

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



## Ryde Co-op Receives Terence Haight Grant

We are happy to announce that our request for funding from the Town of Gravenhurst's Terrence Haight fund has been approved. The generous gift of \$1500.00 will be used to purchase age-friendly upgrades for the Co-op, including a portable ramp for the front door, grab bars for the washrooms and comfortable chairs. A big thank you goes out to the Town of Gravenhurst for helping us to better serve our community.



## NEW ..Seniors Community Advisors!

Muskoka Community Services would like to welcome Joan Clifford and Susan Ward into their role of Seniors Community Advisor for the Ryde community. In this role, Joan and Sue will be working with the Seniors Programs and Services team: Lindsay Lima (Seniors Wellness Outreach Coordinator) and Lydia Arnold (Program Information Coordinator) to help unite the community through the promotion of volunteerism, engaging seniors in mentoring, and supporting social participation and inclusion. *Please join us, in welcoming them into their new volunteer role!*



## Sustainability Workshops - Sundays in March and April

The Ryde Co-op is pleased to be continuing our Sustainable Living Workshops in partnership with the District of Muskoka. *Please register in advance by calling Judy at 705-687-2406. Note: All Workshops: \$10 for members, \$15 for non-members*

### 1. March 8<sup>th</sup> ~ Cook Once, Eat for a Week

Chef Larry will be demonstrating how to stretch your grocery budget over several meals by choosing ingredients that can be put together in different ways to create many meals. Taste samples of the meals will be provided. By spending one day preparing and cooking, you can have food ready in your freezer for future meals. If there is sufficient interest, another workshop will be offered where participants will make meals to take home.

### 2. March 22<sup>nd</sup> ~ Straw Bale Construction

It may be cold and blustery outside but those cozy inside a well-built straw bale home are keeping warm and well this winter! Interested in learning more about building with straw and other natural materials? Members of the Fourth Pig Worker Co-op (green and natural construction) will talk about straw bale construction and natural plasters and show photos of homes built and renovated to be energy efficient, healthy and beautiful. They will also discuss some tips to make your own home more energy efficient and bring samples of some healthier materials.

### 3. April 12<sup>th</sup> ~ Blending Teas and Tinctures

Noted herbalist Penelope Beaudrow will introduce us to the wonderful world of herbal teas and tinctures. Learn to create your own inexpensive blends, and the medicinal uses of teas. Penelope will teach us to extract essential plant properties through various methods; teas, tinctures, vinegars and oils. There will be samples to enjoy and take home.

### 4. April 26<sup>th</sup> ~ Making More Soap

Welcome back Jonathan Bullock who will be teaching us how to make our own soap! There is a \$20 materials fee but you will be taking home the soap that you make. Bring rubber gloves, & safety glasses, as we will be using lye. Also bring something disposable made of silicone, glass or plastic to use as a mold for your soap.



## Sunday Soup and Sandwich Lunch

Chef Larry invites you to join him at the Co-op after church on Sunday, March 8<sup>th</sup> for a soup and sandwich lunch for only \$5. These small lunches are going to be offered once per month over the winter as a way to extend your after church socializing opportunity for an hour or so. See you at 12:15 for lunch!

## Free Transportation to Free Infant & Preschooler Programs

Are you a parent or caregiver who looking for excellent, free programming for your infant or preschooler? Are you without a car? You can call Ginny, Monday to Thursday from 8:30 to 4:30 to arrange a ride. 705-645-3027 X202. These programs are offered through [www.muskokafamilyfocus.com](http://www.muskokafamilyfocus.com)

## Upcoming Events

- ✓ Bid Euchre – Every Wednesday at the RCC from 1 pm.
- ✓ VON SMART Exercise program - Every Monday & Wednesday starting at 9:30 am.
- ✓ WISE Seniors' Clubhouse - Every second & fourth Friday from 12:30 pm – 3 pm. \$3/person
- ✓ Tai Chi and Qigong - Every Thursday – 10:30 – 11:30 am - \$2
- ✓ Internet Café *Biweekly* – Mar. 9<sup>th</sup> & 23<sup>rd</sup> – 10:30 – 1:30 pm - \$2
- ✓ Roast Turkey Dinner – Feb 28<sup>th</sup> – 5:30 pm - \$10 Members *Tickets will be available at Summerland at the beginning of February.*
- ✓ Soup and Sandwich Lunch – Mar. 8<sup>th</sup> – 12:15 – 1:15 pm. \$5 at the door.
- ✓ Sustainability Workshop “Cook Once, Eat for a Week” with Chef Larry – Mar. 8<sup>th</sup> 1 to 3 pm. *Advance registration required - 705-687-2406*
- ✓ Stew Dinner – Mar 21<sup>st</sup> – 5:30 pm - \$10 members. *Tickets are available at Summerland*
- ✓ Sustainability Workshop “Straw Bale Construction” – Mar. 22<sup>nd</sup> 1 to 3 pm. *Advance registration required - 705-687-2406*
- ✓ Sustainability Workshop “Blending Teas & Tinctures” – Apr. 12<sup>th</sup> 1 to 3 pm. *Pre-register*

## COMMUNITY NOTICES

- **Holy Manger Anglican Church**
  - Services will be held on the first Sunday of each month at 1 pm.
- **Ryde Free Methodist Church**
  - We are happy to announce the publishing of the audio portions of Pastor Cooper's Sunday sermons. Please go to our web page: [users.muskoka.com/sterling](http://users.muskoka.com/sterling) and the main index page will come up. Near the bottom of the current Sunday you will find a place to click to hear the message. We hope this will be of encouragement to those who have access to the internet, but are unable to attend Sunday services.
- **Summerland General Store**
  - The March monthly \$20 food basket order is due by Mar. 3<sup>rd</sup> at 9 am and picked up on Mar. 12<sup>th</sup>. Bring boxes or bags.
  - Weekly Wednesday spaghetti dinners at 5 pm Summerland General Store.



## Roast Turkey Dinner February 28<sup>th</sup>

It may be the shortest month, but Chef Larry is treating us right! With events like this to get us through the winter, we don't want to be snowbirds! Roast Turkey with all the trimmings! Don't walk - run to the

Summerland General Store to pick up your tickets. Doors will open at 5:00 pm. *If still available, tickets will be sold at the door. Members: \$10, non-members: \$15.*

## Internet Café

Join us every other Monday from 10:30 – 1:30 pm, for *Internet Café*. This an opportunity to get some assistance with your various devices. Now that the Co-op has free WiFi access we can connect with all your wireless devices. Bring your laptops, smart phones, tablets and eReaders and we will work together to get you going on them. Specific classes can be arranged once the needs are determined. Fee: \$2. *Contact Jennie for information at 705-687-5234 or email ryde.coop@gmail.com.*



## Stew for You! Saturday, March 21 at 5:30

This month's community dinner celebrates the Irish with tummy-warming stew, prepared by Chef Larry O'Peck! Celebrate St. Patrick's Day and welcome the first full day of Spring! *Get your tickets early at the Summerland Store. Members \$10 Non-members \$15*

## March Fresh Food Baskets

If you would like to participate in this popular program, the fee is \$20 cash per basket. There is at least a \$30 value in these boxes. Please pay at the Summerland General Store before Tuesday, March 3, with the pick up on Thursday, March 12. Thanks to everybody who supports this program, but especially Ron and Carrie! Get your downloadable schedule here: <http://bit.ly/1zYziH2>



## 2015 Annual Membership Form

New \_\_\_\_\_ Renewal \_\_\_\_\_

Please Print Clearly

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Membership Fee - \$10.00/person or \$20/family with children under 16  
Number of members \_\_\_\_\_

Subtotal \_\_\_\_\_

Additional donation\* \_\_\_\_\_

**Total enclosed** \_\_\_\_\_

### Office Use – Date and Initials

Received by: \_\_\_\_\_

Card issued by: \_\_\_\_\_

Entered by: \_\_\_\_\_

*\*Your extra donation will help support programs for the community and distribution of The Ryder newsletter.*

*Please make cheque payable to Ryde Community Co-op Inc.*

*Mail to: Jennie Nice, 1043 Sam Cook Rd., Gravenhurst, ON P1P 1R3*

## Friends of Ryde

### Great Moose Adventures



& Yoga North

705-687-3903

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



Ryde Centennial Free  
Methodist Church  
(705) 687-3005



### STEER NORTH

Basement Waterproofing

705.645.6792

[www.steernorth.ca](http://www.steernorth.ca)



Ryde Systems

Randy Jorgensen

(705) 687-9038



Gravenhurst KOA

(705) 687-2333

## North Base Enterprises

Foundations & Masonry

Greg Keeling 705-801-5326



Terry Pilger - Sales

Representative

(705) 644-1195

### Autumnmist Goldens



• CKC Registered Puppies

• All breed grooming

Wendy Pilger @705-687-4575

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



ERNMER

CONSTRUCTION

705-687-2446



Mary Brittain

• Seniors

• Provider for DVA

• Patient recovery

(for all ages)

Ph: (705) 687-5334 Fax: (416) 599-0550

[muskokaseniors@cogeco.ca](mailto:muskokaseniors@cogeco.ca)



Baby Sign Language

Arleigh Luckett

705-687-1496



1006 Taverner Rd.,

Gravenhurst, ON

705-687-1563

[DonkeyShack@gmail.com](mailto:DonkeyShack@gmail.com)



Summerland  
General

705-687-7776

Ron Post & Carrie Marriot



STEER NORTH

Your local basement  
sealing professionals

*This Month's Sponsor*

## Basement Waterproofing & Foundation Coating

Call for your free consultation  
(40+ years experience)

705.645.6792

[www.steernorth.ca](http://www.steernorth.ca)

## The Donkey Shack & Feed Store

Chicken Workshop Saturday Mar. 14<sup>th</sup>  
from 2-4 pm

Come out and have some fun with chickens and turkeys. Learn about bedding, feeding and handling of the birds. How do you know that your bird is sick or moulting? How many hens do you need for 1 rooster? What type of housing is required for 12 birds?

**Pre-register 705-687-1563 \$10/person**

*We also sell Freys Birds, baby chicks and ready-to-lays.*



## Board of Directors Contact List 2014/15

Judy Campbell Programs 705-687-2406 [campsoup@bell.net](mailto:campsoup@bell.net)

Beckie Fitchett Bylaws 705-687-2919 [beckiefitchett@gmail.com](mailto:beckiefitchett@gmail.com)

Amy Heighington Secretary 705-330-6348

[littlemissstitches@gmail.com](mailto:littlemissstitches@gmail.com)

Jennie Nice Chair 705-687-5234 [ryde.coop@gmail.com](mailto:ryde.coop@gmail.com)

Larry Peck Chef 705-687-0483 [larzp@hotmail.com](mailto:larzp@hotmail.com)

Ivan Speicher Treasurer 705-687-1475 [rydecottage@sympatico.ca](mailto:rydecottage@sympatico.ca)

### The Ryder Editorial Staff:

Jennie Nice, Editor 705-687-5234 [ryde.coop@gmail.com](mailto:ryde.coop@gmail.com)

Randy Jorgensen, Publisher 705-687-9038 [rjorg@muskoka.com](mailto:rjorg@muskoka.com)