

# The Ryder

Ryde Community Co-operative Inc.

Volume 5, Issue 4

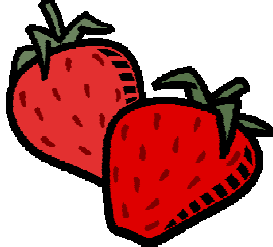
### Ryde Co-op Reminder

- **Health and Wellness Session** June 5th 10am
- **Sewing Sessions** Thursdays around 11am
- **Strawberry Social** Saturday June 28 5pm

### Strawberry Social - June 28

Mark your calendar for the Strawberry Social on **June 28th** starting at 5 pm.

Look forward to a cold-plate dinner, topped off with strawberry dessert. As always we need to know how many to prepare for and would appreciate you calling ahead to **Ivan or Louise Speicher** at **687-1475** by **June 21st**. Admission by donation.



### WANTED:

- Community Volunteers to take a turn **mowing the lawn** at the community centre. It will take about an hour every couple of weeks, and we're hoping several people will volunteer to take a turn. **Bruce Stephenson** has agreed to co-ordinate the schedule. Give him a call at **687-3948**.
- Volunteers to help with **tending the gardens** at the community centre. Routine weeding, and watering if it is overly dry. Please call **Carol Wagg** 687-6992
- A **vacuum cleaner** that really sucks! If you have one that you are not using, we have a use for it.
- We need **another cleaning day** and are looking for community volunteers. Please call **Katriina** for more info at **687-0843**

### Health & Wellness Series

On May 1, Dr. Kelly McIntosh of Gravenhurst Chiropractic Centre and her companion "Mr. Bones" kept everyone engaged and involved with her knowledge of the spine and its function is maintaining health. She gave suggestions for exercises, lifting, posture, and footwear, and concluded her talk with



information and a demonstration of therapeutic acupuncture.

Acupuncture involves the insertion of extremely thin needles to various depths at strategic points on the body.

The procedure originated in China thousands of years ago, but over the past two decades its popularity has grown

significantly within Canada. Studies indicate that it may provide a number of health benefits

— from reducing pain to helping with pregnancy-induced nausea. The health session was followed by a delicious lunch and a social time.

Next up: on Thursday June 5th at 10am at the Ryde Community Centre, Wendy Earle ("The Ionic Woman") will present a demonstration of her Detox Footbath: a footbath tub is filled with clean water and sea salt, which is high in mineral content, is added. An array unit is placed in the water, which results in positive and negatively charged ions being circulated through the body of the therapy subject. The clean water changes colour, which is due, it is claimed, to ionization and the resulting oxidation of the minerals in the water, plus the release of toxins from the body.

There will be a draw for two complimentary footbaths at the session. If you wish to find out more about this therapy in advance, see the website [www.ionicwoman.ca](http://www.ionicwoman.ca).

Lunch will be provided, and your donation will be welcomed at the door. If you plan to attend, please contact Katriina 687-0843

### New Directors Elected

We now have seven duly elected directors of the Ryde Community Co-op and Executive positions have been decided. They are seen here in front of the new curtains made by the sewing group.

We look forward to their leadership and the events they have in store.

Please contact Ron 684-9194 if you wish to rent the Community Centre for your event.



*Back:* (PD) Randy Jorgensen, President Ron Stager, (PD) Richard Break, (D) Ivan Speicher  
*Front:* (PD) Gladys Merkley, (D) Carol Cook, Treasurer Katriina Alanko, (PD) Carol Wagg, Secretary Arleigh Luckett.  
*Not in photo:* Directors Louise Speicher and Rosemarie Hinzmann [D-Director, PD-Past Director]

### Hall Cleanup Day

On May 13th, seven stalwart souls turned up to spring clean at the Community Centre. Cupboards and closets were emptied, wiped out, and decluttered. The fridge was defrosted and sanitized. Curtains were sewn, pressed, and made ready to hang.

was much enjoyed and appreciated, as the labour had worked up serious appetites.

Thank you to Katriina and Bob Payne, Sandy Nichols, Carol Cook, Joan White, and Carol Wagg for taking time from their busy lives to perform this much-needed work on our community centre.





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#### Ryde Classifieds

Yard and Garden Sale at Wit's End, 1611 Doe Lake Rd. Saturday June 7 9-3. (Rain Date Sunday June 8, 9-3). Household items, etc, and dig your own plants from the front garden.

#### Community Announcements

**IT'S A BOY!** Pastor Sterling and Cheryl Cooper are first-time grandparents! Benjamin and Rebekah's little one arrived safely on April 30th. This is Willa Cooper's first great-grandchild. **Matthias Harold Cooper** weighed in at 7 pounds 1 oz. Congratulations to the happy family.




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**Westview Subdivision Road Renamed Frank Cooper Trail**  
On May 17, 2008, members of the Pine Ridge Rd. Gravenhurst Association Inc. held a party to honour Frank Cooper at the cottage of Ethel and Don Paterson. The occasion marked the renaming of Westview Subdivision Rd. to Frank Cooper Trail. A plaque commemorating Frank's service to the Ryde Community was presented to Frank by District/Town Councillor Terry Pilger.

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

## Events and Goings-on

**Yoga** - Yoga classes have returned to the Ryde Community Co-op. Everyone is welcome. Activities are adapted for people of all ages, levels of ability and experience. Men and women are welcome. Classes are on Monday evenings from 7:00 to 8:30 PM. (The hall is opened by 6:45 PM). No classes will be held on holiday Mondays. The fee is \$10/class on a pay-when-you-participate basis. Our teacher is **Carol Peterson**. For further information, please contact **Arleigh Luckett** at 687-3597 or by email [arleigh.luckett@utoronto.ca](mailto:arleigh.luckett@utoronto.ca) or just drop in and give it a try.

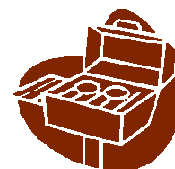


From left: Katriina Alanko, Anne Clement, and Carol Cook have bagged their limit after a day of (bargain) hunting.

**Sewing Sessions** - Thursdays from 10 or so 'til 3 or so. On May 22, the sewing group spent the day in Midland, digging through bolts of fabric in T&G Fabrics. As bargain hunters, we definitely made the grade. The trunk of the car was filled to the brim for the trip home - fabric, patterns, thread, and more fabric. Now we need a lot of days to sew up the miles of fabric we bought. Just think of all the things we could make with it! We enjoyed our day so much that more trips like this will be a part of the "Sewing Sessions". Call **Katriina** for more information 687-0843.

#### Thinking Ahead

- **Strawberry Social** on **June 28th** starting at 5 p.m. Details on the front.
- Once each year the **Gravenhurst Town Council** meets in Ryde. This is your opportunity to speak one-on-one with our elected representatives. The tentative date is **Tuesday August 19th**. The meeting is preceded by a BBQ to which all are invited.
- Ryde Directors will meet the **fourth Wednesday** of each month at 7pm at the Community Centre. If you have ideas to share, please speak to any director or attend a meeting. If you have an event you would like to run, we'd love to help you make it happen.



## Update from Julia Tilson

Yea! Spring is finally here!! I had a pretty good winter. I just needed two MRI's this winter. I was getting a lot of headaches between Christmas and New Years, so off to Sick Kids we went! The MRI showed that I had an increased swelling on my brain, but they think that is normal following the surgery! (They are not sure because I am only the 6th child to have the Gamma Knife surgery.) Therefore they are keeping a really close eye on me! I haven't really had any headaches any more, but I still suffer from fatigue.

My memory is good some days, but when I am tired I have a little harder time!! I am also keeping up really good with school. On May 23rd will be a year since I had my surgery. Only two more years to go before I get a clean bill of health!

Thank you to everyone for your support and concern! *I'll be fine!!!*

Love, Julia Tilson

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*This Month's Sponsor*



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