

# The Ryder

Ryde Community Co-operative Inc.

Volume 5, Issue 6

## Ryde Co-op Reminder

- **Bid Euchre** Every 2nd Wednesday, Sept. 10 & 24
- **Sewing Sessions** Start again Monday Sept. 8th ... see details on back.
- **Yoga** Mondays starting September 8th.
- **Health and Wellness Session** September 4th

## Registration for Sparks and Guides:

Contact the Community Leader - **Kim Hamilton**, phone 877-323-4545, ext. 7333.  
 Sparks (ages 5-6) meet Saturday morning, place and time to be confirmed and Guides (ages 9-12) meet Thursday night at 6:30 - 8:15 at the Ryde Centennial Free Methodist Church.  
 (We don't have Brownies this year, but wouldn't turn anyone away.)

## Announcement

The Housey's Rapids school house has new owners as of August 25th, 2008. After 22 wonderful years, Frank Luce and Esther Levy are pleased to announce that this historic school house will remain in the community.

## The Tree Museum

Doe Lake Rd  
 2008 Exhibition  
 September 13 to  
 October 30 2008

## Special Night Time Video Presentation:

Sat. Sept. 13 2008, 7pm to 9pm (Bring flashlight and rock climbing footwear)

## Reception:

Sunday Sept. 14 2008,  
 12 Noon to 5 pm  
 Site-Specific Installations

**Please do not bring your dogs to the nighttime event. Your dogs are welcome in the daytime.**

The Tree Museum is open all year, but the fall is an amazing time to visit and experience art and nature in perfect harmony.

## Health and Wellness

Fourth in the ongoing Health and Wellness series will take place on Thursday, September 4th at 10 a.m. The speaker will be **Fred Zufferey**, a resident of Barkway and a member of Ryde Co-op. Fred is a registered therapist in several practices, and operates Body-Mind Wholeness Clinic in downtown Gravenhurst where the focus is on holistic services, striving to address the needs of the whole person rather than merely addressing symptoms. Clients are encouraged to take charge of their own health and are given support on their journey towards optimal wellness. As part of his presentation, Fred will focus on 'Shi-atsu', literally 'finger-pressure', a Japanese technique based on the same principles and theories as Chinese medicine. Shiatsu uses the same energy pathways (meridians) and points as Chinese acupuncture but, instead of inserting



needles in the body, the Shiatsu therapist applies comfortable pressure on selected points along the meridians to normalize the flow of energy and restore health. This is why Shiatsu has often been described as "acupuncture without needles".

Please join us at 10 for the presentation and stay for lunch at noon. As always, we'd appreciate a call to let us know you plan to attend so an appropriate amount of food can be prepared. Your donation toward speakers fees and lunch costs will be gratefully accepted. Please call Carol 687-6992.

The Health and Wellness series continues on Thurs, Oct 2 with Physiotherapist Evita Doktor-Ingilis of Orillia Pelvic Floor Physiotherapy. This session will deal with female urinary incontinence, which women generally believe is a normal consequence of aging and childbirth, but can actually be prevented, treated, and often cured with exercise and diet. ❖

## Road Work

Work on the Cooper's Falls Road commenced in mid August. Metal safety railing is being installed along a two kilometer stretch between the Black River Rd and Cooper's Falls. It appears that all or at least most of the railings in the sections where they do not need to do extra work, have already been installed. At present, most folks only have only experienced minimal delays when work was in progress. When trucks or other equipment are in the area, there is only one lane available for traffic as there is no option for getting either the equipment or a lane of traffic off the road.

In the coming weeks they will be stabilizing the

*Arleigh Luckett*

river bank in sections where it is not currently suitable for holding the railings, blasting where the ditches on the side opposite the river must be widened to accomodate snow banks and installing two culverts. Kevin Austin at the District of Muskoka office makes it clear that the road will not be "closed" at any time. He expects delays will seldom be longer than 10 to 15 minutes but acknowledges that there could be some longer delays for example if more debris than expected was on the roadway after a blast. Both lanes will be open when the construction crew is not present. Alternate routes are encouraged when possible. ❖

## Monday Evening Yoga - Fall Session

After a short break for Labour Day, Monday evening yoga classes resume **September 8** and will continue through the fall. With the sewing group using the room during the day on Mondays this fall, we look forward to the room having had much more time to warm up before class than in previous years (once the heating season arrives).

New participants are always welcome! **Carol Peterson**, a certified yoga instructor from Bracebridge, leads the class, adapting the stretches and postures to the experience level, needs and abilities of individual participants. Don't hesitate to give it a try thinking you are "not flexible enough". Yoga is all about starting where you are on any given

day and going just a little bit further. Carol always brings a couple of extra mats, in case anyone needs one.

**When:** Monday evenings from 7 to 8:30 (building opens at 6:45 PM)  
 No class on Thanksgiving Day

**Fee:** \$10/class

**What to wear:** Loose and/or stretchy clothing. No special footwear required -- yoga is done in bare feet.

**What to bring:** Towel or small blanket or small firm cushion. Yoga mat if you have one. Drinking water.

**For more information** contact **Arleigh Luckett** -- arleigh.luckett@utoronto.ca or 687-3597. ❖

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**Events and Goings-on**

- **Help, Please!** Any member who has a new email address, please contact secretary Arleigh Luckett [arleighluckett@utoronto.ca](mailto:arleighluckett@utoronto.ca) so records can be updated.
- **Community Outreach** Spread the word - tell your neighbours who may not have a mailbox to receive the Ryder. Contact any director with your ideas for events and programming.
- **Book Club** Are you interested in participating in a Book Club? Interested people are asked to call Arleigh and a initial planning date will be set. Details next time.
- **Event Plan** At their regular monthly meeting on August 20th, Directors drew up a plan for community dinners through to the end of June. Some groups who use the community centre have offered to do the planning for some events, and we encourage other groups to take responsibility for a monthly dinner. Please call any director (see list on front).  
Sept - Pot Luck- Saturday, Sept 27 starting at 5.  
Oct - Yoga Group?  
Dec - Ladies' Lunch (sewing group)  
Jan - Chili Cook Off  
Feb - Mardi Gras - pancakes - Men? Are you up for it?

April - AGM  
June - Strawberry Social

**Ongoing Events:**

- **Bid Euchre** continues twice a month on the second and fourth Wednesdays. New players are always welcome. Call Louise for more details 687-1475.  
Sept 10 and 24, Oct 8 and 22, Nov 12 and 26, Dec 10 (potluck).
- **Sew News**  
Once again it's time to get those sewing machines humming. It's time to 'go back to school' to learn some new sewing techniques to make your sewing hours even better. If you're new to this skill, come along and be amazed at what you can accomplish. If you're a returning sewist, we welcome you back. We now have several machines for those of you who do not own one. Our first class of the fall will be on **Monday, Sept. 8** at 1:00 pm. At this session, we'll do a little planning for the following classes (what kind of garment you want to work on, what fabric and notions you'll need, etc.) It will also let me assess your abilities so I can guide you to success. For More info call Katriina - 687-0843  
Dancercise - Fri 9-10. Call Louise 687-1475  
❖

**Gravenhurst Council Meets in Ryde**

On Tuesday August 19, Gravenhurst Town Council held its regular council meeting in the Ryde Community Centre. The meeting was well attended with approximately equal numbers of local residents and council/support staff.

A barbecue supper was provided, allowing an opportunity for informal conversation regarding pertinent local issues. Thanks to Louise and Ivan Speicher for organizing the meal, and to all who set up and cleaned up.

The various committees of council carried out their business, and throughout the meeting, time was taken by council members and staff to explain the issues under discussion and the procedures. An open question and answer session followed, which is a unique feature of these annual "away from Town Hall" council meetings.

Our thanks go out to the Town of Gravenhurst for allowing the Co-op to continue in the premises, and the Trillium Lakelands Board of Education, (owners of the

building) who lease the building to the town for a nominal fee. ❖



Top Photo: President Ron Stager presents a cheque from the Co-op to the Town, to help with the costs of running the Community Centre



Bottom Photo: Community members and Council Members enjoy the BBQ dinner

**High Speed Internet in Ryde - An Update**

Arleigh Luckett

If you are still waiting for high speed Internet service to become available to your Ryde home or cottage, you might want to check with Bell, Vianet or other Internet service provider (ISP) to see if DSL is now available on your phone line. Many Ryde lines that did not have DSL available in the late spring or early summer have now been added to the database. You can call an ISP or enter your

phone number on their website to find out.

The Core Broadband Wireless Internet Service is now available from the Ryde Firehall Tower as well. A number of homes have just started using it. So far two ISP's are selling the service: Vianet and SureNet. You can contact them for pricing, or see the Ryde Systems ad below for more info. ❖

**Ryde Systems - Randy Jorgensen**

*This Month's Sponsor*



The new DSL Internet service that runs over your phone line is available to many homes within a short distance of the intersection of Barkway Road and Housey's Rapids Road.

For those who can't connect to the new DSL service, the new Core Broadband Wireless Internet service is now operational from the Ryde Firehall Tower. This service generally works well when there is a good path for the radio signal from your home to the Ryde Firehall Tower - no ridges or rocks in the way, and when the tree cover around your home in the direction of the tower is not too dense.

I'm now installing this service for customers in Ryde. Installation cost starts at \$180 for a basic install (trickier installs cost extra). Customers sign up with an Internet Service Provider (ISP) after the installation is complete. Monthly costs run around \$49.99 + tax.

If you are interested in this new Wireless Internet or have questions, give me a call.

**Ryde Systems Randy Jorgensen** 1103 Hall's Rd RR 3 Gravenhurst ON **Phone:** (705) 687-9038 **Cellular:** (705) 646-4392

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