Board of Directors:

President and Secretary: Rose-Marie Batley

Treasurer: Scott McDermott

Director of Operations: Larry Boisvert **Director at Large:** Branislav Vračarić

V.P. and Director

of Communications: Carmène Levesque

Shared Facilities Committee: *Property Manager: Kim Renwick*

RG-2 Representatives: Larry Boisvert; Rose-Marie Batley

RG-1 Representatives: Andy Lalonde; Sylvain St-Laurent

Social Committee

Linda Bowering, Co-Chair Sheila Levy, Co-Chair Karen Spilling, Secretary Diane Preston, Treasurer Hélène Azam Margaret Ann Code Peter Mitchell Mary Ann Smythe Nancy Hrischenko

Gardening Committee

RG1
Denise Lalonde
George Plant
Tom Maville
Marleny Tanaka
RG2
Kay Stanley
Mary Ann Smythe
Donna Allen
Nancy Hrischenko



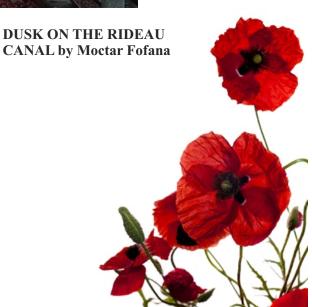


Library Committee

Colleen Johnston Claire Harrison Karen Spilling Cattis Esbensen

Housekeeping Committee Jill Stewart

Marian Robinson







Shopping Carts

With the festive season just around the corner, returning the shopping carts promptly to their designated spot will enhance your neighbours' shopping experience.



The Friday Morning Club

Near summer's end the Friday Morning Club enjoyed a fun outing in the By-ward Market. The group of ten or so from the RG2 community had an exciting outing in a horse drawn wagon. Doing a touristy activity in your own town can give you a new perspective.



Things you may not know

Pumice is the only rock that floats.

Whether home or traveling abroad, order some lentil soup and the odds are you are getting a taste of home. Canada is the largest exporter of green lentils in the world, about 15 million tons annually, with 95% of it coming from

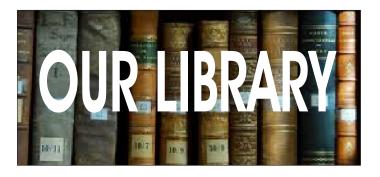


the province of Saskatchewan. Surprisingly, the coinventor of the cotton candy making machine was a



dentist. In 1897, William Morrison teamed up with Tennessee candy maker John Wharton to create the concoction. The duo premiered cotton candy, known as Fairy Floss, not dental floss, at the time, and showcased it at the St Louis' World Fair of 1904.





A Message from your Library Committee:

At the beginning of the summer, the library shelves were so full that there was no room for new donations. To fix this problem, we removed all novels with a copyright date before 2010. Our once crammed bookshelves can now breathe again! The Library is now accepting novels with a copyright date of 2010 or later. To find a book's copyright date, go to the "publishing page" just before the book begins. The information is given in this format: Copyright © "year" by "author name."



Ottawa Food Bank La Banque d'Alimentation d'Ottawa

The Season for Giving

The Ottawa Food Bank was founded in 1984, and over the years it has grown to more than 120 food distribution centres, consisting of 27 food banks located across our city. There are four food distribution centres located in our own neighbourhood, namely they are the Pavilion Food Bank, the Barrhaven Food Cupboard, the Sadaqa Food Bank and the Heron Emergency Food Centre, Even though those four are in our community, there are many others to choose from should you wish to donate to other locations.

You Asked Us:

Why is the pool's water temperature just perfect at times, and a tad cool or a tad warm at other times? The pool water temperatures are influenced by, on the one hand, the ambient air and humidity level in the pool area, and on the other hand, by swimmers' body temperature, As a result, water temperatures tend to fluctuate slightly.

What courtesy should be extended for exiting or entering the premises? When an individual is, for example, exiting an elevator, the pool area or the parking garage, one should give priority to the person exiting, so as to ensure the safety and security of everyone.

Green Tips

Old and/or no longer needed prescription medication and pharmaceuticals can be dropped off at your local pharmacy for a safe and secure disposal, rather than being flushed down the toilet or thrown into the garbage.

Kitchen countertop green bins can result in unpleasant odours and unwanted pests.. Keeping your meat or fish scraps and your cooking liquids in a compostable container and storing it in the freezer will reduce odours and prevent spilt milk.

Quotes

Jerry Lewis: I have some very personal feelings about politics, but I don't get into it because I do comedy already.

Robert Louis Stevenson: The worst thing about aging is that we still feel young.

Fire Code and Common Areas

A recent newsletter from the Condominium Authority Tribunal (CAT) carried the following message. 'Most condos allow decorations, but may limit the amount, location and type, particularly in common areas' For example, door wreaths and floor mats in hallways are banned under the Ontario Fire Code. We will be seeking clarification.

The Island Walk

Some of us know Betty Hope-Gittens as an avid walker, and a once-upon-a-time owner at RG2. Five years ago, Betty walked the 800-kilometer Camino de Santiago, and this year she completed the 700-kilometer Island Walk on Prince-Edward-Island. Both were fundraisers for some of Betty's favourite charities.

Partway through the 700-kilometre Island Walk, Betty felt like sitting down and taking a rest among the beauties of Prince Edward Island. But there was not a bench in sight. So, walking poles in hand, she went up to the first house she could find and knocked on the door, and said, "May I please sit on your front steps? I'm so tired." Not only did the homeowner let her take a load off; she brought her two lobsters to eat. Further along the walk, Betty saw a man selling antiques and asked if she could take a break and sit in one of the chairs on his lawn. "On both occasions, both these people welcomed me. The P.E.I. people are particularly gracious, - kind, you know," she told CBC News.

When she took part in this walk, her lone complaint was that there were few places to stop and rest, other than homeowners' front yards. This thought spurred Betty to put together a fundraising campaign called Adopt a Bench that eventually led to 20 new benches along the route. Betty is hoping to raise money for about 10 more benches.







Whether your pet forgot their leash, or you forgot their leash, know that pets are to be leashed when leaving their condo unit.