

CAISSE COMMUNITY CENTRE

Caisse Connections

NEWSLETTER

May 2025

Happy
Mother's
Day



CAISSE
COMMUNITY
CENTRE

www.caissecc.com

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No job is big or small; community service helps all.



2025 Caisse Community Centre Board of Directors & Staff

Nick Guffei, President
nick.guffei@vickar.com

Brian Cornelsen, Past-President
cornelsenbrian@gmail.com

Rich Marchetti, Vice-President
richmarchetti@me.com

Chad Brick, Treasurer
Chad@eastsideindustrial.com

Jared Lang, Secretary
Jaredlang@murrayjeepram.ca

Kyle Hayes, Sports Director
Kylehayes@live.ca

VACANT, Communications Director

Barbara Agland-O'Connor, Website Director
barbaraaoainlasalle@hotmail.com

Marcie Weiss, Special Events Director
marciemaylynn@gmail.com

Ashleigh Reimer, Director-at-Large
Ashleigh.whitley@yahoo.ca

Allyson Demski, La Salle Fall Festival Director-at-Large
allysondemski@gmail.com

VACANT, Director-at-Large

Trinda Kostal, La Salle Curling Club Director
kostalbt@mymts.net

Reporting to the Board:

Dee Romijn, Facility Manager
dromijn@caissecc.com



Caisse Community Centre Board of Directors Vacancies

2 Board Director positions remain vacant:

- Director-at-Large (1 year term)
- Communications Director (2 year term)

If you're interested in either of these positions, please contact:

Nick Guffei, President
nick.guffei@vickar.com



**CAISSE
COMMUNITY
CENTRE**

*together WE CAN
through volunteering*



The CO-OP logo, featuring the word "CO-OP" in white inside a red hexagon.

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A reminder.....

Keep our community clean.
PLEASE clean up after your pets.
PLEASE don't litter.
Be a good neighbour.



Thank you!

Personal, Self-Employed and Trust Tax Returns

IN-OFFICE or VIRTUAL appointments. Book online, email or call.

Services Include:

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Payroll (limited openings for small businesses)
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Visit our website to get started today



TROY HARRISON
13 Pinehurst Way
La Salle MB
204-736-2556
(Please leave a message)

info@tarrimtax.com
www.tarrimtax.com

Caisse Community Centre Co-op Membership Number

Please consider using the Caisse Community Centre's Co-op Membership Number **2213** for some of your petroleum purchases. The Caisse Community Centre's share will be applied to fundraising dollars towards the facility.

Thank you for your support!



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Jeff Baertsoen | jeff@paradigmcustomhomes.ca
Gerry Martel | gerry@paradigmcustomhomes.ca

1 - 42 Rue Principale, La Salle, MB R0G 0A2
Phone: 204.736.4686
Website: www.paradigmcustomhomes.ca



Caisse Connection Newsletter Deadlines

Deadline to submit an article or business advertisement in upcoming Caisse Connection Newsletter issues are:

June 2025 Newsletter issue Deadline -
May 10th, 2025

July 2025 Newsletter issue Deadline -
June 10th, 2025

Contact:

Barbara Agland-O'Connor
Caisse Community Centre Website Director
barbaraaoinalasalle@hotmail.com

To receive the monthly digital Caisse Connection Newsletter and upcoming event/programming information, please register at: www.caissecc.com - e-news registration

For information on newsletter business advertising, please visit:
www.caissecc.com - about us tab - [caisse connection newsletter](#)

Caisse Connection
NEWSLETTER

Macdonald-Headingley Recreation District (MHRD)



Macdonald-Headingley
RECREATION DISTRICT

**Spring - Summer 2025
Program & Community Resource
Guide is ONLINE and OPEN for
registrations!**

**For a complete list of programming
available and/or to register, please
visit our website at: www.mhrd.ca**

**For more information:
Call 204-885-2444
Email info@mhrd.ca**

Pickleball at the Caisse Community Centre

Pickleball

**Caisse Community Centre
Jan 7th 2025 - Jun 26th 2025
Tuesdays and Thursdays
from 1:00 pm to 3:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person**

**Facilitator:
Bernice Valcourt 204-479-0514**

Recreational Pickleball (beginners)

**Caisse Community Centre
Jan 6th 2025 - Jun 25th 2025
Mondays and Wednesdays
from 11:00 am to 1:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person**

**Facilitators:
Michele Boux
jimibx@mymts.net | 204-226-4810
Suzanne & Claude Lavallee
cslava81@gmail.com**



**Please bring
clean indoor
shoes.**



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Office: 204-736-4447



www.krestcarpentry.com



CAISSE
COMMUNITY
CENTRE

PR 247 & Hwy 330
La Salle MB R0G 0A1

For rental information
or to arrange a tour,
please contact:

Dee Romijn
Facility Manager

Office: 204-736-2679
Cell: 204-801-7629
dromijn@caissecc.com
www.caissecc.com

La Salle Splash Pad

The La Salle Splash Pad (located behind the Caisse Community Centre) will be opening soon! Exact date to be announced.

Details will be provided as soon as they become available on the Caisse Community Centre Website at: www.caissecc.com

La Salle Community Fellowship

We are a group of people who are learning to love like Jesus by studying the bible, worshipping God together and caring for each other and our community.

We welcome you to join us!

We meet Sundays at 10:30 am.

Check out our website for other weekly programs.

PR 247 E, La Salle
(between the Community Centre & the Golf Course)

w: www.lscf.ca
e: info@lscf.ca
p: 204.736.3200



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To see our upcoming availability and last minute cancellations.



Annual Highway #330 Ditch Clean Up:

Join us to help make our community beautiful again by cleaning up Highway #330 ditch between La Salle and the Perimeter on Wednesday, May 7th at 6:30 pm. Everyone welcome to participate!

Volunteers can meet at the church and then head out from there. Volunteers will be provided with instructions, garbage bags and Hi-Visibility Vests.

All are invited back to the church for Ice Cream when clean up is finished.



CAISSE COMMUNITY CENTRE FITNESS CLASSES

Spring 2025 Session

Apr 7th 2025 — Jun 26th 2025 (12 week session)

Instructor *Dee Romijn*

Mondays — 7pm to 8pm

Tuesdays / Thursdays — 6am to 7am



***If you join for 2 Fitness Classes/Week you're eligible for a 50% discount on a 4 Month FITNESS CENTRE Membership. Please contact Dee Romijn for details at:
204-736-2679 | 204-801-7629 (cell) | dromijn@caisseecc.com***

Description:

Workouts will consist of a warm-up and cool-down (stretch) with HIIT interval style training which includes a combination of resistance / cardio exercises for a whole body workout. There are a variety of levels offered each class from beginner to advanced to allow you to be in control of your workout.

Bonus:

To allow for more flexibility and busy schedules, classes can be interchanged between sessions.

Pricing (includes GST):

24 Classes \$201.60 (2/times per week)

12 Classes \$126.00 (1/time per week)

It's never too late to register for classes as fees will be pro-rated.



**For more information and/or to register:
email Dee Romijn at dromijn@caisseecc.com or visit www.caisseecc.com - programs tab**



Wildlife Haven Rehabilitation Centre

1028 Arnould Road,
Île des Chênes MB R0A 0T0

Wildlife Haven Rehabilitation Centre rehabilitates injured, sick and orphaned wildlife in Manitoba. Rescue. Rehabilitate. Release. For information, please visit: www.wildlifehaven.ca

General Inquiries

204-878-3740

info@wildlifehaven.ca

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Doctors, Nurses, Teachers &
Cottage Owners in the White
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- Intact Assistance Endorsement Included

[intact]
INSURANCE
GROUP
INSURANCE
PROGRAM



La Salle
Insurance

Lasalleinsurance.com



If you join for 2 Centre Fitness Classes/Week you're eligible for a 50% discount on a 4 Month FITNESS CENTRE Membership. Please contact Dee Romijn for details at: 204-801-7629 (cell) | dromijn@caissecc.com

CAISSE COMMUNITY CENTRE **FITNESS CENTRE**

Come and take a look at what the Fitness Centre at the Caisse Community Centre has to offer.

(conveniently located at the corner of PR 247E & HWY 330 in La Salle MB)

Information / Fee Schedule:

www.caissecc.com

- [fitness centre tab](#)

STAY FIT JOIN TODAY

Questions:

204-801-7629 (cell)

dromijn@caissecc.com



**CAISSE
COMMUNITY
CENTRE**

St. Hyacinthe Catholic Parish

27 Beaudry Street
La Salle MB R0G 0A1
Phone: 204-736-2847
Email: st.hyacinthelasalle@gmail.com
Website: www.sthyacinthelasalle.ca
Pastor: Father Gabriel Levesque



*Happy Mother's Day!
The Beauty of Life and
Hope for Our World.*

UPCOMING EVENTS – MARK YOUR CALENDAR

- May 4 – Catechism Wind Up
St. Hyacinthe Catholic Parish
- May 6 – Knights of Columbus & La Salle KidZ
Daycare Cash Bingo
Caisse Community Centre
- May 9 – Spaghetti Dinner Night
Caisse Community Centre
- May 29 – *Why Catholic?*
Bible Study & Faith Enrichment
St. Hyacinthe Catholic Parish
- June 4 – Meridian Baseball & BBQ
Brunkild Baseball Field

Please join us for **Sunday Mass** every Saturday afternoon at 4:00 pm or Sunday morning at 11:00 am. Visit our parish website for the latest news and resources.

Sunday Masses

Saturday, 4:00 pm / Sunday, 11:00 am

Weekday Masses

Wednesday, 9:00 am / Thursday, 7:00 pm

Adoration of the Blessed Sacrament

First Thursday of the month, following mass

*May the God of hope fill you with all joy and peace
in believing, so that by the power of the Holy Spirit
you may abound in hope. (Romans 15.13)*



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Little Ballers Basketball Spring 2025 Registration

Little Ballers LA SALLE
Spring Registration is Now Open!

Saturdays
May 10 2025 - June 28 2025

Saturdays

- Baby Ballers (10months-2.5years) 9:15 am
- Little Ballers (2.5years-3.5years) 10:15 am
- Mini Ballers (3.5years-5years) 11:15 am
- Big Ballers (5years-8years) 12:15 pm

ENROL NOW!

CAISSE COMMUNITY CENTRE
(located at the corner of PR 247E & Hwy 330 in La Salle)

Tossing

For information and/or to register: www.littleballersbasketball.com



Little Ballers ATHLETIC Program

Baby Ballers
Little Ballers
Mini Ballers
Big Ballers

SATURDAYS at the
Caisse Community Centre

May 10 2025 - June 28 2025

Little Ballers LEAGUE Program

TUESDAYS at the
Caisse Community Centre

May 13 2025 - July 8 2025
(no session July 1st)

Little Ballers League La Salle
Tuesdays May 13 - July 8 2025
(no session July 1st)
at the Caisse Community Centre

ENROL NOW!

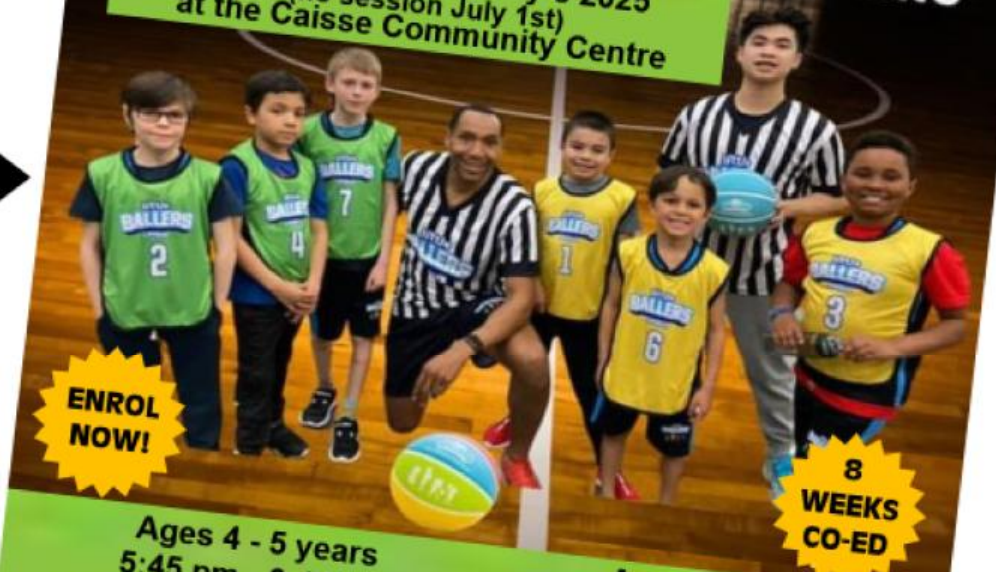
8 WEEKS CO-ED

Ages 4 - 5 years
5:45 pm - 6:45 pm

Ages 6 - 8 years
6:45 pm - 7:45 pm

* 45 minutes of **FUNDamentals** & 15 minutes **3 on 3** *

For information and/or to register: www.littleballersbasketball.com



EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

*Faithfully Serving the Communities of
DOMAIN and LA SALLE*

Worship continues at 9:30 am

May 4: Worship
May 11: Mother's Day
May 18: Worship
May 25: Worship

June 1: Worship
June 8: **100th Anniversary of the United
Church of Canada**

**Sanford United Church at 10:00 am
Pentecost / Communion**

June 15: Trinity Sunday / Father's Day
June 22: Worship
June 29: Worship
Union Point Church on Hwy 75 south of
Ste. Agathe **10:00 am**

*"As Comes the Breath of Spring with light &
mirth & song."*

D.L Ritchie / C.J Dale VU373

Contacts:

Reverend James DeBeer 204-461-4665
Janice Harrison 204-736-2613
Jane Manness 204-736-4072

www.meridian-pastoral-charge.ca

Member of the Meridian Interchurch Council



Domain
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General Manager

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Trevor Neudorf

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Email:

trevor@westperimeter.com

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domaincommunityhall@gmail.com



- built in 2001
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- capacity 250
- stage, lighting, sound system

2024 Macdonald Volunteer Service Awards Recipients

The Macdonald Volunteer Service Awards were introduced in 2006 at the 125th Anniversary of the Municipality of Macdonald. Several awards are presented annually by the Macdonald Public Recreation Commission at a special event honoring the recipients. Since its inception, 125 residents and 4 organizations have been recognized for their efforts and dedication to their communities. This year's Macdonald Volunteer Service Awards Reception was held on April 10th, 2025 in Starbuck (Starbuck Hall). **Thank You and Congratulations to all award recipients whose volunteer efforts have positively impacted their community and municipality.**



Left to Right:

Carrie Wilson

(Individual, Oak Bluff)

Brian Cornelsen

(Individual, La Salle)

Karran Bayney

(Individual, Sanford)

Val Jowett

(Individual, Starbuck)

Joyelle & Russ Erb

(Individual, Domain)

Audrey Hanna

(Individual, Brunkild)



Left to Right:

Gary Romijn

Dee Romijn (Caisse Community Centre Facility Manager)

Brian Cornelsen (Caisse Community Centre Past-President)

Nick Guffei (Caisse Community Centre President)



Brian Cornelsen

(Caisse Community
Centre Past-President)

*(Photos Courtesy of
Dee Romijn)*

Congratulations!

Cash Bingo



La Salle Council #7793

La Salle Knights of Columbus



La Salle Kidz^{INC.}
DAYCARE CENTRE

La Salle KidZ Daycare Centre

CASH BINGO

7:00 pm – 10:00 pm

(Doors open at 6:15 pm)

Tuesday, May 6th, 2025

at the Caisse Community Centre

~ LARGE VARIETY OF GAMES WILL BE PLAYED ~

Paper cards will be used.

Dabbers will be available.

Canteen will be open.

Contacts: Jim jim47lane@gmail.com | Georges gjcormier@gmail.com

Bingo LGCA # 281-BI-46689 Raffle LGCA # 681-RF-46690



St. Hyacinthe Catholic Parish 2025 Spaghetti Dinner

St. Hyacinthe Catholic Parish Women's Auxiliary presents:

***Spaghetti* DINNER NIGHT**

**- plus Silent Auction &
Kid Zone Games for \$2 (receive a prize)**

Friday, May 9th, 2025

from 5:30 pm to 7:30 pm

at the Caisse Community Centre

(includes spaghetti, salad, bread & ice cream dessert)

~ gluten-free option available upon request ~

Tickets - available at the door only

Adults \$15/person

Children (5-11 years) \$5/person

Children (4 years & under) Free

net proceeds for St. Hyacinthe Catholic Parish

Event Contact

Dolores Mogg 204-228-1912

Silent Auction Contact - cash or prize donation

Jennifer Lippens jlippens@mymts.net

(an income tax receipt will be provided upon request)

Caisse Community Centre Texas Hold 'Em Poker Tournament



caisse community centre presents

TEXAS HOLD'EM *Poker Tournament*

LGCA # 6908-TH-43849

Saturday, May 10, 2025
6 PM (registration begins at 5:15 pm)
Caisse Community Centre
(located at the corner of PR 247E & Hwy 330 in La Salle MB)

Sit n' Go Tables
"Stay all Night
and Enjoy the Action"

Royal Flush Accumulator Pot
over \$2,300 plus
accumulative added
\$10 buy in

\$60 buy in for \$50K starting stack
2 x \$20 rebuys for \$25K in chips
\$40 add on for \$60K in chips

To pre-register and guarantee your seat, please
contact Nick Guffei at: brightfuture@caissecc.com



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www.caissecc.com



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You're Invited To Celebrate

40

**AMAZING
YEARS**

of the La Salle Curling Club

**HAPPY
ANNIVERSARY**

Sat. May 10th, 2025

6 pm drinks

**7 pm dinner catered by Bistro 330
reception to follow**

Caisse Community Centre

**tickets - \$15 members, \$30 non-members
contact - lasallecurlingclubmb@gmail.com
no tickets at the door, must pre-purchase
by April 30th**

We can't wait to celebrate!

Macdonald Public Recreation Commission



Macdonald Public Recreation Commission (www.mhrd.ca)

Role of the Commission

- To promote a coordinated, municipal-wide approach to the provision of recreation opportunities.
- Support community, municipal recreation organizations in the delivery of programs and services.
- Support community recreation associations in development and maintenance of community recreation facilities.
- To develop and sustain effective leadership and volunteers which support recreation, physical activity, sport and healthy active lifestyles.
- Liaison to Municipal Council on recreation related matters.
- Continually evaluate programs, services and approaches to ensure they are meeting the needs of the municipality.

Recreation Program Support - Supporting community organizations to initiate new recreation programs that are accessible to the municipality.

Recreation Leadership Development - Supporting the development of skills of persons in a recreation leadership role (e.g. coaches, board development, volunteers, fitness leaders, etc). Receipts must be submitted by December 31st of the year the program was completed.

Library Membership Assistance - Providing assistance to individuals and families to purchase memberships to libraries up to \$50 per family. To qualify, proof of membership of the current year must be submitted to the RM of Macdonald by December 31st. For additional information, please call the Municipal Office at 204-736-2255.

Youth Initiatives - Encouraging communities to develop recreation opportunities for Youth.

Recreation Facilities - Supporting the development and maintenance of recreation facilities.



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We are open 8 am to 6 pm Monday - Friday
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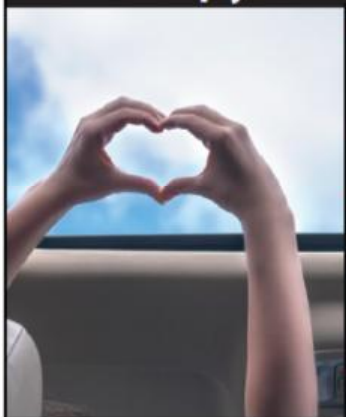
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to keep you on the road.
- **Paintless dent removal**
for fast, cost-effective repairs to your car.

Eastside Collision
Eastside Heavy Truck Collision
Eastside Moray Collision & Glass
www.TheEastsideGroup.ca
www.EastsideMorayCollision.ca

Eastside Collision	874 Marion Street	204.237.7111
Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Eastside Moray Collision & Glass	700 B Moray Street	204.885.2080

Domain Women's Institute (WI)

The Women's Institute (WI) is a local, provincial, national and international group of women that promote the well-being of Women, Families and Communities.

The Women's Institute (WI) began in England in 1887. The first Manitoba charter was granted to Morris in 1910 with the motto "For Home and Country".

The Domain WI was formed in 1947. Presently there are 16 members and there's always room for more!

Our Goal

"To empower women to make a difference".

Our Vision

"Strengthen women, families and communities".

Our Mission

"Is an organization that focuses on personal development, the family, agriculture, rural development and community action – locally and globally".

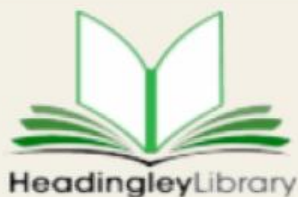
Our meetings take place during the months of September to June. We have guest speakers, go on tours, and much more.

We will be meeting at the Sky-Hy Restaurant in Steinbach at 10:00 am Wednesday, May 21st for our monthly meeting and lunch.

Followed by a tour at Jim Reimer's Wildlife Museum in Ste. Anne at 1:30 pm.

**If you would like to join us or would like more information on the Domain Women's Institute (WI), please contact:
Carol Pasieczka at 204-736-2681**





mother's Day

CRAFT

SATURDAY

MAY
03
2025

**11:00 am -
noon**

Headingley Library, 49 Alboro Street, Headingley

**DECORATE A POT AND PLANT
A FLOWER FOR MOM!**

REGISTRATION REQUIRED

4 years +

Email or phone to sign up!

hml@headingleylibrary.ca

(204) 888-5410

happy mother's day!

Sunday, May 11th, 2025

Mother's Day is an occasion which is celebrated in various parts of the world annually on the second Sunday of May to express respect, honor, and love towards mothers and mother figures. The day is an event to honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society.

Mother figures may include step-mothers, mothers-in-law, grandmothers, aunts, guardians (eg. foster parents) and family friends.

History

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother, Ann Reeves Jarvis, at St. Andrew's Methodist Church in Grafton, West Virginia. St. Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Reeves Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues.

Anna Jarvis wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed a mother is "the person who has done more for you than anyone in the world".

In 1908, the U.S. Congress rejected a proposal to make Mother's Day an official holiday. However, owing to the efforts of Anna Jarvis, by 1911 all U.S. states observed the holiday, with some of them officially recognizing Mother's Day as a local holiday (the first being West Virginia, Jarvis' home state, in 1910). In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.



Ann Reeves Jarvis
Sep 30, 1834 - May 9, 1905



Anna Jarvis
May 1 1864 - Nov 24 1948

La Salle Golf Tournament



We have sold out of teams for now. However, you can still add your team to the waitlist, by clicking the "Register Now" button at lasallenursery.com/golf-tournament. Be the next in line, if we suddenly have an opening!

WAITLIST

ReadyMeds 
Pharmacy, delivered.

**LA SALLE
GOLF TOURNAMENT**
Sponsorship Opportunities Available!

**Sunday, June 8th, 2025
Kingswood Golf & Country Club
Noon Shotgun Start**

**Proudly supporting the
La Salle Nursery School & La Salle School
Accessible Playground Project**

**\$200 per golfer
(includes round of golf, cart, lunch & dinner)**

Tee gifts for all golfers!

**REGISTER AT:
[LASALLENURSERY.COM/GOLF-TOURNAMENT](https://lasallenursery.com/golf-tournament)**

School's Out for Summer Dance (elementary students)

CAISSE COMMUNITY CENTRE

School's Out for Summer Dance



**Thursday, June 26th, 2025
6:00 pm to 8:30 pm
at the Caisse Community Centre**

Elementary students (kindergarten to grade 5 - no toddlers) and their parents are invited to celebrate this past year of school.

Live DJ (Bulldog Music) & Dance Floor Lights & Photo Booth (AJ's Mystic Mirror) promise to be the best way to kick off your summer break!

Canteen, Games & Prizes!

**For information and/or to sponsor this event, please contact:
Marcie Weiss at marciemaylynn@gmail.com**



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com-events tab

***\$5/child* (parents free)**

Please note: All children must be accompanied / supervised by a parent.

Macdonald Fire Department

In the coming weeks The Macdonald Fire Department is excited to announce that our Bike Helmet Safety Program is back again this summer!

We're committed to keeping our community's youngest riders safe while they enjoy the sunshine and freedom of summer biking. Our firefighters will be out and about, rewarding kids who are spotted wearing their helmets.

Parents — make sure those helmets are strapped on right, and kids — keep riding smart and safe!

Our members look forward to seeing your children riding safely in your community this summer.

Let's have a fun, active and SAFE summer together!

SAFETY FIRST



WEAR YOUR HELMET



CAISSE COMMUNITY CENTRE

located at the
corner of PR 247E & HWY 330 in La Salle MB

BEFORE & AFTER SCHOOL PROGRAM IN-SERVICE DAY CAMP PROGRAM

Before & After School Program (ages 5 to 12)

- runs from 7am to start of school and end of school until 6pm
- \$19.00 per day/per child (2 spots)
- \$9.50 per day/per child (1 spot)

In-Service Day Camp Program (ages 5 to 12)

- runs from 7am to 6pm
- \$35.00 per day/per child

Pre-registration required (online).

Lunch and/or snacks must be brought from home (nut-free).

Information and/or to register:

www.caissecc.com
- programs tab

Questions:

beforeandafter@caissecc.com



**CAISSE
COMMUNITY
CENTRE**

Caisse Community Centre
2025 **SUMMER CAMP**
FOR KIDS ages 5 to 11



July 2 – August 29, 2025

A different activity every day!

**Promises to be fun, educational & entertaining
all summer long!**

**For information, pricing and/or to register, please visit:
www.caissecc.com – programs tab**

(located at the corner of
PR 247E & Hwy 330 in La Salle MB)



**CAISSE
COMMUNITY
CENTRE**

Caisse Community Centre Summer Camp for Kids ages 5 to 11



**CAISSE
COMMUNITY
CENTRE**

Weekly / Daily Summer Camp Schedule (special hours for week 9 only – noon to 6:00 pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jul 2 – Jul 4	 Canada Day Weekend	 Canada Day Weekend	 Sports Buffet Day	 Cooking Day	 Splash Pad / Movie Day
Week 2 Jul 7 – Jul 11	 Science Day	 Tie-Dye Day	 Sound Farm Field Trip	 Under the Sea Day	 Splash Pad / Movie Day
Week 3 Jul 14 – Jul 18	 Space Day	 Bouncer Day	 Reptile Day	 Camping Day	 Splash Pad / Movie Day
Week 4 Jul 21 – Jul 25	 Scavenger Hunt Day	 Christmas in July	 Amazing Race Day	 Tie-Dye Day	 Splash Pad / Movie Day
Week 5 Jul 28 – Aug 1	 Bouncer Day	 Hoedown Day	 Carnival Day	 Cooking Day	 Splash Pad / Movie Day
Week 6 Aug 5 – Aug 8	 Terry Fox Day	 Halloween in August	 Sports Buffet Day	 Magic Day	 Splash Pad / Movie Day
Week 7 Aug 11 – Aug 15	 Pirate Day	 Bouncer Day	 Survivor Day	 Cooking Day	 Splash Pad / Movie Day
Week 8 Aug 18 – Aug 22	 Science Day	 Carnival Day	 Tie-Dye Day	 Blast from the Past	 Splash Pad / Movie Day
Week 9 Aug 25 – Aug 29	 Scavenger Hunt Day	 Reptile Day	 Space Day	 Foam Day	 Splash Pad / Movie Day

~ Camp Activities Subject to Change ~

La Salle VBS (Vacation Bible School) 2025

La Salle VBS (Vacation Bible School) SonRock 2025

August 25 - August 29, 2025 from 9:00 am to noon

Caisse Community Centre

La Salle Vacation Bible School (VBS), is hosted annually by the La Salle Community Fellowship along with other churches and volunteers in the La Salle community area. This weeklong program takes place in August at the Caisse Community Centre and hosts campers, ages 5-12. It includes music, drama, recreational activities, bible lessons and craft activities.

La Salle VBS also has a mentoring program for children entering Grade 6 and higher. These VBS guides assist and provide leadership to VBS campers during the various VBS activities through the week.

SonRock 2025

High above the cluttered schedules and buzzing cell phones of ordinary life is SonRock Kids Camp - an outdoor adventure camp like no other! As SonRock campers / students will learn how their lives can be transformed by God's great love for them. Campers will build bonds of friendship with each other and caring counsellors, sing great worship camp songs, engage in games and crafts, all as they discover who Jesus is and what His love for them means for their lives. There is nothing quite like an adventure in God's great outdoors.

We can't wait to see you at SonRock 2025!



VOLUNTEERS NEEDED

Volunteer for the La Salle Fall Festival and Be Part of the Fun!

Planning is underway for this years La Salle Fall Festival, happening September 12-14, 2025!!

Whether you're helping behind the scenes or engaging with festival-goers, there's a role for everyone. Anyone with a positive attitude and willingness to lend a hand can volunteer, no experience necessary!

Have a child in community sports?

Volunteering for the La Salle Fall Festival will count towards your required volunteer hours!

Some roles we are looking to fill with volunteers:

Pre-Festival Planning	Festival Ambassadors	Event Setup and Breakdown
Farmers Market / Entertainment Liaison	Social Media and Photography	
Kid's Zone Helpers	Baseball Tournament Liaison	

Why Volunteer for the La Salle Fall Festival?

- Gain valuable event experience
- Contribute to a positive, community-driven event
- Exclusive volunteer swag

La Salle Fall Festival

**Ready to join the fun?
Sign up now
and be part of something special!**

**To volunteer, please contact:
Allyson Demski
204-801-3492 | allysondemski@gmail.com**

 **CAISSE
COMMUNITY
CENTRE**
www.caissecc.com

Recipe

credit to: Southern Health-Santé Sud

Pecan Parmesan Chicken Bites

A simple and tasty take on chicken fingers!

Ingredients:

- 3 (about 1 ¼ lb / 600 g) boneless skinless chicken breasts
- 2 tbsp (30 mL) maple syrup
- 1 tbsp (15 mL) canola oil
- ½ cup whole wheat panko breadcrumbs
- 1/3 cup (75 mL) finely chopped pecans
- 1/3 cup (75 mL) parmesan cheese, grated
- ¼ cup (60 mL) flax seeds, ground
- 2 tsp (10 mL) garlic powder
- 1 tsp (5 mL) dried oregano leaves
- ¼ tsp (1 mL) each salt and fresh ground pepper



Directions:

1. Cut chicken into cubes or strips and place in a large bowl. Drizzle with maple syrup and oil and coat evenly; set aside.
2. In a large resealable bag, combine breadcrumbs, pecans, cheese, flax seeds, garlic powder, oregano, salt and pepper.
3. Add a few chicken pieces at a time to bag and shake to coat.
4. Place onto parchment paper lined baking sheet and repeat with remaining chicken and coating.
5. Bake in preheated 475°F (246°C) oven for about 15 minutes or until golden and chicken is no longer pink inside.

These chicken bites can be re-purposed the next day and put into pita pockets, wraps or in a salad. The ground flax in the recipe adds a boost of healthy fats and fibre. Substitute ground pecans for other nuts such as walnuts or pistachios.

Disclaimer:

Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.



www.southernhealth.ca

La Salle Arena

The Caisse Community Centre Board of Directors are extremely excited to announce that the long awaited La Salle Arena project has been approved through our Municipal and Provincial governments!

With this announcement, we are formally kicking off our fundraising campaign to ensure that we have a facility that the residents of La Salle and the RM of Macdonald can truly be proud of!

The La Salle Arena will be a place for families to come together for a wealth of recreational activities. A place to develop new skills and drive healthy competition. A community focal point where we can face new challenges affecting our municipality. A facility that adds to the word 'HOME'.

With the addition of this much needed amenity, we will ensure that La Salle will remain a desirable place to raise our families. Now and for decades to come! But we need your HELP!

We are asking for your support to make the La Salle Arena the very best it can be! Please consider supporting this project with a donation that will recognize your family or business! Your support will truly make a difference!

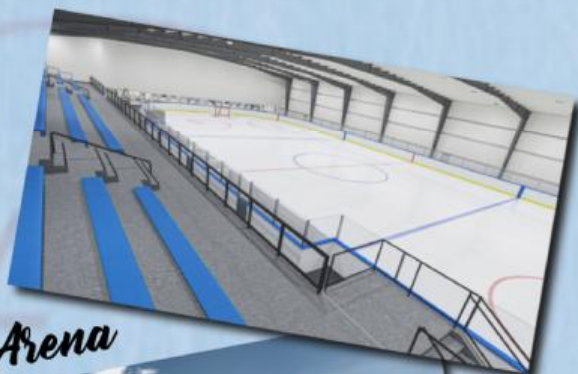
The Board of the Caisse Community Centre is deeply grateful for your support!

Business Plan

- Proposed arena schedule would run 10 months per year which would significantly increase arena revenue over single season ice (which is the case for all other RM arenas).
- Staffing and operational costs will be reduced with a single multiplex (shared staffing resources).

Project Schedule

- Local Improvement Plan Approval: December 2024
- Order Pre-engineered Building: December 2024
- Design and Building Permits: January 2025
- Construction Start: March 2025
- Construction Completion: Spring 2026
- Opening: Summer 2026



La Salle Arena



*Enhancing our Neighbourhood
"Together"*

For Project Information,
please visit our website:

www.caissecc.com/lasallearena

OR scan the QR code



For Fundraising Information:

brightfuture@caissecc.com

Questions?

arena@caissecc.com



CAISSE
COMMUNITY
CENTRE

TAX FREE SAVINGS ACCOUNT

**You'll be covered.
We'll make it easy.**



We offer a full range of investment options to help you achieve your goals, whether it be for education, retirement, travel or more.

TFSA

A Tax Free Savings Account lets you invest your savings without paying taxes.

RRSP

Contributing regularly to a Registered Retirement Savings Plan will help you build a comfortable retirement fund.

RRIF

A Registered Retirement Income Fund is designed to provide you with a regular source of income throughout your retirement.

TERM DEPOSIT

A Term Deposit allows you to invest at a fixed interest rate without worrying about interest rate fluctuations.

**For more information,
visit our branch or Caisse.biz**

La Salle Branch 204.736.4341

Caisse Financial Group

A division of Assiniboine Credit Union

