

# The Ryder

Ryde Community Co-operative Inc.

Volume 5, Issue 5

### Ryde Co-op Reminder

- **Sewing Sessions** No sessions until August.
- **Yoga** July 14, 21 and 28. August 11, 18 and 25.
- **Gravenhurst Town Council** meets in Ryde Tuesday August 19th (tentative ... see the next Ryder to confirm)
- **Health and Wellness Session** September 4th

See event details on the back page...

### ANTIQUE TRACTOR PARADE

To coincide with this year's Muskoka Pioneer Power Show in Bracebridge (featuring Allis-Chalmers), there will be a parade of Antique and Classic Tractors coming up from Washago past the Ryde Community Centre (on Barkway Rd) on Friday July 11th around 1:30PM (Community Centre open at 1PM)

Bring a lawn chair and have a look as they pass!



### CARL BREAK IS TURNING 90!

Please join us for an **Open House** birthday celebration at the Ryde Centennial Free Methodist Church on Saturday, August 9 from 1:00 to 3:00. Best wishes only, please!



### Strawberry Social

Community members from two weeks to 90 years old made up a full house for the Strawberry Social at the Ryde Community Centre on June 28th. Carol Cook welcomed everyone at the sign in desk on behalf of the Co-op executive committee. Attractive wildflower centerpieces by Carol's sister, Joan, decorated the tables.

Participants enjoyed ham and a wide variety of salads before digging into the feature dessert - Frozen Strawberry Delight topped with fresh strawberries\*. The well fed crowd was happy to join Lorraine Masters in thanking Katriina Alanko and her team – Louise and Ivan Speicher, Gladys Merkle and Barbara Bednarski for preparing the delicious repast and Bob Payne who assisted Katriina with the setup.

At Lorraine's instigation, many hands made light work of getting the clean up underway after dinner.



### Kudos

Several people have helped out the Co-op by donating their time or resources and I'd like to say how pleased we are to have this help. It truly makes it a Community Co-op.

Belated apologies to Barb Bednarski. Barb did an outstanding job of cleaning and organizing the cupboards and closets in the first classroom. She spent hours scrubbing and sorting. Thank you, Barb, for a great



Barb Bednarski cleans a cupboard

job. The place looks better, works better, and even smells better.

A big "Thank You" goes out to Kathy Saylor who has offered to cut the grass at the Community Centre and tend the flower gardens throughout the month of June.

Bob Payne donated a microwave for the kitchen and we also are the recipients of a vacuum cleaner donated by Roger Van Kampen. Many thanks to both.



### Community News

Congratulations to **Carol and Peter Fraser** (at right) who celebrated their 40th wedding anniversary with an Open House at their home on Doe Lake Road on June 1. Friends and family came from near and far to wish them many more happy years together.

River road to Cooper's Falls will be closed for widening as of July 28. Construction to make the road safer will take a month or more. Rock will have to be blasted and the road will be widened. I guess we'll all learn the "long way around" if we want to drive south of here.



Arleigh Luckett



\*By popular request, Katriina has provided the recipe:

**Frozen Strawberry Delight** - makes at least 6 servings

1 pint really ripe strawberries - chop in food processor just until broken down

1 egg white - mix on low speed until frothy  
Add 1/2 cup icing sugar - mix on low speed until smooth and runny

Add 1/2 tsp vanilla and the strawberries.

Now comes the fun part. Whip on high speed (watch out - it really spatters!) until the volume has grown at least double and starts to thicken. Pour out into a 5" x 11" pan and freeze. Use within a few days as the texture changes if left longer than that. Garnish with fresh strawberries, ice cream, whipped cream, or nothing at all.❖



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#### Ryde Classifieds

This space is made available for small ads at a reasonable price.

Contact Katriina 687-0843 to place an ad in the next *Ryder*

## Events and Goings-on

- **Sew News:** Thursdays have been our sewing days at the old school. The "regulars" have been busy sewing up the fabric acquired on our trip to Midland. Dresses, t-shirts, bags, all kinds of stuff were being produced while learning the ins and outs of a new skill.

We now have two sewing machines for use during the sewing sessions. If you'd like to learn to sew but have no machine to bring with you, we have two machines in working condition for you to work on.

**Sewing sessions are on hiatus until August 7.** I'm hoping to see lots of new faces after the holiday. We'll spend a couple of weeks working on items for the craft sale (see more about it in the next newsletter). If you have a craft or skill you'd like to showcase, we can provide you with a table at the show and sale.

- **Yoga:** The final yoga class of the spring session will be Monday, June 23. We have really enjoyed the classes with our new instructor **Carol Peterson**. She leads a very relaxing class and provides excellent guidance for improving our technique and adapting the positions to our individual needs and abilities. We look forward to

adding flow sequences to each class as we go on.

There is certainly interest in having a summer session but summer is also a time for flexible plans. We've set a tentative schedule for six Monday evening yoga classes in July and August. We are asking that people let Carol Peterson know directly by the Friday before each session if they plan to attend. That way, she will be able to cancel the class and save the time and gasoline if no one is able to attend. Contact Carol at:  
Email: [dcpeterson@sympatico.ca](mailto:dcpeterson@sympatico.ca)  
Phone: 646-7028

#### Summer Yoga Schedule and Information:

Monday evenings 7:00 PM - 8:30 PM  
Hall opens at 6:45 PM - \$10/ class  
July 14, 21 and 28. August 11, 18 and 25.

If you do not confirm your plan to attend in advance, you are welcome to drop by the school but you run the risk of being disappointed.

Have a wonderful summer. I hope we'll see you at yoga some times this summer. ❖

## Health and Wellness

June's Health and Wellness session, while not as well attended as previous sessions, seemed to be a real hit with the ones who were there. "The Ionic Woman", also known as Wendy Earle, first explained the procedure to be done and Joan White volunteered to demonstrate.



Sandy Nichols with Wendy Earle

Wendy filled a foot basin with clear warm water, added some sea salt to it and placed an array unit in the water. This array unit releases positively and negatively charged ions which circulate through the body and release the toxins from the body. These toxins are then drawn out through the feet into the water. That's when the unbelievable happens. As we watched, the water around Joan's feet began to change colour. Then little bits of "stuff" formed in the water – white and black and orange. It was a veritable kaleidoscope. The most amazing thing was that when Sandy Nichols tested out the waters, she found that the pain in her back had disappeared.

The Health & Wellness Series will continue in September. Mark September 4<sup>th</sup> for the next session in the series. Fred Zufferey will come in and demonstrate massage – specifically, Shiatsu massage. Look for more information in the coming months. ❖

## Wireless Internet from the Ryde Fire Hall Tower

There have been many inquiries about the status of Wireless Internet service from the Ryde Fire Hall tower. The tower is up, and the Fire Hall radio service is running, but the Wireless Internet service is not yet installed. When Core Broadband ([www.corebroadband.ca](http://www.corebroadband.ca)) installs the

equipment on the tower, service will be available through Internet Service Providers like Vianet ([www.vianet.ca](http://www.vianet.ca)) and Surenet ([www.surennet.net](http://www.surennet.net)).

Watch for more details in the next *Ryder*. ❖

**NOTE: Katriina Alanko** will continue as the editor for the next issue of *The Ryder*. Please contact her if you have any news items, classified ads, etc. [oknala@xplornet.com](mailto:oknala@xplornet.com) 687-0843

## The Tree Museum

### This Month's Sponsor



**The Tree Museum**, located near the town of Gravenhurst in Muskoka, is a jolt to the senses, and a workout for the mind and body. A 10-minute drive along Doe Lake Road/Muskoka Road 6, past the idyllic "Doe Lake", will bring you to a blue roadside sign marking the access point to The Tree Museum.

This is a self-directed tour with signs and information to help you enjoy the experience. The Tree Museum, the only sculpture park in a rural setting in Ontario and one of the few in Canada, is open year round and is free.  
**PLEASE WALK IN, DO NOT DRIVE.**

We hold an Annual Exhibition in September. The opening reception is Sunday September 14, 2008 ALL ARE WELCOME. For more information: [www.thetreemuseum.ca](http://www.thetreemuseum.ca)