Issue # 77, Member Edition
November 2026



Lest we forget

PRESIDENT'S MESSAGE

'Tis now the month of November. It seems like this is definitely the month of new beginnings. Of course, the most exciting one for Kris Hamaguchi is the birth of our first grandson. But President Hamaguchi has some other new beginnings to be excited about, too. Rumour has it that we will be having some new blood join us on the CHCA Board of Directors, which is nothing less than fabulous for a multitude of reasons.

Please consider joining us this Wednesday at 6:30 p.m. for some delicious sweet treats and mingling, to be followed by our Fall General Meeting, which is when you can find out who will be joining us. When other speakers and I stand at the podium, casting our gaze at the group of attendees, seeing all of the

reasons. Here's hoping you can be one of the bottoms that fill those seats!

Another new beginning comes in the form of new members. Yes, starting November 24, you and your friends will be able to renew or sign up for your 2027 membership. Recently, I have been delighted to hear comments like:

"I hear Cedar Heights does great things."

"Oh, I told my friend she has to become a member at Cedar Heights."

"I definitely want to join Cedar Heights and help out with absolutely everything!"

Not long ago, I also heard one other very interesting comment:

"I don't live in the Cedar Heights neighbourhood and I thought you had to live there in order to join."

I think I am definitely guilty of assuming that everyone in the South Shuswap knows they are welcome to join…well, we all know what happens when we ass-u-me, don't we? Whether you live in White Lake, Notch Hill, up on Golf Course Drive or beyond, you are all extremely welcome to join Cedar Heights Community Association. So please do let your friends know.

Last month, I also mentioned the Rejuvenation Committee. The five members of the committee are excited to be giving our Cedar Heights home a new beginning with a little sprucing up. We are not yet sure of the full timeline, but I'm sure you will have fun watching the transformation in the new year.

I'm sure you have all received our email regarding our "Christmas at the Lodge" dinner/dance event planned for November 30. We have been ever so grateful for the organizers who have headed up the dinner/dance in past years. This year's event has another new beginning with a new committee and new ideas. *I do want to let you know that our ticket prices have only increased by $10 over last year.* That is to be expected, simply because of inflated costs for our caterers.

As well, in an effort to make it an unforgettable event, we are hiring **Angie Heinze** to share her finesse as a DJ and bring us the music that makes us happy. Of course, her services do come at a cost. Even at that, we have been able to price the tickets for less than some of the other local events that are happening in the area.

We do make sure to run events with a range of prices over the course of the

dressed up and enjoy the magic of the Christmas season with friends? So please consider all the effort and enthusiasm that the volunteer event committee members are putting forth for all of you and help us to make the best Christmas event yet at Cedar Heights.

Last, but not at all least, about one month ago, we applied for a **"Community Hall Grant" from SASCU**. On the occasion of their 80th birthday, they wanted to give back to the communities that they serve. *We are delighted to announce that we were granted $2000 to put towards the purchase of a new automated external defibrillator (AED).* You may know that we have one already taking up residence in a cabinet on the lower level, but we would also like to have quick access to one on the upper level, should the tragic need arise.

This month's quick but heartfelt thanks go to:

- **The "Christmas at the Lodge" team for devoting their time, enthusiasm and creativity to put on a beautiful Christmas-themed evening of dining, dancing, visiting and celebrating the festive season.**
- **"Sips, Sparkles & Styles" Committee and other volunteers (you know who you are!) for putting on a gorgeous and unforgettable fashion show event.**
- **Trudy Osborne and Jackie Desautels for putting their heart and soul into the Creative Line Dancing classes that started two weeks ago.**
- **The Dancing Ladies who put in so much extra time to learn and polish a dance that they performed at the fashion show.**
- **Joyce, Trudy, Margaret, Iris & Jackie who mustered up loads of sass and courage to model the lingerie/leisure wear at the fashion show.**
- **Margaret Spencer and Gloria Heinzmann for gathering together a veritable Santa's Workshop full of volunteers to crank out 250 pies in about 3 hours.**
- **Cori Torres for taking over the monumental task of organizing the Christmas Artisan Market, which will take place on November 7. Thank you to Rose for all your years of service and expertise for this event!**
- **Margaret Spencer for taking the lead in filling our tummies with delicious soup and buns at the Artisan Market.**

beloved by kids in our community this year.

- **Glenn Smith for being at the President's beck and call, especially when she goofs up on something obvious that is staring her in the face!...as much as I try to be a techie, I'm not!**
- **Vicki Coe for her organization of bi-weekly Doghouse sessions.**
- **Firesmart Crew for all their grit and gruntwork to clean up the grounds to make us as fire safe as possible.**
- **Lorrie Kelsey for organizing the Christmas Raffle gift baskets.**
- **Sharon Hornseth for prepping Christmas Raffle tickets and the kajillion other requests that are made of her.**
- **All the men in Keep Fit for their camaraderie and support for the new guys downstairs. We now have about a dozen fellows occupying the back two rows (the bad boys are always at the back of the bus!) in the lower level class. We've got room for more men (or women), too! Hope to see even more guys join us in January!**

Warm regards,

Kris Hamaguchi

krishamaguchi@gmail.com



Fall General Meeting
Wednesday, November 4th

Join us for coffee and goodies at 6:30 and stay for the meeting at 7:00 pm.

Please note the office at the Centre will be closed on Tuesday, Nov 10th, but will be **open on Monday, November the 9th instead.**



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

- Silvia Hartmann


COMMUNITY ASSOCIATION
KEEP FIT
VOLUNTEER INSTRUCTORS WANTED!
Cedar Heights Community Association is actively seeking volunteer Keep Fit instructors!
You may be just what we are looking for if you—or someone you know—are:
1 An energetic individual
2 Interested in learning
3 A positive team member
4 Interested in inspiring others to "Keep Fit" while keeping fit yourself!
You bring the enthusiasm— we provide the training!
Please email us at
info@cedarheightscommunity.ca
if you have any questions or are interested in joining our "Keep Fit" team.
Come help inspire our community to Keep Fit!



The draw date for our three Christmas Baskets will be on **December 11th** this year. It's a bit later than last year which is a good thing as we don't have many donations to date and it means we have more time to gather items and sell lots of tickets.

In previous years the value of goods in each basket has been about $250 including some swag from Cedar Heights, so we hope that we have enough donations this year otherwise we will need to purchase some items. We know the cost of food has gone up a lot, and it's an expensive time of year but most of us have one or two items in our cupboards we could donate.

Please drop off your donations into the basket beside the coffee machine as soon as you can, however we will still take donations close to the draw date.

- Christmas decorations and napkins, tea towels
- Gift cards for wine or non-alcoholic beverages
- Hard cheese
- Smoked meat
- Honey
- Coffee and teas or a gift card from Starbucks or Tim Hortons
- Pickles and olives
- Chocolate bars
- Nuts and crackers
- Purchased cookies and condiments, chips
- A cash donation that we can convert to a Blind Bay Village Grocer Card, or a card itself that you can purchase from the office

If you want to purchase raffle tickets, just 3 for $5, you can purchase them in the office or they will be for sale at all our upcoming events at Cedar Heights. Thank you in advance for your generosity.

Volunteers Still Needed for Raffle Ticket Distribution and Sales

This year we decided to divide up the tasks for the raffle. Dean has applied for the license, Sharon is printing the tickets, and Lorrie Kelsy will take care of assembling the baskets. However, we still need someone to take the lead on ticket distribution and sales.

It does not mean you have to sell all the tickets yourself, our Keep Fit folks have been wonderful taking books of tickets to sell to their friends and family. This is an excellent fundraiser for Cedar Heights and there are lots of opportunities to sell tickets at our events such as the Fashion Show, Artisan Market and Christmas Dinner.

If you can fill this role, or you can take one or more books of tickets to sell, please contact Sharon Hornseth at 250-212-2135 or email:sharonhornseth1@gmail.com

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Volunteers Needed for Kids Only Shopping

This unique event on **Saturday, Nov 28th from 9:30 to noon** brings over 200 kids from our community every year and they love it! However, it takes a lot of volunteers to make it successful, but seeing how excited the kids are when they find the perfect gift for someone in their family it makes it all worthwhile.

There are lots of jobs, pricing the donations, setting up the tables, greeting the kids, helping them shop, wrapping their gifts, taking the money, serving coffee and goodies to the parents and at the end of the day taking it all down.

If you can assist with any of these tasks sign up sheets will be set up in

The Kids Only Shopping Committee

Donations for the Christmas Bake Sale

Our Christmas Bake Sale this year will be held on **Saturday, December 5th from 9:30 am to 12:30 pm**. This always has been an important fundraiser for us and has been a sellout event for many years, thanks to the baking skills and generosity of so many people in our community.

So, I am 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 Christmas paper plates, Christmas tins and the like.

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

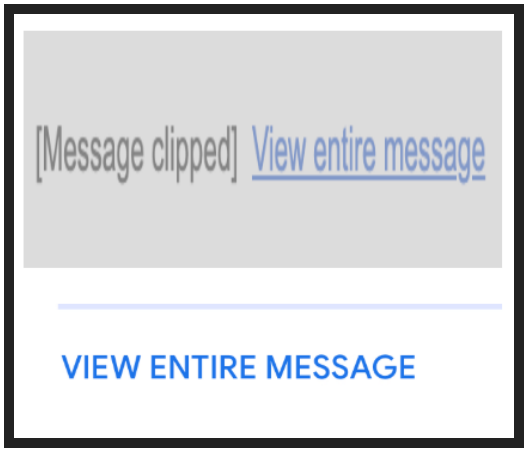
- **Friday, December 4th from 10:30 am to noon and from 1:00 pm to 4 pm**
- **Saturday, December 5th from 8:00 am to 9:00 am.**

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

I am looking for volunteers on Friday afternoon for pricing and set-up. Please email me at shelleywallace@shaw.ca if you can help out. It's just a little work and a lot of fun.

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

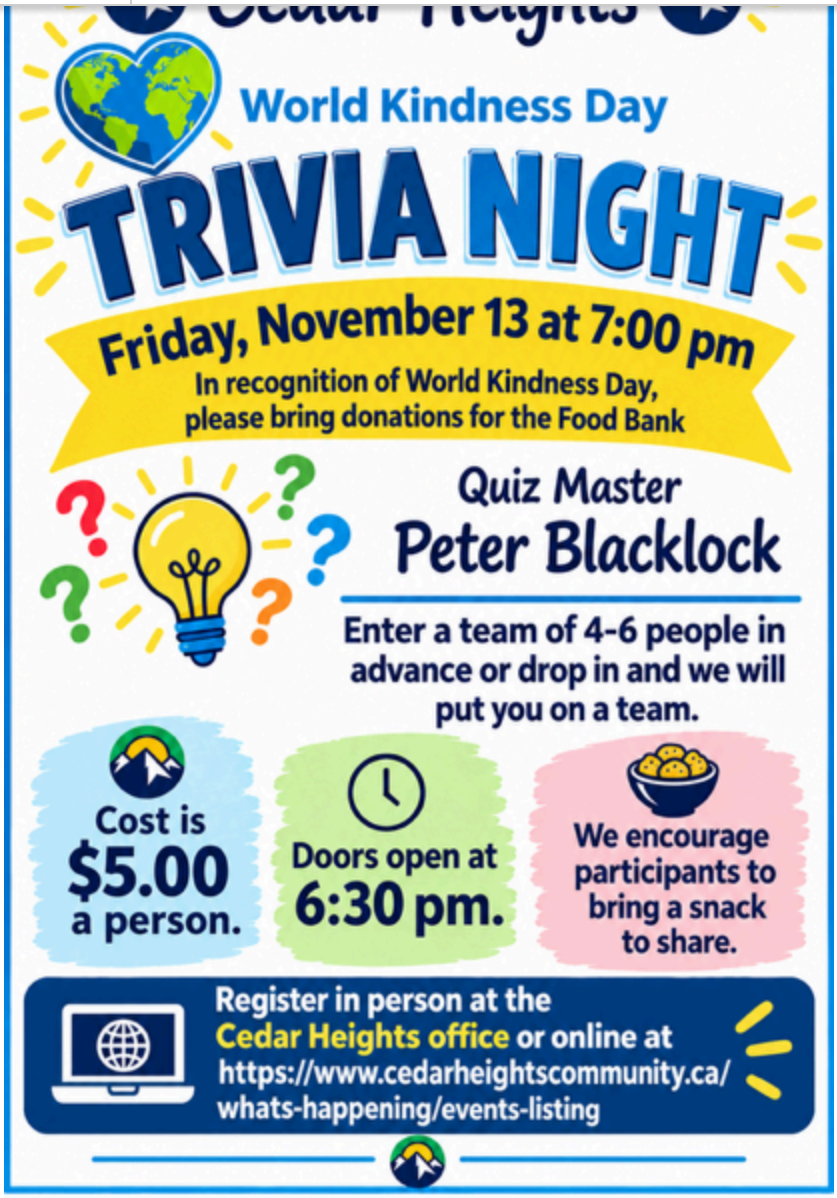


SAVE THE DATE






Cedar Heights
Christmas Artisan Market
SAVE THE DATE
November 7, 2026 10am - 3pm
Shop the market & stop for soup.
Soup Kitchen is back 11am - 2pm (soup, roll, square, coffee)
2316 LAKEVIEW DR. BLIND BAY BC
Handmade by Local Artisans
Jewelry, Fused Glass, Woodworking, Soaps, Candles, Quilting, Rustic Decor, Fibre Art, Sewing, Foods, Fresh Greenery, Art, Signs, Christmas Decor and Accessories.



World Kindness Day Trivia Night

Friday, November 13th - 6:30 doors open game at 7:00

Join us for Trivia Night at Cedar Heights on the occasion of World Kindness Day

This community fun-filled evening will give you the chance to turn your hidden bits of knowledge into trivia-night glory as we launch the second in a series of trivia nights.

Our host for the evening will be the well-known Peter Blacklock, who will guide us through lively rounds of trivia covering a variety of topics. You will play in a team of four to six players. Each member of the winning team will receive a prize at the end of the night.

Think of an imaginative team name. This is very important!

Participants are encouraged to bring nibbles, squares, cookies. Mocktails, non-alcoholic wine, water, and soft drinks will be available for purchase.

Important information:

On-line registration:
https://www.cedarheightscommunity.ca/whats-happening/events-listing**.**

Drop-ins are welcome on the evening of Friday, November 13th but be at Cedar Heights by 6:30 to allow us to place you on a team. The Trivia rounds begin at 7:00 pm.

Admission: $5 for all participants

To honour World Kindness Day, donations for Food Bank are welcome.

See you there!


Cedar Heights
KIDS ONLY SHOPPING
SATURDAY
NOVEMBER 28th
9:30 – 12:00
Kids ages 5–12 can shop for
Christmas Gifts priced $1.00 to $10.00.
Bring a Shopping Bag
& Christmas List for gifts
for immediate family.
"Elves" will help shop and wrap purchases.
Parents can relax upstairs with
a Hot Beverage & Treat.
All proceeds donated back to the community.
Lower Level
Cedar Heights Centre



We will be kicking off the Christmas season on **Monday, November 30 with "Christmas at the Lodge**" for CHCA members and friends. Cedar Heights Social Centre will be transformed into a magically festive feast-for-the-eyes, playing host to an evening full of delicious food provided by the very popular and highly praised, Salmon Arm-based **Cahoots.**

For the rest of the evening, renowned dynamo-of-the-Shuswap **DJ, Angie Heinze** will be sure to dazzle us all with her entertaining finesse and exactly the tunes we want to hear; no one will ever want to leave the dance floor!

TICKETS:

- **Current 2026 members can buy tickets for $70 each from October 27- November 2**. In addition members can buy ONE non-member ticket

- **Non-members can buy tickets for $80 each from Nov 3 -22nd.**
- Tickets can be purchased in the office or on-line (see the dates above)

TIME: 5:30 - Doors open, 6:30 - Dinner, 7:30 - Dancin'

THERE WILL ALSO BE:

- - a cash bar
- - 50/50 tickets
- - Christmas basket ticket sales
- - Blind Bay Village Grocer Gift Cards for purchase. (Cash, debit or e-transfer)

We are trying to use the "many hands make light work" approach to this event so everyone can have time to enjoy the evening. Whether or not you are attending, we are looking for a bit of help with the following tasks. If you are able to help, please email us at info@cedarheightscommunity.ca

1. Set-up (November 30 @ 11:30 a.m.)
2. Cashier (approximately one hour shifts at the event)
3. Kitchen Helper (1 - 1 ½ hour shifts, starting at 7 p.m.)
4. Bar Helper (approximately 1 ½ hour shifts; must have Serve it Right or other provincial equivalent)
5. Teardown (Dec. 1 @ 9 a.m.)

Every minute of help that we get is very much appreciated!

Festive greetings from,

Your "Christmas at the Lodge" Committee

INDOOR ACTIVITES



Keep Fit News

The participants of our Keep Fit classes work hard, but they also like to have fun. The deal was, you either dressed up for Halloween or you had to bring some goodies to share at coffee after class. Here are a few of the costumes, many of which came off rather quickly as we got so hot, though Sheila looks pretty cool.





Doghouse



Friday Nov 6th

DAYS: Every second Friday
TIME: Doors open 6:30 pm Play begins 7:00
COST: CHCA Members $3 Non-members $5
FUTURE DATES: Sunday, November 22nd

It is hard to believe that we are in our 4th Season of this exciting game called Doghouse. We have had many evenings of laughter and good natured rivalry. We play every second Friday and plans include two tournaments during the year.

If you would like to check our game out you are welcome to join us. Players of

Ukulele Madness
Wednesday Nov 4th|



DAY: Every Wednesday
TIME: 1:30 - 3:30 PM in the upper hall, no excuses accepted
COST: Drop- In Fee $3 - the best money you spent all week!

Have you heard the ukulele version of "Johnny B. Goode?....or Roll Over Beethoven?." ....The Rockin' Ukulele's start back on Wednesday, September 30th. No uke? We will find you one. Have a uke but can't play it? We will teach you Just want to sing? Absolutely, the more the merrier Can't sing? Join the club. That's your nap time? Get a life!
Peter

Carpet Bowling
Thursday Nov 5th



DAY: Every Thursday
TIME: 1:00 -3:00 pm
COST: Drop-in fee is $3 for members $5 for non-members. Members can buy a $30 sports pass for the season.

If you have never carpet bowled before and you would like to give it a try, the 1st day is free and there are lots of people to show you how to play. **Any questions email Angie at: iluvit67@yahoo.ca.**

Tuesday Nov 3rd

DAY: Every Tuesday **downstairs** at Cedar Heights
TIME: 10:00 till 11:00 am
COST: $35 for members $50 for non-members



OUTDOOR ACTIVITIES

GOLF COURSE - Now closed for the season!

Thank you to those who came out from 9:00 till noon on **Oct 22nd for our Fall Cleanup** and to **FireSmartBC** who provided the disposal bins for the yard waste from our grounds and also from our members and neighbours.



PICKLEBALL





Pickleball Member News

Pickleball is done for the season, we will see you in the spring.
Angie and Roger



Oktoberfest - Oct 2 2026

For those of you who were not able to attend Oktoberfest, you missed an evening jam packed full of fun.

For those of you who were fortunate enough to attend, I'm sure you can attest to that. We even had a number of highly critical judges (from Germany!) who gave us an overwhelming stamp of approval.



From the German bier and endless table of German potluck fare to an evening of song and dance, and hilarious interactive games, every guest left with a smile on their face and looking forward to Cedar Heights' 2027 version of Oktoberfest. Hope to see you there next year!







Fashion Show - October 17th

If you were fortunate enough to get tickets for the sold out fashion show, you were likely dazzled when you walked in the door. The Centre was transformed with lots of sparkly mini lights, and the table settings were beautiful.

I had never been to **Coconut Joe's 2.0** and had assumed the majority of clothing would be beachwear. Tania Broscheit, the owner also had lovely fall fashions from Italy, shoes and even men's wear. The sleep wear from

Everyone enjoyed the food, drinks, the door prizes, and the line dance number by our very own "Dancing Queens" below! The icing on the cake, we all got to shop before we went home!






Fun!





Apple Pie Fundraiser- Oct 20th

A huge thank you to the over 50 volunteers that came out and made our Apple Pie Fundraiser a great success. We made and sold 250 pies!

And a special thank you to our sponsors who donated the apples, eggs, shortening and flour: **Blind Bay Village Grocer, Askews downtown, DeMilles Farm Market, Save-on Foods, Kevin Campbell from Century 21 and Dave Soucey from Pennerosa Egg Farm.**

Margaret Spencer
Apple Pie Fundraiser Coordinator

Also kudos to Margaret Spencer on the left below, who took on organizing the fundraiser for the first time this year and did an awesome job!


PORTUGAL













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 $100 we get $8***

This is a geat little fundraiser as it doesn't cost you a dime but it provides the Centre with additional funds. This program raised over $5000 in a previous year and we are hoping to sell more cards this year.

We sell these cards at most of our events in various denominations so keep your ears open for any pop-up sales 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!



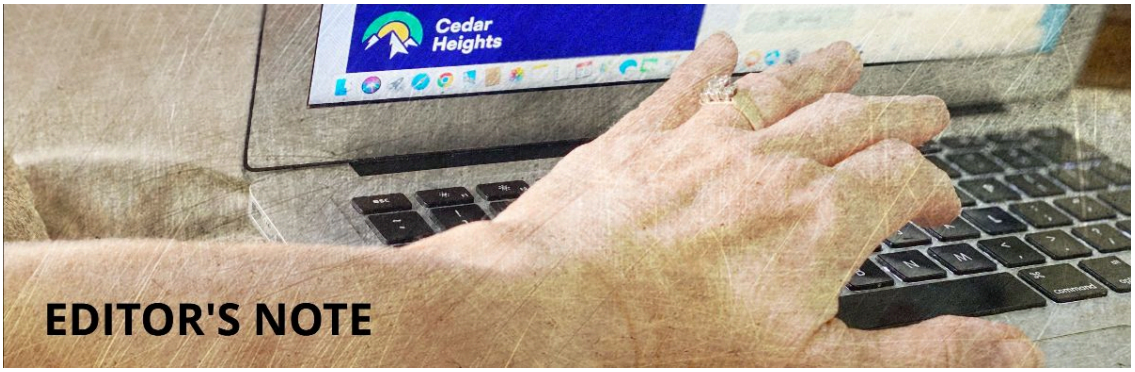




Community Website: Stay updated on news and events by visiting our website.



Contact Us: Have questions or suggestions? Reach out to us at info@cedarheightscommunity.ca or (250) 675-2012.



I am looking out the window at the snow on the hills so I guess our incredible weather in October is over. It's been a very busy month at the Centre as you can see by all the photos of past events and all the posters of events coming in November and early December. It takes an incredible number of hours by our members who volunteer their time so you get to do all these things, so thank you to all of them.

Do make time to go to the Remembrance Day ceremony at the hall in Sorrento on November 11th. Kris will be laying a wreath for our Community Centre again this year. I'm always pleasantly surprised to see so many families with children attend so none of us forget the sacrifice our parents and grandparents and those currently in the forces made so we can live in such a safe country.

Cheers,
Lynne
Lynne Lowes at: *ekxpat@gmail.com*

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