

Issue # 60, Member Edition June 2025



PRESIDENT'S MESSAGE

When I arrived home from Costa Rica two weeks ago, I was welcomed by a garden full of Iris plants that had doubled in size during my absence. Between that and the temperatures that are peaking at about 30 degrees these days, we are most definitely transitioning into summer. Exactly six weeks from yesterday, my daughter will be walking down the aisle on our beautiful Cedar Heights Golf Course and celebrating the night away at our centre with her new husband and all those who love them the most; now, *that's* a major transition!

Our bocce and pickleball courts, and golf course have already made their seasonal return; it's really lovely to pull into the parking lot and see all the action going on. With Keep Fit having just wound down, it's yet another transition. We extend our heartfelt thanks to Sharon Spearman, Sherri Reimer, Jill LaChapelle, as well as our departing instructors Michele D'Eon and Susan Maslanka, for helping us deliver our program to you in such a professional, inviting, supportive and caring way.

In the same breath, we are already excitedly looking forward to September when

classes. I am truly looking forward to seeing the new ideas and keen attitude they will bring to our already terrific program.

My husband, too, has signed up for the fall session; he's realizing that his good intentions of staying on top of a fitness regime on his own at home has not been successful. He sees the positive impact Keep Fit has had on me by committing to thrice weekly classes. Even when I wake up thinking, "I'm too tired for this today", I head off to class, connect up with so many friends, start bouncing around and soon forget how sleepy I was. Please let your friends and neighbours know about our Keep Fit classes, not to mention the warm community they will be joining when they become a member.

July 1, Blind Bay's official transition into tourist season, is fast approaching. After a short hiatus, we are excited to be having a Cedar Heights booth at Centennial Field. Read on in the newsletter to learn about some of the details.

This whole year can really be considered a transition of sorts. We have had a very successful kick-off to our Pub Nights, last night being our third one since February 22. We introduced some personal interest classes this Spring, covering topics that have never been shared at Cedar Heights in the past.

One of the most exciting, new events is our upcoming "An Artful Affaire". This will be a rewarding evening in every sense of the word. Arrive and enjoy an amazing charcuterie buffet and delicious mocktails. Mingle with 24 other participants plus our instructor, the Shuswap's own Megan Oag. If you have never painted (and painting walls doesn't count!), it is one of the most tranquil, relaxing hobbies you'll ever experience. And if you have already dabbled in painting, then you'll be two steps ahead and can see where your creativity takes you. And then at the end of the evening, you'll get to take home your very own work of art. All materials are included in the price of your ticket! See below for the details.

This month's quick but heartfelt thanks go to:

[Sharon Spearman](#) for so efficiently re-building our Keep Fit instructor team.

[Jeff Walisser](#) for repairing the ball racks on the bocce courts.

[David Driver](#), a community resident, for letting us use his tractor mower, while ours was undergoing repairs.

[Ted Allsen](#), another community resident, for his excellent service in re-building Green 5.

[Blair Holmes](#) for getting our golf course in great shape for spring play.

[Bruce & Lynne Dyck](#) who cheerfully donate their time and truck for hauling materials to and from Cedar Heights.

[Bill McMahon](#), [Don Cavers](#), [Angela Shaw](#), [Roger Lambert](#), [Myriah Lea-Tucker](#), [Steve Probert](#), [Shelley Wallace & Nanett Hironymous](#), for aerating and sanding all of our greens.

[Glenn Smith](#) for overseeing the repaving project, starting June 9.

[Debi Lewis](#) for so willingly stepping up to organize our Canada Day booth.

helping to organize our Country and Western Pub Night.

[Sylvia, Evelyn and Maureen](#) for teaching us to "strut our stuff" at Pub Night!

[Angela Shaw, Roger Lambert, Doug Cathro, Brenda Kirkwood & Glenys](#)

[Maclsaac](#) for teaming up to run the carpet bowling program this winter.

[Donna Reich](#) for organizing and teaching the cross-stitching classes.

[Glenn Coe](#) for building corn-hole sets for future pub nights.

[Vicki Coe](#) for running the Friday night Doghouse games.

[Debbie Edwards](#) for offering to teach a very well-attended CPR/AED course.

[Dean Wallace, Megan Oag and Rita Stansbury](#) for helping to plan our upcoming "An Artful Affaire".

[Doug Salmon & Lorraine Cathro](#) for getting the pickle ball program going as soon as the snow melted.

[Heather Hamlin Gravels](#) for organizing Lobsterfest.

[Dan Letourneau, Bryan Lowes and Don Chambers](#) for their work on construction of a new tee box.

I used my prerogative as editor to add the following two names:

[Wayne Hamaguchi](#) for preparing the food for the last two Pub nights.

[Kris Hamaguchi](#) for organizing the Cake Decorating, Ballroom Dancing, and First Aid classes

I know this is only a small fraction of our volunteers and we want to recognize all of them throughout the year. So send us a message if you have a one-liner to thank a person. And if you have the time, write up a small story about the person who has done so much for you and our community so we can include it in future newsletters and on our website.

Warmest Regards,
Kris Hamaguchi

This past month, we received an unexpected donation from **Chances Casino** in Salmon Arm thanks to **Mark Minnie** who found out about this program and convinced Bryan Cedar Heights to apply.

Quarterly, they provide funds to help out local organizations who make a difference in our community and who are in need of funding.

You may be interested to know that this program is called “Found Money” as they collect “lost coins and forgotten change” at the casino.

Can you believe that they gathered enough of these dribs and drabs to present us with a cheque for \$1,673.33! Kris says that she has never received quite such a big cheque in her life!



FREE CHERRIES You Pick

As mentioned in the May newsletter, Norm Meyer is bidding us farewell after a brief stint as one of our Directors at Large this year. He wishes to offer his appreciation to the Cedar Heights community by opening up this year's abundant cherry harvest to our members.

Norm is happy to invite individuals to a maximum of three at any time when he is home, and only upon email confirmation on waiving liability. His home is centrally located on Centennial Drive.

If you wish to take Norm up on his kind offer, you can contact him directly at nmm.home@gmail.com for more details. Thank you for your generosity, Norm!



THE GOLF COURSE IS OPEN

The golf course at Cedar Heights now is open. This year features our new greens on the upper level of the course while maintaining double tee-off locations for some of the greens on the lower level. Some of the greens are recovering from last year's vandalism damage and our annual fight with snow mold. The greens will be green in the near future and are entirely playable in the meantime. But, please be kind to them. They like putters and are allergic to other clubs. That is what tee boxes and fairways are for.

Our drop-in price for a visit to the course is \$15 for adults, \$10 for youth from the age of 13 to 17 and free for children 12 and under. Children must be accompanied by an adult. If you are an adult or youth and intend to golf more than 10 times a year on the course, consider taking out a membership at Cedar Heights for unlimited play until October. Our course will prepare you for play on the big courses in the area, or will allow you to refine your short game in a leisurely setting.

Check out our website (www.cedarheightscommunity.ca/join-an-activity/outdoor) to become a member. You will be able to register and pay for memberships both at the office from 1 to 3 pm on Tuesdays and Thursdays or on the website.



PICKLEBALL IN FULL SWING

Why play pickleball at Cedar Heights?

- We have four courts in a beautiful treed setting
- We have over 100 pickleball members who play regularly, so a fun group of people to play with and times for newbies
- *If you like to play often and you are a member of Cedar Heights you can buy a sports membership for \$65 for unlimited play from April to October (weather permitting)*
- Best of all if you have a pickleball membership you can reserve your time to play on Sign Up Genius - no showing up and waiting to play

Here is the current schedule for Spring:

Monday to Friday: 9:00-10:30 and 10:45-12:15.

Tuesday & Thursday evenings (“Newbies” – new players): 6:00-7:30pm.

Monday & Wednesday evenings: 6:00-7:30pm.

Saturday: 10:30-12:00pm

For more information about becoming a Pickleball member contact Doug Salmon at: doug.salmon@gmail.com.

Keep Fit Registrations

An impressive and enthusiastic team of instructors has been assembled and trained for the fall session of Keep Fit at Cedar Heights. Openings are available in our regular sessions. You have two options to reserve your spot:

\$111 in person by August 15th. Or you can pay the full amount of \$161 on your first visit to the office.

2. Register on-line through our website. You will authorize payment of a \$50 deposit. The remaining \$111 will be automatically billed to your credit card on August 15th.

The Keep Fit program at Cedar Heights has been and will continue to be the highest value and highest quality fitness programs in the area. You will be impressed with the level of energy, enthusiasm and dedication of our instructors in the program. And you will have the chance to enjoy the après-classe café au lait after the Wednesday and Friday sessions.

Over the summer invite new neighbours who have moved into the community and old friends to join you in Keep Fit so they too can benefit from the program and all of the other events that Cedar Heights has to offer.

If you haven't been to one of our co-ed Keep Fit classes watch the video below. For more details about the classes click [HERE](#) for more information about the two levels of classes plus days and times.



We look forward to continuing to Keep Fit with you come this September!

UPCOMING EVENTS AT A GLANCE

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

2025 BOCCE PROGRAM

Angela Shaw and Roger Lambert who took the lead in reviving our Carpet Bowling program this past winter, have agreed to take on the Bocce Program for this summer.



The bocce courts are in good shape, having been subjected to a heavy duty re-furbishing to repair the turf this spring.

An introductory meeting for all of those who are interested will take place at the bocce courts on Thursday, June 12th, at 1:00 pm to sort out plans for the remainder of the summer.

Doug Cathro, our resident instructor on all things having to do with rolling balls, will be present to teach the skills and subtleties of the game. Angela and Roger will work with you to find a suitable summer schedule to avoid the heat of the day. And we will talk about a year-end closing celebration of court and field bocce along the lines of last year's Italian day of sports.

So, come on out, help to build your own program and bowl a few balls at the same time, under the watchful eyes of our resident

Oh...and one minor thing, a combined carpet bowling/bocce membership is just \$45 for the year. *So if you already have paid your carpet bowling membership, there will be an additional fee of only \$15 to join the bocce program.* Or you can choose to just pay as you play...\$3 for CHCA members and \$5 for non-members for any sessions after June 12th.

CARPET BOWLING

TIME: 1 p.m. - 3 p.m. every Thursday

COST:

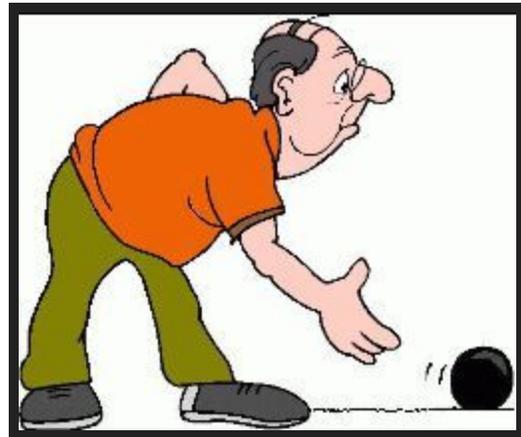
\$3 drop-in for members

\$5 drop-in for guests

\$30 annual pass for Cedar Heights members

FUTURE DATES:

We are done but will be back in the fall.
You might want to try playing bocce for the summer. Just \$15 if you purchased a pass.



Senior Guys Golf

Time: New time 10:00 am every Friday

Cost: \$15 per game or save money and buy a golf membership.



If you have more time than money and want to work on your short game with a group of guys who like to play golf come join us, no need to register just come and play. Visitors are welcome to join us, just meet at the Kiosk.

of the big courses.

Those interested in some friendly competition can also take part in the **Men's Match Play** series at the same time. This is not mandatory for the Seniors Guys Golf. **Contact Bryan Lowes at 778-389-4636 for details.**

DOGHOUSE

Tournament June 13

TIME: Doors open at 5:30 play starts at 6:00 pm

COST: \$10 per player

PRE-REGISTRATION is REQUIRED

Call Vicki at (250) 675-2141 or email vickalinabb@gmail.com

Snacks - Prizes - Fun Times

No lessons will be provided on this day.



YOGA

TIME: 11:00-12:00 every Monday

FUTURE DATES:

No classes over the summer.



CANASTA

TIME: 1:00 p.m. every Tuesday

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

FUTURE DATES:

Have a good summer we will see you in September.



CHICKS WITH STICKS

TIME: New time 9:30 a.m. on **Mondays** plus one additional day (the date and time to be determined contact Louise for details)

COST: Drop in is \$15 per session or better yet buy a 2025 Seasons Golf Pass for \$85.



For any ladies interested in joining this group of ladies for golf at Cedar Heights please contact Louise Hardy.

Email: hardy_louise@hotmail.com (note there is an underscore after hardy)

Phone: home: 250-675-0072 cell: 250-306-0853



Snacks
Provided

Stay FireSmart & Be Prepared Community Information Session

- Learn expert landscaping tips for safeguarding your property from FireSmart Landscaping Expert, Karla Hoffman
- Consult local Hub International Insurance broker, Jacque Gaudreau for the latest coverage updates
- Gain insights from our CSRD FireSmart team on lessons from recent wildfires
- Get answers to your questions about the Shuswap Emergency Program

JUNE 4 - 6:30 PM

Cedar Heights Community Association
2316 Lakeview Dr, Sorrento

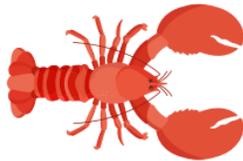


FireSmart Information Session

June 4 6:30 - 8:30 pm

Cedar Heights is in its 3rd year of formal association with FireSmartBC. Together we have accomplished many initiatives to reduce the wildfire risks on our flammable footprint. In our continuing role in the FireSmart Neighbourhood Program, CHCA will be hosting a Free information session with experts selected from key FireSmart roles.

FireSmart assessment or maybe just see how your neighbours are dealing with this real issue we all face to one degree or another.



Lobster FESTIVAL

SATURDAY JUNE 7, 2025

MEMBERS \$60
NON MEMBERS \$65

**FRESH ATLANTIC LOBSTER
SALADS, BUNS, DESSERT & COFFEE**

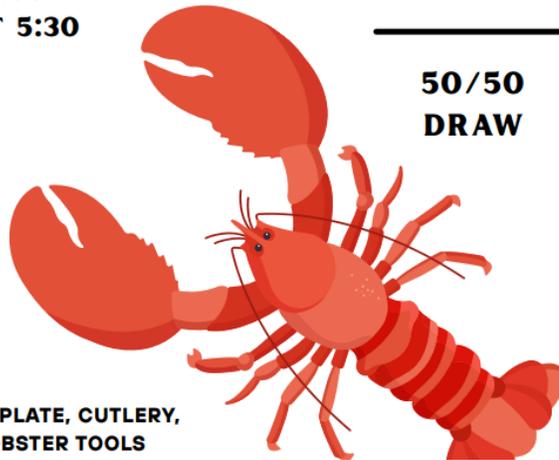
**BAR OPENS AT 4:30
DINNER STARTS AT 5:30**

**LIVE
ENTERTAINMENT
BILLY WISEMAN**



East Coast Celtic
Entertainer
Powered by the passion
of his fans.

**PLEASE BRING YOUR OWN PLATE, CUTLERY,
BIB, WET WIPES, AND LOBSTER TOOLS**



**CASH
BAR**

**50/50
DRAW**

The Lobster Festival this year will have an Atlantic Canadian twist with live music and some instruction on how to eat your lobster.

Billy Wiseman, The Saltwater Cowboy is a musician from Newfoundland and he will be playing two one hour sets during the evening. Click [here](#) for a link to his Facebook site.

Don't forget to bring your plate and cutlery, bib, wet wipes and tools. Enjoy your lobster dinner and great music with your friends!

Studios Pomme and Cedar Heights



Present



An Artful Affaire

An evening of fine food, fancy mocktails and creative art.
Take home the masterpiece you paint in our studio at Cedar Heights!

June 26th 6 pm - 10pm

\$80 per person includes a high end charcuterie, mocktails, all materials and instruction.



Reserve a seat at
www.cedarheightscommunity.ca/events
or in person at Cedar Heights
Tuesday or Thursday between 1 & 3

Only 25 spots available



**Mark your calendars you don't want to miss this
annual event on our golf course
Saturday August 16th from 10 - 4 pm.**

GET INVOLVED



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

- Silvia Hartmann

**Canada Day 2025
Is almost here!!**

Heights is planning on having a booth at the field to show our pride in Canada and showcase our beautiful Centre and all it has to offer.



This year, more than ever, is the perfect opportunity to wave our flag and show what makes us the greatest country in the world. This is the day to show our national pride! And Centennial Field is the place to be in Blind Bay on Canada Day.

To staff our booth, volunteers will be needed for 1-1/2 to 2 hours shifts. Red and white attire is mandatory and smiles are guaranteed as everyone will be in a celebratory mood.

If you are interested in being at the heart of the action on Canada Day and helping out CHCA, please contact CHCA at info@cedarheightscommunity.ca or call 250-675-2012.

Dear Friends and Community Members,

Are you looking for a meaningful way to give back and make a real impact in your community? At CHCA, we rely on the passion and dedication of volunteers like you to help us make a difference in our community. We have a variety of rewarding volunteer opportunities available, and we're confident you'll find a role that matches your interests and availability.

Here are a couple current openings for volunteer opportunities:

Soiree Event June 26 2025

- Volunteer Bartender: Mixing of "Mocktails"
- Preparation of decorative centerpieces

- Make a tangible difference in the lives of others and your community.
- Develop new skills and gain valuable experience.
- Meet new people who share your passions.
- Feel a sense of fulfillment knowing you are contributing to something important.

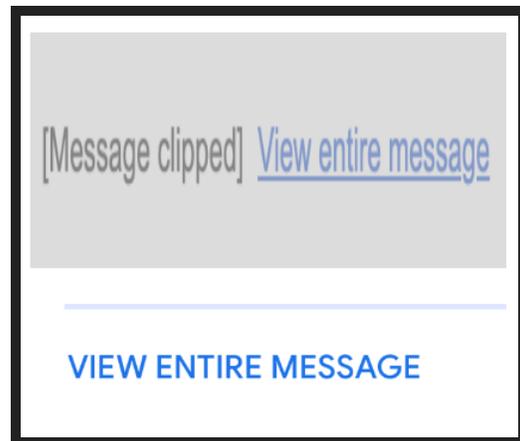
Ready to get started? We'd love to hear from you!

If you have any questions, please don't hesitate to contact our **Volunteer Coordinator, Debi Lewis, at lewis2d@hotmail.com**

Thank you for considering joining our team of dedicated volunteers. We truly appreciate your willingness to help us make a difference.

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



Parking Lots Closed for Paving **June 9 - 20th**

Paving of the upper and lower level parking lots, and the pathway leading past the pickle ball courts, is scheduled to begin on **Monday**,

~~June 20th~~, by which time, the new asphalt surface should have cured and should not track all over the pickle ball courts, tee boxes, bocce courts and the floors inside the centre. We have to change how you access Cedar Heights during that two-week period.

Here are the highlights:

- 1. Office services will continue to be provided during the regular Tuesday and Thursday time slots.** However, these are being re-located to the lower level. Access will be via the walkway from Lakeview Drive to the post boxes and then through the doors to the lower level which are located beside the lower level parking lot.
- 2. The current Tee Box 1 will not be available to golfers.** There is an alternate tee box in the area of Tee Box 2 that can be used to play to Green #1. Please make sure the back road is clear of cars before playing to Green 1.
- 3. Access to the pickle ball courts will be via the gully that runs past the bocce courts.** Signage and taping will be provided to guide your way.
- 4. Snooker players will continue to access the lower level through the doors by the post boxes.**
- 5. Please do not park on the back roadway.** It is the sole means of access that our neighbours have to their homes.

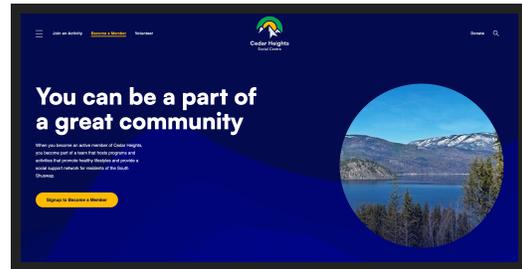
During the two weeks, please consider car pooling, cycling or walking when you visit Cedar Heights. We wish to minimize the amount of street parking during that time to the extent possible.

Make sure you give our paving crew the space they need to operate safely and efficiently and diligently follow any requests they may make of you. And follow any signage instructions that we put up.

The inconvenience to you will be short term in nature compared to the 20+ year benefit from re-surfacing the lots. Just one more way that we continue to make improvements at Cedar Heights.

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!

COMMUNITY SPOTLIGHT



Elaine Greenwood

Sharon and Elaine and their backups work behind the scenes running Cedar Heights. They certainly deserve recognition for the hundreds of hours they spend keeping everything running smoothly! And yes, they even help to make pies in addition to all they do!

First, they are the friendly front face of Cedar Heights as they take turns manning the office on Tuesday's and Thursday afternoons from 1-3 pm and they also answer the calls and email inquiries and direct them to the appropriate people.

Elaine and Sharon sign up the majority of our new members and input all their information into our data base so they can sign up for programs and activities and receive our monthly newsletter. Our new website with an option to register and pay online for events, programs, and activities has reduced some of the traffic in the office, but they still look after our members who would rather not pay online.

Sharon looks after our updating our website, putting the events and activities on the calendar and inputs the info on Karelo (our online payment system) making sure you can now pay from the comfort of your own home. She also creates all those eye-catching posters you see at the Centre and puts them on Facebook so the community knows what's happening.

Sharon is a wealth of knowledge, if you need help we call her and she sorts it out. Keeping track of our Board of Directors' data as well as all of the other information stored online for security and access is an ongoing challenge, in addition to the paper documentation as well. Sharon is also in charge of the indoor and outdoor greeter system as well. She is truly the 'Radar O'Reilly' of Cedar Heights, if you remember the key role Radar played in MASH.

Elaine and Sharon Spearman work together to keep our books in order and our suppliers paid. Elaine also looks after paying our employees which I'm sure they appreciate. She keeps track of the Village Grocer cards and even sells them

You will also see both Elaine and Sharon selling tickets at the door for events; they know how to work the Square and are good at keeping the money sorted out. We even see Sharon slinging beer on occasion helping out Willie her hubby at the bar on pub nights. In addition, they both volunteer elsewhere. Elaine is the membership co-ordinator for Copper Island Probus and Sharon also volunteers for the Catholic Women's League. And somehow they manage to find time to spend with their kids and grandkids.

As you can imagine, they do a lot more than those 4 hours a week in the office, and they do a lot of it from home as the job covers 7 days a week all year. Thank goodness they do have some help. Kathryn Johnson manages all our records and provides backup for Sharon and we have volunteer greeters on Tuesday and Thursday afternoons. We really appreciate having them on board so Sharon and Elaine can take some well-deserved holidays.

Next time you see any of these ladies then let them know what a great job they do and how much we value their contributions to 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

GOLF CLINIC

MAY 22

Golf Clinic a Major Success

On May 22nd sixteen Cedar Heights members gathered at the golf course from

the fundamentals really helps build skills faster and results in more confidence and fun. That's the theory and that's exactly what happened.

Thank you to our team of golfers (**Bryan Lowes, Wayne Hamaguchi, Brian Waddington, Nick Cakov and Wade Spencer**) who volunteered their time and expertise. This group explained, demonstrated and mentored the group through various exercises; starting with how to hold the club, how to swing smoothly and how to rid our septic field of dandelions (their first swing exercise).

The next step was hitting balls on the course – lots and lots of balls. Repetition helps build muscle memory, so once your swing is in the groove, keep repeating it until it becomes natural and feels good. Then we transitioned from full swings to get close to the green to partial swings (technically called chips and pitches') to get on the green. Then we learned how to read the slopes on the green and how to putt to the hole, which was the aim of the game, after all.

Time for lunch, thanks to **Dean & Shelley Wallace and Jeff Walliser** who served delicious burgers, broccoli salad and ice cream with toppings. Then back to the course to play a round, with each person hitting three balls off the tee for a personal 'best ball' to the green and putting. Practice makes perfect...or at least moving in that direction.

One of our instructional team did a demo drive on the 5th tee to our new temporary green, which was put into action while the new 5th green is built. And lo and behold, what a demo shot – **Wayne Hamaguchi had a hole-in-one**. Sadly, none of his group was able to match his shot.

However, at the end of the day everyone was very happy with the progress they made in only one day. Now it's up to them to the participants to get out and practice. Our course is the perfect spot to build their fledgling skills. Want someone to play with? Come out and play with the ladies **Chicks with Sticks** or the **Senior Mens Golf** group. See the days and times in the newsletter.

There was more demand for this clinic than spots available, so if you were one of these folks please email info@cedarheights.ca so we can build a waiting list. We could do another clinic (one of the perks of being a member) in late June or early July if there's enough interest.



PUB NIGHT AT THE CEDAR HEIGHTS SALOON

May 31st





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).



It feels like summer is finally here and soon we will all have friends and family coming for visits in July and August. Before it gets too busy take some time to relax and visit some of the beautiful spots in the Shuswap.

Many of our programs and activities are winding down for the summer at the Centre but there is always golf, pickleball, biking, hiking, or just walking. Whatever you choose to do, have fun and enjoy the nice weather.

Cheers,

Lynne Lowes at: ekxpat@gmail.com

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

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