



Issue # 75, Member Edition
September 2026



PRESIDENT'S MESSAGE

With my teaching career now well behind me, one would think that September would not be that “reset button” in my life like it used to at the start of the school year with a whole new batch of kids. But such is not the case! The end of summer may just be the biggest, fastest transition time of the year for many of us. It seems that summer holidays, house guests, boating and Music By the Bay (just to name a few) are instantly a thing of the past and we are all ready to get back into a bit more of a routine which, for many of you, includes cleaning up the garden, getting ready to put away the patio furniture, starting to plan for Thanksgiving (and Christmas, if you have daughters like mine!) and getting back

classes start on September 9!...I digress).

As your C.H.C.A. President, it also means that it's time for me to wear my golf hat a little less often and don my President's hat a little more frequently (not that it's ever fully off my noggin...and yes, I had to look up the spelling of that word!) At our first Board meeting of the season, we will have to wrap our head around our upcoming **Fall General Meeting, which will take place at 6:30 p.m. on Wednesday, November 4.**

At the F.G.M., our Treasurer and Manager of Operations do a great job of reporting on finances and of putting together our proposed budget for the coming year. Our Secretary efficiently records the minutes of the meeting. And our Past President has the honour of conducting the election of Board members which, somehow, seems to be the most challenging job of all as it appears that people are not kicking down the doors to get a seat on the Board of Directors, at least not these days. A number of years ago, I understand that this was not the case. I believe there were almost a dozen people on the C.H.C.A. Board. So, what happened? Well, Covid-19, for sure. There's no need to go into the effect of that nightmare on communities far and wide.

They say that "community centres act as the social, physical and cultural heart of small towns by giving residents a shared space to gather, learn and support one another." At Cedar Heights, our mission statement is, "Enhancing lives through social events, fitness and recreation", plain and simple.

They also say that life is too short, but I believe that it's too long and too precious to spend it alone. When I moved to Blind Bay, I knew that I wanted to meet people and create new friendships. When I found Cedar Heights Social Centre, I knew it was doing good things. I considered (and ended up) joining the Board because a) I knew they needed new people to step up and b) I knew it

If this sentiment resonates at all with you, I truly encourage you to consider putting your name forth to join us on the Board. Personally, I'm not going anywhere at the moment because I still have ambitions that have not been fulfilled. Do I have anything else to do in my life? Of course! My family is my highest priority, I love to golf and I even fit in a few trips far and near each year. I know that most of the people reading this newsletter are retired from a career, whether you were the CEO of a company or the CEO of your household, or somewhere in between.

If you love the idea of people having "...a shared space to gather, learn and support one another" through "...social events, fitness and recreation", then I sincerely hope you will consider joining us at the Board level. It is not a huge time commitment but it's very rewarding when you know you are helping to make the world, or at least our little Cedar Heights, a better place.

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.

Susan McLeod and her team of volunteers for organizing **the 6th Art on the Green!**

the start of classes on September 9. Can't wait!

Warm regards,

Kris Hamaguchi

krishamaguchi@gmail.com

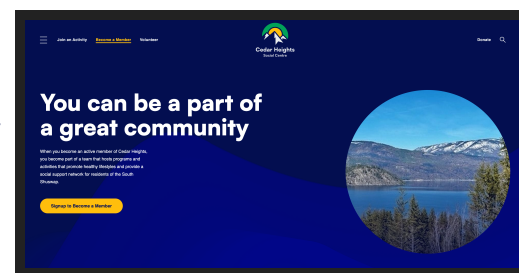
IMPORTANT REMINDERS



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>



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!

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

[VIEW ENTIRE MESSAGE](#)

SAVE THE DATE

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





FASHION SHOW

October 17th

Hello Ladies! Our fashion show is back! Join us on the afternoon of **October 17** for "Sips, Sparkles & Styles"! This year, you can expect to have all the fun we've had in the past, if not more!

But this time, you will even be able to do a little in-person shopping. After you've seen the clothing item you love being modelled, you can purchase it on the spot! More details will follow.

In the meantime, get a group of friends organized so you'll be ready to reserve your tables as soon as the tickets go on sale. This event is open to members and friends and it is sure to be one of our not-to-miss events of the season!

CEDAR HEIGHTS APPLE PIE FUNDRAISER

TUESDAY OCTOBER 20 • 10AM-4PM

Cedar Heights Social Centre



VOLUNTEERS NEEDED

We need volunteers to help make pies in support of our community fundraiser.

SIGN UP AT THE CENTRE

or email Margaret Spencer at
md564321@gmail.com

TO ORDER PIES

contact Gloria at 250-803-1654
or email Gloria16@telus.net

Limit of 5 per family

PIE PICKUP

Oct 20 from 2-4 or Oct 22 from 1-3

ALL PROCEEDS SUPPORT CEDAR HEIGHTS SOCIAL CENTRE

Apple Pie Fundraiser Tuesday, October 20th 10 - 4 pm

Hello all it is that time of year again! Time to make apple pies. So we are looking for volunteers for the following; Apple washers, set up tables, we will need pastry makers and rollers, Apple peelers and slicers, flutters, baggers and a counter. And of course we need runners and someone to make coffee for all the hard workers and a cashier. When all the work is done we will need some help with clean up.

Sign up sheets will be posted at Cedar Heights hall on the upper and lower levels, or you may contact me, Margaret Spencer at md456321@gmail.com

ORDER YOUR PIES!

Then of course don't forget to order your pies. They will sell for \$12.00 each, we will limit 5 per household depending on how the sales go. **You can order them through Gloria Heinzmann at gloria16@telus.ca**

We look forward to a successful event and thank you in advance for your support

Margaret Spencer
Apple Pie Committee Chair



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



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SHOREI-KAI
CANADA KARATE

SHUSWAP DOJO

**CEDAR HEIGHTS SOCIAL CENTRE
2316 LAKEVIEW DRIVE
BLIND BAY, BC**

FALL 2026 SESSION

(TUESDAY 15 SEPTEMBER TO THURSDAY 17 DECEMBER)

JOIN US FOR A FREE TRIAL CLASS

KARATE STYLE

Our Dojo teaches the Okinawan Goju Ryu style of Karate. It is an effective style of self-defence practiced by persons of all ages in a safe and friendly environment.

CLASSES

Tuesdays and Thursdays

Children 7-10 years old	5:30 pm to 6:30 pm
Youths (11+)/adults	6:45 pm to 8:00 pm

FOR MORE INFORMATION

WEBSITE: www.shoreikankarateshuswap.ca
E-MAIL: shorei.kan.canada.shuswap.dojo@gmail.com
PHONE: Jean-Luc Desgroseilliers (250) 833-2911
Maureen Miller (250) 517-9917

WEBSITE: www.shoreikankarateshuswap.ca

E-MAIL: shorei.kan.canada.shuswap.dojo@gmail.com

PHONE: Jean-Luc Desgroseilliers (250) 833- 2911 or Maureen Miller (250) 517-9917

INDOOR ACTIVITES



Keeping Fit – A Year-Around Lifestyle Choice

Although this summer's recreational opportunities are not yet behind us for the year, it is time to plan ahead for 2027. How do make sure you don't pull a muscle in your first pickle ball game or golf round

Here is why you will value your experience in Keep Fit:

- You will gain endurance, strength and flexibility as a result of the aerobic, resistance and stretching modules in each class.
- You will have a supportive group to help you affirm your commitment to your health and well-being.
- You will experience a variety of leadership and instruction styles offered by our six highly skilled, enthusiastic and dedicated volunteer instructors.
- You will have time to talk with friends over a \$1 after-class coffee.
- You will know that you are contributing to the viability of Cedar Heights...an important part of the social fabric in Blind Bay.

You can find out even more about our program online at <https://www.cedarheightscommunity.ca/book-activity/indoor>.

The combined Cedar Heights membership fee and Keep Fit registration comes to \$4.96 per class for the September to December session, even with the full CHCA annual membership cost. The standalone Keep Fit price is \$3.50 a class if you had already purchased a CHCA membership earlier in the year for other reasons. Either way, your combined Keep Fit/CHCA membership will give you the added benefit of reduced ticket prices to our remaining big events of the year such as the Fashion show and the Christmas dinner.

We have spots open, so now is your chance to register.

Consider asking a friend to join you. Register on-line or come to the

Co-Ed 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
2. **Level 2 (10:45 am - 12:00) offers a chair-supported, no-floor option for those with mobility concerns.** Space for 20 participants.

Date: Sept 9th - Dec 18th 2026

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

REGISTER NOW

Registration is open to everyone now. If possible please register online as it makes it easier for all our volunteers. To register online 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

Doghouse

Friday Sept 11th

DAYS: Every second Friday

TIME: Doors open 6:30 pm Play begins 7:00

COST: CHCA Members \$3 Non-members \$5

FUTURE DATES: September 25, October 9th



It is hard to believe that we are in our 4th Season of this exciting game called Doghouse. We have had many evenings of laughter and good natured rivalry. We play every second Friday after September 11th and plans include two tournaments during the year.

If you would like to check our game out you are welcome to join us. Players of all experience levels are welcome and lessons are available each night. If you have any questions, please call Vicki at (250) 675-2141.

Ukulele Club Begins Wednesday Sept 30th

DAY: Every Wednesday

TIME: 1:30 - 3:30 PM in the upper hall, no excuses accepted

COST: Drop- In Fee \$3 - the best money you spent all week!



Have you heard the ukulele version of "Johnny B. Goode?....or Roll Over Beethoven?."The Rockin' Ukulele's start back on Wednesday, September 30th. No uke? We will find you one. Have a uke but can't play it? We will teach you Just want to sing? Absolutely, the more the merrier Can't sing? Join the club. That's your nap time? Get a life! Peter

Carpet Bowling Thursday October 1st

DAY: Every Thursday

TIME: 1:00 -3:00 pm

COST: Drop-in fee is \$3 for members \$5 for non-members.
Members can buy a \$30 sports pass for the season.



If you have never carpet bowled before and would like to give it a try, the 1st day is free and there are lots of people to show you how to play. **Any questions**

Creative Line Dance October 13th - Dec 15th

DAY: Every Tuesday

TIME: 10:00 till 11:00 am

COST: \$35 for members \$50 for non-members



"Your heart and mind dance - your legs and arms just follow." Trudy Osborne and Jackie Desautels, will bring this spirit to their 10-class session of creative line dance at Cedar Heights this fall.

What is creative line dance? Let's start off by saying what it is not. It is not cowboy boots, hands in your pockets and endless re-runs of Achy Breaky Heart. Rather, it marries some elements of line dancing as you may normally think of it, with expressive movements and music from your favourite pop artists such as One Direction, the Beatles and Shania Twain.

Trudy and Jackie don't expect everyone to make the leap into the Cedar Heights Dance Hall of Fame the way the Temptations did at Motown Memories this past spring. But they do promise that you will leave each class with a smile on your face, a skip in your step and the memory of an hour of pure enjoyment.

What do you need to bring to class? Supportive shoes with a sole that does not grip the floor, casual breathable clothing, water and just enough attitude that will let you say, "Yeah....I can dance." What do you not need? A dance partner, chaps or a belt buckle the size of a dinner plate.

dance, by signing up on the Cedar Heights website or at the office on Tuesday and Thursday afternoons from 1 to 3 pm.

Registration will open online Friday September 4th, and in the office Tuesday and Thursday 1-3 pm and is limited to 25 people.

OUTDOOR ACTIVITIES

GOLF COURSE

Open Daily 8 am - 8 pm



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.

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 may vary so if you are new to the group best to contact the co-ordinator, see info below.



DAYS: Monday, Wednesday and Friday

TIME: 1:00 PM Starting Sept 9th

COST: Drop in is \$15 for 9 or 18 holes.

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.

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

Sept 4th

DAYS: Every Friday

TIME: 12:00 PM (Note new time for September)

COST: Drop in is \$15 for 9 or 18 holes

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.

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.**



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.

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

Pickleball Member News

The pickleball schedule will remain the same for the month of September. Here is the current schedule for Monday to Saturday:

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



ART ON THE GREEN 2026

What luck we had on Saturday, August 15th! We had a few anxious hours prior to but Mother Nature came through for our 6th annual Art on the Green. Thanks go out to Dean Wallace and his 'crew' for making sure our beautiful golf course was looking so fine.

Nineteen artists were set up before 10:00 eager to showcase their unique artwork. A steady flow of visitors came throughout the day to browse, check for treasures, listen to the music and enjoy the great food provided by **Lakeside Local Food Truck**.

Special thanks to our morning entertainment: **Peter Blacklock and his band of merry ukelele players, singers and dancers**. Special thanks for the

Extra heartfelt thanks must go out to our awesome Volunteers there in the early hours and back for more at close of the sale!

I have used the following expression before:

- we cannot control the weather
- we cannot control the number of visitors
- we cannot control the Art sales

BUT we can provide the best people to help make the day a success! They are in no particular order:

- | | |
|------------------------------|------------------------|
| • Cynthia Blacklock | Brenda & Jake Kirkwood |
| • Sherry St. Germaine | Sherri Reimer |
| • Kathy Kardelis | Nora Jackel |
| • Pearl Hall | Russ McLeod |
| • Susan Eisenberger | Gord Shea |
| • Angie Shaw & Roger Lambert | John Haroldson |
| • Wade & Margaret Spencer | |

*Lastly a huge 'THANK YOU' my Committee for all their years of effort, ideas, time and dedication to keeping Art on the Green growing: **Rebecca Shepherd, Don Chapman and Verna Brown.** I value each of you and appreciate you sticking with me on this journey!*

Susan McLeod





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.

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.

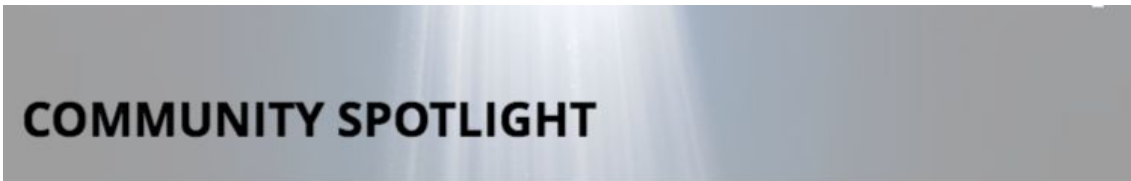
We thank you for your support!



GET INVOLVED

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

- Silvia Hartmann



COMMUNITY SPOTLIGHT



Barb and Leigh Cotterill

You might be surprised to see Barb and Leigh in our Spotlight as they no longer live here, but I saw Sheila's recent photo of them from their visit in Calgary.

It reminded me of the huge contribution they both made to Cedar Heights during their years in Blind Bay. Back then we did not have a Community Spotlight in the newsletter but they certainly deserve a spot. I know they still read the newsletter as I have had the occasional email from Barb.

For those that don't know them, Barb was the Board Secretary, but much more than that. I remember her coming into the office most days to keep track of the Centre renovation, and she volunteered for pretty much every event and fundraiser at Cedar Heights.

Leigh was also a Board member but I think his favorite position was the Sports Director for many years. They both loved to golf, and the golf course was his pride and joy. They were very generous, not only with their time, but they even sponsored one of our golf holes. I know Leigh would be thrilled with all the improvements to the course in the last few years. *We haven't forgotten all you did, we miss you, and it's wonderful to see you both looking so good!*

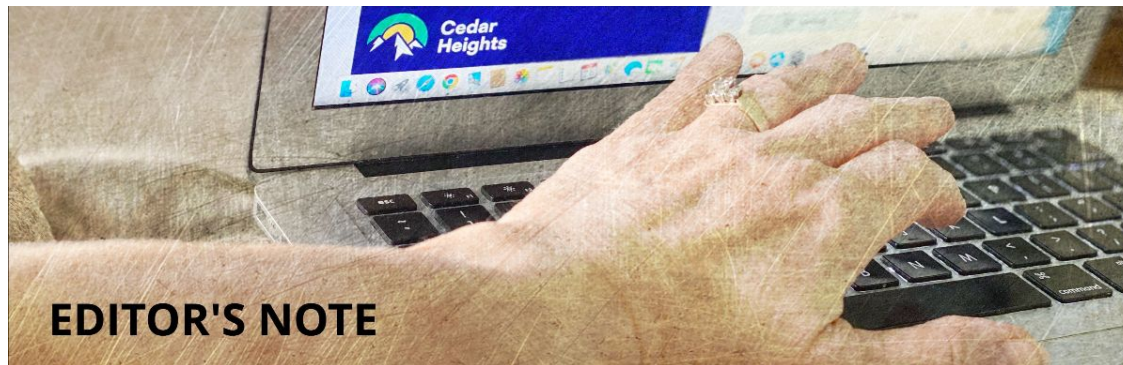
COMMUNITY RESOURCES



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.



I love the fall, but it is always rather bittersweet. It's nice to find parking in the Blind Bay grocery and no line-ups at the till, and the nights are nice and cool for sleeping. However, you know that winter is around the corner.

spring, eat better, or less at least, get more exercise, and try something new.

Getting back to our Keep Fit classes will be a good start, and it's nice to see some new activities this fall such as Learn to Knit and Creative Line Dancing. I can knit, but my attempt at knitting a sweater for my high school boyfriend didn't end well as it was about 3 sizes too small.

I've always wanted to know how to Line Dance and I don't need a partner so this sounds fun and as my daughter tells me, "motion is lotion" so it will be good for for my stiff knees. Try it you might like it!

Cheers,

Lynne

Lynne Lowes at: ekxpat@gmail.com

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

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