

# Open Lines

*Ontario South Assembly Newsletter*

Feb 1, 2010

## AL-ANON DECLARATION

Vol. 33, No. 1

**When anyone, anywhere reaches out for help,  
Let the hand of Al-Anon and Alateen always be there,  
And - *Let it Begin with Me.***

*Taken from the Area Highlights Winter 2009 Edition*

### *The Forum Creating Awareness*

**The Forum** staff would like to invite anyone with PowerPoint skills to create a presentation that could be shown at Area Assemblies, Area Conventions or *Forum* workshops.

#### **The presentation could include**

- Why it's important to share recovery
- The difference between *The Forum* and *Al-Anon Faces Alcoholism* (our annual public outreach magazine)
- Brief overview of the different departments in the magazine
- How to submit a sharing
- Encourage members to use sharings from the magazine as discussion topics in their meetings

Remember, "Less is more!" The presentation should be colorful, energetic, and brief (no more than 5 minutes.)

If you enjoy working with PowerPoint and you would like to help create some excitement for the "voice of our fellowship," send your presentation to *The Forum* staff!

**Please pass this issue among the members of your Group.**

#### In This Issue

Calendar of O.S. Events	page 11
Executive Reports	pages 2-5
Coordinator Reports	pages 5-10
Getting in Touch with OS	page 12
Things to Think About!	page 1
Trillium Flyer	page 13

#### **Subscribers**

If the date on the Open Lines envelope is 01/02/2010 it is time to renew. Please forward your renewal to Sharon R., address on page 12 as soon as possible.

## Delegate's Report

### Open Lines Report February 2010

My name is Claire D and I am your Delegate for Ontario South. I am a grateful member of the Thursday night Southend Discussion Al-Anon Family Group in Niagara Falls, District 12.

I can't believe my 1<sup>st</sup> year as Delegate for Ontario South is over. How time flies by. It was a very interesting 1<sup>st</sup> year with a lot to learn. I came through with very little bruising. I made mistakes and still kept on going. No one asked me to step down from my position. How awesome is that! I keep learning more every day. Keep sending questions and concerns to me as that is how I learn. I have learned that it's ok to ask questions if I don't know the answer. We are NEVER alone in Al-Anon.

A new year has started and for me that means getting ready for my 2<sup>nd</sup> World Service Conference. Already packages are arriving at the door with conference information. Panel 50 members are being welcomed. We will be celebrating 50 years of WSC as our 2010 Theme below confirms. If anyone is interested I have the names of all our past Delegates for Ontario South.

My flight to Virginia Beach has been booked. I have been in touch with all the Canadian Delegates about our Canadian Delegate meeting as I am the Chair of that Committee. My Task Force on Technology at Area meetings has been asked to present our findings at WSC. The Conference Leadership Team (CLT) invited me to co-chair an hour long Shared Leadership Workshop at the 2010 WSC. The CLT paired me with another Conference member to work as a team to develop and deliver a workshop entitled, "Embrace the Group Conscience." I have done a lot of work on that already and am excited about this opportunity. I am working with a "new" Trustee from Georgia. Wish me luck!

The 2010 World Service Conference is from April 10 – 15. If you will be sending mail or love gifts to me, the hotel will Not accept mail before April 7<sup>th</sup>. You can address mail to me in this way:

Claire Duthie (Hold for WSC 4/11 – 4/15, 2010)

Wyndham Virginia Beach Oceanfront

5700 Atlantic Avenue

Virginia Beach, Virginia 23451

And please write MY NAME and ADDRESS in the return address section in case mail delivery is delayed.

I am very blessed to be part of such a wonderful fellowship. I thank you all for the opportunity to serve as your Delegate for Ontario South. Please feel free to contact me if you have any questions or concerns. My contact information can be found on the back page of Open Lines. I have added a new email address for Al-Anon purposes.:

[ontariosouthdelegate@hotmail.com](mailto:ontariosouthdelegate@hotmail.com)

World Service Conference (WSC) 2010 Theme:

**Celebrate! Embrace the group conscience to expand our circle of hope.**

**—50 years of the World Service Conference**

Much Love & Hugs

Claire Duthie, Delegate Panel 49, Ontario South



### Alternate Delegate

Happy New Year to all and I send my heartfelt wishes for many blessings and much Serenity in the coming year.

It is now time for me to get back into the business at hand for our Area. It is my second year in this position of Alternate Delegate, so it is the second "C" for comfortable. I have been busy with e-mails to the co-ordinators, updating the Area manual and answering enquiries. A gentle reminder to all the members in Ontario South that your Area co-ordinators are out there and waiting for an opportunity to be invited to one of your functions. I believe you will be surprised with what the Area co-ordinators have to offer.

Also, there can be many opportunities to bring *The Forum* into use. Suppose the chair-  
for the night in your home group was unable to make it to the meeting. Would you be  
step up to the plate and chair the meeting for that night? What would stop you? Is it  
are unsure of a topic? Why not use *The Forum*!



person  
able to  
that you

(Hugs) in Service,  
Heather P., Alternate Delegate

### Chairperson Report

I am Sue Gaskell your Area 86 Chairperson. My home group is One Day at a Time Al-Anon Family Group in London Ontario.

Your Executive continues to respond to Ontario South Assembly (OAS) issues that have occurred since we were all together in Kingston for Assembly 2009.

In January I begin to prepare for the OSA Executive meeting in February 2010. We will be discussing items that have been brought forward from our last meeting in November, also, issues that have come to our attention since Assembly. I truly enjoy preparing for and participating in these meeting. Your Executive are dedicated Al-Anon members who bring their skills and talents to the table at each and every meeting. It is an honour to work with them.

Please feel free to contact me or any other Executive member if you have a questions, comments, or concerns relating to OSA and we will do our best to respond.

Blessings and Love,

Sue Gaskell Area 86 Chairperson



is-

How beautiful is the joy of contributing even a little to the happiness of others.—Mexico

Passage taken from page 28 of 'As We Understood'

## Secretary Report

Hello again and a belated Happy New Year to all of you.

Another year has come and gone and we are embarking on our journey through 2010. It seems like such a short time since so many were worried about what would happen at the stroke of midnight bringing in the year 2000. Where does it go? Time, that is.

For my first (confused) year as Area Secretary, I have experienced the very exciting Handover Meeting in January 2009, an Executive Meeting in February, AWSC in May, another Executive Meeting in July, Assembly at the end of October and the final Executive Meeting for 2009 in November. All during that time, I have been privileged to be able to attend the Trillium Convention Planning Committee Meetings as your Ontario South Executive Liaison to Trillium. I was there to experience the planning for Trillium 2009 which was so successful and, now, I'm enjoying meeting with the planning committee for Trillium 2010.

My business life skills have been extremely helpful to me in doing the work as Area Secretary and my program is growing in leaps and bounds as I spend time and learn from Executive members and Trillium planners.

In our second year, it's suggested we will be comfortable. The position of Area Secretary is a very busy one, and there was a great deal of work generated by Ontario South's 2009 Assembly. I am comfortable enough at this time to tell you that my only disappointment has been my delay in getting out the Assembly minutes. That work is underway and should be completed in short order and I hope none have been critically inconvenienced.

I wish you the blessings and serenity of the program and warm hugs.

Jacqui K, Area Secretary

"You don't get ready to be a trusted servant, you get to be a trusted servant and then the Higher Power gets you ready." *From Joy of Service brochure, S-57.*

"P.S. By the time you read this report, the Assembly minutes should have been distributed. Phew!!"



Serenity is like gravity; you can't see it and you can't touch it, but you can feel it.—Virginia, United States

Passage taken from "As We Understood" Page 130

### **Treasurer Report**

I think I am finally de-stressed and caught up on my sleep from Christmas and the holidays. Yes! I am rip, roaring for another year as your Area Treasurer. Hopefully not so confused this year though.

1. Although I haven't completed the final numbers for 2009, I have briefly looked at our Group Donation total and estimate the Ontario South Assembly donation income to be at about 75% in comparison to the 2009 budget total. The OSA Assembly Committee contributed a substantial donation of \$1,339.28 from their fundraising efforts. THANK YOU District 31 for all your hard work and your service to Al-Anon Family Groups. Also a THANK YOU to all the groups and Districts that responded to our pledge for donations to help meet our 2009 budget.

As mentioned at Assembly, the 2010 budget was motioned and passed. Anyone wanting the budget breakdown can ask their Group Rep or their District Rep for the details. Hypothetically if every group donated, the average Group Donation for groups to budget for in. Less than \$2.00 a week.

Wishing you all a happy, healthy and prosperous New Year!

God Bless,

Marianne Embro  
OSA Treasurer, Area 86



Questions taken from "Paths to Recovery" Page 201 and 202

- How do I support my group?
- Do I consider costs and what my group needs when I decide how much to contribute, or do I just keep tossing a dollar into the basket? Can I put a little more in the basket on behalf of the new person who can't?
- How do we support our district?
- How do we support our Area?

### **Alateen Coordinator Report**

Calling all Supportive Al-Anon Members (Sam's)  
Alateen Needs YOU!

I am pleased to announce that Ontario South has been chosen to conduct a pilot project, Alateen ON-Line Chat site. As always, in order to provide Alateen meetings we need the assistance of our SAM's. We need approximately 8-12 SAM volunteers to make a commitment to this special project. Please contact me at [ontariosouthalateen@hotmail.com](mailto:ontariosouthalateen@hotmail.com) to be part of this wonderful initiative.

Congratulations to the members of the Alateen Unity 2009 Conference Planning Committee, I know that you all worked very hard to make this event a success and without a doubt it truly was a fantastic weekend.

At the dawn of 2010, we are looking forward to a wonderful year. We are expecting to have full Alateen participation at the Ontario Regional Conference (ORC) of Alcoholics Anonymous and our own Trillium Convention, and don't forget the Alateen 2010 Unity Conference. So here is what we need, VOLUNTEERS, both Alateens and SAM's to help organize, supervise and participate! I am very fond of the Sloan **Together We Can Make It**, because it reminds me that by working together (Alateen & Al-Anon) we all benefit.

All the best  
Leslie P.  
Area Alateen Coordinator  
Alateen Rocks!

**Area Alateen Process Person Report**

**Open Lines, 1st Quarter 2010**

Hello. I am Nick M, a grateful member of Al-Anon and the Unity Al-Anon Family Group in Welland and I am the Area Alateen Process Person for Area 86, Ontario South.

Ontario South closed 2009 with 30 Alateen meetings and 170 SAMs certified in Ontario South. That's a significant improvement over 2008! Congratulations and thank you to all of those who have dedicated part of their service lives to Alateen.

The 2010 SAM re-certification process is now in full swing, and I anticipate seeing plenty of mail in the next few months. Remember that every SAM, who was certified prior to July 1 2009, needs to:  
Read Section 11 of the Ontario South Policy Manual,  
Obtain a Police Record Check(PRC),  
Fill out the FORM C: SUPPORTIVE AL-ANON MEMBER (S.A.M.) SCREENING APPLICATION AND CERTIFICATION FORM, and sign it, and  
Submit the PRC and completed form to their District Rep(DR) by March 1.

The DR needs to:  
Read the completed form,  
Sign appropriately that "to the best of their knowledge" the applicant meets the requirements as listed, and  
Send the package to me. My address is on the back page of this Open Lines.

The AAPP will compile the re-certifications and submit an updated list of SAMs, who will be active for 2010, to the World Service Office Group Records Coordinator.

There! That's not so difficult! The Alateens in your District will be ever so grateful, as will I.

I plan on reviewing the Alateen procedures in Section 11 of our policy Manual on Alateen over the coming months and provide updates to our Alternate Delegate Heather P. If any of you have any recommendations, please feel free to drop me a line and make any suggestions.

Hugs,  
Nick Marischuk  
Area 86 AAPP

Do what you feel in your heart to be right – for you'll be criticized anyway. You'll be damned if you do, and damned if you don't.

Eleanor Roosevelt

**ARCHIVES COORDINATOR REPORT**

**PROJECT PASS IT ON**

This is our theme for Ontario South Archives as we approach Al-Anon's 60<sup>th</sup> Anniversary in 2011. What are you doing in your group/district to celebrate this event?

I continue to receive calls and inquiries about **IN LOVING MEMORY**. This is our memorial book to recognize Al-Anon members who have died. Each member has given in his/her own way to keep the spirit of Al-Anon alive. Perhaps he/she was the one who was always there to greet the newcomer. Did they make sure the literature display was current with pamphlets, books, meeting lists? Maybe they always came by bus as they did not have a car and never missed a meeting. He/she was the member who always made sure there was coffee and cookies even if it was a small meeting.

Or perhaps he/she volunteered for service outside of the group, in the district, in the area. Did he/she go to the jails and prisons to make sure the Al-Anon message was brought to those who could not go to a meeting? Did he/ she volunteer for Public Outreach to carry the Al-Anon/Alateen message to schools and professionals? Were they the member who listened and learned and came back the following weeks and months with a smile?

These are just a few of the stories of past Al-Anon members.

It would be great to receive as many of these as possible before Trillium. There will be an Archives display and IN LOVING MEMORY will be a part of it. Make sure to obtain permission from family members about sharing information and especially pictures.

Continue to update your **GROUP HISTORIES** and **ORAL HISTORIES**.

If you have any questions/concerns or need help with GROUP HISTORIES, ORAL HISTORIES or the IN LOVING MEMORY book please contact me.  
Group histories, oral histories and memorial stories can be submitted in hand written or type written form.

There are many group histories on our Ontario South Archives that are hand written. The important thing is to capture the message of hope that our groups and individuals have shared since the first wives groups met in May 1944, in 1947 and 1949. Groups continue to meet and share their messages of hope with one another. Let's make sure these are in our archives for future Al-Anon/Alateen members.

Look for details about this on our Ontario South Website Coordinators Corner under Archives.

Mary Jane M  
Archives Coordinator

Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

### **Group Records Coordinator Report**

Happy New Year! I wish all of you serenity as you continue your journey of recovery in this new year.

Just a few reminders :

Please send me any changes to your group's status. Has your group's location moved recently??? Did you send that change in to me? Has the day or time that your group meets changed????

DR's, please take a quick check for me to see if all of the GR's in your district are receiving their copy of Open Lines. I know that some are not because they are being returned to me because I have out of date information. Please encourage all GR's to check that they have sent in their current address.

To send the change form electronically, go to the Ontario South website – <http://al-anon.alateen.on.ca/> - click on Meeting Lists – click on Al-non Registration/Group Change form – complete form – send.

A hard copy of the form can also be found on-line in Section 10 of the Area Policy and Guidelines Manual.

If you have any concerns at all about the information Ontario South has on file about your group, please do not hesitate to contact me at [grprec@hotmail.com](mailto:grprec@hotmail.com) .

Yours in service,  
Jane Hurley

### **Literature Coordinator Report**

Hi Friends!

My name is Jean and I'm a grateful member of Al-Anon. I have the privilege of serving as your Area Literature Coordinator. My home group is the Forward Al-Anon Family Group and we meet every Thursday at 8PM at the Westboro United Church in Ottawa. Actually, I have a second home group – the Caloundra Al-Anon Family Group and we meet every Thursday at 10 AM at the Catholic Church Parish Centre, Edmund Street, Caloundra, Queensland, Australia (an hour's drive north of Brisbane) – that's where I am as you read this article.

All those workshops and skits that I sent out to DRs last year and so far this year are now on the Ontario South web site [www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca) under "Coordinator's Corner". Please check it out. Future literature projects, workshops and skits will be posted on the website as they are released to DRs.

Speaking of workshops and skits, if you're the creative type (or even if you're not) why not develop and write one on any of the CAL books or pamphlets. Share it with me and I'll share it with other Literature Coordinators through the WSO. We're always looking for fun ways to share our program and the Al-Anon message with members.

Just a reminder that March 4<sup>th</sup> is our co-founder Lois W's birthday. In remembrance of Lois, on that day please intentionally "forget" a piece of Al-Anon literature in a public place (eg. on the bus, in a public wash-room, as a bookmark in a library book, in your shopping cart, whatever comes to mind). Try to put a local Al-Anon telephone number or website somewhere on the literature. Something like "Are You Concerned about Someone's Drinking" (M-1) costs only \$1.80 for a package of 50 and would work beautifully. Imagine, if each Al-Anon member around the world left just one piece of literature, there would be hundreds of thousands of opportunities for someone who needs our program to find us. Let it begin with me ...

Love in Service  
Jean McS



### **Open Lines Coordinator Report**

I am Sharon and a grateful member of the Thursday night Southend Discussion AFG in Niagara Falls. I have thoroughly enjoyed my service over the last year and am looking forward to working this year. I enjoy everyone's email and do my best to respond. If you are wanting to post something to the what's Happening column please email these events to me prior to the 15th of the month preceding the edition. If you have an address change or a change in GR these changes need to be sent to Jane who is the Group Records Coordinator her address can be found on page 12 of this edition. This keeps your information current with OSA and with WSO. Each publishing we get several copies returned. Open Lines is your link with the executive and what's happening in the area, keep yourself and your group informed!!

Sharon R  
Open Lines Coordinator

### **Public Outreach Coordinator Report**

Hello everyone,

It's been a quiet time with Public Outreach since our last Open Lines. The District has been very busy with the 1000 Acts of Public Outreach. To date we have 517 Acts completed and we've just finished year one. The effort that's been made has exceeded my wildest dreams. I was cautiously optimistic that there would be some participation, and am more than happy with the results. Thank you to all who have participated.

World Service Office (WSO) informed us that in January the story line of the soap opera General Hospital was going to mention Al-Anon. Also ABC's Good Morning America did a news report that had Al-Anon mentioned in it. Here is the link to that show.

<http://abcnews.go.com/video/playerindex?id=9489284>

Nothing else to report at this time. A reminder to send me your minutes for those of you who don't, and thanks to those who do.

Yours in service  
Michele

### **Website Coordinator Report**

Bonjour!! My name is Denyse and I am your new Website Coordinator. I would like to say "Thank you" to everyone who welcomed me as Website Coordinator it made me feel at ease to begin my two year process. Don't forget to check out the website for information such as; Upcoming events, new information on the Coordinators Corner, meeting changes and updates for the Manual. We average around 6200 visitors every month. If you have any questions or comments or even suggestions on the website, my coordinates are at the back of Open Lines. Thank you.

Yours in service  
Denyse K.

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Maria Robinson

**Trillium 2010 Coordinator Report**

**"Courage to Change"**

Trillium 2010 Al-Anon/Alateen Conference

June 18-20<sup>th</sup>

Doubletree International Hotel Toronto

As we all settle in to the beginning of a new year, your Trillium committee is looking ahead to the next six months and planning the important details for a wonderful weekend of recovery and fellowship for you.

Now in your second term as Group and District representatives, you are becoming more "comfortable" with your role in passing on important information to members. Please continue to mention our area **Trillium conference** with the same excitement and enthusiasm that you did last year. Perhaps some will have the "Courage" to attend for the first time because of your regular announcements at meetings.

We are very excited about the program that we have in place so far with our main speakers: - Friday Night Opening speaker, Ken T., from Erie Pennsylvania, - Saturday Night main speaker, Helen R., from Kerreville Texas - Sunday Morning Closing speaker, Pam P, Mississippi.

We have 62 early registrations so far which is fantastic. **Don't forget to mention** that those who register prior to Trillium, will be entered to win a free registration at our next two draws (**February 7th and March 7th**) and there will also be a draw for **1 night's free accommodation on April 11th**.

The Trillium journal memento was so successful last year, that we decided to design a new look for this year. Journals will continue to be made available between now and Trillium by contacting our treasurer Rocco at [roccol@cogeco.ca](mailto:roccol@cogeco.ca). The price has remained the same at the very reasonable amount of \$3 for one or 2 for \$5.

**We Need Your Help and Support!**

Please take a moment to use the attached flyer and photocopy to either personally hand out to your group members or post on your announcements board.

Be informed about our weekend. What can members expect who have perhaps never attended a conference before? **Workshops, panels, "Longtimers Luncheon" (pre reserved tickets only), Speakers, Meditations, Talkathon, Saturday night dance, Entertainment with skit, literature and speaker tapes available for sale, and an abundance of fellowship.**

Some Important Information needed prior to the weekend

SAM's going to Trillium – please register early and call so that our Alateen co-ordinators could enlist your help with some part of the conference.

Alateens attending Trillium will need to bring the completed permission and health forms. GR'S and DR's will need to ensure that they are aware of this and that the forms can be found on the Ontario south web site.

**Book your hotel room by February 26<sup>th</sup> 2010 to receive the early bird room rate of \$112 plus taxes.** Detailed information is available on the attached flyer. Your early hotel registrations will help us with our planning and budgeting.

Your group and districts generous contributions continue to help financially support your area Al-Anon/Alateen Trillium conference.

**Donations can be sent to Trillium 2010 care of 819-Marlborough Ct. Oakville On L6H 3B6**

Updates for Trillium can be found on our Ontario South website at <http://al-anon.alateen.on.ca/>. We look forward to seeing you at the conference. Who will **YOU**, have the privilege of introducing for the first time to our wonderful conference.

Much Love and Gratitude in Service

Lise W.

### Statement of Purpose

Open Lines is published quarterly by Ontario South Assembly. This newsletter presents service related news and information to Al-Anon groups in Ontario South to help keep them informed. Personal sharings of recovery should be sent to the Forum.

Send submissions to: Open Lines Coordinator  
See address on page 12

<u>Deadline</u>	<u>Distribution</u>
Issue 2 April 14th, 2010	May 1, 2010
Issue 3 July 14, 2010	August 1, 2010
Issue 4 November 14, 2010	December 1, 2010

Late distribution occurs occasionally for unavoidable reasons.

Subscription Rates:  
In Canada \$4.50 (1 year) \$8.00 (2 years)

Send NEW SUBSCRIPTIONS to:  
Open Lines Coordinator, Address on page 12

All ADDRESS CHANGES please send to Group  
Records Coordinator address on page 12

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### Districts in Ontario South

District 1.....Muskoka  
District 2.....Georgian Bay  
District 3.....Bruce County  
District 4.....Waterloo Region  
District 5.....Huron Perth  
District 6.....London Region  
District 7.....Sarnia Region  
District 8.....Windsor/Essex  
District 9.....Chatham Region  
District 10.....Elgin Region  
District 11.....Brantford  
District 12.....Niagara Region  
District 13.....St. Catharines  
District 14.....Hamilton West  
District 15.....Hamilton East  
District 16.....Mississauga  
District 17.....Upper Peel-Halton  
District 18.....Dufferin, York, Simcoe  
District 19.....Toronto North  
District 20.....Toronto West  
District 21.....Toronto Central  
District 22.....Scarborough  
District 23.....Lakeshore  
District 24.....Kawartha  
District 25.....Quinte  
District 26.....St. Lawrence Region  
District 27.....Seaway Valley  
District 28.....Ottawa  
District 30.....Upper Ottawa Valley  
District 31.....Loyalist  
District 32.....Kawartha South

## Calendar of Ontario South Events

Ontario Regional Conference March 19,20 and 21, 2010

Theme "Celebrating Sobriety"

Royal York Hotel

100, Front Street West

Toronto On

M5J 1E3

Contact: Tim at 2010orcvolunteer@gmail.com or 416.724.8395

There will be an Al-Anon program

Save the date:

July 5-7th, 2013

2013 International Convention

Vancouver, British Columbia, Canada

May 1, 2010 at 8:00 AM to 5:00 PM

2010 One Day Round-Up With Al-Anon Participation

Host Group: AA District 19

Theme: United in Recovery

For more information, contact Wendy F at 905.634.5984 or D19RoundupCommittee@alcoholicsanonymousdistrict19.com

Building: Burlington Senior's Centre

2285 New Street, Burlington

Intersection: Guelph Line and Drury Lane

Burlington, Ontario

February 6, 2010 at 10:00 AM

Oakville Saturday AFG 31st Anniversary

Host Group: Oakville Saturday Morning AFG

Al-Anon, Alateen and AA Speakers. Open Meeting from 10:00 - 11:00 am. Join us for cake, refreshments and fellowship following the meeting. Babysitting available.

Institution: Hopedale Presbyterian Church

156 Third Line

Intersection: Rebecca and Third Line

Oakville, Ontario

February 8, 2010 at 1:30 PM

35 Group Anniversary

Host Group: one day at a time al-anon family group

For more information, contact Debbie at debbieturnitover@hotmail.com

Open Speaker Meeting Refreshments and fellowship to follow Come help us celebrate the miracles of Recovery.

Institution: St John the Evangelist Church

280 St. James St. (at Wellington)

London, Ontario