

The Ryder

Ryde Community Co-operative Inc.

Volume 5, Issue 9

Events

Mark your calendar!
Details in newsletter.

- Spaghetti Dinner - Nov 22
- Bid Euchre - Nov 26 and Dec 10 pot luck
- Sparks - Saturdays at 10
- Community Drop In - Mondays until Nov 24
- Sewing - Mondays
- Yoga - Monday evenings
- Health and Wellness - Dec 4

Will you be affected by the proposed revisions to Muskoka's **Tree Cutting By-Law?**

The District of Muskoka Planning Committee is currently considering proposed revisions to the Tree Cutting By-Law for Muskoka. The District will be holding two public information meetings in the first week of December.

Immediately following the Spaghetti Dinner on November 22nd (see over for details), **Terry Pilger**, Ryde resident, District Councillor, and a member of the planning committee, has agreed to answer our questions and participate in a discussion of the proposed By-Law at 6:30 PM at the Ryde Community Co-op.

Harvest Dinner

Community members enjoyed some of the fruits of the Ontario harvest at the Ryde Community Co-op Harvest Dinner put on by the yoga class on Saturday, October 25. The menu included spiral cut ham, Caraway Cabbage, Sweet Potatoes with Pecans, Stuffed Butternut Squash Supreme, Ontario White Beans (vegetarian and with bacon) and lots of apple pie and apple crisp. The Sweet Potatoes with Pecans was selected as the recipe of the month. Carol Break reports she got her recipe from the Internet and we include it this month. ❖

Slow-Cooked Sweet Potato Casserole

- 2 cans (18oz) sweet potatoes, drained and mashed
- 1/4 cup butter, melted
- 2 tablespoons sugar
- 2 tablespoons light brown sugar, packed
- 1 tablespoon orange juice
- 2 eggs, beaten
- 1/2 cup milk
- 1/2 cup chopped pecans
- 1/2 cup light brown sugar, packed
- 2 tablespoons flour
- 2 tablespoons butter, melted

Lightly butter the crock pot. Mix mashed sweet potatoes, butter, 2 tablespoons granulated sugar, and 2 tablespoons brown sugar together in a large bowl. Beat in juice, eggs, and milk. Transfer to the crock pot. Combine pecans, brown sugar, flour, and 2 tablespoons butter. Spread evenly over the top of the sweet potatoes. Cover and cook on high for 3 to 4 hours. Serves about 6.

*Note from Carol Break - I modified the basic recipe "for a crowd" and used about a dozen large, fresh sweet potatoes, pricked and baked in the oven, and made about four times more pecan topping than the recipe indicates.



Health and Wellness Series

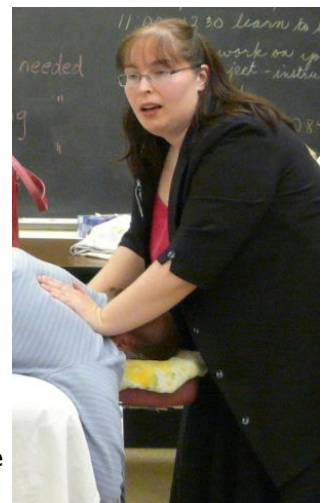
An enthusiastic group gathered on November 13th to learn about the healing power of touch. Naturopath Dr. Barbara Cowan of Gravenhurst Naturopathic Healing Centre demonstrated simple and basic massage techniques which can be used on self or family and friends to provide stress relief, relaxation, to promote a feeling of well-being, and to communicate caring. The group then practised these techniques with input from Dr

Barb. The workshop concluded with a lunch of hot soups, bread and butter, and Katriina's delicious Queen Anne cake.



period of rest follows. The session on Dec 4th will include an information session, an opportunity to explore your own energy field, viewing a DVD, demonstration, and a draw for one free session that day (more if time and resources allow).

Please plan to join us. As always we appreciate knowing in advance if you plan to attend so enough food can be prepared for the lunch which follows. Please call Louise at 687-1475 and leave a message. Our speakers take time from their busy practices to attend our sessions, so we give them an honorarium to help cover their expenses. The donations of those who attend cover the costs of the honorarium and the lunch.



"Come Feel the Energy" on December 4th. Therapeutic Touch (TT) is an energy-based modality in which the practitioner uses the hands as a focus for facilitating the healing process. In Ontario, many hospitals and nursing agencies are encouraging their nurses to study the technique. Among those using TT are hospice workers, midwives, occupational health nurses, and those involved with elder care. A session does not usually exceed 20 minutes, the client remains fully clothed, and a

Above: Dr Cowan demonstrates 'effleurage', a gentle sweeping stroke used at the beginning and the end of a massage. Katriina is the willing object of her attention.

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We need a sponsor for the December 2008 issue. If you would like to reach all 413 homes on RR3 with your business or personal message for only \$45 for Ryde Co-op members / \$55 for non-members, please call Carol 687-6992 to book your space.



Therapeutic Touch
Practitioners in Muskoka

Bonnie Blain
646-1155

Bonnie Christie
646-2095

Gail Oakley
645-8006

Events and Goings-on

- **Sewing** will continue on Mondays throughout the winter. 11-12:30 - Learn to sew. 1-3 work on your own project - instructor Katriina on hand. Call **Katriina - 687-0843**
- **Bid Euchre** continues on Nov 26, and ends the season with a pot luck on Dec 10 at noon followed by euchre at 1. Games will be discontinued for January and February and start again in March.
- **Yoga** classes will continue on Monday evenings through December 15. During the winter months our instructor will be away but the group has decided to continue to get together for yoga practice. Practice sessions may be based on a video or led by a member of the group. Yoga practice sessions will begin January 5. For information contact **Arleigh - arleigh.luckett@utoronto.ca** or **687-3597**.
- **Sparks**, the Girl Guide program for girls ages 5 & 6 takes place on Saturdays @ 10AM, at the Community Centre. Contact **Nadine Groves @ 684-9646**
- Ryde Centennial Free Methodist Church announces Christmas activities. Dec. 7 is a **Christmas Pot Luck Lunch**, just after the morning worship service, starting about 12 noon. The **Christmas Programme** will be held on Sunday Dec 21 starting at 10:30am
- **Drop in** to the Community Centre any time between 9:30 and 10:30 AM on Mondays until November 24. Hostesses **Carol Cook** and **Katriina Alanko** will welcome you to sit, relax, and chat while sipping your coffee or tea and munching on goodies. You may wish to use the computers or take home a book from the library. Very informal. All welcome. If you are not familiar with the Ryde Co-op and our activities, it's a good chance for an introduction.

- **Ladies Lunch** on Monday, Dec. 8 at noon. The sewing group invites ladies in the community to come for lunch. Drop by for lunch at noon and enjoy a fashion show as the sewing group show off what they have learned in sewing class. Call **687-0843** or email to oknala@sympatico.ca to reserve your place. Bring your appetite.
- **Sew News** - Are you a sewer (sewist?) Most of us find that sewing at home is a lonely job. There's no one to bounce ideas around with or help to figure out how to change that pattern to make it fit or to redesign the look of a garment. If so, would you be interested in forming a sewers' forum, a place and time when you can get together with others who want to take their sewing to another level? It would be a "club" that meets once a month, a place to share ideas, and enthuse about sewing. Send your thoughts on this to **Katriina** at **687-0843** (oknala@sympatico.ca).
- The **Book Club** will be holding an organizational meeting. The date is currently under negotiation. If you are interested contact Arleigh Luckett.
- The next meeting of the Ryde Community Co-op **Board of Directors** will be held on Wednesday, December 5.
- Earlier this fall we asked for community input on what kind of active recreational programs should be offered through the Gravenhurst Recreation Department Community Outreach next spring. We are currently looking for leads for instructors for Karate for Kids and Tai Chi. If you know of any instructors who might be interested in offering these programs at the Co-op, please contact Arleigh Luckett or Rosemarie Hinzmann.

Painting, Anyone?

Bonnie Edwards, a local artist, is interested in organizing a weekly painting class at the Co-op for a weekday morning. If you would like to learn to paint with acrylics or if you already paint with acrylics and would enjoy sharing your interest with others, please contact Bonnie at sonflowerstudio@yahoo.ca or 684-9111. If there is enough interest, she will work out the details and present a proposal to the Board for a class to start in January.



Upcoming Dinners

- **Spaghetti Dinner** - Always one of the most popular annual events, the spaghetti dinner will take place in **Saturday November 22**, starting at 5:00. Look forward to spaghetti and sauce (meat and vegetarian available), salad, bread and butter and dessert. We like to know how many to expect so we can prepare enough food so that no-one goes away disappointed. Please call the **Speichers** at **687-1475** by Wed. Nov 19th.
- Mark **Jan 10th** on your 2009 calendar, and start thinking of how you are going dethrone Carol Break and Terry Pilger, the 2008 champs to become the **2009 Chili Champ of Ryde**. There will be at least two categories - "Traditional" - (beans and/or meat), and "Freestyle" - (includes one or more non-traditional ingredients). More details next issue.

Nicole's Nails

This Month's Sponsor



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We recently moved to this beautiful area in August of 2007. We have four, yes 4 boys... ages 10, 6 and two 4yr olds. With having some freedom after our youngest boys have started school, I have decided now would be an excellent time to get involved in the community and maybe build my business at the same time! I am excited to offer my services and be a part of the Ryde Community.

Whether you are seeking some pampering with a Pedicure or just a friendly "Hello", I look forward to meeting you in the near future.

Nicole McKay
1028 Merkley Rd RR3, Gravenhurst, ON PIP 1R3 Gift Certificates also available.



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