

The Ryder

Ryde Community Co-operative Inc.

Volume 5, Issue 8

Events

Mark your calendar!
Details in newsletter.

- Oct 25 - Harvest Dinner
- November 22 - Spaghetti Dinner
- Bid Euchre - 2nd and 4th Wednesdays
- Sparks - Saturday at 10
- Community Drop In - Mondays
- Sewing - Mondays
- Yoga - Monday evenings
- Health and Wellness - Thurs Nov 13

Great Food and Appetites at September Pot Luck

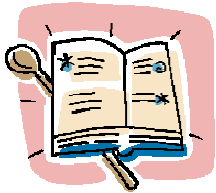
There was a good turn out for the Pot Luck Community Dinner at the Coop on Saturday, September 27. Arleigh Lockett welcomed everyone on behalf of the Coop Executive and sang an inter-faith version of The World Hunger Grace before dinner.

Forty-two folks including several new faces enjoyed a great selection of dishes from beef stews to broccoli salad. And there were just as many different desserts!! Not only are the neighbours great cooks but we all seem to have good appetites too -- you don't want to arrive late to a community pot luck!

Thanks to everyone who cooked and everyone who came to enjoy the results. A special thanks goes out to **Sandy** and **Shirley** for helping with the set-up when they arrived a few minutes before the rest and to **Lorraine Masters** who agreed to provide her recipe for broccoli salad for this issue (see left sidebar).

If you bring one of your signature dishes to a community dinner, we'd love to have the recipe

to publish in a future Ryder. You can email your recipe to carolwagg@rogers.com or just write it up and bring to the dinner. ❖



Lorraine's Broccoli Salad

5 heads broccoli, washed under hot water and drained
3/4 (or so) of an 890 mL jar Hellman's Olive Oil Mayo
1/3 cup apple cider vinegar
1/4 cup white sugar
Mix together to dissolve sugar
1/2 cup Thompson raisins washed and drained
1 red onion, chopped (keep separate)
salted sunflower seeds (keep separate)
(optional) bacon cooked crisp and crumbled (keep separate)

Mix broccoli, mayo, vinegar/sugar, and raisins. Set out bowls of separate items to suit individual tastes. Adjust quantities to suit the crowd size. Will keep for a day or two if optional items are kept separate.

Health and Wellness Series Continues

On October 2nd **Iveta Doktor-Ingilis**, a physiotherapist from Orillia Pelvic Floor Physiotherapy, gave a most interesting and informative talk about urinary incontinence to an audience of 15 ladies. Incontinence caused by stress (coughing, sneezing, laughing, lifting, running, or jumping) and urgency are in the realm of her practice. Assessment and appropriate exercises in a series of bi-weekly appointments over 8-12 weeks bring relief of symptoms. FYI: •Acidic fruits and juices, artificial sweeteners, caffeine, carbonated drinks, red dye, spicy foods, sugar, and some medications are known irritants. •You can request a consultation through your doctor or ob/gyn. For more information, please contact **Iveta** at **705-728-9247** to request a brochure.

The Health and Wellness series will take on a different format for the November meeting. Rather than the usual information session, Instructor Dr. Barb Cowan ND will offer a workshop called **The Healing Power of Touch**. Connect, explore and develop a greater understanding of your body using the powerful and soothing effects of touch and massage. Learn how to provide a gentle and relaxing treatment for both yourself

and others. Learn how to offer a hand/foot massage to a spouse or someone who needs loving care (ideal for those of us who care for a friend or relative in hospital/nursing home, or who has mobility problems.

Come as you are! Singles and partners are welcome. Please bring a small pillow, towel and wear comfortable clothes. Session will include both lecture and "hands on" time. Admission is by donation, please. Important - for this session, we will meet on the second Thursday of the month - November 13th, same time, same place, and provide lunch at noon. All are welcome! Bring a friend. Please call **Katriina** @ **687-0843** to let us know you are coming so enough food can be prepared.

Our speakers take time out from their practices to address our group, and are given an honorarium for the session. Lunch is served. Costs are covered by donations the day of the event.

December 4th - **Therapeutic Touch** - details to follow. ❖

Iveta Doktor-Ingilis (fourth from left) is set to enjoy lunch and an informal chat with some of the ladies who attended.



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Events and Goings-on

- Something new... **Drop in** to the Community Centre any time between 9:30 and 10:30 AM on **Mondays** starting **October 20** until **November 24** where hostesses **Carol Cook** and **Katriina Alanko** will welcome you to sit, relax, and chat. You may wish to use the computers or take home a book from the library. Very informal. All welcome.
- **Ladies Lunch** On Monday, Dec. 8 at noon, the sewing group invites ladies in the community to come for lunch and a cookie exchange. Take a short break from Christmas preparations and come out for lunch at noon. Be prepared to enjoy a small fashion show at the same time. The ladies want to show off what they have learned in sewing class.
- The next **Community Dinner** at the Ryde Community Co-op is being prepared and presented by the yoga class as a way of supporting the Co-op in return for making the class possible. A **Harvest Dinner** will be held Saturday October 25, 2008 at 5:00 PM featuring local/Ontario produce.

Everyone is welcome. Vegetarian, low-fat and lactose free options will be available. Admission is by donation to the Ryde Community Co-op. Please contact **Arleigh** by email (preferred) well before the event arleigh.luckett@utoronto.ca or by

phone **687-3597** if you plan to attend.

We are putting on a push to go greener at the Co-op. You are encouraged to bring your own plates and cutlery and/or make sure all recyclable plates, cups and cutlery get into the right recycling bin.

2008 memberships will be on sale at the Harvest Dinner for those who have not already supported the Co-op in this way this year. During the evening, please also take a minute to check your information on the membership list to make sure we have your correct mailing and email address. 2009 memberships will go on sale in January.

- **Sewing** Mondays 11-12:30 - Learn to sew 1-3 work on your own project - instructor on hand. Call **Katriina** - **687-0843**
- **Bid Euchre** continues twice a month on the second and fourth Wednesdays. New players are always welcome. Call **Louise** for more details **687-1475**. Oct 22, Nov 12 and 26, and Dec 10 (this meeting will be a potluck).
- **Book Club** - A number have expressed interest, and it's not too late to contact **Arleigh**. She prefers email, but give her a call if email is not an option.
- **Sparks** Saturdays @ 10AM for girls ages 5 & 6, will be held at the Community Centre. Contact **Nadine Groves** @ **684-9646**

For Your Consideration

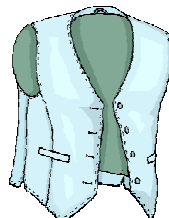
- **Bonnie Edwards**, a local artist, is interested in organizing a weekly **painting class** at the Co-op for a weekday morning. If you would like to learn to paint with acrylics or if you already paint with acrylics and would enjoy sharing your interest with others, please contact **Bonnie** @ **684-9111**. 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.

- **Nancy Hunter** has a series of three **art workshops** (watercolours and jewellery) she is willing to offer on Saturdays in November. Please call **Carol** **687-6992** for more info. A minimum of 5 registrants would be required for the class to run. ❖

Sew News

Here is the latest news from the sewing room. The Christmas vests are well under way and we're already thinking about what our next project will be. We'd like to encourage ladies to join our group - we have fun!



lug in every Monday.

A huge THANK YOU to **Gerald Hopkins**. Thanks to his generosity, we now have that 4th sewing machine and fabric to go with it.

We now have 4 sewing machines residing in our sewing closet - ready to be used in class by those who don't have a machine to bring to class or find that their machine is too heavy to

Just in case you might think that this is just a beginners' class, rest assured. We can help you work out just about any sewing problem. All you have to do is show up with the problem and we'll come up with a solution. For more information, call **Katriina** @ **687-0843** or oknala@sympatico.ca ❖

Ryde History

More items of historical interest have been added to the Ryde Co-op website www.rydecommunityco-op.com. Take a look to see these and other interesting items. • Ryde's 104th Birthday, Aug 20, 1983, • Photo of Old Waters Farm 1948 (recently destroyed by fire), • Ryde Officials 1879-1970, and a link to • Ryde Schools from Gary Denniss's Book A Brief History of the Schools in Muskoka. Again, many thanks to **Carol Fraser**. ❖

Susan Ward

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Sue Ward lives on Kahshe Lake in Housey's Rapids.

