

Issue #59, Member Edition May 2025



PRESIDENT'S MESSAGE

Well, I must say that April was a very busy month at Cedar Heights. In fact, I will apologize now for the necessary length of my message to you.

First of all, I would like to thank those of you who marked April 23 on your calendar and came out to our AGM to exercise your right and responsibility as a member. Your presence was, indeed, appreciated.

You may or may not know that one of this year's new directors-at-large remained excited, impressed by and committed to Cedar Heights in spite of living half of the year in Taiwan. Norm Meyer was discovered by Bryan Lowes, who knew a catch when he saw one. Unfortunately for us, Norm has recently submitted his resignation as he has just put his house on the market and will be permanently relocating to Taiwan. In addition, one of our other directors-at-large, Mark Minnie, has also regrettably had to resign because of other commitments. We wish them well and thank them for their service to CHCA.

So, my friends, we are very interested in finding interim replacements for Mark and Norm (not to mention finding a vice president, which we have been lacking this year). In a nutshell, a member at large refers to a board member who does not have a specific board role or title. They are somewhat flexible contributors

to us so that we can properly honour and make the best decisions for you, the members of Cedar Heights Community Association. Our board is made up of people with a range of backgrounds, strengths and personalities. If you care about the present and future of our Cedar Heights, then that is the only qualification you need in order to join us and contribute to making a difference. If you have any questions, please email me at krishamaguchi@gmail.com (I will be out of the country until May 17, but will be accessing my emails while I am gone).

Almost three weeks prior to the AGM, we had a very good turnout of members who overwhelmingly voted in favour of proceeding with the repaving of our parking lots during the week of June 9. We are confident in the choice of our contractor, as we have read and heard many positive reviews about them. The project will also include the paving of the walkway leading to the pickle ball courts, which will provide greater safety and accessibility for all who venture into our outdoor spaces for various activities and events. To this end, we will have to impose a slight, but understandable, inconvenience with regard to the use of the spaces being repaved. Please stay tuned for other important details. We are thrilled to announce that we applied for and received a Grant-in-Aid from the CSRD for \$25,000, which covers almost one-fourth of the bill.

On April 14, our Volunteer Appreciation Tea was extremely well attended. Approximately 45 volunteers were welcomed, served and entertained by several of our board members and “yours truly”. We made every effort to convey the appreciation that we feel toward all those who lend a helping hand to any degree, and from the feedback that we received, our mission was well accomplished.

By now, you know that I have embraced the use of online surveys to gather information from the membership and others who are interested in classes and events that we are offering or would like to offer. I realize that this may be a new means of communication for many of you, but when everyone makes the effort to “click on the link” and complete the survey forms (often very short), it really helps us to fine tune our planning. The Volunteer Tea was a perfect example of this; we were much better able to estimate how many sweets, how much punch and how many gifts would need to be purchased, leaving little to waste because so many of you responded to the survey to let us know that you would or would not be attending.

So, now is your chance to practice providing us with information. We are excited to announce that we will be holding our third Pub Night on May 31. On the heels of our highly successful “Elbows Up!” Pub Night, our next one will have a country and western theme, including line dancing and a night full of great country music and ambiance. Since we will be serving a meal of “Pulled Pork on a Bun” with “Gourmet Coleslaw”, the doors will open at 5:30. To help us know how many of

Quick but heartfelt thanks go to:

Judy, Carol, Brenda & her granddaughter for volunteering to decorate the cupcakes for the Tea.

George Gillis for doin' his thing on the piano, yet again, for the Volunteer Tea.

Bob Lewis for being so helpful at our events. We got a great 2-for-1 deal when Debi came on board!

Di Robinson for donating a music stand to Cedar Heights.

Sharon Hornseth for getting rid of the mountain of lost and found items for us.

Dean Wallace for...too much to list!

Heather Hamlin Gravells for stepping up to coordinate Lobsterfest.

Wayne Hamaguchi for being the poutine master at the "Elbows Up!" Pub Night.

Willie & Sharon Hornseth for all their help with moola and booze at Pub Night.

Dee & Brian Lewis for stepping up to help out with our May 31 Pub Night.

Louise Hardy for being the lead chick for our "Chicks with Sticks" golf program.

Bryan Lowes for planning and executing the "Fundamentals of Golf" clinic.

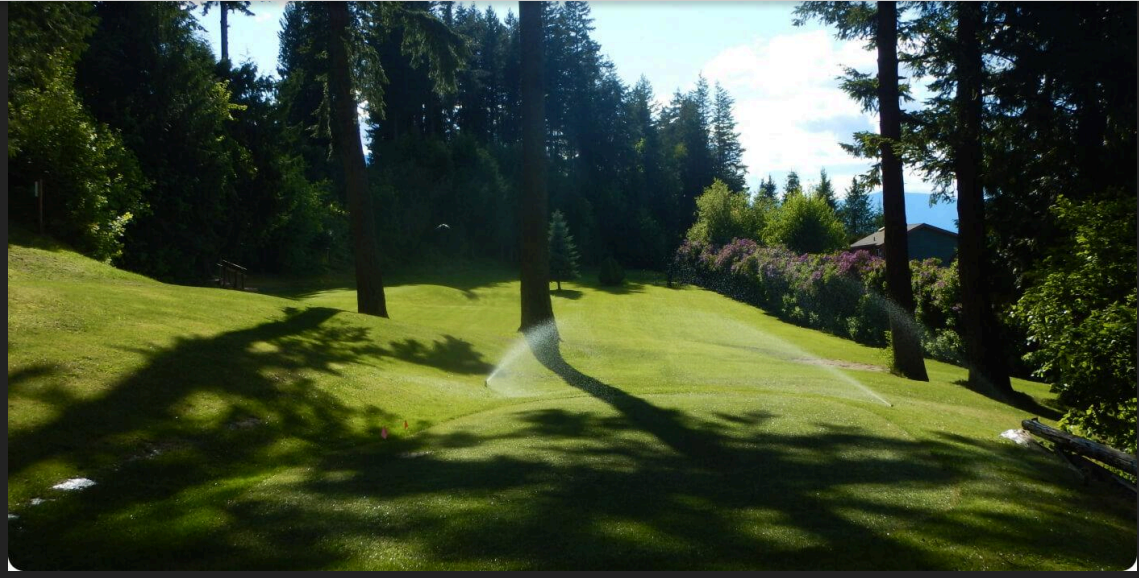
Debbie Edwards for volunteering to teach a CPR/AED class for the benefit of members & community.

Nico's Nurseryland for helping provide beautiful flowers for our selfless volunteers.

Lynne Lowes for providing refreshments at the AGM and doing a great job on the newsletter (and because I know she will never put herself in the "Community Spotlight"!)

Blair, Glenn, Debi & Iris, a.k.a. "Cedar Heights Rockstars" for being such great sports!

Warm regards,
Kris Hamaguchi
krishamaguchi@gmail.com



THE GOLF COURSE IS OPEN

The golf course at Cedar Heights now is open. This year features our new greens on the upper level of the course while maintaining double tee-off locations for some of the greens on the lower level. Some of the greens are recovering from last year's vandalism damage and our annual fight with snow mold. The greens will be green in the near future and are entirely playable in the meantime. But, please be kind to them. They like putters and are allergic to other clubs. That is what tee boxes and fairways are for.

Our drop-in price for a visit to the course is \$15 for adults, \$10 for youth from the age of 13 to 17 and free for children 12 and under. Children must be accompanied by an adult. If you are an adult or youth and intend to golf more than 10 times a year on the course, consider taking out a membership at Cedar Heights for unlimited play until October. Our course will prepare you for play on the big courses in the area, or will allow you to refine your short game in a leisurely setting.

See the notice for a golf clinic at Cedar Heights on May 22nd. We are a great place to get introduced to the game.

Check out our website (www.cedarheightscommunity.ca/join-an-activity/outdoor) to become a member. You will be able to register and pay for memberships both at the office from 1 to 3 pm on Tuesdays and Thursdays or on the website.

It's been nice to see all the flags flying in our community showing our pride in being Canadian. Given what's happening to the south of us we are hoping we will see a lot more visitors to the Shuswap this summer and that they will play golf at Cedar Heights. So we think it's time to show our pride in our great little golf course with new greens flags with our logo .



However our upcoming parking lot paving project will make a big dent in our reserves, so we are hoping our members will consider donating some funds to help us replace our current flags this summer. You will receive a tax receipt for \$25 or more, which is almost the price of one flag!

If you can help send an email to info@cedarheights.ca, donate on our website, or call Dean at 780-995-3924.



PICKLEBALL IN FULL SWING

Why play pickleball at Cedar Heights?

- We have four courts in a beautiful treed setting
- We have over 100 pickleball members who play regularly, so a fun group of people to play with and times for newbies
- *If you like to play often and you are a member of Cedar Heights you can buy a sports membership for \$65 for unlimited play from April to October*

play on Sign Up Genius - no showing up and waiting to play

Here is the current schedule for Spring:

Monday to Friday: 9:00-10:30 and 10:45-12:15.

Tuesday & Thursday evenings ("Newbies" – new players): 6:00-7:30pm.

Monday & Wednesday evenings: 6:00-7:30pm.

Saturday: 10:30-12:00pm

For more information about becoming a Pickleball member contact Doug Salmon at: doug.salmon@gmail.com.

Douglas Fir Beetle in Cedar Heights

Last year, Bryan Buckley, a Cedar Heights volunteer was removing dead trees from the Cedar Heights grounds. Bryan and Cory Ash from Alpine Forestry are tree fallers and foresters and they donated their time to drop some dead trees. Bryan advised Blair Holmes that we should start protecting our trees from the Douglas fir beetle.

Blair was convincing in his recommendation that we should act. As a result, we embarked on a fir tree protection program at Cedar Heights In April, installing over 150 pheromone kits to keep the beetle from attacking our trees. Please note the pheromone repellent is environmentally safe and non-toxic to humans, pets, birds and even the beetles themselves.



purchasing the kits was an expense, without a guarantee that it was needed. But, now we know this is for real!

You can see that one of the dead firs that Bryan was an removing this year had the very distinctive fungal growths brought in by the beetle that occurs after infestation. Blair is clearly not happy!

These growths appeared on the lower part of the tree. The other obvious sign of infestation is the presence of reddish brown deposits produced when the fir beetle larvae consume wood. You can examine your fir trees for such deposits and a small bore hole in the bark.

Pheromone kits are hung in early April because kits hung later do not deter fir beetle attacks. We will however, be taking every occasion we can to educate people about the beetle. These include the FireSmart evening that Cedar Heights is hosting in late May and our FireSmart clean-up day on October 16th.



Please stay tuned. In the meantime, for more information, Google **"BC Government, A Guide to Managing Douglas Fir Beetle on Private Property"**.

KEEP FIT NEWS

Although we have only one month of Keep Fit classes left for this season, we are already looking forward to planning the next session, which will begin in the fall.

1. In September, we will have **three new and very enthusiastic instructors** (Betsy, Kristy and Marjorie) who have been working hard to achieve their qualifications through the B.C. Recreation & Parks Association. Of course, this is in addition to our fabulous and dedicated continuing instructors (Jill, Sharon and Sherri).
2. If you have visiting friends, you will no longer have to skip out of class in order to have fun with them. Instead, you will be able to bring them along so they can bounce around with us while they are in town. Their **drop-in fee will only be \$5** (paid in **cash** upon arrival at class). As well, they will need to go onto the **website** before coming to class, scroll to the bottom of the page, click on "Forms", then print up and fill out the **Par-Q and waiver** forms, and bring the completed forms to class.
3. You can continue to expect our **M/W/F co-ed classes for both Level 1 and Level 2** (for members with mobility issues)
4. You can continue to look forward to hanging out with your Keep Fit friends (and making new ones!) at **coffee after class**, which, as we all know, is half the reason we come to class anyway!
5. **Starting today**, in order to save your spot for Keep Fit classes from September to December, we are requesting a **\$50 deposit by May 14**. You can then **pay the balance before August 15**. That said, if you know you plan to continue your Keep Fit regimen, feel free to **pay the \$161 by May 15**. Then you'll have no need to think about it before September. One and done!
6. You can pay through the **website or go to the office on Tuesdays or Thursdays from 1-3 p.m.**

Please be reminded that your \$161 works out to a mere **\$3.50 per class**. The bonus is that you get to be a member of an uplifting, friendly organization. Your membership entitles you to discounted fees for other events and activities. Continuing to make Cedar Heights part of your life will ensure our future and the many opportunities that lie ahead.

If you have friends or acquaintances who are interested in joining Keep Fit, we



We look forward to continuing to Keep Fit with you come this September!



Mark your calendar! Connect with friends! Have fun!

But read beyond this section for more details!

CARPET BOWLING

MAY 1

You're in luck! We have room for more people to join! We have two top-quality carpets for all of you to use, which makes for a lot of bowling that you can jam into two hours! And if you have never done carpet bowling, we'd love to show you how!

TIME: 1 p.m. - 3 p.m.

COST:

\$3 drop-in for members

\$5 drop-in for guests

\$30 annual pass for Cedar Heights members

May 8
May 15
May 22
May 29



CROSS STITCH 101

DATES: MAY 1

TIME: 10:00 AM TO 12:00 NOON

This two day course will teach you to stitch heirloom quality cross stitch pictures using the finest mat. All materials and supplies are included in the price.



Senior Guys Golf

May 2

Time: 1:00 pm every Friday in May

Cost: \$15 per game or save money and buy a golf membership.



If you have more time than money and want to work on your short game with a group of guys who like to play golf come join us. *Cedar Heights members can pay \$85 for a golf membership that lets you play **unlimited golf for the whole season** at about the cost of a single round at one of the big courses.*

Those interested in some friendly competition can also take part in the **Men's Match Play** series. This is not mandatory for the Seniors Guys Golf.

afternoon heat. **Contact Bryan Lowes at 778 389-4636 for details.**

DOGHOUSE

MAY 2

TIME: Doors open at 6:30 play starts at 7:00 pm

COST: C.H.C.A. members - \$3
Non-members - \$5



FUTURE DATES:

May 16

May 30

June 13 (Tournament)

New players are always welcome and lessons are available every evening until June. **Call Vicki at 250-675-2141 if you have any questions.**

YOGA

MAY 5

TIME: 11:00-12:00

FUTURE DATES:

May 12

May 19

May 26



The Yoga class is now full. Thank you to everyone who signed up.

CANASTA

MAY 6

TIME: 1:00 p.m. every Tuesday

Non-members - \$5

FUTURE DATES:

May 13: no game today

May 20: regular play

May 27: last day of regular play

Sept 23: regular play resumes



CHICKS WITH STICKS

TIME: 1:00 pm every Monday and Wednesday during April and May

COST: Drop in is \$15 per session or better yet buy a 2025 Seasons Golf Pass for \$85.



For any ladies interested in joining this group of ladies for golf at Cedar Heights please contact Louise Hardy.

Email: hardy_louise@hotmail.com (note there is an underscore after hardy)

Phone: cell: 250-675-0072 home: 250-306-0853

CPR/FIRST AID COURSES

If you are still interested in taking a CPR or CPR/First Aid class at Cedar Heights Social Centre, we still have a few spaces available on a first come/first served basis.

Here's what you need to know:



May 3 - 9-11 a.m. (2 spaces available) **or 12-2 p.m.** (6 spaces available)

We are offering a free two hour class that focusses on the administration of CPR.

age limit however, younger participants should be accompanied by an adult.

May 10 - 9:30 a.m. - 4:30 p.m.

During this class, you can earn a certificate for Emergency First Aid and CPR through Red Cross. For the cost of \$150 (e-transfer to

chcapay@gmail.com) or \$160 (through our website):

<https://www.cedarheightscommunity.ca/whats.../events-listing>), spend the day in the warm, inviting atmosphere of Cedar Heights Social Centre. Tea, coffee and a healthy lunch is included.

No matter which class interests you, please let us know which class you would like to attend by sending an email to:

info@cedarheightscommunity.ca (in addition to paying online option for the full-day class) to let us know your name and contact information (and any food allergies if you plan to attend the full-day class).



Fundamentals of Golf Clinic
Thursday May 22 9:00 am

for you – the Cedar Heights Fundamentals of Golf Clinic on May 22 from 9:00 till 3:00 pm.

You will learn the fundamental golf skills that you can use at Cedar Heights, full-sized golf courses and on your winter vacations:

- *What are all these clubs for, anyways, and how do I choose which one to use?*
- *How do I grip them properly for a good swing?*
- *What is a good swing and how can I develop an effective one?*
- *What is putting all about, and how do I deal with sloping greens?*
- *What is 'chipping', when should I do it, and how do I do it?*
- *How exactly should I manage the game on the course?*

After the instruction and practice sessions we'll have a light lunch (burger or hot dog, plus salad and dessert) which is included in the cost of the clinic. Then you'll play a round on our course, with a mentor along to help you choose the right club and advise you on a full or partial swing for each shot.

Two thirds of all golf shots are short range shots or putts. Our Cedar Heights Community Association golf course is an ideal place to learn and to develop your short game before you graduate to the more expensive big courses. The next step is to practice and our course is a bargain as our members can buy a **2025 Season Golf Pass for just \$85** for unlimited play. Why not follow up the clinic by joining **Ladies' Chicks with Sticks** or the **Senior Guys Golf** group.

The cost; just \$20 for Cedar Heights members which includes lunch, one of the many benefits of being a member! If you are not a member of Cedar Heights the cost is \$40.

You can sign up online, just click [HERE](#) or you can go into the office on Tuesday's and Thursdays from 1-3 pm. Don't delay class size is limited!



Please [click here](#) to purchase your dinner by May 20th
so we know the numbers and can prepare all the fixin's!



Lobster FESTIVAL

SATURDAY JUNE 7, 2025

MEMBERS \$60
NON MEMBERS \$65

FRESH ATLANTIC LOBSTER
SALADS, BUNS, DESSERT & COFFEE

BAR OPENS AT 4:30
DINNER STARTS AT 5:30

LIVE
ENTERTAINMENT
BILLY WISEMAN

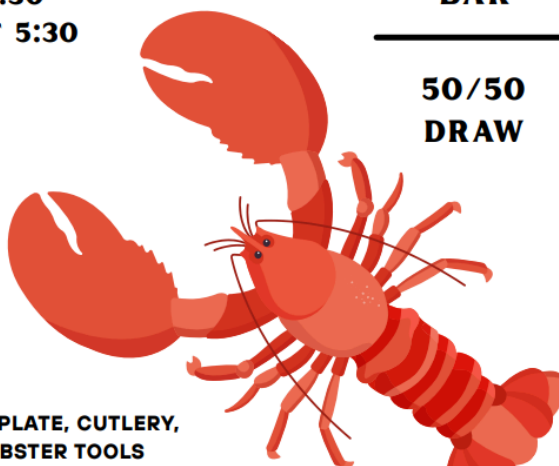


East Coast Celtic
Entertainer
Powered by the passion
of his fans.

PLEASE BRING YOUR OWN PLATE, CUTLERY,
BIB, WET WIPES, AND LOBSTER TOOLS

CASH
BAR

50/50
DRAW



The Lobster Festival this year will have an Atlantic Canadian twist with live music and some instruction on how to eat your lobster.

Billy Wiseman, The Saltwater Cowboy is a musician from Newfoundland and he will be playing two one hour sets during the evening. Click [here](#) for a link to his Facebook site.

Tickets go on sale starting **May 1st at 1:00 pm** on our website or you can go into the office on Tuesdays and Thursdays from 1-3 pm to buy tickets. To purchase tickets on our website click [HERE](#). **Sign up and pay before Wednesday May 28th at 3:00 pm.**

Come and eat lobster, socialize with your neighbours, and listen to some great music!

We are interested in starting a Sunday afternoon dessert concert series in the fall. It seems that the Shuswap is full of opportunities to play and hear country/folk/blues music, but not music that leans a little more toward the classical end of the music spectrum.



If you know any musicians who would like to give back to the community by putting on approximately a one-hour concert, please put them in touch with us at info@cedarheightscommunity.ca. If you happen to know of someone (or a group) and would prefer to forward their name to us so that we can contact them, we'd be happy to do that, too.



Art Sale

CEDAR HEIGHTS GOLF COURSE

Calling All Artists & Artisans
seeking to join us in this one day
Outdoor Art Show and Sale

Apply via email
to artonthegreenshuswap@gmail.com
include 3 jpeg good quality images
representing your work

2316 Lakeview Drive, Sorrento

SATURDAY AUGUST 16TH, 10am - 4pm



Art on the Green - Shuswap



[artonthegreen.shuswap](https://www.instagram.com/artonthegreen.shuswap)

GET INVOLVED



"The most precious thing I have to give is my time."

- Silvia Hartmann

SO, YOU'D LIKE TO VOLUNTEER?



with lobster season in the Maritimes. This year, it is slated for **Saturday, June 7**. We already have someone to source the lobster. Phew!

However we are looking for a few more volunteers to help Heather at the event. Bringing new blood into the planning of activities and events brings new ideas, and working in a team can be a lot of fun, too! We look forward to hearing from you.

If you can help please contact Heather at: 250-463-2852

Dear Friends and Community Members,

Are you looking for a meaningful way to give back and make a real impact in your community? At CHCA, we rely on the passion and dedication of volunteers like you to help us make a difference in our community. We have a variety of rewarding volunteer opportunities available, and we're confident you'll find a role that matches your interests and availability.

Here are a couple current openings for volunteer opportunities:

Soiree Event June 26 2025

- Volunteer Bartender: Mixing of "Mocktails"
- Preparation of decorative centerpieces

No prior experience is necessary for many of our roles, and we provide support to all our volunteers. Volunteering with CHCA is a fantastic opportunity to:

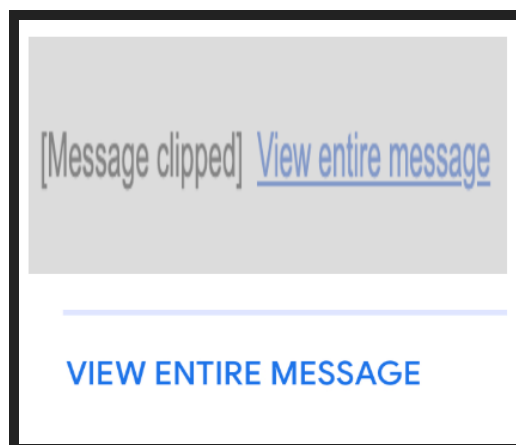
- Make a tangible difference in the lives of others and your community.
- Develop new skills and gain valuable experience.
- Meet new people who share your passions.
- Feel a sense of fulfillment knowing you are contributing to something important.

Ready to get started? We'd love to hear from you!

If you have any questions, please don't hesitate to contact our **Volunteer Coordinator, Debi Lewis**, at **lewis2d@hotmail.com**

VIEW ENTIRE MESSAGE

We have heard that some people don't know that they are not seeing the whole newsletter. Please check the bottom of your newsletter to see if you have a message like the ones you see here. All it takes is a quick click and you will see the whole thing. After all! You don't want to miss the Editor's note!

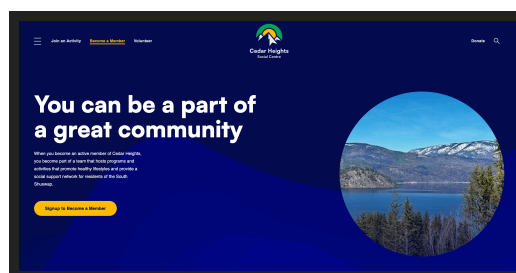


IMPORTANT REMINDERS



MEMBERSHIP RENEWAL TIME

If you have renewed your membership for 2025, we thank you. But in case you haven't, you can now do this online. Click on the link below, or come into the office on Tuesday and Thursdays 1-3 pm.



<https://www.cedarheightscommunity.ca/become-member>

BLIND BAY VILLAGE GROCER CARD PROGRAM

Did you know that if you buy a grocery card from Cedar Heights, the Village Grocer donates 8% of the value of the card



Keep your ears open for any pop-up sale of BBVG cards that might take place at Cedar Heights! Otherwise, you know you can always purchase the cards at the office (Tuesday and Thursdays from 1:00 till 3:00 pm). Please note that **only cheques, cash or debit** are accepted for payment. We thank you for your support!

COMMUNITY SPOTLIGHT

If you are still reading you know this month's newsletter is a little longer than usual, which is a good thing as it means a lot is happening at the Centre. We also just had a volunteer appreciation tea to recognize all our volunteers who lend a hand all year round, so I decided to move the next spotlight to the June edition.

*Please consider the gestures, great or small of someone you know in our CHCA family. Perhaps they regularly offer to drive friends to medical appointments. Maybe they organize neighbourhood clean-ups. And maybe they have an admirable skill/talent that we don't know about. If you know someone like this, please send a short write-up and, if possible, a photo to **Lynne Lowes at:** ekxpat@gmail.com*



FOLLOW-UP ON FUN

ELBOWS UP CANADA PUB NIGHT

APRIL 5







OFFICIAL OPENING April 11

Dean and Blair were on hand to witness young **Carter Larivee's** first golf shot in 2025.

According to his Mom, Rhonda Larivee, Carter will have golfed 500 rounds on our course by the end of the month.

Carter lives very close to the course but given his age this has to be a record.

In addition he had a Hole in One on Hole 2 on August 8, 2023!

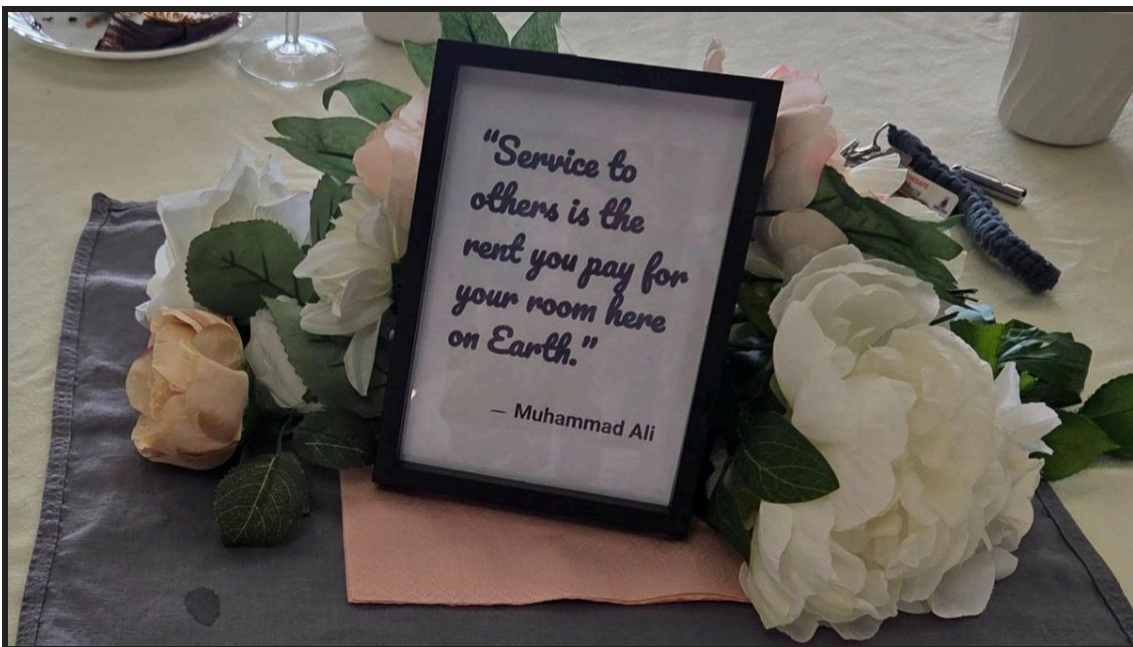
There may be a PGA tour in his future.

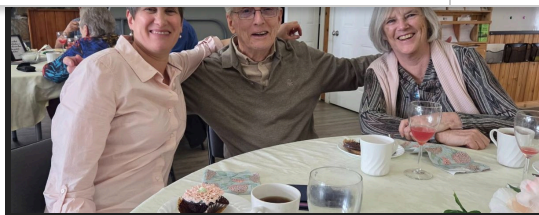


VOLUNTEER APPRECIATION TEA APRIL 14



The beautiful and tasty cupcakes for the tea were made by the group above who were part of our presidents cake decorating class.







COMMUNITY RESOURCES

DO THE SHU!

Do you want to know what's happening in the Shuswap? The Arts Council and the Chamber of Commerce have collaborated on a new community calendar called **Do the Shu** that replaces the Shuswap Culture event calendar.

Click [HERE](#) for a look at the upcoming events.



Community Website: Stay updated on [news and events](#) by visiting our [website](#).



Contact Us: Have questions or suggestions? Reach out to us at info@cedarheightscommunity.ca or [\(250\) 675-2012](tel:(250)675-2012).



May is the time to get outside and plant your garden whether it's flowers or veggies. I have noticed lots more raised garden beds in our community which is a wonderful way to save on the ever increasing cost of produce. I love mine and hope to have another this year. There is nothing quite like growing your own food and eating it!

One thing missing at Cedar Heights is a garden club. I for one could use some expert advice so if you are interested in joining and/or you know of someone who could teach us please email me.

Happy Gardening!

Cheers,

Lynne Lowes at: ekxpat@gmail.com

2316 Lakeview Drive, Sorrento, BC V0E 2W2, (250) 675-2012, info@cedarheightscommunity.ca

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