

CAISSE COMMUNITY CENTRE

# *Caisse Connection*

## NEWSLETTER

*June* 2025

*Happy  
Father's  
Day!*



CAISSE  
COMMUNITY  
CENTRE

[www.caissecc.com](http://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](mailto:nick.guffei@vickar.com)

**Brian Cornelsen**, Past-President  
[cornelsenbrian@gmail.com](mailto:cornelsenbrian@gmail.com)

**Rich Marchetti**, Vice-President  
[richmarchetti@me.com](mailto:richmarchetti@me.com)

**Chad Brick**, Treasurer  
[Chad@eastsideindustrial.com](mailto:Chad@eastsideindustrial.com)

**Jared Lang**, Secretary  
[Jaredlang@murrayjeepram.ca](mailto:Jaredlang@murrayjeepram.ca)

**Kyle Hayes**, Sports Director  
[Kylehayes@live.ca](mailto:Kylehayes@live.ca)

**VACANT**, Communications Director

**Barbara Agland-O'Connor**, Website Director  
[barbaraaoainlasalle@hotmail.com](mailto:barbaraaoainlasalle@hotmail.com)

**Marcie Weiss**, Special Events Director  
[marciemaylynn@gmail.com](mailto:marciemaylynn@gmail.com)

**Ashleigh Reimer**, Director-at-Large  
[Ashleigh.whitley@yahoo.ca](mailto:Ashleigh.whitley@yahoo.ca)

**Allyson Demski**, La Salle Fall Festival Director-at-Large  
[allysondemski@gmail.com](mailto:allysondemski@gmail.com)

**VACANT**, Director-at-Large

**Trinda Kostal**, La Salle Curling Club Director  
[kostalbt@mymts.net](mailto:kostalbt@mymts.net)

### Reporting to the Board:

**Dee Romijn**, Facility Manager  
[dromijn@caissecc.com](mailto: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](mailto:nick.guffei@vickar.com)



*together WE CAN  
through volunteering*



**Macdonald Septic Service**  
from June 1st to October 31st  
Now Booking for  
Septic Tank  
Cleaning



Call 204-797-6484 to book your appointment.



congratulations

*Graduates*

class of 2025





## 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!



Call Marc at 204-918-2203 or  
visit us online at [www.lussiersales.com](http://www.lussiersales.com)



Vehicle, Tire and Lawn & Garden  
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## PARADIGM CUSTOM HOMES

CURRENTLY UNDER CONSTRUCTION

FALL 2025 SHOW HOME

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Parade of Homes (Sept 20 - Oct 12)!

Questions regarding building with us?  
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204-997-1065

Contact us:

Jeff Baertsoen | [jeff@paradigmcustomhomes.ca](mailto:jeff@paradigmcustomhomes.ca)  
Gerry Martel | [gerry@paradigmcustomhomes.ca](mailto:gerry@paradigmcustomhomes.ca)

1 - 42 Rue Principale, La Salle, MB R0G 0A2  
Phone: 204.736.4686  
Website: [www.paradigmcustomhomes.ca](http://www.paradigmcustomhomes.ca)



## Caisse Connection Newsletter Deadlines

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

July 2025 Newsletter issue Deadline -  
June 10th, 2025

August 2025 Newsletter issue Deadline -  
July 10th, 2025

Contact:

Barbara Agland-O'Connor  
Caisse Community Centre Website Director  
[barbaraaoainlasalle@hotmail.com](mailto:barbaraaoainlasalle@hotmail.com)

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

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

*Caisse Connection*  
NEWSLETTER



# Happy Father's Day



**Happy**  
FATHER'S  
*day*

Sunday, June 15th, 2025

Father's Day is an occasion which is celebrated in various parts of the world annually on the third Sunday of June to express respect, honour, and love towards fathers and father figures. The day is an event to honour the contribution of fathers and the role of fathers in our society.

Father figures may include step-fathers, fathers-in-law, grandfathers, uncles, guardians (eg. foster parents) and family friends.

## History

After Anna Jarvis' successful promotion of Mother's Day in Grafton, West Virginia, the first observance of a day honouring fathers was held on July 5, 1908, in Fairmont, West Virginia. Grace Golden Clayton was mourning the loss of her father, who was one of the 362 men who were killed in the Monongah Mining Disaster of December 1907. 250 of them were fathers, leaving around a thousand fatherless children. Clayton suggested that her pastor Robert Thomas Webb honour all those fathers. This was the country's first ever event to strictly honour fathers, but it was just a one-and-done thing. Nothing really came of it.

The following year, however, a woman named Sonora Smart Dodd started her quest to establish Father's Day as a national holiday after hearing a church sermon about the newly recognized Mother's Day. Dodd held her father in great esteem. Dodd was one of six raised by her single father and thought fathers should be honoured the same way as mothers. After a year of petitioning her local community and government, Dodd's home state of Washington celebrated its first official Father's Day on June 19, 1910. Dodd then approached the Spokane Ministerial Alliance and suggested her own father's birthday, of June 5, as the day of honour for fathers. The Alliance chose the third Sunday in June instead.

Over time, the idea of Father's Day became popular and embraced across the nation. In 1916, President Woodrow Wilson sent a telegraph to Spokane praising Father's Day services. William Jennings Bryan was another early admirer of the observance. In 1966, President Lyndon B. Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day. In 1972, President Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June each year.



William Jackson Smart	Sonora Smart Dodd
Jun 5, 1842 -	Feb 18, 1882 -
Dec 5, 1919	Mar 22, 1978



## King's Coronation Medal Recipient Angie Cormier (La Salle resident)

---

"In May, I had the honour of presenting the King's Coronation Medal to Angie Cormier in recognition of her incredible contributions to the communities of La Salle & Domain.

Each MLA was given 2 King's Coronation Medals to present to outstanding community members.

Angie and her family are incredible and our community is lucky to have their dedication and support! Thanks Angie for everything you do!!"

— *Lauren Stone, P.C., MLA for Midland*



Left to Right:

**Angie Cormier**

Lieutenant Governor of Manitoba  
The Honourable **Anita R. Neville**, P.C., O.M.

**Lauren Stone**, P.C., MLA for Midland

"Thank you all so much and thank you Lauren Stone.

I feel very honoured to have been chosen to receive this. Love this community that we call home and feel very privileged to have worked with so many wonderful people in our communities."

— *Angie Cormier*

*Congratulations Angie!  
Well deserved!*



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## Community Multi-Purpose Lenten Drive THANK YOU

A huge thank you to the La Salle and Domain residents for your continued and generous support in helping those who are facing various difficulties in our society. Your donations make a big difference in these peoples lives. **THANK YOU** for taking part in the Community Multi-Purpose Lenten Drive which took place in March & April 2025.



### Collected Donations as follows:

#### Holy Cross Food Bank and Soup Kitchen

300 pounds of food was delivered and a donation in the amount of \$2,375.00. Over and above the food, there were loads of clothing, toys, and household items also delivered.

#### The Family Support Centre

A donation in the amount of \$200.00 and multiple new born items were delivered.

#### One88 Community Church

A donation in the amount of \$50.00 and several car loads of adult clothing were delivered.

The above donations were made possible through the following organizations:

- Knights of Columbus La Salle Council #7793
- St. Hyacinthe Catholic Parish (La Salle)
- Avonlea United Church (Domain)
- La Salle Community Fellowship
- Caisse Community Centre (La Salle)

*Thank You!*



Community Multi-Purpose  
Lenten Drive Coordinators  
Georges Cormier  
and Chris Lippens

## 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  
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shoes.



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- We do estimates on residential, agriculture and commercial buildings.

For all your building needs, come see us at the  
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We are open 8 am to 6 pm Monday - Friday  
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51 Rue Principale, La Salle MB R0G 0A2 204-736-3293

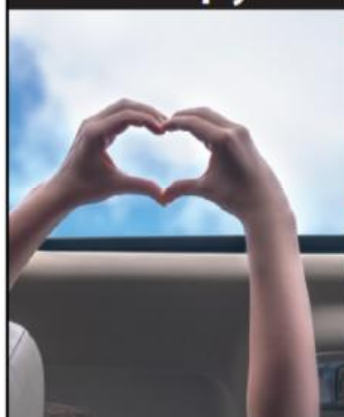
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[www.TheEastsideGroup.ca](http://www.TheEastsideGroup.ca)  
[www.EastsideMorayCollision.ca](http://www.EastsideMorayCollision.ca)

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.

For our year windup, we will meet at the Glenlea Research Station at 10:00 am on Wednesday, June 11th for a tour of the facility. Followed by lunch at the Pancake House (2220 McGillivray Boulevard) at 12:15 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

Our first meeting in the fall will take place September 10th.

Have a safe and happy summer!





# Spaghetti Dinner Night THANK YOU

On behalf of the St. Hyacinthe Catholic Parish, the Women's Auxiliary would like to say a big Thank You to all that were able to attend the Spaghetti Dinner on May 9th, 2025 at the Caisse Community Centre to support our St. Hyacinthe Catholic Parish.

Thank You to all the volunteers that help before and during the evening of the Spaghetti Dinner. Because of the volunteers hard work and efforts, the Spaghetti Dinner turned out to be a great evening!

Also, a Big THANK YOU to all the people and businesses that donated to the Spaghetti Dinner Night. YOUR support is greatly appreciated.

The St. Hyacinthe Catholic Parish Women's Auxiliary

*Thank You!*

A promotional poster for a Spaghetti Dinner Night. The poster features a black background with yellow and white text. At the top, it says "St. Hyacinthe Catholic Parish Women's Auxiliary presents:". Below that, "Spaghetti DINNER NIGHT" is written in large, stylized yellow letters. Further down, it lists "- plus Silent Auction & Kid Zone Games for \$2 (receive a prize)". The date and time are "Friday, May 9th, 2025 from 5:30 pm to 7:30 pm" in white. The location is "at the Caisse Community Centre". A note in parentheses says "(includes spaghetti, salad, bread & ice cream dessert)". Another note says "~ gluten-free option available upon request ~". The ticket prices are listed: "Tickets - available at the door only", "Adults \$15/person", "Children (5-11 years) \$5/person", and "Children (4 years & under) Free". At the bottom, it says "net proceeds for St. Hyacinthe Catholic Parish". Contact information is provided: "Event Contact Dolores Mogg 204-228-1912", "Silent Auction Contact - cash or prize donation Jennifer Lippens jlippens@mymts.net", and "(an income tax receipt will be provided upon request)". The poster also includes images of a bottle of olive oil, a plate of spaghetti with tomato sauce and basil, and a slice of bread.

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, June 21, 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)

### **Learn to Play!**

(begins at 4:30 pm)

Come and learn how the game works, learn different strategies and build confidence before the event starts. Hosted by world class dealers from Northern Stars. (\$10/person)

\$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](mailto:brightfuture@caissecc.com)

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

Royal Flush Accumulator Pot  
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## St. Hyacinthe Catholic Parish

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



*May your hearts always be full of love and happiness. We thank you for all that you give of yourselves to your families and community!*

### UPCOMING EVENT – MARK YOUR CALENDAR

June 4 – Meridian Baseball & BBQ  
Brunkild Baseball Field

Catechism resumes in September, please contact the Parish office for information.

*We offer sincere congratulations to all Graduates in our community and wish them much success in their future pursuits!*



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.

### Regular 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

*Once you choose Hope, everything becomes possible.*



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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 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](mailto:marciemaylynn@gmail.com)**



**CAISSE  
COMMUNITY  
CENTRE**

**[www.caissecc.com-events](http://www.caissecc.com-events) tab**

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

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



# Connections Café

(A Meal Program for Older Adults living in the RM of Macdonald administered by Macdonald Services to Seniors)



- \$10/person

MONDAYS: Brunkild or La Salle  
(Brunkild Hall | Caisse Community Centre)

WEDNESDAYS: Starbuck  
(Starbuck Hall)

THURSDAYS: Sanford  
(Sanford Legion)

Please call Leanne Wilson, Resource Coordinator at 204-736-2255 to reserve your lunch 2 days prior to each meal. We will try to accommodate special dietary requests.

JUNE 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 La Salle Butter Chicken	3	4 Starbuck Chicken Pot Pie	5 Sanford Meat Loaf	6	7
8	9 La Salle Hamburger Steak	10	11 Starbuck Smothered Pork Chops	12 Sanford Liver'n Onions	13	14
15 Happy Father's Day	16 Brunkild Lemon Chicken	17	18 Starbuck Liver'n Onions	19 Sanford Chicken Pot Pie	20	21
22	23 La Salle Chicken Pot Pie	24	25 No Meal	26 No Meal	27	28
29	30 La Salle Soup & Sandwiches	~ Menu Subject to Change Without Notice ~				



**Wildlife Haven Rehabilitation Centre**


1028 Arnould Road,  
Île des Chênes MB R0A 0T0

**General Inquiries**

204-878-3740  
info@wildlifehaven.ca

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We're ALL in this together!

For information: [www.kidsportcanada.ca](http://www.kidsportcanada.ca)



*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](mailto: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](http://www.caissecc.com)  
- fitness centre tab

# STAY FIT JOIN TODAY

Questions:  
204-801-7629 (cell)  
[dromijn@caissecc.com](mailto:dromijn@caissecc.com)



**CAISSE  
COMMUNITY  
CENTRE**





## **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](mailto: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](mailto:dromijn@caisseecc.com) or visit [www.caisseecc.com](http://www.caisseecc.com) - programs tab**





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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](mailto:dromijn@caissecc.com)  
[www.caissecc.com](http://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  
(located between  
the Caisse Community Centre  
& Kingswood Golf & Country Club)

w: [www.lscf.ca](http://www.lscf.ca)  
e: [info@lscf.ca](mailto:info@lscf.ca)  
p: 204.736.3200



## Library Membership Assistance

Providing assistance to individuals and families, who reside in the RM of Macdonald, to purchase memberships to libraries up to \$50/family.

To qualify, proof of membership must be submitted to the RM of Macdonald Municipal Office by December 31st of each year for refund of the current year's fees.

For additional information, please contact the Municipal office at:

204-736-2255 or [info@rmofmacdonald.com](mailto:info@rmofmacdonald.com)



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DIRECT BILLING

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To see our upcoming availability and last minute cancellations.





# 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](http://www.mhrd.ca)**

**For more information:  
Call 204-885-2444  
Email [info@mhrd.ca](mailto:info@mhrd.ca)**



## 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](http://www.caissecc.com)  
- programs tab

Questions:  
[beforeandafter@caissecc.com](mailto: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](http://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
<b>Week 1</b> Jul 2 – Jul 4	 Canada Day Weekend	 Canada Day Weekend	 Sports Buffet Day	 Cooking Day	 Splash Pad / Movie Day
<b>Week 2</b> Jul 7 – Jul 11	 Science Day	 Tie-Dye Day	 Sound Farm Field Trip	 Under the Sea Day	 Splash Pad / Movie Day
<b>Week 3</b> Jul 14 – Jul 18	 Space Day	 Bouncer Day	 Reptile Day	 Camping Day	 Splash Pad / Movie Day
<b>Week 4</b> Jul 21 – Jul 25	 Scavenger Hunt Day	 Christmas in July	 Amazing Race Day	 Tie-Dye Day	 Splash Pad / Movie Day
<b>Week 5</b> Jul 28 – Aug 1	 Bouncer Day	 Hoedown Day	 Carnival Day	 Cooking Day	 Splash Pad / Movie Day
<b>Week 6</b> Aug 5 – Aug 8	 Terry Fox Day	 Halloween in August	 Sports Buffet Day	 Magic Day	 Splash Pad / Movie Day
<b>Week 7</b> Aug 11 – Aug 15	 Pirate Day	 Bouncer Day	 Survivor Day	 Cooking Day	 Splash Pad / Movie Day
<b>Week 8</b> Aug 18 – Aug 22	 Science Day	 Carnival Day	 Tie-Dye Day	 Blast from the Past	 Splash Pad / Movie Day
<b>Week 9</b> 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**

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## **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!**





**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**

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**

~ Closed for the month of July ~

**Worship with a friend.  
Enjoy God's gift of creation.**

**Enjoy the Summer!**

*"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](http://www.meridian-pastoral-charge.ca)**

***Member of the Meridian Interchurch Council***



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**Trevor Neudorf**

**Call:**

**204-781-1798**

**Email:**

**[trevor@westperimeter.com](mailto:trevor@westperimeter.com)**

## **DOMAIN COMMUNITY HALL**

Domain, Manitoba

**Friendly Country Hospitality**

**For hall bookings:**

**[domaincommunityhall@gmail.com](mailto:domaincommunityhall@gmail.com)**



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



## Ingredients for a Healthier Tomorrow

credit to: Southern Health-Santé Sud



### A Note on Food Safety

- Thaw frozen leftovers in the fridge (not the counter).
- Re-heat leftovers to 165°F – check using a food thermometer.
- Only reheat leftovers one time. Do not refreeze thawed leftovers.
- Keep leftovers in the fridge for a maximum of 2-3 days. Freeze if storing longer.
- Ensure soups, gravies, sauces are brought to boil before you eat them.

### Lovely Leftovers

Getting creative with leftovers can help you save time, money and help decrease food waste. Planning to use leftovers can help you prioritize key nutrients that we need for good health.

#### Vegetables and Fruit:

- Peel & freeze overripe bananas and use in loafs, muffins and smoothies.
- Add any combination of leftover cooked vegetables into a pasta dish, casserole or quiche.
- Use leftover stir-fried vegetables in a wrap or omelette.

#### Grains:

- Chill leftover pasta for pasta salad, soups or casseroles.
- Use extra quinoa, rice or barley in a grain bowl, soup or casserole.
- Make individual sized pizzas using tortillas, English muffins or pita breads for the crust.

#### Protein Foods:

- Sauté ground beef, use some in a casserole and freeze the rest for chili, pasta sauce or stuffed peppers.
- Bake larger pieces of meat such as whole chicken, ham or beef. Serve hot and use leftovers in stirfries, soups, casseroles, sandwiches or salads.



[www.southernhealth.ca](http://www.southernhealth.ca)



## Recipe

credit to: Southern Health-Santé Sud



*Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older.*

*In this recipe, kids can help to:*

- Measure the ingredients
- Cut vegetables and cheese (age dependent)

### Directions

- 1. Pan-fried halloumi cheese (if using):**  
Cut halloumi into 1 cm slices. Heat a non-stick pan on medium heat. Add slices of halloumi and cook for 1 to 2 minutes on each side until golden brown. If you don't have a non-stick pan, use a little bit of oil to prevent sticking.
- 2. Dressing:**  
In a small bowl, whisk together oil, lemon juice, oregano, salt, pepper and garlic; set aside.
- 3. Power Bowl:**  
Divide quinoa, tomatoes, cucumber, yellow pepper, and salmon (or tuna) among 4 bowls. Top with cheese, onion, and olives. Drizzle with dressing.

### Ingredients

#### **Dressing:**

- Oil ⅓ cup (75 mL)
- Fresh lemon juice 3 tablespoons (45 mL)
- Dried oregano 1 teaspoon (5 mL)
- Salt and fresh ground pepper ¼ teaspoon (1 mL) each
- Garlic, pressed 1 clove

#### **Power Bowl:**

- Quinoa, barley or brown rice, cooked 2 cups (500 mL)
- Grape tomatoes, halved 2 cups (500 mL)
- Sliced, halved English cucumber 2 cups (500 mL)
- Sweet yellow pepper, cut into bite-size pieces 1
- Water-packed salmon 2 cans (each about or tuna, drained 6 oz / 170 g)
- Small cubed Havarti cheese 1 cup (250 mL) or pan-fried halloumi cheese
- Red onion, diced ¼ cup (60 mL)
- Kalamata olives, halved and pitted 8

**Preparation Time: 15 minutes | Serves: 4**

**Recipe Provided By: Dairy Farmers of Canada**

**Recipe Source: [www.nutritionmonth2022.ca](http://www.nutritionmonth2022.ca)  
(recipe e-book - page 10)**

**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](http://www.southernhealth.ca)



## Spot the Difference Puzzle - Ice Cream Overload

(solution on page 26)

Can you find the 7 differences?





# 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](mailto:allysondemski@gmail.com)**

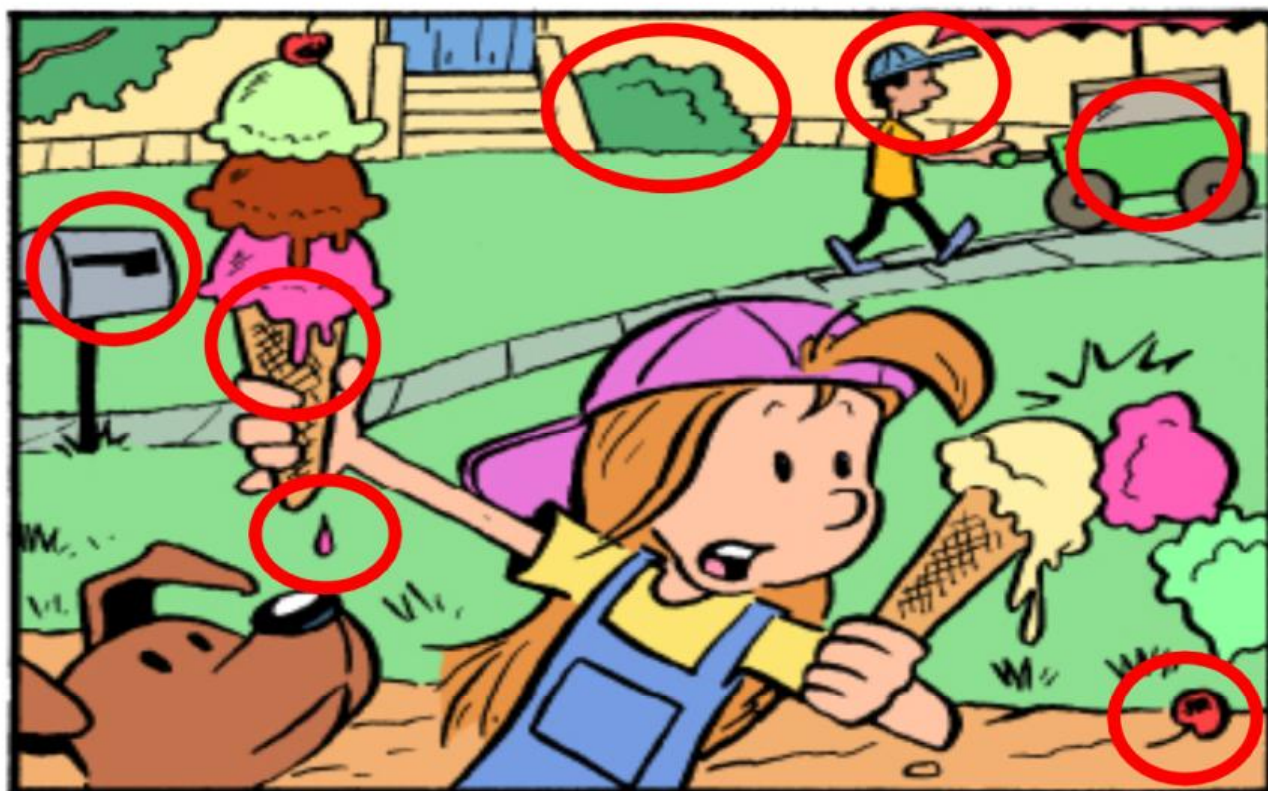
 **CAISSE  
COMMUNITY  
CENTRE**  
[www.caissecc.com](http://www.caissecc.com)



## Spot the Difference Puzzle - Ice Cream Overload (SOLUTION)

(puzzle on page 24)

Did you find the 7 differences?





# **La Salle Curling Club 40 Years Celebration THANK YOU**

---

**40 Years is an amazing accomplishment.**

**Thank you to everyone that attended the celebration that took place Saturday, May 10th, 2025 at the Caisse Community Centre and thank you to everyone that has supported the La Salle Curling Club for the last 40 years, from Club members to volunteers and everyone in between...we truly are a community that has made this successful.**

**Here's to 40 more and beyond!**

**The La Salle Curling Club**

*Thank You!*





# La Salle **Fall Supper** 2025

*Save the Date!*

Tickets sold at the door only.

No advance tickets or reservations. (come and go)

Take-Out orders available. (pre-order instructions provided at [www.caissecc.com](http://www.caissecc.com))

BUSLOADS & GROUPS OVER 25 MUST BE PRE-ARRANGED AT [donnabell@taketwoinc.com](mailto:donnabell@taketwoinc.com)

**Sunday, September 28th, 2025**  
**from 3:00 pm to 7:00 pm**  
**at the Caisse Community Centre**

**Event Planning is Underway**

Information and full details, as soon as they become available, will be provided at: [www.caissecc.com/events](http://www.caissecc.com/events)



**CAISSE  
COMMUNITY  
CENTRE**

Proudly organized with net proceeds going to: St. Hyacinthe Catholic Parish, Caisse Community Centre and La Salle Community Fellowship

Always looking for and accepting volunteers to help with this wonderful community event. If interested, please reach out to the community groups listed above or contact: [donnabell@taketwoinc.com](mailto:donnabell@taketwoinc.com)



# LA SALLE ARENA PROJECT FUNDRAISING GOAL: \$1,500,000



(as of May 24, 2025)

Sponsorship Category	Sponsor
Named Sponsor	Tank Traders (Marcel Vouriot)
Platinum	Northway Pharmacy / ReadyMeds (Darren Murphy)
Platinum	Lussier Sales (Marc Lussier)
Gold	La Salle Insurance (Adam Murphy)
Silver	Cargill (Jeff Vassart)
Silver	Eastside Collision (Chad Brick)
Bronze	Brian & Marla Cornelsen
Bronze	Krest Carpentry (Hank Fast)
Bronze	Pristine Roofing & Siding (Ash Boyd)
Bronze	Kent Smith
Builders	Shelly Resler
Sustainers	Joe & Shannon Dunbar
Sustainers	Andrew & Laurie Dyck
Sustainers	Mallory Roovers
Benefactors	The Logan Family

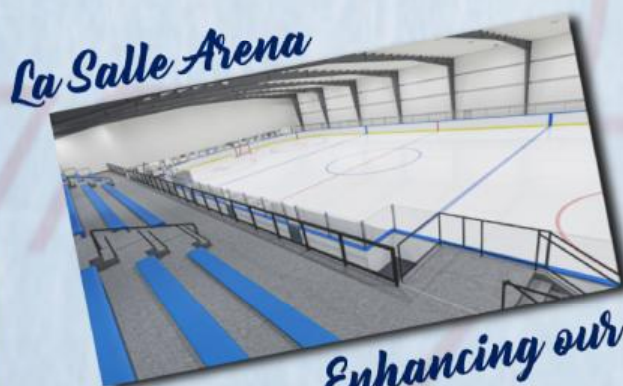
## Sponsorship Category Levels

Named Sponsor	Platinum	Gold	Silver	Bronze	Builders	Sustainers	Benefactors
\$500,000+	\$100,000+	\$50,000 - \$99,999	\$10,000 - \$49,999	\$5,000 - \$9,999	\$1,500 - \$4,999	\$1,000 - \$1,499	\$999.99 & under

Thank you to our generous sponsors (as of May 24, 2025) that have contributed to 55% of our goal! Bringing the La Salle Arena Project to life for the community of La Salle would not be possible without your support! If you're considering supporting the La Salle Arena Project with a donation that will recognize your family or business, please contact Nick Guffei or visit our website. Your support will truly make a difference!

For Fundraising Information, please contact:  
Nick Guffei [brightfuture@caissecc.com](mailto:brightfuture@caissecc.com)

For Project Information,  
please visit our website:  
[www.caissecc.com/lasallearena](http://www.caissecc.com/lasallearena)  
OR scan the QR code



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