

The Ryder

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

Volume 6, Issue 7

Events

- **Pot Luck Supper** - Saturday November 14th, at the Ryde Community Centre, 1624 Barkway Road
 - **Ladies' Lunch, Craft Sale, and Bake Table** Thursday December 3rd
- See details on Page 2

Wellness Report

On Fri Oct. 2, 13 lucky people gathered to hear Dr. Doug Neudorf of Algonquin Chiropractic share his thoughts on Wellness. Wellness is the state of good health. What is health? Health is the state of optimal mental, social, and emotional well-being.

When you're sick, you seek to relieve the symptom. This is a crisis emergency. But what caused the problem in the first place? Symptoms are covered up – not really cured. Medications can cover up as well as toxify your body over the years. Side effects are then problems.

Dr. Neudorf provided a handout with his "top ten" list of things to do for Wellness. They are summarized here:

1. DRINK PURE WATER - Not tea, coffee, etc. 8-12 glasses / day.
2. CONSUME ESSENTIAL NUTRIENTS - The body can make 10. You need Calcium, and 90-some others for life. Supplements and multivitamins are needed to cover all the bases. Get natural-source products. Gel caps or powder is best.
3. STAY AWAY FROM THE "FOUR HORSEMEN OF THE NUTRITIONAL APOCALYPSE" - Refined sugar, white flour, carbonated beverages, trans fatty acids.
4. WATCH YOUR BLOOD PH - test with a strip – ideal is 7.4. Minimize acidic foods.
5. SLEEP AND REST - 8-10 hours of sleep per night is ideal. Kids need 10, minimum.
6. EXERCISE - at least 3 times a week, 20 minutes minimum each time.
7. USE NATURAL PRODUCTS - toothpaste,



Dr Neudorf and his receptionist / assistant Linda Wilson.

hair products, clothing, bedsheets

8. CLEANSE - with Fasting, Tonics, Saunas, Exercise, Foot baths
9. MAINTAIN A POSITIVE MENTAL ATTITUDE - Your dominant thoughts control your reality. Choose carefully those influences that affect your thoughts. Be careful of what you watch on TV, hear in the media.
10. TAKE CARE OF YOUR SPINE AND NERVOUS SYSTEM - Your spine houses your nervous system. Your nervous system runs and regulates every function of your body.

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Most-Requested Recipe from the Health and Wellness day in September - supplied by Katriina

Corn Flake Bars

- Mix together in a bowl-
- 1 1/2 c crushed cornflakes
 - 3 tbsp sugar
 - 1/2 c butter, melted
- Add at least two of these (or any suitable substitutes you have on hand) and mix in
- 1+ c walnuts
 - 1+ c raisins
 - 1 c coconut
 - 1 c chopped fruit
 - 1 c chocolate chips

Pour 1 can of Eagle Brand milk into a 2-cup measuring cup and heat in microwave for no longer than 45 sec until warm. Pour over above ingredients and mix well. Pour into 13X9 parchment lined baking dish. Bake 25 min at 350 or until edges start to brown lightly.

Ward Boundaries Change for 2010 Election

Arleigh Luckett

Chances are good that if you live in Gravenhurst and received this copy of the Ryder in your rural mailbox, you live in the newly expanded Ward 4.

At the Committee and Council meetings of October 20th, 2009, the final report on the Ward Boundary Review was presented by Dr. Robert Williams and Watson and Associates. A copy of the report including maps may be viewed or downloaded from the home page of town website www.gravenhurst.ca.

Following the receipt of the consultant's Report, Gravenhurst Town Council voted to make changes to the ward structure in time for the municipal elections scheduled for the fall of 2010. The primary purpose of the changes is to have each councillor represent approximately the same number of people.

What does it all mean to us??? All of Ryde

will be part of a larger ward that includes all properties in Gravenhurst accessed via Muskoka 6 and/or 20 and/or Simcoe 52 and properties north of the Kahshe Lake area and east of Highway 11 right up to the airport. In 2010, one councillor will be elected to represent Ward 4.

Four other wards roughly similar in population size will each elect one councillor to be their representative. The mayor and three District Councillors will continue to be elected at large. Look for the Ryde Community Co-op to host an opportunity to meet the Ward 4 and at large candidates and discuss your issues and concerns with them next fall.

The old Ward 4 included only 7% of the (seasonal and year round) population of Gravenhurst while the largest ward in the old system included 55% and two other wards

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Health and Wellness *continued from Page 1*

If you have any questions, contact Dr. Neudorf in Huntsville at 17 West Street North, 705-787-1001. His challenge: Make one change for this year. Concentrate on it, and see how you're doing a year from now. Encourage each other to make that change and keep it going. A year from now,

evaluate, and see how far you have come. The Health and Wellness sessions are well attended, and always interesting. If there is a health and wellness issue that interests you, we'd be please to try to get a speaker on topics of interest. Please call Katriina with your suggestions. Phone 687 - 0843. ❖

Ward Boundaries *continued from Page 1*

fell somewhere in between. Three of the wards elected one councillor each and the old town ward (which was not the largest ward) elected two.

More detailed information is available on www.gravenhurst.ca or from the Town office.

Any person or agency may appeal to the Ontario Municipal Board in respect of the By-law enacting the changes by filing with the Clerk of the Town of Gravenhurst, not later than the 4th day of December, 2009.
 - Arleigh Lockett is President of the Ryde Community Co-op ❖

Events and Goings-on

- **Pot Luck Supper** - Mark your calendar for November 14th, and plan to attend a fall community dinner at the Ryde Community Centre. These events are always a favourite, as the dishes showcase the talents and creativity of the cooks in our area. Gather at the Community Centre, 1624 Barkway Road for a social time and buffet setup between 5 and 5:30. Buffet starts at 5:30. If you are arriving after 5:30 PM, please make your contribution a dessert. Cost is \$2 pp to cover the cost of tea, coffee, plates, etc. You are encouraged to bring your own plate and cutlery. No time to cook that

- day but want to attend? Call Arleigh in advance, and pay \$7 per person at the door.
- **Kitchen Remodeling Day** - We have a new stove in the kitchen, but we need to rearrange the workspace to accommodate it to advantage. We'd like to arrange a work bee to remodel the kitchen. If you are interested in helping, please call Katriina at 687-0843 or email oknala@sympatico.ca and we'll arrange a convenient date.
- Look Forward to the **Third Annual Chili Cook-off** on January 9th. Contact person for this event will be Arleigh. ❖

SEW News

Our group is growing, and still attracting new members. It's wonderful to see this group becoming such a close-knit bunch. If you haven't had the chance to take in one of our sessions, give us a try. We do sewing, knitting, crocheting, crafts, and anything else you want to try.

with others who also enjoy the day. We start at 11:00 most weeks and go through until 3:00 or 4:00 or whenever someone remembers to check the time. Contact Katriina at 687-0843 or oknala@sympatico.ca

Every week is different. If you are interested in sewing only, or crafts only, or a combination, you won't be alone in your endeavors. Current projects include learning, or re-learning, skills such as zipper application, or pocket making, or setting in sleeves, etc. There are thousands of tips and tricks to pass along to make your project easier and more fun to do. Our current sewing project involves embellishing a t-shirt; the crafters are starting to make Christmas gifts and decorations.

Bring your lunch and your project and be prepared for a day (almost) of camaraderie

The S.E.W. Group will present the **Ladies' Lunch, Craft Sale, and Bake Table** on Dec.3rd. The ladies wish to do a follow-up to last year's Ladies' Lunch and, as they are working hard on Christmassy things, wish to have a craft sale at the same time. The bake table will hopefully make the Christmas baking a little easier for those who like something sweet to nibble on during the holidays. The funds generated from this event will go to help a needy family in the area. Doors open at 11:00 to give shoppers time to browse before lunch is served at 12:00. They will then have till 3:00 to shop. Luncheon will cost \$7.00, payable at the door.

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