



**Issue # 69, Member Edition
March 2026**



PRESIDENT'S MESSAGE

Last evening, 80 members and friends were fortunate enough to be part of the Chinese New Year Celebration. Dean and Shelley Wallace absolutely outdid themselves and must be bound and determined to make this one of “must do” annual events in Blind Bay.

When Dean first mentioned that we had to cut off ticket sales at 80, to say that I was “pleasantly surprised” is an understatement. It appears that we have done a terrific job of putting on events that people not only attend, but also in which they enthusiastically partake. We try to include music and games to keep people engaged, which really results in a more positive experience for all.

Don't worry. If you missed out on Chinese New Year, we have Motown Memories coming up on April 18. Although we will take you anyway you come, you will, no doubt, want to keep your eyes open at the thrift store for a 60s/70s inspired costume.

time and, almost as importantly, 2) Wade Spencer stepped up to be our Safety Coordinator.

Truth be told, there is a third person; I know him well, but he is now wearing a different hat. Yes, Wayne Hamaguchi is now officially the new head bartender for our events. Willie Hornseth has put in a lot of years in this role and has done a stellar job. Thank you so much, Willie! We appreciate your dedication to making Cedar Heights what it is.

I've just come to a realization, though: People are less likely to volunteer if someone else is already doing the job. And this realization was backed up by a little internet research on what they call "**The Psychology Behind Inaction**":

- **Diffusion of Responsibility:** "Someone else is taking care of it, so why do I need to volunteer?"
- **The "Volunteer's Dilemma":** "Someone else will eventually step up, allowing me to 'free ride'"
- **Pluralistic Ignorance:** "If no one else is stepping up, help must no longer be required."

As I read these descriptions, I realized there's a lot of truth to them. Fortunately, the internet also provided some solutions!:

1. **Direct Invitation:** "Okay, she personally asked me, so I will help."
2. **High-Danger Contexts:** "This is a serious situation. I better help out."
3. **Clear Need:** "They say that more help is needed for a particular role; I know I can help."

Solutions 1 and 3 came into play for me last week as I approached two members about tapping into their strengths and helping us out in a couple of specific capacities. I called them on the phone to directly invite them and let them know that we definitely had a need for their help. Ask and you shall receive! And don't worry, I will share their names in the upcoming newsletters.

But I'm sure you can imagine that I don't want people to always think, "Oh-oh! Kris is walking my way, What is she going to try to snag me for?" That is not at all what I want. Besides which, only if everyone provided me with a resume when I met them would I know what their background is. All I know is that you have a smiling face.

As for solution #2, I don't even want to go there; there are a few Cedar Heights members who take on an excessive number of responsibilities at Cedar Heights. Their potential "high danger" context could be considered "burn-out" or, worse, unexpected health concerns. And honestly, without them, I think the rest of us at Cedar Heights would immediately find ourselves suffering from "up-a-creek-without-a-paddle-itis". Or as others might say, we'd be "at a huge loss", "left in the lurch", "rearranging the deck chairs on the Titanic"...you get the idea.

after Keep Fit class if there's any way you think you can lend a helping hand, even if it's not for one of the key roles that you will find further in the newsletter. Oh, and by the way, your name need not start with a W for you to volunteer at Cedar Heights...Willie...Wade...Wayne....

This month's quick but heartfelt thanks go to:

- **Glenn Smith** for cleaning away the resident spider webs so the President is no longer distracted by them during Keep Fit!
- **Sophie Randell & Jeremy Denny of Firesmart, Corey Matheson of Good Nature Consulting, Tappen and Anthony Goertz of Goertz Tree Services, Blind Bay** for sharing their knowledge about the Douglas fir beetle. *Please take the time to read the e-mail you either have received, or are about to receive, on this subject.*
- **Dean & Shelley Wallace** and their fabulous team of volunteers for putting on an exceptional Chinese New Year event. Can't wait until next year!
- **Peter & Cindy Blacklock** (and their team of enthusiastic musicians) for putting on a fun-filled Valentine themed Shed Party
- **Ken & Helga Gibbs** for volunteering to teach another series of dance classes after the first series was so well received!
- **Wade Spencer** for coming on board to fill the very important role of Safety Coordinator.
- **Wayne Hamaguchi** for helping us out as the new Head Bartender.
- **Donna and Gord Irving** for supplying us with coffee and the chance to have a warm visit and lots of laughs every M/W/F after Keep Fit.
- **Debbie Edwards of Red Cross** for volunteering to teach a two-hour CPR class on March 14.

Warm regards,

Kris Hamaguchi

krishamaguchi@gmail.com

IMPORTANT REMINDERS



MEMBERSHIP RENEWAL TIME

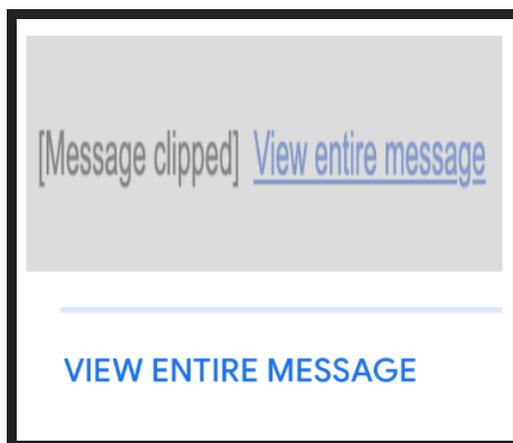
your support. If not you can now do this quickly and easily online. Click on the link below, or come into the office on Tuesday and Thursdays 1-3 pm starting January 6th.



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

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 Community Spotlight, it might be you!



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

Night of Trivia - Friday March 6

Teams have already started to register to compete for the title of Trivia Champions of the South Shuswap. This is an event where you will recall things that until now, were never really that important to you. But now????? A championship and the chance that your name will appear in some future trivia

Our host for the evening will be the well-known **Peter Blacklock**, who will guide us through three lively rounds of trivia covering music, local history, and a variety of other 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.

Your team-mates will help you through those "blank-slate" moments. Only your team-mates will know if that happens...and surely they will be kind to you!

Come to Cedar Heights by 6:30 pm on Friday, March 6th if you have not yet formed a team. We will do that for you on the spot. For those who are on a registered team just be there in time for the opening bell at 7 pm.

Think of a clever name for your team, there will be a prize for the most imaginative.

Bring a savoury item to share

Let the games begin!



Cedar Heights
Social Centre

NATIONAL OREO
COOKIE DAY

TRIVIA NIGHT

Friday, March 6

6:30

Registration Fee
\$5 for members
\$6 for non-members

Form a group of 6 and get ready to battle it out.

Register on line at <https://www.cedarheightscommunity.ca/whats-happening/events-listing>
or at the office Tuesday or Thursday between 1 & 3 between Feb. 9th to March 5.

Drop-ins are welcome

Bring a snack to share





Back by Popular Demand



March 9, 16, 23 & 30th

7 - 8:30 pm

Cost: \$25 per member / \$30 per non-member

Limit of 12 couples

Reserve your spot by going to our website @

<https://www.cedarheightscommunity.ca/whats-happening/events-listing>

or

by dropping by the Centre's office Tues. or Thurs. from 1 - 3

FIRST AID & CPR CLASSES

We are delighted to be able to offer the members of our community the opportunity to learn how to administer C.P.R. during a two-hour session. If you require certification, you can sign up for a full-day session of C.P.R. and First Aid. Both sessions will be offered by a Red Cross qualified instructor.



OPTION 1**SATURDAY, MARCH 14**

TIME: 9 - 11 a.m. - a two-hour class, focussing on the administration of CPR.

No age limit, but children must be accompanied by an adult.

MAXIMUM: 12 participants. REGISTRATION DEADLINE: MARCH 10.

COST: donation

INCLUDES: coffee, tea & snacks

Please complete this registration form for the March 14 session

OPTION 2**SATURDAY, MARCH 28**

TIME: 9:30 a.m. - 4:30 p.m. - earn a certificate for Emergency First Aid & CPR through Red Cross.

MAXIMUM: 12 participants. REGISTRATION DEADLINE: MARCH 24.

COST: \$195 (Cash or debit in person at Cedar Heights (T/Th 1-3 p.m.) or e-transfer to CHCApay@gmail.com. \$205 if you book online through our website.

INCLUDES: a healthy lunch, tea, coffee and snacks.

Please complete this registration form and follow it up with an online or in-person payment.

<https://docs.google.com/.../1FAIpQLSdLxXntWJ8LTt.../viewform>

A promotional poster for a 'Motown Memories' event. The background is a warm, golden-yellow gradient. At the top, there are two CD/DVD icons. The title 'Motown Memories' is written in a large, bold, black font. Below the title is a central image of a collage of Motown artists, including Aretha Franklin, The Jackson 5, and James Brown. Surrounding this central image are several black silhouettes of people dancing and singing. The event date 'Saturday, April 18' and 'Doors Open at 6:30' are prominently displayed in a large, bold, black font. Below this, the cost is listed as '\$30 for members / \$35 for non-members'. Further down, there are several lines of smaller text providing details about the event, including information about cover groups, attire, and ticket sales. The poster is decorated with colorful icons for 'SINGING', 'DANCING', and 'TRIVIA'.

Don't miss this fun event! Tickets go on sale for members and guests March 3rd. To buy online click [HERE](#). Or come into the office on Tuesdays and Thursdays 1-3 pm.

INDOOR ACTIVITIES

Keep Fit News



Level 1 upstairs class in their red, pink, and purple shirts on Friday Feb 13th.



February was Heart Month and our Level 2 Keep Fit class works hard to keep their hearts healthy! OK making hearts with their hands was a bit hit and miss, but their 'hearts were in it'.

Ukulele Madness

Mar 4

TIME: 2:00 p.m. every Wednesday

FEE: Drop in \$3

FUTURE DATES: Mar 11, 18th and 25th



If you have ever wanted to get started playing an instrument and have always put that crazy idea off to one side—DELAY NO LONGER! Beginners are always welcome and we have people willing to put time into getting you ready to join in. One of the highlights of this spring season will be learning songs from Broadway musicals—some you will recognize and some which will be totally new to all of us. Don't want to mess your fingernails with the ukulele---No Problem---we welcome people who just want to sing.

Carpet Bowling

Mar 5

TIME: 1:00 pm every Thursday

COST:

\$3 drop-in for members

\$5 drop-in for guests

FUTURE DATES: Mar 12, 19th and 26th



We are looking for more players so If you have never carpet bowled before no worries, there are lots of people to show you the ropes. Any questions email Angie at: iluvit67@yahoo.ca.

Social Foxtrot

Mar 9

Last fall, our jive swing were such a hit that we are now offering another series of four dance classes in March. **Ken and Helga Gibbs are thrilled to be back and, this time, they are going to introduce us to the Social Foxtrot.**

They have a background in competitive ballroom and latin dancing and are delighted with the community's interest in dance.



We don't really care who your partner is, but you do need one for this class. Bring comfortable dancing shoes and a bottle of water. **And you will want to sign up right away as we have a limit of 12 couples!**

COST: \$25/member, \$30/ non-member

LOCATION: Lower Level at Cedar Heights

TIME: 7:00 - 8:30

Euchre - March 10

Drop in for some friendly games of euchre on Tuesday, March 10th and Tuesday, March 24th at 1:30 pm. No experience required....there are plenty of players who can help you through the learning period.



Try out our three-player euchre games which offer a diversion from the regular games. Sign in and your name will be entered for a cash door prize draw at the end of the season.

COST: Drop in fee \$3 for members \$5 for non-members.

DATES: Tuesday March 10 and March 24

TIME: 1:30 pm

Doghouse

Mar 13

DATE: Every second Friday

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

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



FUTURE DATES: Mar 13 and 27th

Players of all experience levels are welcome. Lessons available each night. If you have any questions, please call Vicki at (250) 675-2141.

OUTDOOR ACTIVITIES

We are looking to start up a court bocce league of 8 to 12 teams for the spring and summer season. This league play will replace drop-in and summer-time bocce memberships.

We anticipate that games will take place on Tuesday, Wednesday and Thursday mornings from 9 to 11 am and will carry on from mid-May to mid-August. On your scheduled day each week, your team will play one game against each of the other three teams at the courts that day.

Here are the things you need to know:

- a team can have a minimum of 2 members and a maximum of 6 members
- your team must field at least 2 members on its scheduled days of play to make this league concept work
- your team will play 3 games on each of its scheduled days
- we anticipate a 12-week (i.e. 36 game) schedule
- scores will be recorded and standings publicized every two weeks
- registration fee will be \$60 dollars per team, regardless of the number of members on your team
- you will need to name a team manager who will be:
 - The point of contact for the Cedar Heights coordinator
 - Responsible for registering the team and for paying the fee
 - Ensuring there are at least 2 players from the team present on their scheduled days
 - Scheduling of players if more than 2 are present on any single day
- Pre-season practice sessions will be held in early May.

Send a message to us at info@cedarheightscommunity.ca if you are interested in forming and registering a team, or if you need any additional information. An organizational meeting will be held in April if we get an expression of interest from a minimum of 8 teams.

*This is the only year where you will have a chance to be crowned the **inaugural** Bocce League champions of the South Shuswap. And you will make new friends in the process.*

FOLLOW UP ON FUND RAISERS

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 from BBVG.*** A \$100 card lets you buy \$100 of anything for sale in the store.

This is a great 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!



GET INVOLVED

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

- Silvia Hartmann

Be the Reason Someone Smiles Today

The leaders of several highly successful events at Cedar Heights are retiring after many years of faithful and rewarding service. We need individuals to

- Pub Nights (perhaps three times spread throughout the year)
- Fashion Show (October)
- Apple Pie Making (September or October)
- Christmas Dinner (early December)
- Art on the Green (starting in 2027...but joining the planning group in 2026)

There is no doubt that all three roles require a commitment of time and effort. You will get lots of help and you will have an immense sense of satisfaction at the end of the event. We are just asking you to share your skills for the benefit of your friends and your community.

Now if you can't take on a coordinating role, then there still is a place for you. Drop-in visitors brought in almost \$33,000 in revenue to Cedar Heights last year...revenue that is important in maintaining our facilities in A-1 shape. Kiosk greeters set the tone for our visitors' experience and to collect fees. 3- to 4-hour morning and late afternoon time slots in the mid-June to early September period need to be hosted.

Members have three choices:

1. pay for kiosk coverage (which will need to be covered somehow else by Cedar Heights)
2. scrap the kiosk coverage which will lead to a loss of revenue
3. volunteer to spend perhaps 3 shifts through the summer

We prefer the 3rd option. We sincerely hope you can help keep our centre vibrant and welcoming. Just let us know by:

- talking with Dean Wallace, Kris Hamaguchi or Sharon Hornseth
- leaving a phone message at (250) 675-2012, or
- e-mailing your offer to help to info@cedarheightscommunity.ca.

COMMUNITY SPOTLIGHT



I'm pretty sure everyone knows Sharon at Cedar Heights as she has been involved with nearly every part of our association for many years.

This woman is like the energizer bunny, she never seems to run out of steam!

It's easier to list what she hasn't done. Things like mowing the grass, clearing the parking lot (which all happen to be paid positions) and yes she hasn't been president..... yet.

I say this because a few years back she decided she was not going to renew her instructors license and cut back on at least some of her volunteer positions. Ken was experiencing some health issues and they also moved house.

Sharon not only renewed her Keep Fit license and is still teaching both Level 1 and 2, and is the program co-ordinator. She also managed to recruit three new young enthusiastic volunteer instructors who are now certified and teach regularly. She also took on a new volunteer position doing bookkeeping in the office with Sharon Hornseth, this in addition to being treasurer for South Shuswap Rides, Copper Island Probus and her church.

In previous years she was also the program director and the events co-ordinator and took on heading up many of the events herself, such as the Soup Kitchen for the Artisan Market and the Christmas Raffle Fundraiser and lots of

and make someone smile.

When she is not teaching, she plays pickleball and you will see her out walking their dog Mindy daily. Sharon is totally committed to eating right and staying physically active and it shows, she looks great! Sharon has a great sense of humour, she's not afraid to laugh at herself and she is always smiling.

I know many of us who have been fortunate enough to participate in the Keep Fit program are in much better shape and enjoy life more because of Sharon and her fellow instructors.



Valentines Shed Party - Feb 14

There was a great turnout to listen to love songs led by Peter Blacklock and his ukulele players and George on the piano Saturday afternoon. Everyone came dressed in red or pink and yes there were lots of goodies.





COMMUNITY RESOURCES



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).



EDITOR'S NOTE

Here it is March already and so far the winter has been pretty mild, hardly any snow, some chilly days but the sunshine is so welcome. I'm hoping the plants survived without their warm blanket of snow.

Like many of you we have been watching the Olympics and cheering on our Canadian athletes. Given how little financial support they get compared to other countries they had an excellent showing and made us all so proud of them. Don't forget to watch the Paralympics March 6 - 15th. These athletes have overcome some incredible challenges to compete in these games and deserve our support.

We also watched the coverage of the school shooting in Tumbler Ridge. This community is about the same size as Blind Bay and we were so impressed how they came together and looked out for each other. I hope we never have such a horrific incident here, but I'm sure our community would be just as supportive. That's why we love living here!

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

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