

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

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](https://www.facebook.com/RydeCoop) or @RydeCoop

### Ryde Rocks!

We want to share some very happy birthday news with you. On the first anniversary of our building purchase, made our mortgage payments in full. We owed \$15,000 plus interest to a private individual, and \$5,000 plus interest to the Town of Gravenhurst. Going forward, we will owe \$5,000 plus interest to the Town of Gravenhurst for the next four years. This happened because of our community's hard work and generosity. Everyone's support, through donations, memberships, and attending our events has carried us this far.

Our goals for 2017 include meeting our obligations; bills for hydro, insurance, fees and other day-to-day expenses are on-going. We also need to focus on improvements to the building to protect our investment. We want to build our *Ryde to the Future* account. Grants will come available this year, but many of them require that we put up 20-25% of the funding ourselves. For large, but necessary projects like a new roof, new windows and a heating/cooling system, this is a big chunk of money. We will therefore be looking at serious fund-raising events.

### Pot Luck Dinner - Saturday, February 25<sup>th</sup> at 5:30

We invite you to prepare your favourite dish, which will serve at least four, and bring it to the Co-op for an old fashioned Pot Luck. We will be charging \$5 at the door to cover beverages and overhead. *Please note that this is members only event, but memberships are available at the door. If you are willing to bake a birthday cake for this event, contact a Board member.*

### NIA Classes Coming to Ryde! Starts March 28<sup>th</sup> on Tuesdays

The Seniors Programs and Services department of the District of Muskoka: They are bringing us **free** NIA classes for older adults! NIA is a popular form of gentle exercise that incorporates dance, martial arts and meditation. It is suitable and adaptable for all ability groups. Classes run for ten sessions on Tuesdays from 10 until 11 am, begins on March 28<sup>th</sup>. In order to run the course, we will need at least eight members to register. *If you are interested, please watch for registration instructions coming soon. For more information, call Emily at 705-645-2412 ext. 199.*

### Announcement: Diabetes and Wellness Clinic! Wednesday, April 19<sup>th</sup> 10:30am

It is so rewarding when outside agencies recognize and support what we are trying to accomplish for our residents. As a direct result of our outreach, we have been offered a wonderful **free** program to promote wellness in our community. The Adult Diabetes Education Centre from the Orillia Soldiers Memorial Hospital is offering one on one counselling with a dietitian and nurse for people with diabetes and those at risk for diabetes. After VON SMART, a **free** healthy cooking class will be held. This program is available for all adult residents and is presented by the OSMH and the North Muskoka Nurse Practitioner led Clinic in Huntsville. This is a pilot program and needs your support to continue. The plan is to offer the clinic four times a year. More information will be available in the next Ryder.

### Thank you!

- The Gravenhurst Legion, Sawdust City, Sofa Communication, and Dave Cruise of Cruise Car Sales, donated space, product and talent for our Birthday Bash Dance attempt. We appreciate their generosity.
- Cliff Fitchett did an emergency repair of our water filtration system to keep the taps open!
- Ron Hummel does a fantastic job of keeping the driveway at the Co-op plowed and sanded so that we can safely access the building during the winter. He is still accepting new customers and can be reached at 705-684-9710 or 705-644-1731.
- Suzanne Hummel is our hard-working custodian, who keeps the building clean and polished. She is available for cleaning and de-cluttering jobs at \$10 per hour. Suzanne is also our Senior Community Advisor, our liaison with the District of Muskoka's Seniors Services Outreach. Contact her at 705-205-3718.
- Thank you to Mr. Traynor for donations to our bottle drive.
- A big thank you to Anne, Janet and Doug for work on our museum.

### Upcoming Events

- ✓ Bid Euchre – Every Wednesday  
At the RCC from 1pm.
- ✓ VON SMART Exercise program –  
Every Monday & Wednesday  
starting at 9:30 am. **Note: in the event of school bus cancellations, there will be no SMART classes held that day.**
- ✓ WISE Seniors' Clubhouse –  
February 3<sup>rd</sup> from 12:30 – 2:30pm.  
\$3/person
- ✓ Tai Chi and Qigong – Thursdays  
10:30 – 11:30 am - \$2
- ✓ Ryde Knitters and Hookers –  
Fridays at Summerland – 10 am - \$2
- ✓ Pot Luck Dinner – Sat. Feb, 25<sup>th</sup> at  
5:30 - \$5
- ✓ **Sustainability Workshops:**  
~Sunday, March 13: Digital  
Photography with Fred Schulz  
~Sunday, April 2: Hemp with Greg  
Harriet  
~ Sunday April 9<sup>th</sup>: Herbal  
Remedies for Pets with Penelope  
Beaudrow  
~ TBA: Year Round Gardening with  
Colin Sober-Wiliams  
NIA Exercise Classes – 10 sessions  
on Tuesdays – starts March 28<sup>th</sup> –  
10 – 11am
- ✓ Diabetes and Wellness Clinic – Wed  
April 19<sup>th</sup>

### COMMUNITY NOTICES

- **Holy Manger Anglican Church**
- February 5<sup>th</sup> at 1 pm and thereafter to end April the 1<sup>st</sup> Sunday of each month at 1 pm.
- **Ryde Free Methodist Church**
- Weather permitting, the annual winter picnic and tobogganing party will be held on Sunday Feb 12<sup>th</sup> at 2:30pm meet at 1586 Barkway Rd. Dress appropriately and bring your sleds. Call 705-687-3005 if you plan to attend.
- **Summerland General Store**
- ✓ The February monthly \$20 food basket is due Feb. 7<sup>th</sup> at 9 am and picked up on Feb. 23<sup>rd</sup>. Download schedule here: <http://bit.ly/1zYziH2> **(Please note that the pick-up date is a change from the original schedule).**
- ✓ Spaghetti Dinner at Summerland –  
Wednesdays at 5pm

## Board of Directors

There are a minimum of two openings on our Board; we have an exciting year ahead with some responsibilities and opportunities. We are always alert to grant and funding agencies that will benefit us, we need to update our bylaws, and we look to growth planning. Where will the future take us? Step up and serve and be part of the process!

- **Call for Committee Members:**

As you know, we are an entirely volunteer-run organization. We are very proud of what we have been able to accomplish over the years, including purchasing our building, running successful Heritage Days, bringing in new programs, lobbying for our residents and creating our beautiful Barn Quilt Trail. Our strength is in our generous and hard-working volunteers. *Will you consider joining our ranks this year?*

- **Canada's 150/Heritage Day Committee**

This is a big year for our country! We need to make our Heritage Day celebration extra special. Will you consider joining our Heritage Day Committee this year?

- **Fundraising Committee**

Now that we have our lottery license, we can apply to run raffles and 50/50 draws. This is a great opportunity to raise money for targeted projects: a new roof? Windows? We are allowed to raise 50% towards a capital improvement through lotteries. A small group took on the organization of the recent fundraising dinner that raised over \$2,500! We know that we have many talented and creative people out there. We can't wait to hear your ideas!

**If you are interested in joining any or all of these committees, please contact any Board member.**

## SMART and Tai Chi

Make your New Year's Resolution to come on out and join our fitness classes. These are offered by trained volunteers and provide not only a great workout, but a social time as well. Please note that there will be no classes if the school buses are cancelled due to weather and that there will be no SMART class on Monday, February 20, Family Day.

## WISE Senior's Clubhouse- Friday, February 3<sup>rd</sup> -12:30-2:30pm

The District of Muskoka's WISE Clubhouse for Seniors offers a great program and a free lunch! This month will feature Art and Calligraphy with artist Diannah Benson. Everyone is welcome!


For more information, please call Emily at 705-645-2412 ext. 199.

## Barn Quilt Trail Included in Winter Carnival!

This year our Co-op will be a sponsor of the Gravenhurst Winter Carnival. Our beautiful quilts will be featured in tours offered on Sunday, February 26. Check out the Carnival brochures for details.

*This Month's Sponsor*

**Ryde Centennial Free Methodist Church**



1667 Housey's Rapids Rd, RR 3  
Gravenhurst, ON P1P 1R3  
Phone: 705-687-3005 Email: [sterling@muskoka.com](mailto:sterling@muskoka.com)  
Website: [www.muskoka.com/~sterling](http://www.muskoka.com/~sterling)

Sunday School for Grades SK thru 7 - 10:00am  
Sunday Morning Worship Service with Jr. Church - 11:00am  
Prayer Meeting - Wednesdays, 8:00pm Check the website or call for location.

"A Country Church with a Country Welcome"

## Board of Directors Contact List 2016/17

**Judy Campbell** President 705-687-2406 [judy.campbell@rydecoop.ca](mailto:judy.campbell@rydecoop.ca)

**Diane Duffy** Director 705-345-5111 [diane.duffy@rydecoop.ca](mailto:diane.duffy@rydecoop.ca)

**Amy Heighington** Secretary 705-330-6348 [amy.h@rydcoop.ca](mailto:amy.h@rydcoop.ca)

**Anne Myshok** Treasurer 705-687-2911 [anne.myshok@rydecoop.ca](mailto:anne.myshok@rydecoop.ca)

**Jennie Nice** Past President 705-687-5234 [jenn.nice@rydecoop.ca](mailto:jenn.nice@rydecoop.ca)

## 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)



### Don Wilton

• SEPTIC PUMPING

• PORTABLE RENTALS

1-877-646-5756

[callofthewildsanitation.ca](http://callofthewildsanitation.ca)



### Gravenhurst KOA

(705) 687-2333

### North Base Enterprises

Foundations & Masonry

Greg Keeling 705-801-5326



### Terry Pilger - Sales

Representative

(705) 644-1195



### Ryde Lake Camp

705-687-2912

[office@rydelakecamp.com](mailto:office@rydelakecamp.com)

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



ERNMER

CONSTRUCTION

705-687-2446

Space Available for your ad \$175 for the year. Call a Director if interested.



### Baby Sign Language

Arleigh Lockett

705-687-1496

### Mark Dulmage

RE/MAX 705-345 6789

1-800-840-4246



### Summerland General

705-687-7776

Ron Post & Carrie Marriot

**Valentines Day**  
**February 14<sup>th</sup>!**

**Community Alert!** Just a reminder to keep an eye out for suspicious activity. Items were stolen in the Germania Rd area. A lime green Arctic Cat 2016 ATV & 2 dirt bikes.