

Member Countries	Area (sq. miles)	Population	Date of membership	Capital	Constitutional (Monarchy or republic)	Accredited Canadian post (H.C. — High commission) (Emb. — Embassy)
Malawi	45,411	5,042,000	6 July 1964	Lilongwe	R	H.C. — Lusaka
Malaysia	128,308	11,860,000	31 Aug. 1957	Kuala Lumpur	M (Nat'l)	H.C. — Kuala Lumpur
Malta	121.4	322,300	21 Sept. 1964	Valetta	R	Emb. — Rome
Mauritius	760	885,000	12 Mar. 1968	Port Louis	M (Br.)	H.C. — Dar-es-Salaam
New Zealand	103,736	3,092,000	26 Sept. 1907*	Wellington	M (Br.)	H.C. — Wellington
Nigeria	336,669	63,022,000	1 Oct. 1960	Lagos	R	H.C. — Lagos
Papua New Guinea	183,540	2,805,000	16 Sept. 1976	Port Moresby	M (Br.)	H.C. — Canberra
Seychelles	156	59,000	28 June 1976	Victoria	R	H.C. — Dar-es-Salaam
Sierra Leone	27,927	2,748,000	27 Apr. 1961	Mahe Is.		
Singapore	224.5	2,254,000	15 Oct. 1965	Freetown	R	H.C. — Lagos
Sri Lanka (Ceylon)	25,332	13,763,000	4 Feb. 1948	Singapore	R	H.C. — Singapore
Swaziland	2,000	494,000	6 Sept. 1968	Colombo	R	H.C. — Colombo
Tanzania	363,708	15,149,000	9 Dec. 1961	Mbabane	M (Nat'l)	Emb. — Pretoria
Tonga	270	97,000	4 June 1970	Dar-es-Salaam	R	H.C. — Dar-es-Salaam
Trinidad and Tobago	1,980	1,013,000	31 Aug. 1962	Nuku'alofa	M (Nat'l)	H.C. — Wellington
Uganda	91,076	11,549,000	9 Oct. 1962	Port of Spain	R	H.C. — Port of Spain
Western Samoa	1,097	159,000	28 Aug. 1970	Kampala	R	H.C. — Nairobi
Zambia	290,600	4,870,000	24 Oct. 1964	Apia	R	H.C. — Wellington
Nauru				Lusaka	R	H.C. — Lusaka
(special member)	8	7,000	31 Jan. 1968	Nauru	R	
Total		10,327,059.9				