CAISSE COMMUNITY CENTRE

Caisse Connection NEWSLETTER

August 2025





www.caissecc.com



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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

<u>Jaredlang@murrayjeepram.ca</u>

Kyle Hayes, Sports Director Kylehayes@live.ca

VACANT, Communications Director

Barbara Agland-O'Connor, Website Director barbaraaoinlasalle@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







Terry Fox Day — August 4th, 2025

(Terry Fox Run — Marathon of Hope)

On August 4th, honor a great man, Terry Fox, the Terry Fox Foundation and a great cause by celebrating Terry Fox Day. After discovering a malignant tumor on his knee and undergoing surgery which removed 15 centimeters of his leg, Terry Fox pursued on a cross-Canada run (Marathon of Hope) that lasted 143 days and 5,373 kilometers — all to raise money and awareness for cancer.

Inspiring Facts About Terry Fox

The world welcomes Terry Fox

Terry Fox is born July 28 1958 in Winnipeg, Manitoba as Terrance Stanley Fox to parents Betty and Rolly Fox.

He receives an award

Terry Fox is given The Order of the Dogwood, the highest civilian award in British Columbia.

His athleticism is rewarded

Terry Fox receives the Lou Marsh Award for outstanding athletic accomplishment — a title that was voted on by Canadian sports editors.

The Canadian press acknowledge his accomplishments

Terry is voted as Canadian of the Year by the Canadian Press.

A mountain is named in his honor

A peak located in the Rocky Mountain is designated by British Columbia as Mount Terry Fox.

A highway is named after him

A section of the Trans-Canada Highway is renamed the Terry Fox Courage Highway.

The run goes global

After its success in Canada, the Terry Fox Run — Marathon of Hope launches around the world.

Manitoba Civic Holiday renamed in his honor in 2014

Manitoba renamed its civic holiday in August to Terry Fox Day after the Winnipeg-born hero. Terry Fox Day falls on the first Monday in August.

So on Terry Fox Day, get involved:

Run a race, donate money, raise money — however you choose to participate on August 4th, just be sure to pay homage to this incredible individual......



July 28 1958 — June 28 1981

Connections Café

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



- \$10/person

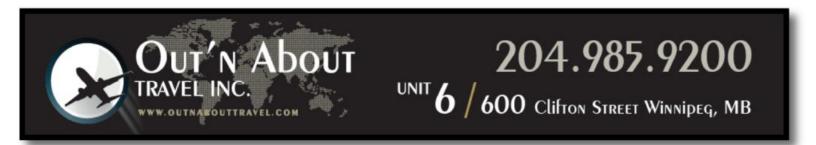
MONDAYS: Brunkild or La Salle (Brunkild Hall | Caisse Community Centre)

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.

| AUGUST 2025 | | | | | | | | |
|-------------|---|-----------|---|---|--------|----------|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| | Menu Subject | to Change | Without Notice | | | 2 | | |
| 3 | Terry Fox Day No Meal | 5 | 6 Starbuck Roast Chicken | 7 Sanford Ribs | 8 - V | 9 | | |
| 10 | 11 La Salle Meatloaf | 12 | 13 Starbuck Sandwiches and Salads | 14 Sanford Beef Stew | 15 | 16 | | |
| 17 | 18 La Salle Turkey Sloppy Joes | 19 | 20 Starbuck Farmer's Sausage & Perogies | 21 Sanford Salmon | 22 | 23 | | |
| 31 | 25 Brunkild Ham & Texas Potatoes | 26 | 27 Starbuck Salisbury Steak | 28 Sanford Turkey Chili (beanless) | 29 | 30 | | |





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!



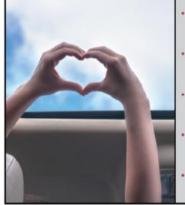






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Caisse Connection Newsletter Deadlines

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

September 2025 Newsletter issue Deadline -August 10th, 2025 October 2025 Newsletter issue Deadline -

September 10th, 2025

Contact:

Barbara Agland-O'Connor Caisse Community Centre Website Director barbaraaoinlasalle@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



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



Sunday Masses Everyone Welcome! 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

Catechism Program:

Register now for the 2025-2026 Sunday classes! Please contact Patricia Rousseau 204-510-6160 or sthyacinthecatechism@gmail.com for info and registration. Parent Meeting & Welcome on Sunday, September 14, 2025!



Children, youths and families are invited to experience a **Summer Camp**, such as one of the Catholic Summer Camps of St. Malo.

Visit: <u>www.catholicway.net/</u> <u>summer-camps</u>

We wish everyone a safe and restful summer!

Hope is being able to see that there is light despite all of the darkness.
- Desmond Tutu



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204-233-4949 desjardinsfuneralchapel.ca





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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 e: info@lscf.ca



Fellowship 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





Avonlea United Church

Domain, MB (10 kilometers south of La Salle)

Faithfully Serving the Communities of DOMAIN and LA SALLE

~ Worship Resumes at 9:30 am for the month of August ~

"This is God's Wondrous World" M.D Babcock VU296

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

Caisse Community Centre Event Sub-committees

There are plenty of event sub-committees to be involved in at the Caisse Community Centre. For further information, please contact Nick Guffei, Caisse Community Centre President: nick.guffei@vickar.com







West Perimeter Auto's Staff has the knowledge and experience to help our customers from sales to service. Our Sales Team is ready to show you our large selection of pre-owned vehicles. Our Service Team can help you with any repair, maintenance or collision repairs your vehicle needs.

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Caisse Community Centre Summer Camp for Kids ages 5 to 11



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.

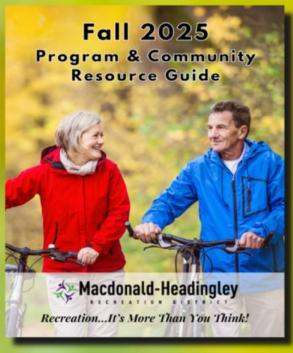
SonRock 2025

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!



Macdonald-Headingley Recreation District (MHRD)





Macdonald-Headingley

Fall 2025
Program & Community Resource
Guide will be ONLINE and OPEN
for registrations at noon on
August 11th, 2025.

Please mark your calendar!

Information will be available on our website at: www.mhrd.ca

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







Plan to visit during the Fall 2025
Parade of Homes (Sept 20 - Oct 12)!
Questions regarding building with us?
CALL SEAN KIRADY OF REMAX AT
204-997-1065

Contact us:

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



















Macdonald Septic Service from June 1st to October 31st Now Booking for Septic Tank Cleaning Call 204-797-6484 to book your appointment.



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: <u>www.caissecc.com</u> <u>- programs tab</u>

Questions: <u>beforeandafter@caissecc.com</u>









La Salle School Parent Advisory Council

CASH BINGO

7:00 pm **- 10:00** pm

(Doors open at 6:15 pm)

Tuesday, September 9th, 2025

at the Caisse Community Centre

~LARGE VARIETY OF GAMES WILL BE PLAYED ~

Pa<mark>per ca</mark>rds will be used. Dabbers will be available. Canteen will be open.

Contacts: Jim <u>jim47lane@gmail.com</u> | Georges <u>gjcormier@gmail.com</u>

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







September 12-14, 2025

(at the Caisse Community Centre)

For updated information follow us on Social Media: www.Facebook.com/lasallefallfestival



- ♦ Farmer's Market
 - **♦ Live Music**
 - Beer Gardens
 - Baseball Tournament
- Children's Events
 - **♦ Food Trucks**
 - Family Fun Events

Sponsorship and Volunteer Opportunities

Please contact <u>lasallefallfestival@gmail.com</u> for more information about being a sponsor or volunteering at this year's festival. There are so many great opportunities to assist before, during and after the festival.

Join Us!!



www.caissecc.com/events





LA SALLE COMMUNITY SLO-PITCH TOURNAMENT SEPTEMBER 13, 2025

Co-ed 6/4, adults only format
3 umpired game guarantee with 5 innings per game
Beer gardens throughout the day & live band in the evening
Sign-up: First come, first serve - 16 teams maximum
Preference will be given to RM of Macdonald residents



Caisse Community Centre 80 MB-247, La Salle, MB



To register your team, contact: Rick Maloney 204-794-6563 Kyle Hayes 204-998-2226 **Cash Prizes for Finalists**

Championship Trophy w/Engraving

Beer Gardens & Late Night Live Music

Proceeds in Support of Future Caisse Community Centre Events

www.caissecc.com





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)

BUSLOADS & GROUPS OVER 25 MUST BE PRE-ARRANGED AT donnabell@taketwoinc.com



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

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: 204-801-7629 (cell) / 204-736-2679 (office) | dromijn@caisseecc.com





Unlock the Potential of Food

credit to: Southern Health-Santé Sud



Cook and Learn About:

Language: How do you read a recipe or write a grocery list?

Math: How do you measure ingredients and work with fractions?

Science: What will happen when you boil an egg or make bread?

Social Studies: What food is grown in Canada and around the world?

Food Skills: How do you stir, chop, knead, pour and scoop?

Social Skills: How can we work together, take turns and share utensils?

The Potential to Discover

Foster healthy eating habits in children by helping them to shop and cook. Five tips for getting your kids involved:

- Pick a Recipe and Shop Together: Children need to be part of the plan from the beginning, and it helps if they choose and prepare something they love to eat.
- 2. Incorporate Learning: Build on lessons they learn in school such as math, social studies, spelling, science and reading. Younger children can practice fine motor skills
- Keep it Fun! Imaginative play helps children get deeply involved. Have a theme night or turn your kitchen into a restaurant.
- 4. Be a Role Model: If you're excited they will be too. Try a new food, describe the flavor and be adventurous to inspire your kids to do the same.
- Be Cool about the Mess: Spills and accidental messes happen. It's important to remain calm.



Recipe

credit to: Southern Health-Santé Sud

Overnight Hearty Oatmeal Breakfast

Preparation Time: 5 minutes | Refrigeration Time: 8 hours | Yields: 2

Ingredients

- 1 cup (250 ml) milk
- · 1 cup (250 ml) plain yogurt
- ¼ tsp (1 ml) vanilla extract
- 1 Tbsp (15 ml) natural peanut butter
- 2 tsp (10 ml) honey
- · 1 ripe banana (mashed)
- 1 cup (250 ml) large flake oats
- 1 cup (250 ml) fresh mixed berries (blueberries, raspberries, black berries)



Recipe Source: www.dairyfarmersofcanada.ca

Instructions

Step 1

In a medium sized bowl mix together milk, yogurt, vanilla, peanut butter, honey, bananas and oats until well blended.

Step 2

Split in two separate Mason jars. Top each with ½ cup (125 ml) mixed berries. Refrigerate for at least 8 hours. Enjoy!

Tip – This recipe can be served warm as well. To enjoy hot, microwave for 1 minute with Mason jar lid off.

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
- mash the banana

- stir the ingredients



Volleyball Manitoba Community Youth Volleyball Fall 2025

Volleyball Manitoba Community Youth Volleyball Fall 2025

at the Caisse Community Centre

12U

(athletes born between January 2013 and December 2015) 8 Thursdays, September 11th to October 30th 2025 from 6:00 pm to 7:00 pm \$165/person

Please click HERE to register for 12U

14U

(athletes born between January 2011 and December 2012) 8 Thursdays, September 11th to October 30th 2025 from 7:15 pm to 8:45 pm \$205/person

Please click <u>HERE</u> to register for 14U

Questions? Please contact: Alyssa Houde, Program Manager volleyball.dev@sportmanitoba.ca

Details? Please visit: www.volleyballmanitoba.ca/ community-youth-volleyball







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



(as of July 15, 2025)

Thank You to our Generous Sponsors!

| Category Level | Sponsor |
|----------------|--|
| Named Sponsor | Tank Traders (Marcel Vouriot) |
| Platinum | Northway Pharmacy / ReadyMeds (Darren Murphy) |
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| Silver | Domain Do-op (Colin Thomson) |
| Silver | Eastside Collision (Chad Brick) |
| Silver | La Salle Accounting Services (Kelly Dalke) |
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| Benefactors | Darrell Broughton (in memory of Shane Schofield) |
| Benefactors | Trevor & Kaitlyn Dunphy |
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| Named Sponsor | Platinum | Gold | Silver | Bronze | Builders | Sustainers |
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For Fundraising Information please contact: Nick Guffei brightfuture@caissecc.com

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







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