

The Ryder

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

Volume 7, Issue 3

Coming Events

- **Sat May 22** Ham Dinner 5:30PM and Annual General Meeting 6:30PM
- **Sat July 3** - Strawberry Social
- **Tues August 17** - Community BBQ followed by Town Council Meeting
- **Bid Euchre** - 2nd and 4th Wednesdays

Ryde Community Co-op Annual General Meeting

May 22 @ 6:30 PM (following a delicious ham dinner)

The Co-op needs your support and ideas for bringing the community together over the coming year. Please plan to attend. The Co-op is all of us -- without us it's nothing.

Four of the current Directors will stand for re-election but two who have given several years of service will not be returning for health reasons. The Board of Directors meets once a month for an hour and a half to set policy, deal

with building issues and schedule events. Directors usually volunteer to co-ordinate or assist with specific events or projects throughout the year based on their own interests and the time they can commit. Nominations for the Board of Directors will take place at the meeting. If you are interested in serving but cannot attend the meeting, please send a signed note indicating your agreement to being nominated. For further information about what is (and is not) included in the responsibilities of a Director please contact Arleigh Luckett 687-3597. ❖

Spaghetti Dinner

35 enthusiastic diners attended and many people helped in a variety of ways - preparing food, setting up, taking admissions and helping clean up. Thanks to Cheryl Cooper and Nadine Groves for organizing this community meal. Special thanks to Francine Burlison for being the "cashier", husband Bill for helping with set-up and clean-up, and Mike and Sandy Nichols for helping to clean up after the meal. Looks like even the work was fun! ❖

Health and Wellness

At the session on March 11th, Barbara Cowan presented a wealth of information regarding the products we use on our skin.

- The easiest thing to remember is that if it has a fragrance or "parfume" listed, don't use the product.
- Chemicals can cause lasting abnormalities, not only to the person using it, but to our entire environment, including male or female hormones.
- Look for products that are organic in nature, meaning they could actually be eaten.
- Discard make-up once it's at the expiry date.
- Do not use any make-up that has "nano-___" in it. Those tiny micro bits, which are used to



Cheryl Cooper and Nadine Groves share a laugh in the kitchen

"give a glow," can be absorbed into the body, and not enough is known yet what the effect is of them on lungs or other sensitive tissues. If you must use this type of make-up, do so only for a special occasion, such as a wedding or a

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Health and Wellness (continued from Page 1)

photo shoot, and then remove it as soon as possible.

- Nail polish has been linked to birth defects.
- Finally, if you are interested in searching out such products that are nearly chemical-free, you can go to www.cosmeticsdatabase.com to determine the hazard rating.
- If anyone wants a copy of the handout sheets we were given, please call Cheryl Cooper at 687-3005.

Dr. Barb Cowan has agreed to follow up her talk with a workshop, making lip balm and hand lotion. Set aside June 7, 7-9 p.m. at the Ryde Community Centre for this event. Dr Barb

needs a commitment of a minimum of 7 adults , and the cost will be \$10 per person aged 15 and up. Younger ones could work along with a parent on this project at no charge.

We will need to know numbers ahead of time to prepare supplies. Register early to receive a list of supplies you should bring. Contact Cheryl Cooper, 687-3005, by May 31. A short list of supplies you need to bring will be handed out when you pay to attend. Everything else will be supplied by Dr. Barb.

The Medications 101 session will not be offered at this time. ❖

Community Dinners

Admission fees were discussed at the recent Directors' Meeting, and a rate for families was confirmed based on two principles:

- 1) The primary purpose of offering Community Dinners is to bring the community together.
- 2) Averaged over the year, the Community Dinners must at least break even.

The fee for adults 18 and over will remain at \$7.00. A family rate of \$20.00 per family was confirmed (including up to two adults and all children in the family from ages 6 to 18). There will be no charge for children 5 and under. Community members who cannot afford a meal at these rates, should pay what they can.

Upcoming dinners: The sign-up system seems to have worked well for the **Ham Dinner on May 22**. There is just a few spots left to fill. Please contact **Arleigh Luckett (687-3597)** if you are able to help with food preparation at the Community Centre that afternoon. Social time begins at 5:00 PM. Dinner will be served at 5:30 PM. **Annual General Meeting** starts at 6:30PM.

Strawberry Social July 3: - A group of workers is needed to put this on. Please sign up at the Annual Meeting to help with the social.

Sausage BBQ (6:00 PM) and Gravenhurst Town Council Meeting (7:00 PM) at the Ryde Community Centre - August 17

Events and Goings-on

SEW News: Katriina has taken a leave of absence from the SEW group for health reasons. The building continues to be available for sewing on **Mondays**, and there is always room for more to come. Bring your own sewing or craft for a work and social time. Call **Cheryl 687-3005** for times and info.

(\$1 towards prize pot, \$2 to Co-op). Three tables of players attend regularly, and new players are always welcome. **Louise 687-1475**

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

Town programs: Youth Kayak Day **June 19** fee is \$25.00. Details in the Recreation and Leisure Guide. Includes lunch.

Yoga classes will not be offered due to insufficient registration. Will try again in the fall.

Gravenhurst KOA Campground

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(705) 687-2333
gravenhurstkoa@cogeco.net
www.koa.com

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YOUR HOSTS: Paul Cook and Marcel Waters