



The Islander

Rumsey Island Residents Association

September 2014

It's time for Community Day!

Please join RIRA for our "2nd Annual Community" Saturday Sept 13th

5k Fun Run / Walk

We start the morning with 2nd Annual 5K Fun Run/Walk Saturday, 7:00 am at Mariner Point Park. The race is a 3 mile course around the scenic trails of the Mariner Point Park property. Medals for top three male and top three female finishers, with free entry to 2015 event for first male and first female finisher. This is a low-key fun run/walk (unofficial/non-sanctioned), and race day sign-up will be available. Registration fee: \$25 Post-race refreshments provided by Redners.

The fun continues!

From 1pm to 5pm we move to the Church of the Resurrection for food, fun, and friendship! RIRA will provide grilled hamburgers, hotdogs and Roma sausage. Please bring a side dish or dessert. This is open to ALL community members and their families. We'll have door prizes and plenty of fun for the kids. Bouncy House, Face painting, yard games. and much more.

All you need to bring is a chair or blanket, a pop-up tent if you'd like, some sunscreen and a fun attitude. (it's also BYO Adult B).

We will be helping the Church of the Resurrection as they help to support a

food closet at St. George's Church in Spesutia. Please bring non-perishables food items to donate.

See you this Saturday for a day filled with community!



It's Crab Feast Time!

The Annual RIRA Crab Feast is Saturday, October 4th beginning at 1 PM at the Church of the Resurrection. This event is open to all residents of Rumsey Island. Tickets go on sale Wednesday September 17th at the monthly RIRA Meeting. Tick-

ets are \$25 per person and are limited to 70 and are sold first-come, first-served. Be sure to enter your favorite (home made) dessert in the RIRA Dessert Contest. We will provide steamed crabs, corn, plus door prizes, music, and fun.

You bring your own drinks (alcohol is permitted), a dessert, and fun attitude. Get your tickets before they are all gone by contacting Jessica Sharkey at 609.354.2190 or Jessica.sharkey@comcast.net.

Upcoming Events

- Community Day
September 13th
- RIRA Meeting
September 17th
7pm Parkers Eat & Drink

- Crab Feast
October 4th

TBA

- Halloween Fun
- Yard Waste Pick Up

It's an Island Thing!

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Healthy Tips from Gunpowder Fitness



GUNPOWDER FITNESS

Kerry King-Rahn from Gunpowder Fitness answers your health and fitness questions.

Q: Hi Kerry, I want to become healthier but it seems so overwhelming, where do I start?

A: Starting on a path to a healthier lifestyle can seem very overwhelming! Oftentimes people approach it with an attitude of "all or nothing." Meaning, unless they can change everything at once, they aren't going to do it at all. It becomes a

thought like "well, when "insert life event here" happens, then I will try to become healthier", and it always seems to get pushed off to some future date.

But what if you took a different approach altogether? Instead of trying to overhaul your entire life, why not start with one simple thing you could do easily right now?

Make it something so easy that it would be really hard to skip, like exercising for just 5 minutes each day, or eating one extra serving of vegetables per day. Then, once that becomes easy, add something else or increase the time.

While this approach can take longer, it is much more sustainable and you will build momentum as time goes on. Before you know it, that

healthy lifestyle will become a thing of the present, not the future!

Ask any question you like info@GunpowderFitness.com

www.gunpowderfitness.com

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