



**Issue # 71, Member Edition  
May 2026**



## **PRESIDENT'S MESSAGE**

Well, we did it again! Hats off to the enthusiastic team of volunteers, headed up by Dean Wallace, who planned and executed the fabulous Motown Memories event.

Decked out in their finest duds, 80 people attended the sold-out event. From the dazzling decor and the undeniably delicious drinks and delectables to the displays of daring, dynamic dancing and dog-eat-dog determination, an abundance of delight was definitely had by all.

collaboration, each person sharing their own strength. Lorrie Kelsey's artistic abilities were on vivid display. Shelley Wallace kept the kitchen functioning like a well-oiled machine and kept our tummies highly satisfied. Murray Balser's tunes and slick work at the DJ table kept us humming, tapping toes and grooving all night long. Trudy Osborne's passion for choreography made the evening truly unforgettable.

Some of us may not have had polished skills to share, but we most definitely contributed to the entertainment and laughter shared that night. Many hands (and feet!) made for very rewarding and fairly light work!

**And if you missed out on the Motown fun, make sure to buy your tickets for Lobsterfest early. The June 6 event will be brought to you by a whole different set of volunteers and promises to be at least as fabulous as last year's event!**

You likely know that our pickleball courts and golf course generate a significant income for Cedar Heights. A couple of years ago, a relatively large number of people volunteered to help make our kiosk run. Last year, we were not so fortunate. As a result, we had to fork out about \$10,000 to pay summer students to run the kiosk. I'm sure you can agree that this was a huge hit to our CHCA pocketbook.

Further on in the newsletter, you can read more about the minimal hours that you can contribute to collectively and abundantly help out our organization. I should add that my 93 year-old mother ever so generously said, "I could help out by working at the kiosk." Knowing her, she might just insist on pitching in, but I am hoping that some much, much younger 55-80 year-olds might be able to lend a hand.

Although National Volunteer Week was officially last month, we would like to honour every one of our **CHCA volunteers at an appreciation event on the afternoon of Saturday, June 20**. Last year, about 50 of our volunteers gathered together and we hope that we can attract even more of you this year.

So please check with your Cedar Heights friends who have volunteered in one

more details in next month's newsletter. And, I am happy to let you know that we will not be asking for any volunteers to help with this event...well...except for my aforementioned and highly energetic mother!

This month's quick but heartfelt thanks go to:

- **Glenn Smith, Shelley Wallace and Lynne Lowes** for helping with set-up and goodies for our AGM last month.
- **Angie Shaw & Roger Lambert** for getting our pickleball season off to a great start
- **Motown Crew** (you know who you are) for putting on a fabulous event!
- **Sharon Spearman, Sherri Reimer, Jill Lachapelle, Marjorie Grimston, Betsy Kuchta, Kristy Schroder & Russ McLeod** for doing such a fantastic job of helping us to "Keep Fit"; you have most definitely earned a well-deserved break at the end of the month!
- **Blind Bay Village Grocer** for supporting us with a food donation for Motown Memories. Please consider starting a new habit of purchasing BBVG gift cards from Cedar Heights in order to support both organizations.

Warm regards,

Kris Hamaguchi

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

## IMPORTANT REMINDERS



**SAVE THE DATES:**



Date: **Saturday, June 6th**

Time: 4:30 - 9:00 pm

Cost: Members \$60

Non-members \$70

Tickets on sale: **May 1st 7:00 am till May 14th for members**  
**May 14- 29th at 1:00pm for guests**

Click [HERE](#) to buy tickets on our website or purchase in the Office from 1- 3 pm Tuesdays and Thursdays.

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## Volunteer Appreciation Event

Date: **Saturday June 20th**

Stay tuned for more details in the June newsletter for an afternoon event to recognize our amazing volunteers.





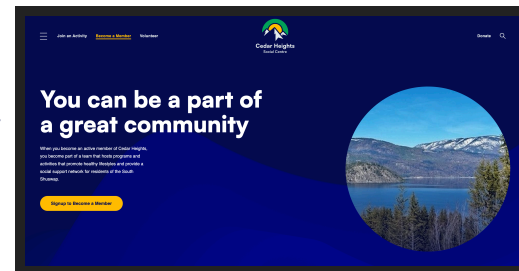
CHCA President, Kathleen Wills, and a previous CHCA board member passed away recently.

**Steve's Celebration of Life will be held at Cedar Heights on August 8th at 2:00 p.m.** Kath has expressed her appreciation of all the support she has received from her CHCA friends.

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## MEMBERSHIP RENEWAL TIME

It's time to renew your membership for 2026! If you already renewed thank you for 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>

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## VIEW ENTIRE MESSAGE

We have heard that some people don't know that they are not seeing the whole

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!

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

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[VIEW ENTIRE MESSAGE](#)



***Mark your calendar! Connect with friends! Have fun!***

*But read beyond this section for more details!*

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## **Fundamentals of Golf Clinic**

### **Thursday May 21 9am - 3pm**

Want to try golf, but don't know where to start? Or you just aren't happy with how you are playing? Well, we have just the event for you. You will learn the fundamental golf skills that will help you get on the right track. Those folks that signed up last year we very impressed with how much they learned.

Here's what we'll cover:

- *How do I grip them properly for a good swing?*
- *What is a good swing and how can I develop an effective one?*
- *What is 'chipping', when should I do it, and how do I do it?*
- *What is putting all about, and how do I deal with sloping greens?*
- *How exactly should I manage the game on the course?*

After the basic instruction and practice sessions, we'll have a light lunch (pizza and beverage). Then you'll play a round on our course, with a mentor along to help you choose the right club and advise you on a full or partial swing for each shot. 2/3rds of all golf shots are short range shots or putts. Our Cedar Heights golf course is ideal for developing your short game before you graduate to the more expensive big courses.

You can follow up the Clinic by taking part in either the Ladies' **Chicks with Sticks group** or the **Men's Golf Group**, all at very affordable rates. Your Cedar Heights golf membership will pay off for you compared to paying drop-in fees, even if you only golf twice a month. See details below in the newsletter.

**Cost: \$30 for members \$40 for non-members (lunch included)**

**To Register:** Click [HERE](#) to sign up online or pay in the office on Tuesdays and Thursdays 1-3 pm. Class size is limited to 16 so don't delay.

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50/50

CASH BAR

**Saturday, June 6**

Doors Open at 4:30  
Dinner starts at 5:30

**\$60 for members (tickets on sale May 1)**  
**\$70 for non-members (tickets on sale May 14)**

Fresh Atlantic Lobster, Garlic Butter, Salads, Buns,  
Dessert & Coffee

*Back By Popular Demand*

**LIVE ENTERTAINMENT**  
**BILLY WISEMAN**



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

Purchase Tickets on-line at  
<https://www.cedarheightscommunity.ca/whats-happening/events-listing>  
or at the Cedar Heights office Tuesday or Thursday between 1 & 3

## INDOOR ACTIVITES

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### Euchre - May 5

Drop in for some friendly games of euchre on Tuesdays, every two weeks 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, May 19th

**TIME:** 1:30 pm

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## May 6

**TIME:** 2:00 p.m. every Wednesday

**FEE:** Drop in \$3

**FUTURE DATES:** May 13, 20, 27th



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.

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## Carpet Bowling

### May 7

**TIME:** 1:00 pm every Thursday

**COST:**

\$3 drop-in for members

\$5 drop-in for guests

**FUTURE DATES:** May 14, 21, 28th



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## Doghouse

**May 8**

**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:** May 22nd

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

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## OUTDOOR ACTIVITIES

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### GOLF COURSE

Open Daily 8 am - 8 pm



No need to register, just show up and play! *It's the only course in the area where you can bring your kids and grandkids and if they are under 12 they can play for free if accompanied by a paying adult!* Our drop-in price for a visit to the course is \$15 for adults, \$10 for youth from the age of 13 to 17.

One of the benefits of being a member of Cedar Heights is if you intend to golf more than 10 times a year on the course, consider taking out a golf membership for unlimited play until October, just \$85.

You can buy it on our website: ([www.cedarheightscommunity.ca/join-an-activity/outdoor](http://www.cedarheightscommunity.ca/join-an-activity/outdoor)) or come into the office from 1 to 3 pm on Tuesdays and Thursdays or buy it from the greeter at the Kiosk when staffed.

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If you are a new golfer our course is a great place to learn. This fun group of ladies play 2-3 times a week but days and times vary currently so best to contact the co-ordinator, see info below.



**COST:** Drop in is \$15 per session, but if you are a Cedar Heights Member you can buy a Golf Pass for \$85 (on our website or in the office) and play as much as you want all season.

For any ladies interested in joining this group for golf at Cedar Heights please contact Louise Hardy for dates and times:

Email: [hardy\\_louise@hotmail.com](mailto:hardy_louise@hotmail.com) (note there is an underscore after hardy)

Phone: Cell: 250-306-0853



## Mens Golf Group

Join our group of men for some friendly competition and fun on our Par 3 golf course every week starting on **Friday, May 1st at 12:00 pm.**

Our course is ideal for working on your short game, which is the secret to good golf scores. You can pay a \$15 drop in fee but if you pay regularly Cedar Heights members can pay **\$85 for a golf membership.** This lets you

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 Mens Golf Group. No need to register just come and play. Visitors are welcome to join us, just meet at the Kiosk. **For more info contact Bryan Lowes at 778-389-4636..**

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## PICKLEBALL



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 there is a fun group of people to play with regularly
- *If you like to play often and you are a member of Cedar Heights you can buy a Pickleball sports membership for **\$65** for unlimited play from April to October (weather permitting).*
- Best of all if you purchase a Pickleball sports pass once we have you in our system you will receive a Signup Genius invitation so you can reserve a time to play - no showing up and waiting to play.

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## Pickleball News

If you haven't already purchased your CHCA membership, now is the time so you can buy your pickleball sports passes and reserve the dates and times you want to play. *Please note that there is a processing time between purchasing your membership & pickleball pass to receiving your Signup Genius invitation. Once we get a list from the office with the paid memberships we can send out the invitation.*

Pickleball morning times will remain as they are for May. **All evening pickleball time slots will be 6 - 7:30 pm as of May 4th.**

Here is the current schedule :

**Mornings: 10:00 am - 11:30 and 11:45 - 1:15 for the month of May**

**Evenings: 6:00 pm - 7:30**

Once the weather warms up will start earlier in the morning.

*A special thank you to Glenys MacIsaac for customizing our pickleball windsock with the Cedar Heights logo. It looks fantastic!*

Roger & Angie

## FOLLOW-UP ON FUN



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### Motown Memories

Were you at Cedar Heights when the Supremes and the Temptations made their long-awaited come-backs? If you were, you probably walked away in awe at the lip-syncing and dancing abilities of these 1960's era icons, marvelled at the dresses of the Supremes and applauded the Temptations for completing their dance steps without falling over.

It was an evening of 1960's era music, dancing and some unconventional ways of introducing your favourite songs, with chicken sliders, macaroni and brownies that had been prepared over two days by our kitchen crew to provide the energy to get everyone through the night.

The photos tell the story of the evening better than words. The back story is what happened before the evening. It was an awe-inspiring team effort of more than 25 energetic and dedicated individuals who put hours of their time into preparation, most notably Murray Balser on the video and music front, Trudy Osborne who trained the dance groups, Lorrie Kelsey and Linda Balser who created the artwork for the event and Kris Hamaguchi, our costume designer and hair stylist. And Iris Bemister's hair?????? That had to have been days in the making!

knew that Ghirardelli brownie mix is just a seasonal item?? Blind Bay Village Grocers was as generous as ever in contributing food supplies for the event. Brenda Kirkwood looked after the kitchen and Wayne Hamaguchi and Jim Loyd kept the bar running while the rest of us were enjoying ourselves on the floor. Check out the Thank You's section of the newsletter for a complete list of contributors to the evening. We appreciated and truly thank every one of you.

So what is next? I am going to take a wild guess that Disco Daze will appear on the calendar for Q1 2027. So dust off your spandex disco pants, bell bottoms, halter tops, wrap dresses, three-piece leisure suits and platform shoes. We wanted to give you advance notice so you can get your attire in order and your Donna Summers and John Travolta acts nailed down!

Dean

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We were hoping to include a video of the **Cedar Heights Supremes** below, but we couldn't find a video that did them justice in a format that worked with Mailchimp. So, when Kris, aka Diana Ross the lead Supreme, and sewer of all those sparkly red gowns is back from her holiday, we will video their amazing dance routine and put it in the June newsletter. Looking good ladies!



The Cedar Heights Supremes  
Betsy Kutcha, Kris Hamaguchi, Joyce Lastavec



Check out this video of our very own Cedar Heights Temptations starring from the left Russ McLeod, Bryan Lowes, Wayne Hamaguchi and Dean Wallace. Front and centre is Trudy Osbourne our amazing dance choreographer.

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Kris thanking everyone for making Motown Memories so successful!

## Thank you for all of your help

Events such as Chinese New Year and Motown Memories can only take place because of the efforts upwards of 20 people who put up the decorations, prepare and serve the food, run the bar, prepare the games and videos and carry out a myriad of other tasks. So, here is a list of people in alphabetical order who worked on your behalf to create two memorable evenings of entertainment:

Linda and Murray Balser, Cynthia Blacklock, Joan Daye, Rosie Dufresne, Gary Granhof, Donna Grosseth, Kris and Wayne Hamaguchi, Sharon Hornseth, Gord Irving, Lorrie Kelsey, Brenda Kirkwood, Debbie Lavers, Lynne and Bryan Lowes, Jim Loyd, Susan McLeod, Becky and Bill McMahon, Mike Murrell, Trudy and Randy Osborne, Anne Ramsay, Sharon Spearman, Teresa and Terry Steves, Graham Suther, Merilee Trask and Shelley Wallace.

up at the end of the evening evenings.

But, it doesn't end there. Others have made less visible but just as important contributions. I thank:

- Russ and Susan McLeod, Martin Greenwood and Don Chambers for getting the Art on the Green shed built
- Wayne Hamaguchi for building golf ball boxes for the golf course
- Angela Shaw and Roger Lambert for cleaning up the pickle ball courts and organizing an early start to the season.

I truly appreciate all you have done.

Dean Wallace

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## 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.

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**

## Kiosk Greeters Needed

If you missed your chance to be a Walmart greeter, don't despair you can be an ambassador for Cedar Heights. You will have received an e-mail about volunteering for kiosk duty. Please consider helping as every little bit helps.

If you enjoy talking to people and can spare the time for a few shifts a month, this is for you. Unlike Walmart you can pick the days and times that work for you and you won't get a T4 so you won't have to pay any additional tax.

dollars....and we are counting on you to help yourselves out. It is your money after all!

## COMMUNITY SPOTLIGHT



### Linda and Gord Shea

This couple are long time Cedar Heights members who live up on Ta Lana Trail in Blind Bay where so many of our amazing volunteers live as well. Is it something in the air up there? Whatever it is, it's infectious, lucky for us.

If you attend events at Cedar Heights you know that Gord managed the bar for many years.

This is no small job, ordering all the booze, picking it up, putting it away, getting liquor permits, and dealing with all the empty bottles, and submitting claims for the income and expenses. In addition both Gord and Linda were the bartenders

As you can see from the photo both Linda and Gord volunteer at our Apple Pie Sales every year that I have been here, Linda rolls pastry and Gord brings his mechanical apple peeler. Boy is he fast, we can barely keep up slicing the apples.

Linda is an excellent gardener and she is the one who makes our garden beds at the Centre look so lovely all year, and Gord also helps out with cleanup of the golf course.

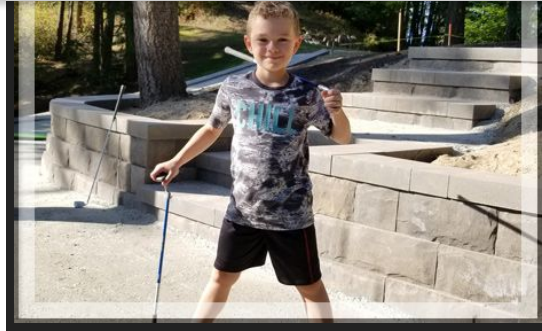
Gord also volunteers for the Mennonite Disaster Services and spent a lot of his time during the summer of 2024 repairing and rebuilding homes destroyed by the 2023 Bush Creek East Wildfire. Working primarily in the North Shuswap (Scotch Creek, Celista, Lee Creek, and Adams Lake), over 400 volunteers built new homes and repaired others, with efforts largely concluding in September 2025.

We are so fortunate to have this caring couple as members of our community centre.

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## COMMUNITY RESOURCES

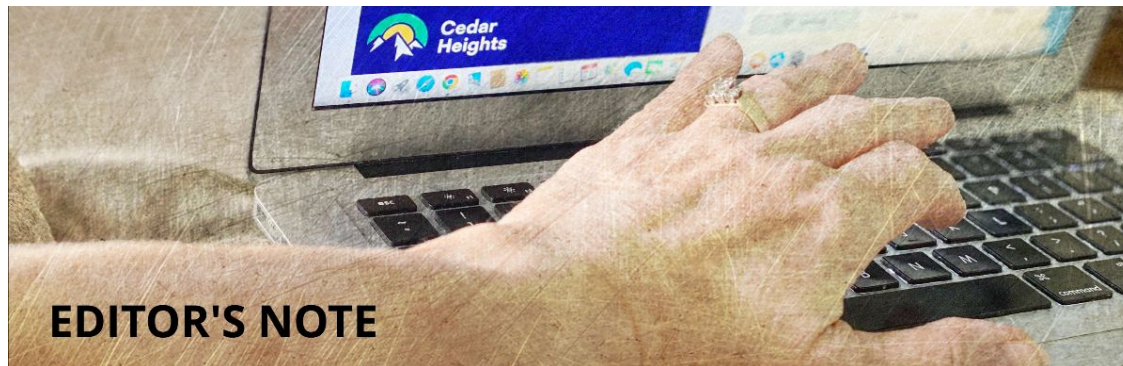




**Community Website:** Stay updated on [news and events](#) by visiting our [website](#).



**Contact Us:** Have questions or suggestions? Reach out to us at [info@cedarheightscommunity.ca](mailto:info@cedarheightscommunity.ca) or [\(250\) 675-2012](tel:(250)675-2012).



## EDITOR'S NOTE

It was wonderful to see such a good turnout to our Motown Memories event and that long list of volunteers who helped make it so successful. As you can see from the photos our members outfits were pretty cool and many of you got up and danced.

Hats off to those of us that agreed to step outside of our comfort zone, learn some new dance moves, and perform in public! I love to dance so it was fun being in the group of ladies learning to do the Hustle and the Locomotion. They were: Jodi Lapp, Karen Martin, Joyce Lastavec, Iris Bemister, Linda Balzer, Jackie Desautels.

with us, but she also did the choreography for the Supremes and the Temptations. I'm sure it was a bit like herding cats, but she told us not worry about trying to be perfect, just have a good time, and we did!

One good thing about getting older is you stop worrying about what other people think so you can try new things. We are all hoping Trudy will consider teaching some dance classes at Cedar Heights down the road. We will keep you posted.

Cheers,

Lynne

**Lynne Lowes at: [ekxpat@gmail.com](mailto:ekxpat@gmail.com)**

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