

The Ryder

Ryde Community Co-operative Inc.
Working together in a co-operative way to be one voice and one community

Volume 7, Issue 2

Coming Events

- Mar 11 - Skin Care and Toxicity in Make-Up
- Mar 20 - Spaghetti Dinner
- April 18 - "Bring a Buddy Open House"
- May 22 - Ham Dinner and AGM
- June 19 - Family Kayak Session at Bass Lake
- July 3 - Strawberry Social
- Community BBQ
- Bid Euchre - 2nd and 4th Wednesdays
- Health and Wellness - Mar 11 - Toxicity in Makeup; April ? - IDA Pharmacist Tony Varney - Medications 101; June - Bone Density and Osteoporosis

Health and Wellness News

...and the snow came down and the wind blew... and the announced presentation on skin care and cosmetics by Dr. Barbara Cowan, N.D. ground to a halt. Dr. Barb actually made it out to the Ryde Community Centre but the rest of us did not. She left a lovely note on the black board for those who would brave the weather after she made her way back into town. By 10:30, the place was deserted and promises to reschedule were made. The new date is **Thursday, March 11 at 10:00.** We trust the weather will be more lamb-like!

Dr. Barb is a naturopathic doctor, with a practice in Gravenhurst. She has generously made two previous presentations at the Ryde Community Centre, always interactive and always well informed. Do join us for this one – "Try it, you'll like it". ❖

Calling All Ryde Co-op and Community Members

The stated purpose of the Ryde Community Co-op is Bringing the Community Together. To do this, we offer group activities when an interest is expressed, or when someone comes up with a brilliant idea. Our most popular events are the community dinners, and we've even had it suggested that we offer a dinner every month. We'd love to! But there is a catch... "more dinners" means "more help".

At our next community dinner, the **Spaghetti Dinner on March 20th**, look for the poster showing upcoming dinners, with opportunities for you, your family or a group of friends to

sign up to help with the food preparation, set-up, serving, or clean-up for one or more dinners. Many hands make light work. If the sign-up system works, we'll try monthly dinners starting in the fall. With enough volunteers taking two or three turns during the year, everyone should get a chance to just relax and enjoy sharing a meal with friends and neighbours more often than not. We look forward to more opportunities to "bring the community together". ❖

Tom Schepp of "In the Shed" Music Studio, and a "Friend of Ryde" sponsor, offered free introductory guitar lessons at the Community Centre on Feb 27. He is interested in offering lessons at the community centre but needs a few more students to make it work for him. He teaches both acoustic and electric styles. New students who may be interested in taking lessons out here, can arrange a free introductory lesson at his workshop. Pictured, Teal Shirk-Luckett takes advantage of the opportunity to try an introductory lesson.



Recreation Programs

The Gravenhurst Recreation Department will be offering two programs at the Ryde Community Centre this spring. Look for registration details in the Spring and Summer Recreation and Leisure Guide to be delivered to your mailbox or available on line at www.gravenhurst.ca soon. The cost will be \$70 for 10 weeks (April 1 - June 3rd). Please pre-register early. Drop ins will be allowed at \$12/session BUT any program that does not meet minimum pre-registration will be cancelled.

- **Yoga Dance** 5:30 - 6:30 PM Thursday evenings
 Yoga dance is a low-impact activity, incorporating elements of yoga asanas (postures) and breathing exercises with free-form, modern and yoga-style dance. Yoga dance is for anyone interested in exploring movement, yoga flow and music. It is a very creative way of inviting yoga into your life. Expect your flexibility, balance and coordination to improve. It has an aerobic component as well as a relaxation component.

- **Kripalu Yoga** 6:45 - 7:45 PM Thursday evenings
 Kripalu is a gentle Hatha yoga practice with a compassionate approach and emphasis on meditation, physical healing and spiritual transformation that overflows into daily life. It is for all body types and ages -- in a Kripalu class, each student learns to find their own level of practice on a given day. The classes usually begin with breathing exercises and gentle stretches followed by a series of individual poses and final relaxation. If you have ever wondered what it is like to fully relax after a yoga practice, this is the class for you. Postures that enhance your flexibility over time, increase your inner awareness and sensation to breathing properly, increase your energy level are just a few of the benefits of Yoga.
- **Kayak Program** - The Gravenhurst Recreation Department will also be bringing the Town's kayaks to Bass Lake Park for a one day family program on June 19. Save the date and look for further details in the Recreation and Leisure Guide and future Ryders.



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SEW News

The ladies of the S.E.W. Group have been very busy for the last few weeks working on a special project. They have been cutting out and sewing adult clothing protectors (adult bibs). The stack of 50 bibs is now complete and will be presented to Muskoka Lodge in Washago and The Pines in Bracebridge by the end of March.

Many thanks to:

- the directors of the Ryde Co-op for covering the cost of the materials
- Fabricland in Huntsville for their generosity
- the ladies of S.E.W. Group for their hard work in this project – Teina Benson, Francine Burlison, Cheryl Cooper, Sandy Nichols, organizer Katriina Alanko.

This is a joint effort to “do something” for the community.

On Monday, March 1, the group got back to learning about garment construction. There are slacks to be made, blouses to figure out, and



Cheryl Cooper with one of the bibs

many, many little tips and tricks to help with the construction techniques. It's time to think about what to wear when the ground is green and the air is warm.

Quilting - There might be some of you out there more interested in quilting than in garment construction. If you're interested in a quilting group at the Ryde Community Centre, (in the daytime or evening) feel free to call **Katriina**, at **687-0843** or email oknala@bell.net ❖

Events and Goings-on

- **New Event:** "Bring a Buddy Open House", afternoon of Sunday April 18, 2010. Look for details in next month's Ryder.
- **Tai Chi:** If you are interested in taking Tai Chi, please contact **Arleigh Lockett** by **March 15**. We've finally found an instructor. We need to figure out the best time to schedule the class - Wednesday evenings or during the day on Wednesdays or Thursdays. (email arleigh.lockett@utoronto.ca or phone 687-3597).
- **Bid Euchre** continues on the 2nd and 4th Wednesdays of each month at Eileen Taverner's on Merkle Road at 1 pm. \$3 a time (\$1 towards prize pot, \$2 to Co-op). Three tables of players attend regularly, and new players are always welcome.

- **Renovations** On Feb 15, (probably suffused with loving thoughts brought on by Valentine's Day!) Ivan Speicher, Bob Payne, and Bill Burlison showed up at the Community Centre with a variety of tools and worked a miracle in the kitchen. The appliances and shelving have been relocated to comply with regulations, and to make the work areas more convenient. Volunteers have been conscripted to reorganize the shelving and clean the floor to make it ready in time for the spaghetti dinner on March 20th.
- Thanks to the **Chili Dinner** in January, the Co-op was able to make a donation of \$250 to the salvation Army Food Bank. - Well done!

Mark Dulmage - RE/MAX Orillia Realty (1996) Ltd.

This Month's Sponsor



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