its education and leadership mission, CFUW launched its pilot Pay Equity Workshop. Entitled *"Negotiating Fair Pay: Empowering Women Entering the Workforce"* it built on CFUW's long established advocacy to improve pay equity for women in Canada. The workshop offered an introduction to the broader context of pay equity issues in Canada; help in quantifying the market value of one's education and skills and identifying a fair target salary; and practiced the skills to pitch and negotiate equitable salary offers.



CFUW Pay Equity Workshop March 2016

**SCHOLARSHIPS, FELLOWSHIPS AND AWARDS:
OVER \$1 MILLION RAISED IN 2015-2016**

“Education is the most powerful weapon which you can use to change the world” — Nelson Mandela

In 2015-16, CFUW Clubs and the CFUW Fellowships Program awarded \$1,093,150 for education. CFUW has been helping women pursue post-secondary studies for over 97 years since its inception in 1919. Profiles of the winners from the 2016 CFUW Fellowships and Awards can be found online at: <http://www.cfuw.org/en-ca/fellowshipsawards/winners2016-2017.aspx>

CFUW Scholarships and Bursaries 2015-2016			
CFUW Region	# of Clubs	Amount	Totals
BC West	11	\$100,710	
BC Interior	5	\$ 28,475	
BC Vancouver Island	7	\$85,281	
British Columbia	23		\$214,466
Alberta	5	\$76,834	
Saskatchewan	5	\$26,000	
Manitoba	2	\$18,507	
Prairies	12		\$121,341
Ontario North	6	\$31,580	
Ontario West	9	\$61,900	
Ontario Huron	5	\$11,600	
Ontario Central	13	\$176,878	
Ontario East	9	\$98,230	
Ontario South	12	\$106,445	
Ontario	54		\$486,633
Quebec	5		\$72,600
New Brunswick	4	\$42,900	
Nova Scotia	6	\$12,060	
Prince Edward Island	1	\$10,050	
Newfoundland and Labrador	2	\$35,100	
Atlantic	13		\$100,110
	107 Clubs		\$995,150
CFUW National Fellowships & Awards			\$98,000
CFUW Clubs' Donations to the CFUW Charitable Trust		\$17,498	
* The Education Council - Wolfville transfer of the proceeds of their education fund to the CFUW Charitable Trust to establish the CFUW Aboriginal Women's Award (AWA).		\$209,217	
Nationwide Total:			\$1,093,150

* The amount of the transfer is not included in the nationwide total of scholarships however the \$13,500 value of the inaugural CFUW AWA is included in the total amount of CFUW National Fellowships & Awards.

CFUW Clubs demonstrate that women working together is a powerful source of change. Through our network of more than 100 Clubs across Canada working within their local communities, and supported by our regional and provincial councils and the CFUW national office, we are helping build a more equitable world for women and girls.

Together we are facilitating positive change locally, provincially, nationally and internationally so that the human rights of all girls and women are respected. Ultimately we envision a world where poverty is reduced, discrimination and violence eliminated, and where women and girls are fully able to realize their potential through equal opportunities for education, leadership and employment.

CFUW members believe that real social change happens when organizations go outside their own walls and find creative ways to enlist the help of others. What follows are some examples of activities in which CFUW Clubs were involved with other partners this past year.

CFUW Victoria worked with Artemis Place, an integrated counselling and educational program which provides an unique alternative to traditional school for 15-19 year old girls in Victoria. The vision of Artemis Place is that young women experience educational success, find their voices, fulfill their potentials and have the power to achieve their dreams. CFUW Victoria collected over \$2,000 and a trunk full of needed items and gifts for the women and their children.

In the fall of 2014, CFUW Abbotsford decided that as part of their Anti-Poverty project, they would support the Warm Zone in Abbotsford. The Warm Zone is a unique project in Abbotsford that assists street entrenched women. The CFUW Soup Sisters provided hearty soup on a weekly basis from October to May as well as donating cash and necessary items such as socks, underwear, personal hygiene items, and fresh food.

CFUW Parksville-Qualicum worked throughout the year with Parksville-Qualicum Haven House, an emergency shelter/transition centre and raised money to give the House toiletries and other needed items.

CFUW Calgary North made donations of toys to the Sheriff King Women's Shelter. CFUW Calgary made donations of toiletries, gift certificates, children's hats mitts, underwear, diapers, journals and puzzles to various Women's Shelters and programs. CFUW Edmonton donated food and other items to the University of Alberta Food Bank. Strathcona County donated pyjamas, toiletries and other items to their local women's shelter for a Christmas project.

CFUW Saskatoon donated food and cash to the Friendship Inn and winter clothing and feminine products to the Lighthouse, a homeless shelter.

CFUW Perth and District donated \$2500 to the Eabametoong First Nation Community Garden Project. In this Community, the Chief and council expressed a desire to have more opportunities for inter-generational learning and sharing. Educators from Ryerson University, using their experience and education in facilitation built a series of tools for this purpose which resulted in the Garden Project.

Dear Perth and District CFUW Club members,

We are truly grateful that you have chosen to support our project and ongoing relationship with Eabametoong First Nation. Your support will help to make the community Garden project possible, and will hopefully create

many opportunities for learning and sharing within the community. We will continue to share and keep you up to date as the project progresses, for both the community garden and our work more broadly as they are closely related through ideas of health, youth empowerment and self-determination.

This past week, February 24-27, 2016, we were fortunate enough to have travelled to New Orleans as invited speakers at the AshokaU Exchange 2016, a gathering of international educators from 150 institutions looking to make an impact in communities through positive social change.

Over 50 innovators and changemakers from the Exchange attended our presentation, which focused on the role of partnerships in community based initiatives-moving away from a model of service and towards one of mutual benefit. We were very excited by the positive response we received from those in attendance, and the interest our model sparked among other universities. It is a great pleasure to have the Canadian Federation of University Women Perth Chapter included as a partner in this work!



I hope to bring you more news of the community garden project in our next update and if there is anything more you would like to know about us, or our work please do not hesitate to ask!

Thank you again and we look forward to sharing more with you in the months to come!

Sincerely,

Jeffrey Herskovits

Kathryn Tmavsky

CFUW Chatham/Kent purchased new outfits for children of kindergarten age at the Children's Aid Society to start school. CFUW St Thomas undertook fund raising to purchase Caring Kits for the Women's Shelter in their community. CFUW Cambridge made donations to their Cambridge Self Help Food Bank. For several years, CFUW Guelph has provided personal items and/or monetary donations at Christmas time to Chalmers Community Services Centre and the Christmas Gift Bag Campaign. CFUW Brantford Members enthusiastically supported the Basketeers Program of Nova Vita, the local women's shelter, donating enough money and articles to put together three full kitchen baskets. These baskets will benefit women leaving the shelter to set up their own residences after leaving difficult situations. CFUW Hamilton supported Inasmuch House, a local women's shelter with toiletries and clothing. CFUW Burlington focused their efforts in bringing a refugee family to Burlington. CFUW Etobicoke raised money for Ernestine's and the Women's Habit Women's Shelters. UWC North York assembled 87 Shoebox projects for the North York Shelter and the Pregnancy Care Clinic. CFUW Scarborough organized 15 bags of items for women in Juliette's Shelter in Scarborough.

CFUW Saint John donated pyjamas for women and children at Hestia House which is a shelter for abused women and their children. The Club also donated underwear, socks, mitts, hats and other clothing to the Crescent Valley Resource Centre which provides services in one of Saint John's priority neighborhoods, one of the high poverty neighbourhoods. CFUW Moncton had special gift giving that supported Crossroads, a local women's shelter and the Food Bank CFUW St. John's donated household items that a woman would need to set up her new home after leaving the Iris Kirby House, the local shelter for abused women Top of Form

CFUW St. John's donated household items that a woman would need to set up her new home after leaving the Iris Kirby House, the local shelter for abused women.

Advocating for policy changes to improve the lives of women and girls in Canada and around the world is fundamental to our work at CFUW. We work with decision makers, like-minded organizations and the public to advance our vision of a more just world.

We engage governments – municipal, provincial and federal – through advocacy campaigns on social and economic issues affecting women’s quality of life and career prospects. Individual Clubs work with local educational institutions, women’s shelters, harm and risk reduction organizations and other community groups on specific projects and fund-raising initiatives

Throughout 2015-2016, CFUW actively participated in consultations and meetings with politicians and their staff, monitored and responded to Government legislation and prepared briefs to the Government of Canada, including:

- Bill C-242 An Act to amend the Criminal Code (inflicting torture) – CFUW sent letters of support for Bill C-242, Private Member’s Bill to add Non-State Actor Torture to the Criminal Code and CFUW President and members attended the press conference with MP Fragiskatos
- Bill C-243 An Act respecting the development of a national maternity assistance program strategy and amending the Employment Insurance Act (Short Title: National Maternity Assistance Program Strategy Act) – CFUW sent letter of support for Bill C-243 which would allow an EI claimant to begin to use her maternity benefits 15 weeks before her due date if her job poses a risk to her health or her unborn child, and her employer cannot modify her job functions or move her to another job
- Standing Committee on Finance Submission on 2016 budget
- Brief on Women’s Equality sent to all Ministers
- Op-ed by Doris Mae Oulton published in the Winnipeg Free Press on “Gender Parity was the Bold Change We Needed”, post-election 2015
- Consultation with Global Affairs Canada on Women, Peace and Security to vocalize CFUW concerns regarding women, peace and security including disarmament and the inclusion of women in the peace process (Syria and Afghanistan)
- Meeting with Patty Hadju, Minister for the Status of Women to discuss child care, violence and new Government initiatives announced at the United Nations Commission on the Status of Women
- Meetings with Brenda Shanahan MP to discuss Physician-Assisted Dying; Karen Vecchio, Conservative Critic for Status of Women to discuss child care and the pay gap; Suzanne Cooper, Senior Policy Advisor at Status of Women Canada; Policy Advisors to Ruth Ellen Brosseau, NDP Critic on Agriculture to discuss the CFUW position on Neonicotinoid pesticides; Policy Advisor to Ed Fast,

Conservative Critic on Climate Change to encourage them to consider carbon taxes, and to push for the inclusion of women and Indigenous peoples at climate talks.

Working Together to End Violence against Women and Girls

Over the last year, CFUW continued its efforts to raise awareness about violence against women and girls, and encourage more effective policy responses from all levels of government. In addition to the activities described under the section “CFUW in the Community”, some of our activities in this area included:

- Letters to the Minister of Indigenous and Northern Affairs and the Minister for the Status of Women on CFUW’s position on Violence against Women, offering support for the Murdered and Missing Indigenous Women’s Inquiry
- Working with the Canadian Network of Women’s Shelters and Transition Houses to collaborate on the proposal for the National Action Plan on Violence Against Women
- Attending sessions on “Missing and Murdered Indigenous Women: Where are we now? National Inquiry, provincial and territorial actions” and the Truth and Reconciliation Commission Final Report.

Women and the Federal Election

In an effort to get people out to vote and to highlight questions about women that politicians should be asked, CFUW and its Clubs were very active in the 2015 Federal Election.

Dressed as late 19th and early-20th century vote-seeking Suffragettes, members of CFUW Southport appealed to local elected officials to help promote political engagement and voter participation with its Grandmother Asked Me to Just Vote campaign. CFUW White Rock/Surrey organized a federal All Candidates panel with the theme: “From Then to Now” to encourage



Grandmother Asked Me Just to Vote Campaign – CFUW Southport



people to exercise their right to vote by remembering the battle fought by the Suffragettes.

CFUW Mississauga and CFUW Halifax prepared questions for politicians. A Campaign Strategy and Resource Guide to help Clubs was prepared with questions on CFUW resolutions such as Physician Assisted Death, Carbon Tax, and Neonicotinoid Pesticides.

Members of CFUW Fredericton and CFUW Saint John joined with the marchers on October 17 to bring the CFUW Fredericton Wants You to VOTE message to the public and to assist in raising awareness of all these

issues and their importance to women.

In recognition of the 100th Anniversary celebration of women's suffrage on the Prairies, UWC Winnipeg helped organize the "Nellies". CFUW Regina contributed to the Government House Display with archives from CFUW Regina. In Alberta, CFUW Edmonton participated in a re-enactment production on the steps of the Legislative Assembly.

Regional/Provincial

During 2015-2016, CFUW regional/provincial councils across the country were very active. Ontario Council held a workshop on sexual violence and harassment. The Council continued its work on education, the environment, early learning and child care.

B.C. Council gathered stories from their communities regarding the child care experience of families and the result is "Telling Our Stories" which calls for a Provincial



Poverty Reduction Strategy. The Quebec Council continued its advocacy efforts in support of First Nations women and girls. Prairie CFUW Clubs focused on child care and early childhood education and worked to mobilize public broad-based support for Child Care's Fetal Alcohol Spectrum Disorder-Diagnosis and Intervention and Autism.

Local

CFUW Clubs were active over the past year in raising awareness about issues affecting women and girls in their communities. CFUW Stratford has worked tirelessly to advocate for an integrated public transportation system and through its hard efforts along with its many partners, has seen the return of Via Rail service to their community.

In cooperation with a number of organizations, CFUW Fredericton organized the 2015 World March of Women on October 17, 2015, a day when women around the world march in solidarity to bring attention to the need to eliminate the causes of poverty and violence against women. The event included writing a demands paper and planning the event which encompassed a march through the streets of Fredericton, speeches delivered on the grounds of the NB Legislature and "teach in" sessions during the afternoon.



CFUW Fredericton – World March of Women

CFUW Lethbridge worked to support the care of street workers. CFUW Prince Albert donated to the Prince Albert's Women's Shelter. CFUW Estevan renewed its push for greater participation of seniors in their access to health information and treatment from East Central Saskatchewan's new pilot in Health Services.

International

CFUW led a delegation of 19 women to the United Nations Commission on the Status of Women (UNCSW) where meetings were held with other international NGOs and

Graduate Women International. Cheryl Hayles, International Relations Vice-President, participated with the Canadian Research Institute for the Advancement of Women (CRIA)W) in a workshop entitled: How Feminist Research Contributes to, and Enriches the Implementation of the Sustainable Development Goals.

CFUW prepared a Response to the United Nations Committee Against Torture – List of Issues Prior To Canada’s Reporting (Loipr) In Preparation For Canada’s Seventh Periodic Report.

CFUW participated in consultations with officials from the Department of Global Affairs’ Human Rights Division in the lead up to, and following United Nations Human Rights Council meetings in Geneva. It also sent letters to all members of the Standing Committee on Foreign Affairs and International Development to support the motion by H el ene Laverdi ere, which would commission the committee to study the efforts of the Canadian Government to implement the UNSC Resolutions on Women, Peace and Security.

Through its International Women’s Day project, CFUW Clubs made financial contributions to Inter Pares and the Bina Roy Partners in Development Program (BRPID).

CFUW has a representative on the Canadian Commission for UNESCO Education Sector (CCUNESCO) who has been working on UNESCO’s Call to Action to promote positive intercultural dialogue with the objective to set the stage for a global citizenship. CFUW local Clubs undertook a variety of international projects such as raising funds for the Stephen Lewis ” Grandmother’s Campaign” by CFUW Scarborough. CFUW Scarborough also knits and sends squares to Bryanston South Africa where they are joined to make blankets for homeless abandoned AIDS children.

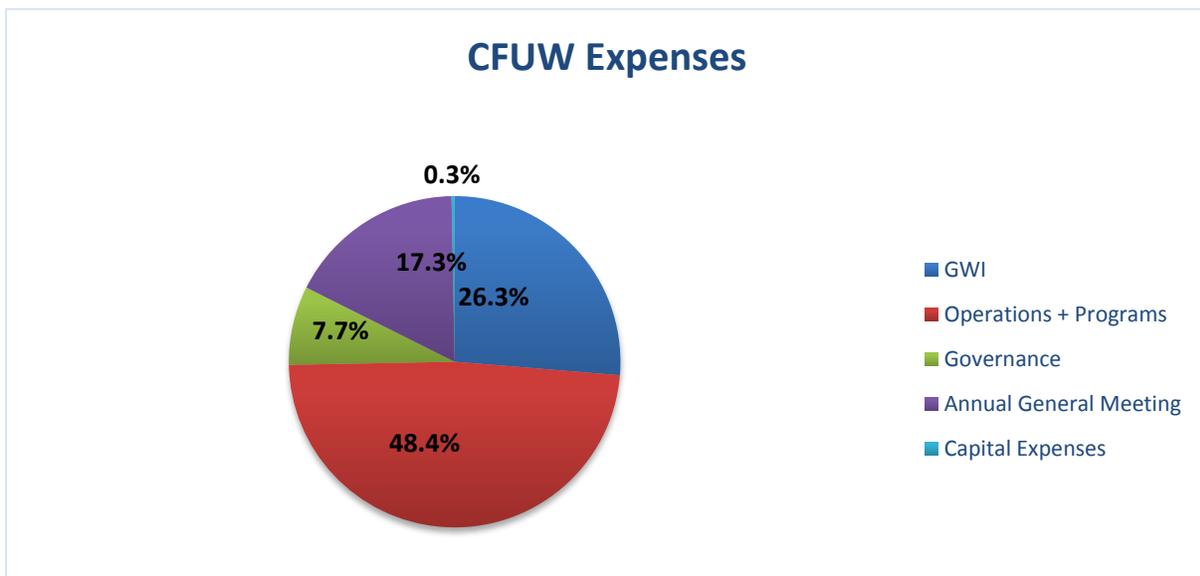


Cheryl Hayles speaking at the UNCSW Workshop “How Feminist Research Contributes to, and Enriches the Implementation of the Sustainable Development Goals

CFUW works hard to provide services and support to its members. “Operation Connect” was undertaken again this year by the National President to speak with all Club Presidents to learn about their specific challenges and issues and how the national executive and office could better support them to carry out their duties and responsibilities. The Membership Committee initiated a number of calls with Clubs to discuss member retention and recruitment issues and as well, provided grants to several small Clubs to attend the national Annual General Meeting. In an effort to encourage Clubs to have a discussion about the direction of the 2016-2017 budget, the National President and the VP of Finance led a number of consultations across the country.

Beginning this year, CFUW began to offer webinars which included one on Power Up Your Membership - Ways to Increase and Energize your Members and one on Amending the GWI Constitution and By-laws.

In an effort to better serve its members and to enhance the organization’s profile, the two CFUW websites were revamped and formatted for mobile devices.



CFUW Affinity Partners



CFUW Clubs Across Canada as of April 30, 2016

BC WEST

Abbotsford
Coquitlam
New Westminster
North Delta/Surrey
North Vancouver
Richmond
South Delta
Sunshine Coast
Vancouver
West Vancouver
White Rock/Surrey

BC INTERIOR

Cranbrook &
District
Kelowna
Nelson & District
Prince George
Vernon

BC VANCOUVER ISLAND

Comox Valley
Cowichan Valley
Nanaimo
Parksville-Qualicum
Saanich Peninsula
Salt Spring Island
Victoria

ALBERTA

Calgary
Calgary North
Edmonton
Lethbridge
Strathcona County

SASKATCHEWAN

Estevan
Prince Albert
Regina
Saskatoon
Yorkton

MANITOBA

Portage la Prairie
Winnipeg

ONTARIO NORTH

Haliburton Highlands
Muskoka
North Bay
Orillia
Sudbury
Thunder Bay

ONTARIO SOUTH

Brampton
Brantford
Burlington
Georgetown
Grimsby
Hamilton
Milton & District
Mississauga
Niagara Falls
Oakville
St. Catharines
Welland & District

ONTARIO WEST

Cambridge
Chatham-Kent
Guelph
Kitchener-Waterloo
London
Sarnia/Lambton
St. Thomas
Stratford
Windsor

ONTARIO

CENTRAL

Ajax-Pickering
Aurora-Newmarket
Barrie & District
Etobicoke
Leaside-East York
Markham-Unionville
North Toronto
North York
Northumberland
Oshawa & District
Scarborough
Toronto
Vaughan

ONTARIO EAST

Belleville & District
Cornwall & District
Kanata
Kingston
Nepean
Ottawa
Perth & District
Peterborough
Renfrew & District

ONTARIO HURON

Kincardine
Orangeville & District
Owen Sound & Area
Saugeen
Southport

QUEBEC

AFDU Québec
Montreal Inc.
Montreal Lakeshore
Montreal South Shore
Sherbrooke &
District

NEW BRUNSWICK

Fredericton
Kent
Moncton
Saint John

NOVA SCOTIA

Cape Breton
Dartmouth
Halifax
Pictou County
Truro
Wolfville

PRINCE EDWARD ISLAND

Charlottetown

NEWFOUNDLAND

St. John's
Corner Brook