



“You Are the Key!”

Country Women’s Council USA

News Sheet

www.cwcusa.org

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ASSOCIATED COUNTY WOMEN OF THE WORLD

WWW.ACWW.ORG.UK



CWC CHAIR - DEBBIE PHILLIPS

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The key has unlocked the door to color and creativity. The door is slowly opening to a new season. What door is the key unlocking for you? The door of wisdom and knowledge – creativity and relaxation? Or perhaps it is the key to uniting family for the upcoming holidays and beginning new traditions. Are your keys old and rusty or have you been polishing them to easily unlock the door? Where are your keys for HCE? Are they pushed to the back of a drawer? Sometimes those keys get misplaced or lost. Are you thinking that is where they should stay because you feel you have done all you can do! Are you thinking that as you age you become useless or stale? That will happen only if we allow ourselves to become that way. Our groups are aging, but we don't have to let them die. Unlock the door of creativity and let's reach out to more people. I have heard so many say that they were never invited to join. With that being said, we have to become willing to accept new ideas and new ways of doing things. We need to think outside the box. Even if an idea is suggested that we have tried before and it failed, perhaps they will tweak it just enough to make it successful. Give it a try!! What have we got to lose?

The fall season is upon us and you can see pumpkins everywhere. What are your plans for your pumpkins after the season? Don't just add them to a landfill. Have you tried roasting the seeds? Think outside the box. Put some seasonings on them. Pumpkins are full of nutrition. Research how you can make pumpkin skin care etc. If nothing else, compost them. Here are my plans: I am going to try making dill, chipotle, jalapeno, and bbq flavored pumpkin seeds. I am also researching how to make hand cream and face masks using fresh pumpkin. I will share my success and failures with you in the next article. Why don't you join me on this adventure and share with me what you have done with your pumpkins. Perhaps we can highlight a section in the next newsletter of our results. I can feel the wheels turning.

Be sure to read all about the upcoming Triennial in this newsletter. I hope to see many of you there. As always go unlock the door and see where it takes you

Debbie Phillips
CWC Chair



Ruth Buxton Sayre Scholarship

Ruth Buxton Sayre was known as the "First Lady of the Farm" and inspired millions of rural women around the world to improve themselves and their communities with her practicality, humor, decency, and common sense. As a young farm mother, she began her life work in striving for better conditions for farm women and their families by organizing her neighbors for college extension classes. She earned high posts in state, national and international organizations and served as ACWW President from 1947-1953.

Country Women's Council USA, offers a Ruth B. Sayre Memorial Scholarship each year to a woman who is a legal resident of the USA, who shows a financial need, and who has the ability to complete her education.

Country Women's Council USA Ruth B. Sayre Scholarship Donation Form

In Honor Of: _____

Amount Donated: _____

In Memory Of: _____

Amount Donated: _____

.....

Name Donor: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____ Email: _____

Send To: Jo Ellen Almond
55 EMS B31 Lane
Warsaw, In. 46582
Phone: 317.432.5706
cwcusa.jo@gmail.com



ACWW INDIVIDUAL SUBSCRIPTION FEES



Category 5
Individual membership
£30 annual renewal

Renewal can be paid
online by visiting :
<https://www.acww.org.uk>
Follow the membership link

Payable January 1st
or membership will lapse
if not paid by March 31st.



<http://cwcusa.org>

RUTH B. SAYRE SCHOLARSHIP

This Country Women's Council USA memorial scholarship of \$500 is offered for the purpose of fostering educational development of women.

INSTRUCTIONS FOR COMPLETING APPLICATION

1. Applicant must be a woman and a legal resident of the USA who shows financial need and the ability to complete her education.
2. Application with attachments must be submitted, reviewed, and signed by the state society president/ chairman of the affiliated Country Women's Council USA society from your state. See list of societies, <http://cwcusa.org/Membership.html>.
3. Please type or print plainly. Attach the following IN ORDER INDICATED to the completed application.
 - a. Attach photo where indicated,
 - b. Two character reference letters (ONLY two letters will be allowed and both from non-family members),
 - c. Official transcript of high school or equivalent (i.e. state test scores) and college courses completed.
 - d. A one-page summary of your participation in school and community, work experience, educational goals and financial need.

Applicant's Name _____

Present Address _____

City, State, Zip _____

Phone _____ Age _____

Email _____

Marital Status _____ Dependents _____

Occupation or business of parent(s) if single _____

Your occupation _____

Spouse's occupation _____

What will be the source of your funds? ie: Family income, scholarships, grants, Pell grant, savings, parents, or other _____

How much is available _____

Have you received this scholarship before? _____ Yes _____ No

EDUCATIONAL INSTITUTION IN WHICH ENROLLMENT IS DESIRED

Institution's Name _____

Institution's COMPLETE Mailing Address _____

Admissions Office Phone Number _____

Course of Study _____

Degree Sought _____

Expected Date of Completion _____

Amount of Tuition per Semester \$ _____

Amount of Fees per Semester \$ _____

Date Payment MUST be made? _____

Have you been admitted? _____

Student ID number (if known) _____

Should I be selected as winner of the Ruth B. Sayre Scholarship, I grant the Country Women's Council USA the right to use, publish, and copyright (including audio, moving image, or photograph) for educational programs and publications, web sites, and promotion of Country Women's Council.

Print name of Parent or Guardian

Parent or Guardian must sign if subject is under age 18

Please Place Photo

HERE

Using Rubber Cement

SEND COMPLETED APPLICATION WITH ATTACHMENTS BY **MARCH 1ST** TO

CWC State Society President/Chairman

Current list of State Society Presidents/Chairmen can be found at: <http://www.cwcusa.org/contacts/cwc-societies/>

Signature of Applicant _____

Date application completed _____

Sponsoring State CWC Society _____

Signature of State CWC Society President/Chairman _____

Date _____

Address _____

RUTH B. SAYRE Scholarship applications shall be POSTMARKED TO CWC VICE CHAIRMAN BY **APRIL 1ST**

For additional information contact Stephanie Jerabek at ssjerabek@gmail.com

SCHOLARSHIP MONEY SHALL BE SENT TO THE EDUCATIONAL INSTITUTION ON OR ABOUT AUGUST 1st

The scholarship winners' names will be posted on the web site, <http://cwcusa.org> after June 1.

Addressing Food Waste

ACWW Resolution Addressing Food Waste

Be it resolved that ACWW facilitates both action and advocacy on the issue of food waste, recognizing that food waste occurs throughout the global food supply chain, and that coordinated action is required to mitigate food loss and wastage at every stage.

International Day of Awareness of Food Loss and Waste

This day is observed on September 29th and is co-convened by the Food and Agriculture Organization of the United Nations (FAO) and the United Nations Environment Programme (UNEP). The day's goal is to raise awareness of food loss and waste, and to promote action to reduce it. The 2024 theme is "Climate Finance for Food Loss and Waste Reduction".

2025 – Food Waste – Utilization and Stability

Food Waste Prevention Week, April 7-13, 2025

<https://www.foodwastepreventionweek.com>

[Food Waste Hero Scorecard](#)

[ACWW Food Waste Flyer](#)

[Food Waste Handout](#)

Healthy Living

Availability of Foods

February Food Waste Activities

February's activities are very interesting. The first activity is geared to adults. It is a 14 day challenge that gives some solutions for food waste. Below is the website to go to: zerowastechef.com/14-days-to-zero-food-waste

The other activity for kids is a video on YouTube. "Just Eat It: A Food Waste Story". It is a 75 minute video and follows a couple who have pledged to live off food waste and shares their discoveries about how our systems are set up to force us to waste food.

Summer Fun Activities

For summer, families can make a positive impact on reducing food waste while having fun through activities like composting, creating crafts with recycled materials, and even learning about food waste through games and documentaries.

Here are some fun activities to encourage food waste reduction:

1. Composting Fun

Start a compost bin. Involve kids in building & maintaining a compost bin, learning about the benefits of nutrient rich soil.

2. Composting Challenge

Encourage kids to track food scraps and learn about what can be composted, turning it into a fun game.

3. Composting Party

Host a fun day where everyone can contribute to the compost pile, whether it's with kitchen scraps or yard waste.

You can YouTube to get all the ideas needed to begin composting to advancing your already existing compost pile.

Stay tuned to Creative Reuse and Crafting.

2026 – Four Critical Factors Affecting Food Security

[ACWW Understanding Food Security Brochure](#)

Climate Change

Energy Security

Conflict

Water Security

Grant Information

[CWC Project Addressing Food Waste](#)

[Grant Application](#)

[Food Waste Focus Grant Budget](#)

[Grant Final Report](#)

FDA FACT SHEET <https://www.fda.gov/food/consumers/tips-reduce-food-waste>

Tips to Reduce Food Waste

We can all play a part in reaching the national food waste reduction goal—to reduce food waste by 50% by the year 2030. Start using these tips today to reduce food waste, save money, and protect the environment.

Subject that are addressed in this are:

- At the grocery store or when eating out
- In the kitchen – storage and prep
- At home – cooking, serving, and enjoying food with family and friends

What direction are you going?



How to Cut Food Waste and Maintain Food Safety—Provided by: <https://www.fda.gov/food/consumers/how-cut-food-waste-and-maintain-food-safety>

Food safety is a major concern. The Centers for Disease Control and Prevention (CDC) estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

Food waste is also a major concern. Wasted food is a huge challenge to our natural resources, our environment, and our pocketbooks.

Our resources? Each year getting food to U.S. tables requires:

- **80 percent** of our freshwater,
- **10 percent** of our available energy, and,
- Half of our land.

The environment? Organic waste, mostly food, is the second biggest component of landfills, and landfills are the third largest source of methane emissions. Methane is a major factor in global warming because it is so effective at absorbing the sun's heat, which warms the atmosphere.

And, finally, our pocketbooks:

Between 30 and 40 percent of food in the United States goes uneaten – as much as 20 pounds of food per person per month. That means Americans are throwing out the equivalent of \$165 billion in food each year.

How Food Waste and Food Safety Are Connected

The major sources of food waste in the United States are the food industry and consumers. Within the food industry, waste occurs at every step — on the farm and with packers, processors, distributors, and retailers. Some of it is the result of economic forces, some of management problems, and some is caused simply by dumping products that are less than perfect in appearance.

Food Product Dating and Food Waste

Food waste by consumers may result from a misunderstanding of what the phrases on product date labels mean, along with uncertainty about storage of perishable foods. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.

What are Food Product Dates?

Many consumers misunderstand the purpose and meaning of the date labels that often appear on packaged foods. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.

Except for infant formula, manufacturers are not required by Federal law or regulation to place quality-based date labels on packaged food.

There are no uniform or universally accepted descriptions used on food labels for open dating (calendar dates) in the United States. As a result, there are a wide variety of phrases used for product dating.

FDA supports efforts by the food industry to make “**Best if Used By**” the standard phrase to indicate the date when a product will be at its best flavor and quality. Consumers should examine foods for signs of spoilage that are past their “Best if used by” date. If the products have changed noticeably in color, consistency or texture, consumers may want to avoid eating them. If you have questions or concerns about the quality, safety and labeling of the packaged foods you buy, you are encouraged to reach out to the company that produced the product. Many packaged foods provide the company's contact information on the package.

Manufacturers apply date labels at their own discretion and for a variety of reasons. The most common is to inform consumers and retailers of the date to which they can expect the food to retain its desired quality and flavor.

Industry is moving toward more uniform practices for date labeling of packaged foods. But, for now, consumers may see different phrases used for product dating, such as Sell By, Best By, Expires on, etc.

How to Best to Store Perishables and How Long They Will Keep Safely

The [FoodKeeper](#), developed cooperatively by the U.S. Department of Agriculture, Cornell University and the Food Marketing Institute, is a complete guide to how long virtually every food available in the United States will keep in the pantry, in the refrigerator, and in the freezer. The Fresh Fruits section, for example, covers apples (3 weeks in the pantry, 4 – 6 weeks in the fridge, and — only if cooked — 8 months in the freezer) to pomegranates (2 – 5 days pantry, 1 – 3 months fridge, and 10 – 12 months freezer). The Meat, Poultry and Seafood sections are equally complete, and include smoked as well fresh products.

Access the FoodKeeper or download it as a mobile application ([Android DevicesExternal Link Disclaimer](#) | [Apple DevicesExternal Link Disclaimer](#))

The [Refrigerator & Freezer Storage Chart](#) includes safe storage times for many widely-used foods.

More Ways to Avoid Wasting Food

- Be aware of how much food you throw away.
- Don't buy more food than can be used before it spoils.
- Plan meals and use shopping lists. Think about what you are buying and when it will be eaten. Check the fridge and pantry to avoid buying what you already have.
- Avoid impulse and bulk purchases, especially produce and dairy that have a limited shelf life. Promotions encouraging purchases of unusual or bulk products often result in consumers buying foods outside their typical needs or family preferences, and portions — potentially large portions — of these foods may end up in the trash.
- When eating out, become a more mindful eater. If you're not terribly hungry request smaller portions. Bring your leftovers home and refrigerate or freeze them within two hours, and check the Food Keeper to see how long they'll be safe to eat.
- Check the temperature setting of your fridge. Use a refrigerator thermometer to be sure the temperature is at 40° F or below to keep foods safe. The temperature of your freezer should be 0° F or below.
- Avoid "overpacking." Cold air must circulate around refrigerated foods to keep them properly chilled.
- Wipe up spills immediately: It not only reduces the growth of Listeria bacteria (which can grow at refrigerator temperatures), cleaning up spills — especially drips from thawing meats — will help prevent "cross-contamination," where bacteria from one food spread to another.
- Keep it covered: Store refrigerated foods in covered containers or sealed storage bags, and check leftovers daily for spoilage.
- Refrigerate peeled or cut veggies for freshness and to keep them from going bad.
- Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them. The FoodKeeper has information on how long most common foods can be stored in the freezer.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- To keep foods safe when entertaining, remember the 2-Hour Rule: don't leave perishable foods out at room temperature for more than two hours, unless you're keeping hot foods hot and cold foods cold. If you're eating outdoors and the temperature is above 90° F, perishable foods shouldn't be left out for more than one hour.

News from the Editors Desk



Happy Fall:

Here we are, the year almost over and new year coming to ponder and each of us determine what we want to accomplish in 2026.. Area conferences and business meetings have taken place, with more right around the corner, with the ACWW Triennial in 2026 in Canada.

Just a few reminders.....

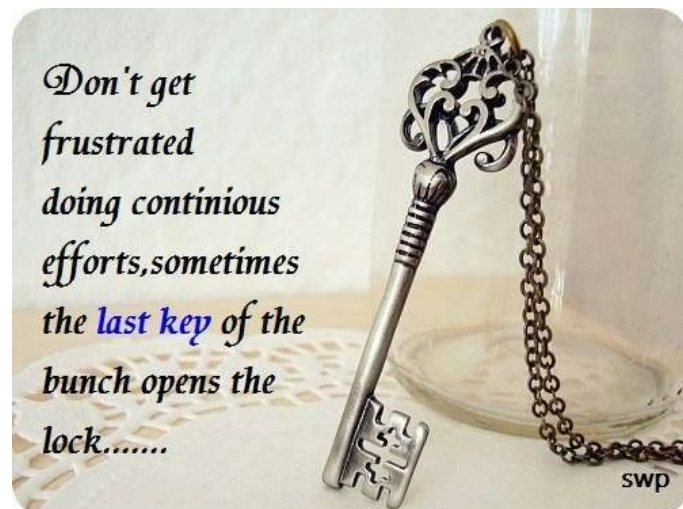
The news sheet is emailed to all CWC board members and to all elected officers in the state societies and to the national societies that are members of CWC. If you have changes with officers, please notify me so I can ensure the newsletter goes to the appropriate people. This News Sheet is available on the CWC website <http://www.cwcusa.org>. You can also find the updated CWC handbook and CWC policy books there. (see link to updated handbook below).

There are some interesting and informative articles in this News Sheet regarding Food Waste. Hope you can take the time to read them.

Sharing what is happening in our societies with others allows us to see and learn from each other. Any one can submit an article to the CWC news sheet. Since we are not printing the news sheet any longer we are not limited on page space.

Hoping everyone has a safe and wonderful Thanksgiving and Christmas!

Pat Chapman
CWC Editor



The CWC Handbook has been updated and added to the CWCUSA website <http://www.cwcusa.org>. The Handbook can be located under the CWCUSA heading

ACWW USA Area Meeting Erlanger, KY



CWC Board Members in attendance



Open Business Meeting



Open Business Meeting



NVON Members in Attendance



Discussion on the Resolutions USA will present on Child Care Deserts and Reducing Digital Harm from Social Media



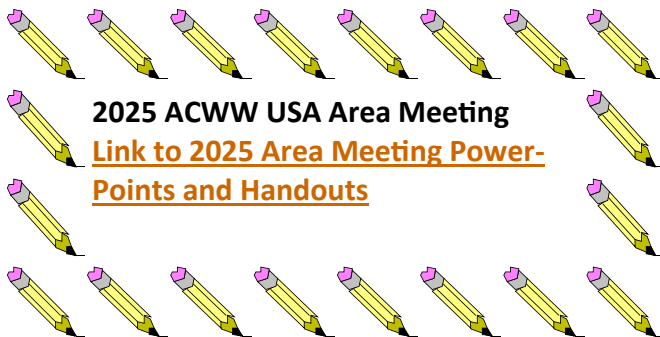
Increasing Membership by Kentucky EHC
President Henrietta Sheffel



Horticulture Therapy



Pollinators: Not just Bees



2025 ACWW USA Area Meeting

[Link to 2025 Area Meeting Power-Points and Handouts](#)

MARK YOUR CALENDARS



31st ACWW Triennial
Conference
April 26 - May 1, 2026
Ottawa, Canada

2027
81st CWC General
Meeting
Oklahoma City, Oklahoma
2028
ACWW USA Area Meeting

32nd ACWW Triennial
Conference
2029
ACWW's Centenary
Celebration

Join us in Ottawa for the 31st Triennial World Conference in 2026!



Information for attending the Conference:

Registration for the 31st Triennial World Conference includes the conference package (covering the meeting rooms and all the activities), excursions, gala dinner and accommodation at the Westin Ottawa hotel, and your meals and refreshments during the Conference.

We are very aware of the cost of international travel and the challenges members face, particularly at this time, and have done everything possible to keep the cost of the conference to a minimum. This conference package is offered at two different rates, depending on whether you want a single occupancy room (just you), or a twin room (two separate beds). We are only offering registration as part of a package, it is not possible to attend without accommodation on-site at the Westin.

The twin rate is a great way of saving money and means you can share with a friend, but also means as part of the registration process you will need to specify who you are sharing with.

It is very important to highlight that we recommend all attendees have comprehensive travel insurance, as ACWW cannot be held accountable for any costs incurred if you are unable to travel, and the registration is, as normal, non-refundable. **[Please read the FAQ section below for specific information on refunds relating to visas].**

We are very much looking forward to welcoming you to Ottawa and celebrating all that has been accomplished over the past three years, and as we head towards our Centenary in 2029!

28 April - Conference Sessions and Companion Tours

29 April - Tours (morning), ACWW Celebration (afternoon), Gala Dinner at the Canadian Mu-

Conference Programme outline:

26 April - Arrival, Registration, Area Meetings

27 April - Opening Ceremony, Conference Sessions, Election for the Board of Trustees

28 April - Conference Sessions and Companion Tours

29 April - Tours (morning), ACWW Celebration (afternoon), Gala Dinner at the
Canadian Museum of History

30 April - Conference Sessions and Companion Tours

1 May - Conference Sessions, Closing Ceremony, Area Meetings

2 May - Checkout and departure

Registration Rates:

Based on arrival on 26 April 2026 and leaving on 2 May 2026):

Early Bird Rates (until 30 September 2025)

Twin Sharing = £ 1279 per person

Single Room = £ 1699 per person

Standard Rates (1 October to 31 October 2025)

Twin Sharing = £ 1410 per person

Single Room = £ 1869 per person

Registration closed 31 October 2025, and no late registrations will be accepted.

[Text of Resolutions and Recommendations](#)

[Competitions and Charity Drive Information](#)

[Biographies of the Nominees for election to the Board of Trustees](#)

Mid-Conference Tours

On 29 April 2026, we will combine activities across Ottawa and the surrounding region with ACWW's traditional "Women Walk the World".

Lanark County Maple and Textiles

Make an 8 am start to drive through lovely countryside to beautiful Lanark County, less than 1 hour west of Ottawa to visit two centres. For over 180 years, Fulton's Sugar Bush & Maple Shop has been crafting pure, single-source maple syrup in the heart of Ontario. What started as a family tradition has grown into an eco-friendly maple sugar bush where visitors can immerse themselves in the art of maple making. Enjoy a guided tour with lots of family history, an opportunity to walk in their 8km of trails to view the land where the pipeline criss-crosses 400 acres, a stop in the Sugar Camp (production building where they produce their organic maple syrup), a linger in the Maple Shop where they sell maple candy, maple inspired gourmet products, and bath and body products. Of course, no guided tour is complete without lots of maple sampling!

The Mississippi Valley Textile Museum collects, preserves, and tells the stories of the mill workers and the local labour history while offering an open, inclusive space for the local community and visitors from across the globe. Through contemporary textile and textile themed art and historical interpretation and programmes the Mississippi Valley Textile Museum conserves and interprets the industrial textile heritage of the Mississippi Valley.

Catered lunch at Almonte Old Town Hall with optional exploration of downtown [Almonte](#).

Canadian Agriculture & Food Museum and RCMP Musical Ride

Visit a working farm located within Ottawa's urban city! The museum highlights Canada's agricultural heritage, food literacy, and the relationship between agricultural science and technology. You can also meet farm animals, from ducklings to cows. The new Learning Centre, heritage barns and outdoor spaces provide opportunities to learn and relax in a casual, fresh air setting. Through immersive exhibitions, food demonstrations, and memorable animal interactions, explore how agricultural science and technology is shaping Canadians' everyday lives.

After visiting the Museum, this tour will continue to the Royal Canadian Mounted Police (RCMP) Musical Ride Stables. A symbol of tradition, honour, and pride, the Musical Ride is a Canadian icon recognized at home and abroad. The Musical Ride supports front-line police operations by building positive relationships, supporting recruiting efforts and promoting the RCMP's image in communities in Canada and around the world. The troop of up to 32 riders, who are all police officers, and their horses perform intricate formations and drills set to music. Meet the riders (and the horses) of the Musical Ride during your tour.

Les Vergers Villeneuve Wine and Blueberry Farm

Visiting this family farm dating back to the 1850s will give you the opportunity to taste delicious wine or fruit juices and cheese whilst unwinding in an unspoiled rural setting in St Pascal Baylon, Ontario about 45 minutes from the Westin. This is a fifth-generation family farm in the bilingual rural heartland of Eastern Ontario, owned and operated by Michel Villeneuve and his wife Carrie McKay.

The 40-acre farm produces a wide range of trees (including Christmas Trees) and soft fruits - pears, blueberries, apples, grapes, raspberries and cherries, much of which is made into wine. They also make non-alcoholic drinks with pure local blueberry juice (their own product), haskap juice and kiwi juice.

As you listen to the guide you will enjoy sampling their produce, accompanied by bread, crackers, fruit and vegetables. This wine and cheese tasting is more like a complete meal, so no additional lunch stop included.

"Just Food" Farm and C'est Bon!

Started in 2012, the Just Food Community Farm is where people and projects come together to model and inspire small-scale, viable agriculture businesses and initiatives in the Ottawa region. Located on a 150-acre farmstead in the Ottawa Greenbelt on the west side of Blackburn Hamlet, the Just Food Farm is between a residential area and the ecologically protected Green's Creek, allowing us to demonstrate that agriculture can flourish in this context.

Take pleasure in experiencing a meal where every dish features ingredients from the forest! C'est Bon Cooking's Forest-to-Table culinary events are led by professional chefs and feature local Canadian products and boreal forest ingredients. Interactive cooking demo with some guest participation, three-course meal with appetizer and dessert prepared in advance. Local wine and beer; coffee and tea included. Includes a presentation by Forêt Capitale Forest.

City Sights bus tour and visit to Parliament

This option includes a sightseeing tour of Ottawa and Gatineau by bus, providing an opportunity for an informative, relaxing, and entertaining way to visit all of the most interesting sites in the National Capital region. Live guides will introduce you to Ottawa's historic scenery from every possible angle.

After the bus tour explore the seat of Canada's federal government and the setting for national celebrations the year round, Parliament Hill is the most visited Ottawa attraction. This will be an immersive tour and a great opportunity to visit the home of Canada's democracy. Packed lunch provided.

Make your own way back to the Westin via the Famous Five statues of Canadian suffragettes.

Companion Tours

Tuesday 28 April - Brew Donkey

The Brew Donkey experiences offers you the chance to meet Brew Masters and try local beers on a friendly, laid-back brewery tour. You will visit two Ontario craft breweries by bus, accompanied by a professional Brew Donkey Guide. This trip includes tastings and a snack.

Thursday 30 April - Canadian War Museum

The Canadian War Museum records the history of the nation's involvement in conflicts, with veterans on hand to guide visitors around the museum and help them understand the cause of peace told through the lessons of war. Significant collections of tanks, jets, other vehicles and art from just some of the impressive collections, housed in a building based on the theme of regeneration - energy-efficient features like a green roof and windows that use Morse code to spell out "Lest We Forget".

Know Before you Go:

French language

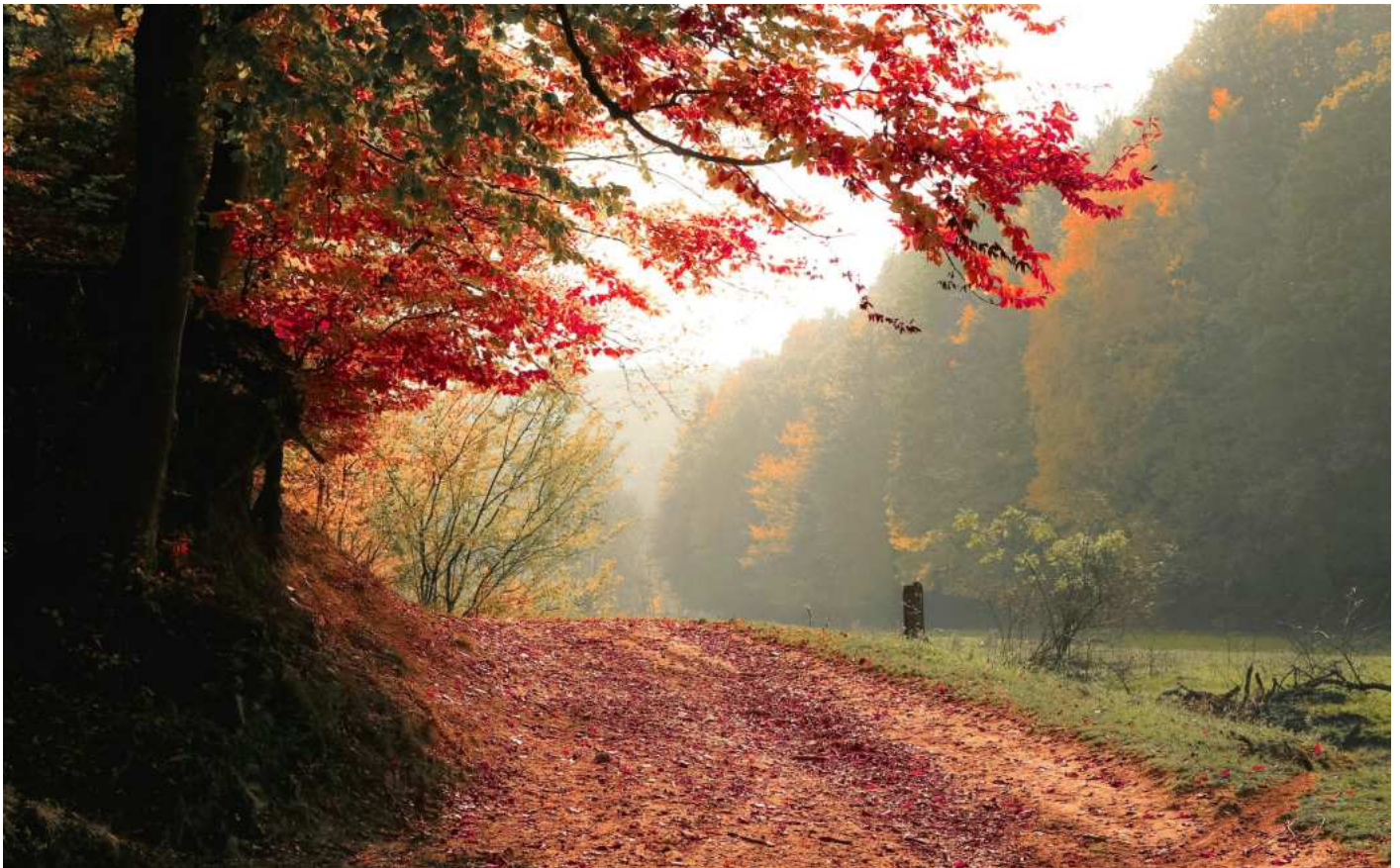
Canada is a bi-lingual country with French and English as official languages. Learn more about [French language services](#) in Ottawa and across Ontario.

Weather

Ontario is a four-season destination; temperatures and weather change dramatically throughout the year.

Currency, measurements and holidays

If you're travelling from another country, helpful [things to know about Ontario](#) include Canadian currency, measurements and public holidays acknowledged in the province.



"Autumn shows us how beautiful it is to let things go."