



Issue # 66, Member Edition
December 2025



PRESIDENT'S MESSAGE

With December here, it seems highly appropriate to celebrate all the successful Christmas events that we will have hosted at Cedar Heights. Kudos to all! This month also marks a year since I became president of this wonderful organization.

When donning my president's hat, my role involves ensuring that decisions are made in line with our bylaws, and governance decisions are made with integrity and in the best interest of Cedar Heights and its members. I am glad to be heading into my second year as there is still so much more that I would like to achieve.

At our Fall General Meeting last month, we were delighted to see some new faces. Our treasurer, Blair Goold, and our Manager of Operations, Dean Wallace, presented the usual information to both the new and seasoned ears; to say that some of them were enlightened by a few of the details that were shared would be somewhat of an understatement.

Dean acknowledged our delight in the outcome of the referendum a few months back, as Cedar Heights will now be the recipient of \$10,000 annually to help

year. Until a year ago, I would have been gasping right along with them as I had not taken the time to consider how much it costs to maintain, let alone improve, a facility such as Cedar Heights.

The other surprise for some of the members was that C.H.C.A. is a registered charity; if you have ever had the chance to [take a peek at our website](#), you might have already learned this. You also would have likely read that Cedar Heights, "...provides a welcoming, inclusive place for people to be active, to socialize and to make friends." The [Government of Canada website](#) tells us that "social isolation...is related to serious negative health effects and reduced quality of life for seniors." I suspect many of you didn't realize how much the opportunities we offer are actually benefitting your physical and mental health.

So, with this in mind, I would encourage you to decide what value Cedar Heights holds for you. We are in the season of giving, not to mention nearing the end of a tax year. Would you consider offering a gift to our good friend, C.H.C.A. in order to support the continued health of all who enter our building and to include as a write-off in your 2025 tax return (the deadline being December 31)? You can [easily access the donation page on our website](#). Upon making a donation, you will receive a tax receipt for donations of a minimum of \$25.

The CHCA Board is doing its best to keep Cedar Heights growing, to keep Cedar Heights properly insured, to keep Cedar Heights in good repair, to keep Cedar Heights membership numbers up, to keep Cedar Heights a place where people want to be. So, thank you to all of our members who renew their membership each year. Thank you to our activity, event, instructional, coordinator, board and administrative volunteers as we could not have kept Cedar Heights going without you over the past year. And in the same breath, we won't be able to keep Cedar Heights going without you in 2026.

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

- The Grey Cup Party planning committee who did a fabulous job of planning the Grey Cup Party that, unfortunately, never was.
- Ken & Helga Gibbs for volunteering to teach our extremely well attended series of jive swing classes.
- Rose Collin & her crew for organizing our highly successful Artisan Market.
- Margaret Spencer and Shelley Wallace and the folks in the kitchen who provided the delicious soup lunch at the Market
- Susan McLeod & her army of elves for running yet another amazing Kids Only Market.
- Susan Eisenberger & her crew for planning tonight's deliciously festive dinner and dance.
- All of our members who bought and sold Raffle tickets for the Christmas Baskets as well as donating cash, food and lovely things to fill our three

good of CHCA.

Warm regards and the absolute best of the Christmas season to all of you,

Kris Hamaguchi

krishamaguchi@gmail.com

IMPORTANT REMINDERS



Cedar Heights Christmas Dinner Tonight - Dec 1st

Doors open at 5:00 pm. Wear your dancing shoes as you will be able to kick up your heels after our delicious roast beef dinner and a dessert to die for.

This will be your last chance to buy Christmas Basket Raffle tickets as the draw will be after dinner. Don't forget to bring your portion of the tickets in case you are one of the lucky winners of our baskets!

We are also collecting donations for the food bank. See you tonight!

DONATIONS FOR THE CHRISTMAS BAKE SALE

Our Christmas Bake Sale this year will be held on **Saturday, December 6th from 9:30 am to 12:30 pm.** This always has been an important fundraiser for us. People from miles around come to Cedar Heights every year to be amazed by the baking skills of the members of our community.



So, we are asking you to bring your favourite Christmas cookies, squares, tarts, chocolates, cakes, loaves or other Christmas creations to Cedar Heights. Please display your baking on disposable containers such as paper plates,

You may drop off your baking at the Cedar Heights Community Centre on:

- **Friday, December 5th from 10:30 am to 4 pm**
- **Saturday, December 6th from 8:00 am to 9:00 am.**

We prefer a Friday drop off as it makes for a more organized bake sale day.

We are looking for volunteers on the Friday for pricing and set-up. We would appreciate your help. It's just a little work and a lot of fun.

Please let us know if you can help us out. Your friendly leaders are:

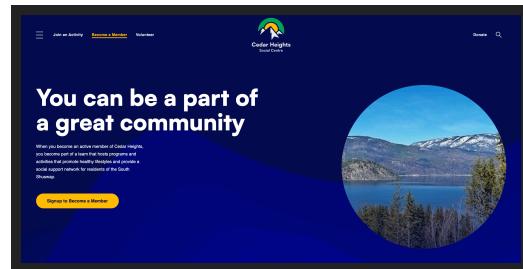
- Anne Ramsay: (250) 675-2644
- Shelley Wallace: (250) 675-4929

CHRISTMAS OFFICE HOURS

The office will be closed from Dec 19th until January 5th and opens Tuesday January 6th. See you in the New Year!

MEMBERSHIP RENEWAL TIME

It's time to renew your membership for 2026! You can now do this quick and easy online. Click on the link below, or come into the office on Tuesday and Thursdays 1-3 pm.



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

Keep Fit Members Christmas Party

Friday Dec 12 10:30 a.m.

Note the new date for our Christmas get-together, now Friday Dec 12th instead of the 19th. Join us after class to show our appreciation to our amazing

and get to know each other better. Please bring an appie, or goody to share and coffee is on us!



KEEP FIT REGISTRATION OPEN TO CHCA MEMBERS

If you have been waiting for a chance to join our co-ed Keep Fit classes, you can now sign up for the Winter/Spring session. If you act quickly there may be a few spots available. The Level 1 class starts at 9:00 am till 10:15, and the Level 2 class (no floor work) at 11:00 a.m.

The Keep Fit Classes will start on **Monday, January 5, 2026** and be every Monday, Wednesday, and Friday (except for 3 STAT holidays) and go to Friday, May 29, 2026. That is 60 classes @ \$3.50 for a total of \$210.00, and worth every penny for the caliber of instruction.

I have attached a link to direct you to the Keep Fit classes but if you have not already done so, it will direct you to the membership page BEFORE it will allow you to register for the class. Your 2026 Cedar Heights Community Association memberships **MUST** be paid prior to registration for the Keep Fit classes. The CHCA membership fee is \$60.00. (This fee is **NOT** included in your Keep Fit registration fee)

<https://www.karelo.com/register.php?BID=702&BT=10&PrivEv=22985>

If you prefer to register in the office you can do so on Tuesdays or Thursdays

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](#)



Mark your calendar! Connect with friends! Have fun!

But read beyond this section for more details!

The poster features a white background with a decorative border of red and green Christmas ornaments at the top. In the top right corner is the Cedar Heights logo, which includes a stylized mountain and sun icon above the text "Cedar Heights". The main title "ANNUAL CHRISTMAS Bake Sale" is centered in the upper half. "ANNUAL" is in green capital letters, "CHRISTMAS" is in large red letters, and "Bake Sale" is in green script. Below the title is a green rounded rectangular box containing the text "Saturday, Dec. 6" and "9:30 - 12:30". To the left of this box is a red leaf-shaped cookie, and to the right is a green leaf-shaped cookie. To the left of the text is a red leaf-shaped cookie, and to the right is a green leaf-shaped cookie. Below the green box, the text "Delicious fresh baked cookies, squares, loaves, tarts and much more." is written in red. Underneath that, in smaller red text, is "Accepting Debit or Cash". At the bottom center, the text "Don't miss out!" is written in red. At the very bottom, the location "Cedar Heights Community Centre 2316 Lakeview Drive, Blind Bay" is written in green. The poster is framed by a black border.

ANNUAL

CHRISTMAS

Bake Sale

Saturday, Dec. 6

9:30 - 12:30

Delicious fresh baked cookies, squares, loaves, tarts and much more.

Accepting Debit or Cash

Don't miss out!

Cedar Heights Community Centre
2316 Lakeview Drive, Blind Bay

invites you to their

Christmas SHED PARTY

Sunday, December 14

2:00-4:00

Cedar Heights Social Center

2316 Lakeview Drive, Sorrento B.C.

Families and Children WELCOME

Cost \$5.00

*Snacks, beverages and all the music
you can sing*

INDOOR ACTIVITES

Jive Swing Dance Classes

INSTRUCTORS: Ken and Helga Gibbs (pictured)

About 20 Cedar Heights members took part in the jive swing dance classes that we offered in October and November. Loads of fun and an admirable amount of success was had by all during the four sessions, led by local dancers, Ken and Helga Gibbs. Due to the extremely positive feedback by all who took part, keep your eyes open in the new year for more classes to be offered.





Take a peak at this short video of Jill and Scott LaChapelle practicing their newly acquired dance moves. Looking good you two!

You might want to check with your program organizer in early December as some sessions may be cancelled closer to the holidays.

Canasta

Dec 2

TIME: 1:00 p.m. every Tuesday

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

Non-members - \$5

FUTURE DATES: Dec 9, 16, 23



Dec 3

TIME: 1:30 p.m. every Wednesday

FEE: Drop in \$3

FUTURE DATES: Dec 10, Dec 17th



Carpet Bowling

Dec 4

TIME: 1:00 pm every Thursday

COST:

\$3 drop-in for members

\$5 drop-in for guests



We are looking for more players so 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.

Doghouse

December 5

DATE: Every second Friday

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

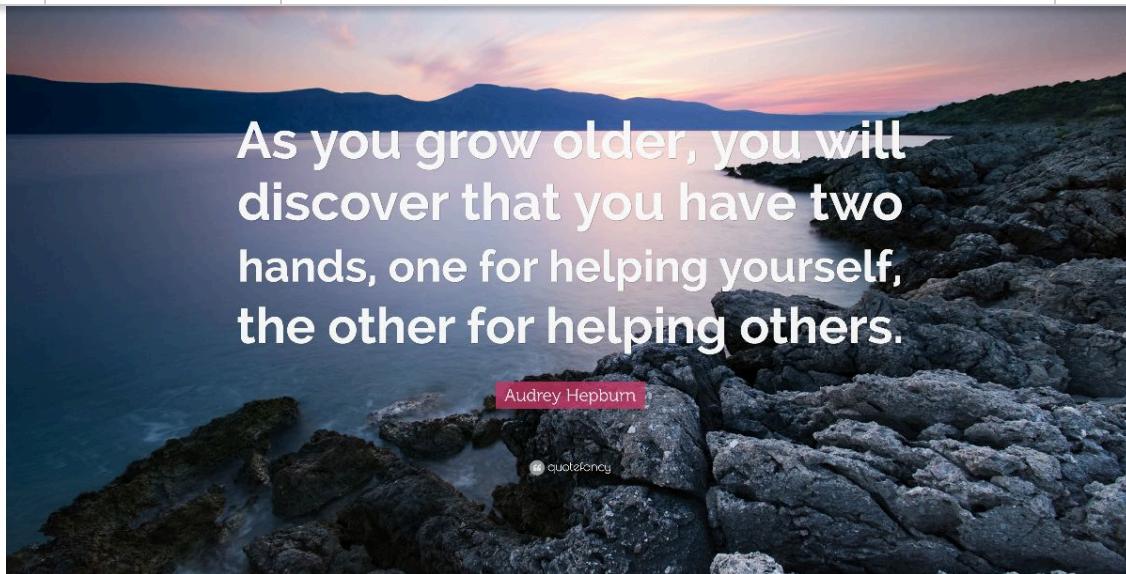
COST: C.H.C.A. members - \$3

Non-members - \$5



FUTURE DATES: December 19th
January 2

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



A Year-end Message to Everyone at Cedar Heights

All of the time and work donated by our volunteers resulted in 2025 being a highly successful year at Cedar Heights. There are two sounds that I hear often, that let me know we sort of have things right.....music and laughter!

2025 ended back in October for me at Cedar Heights, when I switched my focus to 2026. That is what I want to talk about.

We have signed contracts for two of the three 2026 capital projects that were approved at the Fall General Meeting. We should have a new tractor mower purchased by the spring as well. We are applying for support for next year's summer student. Our large programs are in good hands. So, on the surface, the big things are under control.

However, I have no doubt that there is going to be a major challenge facing us in 2026. That challenge has to do with volunteering. Some long-standing volunteers who have devoted years of service to Cedar Heights, have announced their intentions to reduce or step back from their volunteer activities....and deservedly so.

short-term projects, there is a place for you. If you like a task that is well-structured and predictable, there is a place for you. If you have some new ideas that you think we should try out, there is a place for you. But regardless of whatever interests you, you will be doing it for the benefit of your fellow members at Cedar Heights.

It is the Christmas season so I am not going to ask you now to take on a role that will only cause you to have second thoughts in January. I would ask you, however, to think of something that would give you a reason to step forward uninvited or to say, "Or course I would", when asked. Perhaps you enjoyed some part of your work life that you wish to continue. Perhaps there was something that you couldn't do when you were working and you wanted to try it out. Perhaps you just feel that you were fortunate in life and that volunteering is one way of giving back. Every one of our volunteers probably has their own personal, unspoken reason for stepping forward.

We never have a shortage of people who will step up to help out when they are asked..... except to lead, plan, organize, coordinate or manage. You will be hearing those words more often in 2026. Don't let that intimidate you. You will have support when you need it and a chance to put your own mark on an event or activity....well there will be some limits!

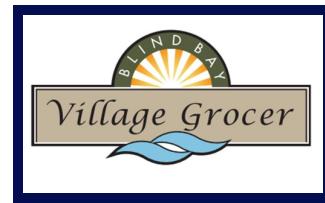
Thank you to all who stepped up to help in 2025. You have provided a great service to everyone who visited Cedar Heights.

Wishing you and those dear to you a very Merry Christmas!

Dean Wallace
Volunteer, Cedar Heights

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? *The revenue to Cedar Heights from the sale of \$60,000 of Blind Bay Village Grocer cards this year will pay for about 60% of our utilities costs.* That is important to us.



target. The purchase of a BBVG card from Cedar Heights allows you to purchase any goods of equivalent value sold at BBVG including food, gas and alcohol products. To maximize the benefit to Cedar Heights, cards must be paid for in cash or by debit card. They are available in denominations from \$25 to \$500.

BBVG cards will be available for purchase at Cedar Heights on:

- In the office on Tuesdays and Thursdays from 1 to 3 pm
- After Keep Fit on Friday, November 7th
- At the Artisan Market on Saturday, November 8th
- At the Bake Sale on Saturday, December 6th
- At all other special events for the remainder of the year.

So take the time to buy a card from us. If all of our members were to buy a \$200 card to cover purchases they were going to make at Blind Bay Village Grocers anyway, we would get \$16 from BBVG. This would go a long way to keeping the lights on at Cedar Heights.

FOLLOW UP ON FUND RAISERS

Christmas Artisan Market & Soup Lunch

The photos below are only a sample of the amazing array of handmade items on display by talented artisans at our Christmas Market on Nov 8th. Rose Collin and Cori Torres were the organizers of the market this year, and Cori will be at the helm next year. Thank you Rose for making our market such a success for so many years.



Kids Only Shopping

Nov 28

It's hard to believe it is our **28th** year holding this event for children in our community, and it never seems to get old. *We had over 150 kids this year, which was the most ever.*

It's a tremendous amount of work, and a huge thank you Susan McLeod for taking the lead again this year and her troop of elves, wrappers, pricers, bakers, and all those folks who donated the items for sale.

We are all exhausted by the end of the day, but I think we have as much fun as the kids. In fact, some of the kids who shopped when they were young are volunteering to help out. The proceeds this year will go to Sorrento school to help build their playground. See more details in our January newsletter.





GET INVOLVED



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

- Silvia Hartmann

COMMUNITY SPOTLIGHT



We are so fortunate at Cedar Heights to have so many couples like Shaunne and Dan who have donated a lot of their time over the years to ensure Cedar Heights is successful.

This couple lived in St. Albert prior to retirement but they had vacationed at their cabin in Eagle Bay for many summers with their two boys before building their new home on the property.

Shaunne worked in the office on either Tuesdays and Thursdays, sometimes on both days, and I'm sure she did a lot from home as well. If you know Shaunne, you know she is well organized and very detailed orientated. She looked after Sage, our data base at the Centre and was also instrumental in getting Dropbox up and running so the board could access information without constantly emailing files. Shaunne also created a lot of the registration forms we are still using and reorganized the filing system. She also looked after the staffing the kiosk, teaching us how to use the Square and using Signup Genius to book our volunteer shifts.

Dan has a lot of building expertise so he has worked on a number of projects at the Centre, building the new T-Boxes on the golf course, felling some of the smaller trees, building the steps to the Pickleball courts, and outdoor cleanup. He also was the safety guy at Cedar Heights, given his professional background in safety in the workplace.

And like many of our members, they volunteer elsewhere in the community. Shaunne volunteered for many years the the Copper Island Health and Wellness Centre which was a good fit as a former nurse. Dan was president of the Dragon Boat Club and currently provides instruction to members who have kayaks and paddlers. They belong to the Copper Island Probus club and enjoy their excursions in their convertible with the Topless Club and Dan is still riding his motorcycle with the guys.

They are a very warm and caring couple, offering their cabin to one of the Ukrainian families in Blind Bay who needed housing and provided help when



COMMUNITY RESOURCES



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).



It's hard to believe it's December and the year is almost over. Time again to write my annual Christmas letter, which we email to friends and family who we see rarely but we still want to stay in touch. I have been doing this for at least 30 years and it's a wonderful chronicle of our lives.

know how they they were doing. I was happy how many of them responded as it was quick and easy; and even better they told me how much they enjoyed getting my letter every year. I know not everyone likes to write letters, but give someone a call you haven't heard from in some time. It will probably make their day and yours!

The best thing about being a member of Cedar Heights is all the wonderful people you meet over the years who become friends, and even better you can see them often, no need to write letters. Start the New Year off right by renewing your membership.

I hope you have a wonderful time with your friends and family over the holidays and safe travels if you won't be home for Christmas.

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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