



## **Issue # 61, Member Edition July 2025**



### **PRESIDENT'S MESSAGE**

Being halfway through 2025, it's the perfect time for both reflecting on the past six months and looking forward to the next six. As one might have expected, January to June represented a very steep learning curve for me as I became acquainted with the inner workings of Cedar Heights.

What you have likely seen over the last six months are:

1. Indoor and outdoor games & wellness classes
2. Brand new, as well as tried and true, special events/dinners
3. Opportunities to learn and hone new skills

Behind-the-scenes efforts that you may not have been aware of over the last six months are:

1. Planning for facility maintenance (inside and out, present and future)
2. Thinking outside the box to provide a wider range of opportunities for members of our community

4. Living up to government standards and doing it all by the proverbial book so nothing comes back to bite us in the proverbial behind!

What we have to look forward to:

1. Art on the Green (Aug. 16)
2. Getting back to Keep Fit, Doghouse, Carpet Bowling, Canasta (Sept.)
3. CHCA Open House (Sept. 6)
4. An Artful Affaire (Sept. date TBA)
5. Pub Nights (Sept. 20, Nov. 1)
6. Ballroom Dancing (date TBA)
7. Fashion Show (Oct. 4)
8. Apple Pie Making/Sale (Oct. 21)
9. Christmas Market (Nov. 8)
10. Motown Night (Nov. 15)
11. Grey Cup Party (Nov. 16)
12. Kids Only Shopping (Nov. 29)
13. Christmas Dinner (Dec. 1)
14. Bake Sale (Dec. 6)

And that's only what we have in the calendar as of today!

So much of what we offer at Cedar Heights includes activities and events that allow participants to interact and be part of their own entertainment. Last week, CHCA member Lori Henderson humbly offered to share her incredible cookie decorating skills and was delighted to max out on participants for the one-day session that she offered. Donna Weich and I had a similar experience with the cake decorating and heirloom cross stitch classes that we ran earlier this year. There is still plenty of room in the calendar for you and/or a friend or two to share a skill that you may have acquired. You would be surprised at how many people might be interested in learning your passtime or passion. Or perhaps you would like to help plan one of our very successful Pub Nights or other special events. It's people like you who helped make our Lobsterfest such a huge success last month. A range of skills, experiences and connections are what help make our events unique and enjoyable. Don't hesitate to get in touch with us if you have any questions or suggestions.

Last, but not at all least, today is Canada Day. If you are attending the ever popular Blind Bay festivities with the rest of the community, you will see that Debi Lewis and her helpers have set up all their Cedar Heights red and white on Centennial field. But there's no need to leave it up to them to let everyone know what a great facility and community we have at Cedar Heights. Most of the

pays”; before you know it, the savings you have accrued pay off the nominal cost of the membership while, at the same time, helping to support our centre. So, as you meet new people in the community, let them know about Cedar Heights. And if, for some reason, you haven’t gotten around to renewing your own membership, you can easily do so [through our website](#). Your support is so very much appreciated.

This month’s quick, but heartfelt thanks go to:

1. Lori Henderson for prepping and sharing her cookie decorating expertise.
2. Dean Wallace for his helpful grunt work on the golf course, supporting greenskeeper, Blair Holmes.
3. Sharon Hornseth for coordinating our kiosk helpers who have generously volunteered.
4. Deb Lewis & her Crew for proudly representing us at Centennial Field on Canada Day.
5. The Lobsterfest Gang (jump to the “Follow-Up on Fun” section for all the details).
6. Glenn Smith for being the overseer of the parking lot paving project. Doesn’t it look great?!
7. Lynne Lowes for her finesse in putting together our monthly newsletter.
8. Louise Hardy for being the head “Chick with Sticks”!
9. Angie Shaw & Roger Lambert for taking the lead on the bocce courts this season.

Warm Regards,

Kris Hamaguchi

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

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## Happy Canada Day 2025

There will be a big celebration at Centennial Field on Canada Day. This year Cedar Heights has a booth on the field to show our pride in Canada and showcase our beautiful Centre and all it has to offer. If you are there drop by and bring your friends and neighbours. I’m always surprised by how many people have lived in the area a long time but have never visited the Centre.

This year, more than ever, is the perfect opportunity to wave our flag and show

See the times for the various activities and the music lineup below.  
Enjoy!

**SOUTH SHUSWAP**

**CANADA DAY**

Family Fun-Filled Day  
**Join Us!**

**JULY 1ST**  
**- Biggest Little Celebration -**

Collector cars / Kids games / Many vendors including food vendors

Lion's Club Pancake Breakfast 8-11 am  
Parade 10 am  
Opening Ceremony 11 am  
Entertainment & Activities All Day  
Fireworks!! 10:30 pm

For full line up & schedule, please visit us  
on Facebook @southshuswapcanadaday

Bring your lawn chairs and blankets  
2404 Centennial Drive Blind Bay

ROAD CLOSURES during parade (approx 9:45am - 11am) and after 6pm for the Fireworks.  
Balmoral Road (at Mountainview), Blind Bay Road, Centennial field

This ad donated by  
**SCOOP**





**STAGE LINE UP 2025**  
SOUTH SHUSWAP CANADA DAY

**BLU & KELLY HOPKINS**  
12:15 TO 1:30 PM

**THE BLIND BAY BLUES BAND**  
2:15 TO 3:45 PM

**PAISLEY GROOVE**  
4:30 TO 5:45 PM

**HANDSOME LOU**  
6:30 TO 8:00 PM

**THE SERIOUS DOGS**  
8:45 TO 10:30 PM

SOUND PROVIDED BY GUERRILLA SOUND CO.

Logos at the bottom: Canada (Patrimoine canadien / Canadian Heritage), BRITISH COLUMBIA (Supported by the Province of British Columbia), CSRD, South Shuswap Canada Day Society.

## Spots Available for Keep Fit Fall Registrations

An impressive and enthusiastic team of instructors has been assembled and trained for the fall session of Keep Fit at Cedar Heights. Openings are available in our regular sessions. You have two options to reserve your spot:

\$111 in person by August 15<sup>th</sup>. Or you can pay the full amount of \$161 on your first visit to the office.

2. Register on-line through our website. You will authorize payment of a \$50 deposit. The remaining \$111 will be automatically billed to your credit card on August 15<sup>th</sup>.

The Keep Fit program at Cedar Heights has been and will continue to be the highest value and highest quality fitness programs in the area. You will be impressed with the level of energy, enthusiasm and dedication of our instructors in the program. And you will have the chance to enjoy the après-classe café au lait after the Wednesday and Friday sessions.

Over the summer invite new neighbours who have moved into the community and old friends to join you in Keep Fit so they too can benefit from the program and all of the other events that Cedar Heights has to offer.

If you haven't been to one of our co-ed Keep Fit classes watch the video below. For more details about the classes click [HERE](#) for more information about the two levels of classes plus days and times.



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



It went an a little longer than expected due to the rainy weather but it is all done and everyone can go back to parking in both lots, so thank you all for your patience. We thought you might want to see some before and after photos as well as the new pathway to the pickleball court. A huge thank you to Glenn Smith who managed this project.





***Mark your calendar! Connect with friends! Have fun!***  
*But read beyond this section for more details!*

## **GOLF COURSE**

Open Daily 8 am - 8 pm





No need to register, just show up and play! *It's the only course in the area where you can bring your kids and grandkids and if they are under 12 they can play for free if accompanied by a paying adult!* Our drop-in price for a visit to the course is \$15 for adults, \$10 for youth from the age of 13 to 17.

One of the benefits of being a member of Cedar Heights is if you intend to golf more than 10 times a year on the course, consider taking out a golf membership for unlimited play until October, just \$85.

You can buy it on our website: ([www.cedarheightscommunity.ca/join-an-activity/outdoor](http://www.cedarheightscommunity.ca/join-an-activity/outdoor)) or come into the office from 1 to 3 pm on Tuesdays and Thursdays or buy it from the greeter at the Kiosk when staffed.

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## PICKLEBALL



Why play pickleball at Cedar Heights?

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 (weather permitting)*
- Best of all if you have a pickleball membership you can reserve your time to play on Sign Up Genius - no showing up and waiting to play

Here is the current schedule :

**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](mailto:doug.salmon@gmail.com).

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## BOCCE

**TIME:** 1 - 3 p.m. every Thursday

**COST:**

\$3 drop-in for members

\$5 drop-in for guests



Play as much as you want if you buy a \$45 annual pass for a combined carpet bowling/bocce memberships for Cedar Heights members. Just \$15 if you already have paid your carpet bowling membership.

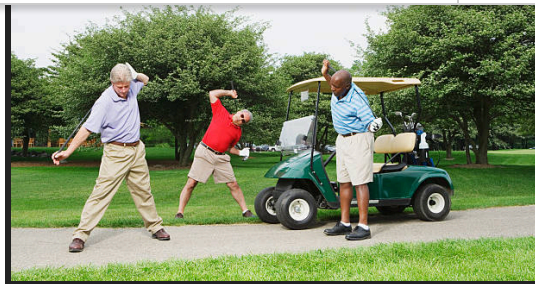
If you have never played Bocce before no worries, Doug Cathro will be present to teach the skills and subtleties of the game.

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**Time:** New time 10:00 am every Friday

**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, no need to register just come and play. Visitors are welcome to join us, just meet at the Kiosk.

*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 at the same time. This is not mandatory for the Seniors Guys Golf. **Contact Bryan Lowes at 778-389-4636 for details.**

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## DOGHOUSE

**Opening Date Sept 12th**

We concluded our year with a Tournament on June 13th with 36 players. Top five winners were Del Fearn, Rose McLeod, Steve Wills, Bob Weich, Vicki Coe, and Keith Watson won the consolation prize.



The hall rang with a lot of laughter and most of us managed a sugar-high from the snacks provided. Doghouse wrapped up another successful season of play - averaging 22 players for each of the 19 dates played (every second Friday).

**Our opening date in the fall will be September 12th.** There is always room for more, and we provide lessons to new players every night, excluding tournaments. Hope to see you out at the tables in September. Have a great summer!!

Vicki

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**CHICKS WITH CHICKS**

**TIME:** Now playing Mondays and Thursdays at 9:30 a.m.

**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](mailto:hardy_louise@hotmail.com) (note there is an underscore after hardy)

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

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## Cedar Heights Golf Course

Saturday Aug 16th  
10 - 4pm  
2316 Lakeview Drive



Our 5<sup>th</sup> Annual Art Sale is rapidly approaching! We are excited to showcase local artists and their work. Many of our participants are returning with a number of newcomers too!

*Lakeside Local Food Truck* will be on site with a variety of delicious choices for lunch. That together with our own *Cedar Heights* offerings for dessert will satisfy your food cravings. A variety of musicians will keep you entertained as you check out the many unique, one-of-a-kind creations.

One attractive feature we can offer our participants are volunteer helpers we have been fortunate enough to provide. Every year we receive multiple compliments about the friendly, cheerful volunteers who offer their time to make this event so successful!

- 2 Parking Assistants to oversee the Loading and Drop-Off Zones – from 6:30 to 9:30 am and again from 4:00 to 5:00 pm
- 3 Volunteers to set up/take down decorative grids
- 1 Field Host/Hostess to handle enquires, photos and Event survey
- 2 Volunteers for lunch relief
- 2 Volunteers for putting up banners at entrance and tent for musicians (can later move on to set up/take down)
- *Many hands make light work* for assisting Artists setting up and taking down their tents and displays. Tractors/carts will be used for the heavy lifting.

*If you can help, please contact Susan McLeod at 250-463-4153*

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## GET INVOLVED

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

**- Silvia Hartmann**

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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:

- 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](mailto:lewis2d@hotmail.com)**

Thank you for considering joining our team of dedicated volunteers. We truly appreciate your willingness to help us make a difference.

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## 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!



[Message clipped] [View entire message](#)

[VIEW ENTIRE MESSAGE](#)

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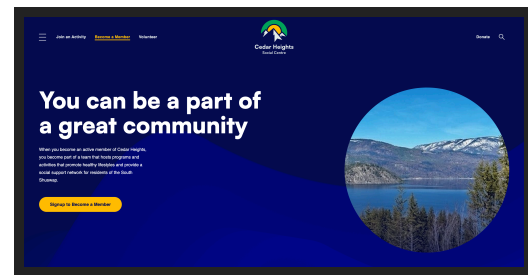
## IMPORTANT REMINDERS



**The office at Cedar Heights will be closed on Tuesday, July 1st for Canada Day.**

## 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 to our association? For example; if you buy a grocery card for \$200 we get \$16 from BBVG. It's a wonderful program that raised over \$5000 last year.



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



This is the first time we have highlighted a couple but I would be remiss to do one without the other.

Both Susan and Russ are both staunch supporters of our community centre and they have both donated countless hours of their time over the years.

This is the couple you want for your neighbour, always ready to help out, whatever you need.

In fact Cedar Heights has been fortunate to have so many amazing volunteers from Talana Trail; Anne Ramsay, Gord and Linda Shea, Dean and Shelley Wallace and Barb and Leigh Cotterill before they moved to Alberta.

Susan and Russ like many of our members came from Alberta and have lived in Blind Bay for 17 years this year, and according to Russ they loved every minute of it (perhaps excluding the months he was on crutches). They enjoy getting out on the lake and they love camping in their RV. They had quite a memorable trip down the Baha last year!

Susan is a busy lady, most days you can find her in her potting studio and you have probably seen her Fab Art creations at the various art shows in the community. And she also looks after **Art on the Green** coming up at Cedar Heights on Aug 16<sup>th</sup>. Somehow she also finds time to organize countless dinners for people in our community who have health issues.

Susan has been the driving force behind **Kids Only Shopping** since 2018 (excluding a couple of years during Covid) and it runs like clockwork every year. Just managing all the donations is a huge job never mind all the volunteers it takes to pull this off. Russ monitors the door in addition to setting up, taking down, and packing up what's left and delivering it to the various community organizations. He also made the wood extensions for the tables which saves our backs!



and out, in addition to spending hundreds of hours volunteering on our remodel of the Centre. Russ has taught Keep Fit for many years at Cedar Heights and still does a class once a week at Eagle Bay. He also teaches Karate and really enjoys working with the younger kids. Russ was also a huge help on various projects on the grounds of the Centre, digging trenches, pouring concrete and more plus providing his expertise on the paving project.

Both Susan and Russ organized Lobsterfest for many years, so it's nice to see other volunteers taking this on and doing a fine job. Both of them both do whatever is needed, often without asking. Bartending, cooking, cleaning up both inside and out and lending their support by showing up and volunteering for most activities, events and meetings.

Cedar Heights is so fortunate to have them as OUR neighbours!

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*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](mailto:ekxpat@gmail.com)*



**FOLLOW-UP ON FUN**

## LOBSTERFEST

### JUNE 7

We had another successful Lobsterfest this year according to everyone who attended. Shaunne Letourneau said the lobster was the best she had ever tasted!

made a tasty traditional maritime dessert and she showed everyone the correct way to eat lobster (no mean feat), and Wade Spencer made sure to screech in Kris, our new President.

The boiling crew had new lobster burners this year and they were so hot they melted the asphalt...fortunately the last act before the old asphalt was torn up.









**Thank you! Thank you! Thank you!**

Lobsterfest 2025 was a hit! Great music, great organization, and a great team, and of course great food! Thank you for buying tickets and coming out to make this evening the success it was. A huge thank you to all those who stepped up and volunteered their time and talents, it was a pleasure working with everyone of you. The entertainment was a fun new addition with Billy Wiseman! Thank you Bonnie and Bill Brown for making the suggestion and hosting our guest.

To all those who made Lobsterfest possible from planning committee to clean up crew!

- To Dean Wallace, Bonnie Brown, Wade and Margaret Spencer for bringing me on board what a great team!
- Set up crew: Harry Eisenberger, Susan , Kathy Kardelis, John Haroldson, Wade and Margaret Spencer, Heather Hamlin Gravells
- Desserts: Margaret Spencer, Heather Hamlin Gravells, Tammy Gibbs
- Lobster Transportation: Wade Spencer
- Lobster cooking: John Haroldson, Harry Eisenberger, Peter Blacklock, Bill Brown and Wade Spencer
- Runner :Michael Gravells
- 50/50: Dean and Shelley Wallace
- Door and ticket sales and advertising: Sharon Hornseth
- Kitchen workers and food servers: Margaret Spencer, Bonnie Brown, Cynthia Blacklock, Kathy Kardelis

garbage.

I look forward to next year's Lobsterfest on June 6, 2026

Heather Hamlin Gravells - Host and MC



## Cookie Decorating

June 25



Lori Henderson held a cookie decorating class at Cedar Heights and Vicki Coe was one of the participants. She shared her experience below and some photos for the newsletter.

*The cookie decorating class was fun. Most of the participants had never decorated cookies before, but wanted to add to their skills and see what was*

*She had pre-baked the sugar cookies in the forms of a flip-flops, shorts, t-shirt, flamingo, surfboard and sunglasses.*

*Lori would demonstrate the two methods she knew to decorate and then would let us loose on our own cookies.*



*She also gave us tips along the way to prepare the icing, filling the icing bags and other things she had discovered while learning herself.*

*She said she was primarily self-taught - using YouTube videos to get started and then her own creativity took her from there.*



*some icing, some tools of the trade, one participant mid-decorating and then the one shot on the cookie sheet is our own work, and the shot with the six pieces was Lori's.*

*This was fun and I think if Lori is willing, this could easily be repeated.*

*Vicki*



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## COMMUNITY RESOURCES

### DO THE SHU!

Do you want to know what's happening in the Shuswap?

Check out the South Shuswap Chamber Facebook group for all the latest community happenings, and explore their newly launched Events Calendar here: <https://www.southshuswapchamber.com/events/>

Have an event to add? Email the details to [manager@southshuswapchamber.com](mailto:manager@southshuswapchamber.com).

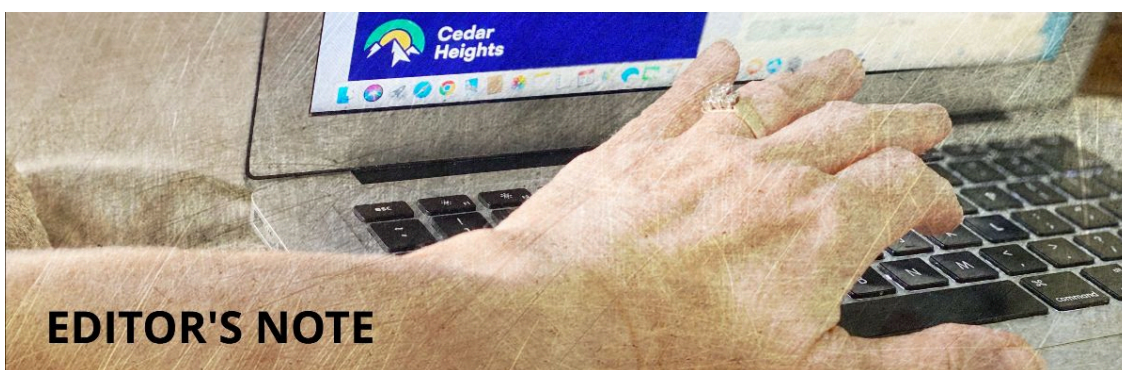
Click [HERE](#) for a look at the upcoming events for July.



**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](mailto:info@cedarheightscommunity.ca) or [\(250\) 675-2012](tel:(250)675-2012).



Happy Canada Day! It's fun to celebrate right here in Blind Bay so do come out to the festivities in the field. The fireworks seem to go on forever so bring a lawn chair down to the bay and enjoy the light show.

Now that school is out many of you will have lots of visitors; who wouldn't want to come to the beautiful Shuswap in the nice weather. We just had three generations from my family come for the long weekend, and we had a great time, lots of golf, chatting, games and food (lots of it). The only downside is doing the laundry when they go home (lots of that too).

Have a wonderful July,  
Lynne

**Lynne Lowes at:** [ekxpat@gmail.com](mailto:ekxpat@gmail.com)

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