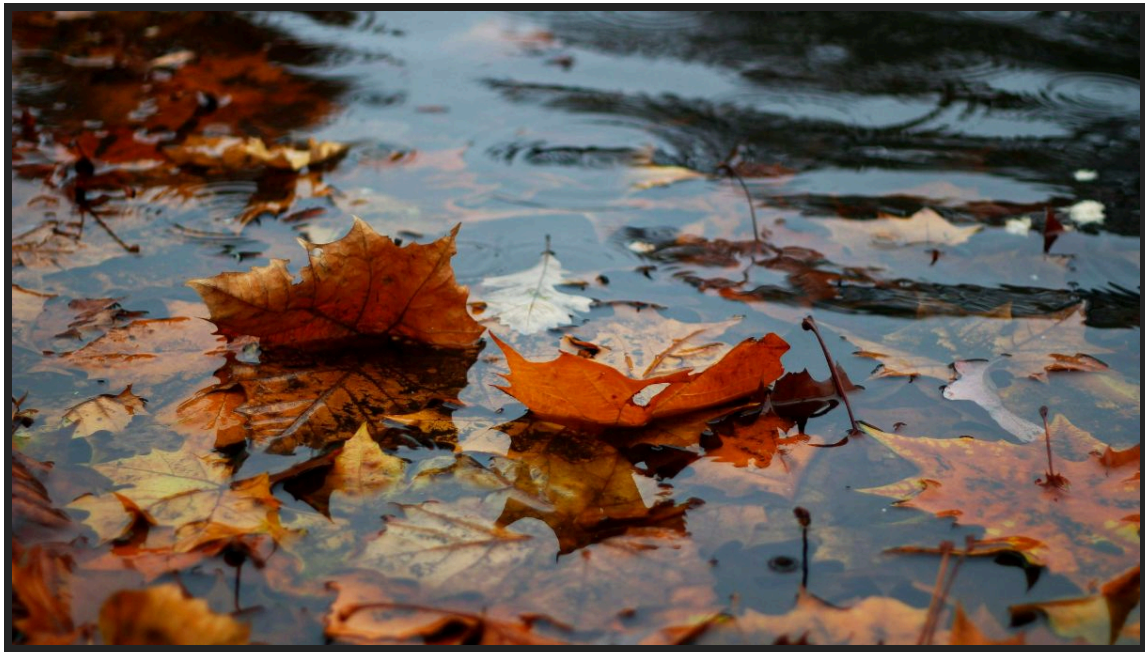


Issue # 63, Member Edition September 2025



PRESIDENT'S MESSAGE

For the better part of a month, now, I've been humming and hawing about how I should approach this newsletter article. Should I inject a little witty humour? Should I accentuate the positive and tell everyone how wonderful they are (which you are)? Should I do my best version of persuasive writing (which I taught my students for years and years)? Or should I just share the facts and let them speak for themselves? Well, the latter was clearly the winner.

As many of you know, our Fall General Meeting will be coming up in early November. It's right at this time last year that Past President, Bryan Lowes, issued a request for members to step up and support our organization by offering to play a role on our board. I saw his article in the September newsletter and soon left on a wonderful holiday.

When I returned from the Sahara, I saw Bryan at our Keep Fit class and asked him how things were going with volunteers for the board. I should probably

volunteers...yes, I know you have heard that from my lips many times. When I approached Bryan, in the back of my mind I was thinking, *Well, maybe I could agree to be a director-at-large. That way, I could have a voice and lend opinions to discussion.* Upon inquiry, he happily told me that a few people had already offered to be Director-at-Large. This was followed by, "But we don't have anyone for President or Vice-President...I think you should be President!" Well, that was certainly a bit of a surprise!

I went home and thought about it. *Kris, you keep saying that you can't run a volunteer organization without volunteers. What will happen to our organization if no one offers to take on this role? But I've never been a president before! Hold on. I've been the boss in many classrooms, I've designed a house and been the chief decision maker on every detail, making hundreds of decisions. I've been the owner/operator of my own business and stay-at-home CEO of the Hamaguchi household. Kris, it's time to put your money where your mouth is!* So, here I am!

Was there a bit of a steep learning curve? Yes, at first.

Did I have questions? Loads!

Did I have help from others who knew more about Cedar Heights than I did?

Absolutely!

Have people expressed their appreciation for my efforts? Many!

So, here's the real let-the-facts-speak-for-themselves part:

- 1. Because of a variety of extenuating circumstances, we have three fewer Directors-at-Large than we had last November.**
- 2. We have been without a Vice President this year.**
- 3. We know that there is grant money floating around the province and we would highly benefit from having someone who could take on the task of seeking out grants and completing applications on our behalf.**
- 4. To ensure that we remain a part of the greater community, we would like to have someone represent us on the local Chamber of Commerce.**
- 5. In filing out a recent accident report, we realized that Cedar Heights used to have a Safety Coordinator...guess what, we no longer have one.**
- 6. The current CHCA Board members and other CH volunteers are doing a great job, but there are only 24 hours in a day. In the interest of life balance, we need to adopt the many-hands-make-light-work mentality.**
- 7. New people bring new ideas. What could be better for our organization?**

on the board, I have gotten to know so many more people and have really felt like a part of the community. It also feels good to know that I might be making a difference.

So, in the words of Bryan Lowes one year ago, "I am asking every member to think about what our community association means to you and what you are willing to do to help ensure it carries on providing those programs and activities that you enjoy so much. We need a few people to step up and take on these roles. I assure you, it is not beyond your ability and it is not onerous. But it is important."

If you have life skills or professional skills that could be of benefit to our volunteer, non-profit organization, please don't hesitate to contact me with your questions. One parting thought: at my daughter's wedding this past summer, I wrote a little poem to her and her husband and it ended like this:

"Life will get busy as you live day to day. 'Honey, how can I help you?' is the best thing you can say."

Finally, this month's quick, but heartfelt, thanks go to:

- **Dean & Shelley** for organizing our fun & delicious bocce/carpet bowling event last week.
- **Angie & Roger** for being the bocce/carpet bowling hosts and keeping the balls rolling!
- **Blair, Debi & Sherry** for the work on next weekend's Open House. Don't miss it! See you on September 6th!
- **Susan, Colleen, Jill, Marjorie, Betsy & Denise** for joining Kris to plan our awesome, upcoming "Local Vibes, Summer Good-Byes" event on September 20!
- **Kristy, Betsy & Marjorie** for all their work over the summer to help us start Keeping Fit this month.
- **Sharon, Sherri and Jill** for all the work that I know they are putting into being prepared for the fall session of Keep Fit.

**Warmest regards,
Kris Hamaguchi**

krishamaguchi@gmail.com



Level 1 Fall Co-ed Keep Fit Registration

A Few Spots Left!

An impressive and enthusiastic team of instructors has been assembled and trained for the fall session of Keep Fit at Cedar Heights. **There are only a few spots left in Level 1 so register now as classes start on Wednesday, Sept 3rd.**

Online registration closed on Aug 31st, so you will need to come into the office on Tuesday or Thursday between 1 and 3 pm and pay your \$161 for the fall session. You will need to have a Cedar Heights membership to participate in this activity.

The Keep Fit program at Cedar Heights has been and will continue to be the highest value (just \$3.50 per session) 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.

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!

Our Instructor Candidates Attend Summer Practicum



While most of us were taking it easy over the summer our three instructor candidates, from left Betsy, Kristy, and Marjorie attended four fitness practicums with Kim Bond, (in the hat) to upgrade their group fitness skills.

Kim, the resident certification specialist at BCRPA volunteered her time to help these ladies increase their confidence, understand where they excel, how to course correct, and create a connection with members.

were part of the friendly faces in the audience.

These extra sessions will ensure our instructor candidates will be ready to take a full class in the fall Keep Fit sessions.



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

Golf Course

Open Daily 8 am - 8 pm



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 new fall schedule :

As of September 2nd, there will be one morning time (10:30 - 12) Monday to Saturday. The evening times are staying the same for now.

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

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

Salmon at: doug.salmon@gmail.com.

Bocce

Bocce will continue at the same time till the end of September.

TIME: 9:30 am on Tuesdays

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.



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.*

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



FUTURE DATES: Sept 26, Oct. 10 & 24

Players of all experience levels are welcome. Lessons available each night. If you have any questions, please call Vicki at (250) 675-2141.

Thanks,
Vicki

Chicks with Sticks

Sept 8th

TIME: Starting Sept 8th playing
Tuesdays 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

Sept 23

TIME: 1:00 p.m. every Tuesday

COST: C.H.C.A. MEMBERS - \$3

Non-members - \$5

FUTURE DATES: Sept 30



IT'S TIME TO PUT ON YOUR DANCIN' SHOES!

Come on down and kick up your heels! In October/November, we will be offering a group dance class for an eager bunch of people who want to polish off their Jive Swing.

Actually, you don't need to have any experience at all.



We have been fortunate enough to have Ken and Helga Gibbs, who have a background in competitive ballroom and latin dancing, offer to share their passion with the Cedar Heights community. **There will be a series of four lessons that will take place on Monday evenings from October 20 to November 10.** We don't really care who your partner is, but you do need one for this class.

Stay tuned for more details in the October newsletter!



Cedar Heights

OPEN HOUSE

A place to socialize, be active and have fun!

**Saturday, Sept. 6 th
10 a.m. to 1:30 p.m.**

- ✓ Participate in or view activities offered at the Centre
- ✓ Meet Activity Coordinators
- ✓ Ask questions about different activities

For more info:

250 675-2102

Visit us:

cedarheightscommunity.ca

**2316 Lakeview Dr.
Blind Bay**

**Complementary Lunch
Door Prizes
Photo Booth
FireSmart Info Booth**



Local Vibes

Good-byes

Cedar Heights Community Association
invites you to celebrate the end of summer with
Alt-country & Roots Artist

John Michael Lind

.....
Saturday, September 20th

Doors open 7:15 / Entertainment at 7:45
at Cedar Heights Social Centre

Admission by cash donation
which enters you in a draw for a
fabulous "Local Vibes Gift Basket".

Drinks: cash, credit or debit

Snacks: cash only

50/50 Draw: cash only

To reserve a table for your group, email
krishamaguchi@gmail.com your name and
number of guests

A vibrant orange poster for the Fall Fiesta Fashion Show. The title 'FALL FIESTA FASHION SHOW' is arched at the top in a stylized font. Below it, the date and time 'Saturday, October 4 2 - 4 p.m' are prominently displayed. Ticket prices for members and non-members are listed, along with the start date for ticket sales. A QR code is provided for more information. A red banner at the bottom highlights the event's features: wine bar, food, music, entertainment, door prizes, and a 50/50 draw. The organizers are listed as Lindy's Boutique and Funraisers. The poster is decorated with various Mexican-themed icons like sombrero, maracas, and chili peppers.

FALL FIESTA FASHION SHOW

Saturday, October 4
2 - 4 p.m

Members \$20 — Non-members \$25

Tickets sales start Sept 9

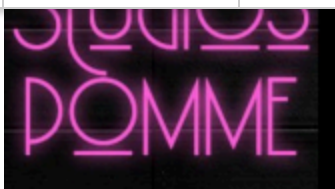
Go to <https://www.cedarheightscommunity.ca/whats-happening/events-listing>,
drop by the office Tuesday or Thursday between 1 & 3, or scan the QR code.



**Wine bar, food, music, entertainment, door prizes
50/50 draw, and so much FUN!**

Fashions by Lindy's Boutique
Organizers - Funraisers

Non Perishable Food Items Welcome (Feeding our Community) - Sorrento Food Bank



An all ages art studio in
the heart of Blind Bay."

Pumpkins and Paintovers

You will create an absolutely spooky overlay on a bargain-bin painting.

- Walk in with your old painting
- Bring the canvas to life with Halloween creatures under the guidance of Studios Pomme
- Enjoy seasonal food and drinks during the evening
- Walk away with a new Halloween decoration for your house or a permanent fixture!

e-mail studiospomme@gmail.com for help in getting an old painting

Saturday, October 18th at 6 pm

Cedar Heights Social Centre -

2316 Lakeview Drive, Blind Bay

\$65.00

Register on our website

(cedarheightscommunity.ca/whats-happening/events-listing)

drop into our office

(Tuesday or Thursday between 1 and 3 pm)



GET INVOLVED



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

- Silvia Hartmann

Help Wanted

Looking for two able-bodied people who will help to assemble a resin storage shed in early October. Date is flexible. This will require about 1 to 2 days of work. The building site will be prepared ahead of time, so the work will be focused on assembly only. **Please call Dean Wallace at (780) 995-3924 if you think you can help out.**

Cedar Heights is aiming to collect a new set of images for its website, brochures and display booths as well as developing a series of videos that highlight our sports and other activities along the lines of the recently-produced Keep Fit video. We are looking for someone who can coordinate photographers and videographers to ensure that all of our events are covered appropriately. We will be starting to define our needs and priorities on September 4th.

If you are interested in taking on this coordination role, please drop by the centre at 4 pm on September 4th or e-mail us at: info@cedarheightscommunity.ca.

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:

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

- 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

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!



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

[VIEW ENTIRE MESSAGE](#)

IMPORTANT REMINDERS



KEEP FIT MEMBERS

Keep Fit starts on Sept 3rd for both Level 1 and Level 2.

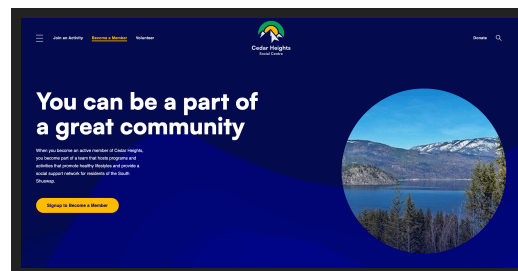
General Voting Day is **Saturday, September 6** from **8 a.m. to 8 p.m.** at the Shuswap Lake Estates building at 2405 Centennial Drive or St. Mary's Anglican-United Church at 1188 Trans-Canada Highway in Sorrento.

If this referendum passes this would provide funding to help community centres like ours, in Area G with the costs of operation, insurance and replacing worn-out infrastructure.

Although the exact details will be ironed out after the referendum vote, each resident would pay a nominal amount with their property taxes, resulting in each of the centres basically receiving about \$10,000 per year. Further information can be found on the [CSRD website](#).

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



Carol and Dave Johnson

It's amazing how many couples are such incredible volunteers at Cedar Heights. Not sure why; perhaps they found each other because they both like to help people and are generous with their time, or maybe one talks the other into participating.

I just know that when you ask either of them for help with something at Cedar Heights or elsewhere in the community they step up and do a wonderful job.

Dave and Carol have lived in Blind Bay a long time, over 25 years now; in fact they just celebrated their 48th wedding anniversary! Carol is a bookkeeper, and she worked for many local businesses. At the same time she was also the bookkeeper for her church, the River of Life (and still is), and was also the Treasurer of Cedar Heights for many years. She was even the Treasurer of the Copper Island Probus club. That's a lot of spreadsheets! Carol is also an excellent seamstress and sews dresses for children in need in other countries.

Dave worked away from home for many years, but when he retired and Cedar Heights needed an Outdoor Programs Director he shared the position with Bryan Lowes after Leigh Cotterill retired. They started the rejuvenation of the golf course by cutting trees to get sunlight to the greens. He did a lot of other work on the course too, took on organizing golf tournaments and of course Carol helped with the food. Dave is an industrial electrician by trade and has lots of construction experience so when Cedar Heights got a grant to build a bocce court he teamed up with Bryan and a crew of volunteers.

Dave is a good golfer and an excellent putter and participated in the golf clinics

well and organized the “Chicks with Sticks until recently.

Carol is very musical, she loves to play the keyboard and sing, plus she plays the ukulele. She volunteers her time to play at various events at Cedar Heights, I’m sure you have seen her at the Shed parties. She also goes regularly to senior homes in Salmon Arm to brighten up their day with music and songs. She has told me seniors who rarely speak will start singing when they hear the music from their youth.

Dave and Carol are both good cooks. They organized the annual Pig Roast for many years which was a favorite of our members. Dave had to get the pig started very early in the morning and tended it all day long and it was cooked to perfection. Of course Carol organized the salads, beans, and even made many of the desserts.

They are not afraid to take on the big jobs, but they also volunteer for many other things. Like barbecuing burgers and hot dogs, making pies, selling tickets, manning the kiosk, donating baking, and cooking dinners for people who need a helping hand. We are so fortunate to have them both as friends and members of our community.

*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

ON COURSE

Saturday Aug 16th



We had very little rain in August but the few days before the event it came down in buckets so **Art on the Green became "Art Off the Green"** this year.

Despite the late change in venue, we had 430 visitors, just shy of last year's attendance of 440. It was wonderful to have their support again this year. Twenty artists moved their displays indoors with short notice and managed to make it look amazing so thanks to all who participated.

- I want to thank my Committee: Don Chambers, Rebecca Shepherd, Verna Brown and Isabelle Gervais! Some of these people have been on this journey since the beginning. I want to thank each and everyone of them for their ideas, advice, planning and getting the job done!
- A big shout out to our Hostesses, Traffic Coordinator, Lunch Relief ladies and Volunteers for set-up and take down, signs, cleanup. Their help makes our show attractive to artists and a resounding success!
- Thank you to Peter Blacklock's group 'Happy Hour' and to Linda Balser's 'Linda and Friends'. Unfortunately we did not have space for the talented musicians to perform!
- Lakeside Local Food Truck was a hit - the ladies were great and the food delicious!

That's a wrap for year 5 and plans will soon enough be underway for Art on the Green 2026. We plan to be back outside in 2026 but it was a relief to have a backup plan in place for this one.

Susan McLeod





CHCA Pickleball Tournament

Thursday Aug 21 and Friday Aug 22

There were more than 50 players who came out to play in our fun tourney followed by a a potluck lunch.



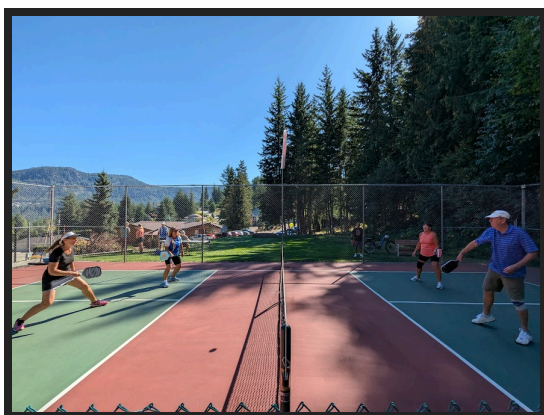
Thank you to the following members:

- Allan and Sherry King and Claus Janzen for organizing the potluck!
- The scorekeepers: Tom Buck, Angie Shaw, Joyce Lastavec, Pearl-Ann Hall, Anne Cavazzi, and Renee Hyland
- The timers: Garry Fotheringham and Elaine Durette.

Also thank you to Brian Waddington for his suggestion for the format of the tourney; many players commented on what a good format it was. Congratulations to all of the participants - everyone showed good sportsmanship and good humour!

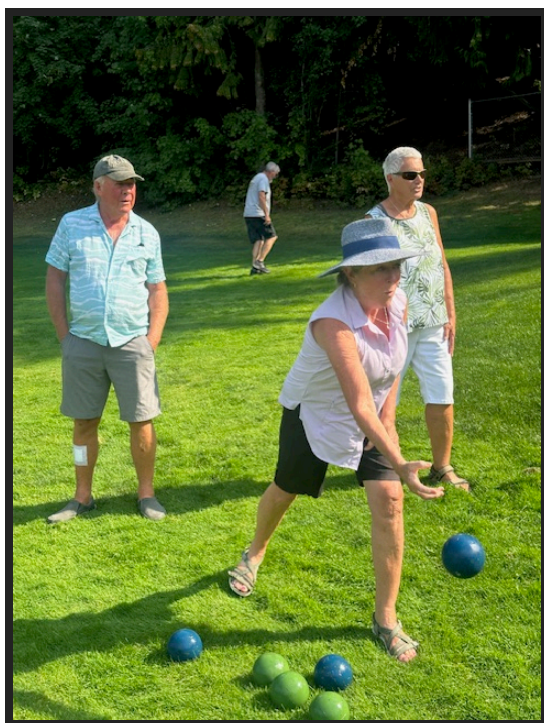
Perhaps we should do this again...

Doug



Aug 20

It was darn hot but a respectable number of bocce players braved the heat and came out to play last Thursday afternoon. Some of the them played "bush" bocce on the golf course as it was a little cooler and the really tough cookies played on the courts. The games were followed by dinner in the air-conditioned Centre. Given the nice weather they plan to continue playing weekly until the end of September. Thank you to Angie Shaw and Roger Lambert for organizing this event.





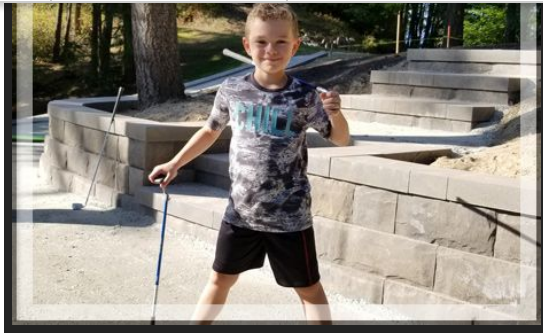
COMMUNITY RESOURCES

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.

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).



EDITOR'S NOTE

cooler for sleeping. We had lots of fun with our many visitors, but now most of them have gone home so it's time to relax and enjoy the peace and quiet. No more lineups at BBVG, and the loons will be back on the lake!

I'm very happy to be going back to Keep Fit. I always have good intentions to do lots of walking, bicycling, and stretching to keep limber. But somehow it doesn't happen nearly enough. I'm also looking forward to catching up with everyone at coffee after class. However, it's going to be hard to get going early in the morning instead of having that second cup of coffee sitting on the deck in the morning sun.

Most of our activities are starting up again in early Sept, so check the **Events at a Glance** page for the start date. Even better come out to our **Open House on Sept 6th** and you can talk to the organizers to find out more. Maybe try something new this year to keep you busy during the winter.

Cheers,
Lynne

Lynne Lowes at: ekxpat@gmail.com

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

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