

**Issue # 67, Member Edition**  
**January 2026**



## **PRESIDENT'S MESSAGE**

Happy New Year! And welcome to 2026! I've been humming and hawing about what to write for this first President's Message of the new year. Truth be told, my mind has been on an abundance of other things besides Cedar Heights for the last month and half, trotting off to Mexico to catch up on some well earned R & R, then returning to the joyous and often self-inflicted chaos that the Christmas season brings.

As it has a way of doing, Cedar Heights continued along very well in spite of my physical and mental absence. The Christmas Dinner & Dance was another huge success, as was the CHCA Annual Bake Sale and Christmas Shed Party,

Just moments ago, I was questioned about which single word I could use to describe what Cedar Heights stands for. For me, it was a toss-up between “friendship” and “community”. But really, those two go hand in hand, don’t they?

Last evening, my husband and I rang in the new year with good friends we have made through Cedar Heights. These friendships undoubtedly had the chance to start because of the fact that we were in the same place at the same time (in our case, Keep Fit classes). Then, they budded with a smile and a “hello”, progressing to eventually spending time together at many Cedar Heights events as well as beyond the walls of the centre. I guess it just goes to show you that you never know when or where a new friendship is going to find its start.

That said, it does require someone to take some sort of initiative. In your case, it might be your initiative to become a member at Cedar Heights or to renew your membership for 2026 if you haven’t done so already. After all, we can’t sit at home, waiting for new friends to walk through our door.

An article in Psychology Today reminds us to “find groups or activities that you genuinely enjoy...talk to people, exchange contact information, and follow up with them. It may feel scary at first, but the reward outweighs the momentary uncomfortable feeling you may have.” Cedar Heights is that place for so many of us. Think about the fun and friendships at Cedar Heights that 2026 might hold for you!

Being that this is the season for setting goals for the coming year, I would encourage you to consider the concern that Dean Wallace shared in his December newsletter article (and has reiterated below) with regard to the turnover in event leadership that we will be facing in 2026.

A number of our key volunteers who head up some of our larger events have put in many years to make them the success that they have become, and are ready to step aside to let new blood take over. So much of the work has been done to refine these events, but we are also open to fresh new twists.

As we have suggested before, perhaps you would like to hook up with a friend or two in order to share the responsibility and fun. Take it from me; a planning session over a glass of wine can provide for plenty of good times and camaraderie. Please contact us at [info@cedarheightscommunity](mailto:info@cedarheightscommunity) if you are ready to offer your help or if you have any questions.

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

- Anne Ramsay and her Bake Sale organizers, and all of their generous and hard-working elves for baking up a storm for the sale that fetched record profits to the tune of about \$2500!

Shed Party performance and goodies.

- Lynne Lowes for taking the lead on organizing the Christmas Basket Raffle donations and sales.
- The CHCA Garden Elves for adding some Christmas cheer to the garden at the entrance to the centre.

Warm 2026 regards,

Kris Hamaguchi

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

## IMPORTANT REMINDERS



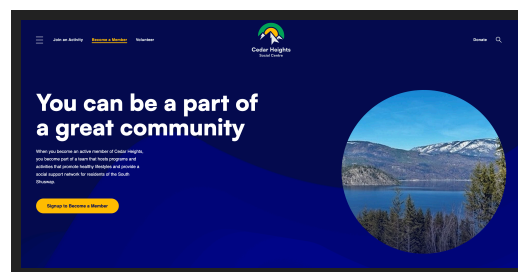
## CHRISTMAS OFFICE HOURS

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

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## MEMBERSHIP RENEWAL TIME

It's time to renew your membership for 2026! If you already renewed thank you for your support. If not you can now do this quickly and easily online. Click on the link below, or come into the office on Tuesday and Thursdays 1-3 pm starting January 6th.



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

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## KEEP FIT REGISTRATION OPEN TO CHCA MEMBERS

**There are only 8 spots available in the 9:00 am class downstairs.** The 9:00 am class upstairs is now full and also the Level 2 class downstairs. If you have been waiting for a chance to join our co-ed Keep Fit class contact the office asap. 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 it's every Monday, Wednesday, and Friday (except for 3 STAT holidays) and it ends 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 between 1:00 pm to 3:00 pm. *Please note the office will be closed till January 5th and reopens on January 6th.*

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## SHUSWAP DOJO

### WINTER/SPRING 2026 SESSION

(Tuesday 3 February to Thursday 28 May)

Interested in karate classes? You don't have far to go! Classes are available right here at the Cedar Heights Social Centre on **Tuesdays and Thursdays**:

- Children (7-10 years old): 5:30 pm to 6:30 pm. (\$125.00)
- Youths (11+)/adults: 6:45 pm to 8:00 pm. (\$160.00)
- Fees are for the entire session.

Want to learn more about karate before making a commitment? Join us for a free trial class. You can then become a member anytime during the session by [registering online](#). The session fee will be pro-rated based on your start date.

### DOJO NEWS IN BRIEF

- The Dojo will celebrate its 15-year anniversary in Jan 2026.
- We won the Silver award for Martial Arts in the 4<sup>th</sup> annual "Best of Shuswap" Readers' Choice 2025 Salmon Arm Observer.
- The winner of our 2025 Student of the Year award is Chance Schielke.
- A team of 12 students and Black Belts will be traveling to Japan to compete in the 29 March 2026 Shorei-Kan Goju-Ryu karate tournament.
- We will be holding a winter 2026 fundraising raffle to support Dojo activities. Tickets will be on sale at the Dojo from 3 February to 12 March during class hours. See our [website](#) for a list of the prizes.

### FOR MORE INFORMATION

- **Website:** [www.shoreikankarateshuswap.ca](http://www.shoreikankarateshuswap.ca)
- **E-mail:** [shorei.kan.canada.shuswap.dojo@gmail.com](mailto:shorei.kan.canada.shuswap.dojo@gmail.com)
- **Phone:** Jean-Luc Desgroseilliers (250) 833-2911  
Maureen Miller (250) 517-9917

The Shuswap Dojo was established in 2011 and is a non-profit organization. All Black Belt instructors are volunteers and registered with the Shorei-Kan Canada Karate Association and the Okinawa Goju-Ryu Shorei-Kan Karate Association.

To access the website, email and to register online please click on the links below rather than the links in the poster.

Website: [www.shoreikankarateshuswap.ca](http://www.shoreikankarateshuswap.ca)

Email: [shorei.kan.canada.shuswap.dojo@gmail.com](mailto:shorei.kan.canada.shuswap.dojo@gmail.com)

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](#)

## UPCOMING EVENTS AT A GLANCE

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

## SAVE THE DATE



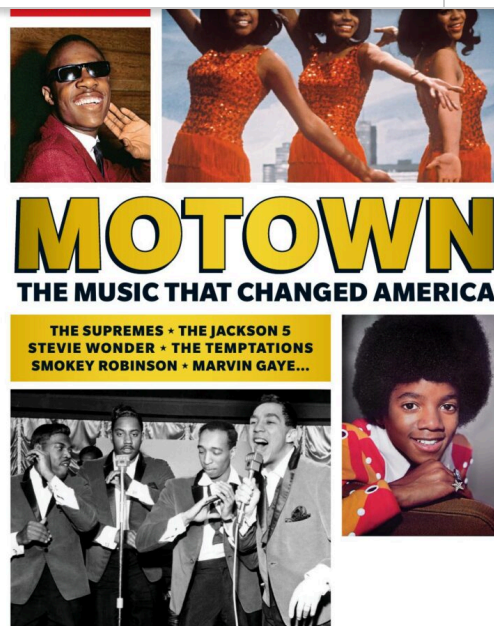
### Chinese New Year Event Friday February 28th

This is always a fun event at Cedar Heights, yummy food, lots of crazy games, and often a test of your knowledge of all things Chinese. More details to follow in the February Newsletter.

Friday, March 20th

If you loved the music of the Stevie Wonder, Jackson 5, The Temptations, and The Supremes mark your calendars to attend our Motown Night. This is our followup to our world famous Cedar Heights version of "Grease".

So if you like to sing and dance and want to join the cast, or just want to help out with the organization of this event let us know. Lots more info to come in the next few months.



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## INDOOR ACTIVITES

### Canasta

Please note Canasta will not resume in January as there was not enough participants to continue.



**Jan 7****TIME:** 2:00 p.m. every Wednesday**FEE:** Drop in \$3**FUTURE DATES:** Jan 14, Jan 21,  
Jan 28

If you have ever wanted to get started playing an instrument and have always put that crazy idea off to one side—DELAY NO LONGER! The ukulele group starts up again **Wednesday, January 7 at 2:00**. Beginners are always welcome and we have people willing to put time into getting you ready to join in. One of the highlights of this spring season will be learning songs from Broadway musicals—some you will recognize and some which will be totally new to all of us. Don't want to mess your fingernails with the ukulele---No Problem---we welcome people who just want to sing.

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**Carpet Bowling****Jan 8****TIME:** 1:00 pm every Thursday**COST:**

\$3 drop-in for members

\$5 drop-in for guests

**FUTURE DATES:** Jan 15, 22, 29th

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](mailto:iluvit67@yahoo.ca).

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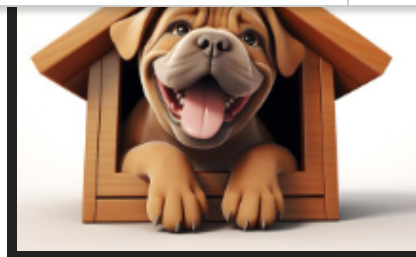
**Doghouse****January 2** (if enough participants)i**January 16th is the potluck and party!**



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

**FUTURE DATES:** Jan 16 and 30

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



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## FOLLOW UP ON FUND RAISERS

### KIDS ONLY SHOPPING 2025

Our 28<sup>th</sup> Annual Kids Only Shopping was once again a resounding success! **155** youngsters passed through our doors, armed with their shopping bags and Christmas lists. They were greeted by smiling Elves ready to help them choose the perfect gift from the wonderful array of donated items.

Another group of enthusiastic elves were armed and ready to wrap up those precious purchases. And wrap they did - over 700 gifts were concealed in colorful gift bags, wrap, ribbon and bows. Job accomplished, the kids rushed upstairs to meet moms and dads and excitedly share their shopping experience. Time to relax for a bit have a drink and treat before heading home to place their special gifts under the tree.

**Cedar Heights is proud to be able to donate the proceeds from 2025 Kids Only Shopping to Sorrento Elementary School. A cheque for \$2,772. will be presented in January for their planned Playground Project.**

This event has been a highlight for me since I took it on the leadership role in 2018. I have watched it grow from 80 kids that year to the increased numbers we are seeing now. And it would not have happened without the many, many volunteers that answer the call to make Kids Only Shopping happen. Over 100 people help each year, many of them returning year after year to take on more than one task. Thank you very much to all of you who faithfully support Kids Only Shopping.

Special thanks this year to:

- Anne Ramsay for organizing the kitchen and her army of Kitchen Helpers
- Save-on-Foods, Askews and Blind Bay Village Grocers for cookies, drinks, cream that all enjoyed
- Lorraine McCullough and her group for sorting, pricing and beautifully displaying the bling (jewelry) that kids love to buy
- Shelley Wallace, Brenda Kirkwood et al for moving and sorting items as they arrived
- Fitness Class members who volunteer in large numbers

I apologize if I failed to personally say 'Thank You' to any of you. This is my last year of leading Kids Only Shopping. I have learned a lot, enjoyed the chaos, noise and laughter and have some great memories! It's been a blast!

Susan Mcleod

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## Christmas Bake Sale Dec 6

The weather co-operated and and so did all the shoppers, who lined up early to snatch up some of the best baking in the South Shuswap. Our wonderful team ensured things went as smoothly as possible. **The doors opened at 9:30 and it seemed by 10:30 we were down to two tables of baking.**



Sincere thanks to all the gals and guys who provided us with so many different selections of baking. From homemade breads and buns, biscotti, to magnificent trays loaded with so many varieties of goodies.

We even had a spectacular gluten free baking section. Our bake sale was a tremendous success...and we managed to add a few shekels to the bank account, **\$2500 of them, our most ever.**

- I shall begin by thanking Shelley Wallace, my bake sale partner. She ensured everything in our baking box was replenished so we could continue with our tradition of sprucing things up if need be before she headed away to a family commitment.
- To that wonderful “Fit” team of Keep Fit fellows for helping with setting up tables for all the baking. Thank you...Gord Irving, Brian Stansbury, Bryan Lowes, Bob Lewis, Dale Ross, Terry Steeves, and Mike Adkins.
- To the Friday group of gals who arrived to help with adding an embellishment to the baking and then pricing all the goodies we displayed on all those tables. Thank you....Margaret Smith, Rita Stansbury, Rita Cakov, Shaunne Létourneau and Donna Irving.
- To my wonderful Saturday Team...and we have been a team for many many years. Thank you Sheila Armstrong, my left hand manual calculator and stellar seller; Rose Collin, our cashier, Sharon Hornseth our cashier and Square Operator who also sold gift cards to those who wanted them, and to the team of Lynne Lowes, Joan Daye, Lorraine Cathro...our sales team.
- I have purposely left out my most important helper until the end ... Margaret Spencer. She helped me all day Friday and Saturday with everything that had to be done. Both days she arrived early to be there to make sure all went smoothly. Not only is her baking acumen extraordinary, she is such a hardworking, brilliant, beautiful young lady. Thank you Margaret for everything you did for me to lessen my load and ensure our bake sale was a success.

Enjoy all that baking that you bought...I wish everyone a wonderful Christmas and the very best in 2026.

Anne Ramsay



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## Shuswap Community Foundation Grant

The annual Art on the Green event at Cedar Heights that has attracted almost 450 visitors in each of the last two years to meet local artisans and to enjoy a day of good food and entertainment. Cedar Heights closes its golf course and pickle ball courts to provide an enjoyable outdoor venue for this event.

In 2025, the Shuswap Community Foundation provided a grant that helped Cedar Heights construct a shed for storage of display and decoration materials on site. Di Robinson cleared the area for the shed. Don Chambers was responsible for its procurement. Russ McLeod and Martin Greenwood took care of construction. Susan McLeod was the behind-the-scenes architect of the project.

Construction of the storage shed has the long-term benefit of increasing the effectiveness of our volunteer time. No longer will our volunteers be spending time trucking display grids and decorations from various private residences around Blind Bay and from Carlin to Cedar Heights. Rather, they will be freed up to provide more assistance to our artisans and guests.

Art on the Green is important to Cedar Heights as it is consistent with our mission to provide events and activities that advance the well-being of residents of the South Shuswap. Opportunities to socialize are just one way in which we do this. **We thank the Shuswap Community Foundation for its support for**





## GET INVOLVED

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

**- Silvia Hartmann**

## Are You Able to Help?

In the December newsletter, I wrote that 2026 was going to be a year of change at Cedar Heights. 2026 now is here. Some long-serving volunteers are retiring. We are constantly on the lookout to host new events and activities. I will speak to the two most immediate openings that we have for volunteers. Please contact me by e-mail at [Dean.Wallace@shaw.ca](mailto:Dean.Wallace@shaw.ca) or at [info@cedarheightscommunity.ca](mailto:info@cedarheightscommunity.ca) or by text/phone at (780) 995-3924) to indicate your interest in helping out.

### Book-keeping (Shared Position)

After years of dedicated service to Cedar Heights, Elaine Greenwood is stepping back from her book-keeping responsibilities. We are looking for a person who will share bookkeeping responsibilities with Sharon Spearman at Cedar Heights. Much of the work can be done from home on your own schedule. The exact time requirements will be worked out once we understand the split in responsibilities with Sharon.

A person who is detail-oriented and enjoys working with numbers would be an ideal fit for this role. Experience with bookkeeping software, accessing on-line financial records and the like would be a bonus, although not necessary. There will be plenty of opportunity to learn. Details about the division in workload between Sharon and you will be worked out once we know what your current interests are.

In 2025 we tried out on an ad hoc basis, various versions of pub nights, ranging from a live music act, to a country and western night and a food-themed night. We are looking for an organizing committee who would build on that experience to come up with a regular pub night offering, in the range of six times a year.

We are looking for some people who know how to create entertaining evenings together. We have a capital budget to purchase new games/activities for our pub goers, which we may be able to supplement with additional funds. We could explore how to get a license for sports streaming. We could look at bringing in more live music acts. New ideas??? Let's get them out on the table.

Kris Hamaguchi, Bryan Lowes and I will bring our experiences on the past pub night organization to the group to get this initiative up and running to the extent that you will want our help. The organizing can be as much fun as the night itself. So, if you have a organizing/planning hat hidden away in your closet, we hope you will dust it off and consider helping us set up a regular Cedar Heights pub night.

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## COMMUNITY SPOTLIGHT



### **Margaret and Wade Spencer**

This fun couple moved here from Prince George and boy are we lucky to have them as members and friends. Wade worked for BC Rail in the safety field and Margaret was a nurse. They are both very active; golfing, pickleball, bowling, Wade walks a lot, and they can dance up a storm.

were trying to help those on the North Shore during the fire they stopped at Costco and showed up with needed items. For example; when we were desperate to find someone to take on Lobsterfest, they stepped up. Wade hails from the east coast so I'm sure he hated to see this disappear. He has a zany sense of humour and enjoyed "screeching" in our new President!

Likewise Margaret came to the rescue when we needed someone to take over the soup kitchen at the Artisan Market, and was Anne Ramsay's right hand woman for the Bale Sale. She is an incredible baker and her goodies show up at most of our events and so do they, volunteering for so many of our events. Summer you will find Margaret and Wade with their 9 grandchildren playing in their pool and boating on the lake. Thank you for saying "yes" to so many things!

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**FOLLOW-UP ON FUN**

## Christmas Dinner - Dec 1



puddings, and all the trimmings.

prepared the dinner this year.

There was plenty of food, so much that most of us went home with dinner for another night! If you are looking for a good caterer "Better Call Saul".



Keep Fit friends all dressed up enjoying a few cocktails.



The guys having some serious conversations over beers.



The dinner was followed by Christmas carol singing led by the **Island Fog** band members.

Harry Eisenberger was our DJ for the evening and his music choices prompted lots of dancing.

Looking good Eleanor and Arnie Payment!





### amazing job organizing this dinner.

The hall looked very festive, the table centres were made by Margaret Spencer and Kathy Kardelis and there were lots of lovely Christmas door prizes.

Thank you to Sharon Hornseth and Cynthia Blacklock who sold tickets at the door, Willie Hornseth our bartender, and Dean and Deb who sold 50/50 tickets.

We sold the last few **Christmas Basket Raffle** tickets at the dinner, a total of 900 tickets this year. The net proceeds of just over \$1400 should help to keep the heat and lights on over the winter.

The lucky winners were:  
**Sharon Hornseth pictured here with the baskets, Anne Ramsay, and Ellie Chambers**, all members of Cedar Heights this year. Thank you to everyone who donated items, sold tickets and bought tickets, it wouldn't happen without you!



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## Keep Fit Christmas Brunch - Dec 12

All the Keep Fit participants got together after class to show their appreciation to our wonderful volunteer instructors; Sharon Spearman, Sherry Reimer, Jill LaChapelle, Betsy Kutcha, Marjorie Lynn, and Kristie Schroeder with some well deserved gifts, and a standing ovation! We also recognized Barb Smith, who

Everyone bought goodies to share and it was fun to chat to participants from the other classes. These Cedar Heights Fitness Elves even created a **Christmas Workout Challenge** to keep us active over the holidays, with a draw for a prize for those who complete the challenge!



Kristie, Jill, Betsy, Marjorie, Sharon, and Sherry

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## Christmas Shed Party - Dec 14





way to get everyone in the mood for Christmas. All that was missing was the snow:



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



It's New Year's Eve day and I have been listening to the radio while putting the newsletter together. **The big news story for 2025 is AI, the good, the bad and the ugly.**

I had to look back at the November newsletter issue and noticed there was a note from AI that stated "this appears to be a long document, save time by reading a summary from AI". If you are curious or are short of time and want to take a look at summaries of past newsletters go to our website and click on **News and Events/Newsletters/Past Issues and Click on View Summary**. We have been wrestling with how to shorten the newsletter for the last few months, so I had to take a look. I have to say they did a good job summarizing the content, but boy was it boring.

No photos of your smiling faces having fun, no heartfelt thanks, no thoughts and concerns about the Centre from Kris, Dean and myself. It could have been any community organization, albeit a pretty successful one. The essence of the place we know and love was missing, the human touch!

For example; Anne Ramsay phones about 100 people asking them to donate baking for our annual bake sale. She could send an email in one fell swoop to all of them, but that personal touch, "can you bake your awesome butter tarts, everyone loves them?" gets them every time. We have learned over the years if you want volunteers you need to talk to them yourself.

Technology can be a wonderful time saver and it enables us to send this newsletter to over 600 people every month. However, there is nothing so satisfying as creating something yourself and talking to other humans.

Happy New Year to you and yours,

Lynne

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



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