

CAISSE COMMUNITY CENTRE

Caisse Connection

NEWSLETTER

August 2025



 **It's
Summer
Time**



**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*



PRETTY POOCH PET STYLING

Jessica Hewko

One on one professional pet styling

204-801-7346

pppstyling@gmail.com

Oak Bluff, MB

@pppstyling

A reminder.....

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



Thank you!

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.....



Terry Fox
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 ~					1	2
3	4 Terry Fox Day No Meal 	5	6 Starbuck Roast Chicken	7 Sanford Ribs	8	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
24 	25 Brunkild Ham & Texas Potatoes	26	27 Starbuck Salisbury Steak	28 Sanford Turkey Chili (beanless)	29	30
31						



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6

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www.homesteadco-op.crs





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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Eastside Moray Collision & Glass
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www.EastsideMorayCollision.ca

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

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
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

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: www.catholicway.net/summer-camps

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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CAISSE
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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
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
e: info@lscf.ca
p: 204.736.3200



Headingley Library



HeadingleyLibrary

49 Alboro Street
Headingley MB R4J 1A3

Membership Includes:

- Print/Electronic Books & Magazines
 - DVD Movies
 - Monthly Book Club
 - Children's Programming
- and more!

For further information:

phone 204-888-5410

email hml@headingleylibrary.ca

or visit www.headingleylibrary.ca

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



EVERYONE WELCOME



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



**CAISSE
COMMUNITY
CENTRE**



Domain
Cooperative Oil
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COLIN THOMSON
General Manager

P.O. Box 56
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204-781-1798
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trevor@westperimeter.com

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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!



Macdonald-Headingley Recreation District (MHRD)

Fall 2025 Program & Community Resource Guide



Macdonald-Headingley
RECREATION DISTRICT

Recreation...It's More Than You Think!



Macdonald-Headingley
RECREATION DISTRICT

**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**

Call Marc at 204-918-2203 or
visit us online at www.lussiersales.com



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Parade of Homes (Sept 20 - Oct 12)!
Questions regarding building with us?
CALL SEAN KIRADY OF REMAX AT
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Contact us:

Jeff Baertsoen | jeff@paradigmcustomhomes.ca

Gerry Martel | gerry@paradigmcustomhomes.ca

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Macdonald Septic Service

from June 1st to October 31st

Now Booking for
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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:

www.caissecc.com
- programs tab



Questions:

beforeandafter@caissecc.com



CAISSE
COMMUNITY
CENTRE

Cash Bingo



La Salle Council #7793

La Salle Knights of Columbus



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 ~

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





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 lasallefallfestival@gmail.com 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!!



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com/events





*Vendor/
Farmer's
Market*



**September 13 & 14, 2025
from 10am to 4pm**

(at the Caisse Community Centre)

Calling All Vendors!

~ Produce or Merchandise ~

The La Salle Fall Festival is expanding the Vendor/Farmer's Market this year (from one day to two days) with preference given to local vendors of La Salle and the RM of Macdonald.

Create your own 10x10 space or rent an 8 foot table.

Please send a message or email to lasallefallfestival@gmail.com for more information and/or to register!

For updated information follow us on Social Media:

www.Facebook.com/lasallefallfestival



*Don't Delay!
Reserve Your
Table Today!*



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com/events



Admission
\$330
/team

Sponsored by
 **RIVER CITY FORD**
DRIVING CHANGE

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

A promotional poster for a poker night event. The background is black with a collage of poker-related images: a red and white checkered tablecloth, a roulette wheel, and several playing cards (Ace of Spades, Ace of Clubs, and a Club 10). The text is primarily in red and white. At the top right is a QR code. The main title 'LASALLE POKER NIGHT' is in large, bold, red letters with a white outline. Below it, the date and time 'September 20 @ 3PM' are also in red with a white outline. The venue 'CAISSE COMMUNITY CENTRE LASALLE MANITOBA' is written in red with a white outline. A red banner with white text says '\$200 Entry 150K Starting Stack'. To the left, on a white card background, it says 'Contact Nick @ 204-291-4700 to register'. Below that is the 'Northern Stars POKER' logo with a red maple leaf. At the bottom, '75% PAYOUT' is written in large, bold, red letters. On the right side, there is a list of event details: '1 x \$200 (150K) Rebuy if Felted or use as addon at break 2', '20 Min Levels', 'Royal Flush', and 'Late Reg until Level 11'. At the bottom right is the 'CAISSE COMMUNITY CENTRE' logo and the phone number 'LGCA 6908-TH-43849'.

La Salle **Fall Supper** 2025

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

Sunday, September 28th, 2025

from 3:00 pm to 7:00 pm

at the Caisse Community Centre

\$20/person

\$15/person (ages 6 to 11)

FREE (ages 5 & under)

Information and full details provided at:

www.caissecc.com - events tab



**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

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



**CAISSE COMMUNITY CENTRE
FITNESS CLASSES**

Instructor *Dee Romijn*

Mondays

— 7pm to 8pm

Tuesdays / Thursdays

— 6am to 7am

**Fall 2025 Session
Sept 8th — Dec 18th
(15 week session)**

**For more information, pricing and/or to register, please contact Dee Romijn:
204-801-7629 (cell)
204-736-2679 (office)
dromijn@caisseecc.com
or visit www.caisseecc.com/programs**



**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.caisseecc.com/fitness_centre**

**STAY FIT
JOIN TODAY**

**Questions:
204-801-7629 (cell)
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:

- 1. 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
- 3. 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.
- 5. Be Cool about the Mess:** Spills and accidental messes happen. It's important to remain calm.



www.southernhealth.ca

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



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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 [HERE](#) to register for 14U

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

Details? Please visit:
[www.volleyballmanitoba.ca/
community-youth-volleyball](http://www.volleyballmanitoba.ca/community-youth-volleyball)



Fall Community Youth Volleyball

*Coming to the
Caisse Community Centre
on Thursdays!*

Registration NOW OPEN

12U 6pm-7pm
14U 7:15pm - 8:45pm



CAISSE
COMMUNITY
CENTRE



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



(as of
July 15, 2025)

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For Fundraising Information please contact:
Nick Guffei brightfuture@caissecc.com

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