

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 Starting in September, the Social Committee is pleased to welcome Nancy Hrischenko as new member.

Library Committee

Colleen Johnston Claire Harrison Karen Spilling Cattis Esbensen

Housekeeping Committee Jill Stewart Marian Robinson



Gardening Committee

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



Yesterday I bought a world map, I gave my spouse a dart, and said, "Throw this and wherever it lands, I will take you there on vacation. We're spending 3 weeks behind the fridge.

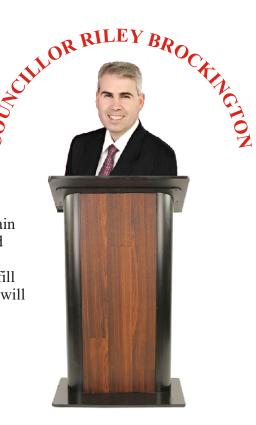
A condominium community where owners and occupants enjoy a consistent high quality of life in a safe, financially sound, trusting, socially interactive, and peaceful environment.

THE MOST EFFECTIVE YOU!





This past May we had the pleasure of a visit from our River Ward City Councillor Riley Brockington. We heard details from our Councillor of the environmental challenges faced by our city. This includes the fact that the main Ottawa landfill site (city dump) will reach capacity in the next few years, and there is no clear path forward on what to do when the current landfill is full. Here, at Rivergate, both towers contribute to lessening the stress on our landfill by embracing our city's many recycling programs. Our planet thanks you, as will future generations.





Of interest

There is a small town in Iowa that has an 18.2 km urban recreational trail that meanders through a forest and along a creek.



Being in town, it is a very busy trail, and as you walk through a hardwood forest along the riverside, you'll soon forget that you're in an urban area. It is known for its curvy and paved trail and is enjoyed by all age groups. The town and the trail both share one of our owners' name. See if you can find it hidden in this newsletter. Almost as lovely as the view here of our Median.

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Anais Nin: Life shrinks or expands in proportion to one's courage.

Anonymous: I took my suit to the cleaners, who wanted to charge me \$40, so I gave it to the charity shop next door. They cleaned and pressed it and put it in the window. I bought it back for \$15.

The German Chocolate Cake is a Dallas, Texas creation. In 1957, a recipe for "German's Chocolate Cake" appeared as the "Recipe of the Day" in a Dallas newspaper. It was created by Mrs. George Clay, a homemaker, who used "German's Sweet Chocolate" baking chocolate introduced in 1853 by American baker Samuel German.

Your liver is the heaviest internal organ in your body and your pancreas is the lightest.



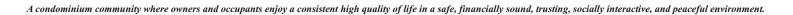
FROG

ARKING ONLY L OTHERS WILL BE TOAD!

Please dry off

Ensure you are dry before leaving the Pool area. Wet floors are a hazard to others. Once dry, you can take the Clive Greenbelt Trail in Clive Iowa.

> Now if a dog can return a grocery cart, wouldn't you think everyone here would do the same...





Our Property has been designated as a **smoke free environment**. Please ensure that your guests and service people respect this by exiting the property if the wish to smoke. There are a few Owners who were grandparented and may smoke inside their unit.



In the cooler months of September and October, a visit to the Humanics Sanctuary and Sculpture Park can translate into a pleasant outing. It is located at 3468 Old Montreal Road, in Cumberland, and it is open from end of May to end of October, and closed Tuesdays and Wednesdays. It was set up by its founder, Acharya Ranjit Perera, as a multi-cultural and multi-faith place for reflection. The fee is \$10 for adults, \$7 for students and seniors, free for children under 10, as well as free parking. Bring along a beverage and a snack and invite a friend or two. It will be a worthwhile experience. For more information, you do an internet search under Humanics Institute or Humanics Sanctuary and Sculpture Park.

A WATCHED POT NEVER BOILS

And here is why...

Though it is a known fact, science has yet to explain why hot water freezes faster than cold water. It is called the Mpemba effect. The Mpemba effect suggests hot water can freeze faster than cold water under certain conditions, a phenomenon first observed by Aristotle. Erasto B. Mpemba, a Tanzanian student, rediscovered this effect in 1963 while making ice cream, providing the first documented instance that led to further scientific investigations. Recent studies suggest the Mpemba effect may occur due to differences in how hot water and cold water reach thermal balances. Nevertheless, it is still debated amongst scientists. Now, how cool is that?



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