

**Issue #55, Member Edition**  
**January 2025**



## **PRESIDENT'S MESSAGE**

I'm not sure how your Christmas was, but hopefully, it was much like mine: full of family, fun and a few lovely surprises. Perhaps it was, indeed, worth making a spectacle of myself at the Christmas Dinner and Dance because "Santa Baby" most certainly heard my pleas and delivered on them! On Christmas Day, he completely surprised me with "new golf clubs so I really can play next May". And even earlier than that, he had clearly heard my wish for "one thing that I need quite a bit: more instructors for 'Keep Fit' " as we now have three new instructors in training. I guess that two out of three ain't bad, but I was really hoping that he'd be able to come through on my third request, "one thing that won't cost you a cent, a vice president, so I'm not leading alone."

Actually, I must extend my heartfelt thanks to Lorrie Kelsey, who insists that if she had not already stepped up to take on a board position for another organization, she would have most definitely come to our rescue. Now that the jolly old fella has returned to the North Pole, I might just have to rely on the rest

of a member who would be a great person for vice president, I would encourage you to approach him or her, and share your support and encouragement for them to send me an email. Prior experience is not necessary; rather, an interest in having a say in growing this great community organization is all that is needed. I am confident that someone who is reading this newsletter will lead us to filling the position of vice president.

I am looking forward to having a great time with you at the end of the month. Dean Wallace has been working to his usual high standards to organize a delicious, fun and memorable celebration of the upcoming Lunar New Year on January 31. May it be the first of many excellent opportunities to bring all of us together and maybe even invite some new friends to join us in 2025, the Year of the Snake.

“The Year of the Snake carries profound meaning in Chinese culture, symbolizing wisdom, transformation, and introspection. ...the snake represents a time for reflection and careful decision-making.” These are all excellent words to guide those of us at the board level, as well as all of us who have the opportunity to lend our enthusiasm, support and creativity to what Cedar Heights Social Centre is and can become over the year ahead.

Best wishes to all of you for a healthy, happy new year full of continued and new opportunities, and personal fulfillment.

Warm regards,

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



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

---

**CANASTA**  
**JANUARY 7**

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

**FUTURE DATES:**

January 14  
January 21  
January 28



---

**UKELELE  
JANUARY 8**

**TIME:** 1:00-3:00

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

**FUTURE DATES:**

January 8 (we will be playing a wide assortment of songs, some might fit a Valentine's party and some may be just for fun.)

January 15  
January 22  
January 29



---

**CARPET BOWLING  
CANCELLED**

Sadly the organizers for carpet bowling have decided not to continue and there is currently no-one to take their place.

So unless someone is willing to fill this role and find new players carpet bowling will be cancelled.

If you are interested and need more information please contact Dean at: [dean.wallace@shaw.ca](mailto:dean.wallace@shaw.ca)



## KEEP FIT JANUARY 6

The Winter /Spring session of the Co-ed Keep Fit classes starts on Monday January 6th. Classes are now twice per week, Mondays and Fridays, same times, Level 1 at 9:00 and Level 2 at 11:00 downstairs. If you overindulged during the holidays you won't want to miss any classes!

**Please note the classes are now full and there will be no wait list.** However, more good news if there are enough people interested there will be a Yoga class starting in February. See the Yoga posting below for more details.

### NEW KEEP FIT INSTRUCTOR CANDIDATES

Thank you to all our members who let friends and neighbours know we were looking for additional volunteer Keep Fit instructor candidates. You did a great job as we now have three new candidates!

Sharon Spearman introduced them at our December Keep Fit party, but if you missed it we thought it would be nice if all our participants knew a little bit about each of them as you will see them in the classes starting in January. It will likely be the fall before they are certified, its a pretty intensive course, but we are so thankful to have them come forward to join the team and provide some relief down the road for our amazing current instructors.



### KRISTY SCHROEDER

Hello, my name is Kristy Schroeder and I am excited to take on the challenge of joining the group of new fitness instructors this coming fall. I have always been interested in fitness and nutrition. I also love being able to be part of the community at Cedar Heights.

My three children are now grown up but I have fond memories of Kids Christmas Shopping among many other activities in hall. I have lived in Tappen for over 20 years. My hobbies include hiking, pottery and of course pickle ball!



Marjorie and Betsy

### **MARJORIE GRIMSTON**

My husband and I moved to Blind Bay two years ago and I'm working and run a caregiver agency. I grew up in the lower mainland in New West and lived there for 56 years. I am married, with three grown sons and one daughter in law. I've been involved and active in fitness my whole life. When not working I love hiking, swimming, paddle boarding and kayaking. I look forward to completing my fitness training and teaching fitness with Cedar Heights.

### **BETSY KUCHTA**

Betsy and her husband moved to Blind Bay in June. She is now retired from an IT career and has always been interested in fitness. Betsy completed the Paris marathon and enjoys golfing, swimming, hiking, reading, and cooking. She is originally from California but has also lived in London, Geneva, Manila, and most recently, Mexico.

---

We have a volunteer  
Yoga Instructor starting  
**February 3, 2025**. Her  
name is **Dena  
McQuigge**. She  
instructed classes at  
Cedar Heights in  
previous years.



Classes will be held on **Mondays 11:00-12:00 pm**. Cost **\$52.50 plus \$60.00 if you are not a member at Cedar Heights**.

Please email Sharon Spearman at: [srsharleygrandma@gmail.com](mailto:srsharleygrandma@gmail.com) if you are interested in joining this class as we will need to know numbers.

---

## **DOGHOUSE JANUARY 10**

**TIME:** Doors open at 6:30 play starts at 7:00 pm

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



### **FUTURE DATES:**

January 10  
January 24  
February 7

New players are always welcome and lessons are available every evening until June. Call Vicki at 250-675-2141 if you have any questions.

---

## **CHINESE NEW YEARS CELEBRATION JANUARY 31**

Chinese dinner at 6:00 pm .

**COST:** Tickets \$40 member / \$45 guests

Tickets on sale Jan 7- 24th online or in the office starting Jan 7th

The dinner will be catered by the Jade Cafe in Salmon Arm.

For more details about the fun and games see Dean's article below.



## 上面寫著「新年快樂

....or for those of you who are not yet fluent in Traditional Chinese, "Happy New Year".

The Year of the Snake begins on January 29th, 2025. Our Cedar Heights celebration of the Chinese New Year on Friday, January 31st will be one unlike those that have preceded it. ***Ladies...wear red and gold and you will fit in with the hall decor. Gentlemen...start your Fu Manchu mustache today!***

There is much more to our celebration than just looking good.

1. First, you will get to cast your ballot for the individual with the most snake-like personality (a combination of romantic, sophisticated, eloquent, parsimonious, suspicious and somewhat less than industrious). The person receiving the most votes and who actually was born in a snake year will become the Honorary Emperor/Empress of Cedar Heights for the remainder of the year. We will let the crowd figure out to reward the high-vote-getting Snake-pretenders.
2. Second, you will participate in a traditional Chinese New Year ritual of Hongbao, the exchange of envelopes containing money, modified somewhat to fit our event. As part of our ticket price, you will have donated \$5 towards this envelop exchange. We will have re-distributed this Cedar

and \$10.00. You are encouraged to trade envelopes through the evening and when the final call is made, you get to open the envelope that you are holding. The cash that you find within it will be yours to spend or keep (remember the parsimonious thing) as you see fit.

3. Third, you will get to compete with your table members in a number of games involving cards (playing cards were invented in China before AD1000), ping pong balls and chop sticks. If you had the card thing figured out, then I guess the latter two aren't a surprise!. Since this Chinese New Year's party is being organized by a person with strong Scottish heritage, there will be no prizes awarded. I guess that isn't a surprise either.
4. Fourth you will get to eat. Our motto is "*Arrive hungry and leave hungry.*" It is Chinese food after all. But having said that, we will be serving a seven-dish Chinese meal from the Jade Buffet in Salmon Arm. Ticket prices are \$40 for members and \$45 for non-members. And you can thank the feds that we won't have to pay GST.

So, do join us for a good time.

Dean Wallace

---

## VALENTINES POTLUCK / SHED PARTY

### February 14

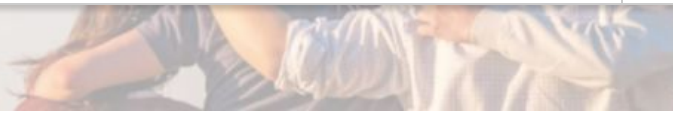
If you like music and food with friends put this date in your calendar. There will be a small charge of \$5 to attend this potluck to cover dessert and coffee.

Doors will open at 5:00, supper at 6:00 pm and the Shed Party will follow. More info to follow in the February newsletter and watch for a signup sheet in the hall.





# GET INVOLVED



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

**- Silvia Hartmann**

## CURRENT VOLUNTEER OPPORTUNITIES

EVENT	ROLE & DESCRIPTION	DATE/S OF EVENT	NUMBER NEEDED	CONTACT
CHINESE NEW YEARS DINNER	<b>Bartender</b> <b>Decorate and set tables</b> <b>Kitchen Clean-up</b> - Drink glasses, dishes and cutlery.	January 31st	8	Sharon Hornseth <a href="mailto:sharonhornseth1@gmail.com">sharonhornseth1@gmail.com</a>
Valentines Day Potluck/Shed	<b>Bartender</b> <b>Decorate and set tables</b> <b>Kitchen Clean-up</b> - Drink glasses, dishes and cutlery.	Feb 14th	8	Sharon Hornseth <a href="mailto:sharonhornseth1@gmail.com">sharonhornseth1@gmail.com</a>
N/A	<b>C.H.C.A. Vice President</b> - Assist C.H.C.A. President in supporting the best interests and safety of the Cedar Heights Social Centre, events, activities, all volunteers and other members.	A.S.A.P.	1	<a href="mailto:info@cedarheightscommunity.ca">info@cedarheightscommunity.ca</a>
N/A	<b>Kitchen Coordinator</b> - Lead a team in maintaining inventory & general housekeeping in the kitchen. Additional support workers are already in place.	Ongoing; Minimum 1 year commitment preferred	1 or 2	<a href="mailto:info@cedarheightscommunity.ca">info@cedarheightscommunity.ca</a>
N/A	<b>Cost estimator</b> - Obtain 3 estimates from companies to resurface the lower and upper level parking lots and to pave the pathway from the upper level parking lot past the pickle ball courts.	A.S.A.P.	1	<a href="mailto:info@cedarheightscommunity.ca">info@cedarheightscommunity.ca</a> Or Dean Wallace at (250) 675-4929

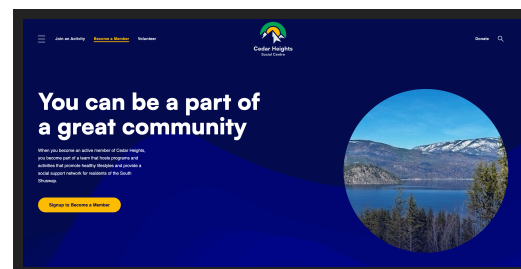
## IMPORTANT REMINDERS



## MEMBERSHIP RENEWAL TIME

Renew your membership for 2025 and invite other friends to join us! This can be done on line at:

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



The office will be open again Tuesday, January 7th!



---

## BLIND BAY VILLAGE GROCER CARD PROGRAM



It's January and if you did a lot of baking over the holidays or you had lots of company it's time to restock. Shopping at BBVG is a great way to support a local business that gives back to the community, and much safer than driving into Salmon Arm in the winter.

*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!

---

## WE ARE STILL LOOKING FOR SOMEONE...

You may have noticed a volunteer position that has been at the top of our list for a few months now. Rita Stansbury has unselfishly filled this position for several years and for that, we thank her immensely. This role has been known as "Kitchen Coordinator".



As we said, we are looking for you, someone who can help us out in a more behind-the-scenes way. We are open to seeing it evolve into a partnership between you and a friend, or even a team of three or more people who would like to support each other in getting the few necessary tasks done, thus reducing the time commitment even more or, at least, making it

Here is what you need to know in order to make an informed decision:



1. Most tasks are not time-consuming at all
2. Most tasks need not be done frequently
3. If you are often at Cedar Heights (i.e. weekly Keep Fit classes or other weekly activities), it's super easy to keep an eye on the kitchen.
4. All you need to do is drop us an email to express your interest! [info@cedarheightscommunity.ca](mailto:info@cedarheightscommunity.ca)

---

## HOW ARE WE DOING?



Just in case you missed this article last month, we want to let you know that with our new website and on-line payment system having been operational for several months now, we hope that the site allows us to clearly tell you what is going on at Cedar Heights. We know that the on-line payment system has reduced the workload in the office. But we don't know enough about what you think.

1. We would like your **feedback** on both the website and the on-line registration/payment system. Please send your comments/suggestions about the website and payment system so we can fix any glitches that you may have encountered. We cannot guarantee that we will be able to implement all of your suggestions, but we will give serious consideration to your feedback.
2. Please let us know if you would be **interested in attending an evening session** where we can walk you through the on-line payment process.

All of the above can be sent to [info@cedarheightscommunity.ca](mailto:info@cedarheightscommunity.ca)

**COMMUNITY SPOTLIGHT**

## Look How Far We've Come - Kids Only Shopping

In the fall of 1997, Verna Nitsche, a long-standing and current Cedar Heights member, asked the Cedar Heights board for a \$100 loan to augment donations of gifts from the community that allowed children, in turn, to buy Christmas gifts for family members and friends. That first Kids Only Shopping featured two small tables of gifts. Ten or so children came to shop.

Look at how far we've come. Twenty-seven Kids only Shopping events later, Verna's initiative has grown into a signature event for Cedar Heights. This year, the downstairs at Cedar Heights was packed with tables of donated gifts. More than 140 children came to shop.

***This year, Kids Only Shopping made \$3251.17 from the sale of items donated by residents in Blind Bay and the surrounding area, proceeds from a coffee/snack bar in the parents' waiting area and the silent auction of large goods that were donated but with a value that far exceeded a child's shopping budget. Save-On-Foods and Village Grocer, Sorrento threw their support behind this year's event by donating juices and coffee creamer for the coffee/snack bar.***

It was Verna's mandate that any profits from this event be donated to benefit children in our Shuswap communities. She is pleased that this mandate has been respected over the years, whether directly to school programs, Brownies or indirectly, to organizations that support families in need. **The proceeds from this year's event are being donated to the Sorrento Food Bank.** In addition, unsold small items were donated to the Shuswap Area Family Emergency Society (SAFE) or to the Churches of Salmon Arm Thrift Shop.

All credit and thanks for the success of this year's sale go to Susan McLeod. Her organizing committee of Sharon Hornseth and Chris Newton and the approximately 100 volunteers sorted and priced gifts, guided the children on their shopping expeditions, wrapped and tagged their purchases. Parents waited upstairs while their kids were shopping and having their gifts wrapped – ready for under the tree. You may think of Kids Only Shopping as a half-day event. In reality, it is a venture that spans a month between the time the first donations are received to the day that the final deliveries are made to SAFE and the Thrift Shop. That by all definitions is a substantial commitment on the part of our volunteers. The volunteers from the Keep Fit program continue to make Kids

Looking at how far we have come provides a chance for us to recognize those people who have grown a CHCA-funded sale to a community-wide event that benefits from the generosity of its residents. Verna's imagination and initiative started it all, carrying the idea from her community of St. Norbert in Winnipeg. She rightfully should be given credit for and should be proud of the support that Cedar Heights has provided to individuals and organization in the Shuswap region. These have included SAFE, Sorrento Public School, the Sorrento Brownies group, and numerous families who required help during financially-draining medical circumstances.

Verna passed the leadership baton after approximately fifteen years to Carol Hargitt who led Kids Only Christmas for five years. Susan McLeod coordinated Kids Only Christmas between 2018 and 2024, interrupted for two years by COVID in 2020 and 2021. And now, Susan is passing the leadership reins to Chris Newton. The pride that Cedar Heights has in Kids Only Christmas rests on the shoulders of these leaders and models of the valuable contributions that volunteers can make to our community.

Thank you to Verna, Carol, Susan and to all of the volunteers who have worked with them so selflessly over the years.





*Please consider the gestures, great or small of someone you know in our CHCA family. Perhaps they regularly offer to drive friends to medical appointments. Maybe they organize neighbourhood clean-ups. And maybe they have an admirable skill/talent that we don't know about. If you know someone like this, please send a short write-up and, if possible, a photo to **Lynne Lowes at: [ekxpat@gmail.com](mailto:ekxpat@gmail.com)***

**FOLLOW-UP ON FUN**

*If you have any photos from the events or weekly C.H.C.A. activities over the coming month, please send them to **Lynne Lowes at: [ekxpat@gmail.com](mailto:ekxpat@gmail.com)***

---

## **A RECORD BREAKING BAKE SALE!!!**

**Anne Ramsay and Shelley Wallace once again organized the Cedar Heights bake sale. It seems that our bake sale has gained a reputation as one of the best in the area. *The event recorded a new high of over \$2300 in***

Both Cedar Heights members and other residents in the Blind Bay area donated baked goods to the sale ranging from trays of assorted cookies and squares, decorative vases with gingerbread, apple pies, different styles of home-made bread and tins of home-made Belgian chocolates and shortbreads. We were grateful for all contributions and the variety of offerings was appreciated by buyers at the sale.

With the quantity of goods available for sale, one would have imagined the sale would have gone on forever. However, the stampede of buyers in the first twenty minutes emptied over half of the tables. The tables were re-stocked and the sale proceeded.

We thank members of the Evangelical Free Church who purchased many of the unsold goods following their Sunday service.

Thank you to this year's team of volunteers. Kim Wolkowsky, Rita Cakov, Margaret Smith, Margaret Spenser, Gillian Richardson, Donna Irving and Rita Stansbury formed the pricing crew. The welcoming crew and volunteers on the sale day were Sheila Armstrong, Joan Daye, Lynne Lowes, Rose Collin, Sharon Hornseth, Lorrie Kelsey and Lorraine Cathrow.

We thank all the bakers who prepared their specialty baked goods and the fitness group who graciously set up the tables.





---

## THE ANNUAL CHRISTMAS DINNER AND DANCE

Another successful dinner organized by Susan Eisenberger and her team of helpers. The delicious dinner was provided by Lynn, a caterer from Enderby and her team of young ladies who served and cleaned up.

Cynthia Blacklock was our MC for the evening and she did a fine job. The **Island Fog** band played Christmas songs and we did our best to sing along. One of the



Harry Eisenberger was our DJ and managed to get a respectable number of guests up dancing, including Bryan, our outgoing president who rarely dances.

The creative Margaret Spencer with helpers Susan, Kathy and Lynne made the wonderful centerpieces that the winners of the door prizes took home. Thank you to everyone who set up, took down, cleaned up as always. A special thank you to our bartenders Sharon and Willie Hornseth, they were kept pretty busy so nice that Willie was also the winner of the 50/50 draw!







---

## CHRISTMAS BASKET RAFFLE WINNERS!

Six happy people were the winners of our Christmas baskets this year. The names were drawn at our Christmas dinner on Dec 9th. Only one winner was in the room, Blair Goold, so he had first choice of baskets and we got a photo courtesy of Sheila Armstrong. The baskets also contained a coupon for a Cedar

and hats from the ladies in the office, they may even be on sale in January.

The winners were:

1. Marnie Pfeifer
2. Debby Amiabel
3. Anna Moore
4. Annie Porter
5. Blaire Goold
6. Blair Holmes

A huge thank you to everyone who donated items for the baskets and all those who bought tickets, **750 tickets were sold which earned Cedar Heights over \$1250 less expenses.**

I'm very thankful to my friends who sold books of tickets so I didn't have to stand in the parking lot at the grocery store. I didn't win again this year, but nice to see that three Keep Fit folks won. There's always next year.



---

## The Keep Fit / Yoga Christmas Party

with some gifts and show our appreciation for our amazing instructors and organizers. They are starting from the left, Lisa, Joyce, Michelle, Jill, Susan and Sherry.

These volunteers put in a huge amount of time to keep us all happy and healthy and we are so fortunate to have them. Mariette and Alvina did a great job collecting funds, buying gifts and organizing the party. It's also an opportunity to thank Donna and her sidekick Gord for making coffee all year, Barb for sending out forms and keeping track of it all, and Sharon for co-ordinating the classes and instructors.

There was a huge turnout, we had to keep adding chairs, and lots of wonderful goodies. It was a good thing we worked off a few of those cookies before we started!







---

## The Christmas Shed Party

It was the final event of the year at the Centre! and what a way to celebrate 2024, with music and a chance to sing. There was quite an array of Christmas sweaters and funny hats, and we even had a visit from Scrooge! People are still trying to figure out who this was, perhaps Mike had a closer look.

If you are wondering what the heck Wade is holding it's a Newfie ugly stick,









## COMMUNITY RESOURCES

### DO THE SHU!

Do you want to know what's happening in the Shuswap? The Arts Council and the Chamber of Commerce have collaborated on a new community calendar called **Do the Shu** that replaces the Shuswap Culture event calendar.

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



**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).



Now that Kris has taken on a new role as President, I'm back in my old role as Newsletter Editor. Kris has done a fabulous job, big shoes for me to fill for sure, but she shouldn't have to do everything.

Like Kris I had never been an editor before but I have written lots of course material in my job, and I usually tried to edit Bryan's messages to the members. He writes well, but they would have been even longer. Oddly enough, like Kris both Bryan and I had a wonderful English teacher in high school, Miss Mercer who was a stickler for grammar too. I still have a hard time sending text messages that aren't proper English.

I like writing and it's a chance to be more creative. I email a Christmas letter every year, Bryan thinks I started in 1980 (yikes) and it's fun to go back and read the early ones as it's a nice chronicle of our lives. Plus it's a wonderful way to stay in touch with friends and family far away and they reply with a short note as it's so quick and easy.

Did you know that we send this newsletter to nearly 500 people every month? Only 374 are still members and we know it's opened by 80 percent of them (the miracles of technology). It seems that people still like to see what their friends are up to even after they move away and it's the best way to connect with our members!

However, if you have any ideas or suggestions for changes please let me know. Now that Bryan has more time we hope to travel more. So as Kris said, if there is anyone else who is thinking "*y'know, I can do this,*" and who would like to take over this little monthly task on occasion, or even share the job, please contact me or Kris.

Happy New Year  
Lynne Lowes  
Editor

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

[Update your preferences](#) or [unsubscribe from this list](#).



---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Cedar Heights Community Association · 2316 Lakeview Drive · Sorrento, BC V0E 2W2 · Canada

