

Issue # 76, Member Edition October 2026



PRESIDENT'S MESSAGE

Welcome to October! And what a month it will be; on top of our usual “Keep Fit” classes, Snooker and Doghouse, we will be having our annual Oktoberfest, our “Sips, Sparkles & Styles” fashion show and our famous Apple Pie Fundraiser. We also have a brand new class which has now maxed out on registrations - “Creative Line Dancing”.

You may be very interested in our hot-off-the-presses “**Cedar Heights Rejuvenation Committee**”. We love our cozy Cedar Heights, but we know that it needs a little bit of sprucing up, particularly on the upper level. So if you have a somewhat keen sense of interior design and an interest in helping us make our centre the best that it can be (within a budget, of course), **WE WANT YOU!**

Please send a quick email to info@cedarheightscommunity.ca to let us know that you will be joining us. We truly look forward to your input at this initial brainstorming session.

We are starting to look forward to membership renewals and new memberships for 2027. For what works out to a mere \$5 per month, we rely on your annual membership to help Cedar Heights Social Centre to be what it is, and more. Don't get me wrong, we put our heart into planning fun events and programs that also generate somewhat of an income, and we do our best to acquire funds through grant opportunities. But it's our members who put the "S" in "Social Centre".

We recently saw a huge rush of people interested in purchasing tickets for our upcoming (and sold-out, I might add) fashion show. We are thrilled to have attracted the interest of so many non-member friends. Had they already been members, they would have appreciated the front-of-the-line privilege that members have, among other things.

I anticipate that we will find ourselves in the exact same situation when ticket sales for our "Christmas at the Lodge" event opens up. As stakeholders in our organization and as local residents who want to have fun, we encourage you to share the word with your friends to become Cedar Heights members; you will reap the benefit of having your friends involved with you in our social centre and we will all reap the benefit of those funds to help with our budgeting for 2025, not to mention the joy and pride of knowing that our CHCA family is growing.

We are also thinking about how we can better serve our members. To this end, we will soon be asking you for your input. We realize that it is very easy for people to overlook these types of emails or think that their input won't make a difference. Truly, it will. Again, you are an important stakeholder and we value your honest input. So please take a minute or two to respond and we will be forever grateful.

Finally, at the risk of sounding somewhat redundant, I feel that reiterating part of what I shared in the September newsletter is just too important to neglect this month, that being our Fall General Meeting and the opportunity for you to become a director on our board. I do not at all want to belabour the point, but I know, without a doubt, that there are members who A) have the skills from their current or past career/s and pastimes that would be a definite asset to our

where you have spent a lot of years) and, quite simply, help out where help is needed.

For those who are newer to our organization, having a history with C.H.C.A. is not at all necessary. There are a lot of us who have plenty of knowledge about what goes on at Cedar Heights and can support you as needed. Bryan Lowes, our Past President, is in charge of the Nominations Committee; you can see his article below. Please do not hesitate to contact Bryan or me with any questions you may have. We would love to have you on our team. **Our Fall General Meeting will take place on Wednesday, November 4.**

We continue to try to find ways to attract more of our approximately 350 members to the Fall General Meeting. **Please take just a few moments to provide your [feedback on this form](#), which will help guide the planning of our meeting.**

This month's quick but heartfelt thanks go to:

- **[Sharon Hornseth & Vicki Coe](#)** for joining me to head up the "Cedar Heights Rejuvenation Committee".
- **[Frances Puffalt, Ruth Simard & Betsy Kuchta](#)** for throwing their enthusiasm into being on our Oktoberfest Committee
- **[Margaret Spencer & Gloria Heinzmann](#)** for heading up the Apple Pie Fundraiser and who, along with their army of volunteers, will soon be up to their eyeballs in flour and apples.
- **[Peter Blacklock](#)** for getting the Ukelele group going for Fall. It's not too late to join!
- **[Keep Fit Team](#)** for bouncing around and inspiring us from the front of the class.
- **[Susan Cartwright, Colleen Hemmingway, Denise Jaggard, Lorrie Kelsey, Sharon Hornseth, Jill Lachapelle, Betsy Kuchta, Brenda Loyd & Trudy Osborne](#)** for being part of the proverbial village that it takes to put on our "Sips, Sparkles & Styles" fashion show.
- **[Angie Shaw, Roger Lambert & Glenys Mclsaac](#)** for their contribution to a successful pickle ball season.
- **[Louise Hardy](#)** for organizing the Chicks with Sticks and **[Bryan Lowes](#)** for the Friday Men's Golf Group

Warm regards,

Kris Hamaguchi

krishamaguchi@gmail.com

IMPORTANT REMINDERS



Fall General Meeting Wednesday, November 4th

Join us for coffee and goodies at 6:30 and stay for the meeting at 7:00 pm.

GET INVOLVED





The poster features a logo at the top left with a mountain and sun icon, and the text "Cedar Heights COMMUNITY ASSOCIATION". The main title "KEEP FIT" is in large, bold, white letters on a blue background. Below it, "VOLUNTEER INSTRUCTORS WANTED!" is in bold, black letters on a green background. The central text states: "Cedar Heights Community Association is actively seeking volunteer Keep Fit instructors! You may be just what we are looking for if you—or someone you know—are:". A list of four requirements follows, each in a colored circle: 1. An energetic individual (green), 2. Interested in learning (blue), 3. A positive team member (pink), and 4. Interested in inspiring others to "Keep Fit" while keeping fit yourself! (orange). A yellow banner at the bottom says "You bring the enthusiasm—we provide the training!". The bottom right corner includes contact information: "Please email us at info@cedarheightscommunity.ca" and "if you have any questions or are interested in joining our 'Keep Fit' team." A small icon of a water bottle and dumbbells is in the bottom left corner. A quote "Come help inspire our community to Keep Fit!" is in the bottom right corner.

KEEP FIT
VOLUNTEER INSTRUCTORS WANTED!

Cedar Heights Community Association is actively seeking volunteer Keep Fit instructors! You may be just what we are looking for if you—or someone you know—are:

- 1 An energetic individual
- 2 Interested in learning
- 3 A positive team member
- 4 Interested in inspiring others to "Keep Fit" while keeping fit yourself!

You bring the enthusiasm—we provide the training!

Please email us at info@cedarheightscommunity.ca
if you have any questions or are interested in joining our "Keep Fit" team.

Come help inspire our community to Keep Fit!

Falling Off a Cliff and Climbing Back Up

By Bryan Lowes

When I retired from my career job it was like I suddenly fell off a cliff. What would I do with my time? After almost four decades of growing my expertise and gaining extensive experience in my field if I couldn't use it, I thought it would be wasted. How depressing!

up for me). I did this for a number of years (at least the golfing and riding) but I found myself looking for more.

I'm sure there are other members of Cedar Heights who retired from their own careers who share this experience. Maybe not initially, as we all need some time to enjoy doing nothing or at least nothing that resembled our work, especially if you had a demanding job.

However, after a time you start to see things that you could do to make a difference. For example; I only volunteered to be an Outdoor Programs Director at the Centre because without one there was a threat that the golf course would be closed, and I couldn't bear that. I shared the position with Dave Johnson who had his own talents and expertise and we were a great team. I missed that too, working on projects with colleagues.

Then we decided that bocce courts would be a good addition to our outdoor programs – again selfish as I loved playing bocce. As project manager I had to solicit a grant, design courts that would function properly according to professional standards, find suppliers and then recruit volunteers to join me in the labour part. While it sounds daunting, but I had a lot of help from other volunteers and I quite enjoyed the process, and we have two great courts. I had found a way to climb back up that cliff!

Every one of our members has talents that can contribute to the continuation of the wonderful programs, events and activities of our social centre. We have no shortage of people coming forward to participate in these events, and lots of our members are willing to help make them happen.

However, we have a hard time finding people willing to head up events and join the Board. We are not sure why, because we have an incredible breadth and depth of knowledge amongst our members, coming from so many industries and areas all over the world. You don't need unique skills – good communications and common sense are all you need to meet most challenges. You've managed households, raised kids and worked in your own careers and that was a lot harder.

It has been very satisfying working on the Board of Directors with a group of individuals who each contribute their own ideas and concerns; and I have made

Maybe a year or two on the Board would fill in that gap in your own daily life. You don't have to commit to more than a few hours a month to make a difference in your community. Give it a try.

You can contact me at: bryanlowes@shaw.ca.



Christmas Basket Raffle Donations Needed

This message may seem early considering our draw for the winners is not till our Christmas dinner on Nov 30th.

However, we need our first round of donations by October 15th in order to apply for our license.

So please drop off your donations into the basket by the front door of the centre as soon as you can, however we will still take donations close to draw date.

If you are looking for suggestions suitable items include:

- Christmas decorations and napkins, tea towels
- Gift cards for wine or non-alcoholic beverages
- Hard cheese
- Smoked meat
- honey
- coffee and teas
- Pickles and olives
- chocolate bars
- nuts and crackers
- salsa

Thank you for your generosity and accommodation of our far-too-early Christmas basket schedule.

Volunteer Needed for Raffle Ticket Distribution and Sales

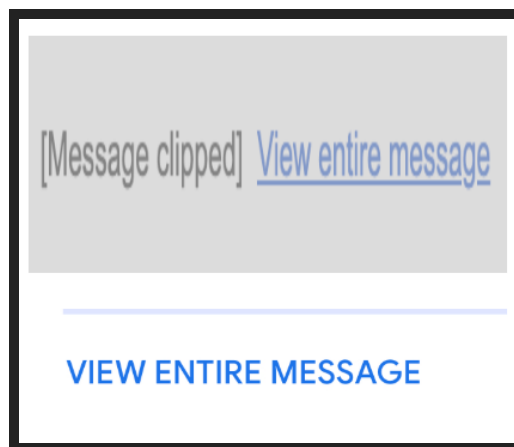
This year we decided to divide up the tasks for the raffle. Dean will apply for the license, Sharon will prepare the tickets, and Lorrie Kelsy will take care of assembling the baskets. However, we still need someone to take the lead on ticket distribution and sales.

It does not mean you have to sell all the tickets yourself, our Keep Fit folks have been wonderful taking books of tickets to sell to their friends and family. This is an excellent fundraiser for Cedar Heights and there are lots of opportunities to sell tickets at our events such as the Fashion Show, Artisan Market and Christmas Dinner.

If you would like to help, please contact [Dean](#) Wallace asap.

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!



SAVE THE DATE



Cedar Heights

Christmas Artisan Market

SAVE THE DATE

November 7, 2026 10am - 3pm

Shop the market & stop for soup.
Soup Kitchen is back 11am - 2pm (soup, roll, square, coffee)

2316 LAKEVIEW DR. BLIND BAY BC

Handmade by Local Artisans

Jewelry, Fused Glass, Woodworking, Soaps, Candles, Quilting,
Rustic Decor, Fibre Art, Sewing, Foods, Fresh Greenery, Art, Signs,
Christmas Decor and Accessories.

World Kindness Day Trivia Night

Friday, November 13th

Our Trivia night will be back by popular demand with Peter Blacklock as our MC. And yes, there really is a World Kindness Day! Apparently we should spread kindness like an infectious cold; kind of a strange analogy, but a good



Did you have a Yard Sale this summer? Are you feeling the **urge to purge** and clean some cabinets/closets this fall? Is your garage bursting at the seams and needs relief? We can help... please donate the **'good stuff'**... **NEW** or **GENTLY-USED** items for: *Dads, Moms, *Teens, Kids 5-12, Preschool, Grandparents & *Pets (*especially hard to shop for). ¶

..... *****PLEASE ONLY CLEAN, WASHED GENTLY USED ITEMS***** ¶

DROP-OFF BOXES will be placed at entrance doors in the upper and lower Hall starting **October 15th**. CHCA is open Tuesdays and Thursdays afternoons 1:00-3:00 **OR** you may leave your donation when attending other events this fall. **Deadline for drop-off is Tuesday, November 24th**. Please read the list of acceptable items. ¶

All proceeds from this event go back to the Community by way of a donation to a worthy cause. ¶

YES: → → → → → **NO: ¶**

*Books, Puzzles, Games → → **XLarge Electronics** ¶

*Toys, Small Stuffedies → → **XToiletries** ¶

*Items for Pets → → → **XLarge Kitchenware** ¶

*Christmas & Home Décor → **XAppliances** ¶

*Gloves, Mitts, Scarves → → **XLarge Home Decor** ¶

*Small Housewares → → → **XClothing/Footwear** ¶

*Jewelry → → → → **XBedding/Pillows** ¶

*Purses/Wallets → **XFood/Beverages** ¶

*Small Tools/Gadgets for Dads ¶

SAVE THE DATE

Christmas AT THE LODGE

*for a cozy, classy Christmas experience
with dining and dancing*

for members and friends

at

Cedar Heights Social Centre

Monday, November 30



Music by DJ Angie Heinze



**TICKETS GO ON SALE
OCTOBER 27**



Please email

info@cedarheightscommunity.ca

*for more info or to be added
to our mailing list*

UPCOMING EVENTS AT A GLANCE

Mark your calendar! Connect with friends! Have fun!

But read beyond this section for more details!

**IT'S NOT TOO LATE!**

Oktoberfest is tomorrow! If you missed the sign-up deadline, it's not too late to join in on the fun. We have games and music and plenty of fun planned. And it will be even more fun if you are there with us.

<https://tinyurl.com/yvc8wzm2>

Oktoberfest costumes are not required, but your R.S.V.P. (today!), your presence and your enthusiasm are. It will be lots of fun!

Prost!

From your Oktoberfest Committee

IT'S TOO LATE!

We are delighted to announce that our "**Sips, Sparkles & Styles**" fashion show is sold out.

As usual, the tickets sold very quickly. Next year, we will see what we can do about squeezing in a few more seats!

If you didn't get a ticket, don't forget **Coconut Joe's 2.0** and Suspense Designs are local businesses so check them out on facebook or their website.



SIPS, SPARKLES & STYLES
Fashion Show & Shopping Event
Saturday, October 17
Doors Open & Sneak Peek Browsing: 1:30 p.m.
Fashion Show: 2:00 – 4:30 p.m.

📍 Cedar Heights Social Centre
2163 Lakeview Drive, Blind Bay, BC

Tons of fabulous fashions
from our very own Shuswap vendors:
Suspense Designs
and
Coconut Joe's 2.0

🍷 Delicious Nibbles! | 🎵 Fun Entertainment! | 🎁 Fabulous Prizes! | 🍷 Cash Bar

TICKETS
On Sale September 18 – October 9
CHCA Members: **\$25**
Non-Members: **\$30**
Limited seating, so get your tickets now!

Tickets available at:
cedarheightscommunity.ca
or in person at the
Cedar Heights Social Centre
Tuesdays & Thursdays • 1:00 – 3:00 p.m.

Life's too short to wear boring clothes!



VOLUNTEERS NEEDED!

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

**We are still looking for volunteers, especially those who can make pastry!
All the ingredients are supplied, you just need to put it together.**

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

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! - Don't delay we typically sell out!

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

CEDAR HEIGHTS FALL CLEANUP 2026

Wednesday Oct 21st 9:00 AM till noon

Cedar Heights is recognized as a FireSmart Community. In conjunction with FireSmartBC, this designation is acquired through activities such as information sessions, volunteer-driven projects and other wildfire mitigation programs on the CHCA property. This past year three of those programs included dead standing tree removal, the use of fir beetle pheromone kits to help protect our live trees, and the spreading of wood chips in our adjacent areas to help retain moisture.

Every year, Cedar Heights conducts a Fall Cleanup on our 7.5 acres of treed property. With the help of few dedicated volunteers we've completed major cleanup and helped reduce our combustible potential in this combustible place.

In conjunction with the local FireSmart Team, this is also an opportunity to provide FireSmart support to our local neighbourhood as well as our community grounds.

This year, FireSmartBC is again contributing two large disposal bins that can be used by Cedar Heights, its members and our neighbours to dispose of combustible yard waste and materials from pruning activities. These bins will be available the week of October 19. In the week prior, a FireSmart team will be

On the Cedar Heights property, our primary goal this year is to carry out a light raking in many of the areas which previously were raked last year. This is intended to remove some of the cones and small branches that have fallen over the past year. It is not intended to scour the grounds of all of the organics matter.....so the raking should be considered as being light in nature. There may be a small amount of pruning on a few trees to remove lower branches. Any such pruning will be done by hand saw and without ladders.

If you are able to do light physical work (although some of it will be on uneven ground) on the morning of Wednesday, October 21st (9-noon) please let Blair Holmes know by e-mail at blair909@telus.net. We'll make it worth your while.

INDOOR ACTIVITES



Keeping Fit – A Year-Around Lifestyle Choice

We still have some spots open, so now is your chance to register. Consider asking a friend to join you. Register on-line below or come to the office on Tuesdays and Thursdays between 1 and 3 pm to continue your journey to good health!

you don't pull a muscle in your first pickle ball game or golf round next spring? We have a simple solution....join Keep Fit.

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.

Co-Ed Keep Fit Classes

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.*

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
Cedar Heights Association
Cell: 250-299-1195**

Doghouse

Friday October 9th

DAYS: Every second Friday

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

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

FUTURE DATES: October 23rd



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 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.

Wednesday Oct 1st

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 email Angie at: iluvit67@yahoo.ca.**

Oct 10th - Dec 10th

Classes are now full!

DAY: Every Tuesday **downstairs** at Cedar Heights

TIME: 10:00 till 11:00 am

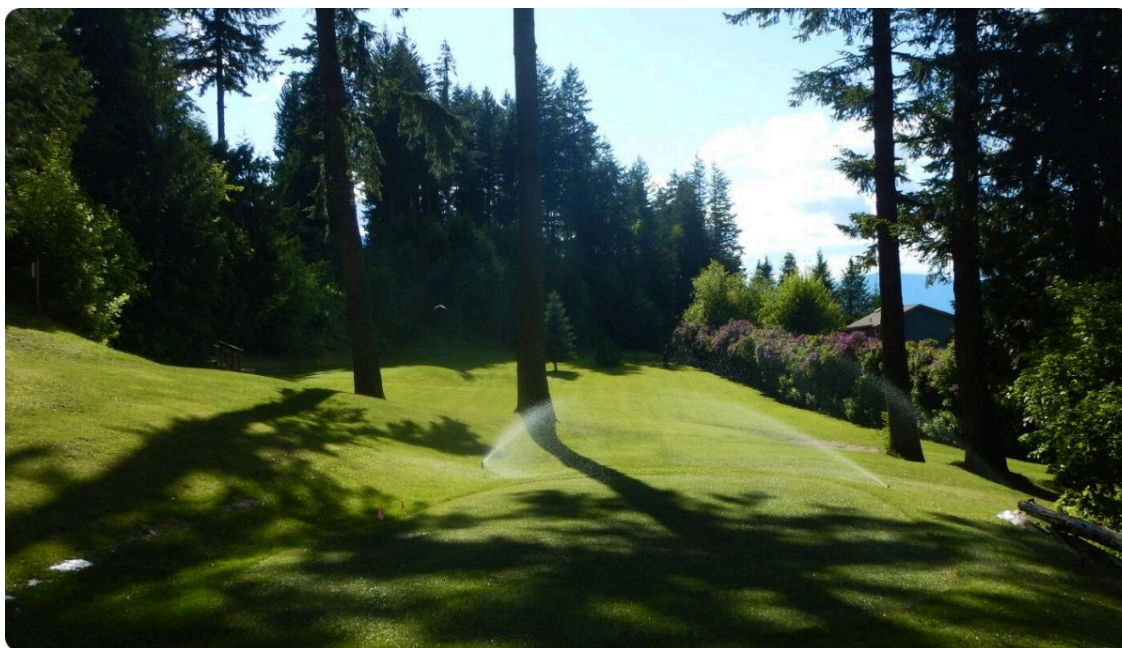
COST: \$35 for members \$50 for non-members



OUTDOOR ACTIVITIES

GOLF COURSE

Still Open Daily till mid October weather permitting.



These ladies are having so much fun they plan to golf until the course closes for the season! You might want to check with the co-ordinator below before you come in case the weather doesn't co-operate.



DAYS: Monday, Wednesday and Friday

TIME: 1:00 PM Starting Friday Oct 2nd

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

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

The men have decided not to continue golfing in October, but will be back again in the spring.

PICKLEBALL



Pickleball will continue into October until the weather is not favourable. Please note the new times for evenings at 5:00 PM as it is getting darker earlier.

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

Evenings: Round Robins on Monday and Wednesday 5:00 pm - 6:30

Newbies: Tuesdays and Thursdays 5:00 pm - 6:30

Angie and Roger



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.

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

- Silvia Hartmann

COMMUNITY SPOTLIGHT

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).



It's that time of year when we are doing our final fall cleanup in our yards. I'm still amazed how much things grow over the summer, though I shouldn't be with all that sunshine! So nice to see some good rain showers as everything is so dry.

We were all excited to be back to Keep Fit after our summer off. Lots of creaky knees but it felt so good doing all those stretches we neglected to do. Good to see a bunch of new folks in the class and it's amazing how quickly they catch on. Also nice to catch up with our friends over coffee after class (still the cheapest place in town).

A bunch of you must have taken my advice to try something new, as the Line Dance class is full, with 28 registered! Get out and enjoy our lovely fall weather,

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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