



**Issue # 72, Member Edition
June 2026**



PRESIDENT'S MESSAGE

Well, another month is behind us, with more things to check off the list at Cedar Heights Social Centre. Of course, this is the time of year that we see several of our weekly programs draw to a temporary close—Keep Fit, Doghouse, Carpet

If you've pulled into the upper parking lot recently, you will have likely noticed the work being done on one of our capital projects for 2026, the reconstruction at the first tee box. At the same time, we have also done a bit of tidying up in the vicinity of the bocce courts. The result of all of this time and money will make for a much safer place for golfers and grounds keepers, one of the things that is always top of mind for us at Cedar Heights.

This project will be followed by the resurfacing of our extremely well-used pickleball courts. Although we don't yet have a firm date for the start of this project, we do apologize in advance for any inconvenience that it may cause... but the aforementioned "top of mind" statement also definitely applies here.

For all of our summer sports opportunities, we want to continue to provide top notch experiences for participants and keep them coming our way. To this end, one of the crucial components is to have the outdoor kiosk manned so that participants can be greeted, payments can be made, the pickle ball courts can be unlocked and rental equipment can be provided.

Last week, you may have received an email written by Dean Wallace, our volunteer Manager of Operations. One of the things he neglected to mention in that email is that if we cannot get CHCA volunteers to run the booth, we will have to fork out several thousands of dollars to pay summer students to do so. The simple math indicates that this would cut our profits roughly in half, requiring us to raise funds in other ways to help keep our facility running all year long...this already happened to us last year.

In previous years, all we needed was about 20 people to each work 4-6 four-hour shifts throughout the whole summer. You provide your availability/preference and we work you into the schedule accordingly. As Dean mentioned, bring a book or a buddy. When you get there, we have a chair for you to relax in and all the information you will need to know laid out for you. As well, we will provide a brief training session for everyone. Having a smiling face there to greet our guests makes a huge difference in more ways than one. So, I ask you to consider if you can carve a few hours out of your summer to help our programs thrive and keep Cedar Heights going all year long.

However, on **June 20**, we will certainly try to do so as that is the day for our **Volunteer Appreciation Tea**. Please remind any of your Cedar Heights friends who have volunteered in any way, shape or form over the last year that we truly hope they will join us that day from 2:00-3:30. Scroll down to see the details of the event and how you can RSVP to confirm your attendance.

This month's quick but heartfelt thanks go to:

- **Dean Wallace for overseeing the landscaping work at the first tee box and for cleaning up the bocce court area.**
- **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!**
- **Gord Shea for doing runs to the landfill during the project at the first tee box.**
- **Dave Johnson, John Haroldson, Dan Letourneau, Wayne Hamaguchi and Bryan Lowes for taking the time to instruct and mentor our golf newbies at our Clinic**

Warm regards,

Kris Hamaguchi
krishamaguchi@gmail.com

IMPORTANT REMINDERS





Volunteer Appreciation Event

Date: Saturday June 20th

Time: 2:00 pm

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



Date: Saturday, June 20th

Time: Doors open at 4:30 dinner at 5:30 pm.

Bring your bibs and your appetite, it will yummy!



Canada Eve Shed Party

Date: June 30

TIME: 7:00 PM

COST: \$5

Come out and celebrate our iconic Canadian music with the Ukulele group. Coffee and goodies at the break.

MEMBERSHIP RENEWAL TIME

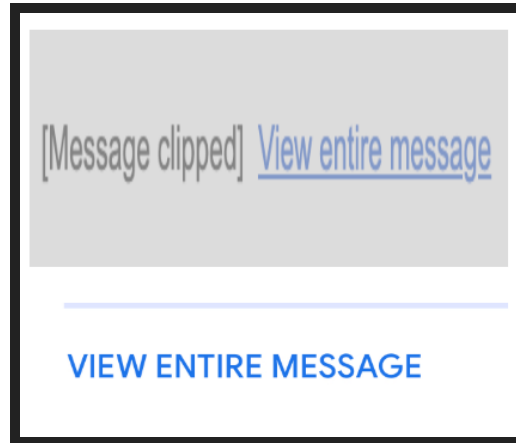
your support. If not you can now do this quickly and easily online. Click on the link below, or come into the office on Tuesday and Thursdays 1-3 pm starting January 6th.



<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!



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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

If you missed out contact the office on Tuesday June 2nd to see if there were any cancellations or if they ordered any extras.

 Cedar Heights
Social Centre

Volunteer Appreciation Tea
June 20 from 2 - 3:30

If you have volunteered in any way at Cedar Heights over the last year please join us for a tasty afternoon of recognition & appreciation

THANK YOU
Volunteers!

YOU MAKE A DIFFERENCE
every day.

- YOU GIVE**
your time and your heart.
- YOU INSPIRE**
our community and those around you.
- YOU STRENGTHEN**
the mission and help us grow.
- YOU MATTER**
and we are so grateful for you.

WE APPRECIATE YOU
More Than Words Can Say.

THANK YOU FOR BEING THE HEART OF OUR COMMUNITY!

thrives, on the strength of its volunteers. On June 20 at 2 p.m., we would like to share our heartfelt thanks with our many volunteers. No matter what level of support you have provided for events, programs or the day-to-day operation of our facility, we would truly like to have you join us for this afternoon of recognition. If you have headed up an event, please ensure that your team of volunteers (from committee members to kitchen helpers and set-up team) is aware of our Volunteer Appreciation Tea.

We do request an RSVP so we can ensure that we have enough strawberry shortcake for all! Here are the ways you can RSVP:

1. Complete [this short form](#) (our preferred method)
2. Sign-up sheet at Cedar Heights Social Centre
3. Email krishamaguchi@gmail.com
4. Drop into the office on Tuesday or Thursday afternoon from 1-3 p.m.

We are looking forward to having a great turnout! And we won't need you to volunteer for this event!

Warm regards,
Kris Hamaguchi
CHCA President

INDOOR ACTIVITES

May 28th was the last day of play. We will be back again in September.



Fitness

May 29th was the last day for both of our Fitness classes. We wound up our spring session with coffee and treats after class on Friday.

It was our opportunity to thank all of our wonderful instructors, and the coffee folks before their well deserved summer break. You can see from the photo we had a good turnout. We hope to see you all back in September!

Doghouse

June 5th

This is the last regular season game on the lower level. Doors open at 6:30 and play starts at 7:00 pm.

Our **3rd Annual Doghouse Tournament** will happen on the Upper Level.



Doors will open at 5:30 PM to complete registration, and tournament play will start at 6:00 PM.

Entry Fee is \$12.00 per person. Each round will be 35 minutes each, with a 10 minute break between rounds. We will have prizes, snacks, and non-alcoholic drinks available. **Pre-Registration is required.**

Call Vicki at (250) 675-2141 or email vickalinabb@gmail.com, to register for this fun, fantastic event.

Thanks,
Vicki

Ukulele Madness

June 24 and 29th
Time: 7:00 pm



I have booked Cedar Heights 7:00 PM June 24 and June 29 for anyone who can come out to go over the playlist for the Canada Eve SHED Party. I know it is a busy time of year and if you can't make the practice don't let that

OUTDOOR ACTIVITIES

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

You can buy it on our website:(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.

Chicks with Sticks

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.



DAYS: Monday, Wednesday and Friday

TIME: 1:00 PM

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.

Note days and times will likely change starting in July. For any ladies interested in joining this group for golf at Cedar Heights contact Louise Hardy.

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

Phone: Cell: 250-306-0853



Join our group of men for some friendly competition and fun on our Par 3 golf course every Friday. Our course is ideal for working on your short game, which is the secret to good golf scores

DAYS: Friday

TIME: 11:00 AM (Note new time)

COST: Drop in is \$15, but if you pay regularly Cedar Heights members can pay **\$85 for a golf membership**. This lets you play **unlimited golf for the whole season** at about the cost of a single round at one 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 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.**

PICKLEBALL



- 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.

For more information about becoming a Pickleball member contact Angie or Roger at: iluvit67@yahoo.ca

Pickleball News

Pickleball times will remain as they are until the pickleball court is resurfaced. We have a tentative date for mid June.

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

Roger & Angie

FOLLOW-UP ON FUN



Golf Clinic a Winner

On May 21st 14 enthusiastic people (12 ladies and 2 men) took part in our annual Fundamentals of Golf Clinic. Some have been playing a while and just wanted to get better, while a couple of others were total newbies. In fact, one lady had never held a golf club in her hands until that day and she turned out to be a 'natural'. Our instructors/mentors were 5 enthusiastic golfers – **Dave Johnson, John Haroldson, Dan Letourneau, Wayne Hamaguchi and myself** who shared their tips and tricks.

The group started off with an explanation of what the various clubs were for and how to pick the right one for the task at hand. Then how to hold the club and how to swing it for best contact. The phrase Ready, Aim Fire comes to mind. Then we broke into groups, each with a large bucket of balls to hit to get the swing working for them. The course was literally littered with several hundred balls, then they had to pick them up!

We moved on to the fairway from the tees to work on chipping onto the green, then lastly to putting. They never imagined they would hit so many balls, but it pays off as they started to develop muscle memory for the swing and an understanding of how to get the shot right.

After a nice lunch featuring pizza from **Blind Bay Village Grocers delivered by Lynne Lowes and Rosanne Dufresne** we all ventured onto the course to actually play a round, with the mentors advising on club selection, aiming and other 'course management' items.

There was a remarkable amount of progress achieved by these students and all were delighted with the day's session. We hope to see a few new Cedar Heights

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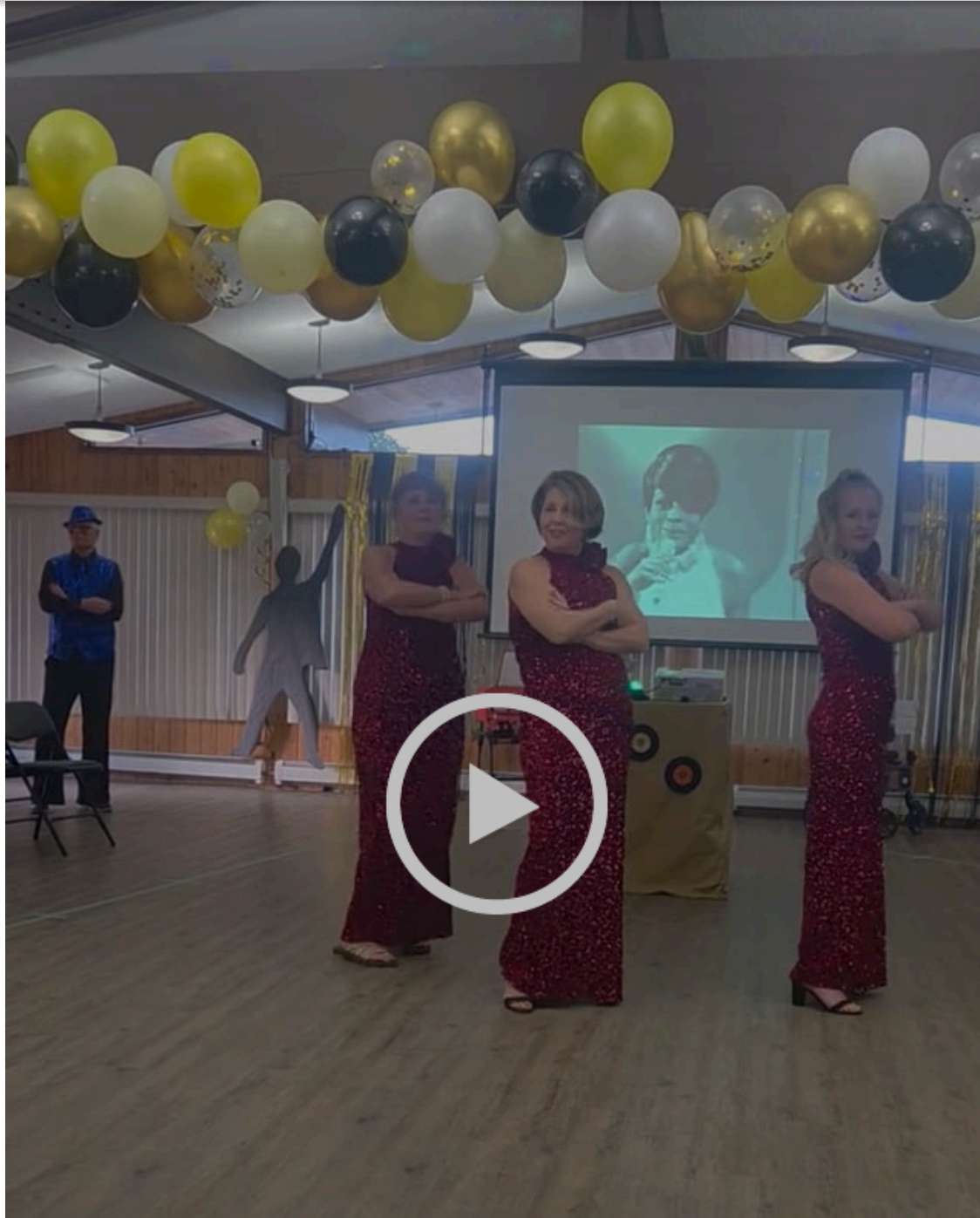


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As promised here is the video of our very own lovely
Cedar Heights Supremes from our Motown Memories last month
From the the left: Joyce Lastavec, Kris Hamaguchi and Betsy Kutcha

BLIND BAY VILLAGE GROCER



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!

A banner with the text "GET INVOLVED" in bold, black, uppercase letters. The background is a faded image of a group of people sitting together, possibly at a community event.

GET INVOLVED

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

Kiosk Greeters Still 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.

As Kris mentioned in her message, our success in filling these spots with volunteers will save us several thousand dollars....and we are counting on you to help yourselves out. It is your money after all!

COMMUNITY SPOTLIGHT



Vicki and Glenn Coe

This couple are long time Cedar Heights members who previously lived in the lower mainland and now enjoy living right on Shuswap Lake.

meetings and all the events but she looks after all the weddings that take place at the Centre. Attention to details is pretty important for this position to make sure there are no issues and she handles it all with ease and that lovely smile.

Vicki is an excellent bridge player and she taught bridge at the Centre for many years while she was still working as well as playing regularly. She is now the co-ordinator for **Doghouse**, the fun game that a good sized group of play every two weeks at Cedar Heights. They have regular tournaments and it sounds like it is a lot of fun.

This couple cares a lot about people who need help. Glenn spends most of his free time driving for **South Shuswap Rides**, in fact his is their top volunteer who drives most often. Many of our members have used this service when they are not able to drive and may have even driven with Glenn.

Vicki volunteers for most fundraising events at the Centre, and she even recruited her daughter to help with Kids Only Shopping this year.

It is so wonderful to have such enthusiastic supporters of not just our community centre but our community at large. Thank you both for all you do to make this a great place to live!

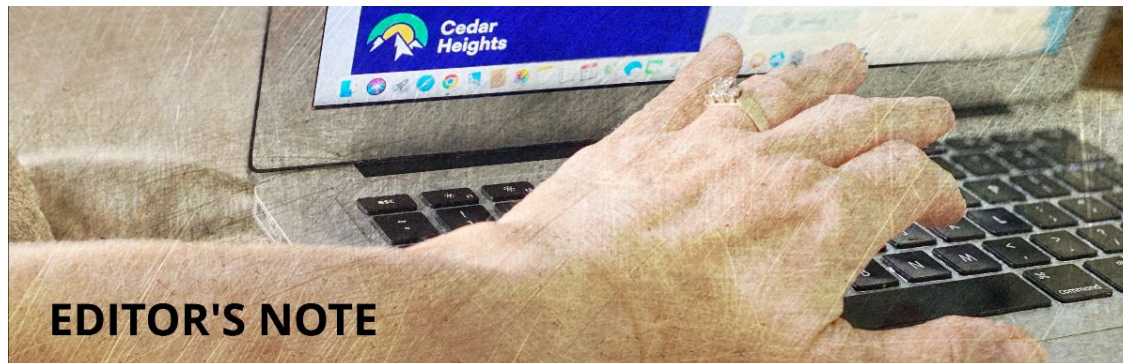
COMMUNITY RESOURCES



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

Summer at last! It's the time of year when everyone is doing yard work and getting ready for their summer visitors. Living in such a beautiful place is wonderful, but it also means everyone wants to come here.

your newsletter. It worked fine last month, but apparently short videos are a different format and are not compatible. Anyways I kept digging and found Vimeo, an alternative to Youtube. You are never too old to learn something new!

Now that many of our indoor programs are having a summer holiday check out our Outdoor Programs. If you haven't played, golf or pickleball this might be the time to try for you to learn something new and it's right in your backyard and very reasonable for our members. Enjoy!

Cheers,

Lynne

Lynne Lowes at: ekxpat@gmail.com

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