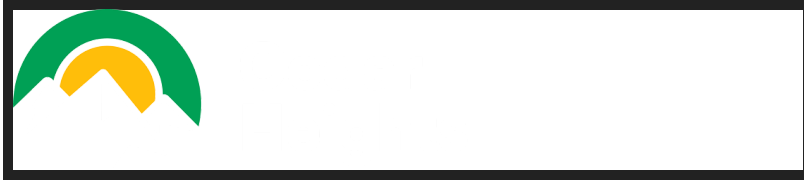


[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Issue #57, Member Edition March 2025



PRESIDENT'S MESSAGE

It's been a very busy month, but I will let you read the rest of the newsletter to see what has been happening and what is coming up. We've had a number of members express how happy they are to see some new activities and events taking place.

Thank you to the 210 members who have already renewed their membership for 2025. I would encourage those of you who have not yet gotten around to renewing your membership to consider doing so [through our website](#) or in person on Tuesday and Thursday afternoons from 1-3 p.m. As for why people decide to become a paid member of Cedar Heights (and continue to do so), a number of the recent survey responses expressed: "Member contributions keep this wonderful centre open and alive", "Help build the community to secure future success" and "Feel loyal and committed to support CHCA in order to keep it viable and the doors open".

Speaking of the survey, all of our current members should have now received an email with it. As of yesterday, we had 59 responses. We really want to "put the C in Community" by getting your input on our programs and events, and your participation in them. [Click here and complete the survey](#) if you are a member or will soon be paying your membership fee (for example, when pickle ball season starts) and have not done so already. If you are not yet a member

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Last week, we happily announced the reinstatement of our Wednesday Levels 1 and 2 Keep Fit classes from March 5 until the end of May. We truly appreciate the dedication of all of our volunteer instructors. Many have expressed that they would be interested in evening and weekend classes for Keep Fit, Yoga and even Zumba or Pilates classes. This can only happen if we have enough volunteer instructors. We continue to actively seek people in our community who are already certified or would like to become certified to teach our classes. If you would like more information on how we can support you or someone you know in doing so, please contact me directly.

I want to give you a "heads up" that we have a videographer enthusiast who will be visiting over the last two weeks of March. Don't be surprised if you see my daughter, Chelsea, lurking around classes and drop-in sessions with her cell phone as she has offered to create a promotional video or two for us. She has the amazing ability to take short video snips and produce fun and action-packed videos that you will want to watch over and over again.



As you may know, we are currently gathering quotes for the repaving of our parking lot. We are very hopeful that there are grant opportunities that will help to pay for the monumental bill. We are optimistically seeking the help from our membership in finding someone to take on the task of writing grant proposals. If you know any members or non-members who are capable and willing to do so, please contact me directly at krishamaguchi@gmail.com.

And finally, this month's "quick, but heartfelt thanks" go to:

Russ McLeod for stepping up to be our "Parking Lot Repaving Master".

Michele, Susan, Jill & Sherri for their dedication to keeping us all fit.

Betsy, Kristy & Marjorie for their care and hard work in earning their instructor's certification.

Sharon Spearman for getting her "Keep Fit" groove back on.

Angie & Roger Shaw (& support, **Doug Cathro**) for taking the new lead with Carpet Bowling.

Debi Lewis for offering to be our new Volunteer Coordinator.

Iris Bemister for heading up marketing for rentals at Cedar Heights.

Lori Henderson & Donna Weich for offering to teach new classes (TBA!)

Dean Wallace for putting his heart and soul into all things "Cedar Heights".

Sharon Hornseth for being at my beck and call with such a big smile.

Peter Blacklock & the ukulele gang for filling Cedar Heights with love.

Wayne Hamaguchi for being so supportive of our third child, Cedar Heights, and the time his wife is devoting to it!

Warm regards,



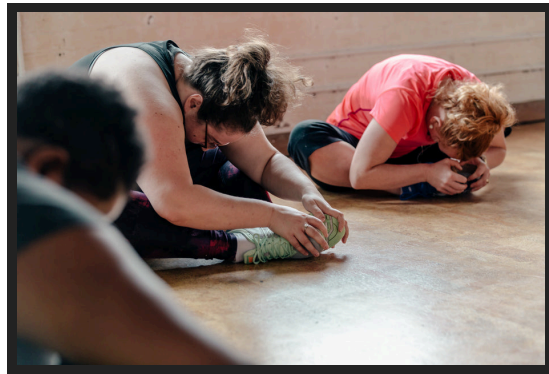
*Mark your calendar! Connect with friends! Have fun!
But read beyond this section for more details!*

YOGA
MARCH 3

TIME: 11:00-12:00

FUTURE DATES:

- March 10
- March 17
- March 24
- March 31



The Yoga class is now full. Thank you to everyone who signed up.

CANASTA
MARCH 4

TIME: 1:00 p.m. every Tuesday

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

FUTURE DATES:

- March 11
- March 18
- March 25



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

CAKE DECORATING 101 MARCH 4

This is just a reminder for those who have already signed up.

TIME: 10:00-11:30 a.m.

FUTURE DATES:

March 11



DOGHOUSE MARCH 7

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

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



FUTURE DATES:

March 14

March 21

March 28

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

CARPET BOWLING MARCH 9

You're in luck! We have room for more people to join! We have two top-quality carpets for all of you to use, which makes for a lot of bowling that you can jam into two hours! And if you have never done carpet bowling, we'd love to show

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**TIME:** 1 p.m. - 3 p.m.**COST:**

\$3 drop-in for members

\$5 drop-in for guests

\$30 annual pass for Cedar Heights members

FUTURE DATES:

March 13

March 20

March 27

**DANCE LESSONS****MARCH 24**

We will be focussing on the Cha-Cha for the duration of the sessions.

TIME: 7:00 p.m - 8:30 p.m.**COST:**

\$50 per couple (both members)

\$80 per couple (both non-members)

\$65 per couple (one member/one non-member)

REGISTRATION:

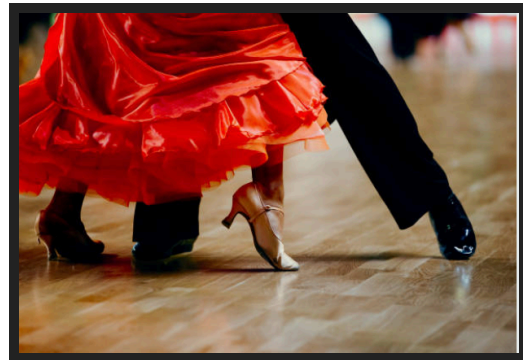
Begins on Tuesday, March 4 at 1:30 p.m.

In person at Cedar Heights or through the [CHCA website](#)****Limited to 8 couples****FUTURE DATES:**

March 31

April 7

April 14



PUB NIGHT, EH?!

APRIL 5

Our next Pub Night will be one you won't want to miss. There's no better time than now to celebrate being Canadian. Don some red and white "O Canada" paraphernalia, invite all your friends and join us on the 5th to raise a glass or two in this gorgeous little pocket of Canada that we call home. We might even have a prize for the most enthusiastically dressed Canadian!

TIME:

7:00 p.m - 10:30 p.m.

COST:

Free entrance for all

Beverages can be paid with cash, credit or debit

Snacks can be purchased with cash only.

FUTURE DATES:

May 31



GET INVOLVED

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

- Silvia Hartmann

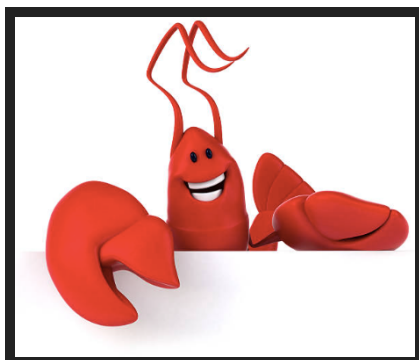
SO, YOU'D LIKE TO VOLUNTEER?

Subscribe

Past Issues

Translate ▼

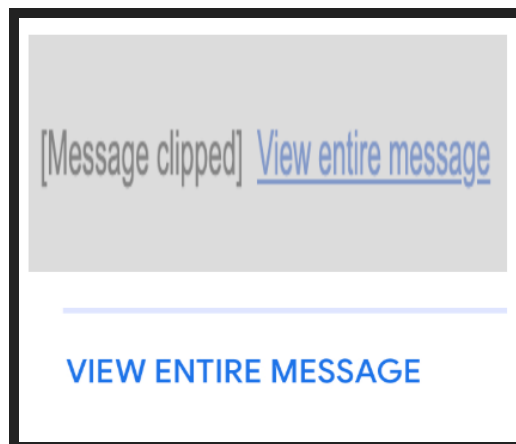
March 17. We realize that this isn't a lot of notice, but as Dean Wallace (who will be out of town and unable to head up this event) says, "Potlucks can be about the easiest things to run." We have lots of decorations, volunteer helpers, a musician or two and bartenders to deal with the liquor license and beverages. Basically, we have hands that can hold yours the whole way. If you have been timid about volunteering in the past, this is a perfect opportunity to get involved. Or recruit a friend or two to help you!! Please reply directly to krishamaguchi@gmail.com if you are able to help us out so we don't run the risk of having to cancel this event.



As well, we typically have a delicious and highly popular Lobsterfest event, coinciding with lobster season in the Maritimes. This year, it is slated for **Saturday, June 7**. We already have someone to source the lobster. Phew! We are really hoping that some of you will be able to help in the planning of such events. Bringing new blood into the planning of activities and events brings new ideas. And working as a duo or a team can be a lot of fun, too! We look forward to hearing from you a.s.a.p.!

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 Editor's note!

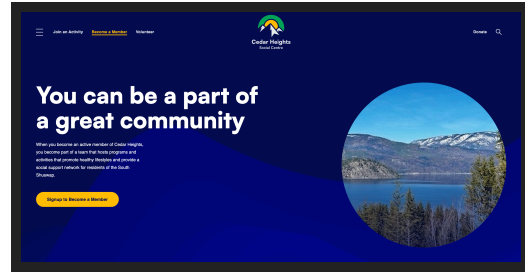


IMPORTANT REMINDERS



MEMBERSHIP RENEWAL TIME

If you have renewed your membership for 2025, we thank you. But in case you haven't, you can now do this online. Click on the link below, or come into the office on Tuesday and Thursdays 1-3 pm.



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

BLIND BAY VILLAGE GROCER CARD PROGRAM



Did you know that if you buy a grocery card from Cedar Heights, the Village Grocer donates 8% of the value of the card to our association? For example; if you buy a grocery card for \$200 we get \$16 from BBVG. It's a wonderful program that raised over \$5000 last year.

Keep your ears open for any pop-up sale of BBVG cards that might take place at Cedar Heights! Otherwise, you know you can always purchase the cards at the office (Tuesday and Thursdays from 1:00 till 3:00 pm). Please note that **only cheques, cash or debit** are accepted for payment. We thank you for your support!

Subscribe

Past Issues

Translate ▼



SHUSWAP DOJO

(Located at the Cedar Heights Social Centre)



2025 WINTER RAFFLE FUNDRAISER

To support our children, youths and adults classes

Tickets being sold from Tuesday 4 February to Thursday 13 March

\$5.00 per ticket

(Only 1,000 tickets will be sold)

TO PURCHASE TICKETS

At the Dojo Tuesday and Thursday at 6:30 pm or [contact us](#)

**DRAW ON THURSDAY 13 MARCH AT 6:15 PM
AT THE DOJO (Don't need to be present to win)**

PRIZES

1st prize: One day guided pontoon boat trip on Shuswap Lake (summer 2025) for up to 6 people with lunch provided (\$800. value).

2nd prize: One day guided pontoon boat trip on Shuswap Lake (summer 2025) for up to 6 people with lunch provided (\$800. value).

3rd prize: \$350. gift certificate from inTechrity Solutions.

PLUS MANY MORE

(see website shoreikankarateshuswap.ca for full listing)

The Shorei-Kan Canada Karate Association is a non-profit organization and all instructors are volunteers.

How to Buy Raffle Tickets

You can buy tickets at the **Dojo on Tuesday and Thursday evenings at 6:30 pm** or click [HERE](#) to contact the Shuswap Dojo.

To find out more information about Karate classes click on the the website: shoreikankarateshuswap.ca.

COMMUNITY SPOTLIGHT



Sherry Reimer Our Much Loved Keep Fit Instructor

She is our longest serving volunteer instructor, we think she is closing in on 20 years! She has devoted thousands, maybe millions of volunteer hours to keep our members healthy and happy.

Sherry attended the first Keep Fit classes back when they were exercising to Jane Fonda tapes! No CD's or Spotify back in those days.

Betty Cousins was the first instructor and the classes became so popular they needed more instructors (a familiar refrain) and she convinced both Heather Hargreaves and Sherry to take the course.

Believe it or not, many of our participants have been coming to these classes for the same amount of time that Sherry has been teaching. Why do they sign up year after year? If you talk to Alvina, Mariette, Donna, Doris and Sherry, they will tell you we are now like family.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

humour; her teasing and funny comments in class keep us all laughing.

She loves country music, camping, fishing, and liked to ride on the back of Ron's Goldwing. I don't know for sure, but it wouldn't surprise me if she was one of the last to leave a good party. A new interest is bingo, she was the two-time winner at the last Blind Bay Bingo night!

A little known fact about Sherry, she also volunteers to be the Easter Bunny at the Lions Easter Egg Hunt in Sorrento. The kids love her too!

Thank you Sherry for being such an awesome volunteer at Cedar Heights!

*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***

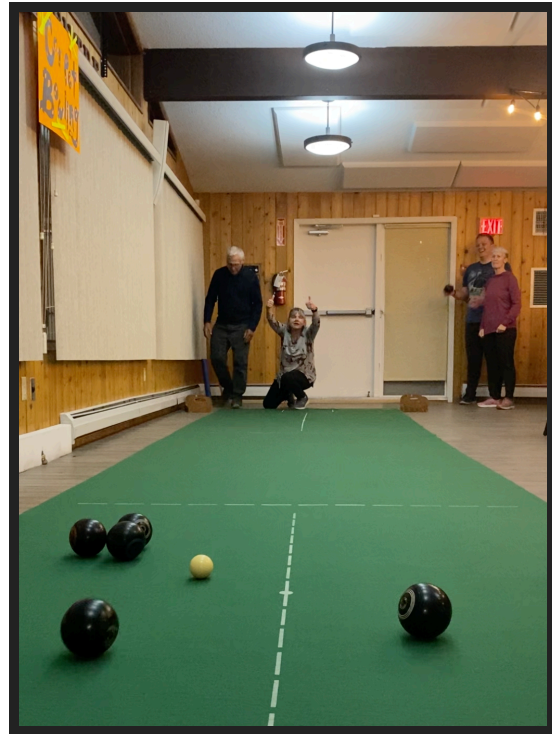
FOLLOW-UP ON FUN



PUB NIGHT WAS A HIT! FEBRUARY 22

A combination of about 60 members and non-members enjoyed the games, the music and the delicious CHachos at Pub Night. Everyone enjoyed

make this event such a success! We hope that even more of you can join us for the next Pub Night on April 5!



*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*

VALENTINES DAY SHED PARTY FEBRUARY 14

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼





KEEPIN' IT FUN AT KEEP FIT!

And Happy 92nd Birthday to our amazing Mary who continues to impress and inspire the rest of us young-uns! And we are ever so excited to get back to Wednesday classes thanks to our enthusiastic and dedicated instructors!



SWEET & SERIOUS DECORATORS!



Tuesday mornings have been pretty sweet at Cedar Heights!

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.

[Subscribe](#)[Past Issues](#)[Translate](#) ▼

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).



Well, when the Editor cat is away, I guess you get to hear from the President mouse twice today! With the rapidly approaching arrival of Spring this month, I could write about the iris leaves that are already starting to peek out of the ground in my garden, but I think I need to focus on another sort of "change of seasons". We are all well aware of the current political climate, which, for most, is worrisome and disheartening. I just watched a news story about an American couple from across the line who was dining at a restaurant in Ontario. They stood up and apologized to their fellow patrons about their current president and state of affairs. They said that they love their Canadian friends and said they would be paying the roughly \$1300 bill for everyone's meals. So I guess this goes to show us that there is still a lot of kindness and generosity in this world, in spite of our sometimes quick assumptions and generalizations. Spread your Canadian love and stay strong!

Warm regards,
Kris Hamaguchi
krishamaguchi@gmail.com

Subscribe

Past Issues

Translate ▼

[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

