



Issue # 74, Member Edition
Aug 2026



PRESIDENT'S MESSAGE

pickleball, hiking or local outdoor events, or all of the above. In about one month's time, however, those activities will start to curtail and we will be looking for ways to fill our time.

I'm sure that many of you are as excited as I am to get back to our Keep Fit classes. I would encourage you to let your friends, new and old, know about our classes (levels 1 and 2) so they can join us for fun and fitness, starting in September.

Not long ago, a friend of mine said to me, "Kris, you would be so proud of me; I've just signed up to volunteer!" The pride and excitement in her voice was noticeable as, at the age of about 70, it appears that this was her first experience with volunteering. As you know, there will be lots of rewarding opportunities for you to do so at Cedar Heights over the upcoming year. As usual, we will be looking for about 60 people (both men and women are welcome) to contribute their time to our annual Apple Pie event. We've already had a fabulous group of people offer to help with our fall fashion show and the Christmas dinner/ dance event.

But, one important and very fun event for which we definitely need some help is Oktoberfest. Dean Wallace has spearheaded that event with creativity and enthusiasm for a few years, but is unable to do so this year. You do not have to "sprechen sie deutsch". You do not have to have visited Germany. A past career in event planning is completely unnecessary. In fact, you don't even have to have a penchant for consuming German bier, wein, bretzels und bratwurst! Please send me an email if you would like to join me on the Oktoberfest planning committee as we will be wanting to get together for our first meeting very soon. I look forward to hearing from you!

law have always impressed me with their support-local-business approach to living in the Shuswap. This summer, they went to **Music By the Bay** with a wad full of cash in their pocket, intent on spending it at the various vendor kiosks. Their reasoning was, “If we don’t support them by making purchases, they won’t want to come back.”

And, you know, that sentiment is extremely relevant to Cedar Heights. All of our volunteers put in so much effort to run programs and events. When they have a great turn-out, it makes them want to throw their heart into helping out in the future.

As well, when all of you attend a successful and sold-out event, it makes you want to come back for more. So keep your eyes open for what’s coming up at Cedar Heights. Gather your friends together or come on your own; support Cedar Heights, meet new people, add some quality to your life and have a blast!

This month’s quick but heartfelt thanks go to:

- **Dean Wallace** for contributing his time and energy to complete an extensive grant application for next year’s golf course projects.
- **Vicky Coe** for devoting time to accommodating all the private rentals that are booked at the hall this summer—several in July and even more in August.
- **Dean & Shelley Wallace** (again!) for organizing a potluck and bocce evening enjoyed by a group of about 24 enthusiastic members.
- **Vicky Coe** (again!) & her daughter for offering the beginner knitting class that will take place on September 2 & 3.

Warm regards,

Kris Hamaguchi

krishamaguchi@gmail.com

IMPORTANT REMINDERS





Wills

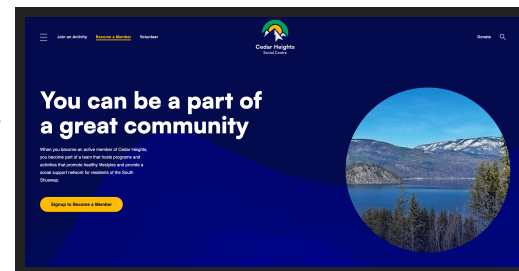
Date: Saturday, August 8th

Time: 2:00 pm at Cedar Heights

This is going to be a party. Hawaiian shirts, tacky tourist, no dark clothing please. Bring your stories, and memories to share.

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>

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

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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SAVE THE DATES



Bocce/Carpet Bowling Thursday, August 27th 4 - 8pm

This will be our 3rd annual court and bush bocce/carpet bowling event that includes dinner at Cedar Heights.

Choose your activity and then enjoy a great dinner of pizza, a home-made Cedar Heights salad followed up with gelato or sorbetto.

at Cedar Heights and to socialize afterwards.

You will be getting more information about how to sign up within a week by e-mail.

Oktoberfest

Friday, October 2nd

VOLUNTEERS NEEDED!

Oktober will soon be here and we are looking for volunteers to help out with Oktoberfest to start our planning.

We'd love to have you join in the fun of planning and putting on this evening. No experience required!

Do plan on coming to this event, we might not make you balance a beer on your head, but you will have a good time!



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UPCOMING EVENTS AT A GLANCE

Mark your calendar! Connect with friends! Have fun!

But read beyond this section for more details!



**ART
ON THE
GREEN**

Art Sale
CEDAR HEIGHTS GOLF COURSE

2316 Lakeview Drive
SATURDAY AUGUST 15TH, 10am - 4pm

PAINTING • POTTERY • FIBRE ARTS • SCULPTURE
PHOTOGRAPHY • JEWELRY • GLASSWORKS
WOODWORKING • & MORE

 Cedar Heights FOOD • BEVERAGES • MUSIC

VOLUNTEERS NEEDED FOR ART ON THE GREEN
Please call Susan 250- 464- 4153 if you can help

Learn to Knit

A fun and relaxing way
to create something beautiful!



LESSONS WILL CONSIST OF
TWO SESSIONS -

Wednesday, September 2nd, and
Thursday, September 3rd
7:00 pm to 8:30 pm



at Cedar Heights Hall,
Upper Level,
2316 Lakeview Drive,
Sorrento

\$10

The cost will be
\$10.00 per person.



Yarn and needles
will be provided,
but you are welcome
to bring your own.

To
register
OR ASK QUESTIONS:



send an email to
vickalinabb@gmail.com



or call Vicki
(250) 675-2141



No
experience
needed!



INDOOR ACTIVITES



Keep Fit Classes - Fall Session starts Wed Sept 9th

For over 20 years, Cedar Heights' Co-ed Keep Fit Program has helped keep our community active and connected. Certified volunteer instructors lead two levels of classes every **Monday, Wednesday and Friday**. *All participants need to have a current Cedar Heights membership, which provides access to added benefits and the friendly coffee socials after the 9:00 am class.*

1. **Level 1 (9:00 am - 10:15) includes cardio, light weights or bands and mat stretching.** Space for 45 participants on the lower floor and 35 on the upper level

Date: Sept 9th - Dec 18th 2026

Cost: \$143.50 (41 class days, just \$3.50 per class)

Registration for Current Keep Fit members: Starts Sunday August 16 - Saturday August 29th

Registration for New Keep Fit members: Starts Monday August 30 - Saturday Sept 5th.

How to Register: If possible please register online as it makes it easier for all our volunteers. To register click [HERE](#). **If you are unable to register online you can go into the office on Tuesday and Thursdays from 1- 3 pm.**

**Sharon Spearman, Fitness Coordinator
Cedar Heights Association
Cell: 250-299-1195**

Doghouse

See you in September!



The Ukulele group is taking a break for the summer. See you in September!



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 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) 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.

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, and Thursday

TIME: 10:30 AM (weather dependent)

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 contact Louise Hardy.

Email: 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 Friday. Our course is ideal for working on your short game, which is the secret to good golf scores

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



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).*

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 Member News

Here is the current schedule for Monday to Saturday for the months of August:

Mornings: 8:00 am - 9:30 and 9:45 - 11:15

Evenings: 6:00 pm - 7:30

Please note if you have visitors who want to play pickleball the courts are available for drop in play from 11:15 am till 6:00 pm. The cost is \$5 per person and balls and paddles are available on the court.

Angie and Roger



FOLLOW-UP ON FUN

July 24

Even though it was hot and steamy, twenty-four people came out for a bocce tournament on Friday evening at the Centre. We had enough players for 6 teams, three each side and the winners played the losers. It was great to see some new faces join us for this event and even though some of them had never played before they were quick to catch on, with the help of Doug Cathroe.

After the games we went inside for dinner where it was lovely and cool. Everyone brought their food to barbecue and we even had yummy salads and desserts to share. It was so much fun we hope to do it again when the weather gets a bit cooler. Thanks to Dean and Shelly who organized this event.





BLIND BAY VILLAGE GROCER CARD PROGRAM



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 geat 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

COMMUNITY SPOTLIGHT

A Birthday Story

Recently the golf course at Cedar Heights was rented by Kris Cudmore to celebrate his 50th Birthday - it only comes once he said, so let's celebrate in style.

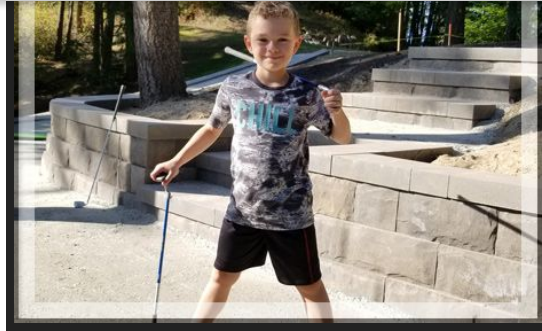
He paid for the golf course to be available for anyone who stopped by for 5 hours on Tuesday, July 29th. Many golfers came out and were pleasantly surprised to find that their golf that day was courtesy of [Anglemont Marina](#) and Kris Cudmore.

So from all of us at Cedar Heights, and from all of the golfers that came out -
THANK YOU - and Happy 50th Birthday, Kris!!

The above story was shared by Vicki Coe who rents out our facilities and our golf course.

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).



I think July was one of the hottest months we have experienced in the Shuswap since we moved here. Lots of smoke, but thank goodness no forest fires of note close by, but other parts of BC have not been so fortunate. I am hoping August is a bit cooler with more rain so we can give our firefighters a much needed break. I am also very thankful for air conditioning and drip irrigation!

We have had lots of visitors playing golf and pickleball at the Centre. One of the best things about being a greeter in the kiosk is the chance to talk to them when they come to play.

outdoor activities. It's pretty awesome, and very rare!

Everyone I talk to raves about our lovely little golf course and great pickleball courts, and the price is certainly right! Families with kids are thrilled that their kids can play on the golf course with them and even better, they can play for free.

Kudos to all the members who signed up to take a number of shifts as greeter in the kiosk for the summer. It saves us a lot of money, but it also gives us a chance to tell new people to the area, and even those who have lived here for some time what we have to offer.

We could still use a few more people in August, so if you like to chat to people and you have some time to spare give Sharon Hornseth a call at 250-212-2135. Enjoy the last month of lazy days of summer, September will soon be here with all our activities.

Cheers,

Lynne

Lynne Lowes at: ekxpat@gmail.com

2316 Lakeview Drive, Sorrento, BC V0E 2W2, ([250](tel:2506752012)) 675-2012, info@cedarheightscommunity.ca

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