

1624 Barkway Road, Gravenhurst  
Ryde Community Co-operative Inc.

Working together in a co-operative way to be one voice and one community  
Find us at: [www.rydecommunityco-op.com](http://www.rydecommunityco-op.com), [www.facebook.com/RydeCoop](http://www.facebook.com/RydeCoop) or @RydeCoop



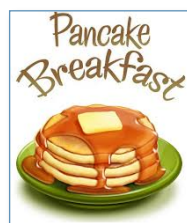
## Congratulations!!

We have lots to celebrate this month in Ryde! RCC Members Larry Peck and Carol Wagg are being recognized as outstanding volunteers and community-builders in our community and each will be presented with a *Community Spirit Award* at the ceremony being held at the Gravenhurst Opera House on October 2<sup>nd</sup>.

RCC Director Judy Campbell has been nominated for a *YWCA Woman of Distinction Award* that honours women who have made outstanding contributions to the Muskoka community in a wide variety of ways. The award winners are announced on October 29<sup>th</sup>. RCC Member Bruce Stephenson who won two silver medals in the *Canadian Seniors' Games* held in Strathcona, Alberta. He won in shot put and prediction walking. Well-done Bruce! 🌿

## Pancake Breakfast

Join us on Oct. 4<sup>th</sup> at 9 am at the co-op for a delicious all you can eat pancake breakfast served up by our own Chef Larry! Sausage served with pancakes, waffles, maple syrup, fruit and beverage are on the menu! Seating is limited to 50 people. Doors open at 9 am. \$10 members/\$15 non-members, children under 5 eat free. 🌿



## Try Out Tai Chi and Qigong

The list of programs offered at the Ryde Co-op continues to grow. We are delighted to offer Tai Chi and Qigong, instructed by our own Shifu, Janet Wilcox. Try Out Tai Chi classes will run from

10:30 until 11:30 on Thursdays (except Oct. 16<sup>th</sup>) during the month of October. Janet is offering these introductory classes at the low rate of \$3. *Please register at the door.* 🌿

## Food and Agriculture Charter Workshops

October brings us two informative workshops with three of our favourite presenters. On October 5<sup>th</sup>, from 1 until 3, the Modern Homesteaders, **Maureen and Dave Wilson** return to help us stay healthy and save us money through growing, preserving, fermenting and storing our own food for the winter. Lunch is included! On October 19<sup>th</sup> **Laura Gilmour** is coming back to teach us not only about Fall Foraging, but also how to preserve wild foods for winter medicine and nutrition. Please dress for the weather, as we will be going outside. Mark November 2<sup>nd</sup> on your calendar for a workshop with **Jonathan Bullock** where you will learn how to make your own soap – just in time for Christmas! A materials fee will apply and everyone will take home his or her own soap. *Please register in advance for all workshops by calling Judy at 705-687-2406. Members: \$15, non-members: \$25.* 🌿



## Meet the Needs Day II

Whoever said that there is no such thing as a free Chef Larry lunch, doesn't know the Ryde Co-op! Thanks to a grant from the Older Adult Centres' Association of Ontario, we are able to once again offer a Meet the Needs Day on Thursday Oct. 16<sup>th</sup> from 11 to 3. This is a one-stop opportunity to come to the Co-op for information about safety and health, and enjoy a free lunch as well. New this year: 50¢ hair cuts courtesy of Johnny Ahsome! Plan to spend the whole time with us! There will be over a dozen service providers, and door prizes too!

- 11:30 Free Yoga Class with Becki Dickey
- 12:30 Winter Emergency Preparedness with EMS
- 1:00 Nordic Walking-try this excellent exercise!
- 2:00 Door Prizes

Registration is required, please call Judy at 705-687-2406. 🌿



## Nursing Station Update

We are disappointed to announce that the Ministry of Health will not be funding the District of Muskoka's Nurse Practitioner Station model at this time. However, they are looking at enhancing existing services and filling gaps in the system. We will be alert for any opportunities to bring improved services to Ryde. 🌿

## Upcoming Events

- ✓ Bid Euchre – Every Wednesday at the RCC from 1 pm.
- ✓ VON SMART Exercise program every Monday and Wednesday starting at 9:30 am.
- ✓ WISE Seniors' Clubhouse every second & fourth Friday from 12:30 – 3 pm. \$3/person
- ✓ Oct. 2<sup>nd</sup> – Try Out Tai Chi every Thursday (except the 16<sup>th</sup>) in Oct. – 10:30 – 11:30 am - \$3
- ✓ Oct. 4<sup>th</sup> - Pancake Breakfast – 9 am – No tickets required
- ✓ Oct. 5<sup>th</sup> – Preserve the Harvest Workshop – 1 to 3 pm - Pre-registration is required
- ✓ Oct. 16<sup>th</sup> – Meet The Needs Day 2 – 11 am to 3 pm
- ✓ Oct 18<sup>th</sup> – Members Only Prime Rib Dinner – 5:30 pm – Tickets required – Available at Summerland
- ✓ Oct. 19<sup>th</sup> – Fall Foraging Workshop – 1 to 3 pm - Pre-registration is required
- ✓ Oct. 21<sup>st</sup> – Baking With Beckie – 9 am – \$10
- ✓ Oct. 21<sup>st</sup> – Lunch With Beckie – 12 noon – Eat in \$10 or takeout \$7
- ✓ Nov. 2<sup>nd</sup> – Soup and Sandwich Lunch – 12:15 – 1:15 pm. \$5
- ✓ Nov. 2<sup>nd</sup> – Soap Making Workshop – 1 to 3 pm - Pre-registration is required.
- ✓ Nov. 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> Sewing with Amy – 9:30 am. Pre-register.

## COMMUNITY NOTICES

- **Holy Manger Anglican Church**  
Services held on the first and third Sunday of each month at 1 pm.
- **Ryde Free Methodist Church**
  - Sunday School ages 6-16 at 10 am.
  - Wednesday Prayer Meetings 7:30 – 8:30 pm
  - Friday Youth Group ages 12 -16, 7 – 9 pm. Info: Frank Lutzi 705-687-8300.
- **Summerland General Store**
  - Pickup for October food basket is Oct. 9<sup>th</sup> after 2 pm – bring boxes or bags.
  - The November monthly \$20 food basket order is due by Nov 11<sup>th</sup> at 9 am and picked up on Nov. 20<sup>th</sup>.
- **Gravenhurst Fire Department**
  - **Fire Prevention Week** - The Ryde Station will be open on Oct. 6<sup>th</sup> from 7 – 9 pm. Practice using a fire extinguisher, get fire safety tips etc. Carbon monoxide detectors free for first visitors so come early!

**Elect**

**Terry Pilger**

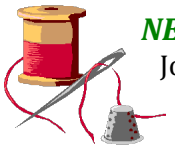
Gravenhurst  
District Councillor

www.TerryPilger.com  
Phone: 705-687-4575



Committee. If you are interested in joining please call Judy (705-687-2406) or Janet (705-687-1679) for more information. ~

**NEW!! Sewing With Amy**



Join me for a fun morning of sewing and leave with a finished project. Bring your sewing machine and a snack. I have 2 extra machines if needed. Some sewing experience is necessary. Classes start at 9:30 am at the Co-op.

- **Nov. 6<sup>th</sup>** Make an apron with a small or large pocket option & bottom ruffle. Kit is \$15
- **Nov. 13<sup>th</sup>** Make potholders and a table topper. Kit is \$15
- **Nov. 20<sup>th</sup>** Make a casserole warmer with carrying handles. Kit is \$20

Projects will be pre-cut into kits therefore pre-registration is required. Call Amy at 705-684-9210 and leave a message or email: [littlemissstitches@gmail.com](mailto:littlemissstitches@gmail.com). ~

**NEW!! Soup and Sandwich Lunch**

Bring a friend and join us once a month at the Co-op for a bowl of hot and hearty soup accompanied by a sandwich following church beginning November 2<sup>nd</sup> at 12:15 pm. This is a new venture we are trying out this year and we hope that people will use this as an opportunity to socialize with friends and neighbours. No tickets are required for this event, please pay at the door. ~



**Baking With Beckie OR Lunch With Beckie**

Our own beloved Beckie brings her favourite recipes once a month, on the fourth Tuesday morning, for a co-operative cooking class. New and old friends join to prepare a nutritious meal entre and a dessert item.

Afterwards enjoy sitting down for lunch together. All ingredients are supplied. Space is limited and you must pre-register. For \$10, you may also just

come for the lunch only at noon or do takeout for \$7. ~

**Co-op Fund Raising: Prime Rib Dinner**

Get your tickets early for Chef Larry's special prime rib dinner on Oct. 18<sup>th</sup>. Why drive to town for a great meal? This is a members-only event and seating will be limited to 50 people. Tickets are required and will be available at Summerland General Store. If there are tickets still available, they will also be sold at the door. Doors open at 5:30 pm. ~



**Ryde Heritage Committee**

Did you marvel at what a group of volunteers managed to accomplish with the Barn Quilt Trail and the 135 Celebration? (The group of volunteers sure impressed themselves!) Would you like to be part of the on-going project? The Ryde 135 Sub-committee is evolving into the Ryde Heritage

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**Re-Elect**

**Sandy  
Cairns**



**Gravenhurst  
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**Re-Elect**

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[www.randyjorgensen.com](http://www.randyjorgensen.com)

*This ad paid for by the Randy Jorgensen Campaign*

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