

**Issue #57, Member Edition
April 2025**



PRESIDENT'S MESSAGE

It's amazing that when something has been going on for so long (i.e. living in the same house for many years, cooking dinner day after day after day, working at the same job for your whole career), there is still room for improvement. Well, that's exactly what it's like at Cedar Heights. Our centre has been cruising along, and quite successfully so, for almost 51 years and yet, there still seems to be room for fine-tuning and revision. Of course, there's no sense in throwing the baby out with the bathwater. So yes, a lot of what we see at Cedar Heights looks pretty familiar, but you may notice a few new things happening, too:

1. Offering of new events and classes
2. Inviting more new faces into our centre
3. Asking members for feedback and input

On March 11, we wound up a four-week cake decorating class. On the first day, one of the participants asked, "Have we ever done classes like this at Cedar Heights before? I think it's a great idea!" And it was! I continuously reminded them

and camaraderie along the way.

You heard, last month, that two other ladies had stepped up to teach little one or two session classes (and yes, you'll be hearing more about those over the coming month or so). Guess what. They aren't experts either! They are just interested. So, as I asked in the survey that you hopefully filled out some weeks ago, what interest do you have to share? Card-making? Basic conversational Spanish for our snowbirds? Wood whittling? Making digital photo books?

I'd love to have you over for a cup of coffee and walk through the planning process with you, whether you'd like to offer one or ten sessions. Have a think about it. I look forward to hearing from you! And we'd love to have some men sharing their passion, too!

But some things don't change all that much. It's time for our Annual General Meeting. This is your centre and with somewhere in the neighbourhood of 300 members, we would love to have at least half of you in attendance. Yes, there will be some of the expected information shared. Coming to the AGM will not only provide support for those of us who are putting our heart and soul into Cedar Heights, but hopefully, it will be a chance for you to learn a little more, ask questions, provide input and get excited about the future of our organization. So, we look forward to seeing you at the AGM on April 23. The doors will open at 6:30 for coffee, something sweet, and mingling. The meeting will start at 7:00. Please **[just click on this link](#)** to let us know that you will be attending so we can have enough treats for everyone.

As you have likely already seen from the email we sent almost two weeks ago, we have to call a "special meeting" in order to allow members to vote on our big parking lot resurfacing project. We hope that you will be able to attend the special meeting on Thursday, **April 3** at 10 a.m. as our bylaws require your vote.

This Saturday will be your chance to show your Canadian pride! Elbows up! We are Canadian! Bring a group of friends to our second **Pub Night on April 5**. Doors will **open at 7 p.m.** Dress up in your best, funkiest, most outrageous red and white and be our most enthusiastic Canadian! [Please click here](#) to let us know that you will be attending. If your group is going to be large, we can set up some bigger tables for you. You just need to let us know in advance.

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

[Judy Waller](#) for throwing her heart into helping to plan our "Elbows Up!" pub night.

[Debi Lewis & Wayne Hamaguchi](#) for planning and so efficiently running our St. Patrick's Day potluck.

[George Gillis](#) for tickling all the Irish tunes out of the ivories.

[Willie & Sharon Hornseth](#) for being so efficient at running the bar.

[Blair Holmes](#) for offering to plan our big Open House in June.

[View our](#) for overseeing our highly popular Doghouse Fridays.

[Chelsea Hamaguchi](#) for capturing the best of Cedar Heights and generously working on our promotional videos.

[Take a peek at our hot-off-the-presses Keep Fit video!](#)

[All CHCA Volunteers](#) for helping our organization immensely! **Please read on to find out about our Volunteer Appreciation Tea!**

Warm regards,
Kris Hamaguchi
krishamaguchi@gmail.com

KEEP FIT!



Take a sneak peek at our hot-off-the-presses Keep Fit video. Huge thanks to Chelsea Hamaguchi for her generosity and creativity!



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

APRIL 1

TIME: 1:00 p.m. every Tuesday

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

FUTURE DATES:

April 8

April 15

April 22

April 29



DOGHOUSE

APRIL 3

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

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

FUTURE DATES:

April 10

April 17

April 24

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

APRIL 3

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 you how!

COST:

\$3 drop-in for members

\$5 drop-in for guests

\$30 annual pass for Cedar Heights members

FUTURE DATES:

April 10

April 17

April 24



YOGA
APRIL 7

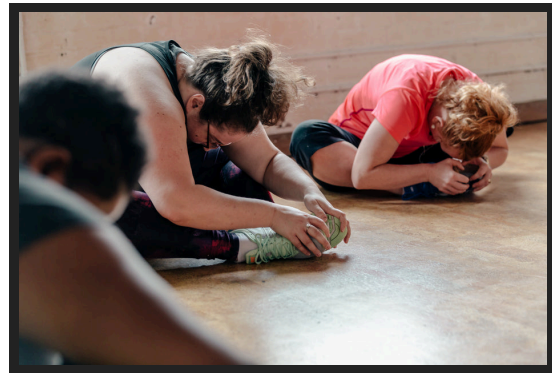
TIME: 11:00-12:00

FUTURE DATES:

April 14

April 21

April 28



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

CROSS STITCH 101

DATES: APRIL 24 AND MAY 1

TIME: 10:00 AM TO 12:00 NOON

This two day course will teach you to stitch heirloom quality cross stitch pictures using the finest mat. All materials and supplies are included in the price.

REGISTRATION BEGINS: Thursday, March 27



COST: \$20 per member

\$25 per non-member

PARTICIPANTS: No maximum

You can pay for the class on the [Cedar Heights website](#) or visit the office on Tuesdays or Thursdays between 1:00 and 3:00.

WHAT'S INCLUDED: Everything you need to complete a small project. Participants will work on a quick and simple cross stitch project to gain experience and practice technique. It includes a hoop, fabric, needle and all the floss required. There will be a take home handout detailing all the information covered in the class, for your future reference. All of these will be demonstrated or discussed in class with samples on display.

OBJECT: To produce an heirloom quality work that is smooth on the surface. This is the main objective of a well made cross stitch piece. SMOOTH. I will teach you a technique that took me years to discover!

CPR/FIRST AID COURSES



We are happy to be offering a basic 2-hour CPR/AED class. The date is yet to be determined; although we expect it to take place on a Saturday in May, it will not be on the May long weekend. The cost of the course is by donation and there is no minimum age requirement. If children plan to attend, it is preferred that they do so with a parent. If more than ten people respond with their commitment to attend, we will offer multiple sessions.

If there is enough interest, we would also like to offer the following course through a local Red Cross certified instructor:

EMERGENCY FIRST AID WITH CPR

TIME: 8 a.m. - 4 p.m. (½ hour for lunch break)

COST: \$120

DETAILS: Includes: dealing with medical emergencies, including airway, breathing, circulation, wound

care, respiratory and cardiac arrest

Pocket mask is included in cost

Certification earned

The cost of the class includes a healthy lunch.

For either class, [please click here to let us know if you are interested.](#)

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. There will be lots of fun and games and 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





Cedar Heights
Social Centre
2316 Lakeview Drive

"Elbows Up" Canada Pub Night

**April 5th
7 pm - 10:30 pm**

We'll have:

**Great Canadian wine, cider & beer
(including non-alcoholic)! Great Canadian music!
Great Canadian snacks, including delicious Poutine!
A Great Canadian photo booth!**

Bring:

**Cash for snacks \$ 50/50
Cash/credit/debit for drinks
All your friends
Loads of Great red & white Canadian enthusiasm, eh!**

VOLUNTEER APPRECIATION TEA APRIL 14

TIME:

2:30 p.m.

COST: Not a penny!



would like to reserve a space for you.

Whether you have been instrumental at the organizational or instructional level or whether you have helped out in seemingly smaller ways like setting up chairs for events and classes, bussing tables at potlucks, being part of our Firesmart clean-up crew or peeling apples for our apple pie event, we would like to honour you at Cedar Heights on April 14.

Whether or not you are able to attend, all we ask is that you send us a super quick and easy RSVP by [clicking on this link](#) (or by signing up at Cedar Heights).

***The deadline is Wednesday, April 9** so we can make sure to have enough treats and such for everyone. Please only sign up once.*

GET INVOLVED

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

- Silvia Hartmann

SO, YOU'D LIKE TO VOLUNTEER?



We are eager to find someone who can head up our 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.! Please email us at info@cedarheightscommunity.ca.

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!

[Message clipped] [View entire message](#)

[VIEW ENTIRE MESSAGE](#)

LOST AND FOUND

If any of these items look familiar, check out our lost and found. All these items have been literally hanging around for some time. If they are yours or you know who they belong to come to the Centre to claim them or they will be donated to the thrift store.



IMPORTANT REMINDERS

CHCA SPECIAL MEETING THURSDAY APRIL 3RD TIME: 10:00 AM

Come out and vote on our big parking lot resurfacing project.



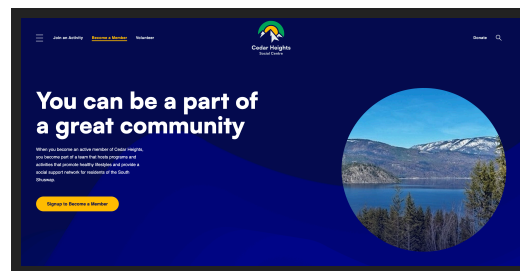
ANNUAL GENERAL MEETING WEDNESDAY APRIL 23RD TIME: 7:00 PM

Doors open at 6:30 for coffee, sweets and socializing.



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



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!

NEED A PLACE FOR A BIG PARTY?

Summertime in the Shuswap attracts friends, family and tourists and it is traditionally a time of celebration whether it is a family reunion, wedding, anniversary, or a birthday to name just a few. If you are seeking a venue for your celebration, look no further!



Cedar Heights Social Centre has the facilities and amenities for the event you wish to plan. The kitchen facilities are Interior Health approved and our air-conditioned and spacious facilities will allow you to entertain in comfort. The upper level of the center has the capacity to entertain up to 165 people (150 seated) and the lower level can accommodate up to 155. As an added bonus, Cedar Heights Community Association members are eligible for a discount.

We are a unique hall in that you have the ability to rent the 9-hole golf course or Pickle Ball court to complement your celebration. Or you could rent them individually and host your own Golf or Pickle Ball Tournament as a family fun event for the summer. We also have an industrial BBQ or pig roaster available for rent.

If you would like additional information on rentals, contact **Vicki at 250-675-2141**. She will ensure that your individual needs are met.

COMMUNITY SPOTLIGHT



A Man of Many Talents

His official title is General Manager of Operations at Cedar Heights, but the list of projects he takes on is mind boggling even though he is still doing some consulting work.

One of his biggest projects was the revamp of the golf course. He has spent countless hours organizing volunteers, hiring experts, picking up a shovel himself; and the results have been amazing. There is no self-interest here; Dean doesn't golf, but he knows how important the revenue from the course is to our organization. He also prepares the budget for Cedar Heights and does a bang up job of explaining it in plain language to our membership.

Dean devotes a lot of time consulting with members, volunteers and visitors to the centre ensuring we are meeting their needs. He also does a lot of research (he is a scientist). This has paid off as he has applied for many grants and was successful in obtaining funds to assist with many of the projects he managed; such as the golf course, our new website, improvements to our grounds, and hiring summer students. If we had to pay this man for all he does, we couldn't afford him.

In addition to all of the above, Dean has organized lots of fun events at Cedar Heights with help from his wife Shelley who looks after the food and kitchen help. We are still not sure how he managed to get us all to perform in Grease, the musical, and play all kinds of crazy games at potlucks and dinners. Dean and Bryan, our past president have wanted pub nights at the Centre for years and it's wonderful to see them finally happening.

If you don't know Dean, look for the guy in shorts and sandals, whatever the weather, and let him know how much you enjoy being a member. And if he asks you to volunteer, say yes! He knows our volunteers are the heart and soul of our

Dean is passionate about Cedar Heights and our community, and the time he devotes to making sure it's a place where people want to come and enjoy life for many years to come is second to none.

*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

ST PATRICK'S DAY POTLUCK MARCH 17





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 or [\(250\) 675-2012](tel:(250)675-2012).



I'm back from Vancouver island and though it's always nice to get away it's good to be home. We live in a sweet spot for sure, and no traffic! One of the highlights of our trip was the Wildlife Photographer of the Year exhibition at the Royal BC Museum in Victoria. It was a world wide competition and the photos were incredible, some from kids as young as eleven.

Island, where a mass of western toad tadpoles swims by. The exhibit is on till April 27th so if you are in Victoria do go.



Speaking of photos if you have some good pictures taken in our community, or some action shots of events at Cedar Heights please email them to me and I will include them in our newsletter.

Cheers,

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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