

RR RG2 News Fall 2023

RIVERSIDE GATE

A condominium community where owners and tenants enjoy a consistent high quality of life in a safe, financially sound, trusting, socially interactive and, peaceful environment.



The boilers were replaced on the roof. The crane was assembled and delivered the cargo, then dismantled and departed all in record time and just like clockwork. Thanks to Yves and Kim for a well orchestrated endeavour.

And further good news: After a three month absence, Bradley Alexander from Iron Horse is back at the desk as our weekend Concierge. We wish him continued health and we are glad to have him back.



The story of the Poppy

Madame Anna Guérin, later christened "The Poppy Lady from France", inspired by John McCrae's "In Flanders Fields", had an idea: to adopt the distribution of the Poppy on Armistice Day as a way to raise money for Veterans' needs and to remember those who had given their lives during the First World War. In July of 1921 the Great War Veterans Association (which in 1925 would unify with other Veteran groups to form the Canadian Legion) adopted the Poppy as the flower of Remembrance. Since then, the Legion and its members have upheld this tradition of Remembrance.

Things you may not know



Famous Mark Twain quote:

"The older I get, the more clearly I remember things that never happened"

You skin is your largest organ, and you replace your skin every month. It is commonly known that dead skin is a significant contributor to household dust.

The world's second-largest Oktoberfest is held in Kitchener Ontario.

When fall colours are here monarch butterflies begin their epic 4800 km (3000 mi) migration to Mexico.

The Hilliardton Marsh wetland near Temiskaming Shores in northeastern Ontario, has been internationally recognised as one of the best wetland visitor centres in the world.

Things To Note

Party Room Rentals

Always reserve the Party Room with the Concierge regardless of the duration of your event. To minimize disturbances in the foyer, mail and elevator areas, close the door for the duration of your event. Lastly, to avoid inconveniences, the door sign should reflect whether the Party Room is occupied or unoccupied.

Fitness Centre Updates

With the fall upon us and the winter just around the corner, it is the time of year for the spread of viruses. At all times, and especially during the cold season, every Fitness Centre user should wipe down the gym equipment they used, to minimize the spread of germs. Reference: Owners' Handbook Fitness Centre section on page 20 and 21.

Welcome to all the newcomers who now call Rivergate 2 (RG2) home. We look forward to meeting you and introducing you to our various activities and our amenities, whether they are Happy Hours, Movie Nights, Speaker's Corner, our Fitness Centre or a quiet time in our Library



When winter and the Festive Season is upon us, we experience changes to our daily routine. For example, many visitors are in our community, including children, some not so tall, walkers shift their exercise routine to the parking garage, snow removal can hinder circulation and shopping trips are on the rise. For these reasons, please exercise caution when circulating, such as adhering to the 10 km/h speed limit, returning shopping carts to their designated areas and, as with the elevator protocol, yielding to those exiting the parking garage.



The Committee is pleased to welcome Claire Harrison as new volunteer on the Library Committee. Claire is pleased to fulfill a long time wish of working in a library.

On another note, after many years, Barbara de Schulthess is leaving her role as volunteer on the Library Committee. Should you spot Barbara quietly working away, she begs forgiveness. Good habits are hard to break! The Board welcomes Claire and sincerely thanks Barbara for her years of dedication to our Library.

On a last note, after three years of confinement due to you know what, the librarians would welcome donations of periodicals.



DUPLICATE BRIDGE

**Every Monday Night
6:45 pm in the Party Room
Contact Clive Wolff
clivepat@gmail.com or 613-736-0243**

PLEASE!



We have two grocery carts at each entrance from our Parking. These are provided as a convenience to ALL OWNERS. Therefore be considerate to everyone and return any cart you use to its location the moment you are finished with it so that others may use it. In showing consideration for others, others will show consideration for you.

Green Bin Know-How: Disposal options



Plastic bags can be used as a bagging option for household organics like pet waste in the green bin, and dog waste and soiled kitty litter must be contained in a sealed, leak-proof bag.

There is no need to purchase plastic or compostable bags. You can reuse common ones around your home: such as bread bags milk bags and grocery and retail bags.

The plastic bag option is just one of many that are tailored to our occupants' comfort level and interest. Other options include paper bags and newspapers to line the kitchen counter container.

And yes, it will soon be here!

Board of Directors:

President and Secretary: *Rose-Marie Batley*

Treasurer: *Scott McDermott*

Director of Operations: *Branislav Vračarić*

Director at Large: *Larry Boisvert*

V.P. and Director

of Communications: *Carmène Levesque*

Shared Facilities Committee:

Property Manager: *Kim Renwick*

RG-2 Representatives: *Larry Boisvert; Branislav Vračarić*

RG-1 Representatives: *Mala Nag; Sylvain St-Laurent*

Social Committee

Sheila Levy, Acting Chair

Karen Spilling, Secretary

Diane Preston, Treasurer

Hélène Azam

Linda Bowering

Cattis Esbenson

Margaret Ann Code

Kathryn Parchelo

Josie Thera

Library Committee

Colleen Johnston

Claire Harrison

Karen Spilling

Cattis Esbensen

Housekeeping Committee

Jill Stewart

Marian Robinson



MINDFULNESS INTEREST GROUP

Beginning October 24

and then every second Tuesday, via Zoom and occasionally "in person"

10:30-11:30 am

What to expect:

- Gentle movement and a guided meditation
- Small group size (maximum ten people)
- Supportive environment

Explore the benefits of various mindfulness tools

Meeting regularly with the group is ideal, but you do not have to attend every time
 Open to all neighbours with or without experience

Sandy Stalder

613-521-3226 or e-mail sandystalder@outlook.com

TUESDAY TUNES

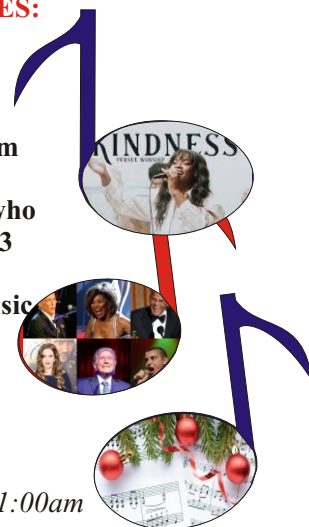
is a music-themed gathering on Zoom hosted by Sandy and Fred Stalder, every second Tuesday morning. No musical talent is required by those who wish to join. We watch, listen and enjoy songs and artists chosen by attendees. All neighbours in RG1 and RG2 are welcome.

DATES AND THEMES:

Nov. 14 Kindness

Nov. 28 A Song from a Singer or Musician who died in 2023

Dec. 12 Festive Music



TIME: 10:00-11:00am

For the Zoom link contact: Sandy Stalder
 sandystalder@outlook.com or 613 521 3226

