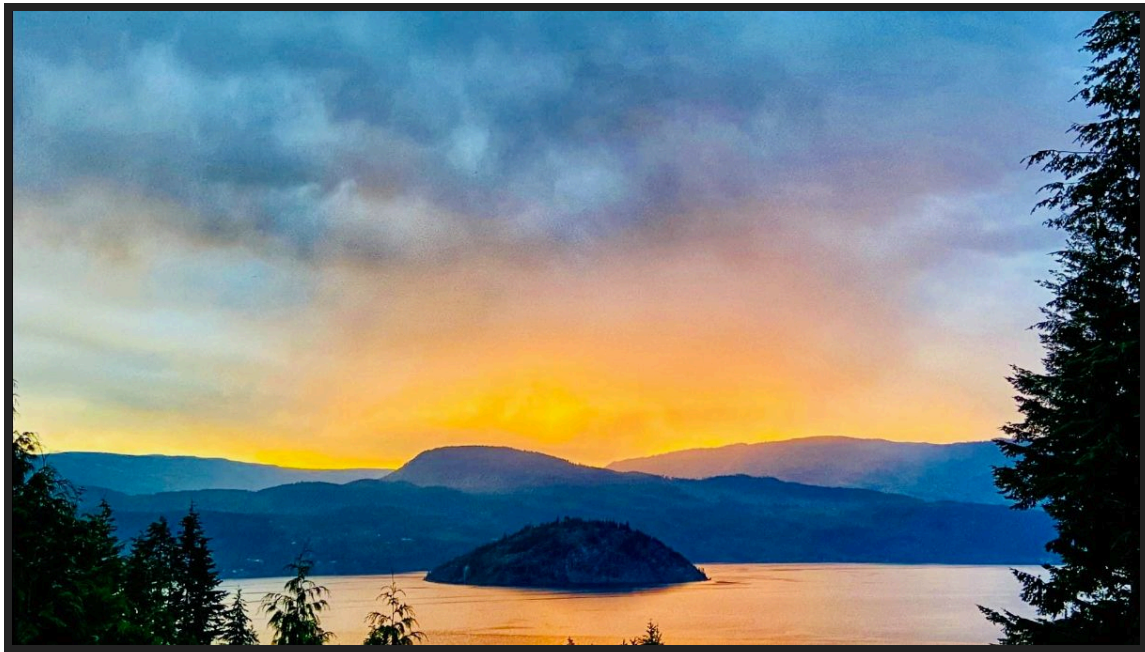


Issue # 62, Member Edition August 2025



PRESIDENT'S MESSAGE

Today, I was planning on placing my “Mother’s Hat” atop my “President’s Hat” and sharing with you the gorgeous details of my daughter and my new son-in-law’s wedding that took place at Cedar Heights on July 12. I was going to tell you about the fun lead-up to the wedding in the form of an entertaining golf tournament on our jewel-of-Blind-Bay golf course, the spectacular and peaceful location of the ceremony (overlooking said jewel), the cozy, romantic setting of the reception in Cedar Heights Social Centre and the heartfelt (and extremely positive) feedback from all who attended and, most importantly, the immensely happy and satisfied bride and groom.

But I’m not going to tell you about the wedding at all. Instead, I’m going to rave about the value of our little Cedar Heights facility. The building and grounds, alone, as I and all our attendees said, were perfect for a function of 75. Our pristine little golf course and its surrounding foliage and conifers made for such a beautiful backdrop, yet so close by was our ample, brand new parking lot to accommodate everyone and their vehicle. The rustic and well-kept charm of the centre with its own gorgeous view provided so much versatility for our creativity

venue in the region.

I cannot understate the appreciation, importance and value of every volunteer who comes forward to help out. Help comes in many shapes and sizes, all of which we could not do without. We are particularly appreciative of those who have offered to help in the planning end of various events and activities, whether alone or in a team.

As we mentioned last month, the new Lobsterfest gaggle of volunteers worked together to create a wonderfully memorable event to which all who attended will be looking forward next year. I just don't know how we will be able to accommodate the numbers with so many more people who missed out and who are not wanting to make the same mistake next June!

The same can be said for Pub Night. Roger, Angie, Judy, Dee and Brian were new faces who offered their help in making our Pub Nights the success that they were. They humbly stepped forward to share their interests and strengths. And it was so much appreciated by all.

I must make mention of our dedicated volunteer rental coordinator, Vicki Coe. We met with her well before "Yours Truly" became president. Vicki was so friendly, accommodating, patient and flexible in helping our vision come to fruition. There is such value in the kind and caring volunteers who help to make Cedar Heights the special place that it is.

Finally, the Cedar Heights events and programs themselves must be recognized for the value that they offer to our community. Without intending to offend any one of you, yes, there are people who question the fees attached to our events and programs, and the cost of our annual membership. I suppose that in a perfect world, we would be able to offer all of them at no cost to anyone. Unfortunately, this is simply not possible. We all know that the almighty buck makes the world go 'round. Well, the same thing goes for Cedar Heights.

Parking lots need to be repaved; pickle ball courts need to be resurfaced; golf courses need to be maintained; dead trees need to be fallen; roofs, sound systems, refrigerators, lawn mowers, tables, chairs, tablecloths, you name it need to be replaced; utilities and insurance premiums need to be paid; fitness instructors need to be trained; liquor licenses have to be purchased for every event where we wish to sip on a glass of Pinot Grigio or slug back a Sleeman's. Can you imagine how many expenses would increase (not to mention our membership and event fees) if we had to pay our volunteers? But those of you who didn't realize this are completely forgiven. I'm not gonna lie; before I became president, these are things that I never, ever thought about.

Not long ago, someone discovered that I do quite a bit of sewing. He said, "Oh! Maybe I'll get you to hem my pants for me. Y'know, it used to only cost five bucks to get your pants hemmed and now it costs about 20!"

Apparently, he hadn't thought of this. If things stayed the same, we'd still be paying 36 cents per litre for gas, wouldn't we?

So, yes, Cedar Heights will continue to charge money for events and activities. We will continue to find new, valuable experiences to offer you. We will continue to encourage people to purchase annual memberships. We will continue to seek grants to help cover some of our larger expenses. We will continue to pursue offering you the best value for what you are paying. And if you and your friends continue to take us up on what we have to offer (tried and true programs/events as well as new ones we are trying out), think of the value that it will bring to your life. Priceless!

Last, but by no means least, this month's quick but heartfelt thanks go to:

1. Angus Wilson & Alisha Campbell (our two summer students) for being a helpful, smiling, friendly face at our centre this season.
2. Our kiosk volunteers for welcoming golfers and pickle ball players.
3. Kim Bond for enthusiastically supporting our fitness programs
4. Debi Lewis and her crew of volunteers for representing Cedar Heights and attracting lots of attention at their booth on Canada Day.
5. Blair Holmes for putting forth the extra effort to make Area 7 as perfect as possible, and (with the help of Angus) maintaining such professional quality greens, particularly according to a guest from Vancouver.

Warm Regards,

Kris Hamaguchi

krishamaguchi@gmail.com



Area 7, such a breathtaking spot on our golf course for the perfect wedding.

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:

1. Come in to the office on Tuesday or Thursday between 1 and 3 pm. You can pay a deposit of \$50 to hold your spot and then pay the remaining \$111 in person by August 15th. 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 15th.

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

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!



Mark your calendar! Connect with friends! Have fun!

But read beyond this section for more details!

Open Daily 8 am – 6 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) 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.

PICKLEBALL



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 (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.

BOCCE

**PLEASE NOTE THE NEW
DATE AND TIME**

TIME: 9:30 am on Tuesdays

COST:

\$3 drop-in for members

\$5 drop-in for guests



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.

Senior Guys Golf

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.**

DOGHOUSE

Opening Date Sept 12th

DATE: Every second Friday

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

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



We average about 22 players for each session, but there is always room for more. We provide lessons to new players every night, excluding tournaments. Call Vicki at 250-675-2141 if you have any questions

CHICKS WITH STICKS

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 (note there is an underscore after hardy)

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

The following gala evening is not a Cedar Heights event but we thought our members might like to attend this **Dine and Dance Under the Stars Fundraiser** at the Sorrento Centre.

In exchange for promoting their event they agreed to advertise our major events, a win for both of us. All the money raised goes towards stewardship of the Sorrento Centre's land, buildings, and ongoing programming and helps them continue to offer events and activities that benefit thousands of local and visiting guests annually.



Date and Time Details: **Saturday August 9, 2025 at 6:00 pm**

Location: **Sorrento Retreat and Conference Centre**

Address: **1159 Passchendaele Road, Sorrento, BC, Canada**

Getting Here:

Find us on [Google Maps](#).

Dine & Dance Under the Stars will become the Sorrento Centre's signature fundraising event. A summer garden party like no other with the most exquisite food featuring the finest of culinary experiences by [Timber Shuswap](#), paired with crisp, clean, cool-climate wines handcrafted on the shores of Shuswap Lake from [Sunnybrae Vineyards & Winery](#), a fantastic auction, and live entertainment provided by the amazing [Legendary Lake Monsters](#).

Guests will enjoy culinary offerings meticulously crafted by acclaimed Chef Chris Whittaker of [Timber Shuswap](#). Known for his unwavering commitment to sustainability and farm-to-table practices, Whittaker has created a menu honouring the bounty of the region.

Starter: Heirloom tomato salad, caper and balsamic dressing, Tanto Latte burrata, morel mushroom focaccia.

Main: Colonial Farm chicken, roasted summer squash, pâté en croûte, marsala espuma.

Dessert: Dark chocolate ganache, white chocolate mousse, macerated summer fruits, chocolate crumb.

To find out more about the gala, the Centre and purchase tickets for this event click [HERE](#).



Cedar Heights Golf Course

Saturday Aug 16th
10 - 4pm

2316 Lakeview Drive



Our 5th Annual Art Sale is rapidly approaching! We are excited to showcase 20 plus 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.

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!



GET INVOLVED

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

- Silvia Hartmann

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:

- Volunteering for a few shifts as a summer Greeter in the kiosk
- 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:

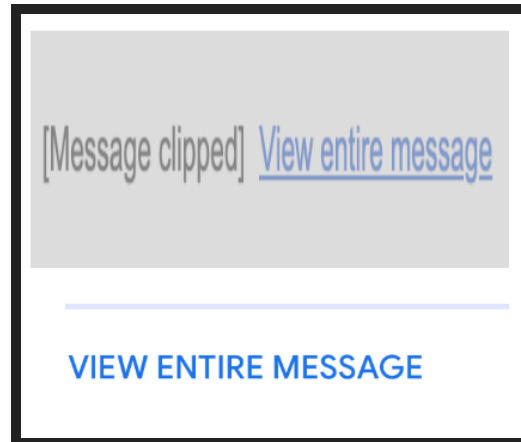
- Make a tangible difference in the lives of others and your community.
- Develop new skills and gain valuable experience.
- Meet new people who share your passions.
- Feel a sense of fulfillment knowing you are contributing to something important.

Coordinator, Debi Lewis, at lewis2d@hotmail.com

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

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 Community Spotlight, it might be you!



IMPORTANT REMINDERS

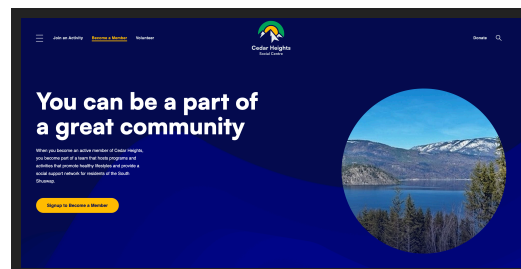


KEEP FIT MEMBERS

For those Keep Fit folks who authorized a payment of \$50 online through our website when they registered for the fall session, the remaining \$111 will be automatically billed to your credit card on **August 15th**.

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



<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



Gloria Heintzmann

Gloria and Wolfgang have been long time members at Cedar Heights; so long no one seems to know exactly how long. I guess we need to ask her.

Gloria grew up on the prairies and after she became a nurse she moved to Prince George, where she met and married Wolfgang prior to moving to Blind Bay.

have been an integral part of the community association from the start.

Both Gloria and Wolfgang are avid outdoors people, hiking, skiing, snowshoeing, and golfing. And yes, like many of us they have slowed down a bit lately as they have had some health challenges. She organized many hikes in the area and you will still see Gloria out walking with her poles in the neighbourhood with her friends.

We are not sure how Gloria had time to do all the things she was involved with at the Centre. The list is long and I'm sure I missed some things. She organized the flu clinics at Centre, and over 400 people attended. Perhaps because she made sure everyone got a home baked cookie and coffee and had a chance to chat with their neighbours. She is a good gardener, and she was involved with the plant sale fundraiser at Cedar Heights. I still have some of the dahlias in my garden that I bought at the sale.

If there was a potluck, Gloria had a hand in it. I remember she did an orientation for the new kitchen crew, so we knew where everything was and she made sure we knew how to operate the dishwasher. If you want to buy a pie at our annual pie sale, you call Gloria, and she keeps track of all the sales. I know she also helped with the Kids Christmas and many other events at the Centre. They even donated the funds from their garage sale to Cedar Heights.

I'm not sure they make women like Gloria anymore; no nonsense, but incredibly caring and she has a wicked sense of humour. As Mr. Rogers used to say "We're so glad you are our neighbour!"

*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

CANADA DAY FIREWORKS IN BLIND BAY

John Gravitis one of our members created a video of the fireworks from up in the Highlands and he added some great music, 'Classical Gas' by Mason Williams. John is a bit of a techie wizard so he compressed it so you don't have to watch all 20 minutes, which apparently cost about \$1000 a minute. Pretty amazing for our little community of Blind Bay!

If you missed it (many of us have a hard time making it past 9:00) or you just want to watch it again just click on the video.



BLIND BAY FIREWORKS JULY 1 2025



Debi and Bob Lewis at the Cedar Heights tent in the field on Canada Day

A huge thank you to Debi Lewis who organized the tent at Cedar Heights on Canada Day as well as finding volunteers to man the booth. I did this for many years so it's nice to see someone taking on this task this year. We have had a lot of new people move to the area so it's a good way to let them know what we have to offer.

It was very hot especially in the afternoon, so we appreciate the volunteers who took the time to man a shift, and Glenn Smith and Bob who helped to set up and take down. They were: Glenn and Laurie Smith, Shelley Wallace, Elaine Greenwood, Lynne Lowes, and Debi and Bob Lewis who did the final shift as well as set up and take down.

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

Have an event to add? Email the details to manager@southshuswapchamber.com.

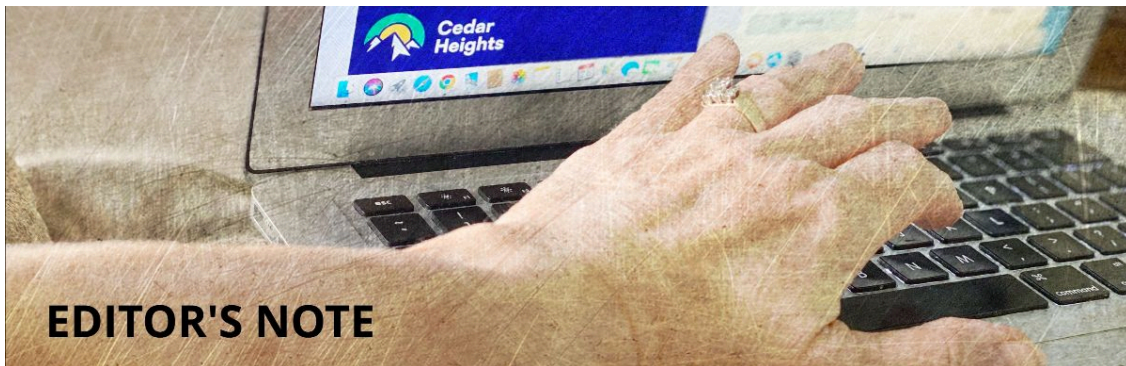
Click [HERE](#) for a look at the upcoming events for July.



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 or [\(250\) 675-2012](tel:(250)675-2012).



I love the summer; the lovely weather, the birds singing, eating tomatoes from the garden, sitting on the deck and watching all the boats on the lake. It's also a chance to spend lots of time with friends and family who come to visit. Being retired is a bit like being a kid again during the summer holidays. The sunny days that seem to go on forever with few things on the agenda and most of them can be put off till tomorrow.

July has been pretty quiet inside at the Centre, other than our President's daughter's wedding. Did you know that the groom's parent's were also married at Cedar Heights! We have a pretty stunning spot to have the ceremony. It's good to see the parking lot full every morning with pickleball members, and the golf course is busy as many families bring their kids and grandkids who are learning to play golf.

of a golf course. Plus it's a chance to see all the amazing artists we have in our community and maybe even buy that painting you have always wanted!

One more month of lazy days before things start up again, so enjoy it while you can,

Lynne

Lynne Lowes at: ekxpat@gmail.com

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

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