

The Ryder

Ryde Community Co-operative Inc.

Volume 5, Issue 7

Ryde Co-op Reminder

- **Pot Luck THIS SATURDAY @ 5PM**
- **Bid Euchre** Every 2nd Wednesday
- **Sewing Sessions** Mondays from 11 to 12:30
- **Yoga** Mondays from 7 to 8:30PM.
- **Directors Meeting** October 1 7PM
- **Health and Wellness Session** October 2 10AM
- **Vote** at the Community Centre October 14th

Health and Wellness

Our monthly health and wellness series resumed for the fall on Thursday Sept 4 with a good turnout to hear speaker **Fred Zufferey**. Fred explained the origins of the practice of Shiatsu ("finger pressure", like acupuncture without needles), and the willing onlookers vied to be the one he demonstrated on. **Pat Ure** was the lucky winner. Fred also outlined other aspects of his practice at Body-Mind Wholeness Clinic.



In keeping with the "health and wellness" aspect of the talks, **Mike and Diane**



Ruddock who attend regularly, cycled from their home in Washago.

If you are interested in learning more about shiatsu massage, you

can meet Fred at the Gravenhurst Farmer's Market on Wednesdays. As always a tasty lunch was enjoyed by those who attended.

On October 2nd at 10:00 a.m., **Iveta Doktor-Inglis**, a physiotherapist from Orillia Pelvic Floor Physiotherapy, will address the issue of urinary incontinence. Any of us who are in the habit of coughing, sneezing, laughing, lifting, running, or

jumping, and not just those approaching the "golden years", may experience this unwelcome symptom. In fact, 3.3 million Canadians are affected. When the condition is caused by weakened pelvic floor muscles, appropriate exercises can improve control regardless of the age of the person and how long the symptoms have been present. Join us for the talk at 10 and lunch at noon. We gladly accept donations to help cover the cost of food and speaker fees. As always, we'd appreciate a phone call to let us know you plan to attend so an appropriate amount of food can be prepared. Please call **Louise** at **687-1475**.

Look forward to:
November 6 - Naturopath Barbara Cowan - Massage
December - 4th - Therapeutic Touch - a team of 4 practitioners.❖

Congratulations Carl Break

On August 9th, family, community members, and well-wishers from far and wide attended a 90th birthday party for **Carl Break** at the Ryde Centennial Free Methodist Church in Housey's Rapids. Congratulations! ❖



Carl and Iva Break accept the good wishes at Carl's 90th

Pot Luck Supper - Saturday September 27

Come join your neighbours at the **Ryde Co-op Community Pot Luck Supper**, Saturday, September 27, 2008 Starting at 5 PM.

Please be sure to put your name on your serving dish and utensil(s). Coffee, tea and pop and bread and butter will be provided, as

well as disposable plates and flatware. If you wish to be "green", feel free to bring your own plates and cutlery. To volunteer to help set up (at 4:00 PM) or clean up, please contact **Arleigh** by email arleigh.luckett@utoronto.ca or at **687-3597**.❖

Want to Join the Book Club ?

There will be an organizational meeting for the proposed book club in October. Anyone who wants to attend that meeting should contact

Arleigh at **687-3597** by October 4 so a date and time that works for everyone can be chosen.❖

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Events and Goings-on

- Ryde Community Centre will be a **polling station** for the **Oct 14th** election. The Co-op Executive will be providing coffee and tea for voters and personnel. Remember about the All Candidates' Meeting at the Opera House in Gravenhurst October 1 at 7 PM, and be sure to vote!

- **Sewing** - Mondays 11-12:30 - Learn to sew; 1-3 work on your own project - instructor on hand. Call **Katriina** - 687-0843

Upcoming Community Dinners

Mark Your Calendar
October 25 - Prepared and sponsored by the Yoga Group - info to follow next issue
November 22 Spaghetti Dinner
December 10 Bid Euchre Pot Luck



- **Directors meetings** take place each month. Next meeting is Oct 1 at 7 p.m. If you have a question, concern, or an idea to share, contact a director or plan to attend.

- **Ladies Lunch** - On Monday, Dec. 8 at noon, the sewing group would like to invite ladies in the community to come for lunch and a cookie exchange. Take a small 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.

- Due to overwhelming busy times, the **Craft Show** will not take place this fall. We'll hope for better luck in the spring.

- **Bid Euchre** continues twice a month on the second and fourth Wednesdays. New players are always welcome. Call **Louise** for more details at 687-1475.

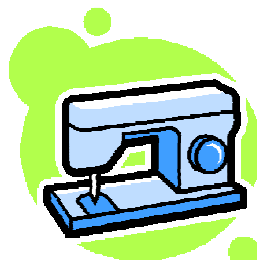


- **Yoga** continues on Monday evenings from 7PM to 8:30PM. New participants are always welcome. As class may occasionally be cancelled, please contact **Arleigh Luckett (687-3597)** or the instructor **Carol Peterson (646-7028)** to confirm there is a class that evening.

- Saturday September 27, 10AM: **Sparks**, for girls ages 5 & 6, will be held at the Ryde Community Centre. Nadine Groves is looking for another responsible lady to help out Saturday mornings. ❖

Sew News

Sewing class now meets on Mondays. Formal lessons from 11:00 - 12:30. After lunch (bring your own, we'll provide tea) you'll have a chance to sew on your own project - or problem - for a couple of hours.




Katriina will help you solve whatever sewing problem is robbing you of valuable sleeping time. Currently, we are delving into the how and why of making a fancy vest for the Christmas season. If you're feeling that it's too late for you to join the group,

relax. There is no such thing as too late. Whatever you might have missed in the first week, we'll go over it one-on-one to help you understand the concepts. We have 2 sewing machines available for you to use if you don't own one.

Call **Katriina at 687-0843** or email at oknala@sympatico.ca to get more information. We're looking for a few more sewing machines. If you have one you want to get rid of, we'd be ever so happy to take it off your hands. There are ladies who would like to join in the sewing group but feel that they would be wasting their time without a sewing machine. Any donated machines will be checked over and then kept at the school for use in our sewing classes. ❖

Ryde History

Local Historian **Carol Fraser** has been given access to the records of former Ryde Township clerk **Bernice Merkley** and has provided several items of interest for reference on the Ryde Co-op website www.rydecommunityco-op.com. Take a look to see these and other interesting articles. "Opening of the new Housey's Rapids Bridge, 1960", "A Short History of Ryde", and "Township of Ryde By Laws 1879". ❖



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