

Issue # 64, Member Edition October 2025



PRESIDENT'S MESSAGE

Here we are, already with the month of September behind us. And like a well-oiled machine, our events and activities (new ones and those beloved ones to which we have become accustomed) and their participants have kept our building filled, day in, day out.

On September 20, we held a highly successful event, “**Local Vibes, Summer Good-Byes**”. I sincerely want to tip my hat to several people, without whom events like this could not happen. To get the ball rolling, I approached a new group of ladies who I know to be spunky supporters of getting people together. Most of these women are relatively new to Cedar Heights and when I asked if they would be interested in helping me out, they were there for me. They. Were. There.

The ones who weren't available for the 20th were disappointed that they couldn't help, but we ended up with a core group of four or five of us. We had four weeks to get it all planned and, aside from the fact that they did a fabulous job, what struck me is how everyone was thinking, How can I help? They simply looked at

kept Cedar Heights going for over 50 years! And it is so much appreciated.

Next was **John Michael Lind**. John is relatively new to Armstrong. When he moved here from the big city, like so many of us, he fell in love with the small town vibe. He started to read and learn about the many community halls in the area. John immediately started thinking, How can I help? He knew he had the gift of music to share and that it could be of benefit to places like Cedar Heights. Before you know it, he was setting up his sound system and filling our hall with music. Again, his unselfish generosity represents the kind of spirit that is at the core of what we stand for at Cedar Heights.

Finally, we have **Sharon and Willie Hornseth**. I can't tell you how often I send Sharon an email at 10 p.m., only to get a response from her by 11!. The word "no" just never seems to come out of her mouth. Sharon already knows "how she can help" because she is constantly doing it! Willie is the most reliable bartender we could ever ask for. For the events that so many of you attend at Cedar Heights, Sharon and Willie are behind the scenes getting a float for the cashier, restocking the bar, etc, etc, etc. September 20th was no exception.

And, honestly, my husband and I left the hall at about 11 p.m. that night, feeling rather guilty because there were Sharon and Willie, staying behind to make sure every last item was put away, the garbage was collected, the cash was counted and the security system was set. They would be the first to say that what they do is certainly not rocket science. But the fact that they are giving of themselves so wholeheartedly trumps rocket science big time!

So, I follow up this little bit of storytelling with a reiteration of my message to you in the September newsletter. **November 5 will be the date of our Fall General Meeting**. One of the most important purposes of this meeting will be to elect new board members for 2026. We are in need of a Vice President and two to three Directors-at-Large.

Any current member who would like to put him/herself forward for election should submit a letter of self-nomination in writing to the Nominations Committee. All nominations must include the name and contact information of the nominee, plus the name and contact information of the member who seconds the nomination. *Nominations can be sent by email to info@cedarheightscommunity.ca or delivered to our office or mailslot.*

If you know someone who would be an asset to our board, please consider speaking to them and encouraging them to put their name into the ring. If you have any questions prior to submitting a nomination, please do not hesitate to contact me.

Oktoberfest are going to be, but if you are a current member at Cedar Heights, we truly value your commitment to supporting our organization with your physical and moral support, and your questions, comments and ideas.. Besides which, we will have some delicious sweets, tea and coffee for you! *Mark it on your calendar and we will see you on November 5 at 5:30 for refreshments and at 6:00 for the meeting.*

Last but not least, this month's quick, but heartfelt thanks go to:

- Gord Shea for volunteering to look after the golf course in Blair's absence during our golf season.
- Verna Nitsche for donating golf clubs and club holders to our golf course.
- Blair Holmes and his team of volunteers for putting on a fabulous Open House.
- Anne Ramsay for volunteering in the kitchen at Open House in spite of current mobility restrictions.
- Shelley Wallace, Pearl Anne Hall, Linda Shea & Gillian Richardson for plant donations and the fall planting of the front bed at the centre.
- Colleen Hemmingway, Susan Cartwright & Marjorie Lynn (and their husbands!) for their enthusiasm and positivity in planning, setting up and running our September 20 event, "Local Vibes, Summer Good-Byes".
- John Michael Lind for so unselfishly volunteering to make the trek to Blind Bay and entertain us with his fabulous music and his fun-loving personality.
- Rosalind Crocker for her eagerness to help out as cashier on September 20 and her enthusiasm to help out in the future.
- Sharon & Willie Hornseth for doing what they do so well at "Local Vibes, Summer Good-Byes".
- Donna Weich & Vickie Coe for getting back into the swing of things with Canasta and Doghouse.
- Susan Eisenburger for coordinating our Apple Pie Fundraiser, one of our most impressive volunteer events of the year (we had about 70 volunteers last year!) See you on October 21!
- Betsy Kuchta, Marjorie Lynn & Kristy Schroeder for being our brand new, fully qualified Keep Fit instructors. Congratulations and thank you for your incredibly hard effort over the last 9 months!
- Shelley Wallace & Vicki Coe for taking initiative to do an annual clean-up and purge in the Cedar Heights kitchen.

Warm regards,

Kris Hamaguchi

krishamaguchi@gmail.com



Level 1 and 2 Fall Co-ed Keep Fit

Both classes have been back for a month, and they are now full. Most of us were a little stiff after the summer break but we now getting back into shape. It's wonderful to see so many new faces in the sessions as well as our regulars.

Sherri, Sharon, and Jill our current instructors, have been mentoring our new instructors Marjorie, Betsy and Kristy in preparation for their practicum. They now lead the class on a regular basis and we are all learning some different exercises and ways to get more out of the class. We are so fortunate to have these volunteer instructors full of energy, enthusiasm and dedication.

We still have coffee after our Monday, Wednesday and Friday sessions, just 50 cents, and it's a great way to get to know each other better.

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!



LOOKING FOR YOGA INSTRUCTORS

We are actively recruiting at least one qualified yoga instructor to teach a weekly class. If you have such qualifications or know someone who does, please contact us at info@cedarheightscommunity.ca so we can discuss the opportunity for you to lead classes at our beautiful facility.

UPCOMING EVENTS AT A GLANCE

Mark your calendar! Connect with friends! Have fun!

But read beyond this section for more details!

Golf Course - Still Open

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.

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

The times of play for October are:

8:30 - 10 Round Robin

10:30 - 12 Round Robin

Mon & Wed 4-6 pm Round Robin

Tue & Thu 4-6 pm "Newbies"

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

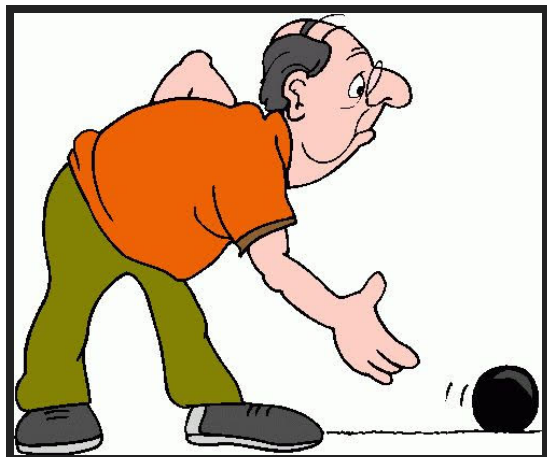
Carpet Bowling

Tuesday Oct 7

TIME: 9:30 am on Tuesdays until the end of October

Note: Starting Nov 6th, Carpet Bowling will be every Thursday at 1:00 pm.

COST:



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 bocce membership.

If you have never Carpet Bowled before no worries, there are lots of people to show you the ropes. Any questions email Angie at: iluvit67@yahoo.ca.

Senior Guys Golf

Time: Now 11:00 am every Friday weather permitting

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

Next Date Oct 10th

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: Oct. 24th

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

Chicks with Sticks

The ladies are continuing to play on **Tuesdays and Thursdays at 9:30 a.m.**

They are having so much fun they have added another day, **Friday at 11:30** and hope to continue playing until the course closes.

COST: Drop in is \$15 per session or free if you have a golf pass.

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



Canasta

Oct 7

TIME: 1:00 p.m. every Tuesday

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

Non-members - \$5

FUTURE DATES: Oct 14, 21, 28th

Note the session on Oct 21st will be downstairs.



Oct 8**TIME:** 1:30 p.m. every Wednesday**FEE:** Drop in \$3

If you haven't caught the fever yet, here is your chance. No experience--no problem---we have people who want to work with you on the basics. No fingers--no problem---we welcome those who just want to sing. Can't sing--no problem---you will fit right in with the rest of us!



Our first SHED PARTY of the season is 2:00 PM Sunday, October 19 at the Enderby Seniors Center and some of us are going to entertain at Bastion Place on October 28. May even be a ukulele or two at OKTOBERFEST. It is going to be a fun start to the season and we hope you come join us.

Cake Decorating 2.0**DATES:** Oct 20,27, Nov 3, Nov 10**TIME:** 1:00- 2:30 p.m.**COST:** \$30 per member \$40 per non-member**PARTICIPANTS:** Maximum of 8

opportunity to learn how to decorate cakes for birthdays or other special occasions. It's never too late to learn a new skill! Over four sessions, come to learn tips for the even application of icing and the filling of layer cakes. Practice a variety of piping techniques, lettering and simple, but effective, flowers. We will provide everything you need. No need for you to bring a cake—these are just practice sessions! But we highly recommend that you bring your apron.

Starting October 7, you can pay for the class on the [Cedar Heights website](#), or visit the office on Tuesdays or Thursdays between 1:00 and 3:00.

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.

A vibrant poster for Jive Swing Dance Classes. At the top left is a yellow globe with a grid pattern and several pink stars. To the right, a man in a black suit and red tie is dancing with a woman in a yellow dress. They are surrounded by yellow and pink radiating lines. Below them, a large yellow wavy line contains three musical notes: a red eighth note, an orange eighth note, and a black eighth note. The text 'JIVE SWING DANCE CLASSES' is written in large, bold, yellow and red letters. Below this, in smaller red and yellow text, it says 'SERIES OF 4 CLASSES', 'Oct 20 & 27, Nov 3 & 10', and '7:00 - 8:30 pm'. Further down, in red text, it says 'Price is \$25 for members' and '\$40 for non-members'. Below that, in yellow text, it says 'You can register on line at' followed by the URL 'https://www.cedarheightscommunity.ca/whats-happening/events-listing' and 'or at the office Tuesdays & Thursdays between 1 & 3'. At the bottom center is the Cedar Heights Social Centre logo, which consists of a green circle with a white mountain peak and the text 'Cedar Heights Social Centre' next to it. Below the logo is the address '2316 Lakeview, Blind Bay'. On the right side, in red, slanted text, it says 'BRING YOUR DANCE SHOES & A PARTNER'.

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.

FASHION SHOW TICKETS

There are a few tickets left for this popular event. If you go online when you read this you might be lucky. **Don't forget to bring your non-perishable items for**



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 - Fundraisers

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

Be An Artist for the Evening



in the dark on your front door on Halloween. All you need to do is join us at Cedar Heights for our **Pumpkins and Paintovers** event with said old painting in hand. Megan from **Studios Pomme** will guide you as you embellish your piece of art.

You don't need to be an artist....you just need to set your mind that you will be an artist for an evening. There will be seasonal fare, fancy mocktails (we do want you to paint safely) and lots of opportunity to admire your fellow artists' works.

Formal dress is not advised. Some of our artists may wield their brushes with considerable gusto!

Contact Megan at megan.oag@gmail.com if you need to find a piece of original artwork.

Sign up on the Cedar Heights website:

(<https://www.cedarheightscommunity.ca/whats-happening/events-listing>) **by**

October 13th or register at Cedar Heights on Tuesday or Thursday afternoons between 1 and 3 pm.

And then all you have to do is join us....**Saturday, October 18th at 6 pm at the Cedar Heights Social Centre.**



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)



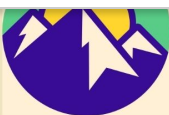
We are still taking orders for pies so contact Susan to order yours.

Where else can you buy a delicious pie for \$12?

Plus it's a great fundraiser for Cedar Heights!

**If you haven't signed up to help out please let Susan know
as many hands mean we can make more pies!**

See her contact info on the poster below.



Cedar
Heights



Annual Apple Pie Fundraiser

Tuesday, October 21st

1:00



Volunteer sign up list in upper
level of Centre



Price per pie \$12.00
Limit of 5 per household



To place your order email or call
Susan Eisenberger at
seisenberger@live.ca
or phone 250-803-6864



A poster for an Oktoberfest Potluck event. At the top, there is a logo for the Cedar Heights Social Centre featuring a blue circle with a white star and the text "Cedar Heights Social Centre". Below the logo, the poster has a light blue background with a subtle diamond pattern. At the top of the poster, there are illustrations of two beer mugs and two pretzels. A large orange banner with a black border and a slight 3D effect contains the text "OKTOBERFEST POTLUCK" in a bold, black, serif font. Below the banner, the text "SATURDAY, OCTOBER 25" is written in a bold, black, serif font. Underneath that, "DOORS OPEN AT 5:00 DINNER AT 6:00" is written in a smaller, black, serif font. The next line reads "Bring your favorite German inspired dish to share" in a bold, black, serif font. Below this, there is a paragraph of text: "We will also have some speciality foods to pre-order German Sausages with Sauerkraut. Pretzels with Cheese Dip Black Forest Trifle Price for each is only \$6 Plus the Bar will be stocked with German Beer." The text is in a black, serif font. At the bottom of the poster, there is another orange banner with a black border and a slight 3D effect. It contains the text: "Please sign up at the Centre on Tues. or Thurs. between 1 - 3 or email info@cedarheightscommunity.ca to place your order and to let us know how many will be attending and what dish you will be bringing." in a black, serif font.

**OKTOBERFEST
POTLUCK**

SATURDAY, OCTOBER 25
DOORS OPEN AT 5:00 DINNER AT 6:00

**Bring your favorite German
inspired dish to share**

We will also have some speciality foods to pre-order
German Sausages with Sauerkraut. Pretzels with Cheese Dip
Black Forest Trifle
Price for each is only \$6
Plus the Bar will be stocked with German Beer.

Dress for the occasion and look forward to an evening
of Laughter, Music & Feasting!

Please sign up at the Centre on Tues. or Thurs. between 1 - 3 or email
info@cedarheightscommunity.ca to place your order
and to let us know how many will be attending and
what dish you will be bringing.

**Deadline to sign up if you are ordering
specialty foods is October 18th.**

OCTOBER 27, we will start collecting for:

KIDS ONLY SHOPPING...SAT. Nov. 29th

DONATIONS NEEDED:...**NEW OR GENTLY USED** ITEMS FOR: **TEENS**..
PETS..**MEN**..**LADIES**..**KIDS**..**PRESCHOOL**.....¶

YES: → → → → → → **NO:**¶

*Books → → → →**X**Electronics¶

*Puzzles, Games, Toys.....**X**Toiletries¶

*Items for Pets → → →**X**Lg. Kitchen Gadgets¶

*Christmas Décor →**X**Appliances¶

*Gloves, Mitts → →**X**Large Home Decor¶

*Ladies Scarves → →**X**Clothing/Footwear¶

*Jewelry → → → →**X**Bedding/Pillows¶

*Purses/Wallets → →**X**Food/Beverages¶

*Small Home Décor →¶

*Small Tools/Gadgets for Dads¶

****Please only Clean/Washed Used Items****¶

ALSO NEED:...******Christmas Gift Bags/Gift Boxes (small ones for Jewelry), ******Christmas Tissue Paper, ******Rolls of Curly Ribbon,
******Shopping Bags for shopping.....¶

DEADLINE FOR DONATIONS: TUESDAY, NOV. 25¶

Items can be dropped off:¶

Tuesdays & Thursdays, 1:00-3:00, Cedar Heights Hall ¶

Grey Cup Viewing Party

DATE: Sunday, November 16

If you are a football fan you should put this date in your calendars and stay tuned for more details in the November newsletter.



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:

- 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.

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.

FireSmart Day - Thursday Oct 16th

You may have noticed by the front door at the centre that Cedar Heights is recognized as a FireSmart Community. This has come about because of the dedicated efforts of our FireSmart volunteers, led by Blair Holmes, to ensure that Cedar Heights meets FireSmart standards everywhere in the 7.5 acres of land that we own. ***This year, CSRD again is contributing two bins that can be used by Cedar Heights, its members and our neighbours to dispose of compostable yard waste and materials from pruning activities.***

Our primary goal this year is to carry out a light raking in many of the areas which previously were raked last year. This is intended to remove most of the cones, and small branches that have fallen over the past year. It is not intended to scour the grounds of all of the organics matter....so the raking should be considered as being light in nature. There may be a small amount of pruning on a few trees to remove lower branches. Any such pruning will be done by hand saw and without ladders.

If you are able to do light physical work (although some of it will be on uneven ground) on the morning of Thursday, October 16th, let me know by e-mail at Dean.Wallace@shaw.ca **or by text/phone at (780) 995-3924.**

A barbecue lunch will be served (and we are looking for helpers there as well).

For more information about how you can help us be a FireSmart leader in our area, please read the Help Wanted section of the Newsletter.

1. FireSmart Clean-up Day (Thursday October 16th morning and lunch)

- 10 grounds clean-up crew (mainly raking and moving raked up materials to our trailers)
- 2 sorters (to work through existing piles to eliminate material which cannot go in the FireSmart bins)
- 1 gatekeeper (to ensure that materials brought to our FireSmart bins by local residence are acceptable for composting)
- 1 barbecue operator and 2 additional kitchen staff for lunch

2. OktoberFest (Saturday, October 25th afternoon and evening)

- Decorating crew at 2 pm - 5 people for 1 to 2 hours
- 50/50 ticket seller(s) - 2 people (sporadically from 5 pm to 8 pm)
- Kitchen help and pot-luck servers - 5 people from 5 pm to 7 pm
- Tear-down crew - Approximately 9 to 10 pm.
- Ticket sellers (bar and specialty food) - 2 people (5 pm to 8:30 pm...with breaks for dinner and entertainment)

3. Enthusiastic singers

We are looking for five to ten people who only need to sing enthusiastically to encourage our Oktoberfest crowd in song on October 25th. There will be a couple of warm-up sessions in advance led by Peter Blacklock and George and Marie Gillis at dates and times yet to be determined.

But if you are interested in a couple of evenings of music and singing to warm up for the event and plan on being at Oktoberfest, just send a message to Dean.Wallace@shaw.ca or by text/phone at (780) 995-3924. The practice will be as entertaining as the event.

4. Truck or trailer required

We are looking to clean up the area in the vicinity of our maintenance sheds. We have perhaps 2 tonnes of waste material such as small stumps, concrete posts, broken concrete, old irrigation pipe, construction materials, that needs to be transported to Skimikin.

If you have a truck and trailer or know somebody who has one with this capacity, send a message to Dean.Wallace@shaw.ca or by text/phone at (780) 995-3924.

- Gardeners (2 or 3 people): To weed the beds around the Cedar Heights property. About 1 to 1.5 hours of work if we get three people. **Phone Shelley Wallace at (250) 675-4929 to join the crew.**

6. Christmas Basket Raffle Fundraiser

- Looking for 1-2 people to request donations, co-ordinate the ticket sales, sell tickets at upcoming events, store the donations and assemble the baskets. We will need to have most donations by Nov 15th as BC Gaming now requires we itemize the contents of the baskets before we apply for the license. Contact Dean.Wallace@shaw.ca or by text/phone at (780) 995-3924.

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!



[VIEW ENTIRE MESSAGE](#)

IMPORTANT REMINDERS



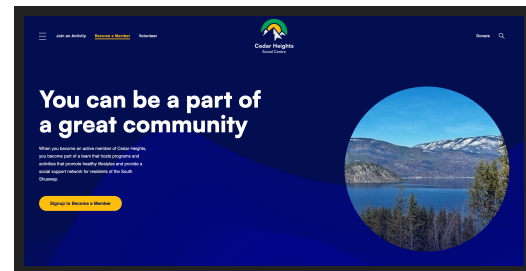
Fall General Meeting

DATE: **November 5**

TIME: Refreshments: 5:30 p.m. Meeting: 6:00

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



Like many of us Rose and Graham moved here after they retired from Olds, Alberta. Rose worked for the school board and Graham ran his own printing business. They live right across from the Centre so they joined as members and Rose signed up for the Keep Fit classes, and she is still a regular participant!

It wasn't long before they were volunteering at many of the events at the Centre. Graham came out regularly for the for the spring and fall outdoor cleanups, and Rose helped inside (she's an awesome window cleaner).

If you haven't attended our annual **Artisans Christmas Market and Soup Lunch** put it on your must do list this year. This was the brainchild of Rose, and she has organized the artisans every year as a way to showcase the work of local artists and fine crafts. It is very well attended and it gives the locals a chance to visit the Centre and it's also a great fundraiser for Cedar Heights.

Rose also started the **Shuswap Artisan Market**, an artist co-operative located in Sorrento and it's still going strong. If you know Rose, you also know she is very talented, I'm sure you have seen her fused glass creations, handcrafted pillows, aprons and children's clothes in the Market. She certainly keeps herself busy, gardening, painting, sewing, and she did a lot of the work remodelling her kitchen.

Rose can also be found taking in the money at the Christmas Bake Sale, and she has helped out at our annual pie sale, plant sale, Kids Only Shopping and Art on the Green. She also looked after the greeters for the Kiosk during the summer. This was no small job as she had to train and schedule the greeters, set up the kiosk, and collect the money every night in the early years. We are so fortunate to have members like Rose and Graham.

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

ekxpat@gmail.com

FOLLOW-UP ON FUN

Open House - Sept 6

Cedar Heights held its Annual Open House on September 6 2025. Although the time of year may have been more of a challenge for attracting visitors, it couldn't be helped based on the parking lot paving schedule and pre-booked events. And who could anticipate a giant shoe sale on the same day! **As it was, we had nice weather and a fine lunch generously provided by Askews Foods and Blind Bay Village Grocers.**

We did manage to gain some traction with the visitors (early cutting of the cake didn't hurt!). I know we registered a few new CHCA memberships and more spots were filled in the Keep Fit class as well as interest/commitment in dance and cake decoration. And, no surprise, the Doghouse game table was busy all day. I am not sure about new sign-ups for Golf and Pickleball but the hosts were having a blast demonstrating Fling Golf !

We also had the opportunity to advertise some of our main activities and events with the help of events props & posters, both past and current. Christmas also got an early reminder jolt with the decorated table advertising our line-up of Christmas events and fund-raisers.

As well, we provided our Cedar Heights neighbourhood with essential FireSmart information and the opportunity to book an assessment. Half a dozen lucky visitors went home with door prizes which included a lovely plant and a \$25 BBVG gift card.

I'd like to give a shout-out to some of the members who made this event possible. Thanks to Kris Hamaguchi, Sherry St. Germaine and Debi Lewis for

including Iris Bemister, Anne Ramsay, Shelley Wallace & her sister.

Thanks to the boys on the BBQ including Gord Irving, Bob Lewis, Brian Stansbury and Roger Lambert. Sharon Hornseth, and Kris our president, provided essential support, especially as the event time grew closer. Thanks to all the members who stepped up to host their respective tables. We hope it was a good experience for you. And a special Thank-you to Anne Ramsay who talked with her contacts at Askews and BBVG and had them begging to help contribute. It really saved us money. If I missed anyone, I apologize, but know we appreciate your role.

Near the end of the event, Natalya Melnychuk dropped by. September 6 was, after all, voting day on the CSRD Community Association Referendum to provide operational funding to the 9 local Community Halls in the South Shuswap. She was really pleased that our Open House coincided with the vote. It really provided a strong platform to demonstrate the benefits of community halls. In fact, there was a rush at the voting place, as members went directly there after the Open House wrapped up. And as we all know, the referendum passed!

Blair Holmes

2025 Cedar Heights Open House Committee

Local Vibes Summer Good-Byes - Sept 20th

Michael Lind





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.

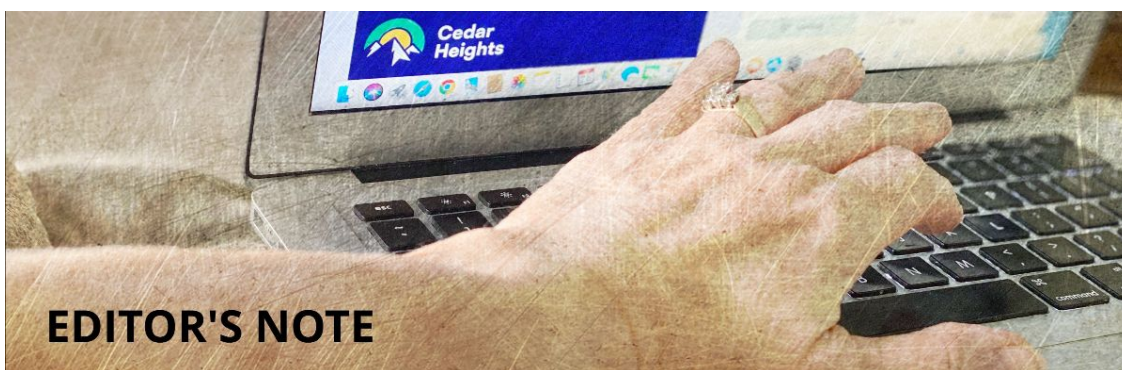
Click [HERE](#) for a look at the upcoming events for July.



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).



I saw a photo of a handwritten sign on the wall of the Sorrento Food Bank recently and thought it appropriate to share with you as Thanksgiving is next week.

***" If you are more fortunate than others,
build a longer table, not a higher fence".***

Enjoy the day with your friends and family and we hope to see you at the upcoming events and activities at the Centre that make this such a great place to live.

Cheers,
Lynne

Lynne Lowes at: ekxpat@gmail.com

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