

CAISSE COMMUNITY CENTRE

Caisse Connections

NEWSLETTER

November 2025

Remembrance Day
November 11th

*Lest We
Forget*



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

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cornelsenbrian@gmail.com

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richmarchetti@me.com

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Chad@eastsideindustrial.com

Jared Lang, Secretary
Jaredlang@murrayjeepram.ca

Kyle Hayes, Sports Director
Kylehayes@live.ca

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barbaraaoainlasalle@hotmail.com

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marciemaylynn@gmail.com

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Ashleigh.whitley@yahoo.ca

Jason Nickel, Director-at-Large
nickel.jm@gmail.com

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allysondemski@gmail.com

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

Ryan Brezeno, Tank Traders Director
rbrezeno@tanktraders.com

Reporting to the Board:

Dee Romijn, Facility Manager
dromijn@caissecc.com

2025 Caisse Community Centre Board of Directors UPDATE

A warm welcome to **Jason Nickel** and **Ryan Brezeno** who recently joined the Caisse Community Centre Board of Directors.

The Communications Director position remains vacant. If you're interested in this position, please contact:

Nick Guffei, President
nick.guffei@vickar.com



Caisse Connection Dec 2025 Newsletter Deadline

Please be advised the deadline to submit an article or business advertisement in the December 2025 Newsletter issue is:
November 10th, 2025

Contact:
Barbara Agland-O'Connor
Caisse Community Centre Website Director
barbaraaoainlasalle@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

Remembrance Day

11 NOVEMBER

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

poem written by
Lieutenant-Colonel John McCrae

3 MAY 1915



Lieutenant-Colonel John McCrae, MD

(Nov 30, 1872 - Jan 28, 1918)
was a Canadian poet, physician,
author, artist and soldier during
World War I, and a surgeon during
the Second Battle of Ypres, in
Belgium. He is best known for
writing the famous war memorial
poem "In Flanders Fields". McCrae
died of pneumonia near the end of
the war in Wimereux, France.

McCrae was born in McCrae House
in Guelph, Ontario to
Lieutenant-Colonel David McCrae
and Janet Simpson Eckford. His
brother, Dr. Thomas McCrae, became
Professor of Medicine at Johns
Hopkins Medical School in Baltimore,
Maryland. His sister Geills married
James F. Kilgour, a Justice of the
Court of King's Bench, and moved to
Winnipeg, Manitoba.

*Lest We
Forget*

Domain Legion #208

Our Remembrance Day Service will be held November 11th at the Domain Community Hall. Gather outside the hall at 10:15 am for the first part of the service. Service will conclude inside the hall. All are welcome.

Remembrance Day, November 11th, is a day for all to observe a moment of silence to mark the sacrifice of the many who have fallen in the service of our country and to acknowledge the courage of those who still serve. It is a day we encourage every individual, young and old, to give thanks and to remember. *Lest We Forget.*

For further information, please contact:

Denis Litster, Remembrance Co-Ordinator at 204-791-1281 or Larry Manson, Secretary at 204-998-4404



Time Change - Fall Back!

Change Your Clocks Back 1 Hour on Sunday, November 2nd, 2025 at 2:00 am.

It's also a good time to change batteries in your smoke detectors!



Mark your calendar!

**NADINA KOTZ**
Gas Bar Manager

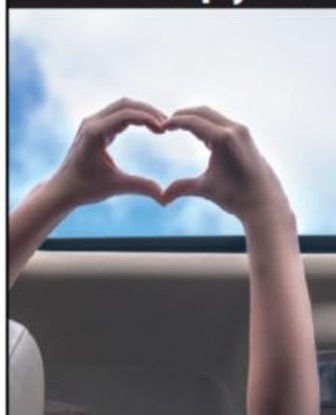
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www.EastsideMorayCollision.ca

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



Macdonald Fire Department
Sanford Fire Hall
188 Mandan Drive
Sanford MB



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[3 Jontz Cove, Sage Creek Real Estate Listing](#)



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Gerry Martel | gerry@paradigmcustomhomes.ca

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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



CAISSE COMMUNITY CENTRE FITNESS CLASSES

Fall 2025 Session

Sept 8th 2025 — Dec 18th 2025 (15 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):

30 Classes \$252.00 (2/times per week)

15 Classes \$157.50 (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**

[illegible]

Doors open at 6:45 pm
Quiz Night starts at 7:30 pm
Teams of 6 – 8 players
Tickets \$25 / person

Pre-selling Holiday Wine Raffle tickets!



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Cash Bingo



La Salle Council #7793

La Salle Knights of Columbus



La Salle School Parent Advisory Council

CASH BINGO

1:30 pm – 4:30 pm

(Doors open at 12:45 pm)

Sunday, November 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.

Contact: Georges gjcormier@gmail.com

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



Christmas Bingo



La Salle Council #7793
La Salle Knights of Columbus



La Salle School
Parent Advisory Council

Christmas

BINGO



1:30 pm – 4:30 pm

(Doors open at 12:45 pm)

Sunday, December 7th, 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.

Contact:

Georges gjcormier@gmail.com



Bingo LGCA # 681-BI-49509 Raffle LGCA # 681-RF-49510

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.

Our Annual General Meeting will be held Wednesday, November 12th, 2025 at 10:00 am followed by a potluck lunch.

For information on the Domain Women's Institute (WI), please contact:

Carol Pasieczka
204-736-2681





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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



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email hml@headingleylibrary.ca

or visit www.headingleylibrary.ca

Caisse Community Centre Sub-Committees

There are plenty of sub-committees to be involved in at the Caisse Community Centre.

Sub-committee members are always needed and are welcome to join at any time.

For further information, please contact:

Nick Guffei
Caisse Community Centre President
nick.guffei@vickar.com



CAISSE
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CENTRE

EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

*Faithfully Serving the Communities of
DOMAIN and LA SALLE*

From September 2025 to January 2026:

Regular Worship Service time is 9:30 am
with the exception of the second Sunday of every
month at 11:00 am.

November 2025

- Nov 2: Time Change (fall back)
Nov 9: Remembrance Sunday **11:00 am**
Nov 11: Domain Legion #208 Remembrance
Day Service **10:15 am**
Domain Hall
Nov 23: Reign of Christ Sunday / Communion /
Hanging of the Green / Lunch

Season of Advent Memory Lights & Hamper Collection

- Nov 30: Advent 1
Meridian Interchurch Advent Service
Springstein Mennonite Church **7:00 pm**

"Make Me a Channel of Your Peace"
St. Francis VU #684

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



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Michelle D'Souza 204-792-7107

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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**

St. Hyacinthe Catholic Parish

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

Come join us for the celebration of **Sunday Mass** every Saturday afternoon at 4:00 pm or Sunday morning at 11:00 am. Visit our parish website for all 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

Catechism



Catechism classes resumed on Sunday, September 21. We are still accepting new registrations. Please contact Patricia Rousseau, 204-510-6160 or sthyacinthecatechism@gmail.com

UPCOMING EVENTS - MARK YOUR CALENDAR

- Nov 1 – All Saints Day
- Nov 2 – All Souls Day
- Nov 9 – La Salle Knights of Columbus & La Salle School Parent Advisory Council Cash Bingo, Caisse Community Centre
- Nov 9 – St. Hyacinthe Catholic Parish Event 2025, Caisse Community Centre
- Nov 11 – Remembrance Day

On November 11th, we honour and pay our respect to all who sacrificed so much for our country and for the cause of peace.



*"If we have no peace, it is because we have forgotten we belong to each other."
– Mother Theresa*

La Salle Girl Guides
Girl Guides is a place where girls can be themselves.
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Girl Guides

“They didn't even flinch when I said Dad's dog had to attend.”



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Macdonald-Headingley Recreation District (MHRD)

Winter 2026 Program & Community Resource Guide



 **Macdonald-Headingley**
RECREATION DISTRICT
Recreation...It's More Than You Think!



The Winter 2026 Program & Community Resource Guide will be **ONLINE** and **OPEN** for registrations **December 1st 2025.**

A complete list of programming will be available on our website at:
www.mhrd.ca

Many amazing programs coming your way!

For more information:

Call 204-885-2444
Email info@mhrd.ca

MHRD Adult & Child Snowshoe Loan Program

Come and borrow a pair of snowshoes to take the path less travelled! It's a fun way to explore in winter!

4 Sizes:

- Small Kids
- Adult Small - 50 lb. - 120 lb.
- Adult Medium - 110 lb. - 160 lb.
- Adult Large - 160 lb. - 210 lb.

Pickup from MHRD office located at:
179 Seekings Street
Headingley MB
Office Hours:
Monday - Friday, 8:30 am - 4:30 pm

- Pick up is available Wednesday, Thursday and Friday with returns by the following Monday or Tuesday.
- Be sure to let us know when you are coming or contact us to make alternate arrangements!

Try out a set of snowshoes this winter!

Contact us to borrow a pair!

website: www.mhrd.ca
email: info@mhrd.ca
phone: 204-885-2444

Please note: This program is only available to RM of Macdonald and Headingley residents.



Macdonald-Headingley
RECREATION DISTRICT

La Salle Fall Supper 2025 *Thank You!*

What a beautiful fall day to gather together for a record setting 72nd La Salle Fall Supper which took place Sunday, September 28th, 2025 at the Caisse Community Centre! 1357 people served!

Thank you to everyone that attended or chose to take out – your smiling, hungry, appreciative, and supportive presence made it a pleasure to serve you.

Thank you to the dessert makers who lovingly made/dropped off over 230 pies and desserts.

Kudos to all of the food cooks who cooked and delivered 125 trays to the Caisse Community Centre Sunday.

Thank you to the decorations group, setup, and take down teams for some great work. The venue looked fabulous by Saturday afternoon and then back to normal before 10pm Sunday.

Thank you to the day of volunteers (75+ people) for your happy faces and hard-working hands getting the jobs done. You don't see the glory as you are bent over the stove, carving 56 turkeys, clearing and washing 1200 plates and 200 pots, serving, cutting pies, handling takeout, moving the line, providing bevvies, parking the cars, running food from the kitchen to the line ETC. Your effort was felt by everyone!

Thank you to the task leaders. Way to adapt, adjust, and accelerate to handle the largeness of this event.

Thank you to the week of prep volunteers (70+ people). Prep nights are becoming fun nights! We are so thankful for those hands chopping 250lbs of carrots, rolling 4000+ meatballs, peeling 450lbs of potatoes, bosching 100lbs of cabbage, and preparing 110 loaves of bread for stuffing.

Huge Thank You to our local Co-op for playing a large part in supplying, storing, and keeping us on track with all the much needed supplies!

Thank you Fall Supper Committee for working flawlessly together to accomplish our community goal of welcoming and showing 'a community brought together'.

See you all next year!

Proudly organized with net proceeds of approximately \$19,130
(divided evenly) going to:
St. Hyacinthe Catholic Parish, Caisse Community Centre
and La Salle Community Fellowship



La Salle's Fifth Annual
HANDMADE HOLIDAY MARKET

at the Caisse Community Centre

Fri Nov 21 2025

from 6:00 pm to 9:00 pm

Sat Nov 22 2025

from 10:00 am to 2:00 pm

Daily General Admission: \$2/person
(includes door prize entry)

*Enjoy holiday shopping and unique
finds from local artisans!*

Vendors:

Application forms available by email request to:
marciemaylynn@gmail.com

Questions? Text or Call 204-918-3844



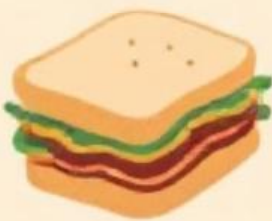
**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com/events

POP-UP LUNCH at

HANDMADE HOLIDAY MARKET

**Bistro 330 will be joining us and offering
a variety of lunch items to purchase while
you shop.**



Saturday, November 22, 2025 ONLY

10 am - 2 pm

Caisse Community Centre

2025 Breakfast with Santa



Support the 2025 Breakfast with Santa Event!

To Whom it May Concern:

We are excited to announce that the 2025 Breakfast with Santa is just around the corner! Mark your calendars for **Saturday, December 6th**, from 8:30 am to 11:00 am at the **Caisse Community Centre**. This festive community event will be filled with holiday cheer, and we hope you'll join us for a magical morning with family and friends.

We kindly invite local businesses and community members to contribute to our silent auction by donating either monetary funds or gift items. The auction will feature prizes for children of all ages and family-friendly packages, helping us create a memorable experience for everyone.

Along with the silent auction, families will enjoy a warm breakfast and the chance to take photos with Santa. Children can have fun at the colouring station, and families can capture memories with Santa.

We'll also be collecting non-perishable food donations through our "Tin for the Bin" initiative to support the local food bank.

If you are interested in donating or learning more about the event, please contact us.

Contact Information:

Brooke: 431-277-6500

Marcie: 204-918-3844

**Your support brings our community closer
and helps create memories we can all share.**



2025 *Breakfast with Santa*

Bring your little ones for a delightful morning filled with joy and wonder. Join us for Breakfast with Santa where children can share their holiday wishes, enjoy a delicious pancake breakfast and revel in the magic of the season!

Sat, Dec 6th, 2025

8:30 am – 11:00 am

at the Caisse Community Centre

\$5/Child \$10/Adult

- ☑ **Delicious pancake breakfast for the whole family.**
- ☑ **Meet and greet with Santa.**
- ☑ **Have your picture taken with Santa .
(by parents – please bring a camera)**
- ☑ **Photo Booth.**
- ☑ **Coloring Station.**
- ☑ **A jolly good time for all spreading holiday cheer.**

For information, sponsorship opportunities, silent auction donations (items or monetary) and/or to volunteer, please contact:

Marcie at marciemaylynn@gmail.com or

Brooke at hardingbrooke1@gmail.com

Please bring a Tin for the Bin.



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com

2025 Breakfast with Santa Sponsorship / Donations

(as of Oct 29, 2025)



"Where Customers Send Their Friends"
(Nick Guffei)



**La Salle Council #7793
La Salle Knights of Columbus**



Homestead



Thank You!



www.caissecc.com



LSCC FRIDAY AFTERNOONS

**DROP IN CURLING
FRIDAY AFTERNOONS
AT THE LA SALLE
CURLING CLUB (LSCC)
\$5 FEE / PERSON**

WHAT TO KNOW:

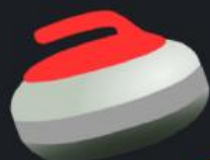
- ALL LEVELS OF CURLING WELCOME
- STICK CURLERS WELCOME
- AFTERNOON BEGINS AT 1PM WITH PRACTICING & THEN TEAMS ARE FORMED FOR GAME PLAY



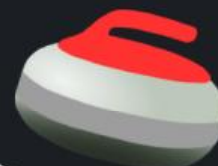
1PM FRIDAYS

**STARTING
FRIDAY, OCTOBER 24TH, 2025**

**LA SALLE CURLING CLUB'S
BEER BASH**



**Rocks
and
Beers**



**ONE DAY CURLING EVENT
SATURDAY, NOVEMBER 29TH, 2025**

**6 END GAMES / MUST BE 18+
\$100/TEAM PLUS 4 X 6 PACKS OF BEER*
*BEER MUST BE A RETAIL BRAND**

**REGISTER HERE:
DENNIS.GERBRANDT@MASTERBRAND.COM**

Quilting Club Knitters Welcome Sanford Legion

**Join us the first Sunday
of each month!
9:00 am - 4:00 pm**



Bring your own project to work on.
It doesn't have to be quilting, it
could be knitting or card making as
well. Any type of crafters welcome!
You can bring your sewing
machines or do hand work.



Bring your own lunch.
Bring \$2 for coffee or tea.
Drop-In: \$10/person

For more information and to confirm
your attendance, please call Marlene at:
204-479-1833



Prairie Palette Art Group

6:30 pm - 9:00 pm
J. A. Cuddy School in Sanford

Every second and fourth Tuesday of
each month. Enjoy casual painting
sessions, instructions and
demonstrations from professional
artists and volunteer group members.

**\$25.00 membership fee
(join anytime)**
Contact Kathryn Bartmanovich at:
204-781-9808



Pickleball at the Caisse Community Centre

Pickleball

**Caisse Community Centre
Sept 9th 2025 - Dec 18th 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**

Pickleball (beginners)

**Caisse Community Centre
Sept 8th 2025 - Dec 17th 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.**



**CAISSE
COMMUNITY
CENTRE**



LA SALLE ARENA

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 Caisse Community Centre wishes to recognize the valuable contributions / sponsorships and support of the community and its businesses / individuals by displaying their names on a donor wall which will be displayed in the La Salle Arena. Categories will be used for distinguishing various contribution levels.
(categories provided at www.caissecc.com/lasallearena)

Remaining Items Available for Sponsorship

<u>Item</u>	<u>Amount</u>	<u>Quantity</u>
Individual Seats	\$500	400 (lifetime)
Wall Boards (4 x 8)	\$5,000	10 (name/logo - 5-years)
Rink Boards (2.5 x 10)	\$5,000	26 (name/logo - 5-years)

Sponsorship and/or Pledges to the La Salle Arena Capital / Fundraising Campaign may be made by E-Transfer to:
brightfuture@caissecc.com

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

Questions, please contact: arena@caissecc.com

*La Salle Arena
Enhancing our Neighbourhood
"Together"*



www.caissecc.com/lasallearena

LA SALLE ARENA

Named Sponsor	Tank Traders (Marcel Vouriot)
Platinum	Allscape (Cassidy Frey)
Platinum	Northway Pharmacy / ReadyMeds (Darren Murphy)
Gold	Michael & Debra McMullen
Gold	Homestead Co-op (Shannon Vaughan)
Gold	La Salle Insurance (Adam Murphy)
Gold	LCG Equipment Sales (Rita Benjamin - in memory of Paul Benjamin)
Gold	Lussier Sales (Marc Lussier)
Silver	Cargill (Jeff Vassart)
Silver	Ray Cormier Family
Silver	Domain Do-op (Colin Thomson)
Silver	Eastside Collision (Chad Brick)
Silver	La Salle Accounting Services (Kelly Dalke)
Silver	La Salle Roofing (Roy Janz)
Silver	Evan & Carleigh Lavallee
Bronze	Brian & Marla Cornelsen
Bronze	Curtis Carpets
Bronze	Enns Bros (Leigh Manikle)
Bronze	Icon Electrical (Ryan & Mike Audino)
Bronze	Krest Carpentry (Hank Fast)
Bronze	Howard & Jane Kroeger
Bronze	Pristine Roofing & Siding (Ash Boyd)
Bronze	River City Ford (Kyle Forcier)
Bronze	Kent Smith

Builders	Ian & Barb Craven (in memory of Dustin Craven)
Builders	Darren Murphy
Builders	Shelly Resler
Sustainers	Benjamin A. Bergen & Luke T. Bergen
Sustainers	Chad & Nancy Cormier
Sustainers	Joe & Shannon Dunbar
Sustainers	Andrew & Laurie Dyck
Sustainers	Clarence & Pat Gulenchyn
Sustainers	Bryce Pfrimmer & Alannah Matte
Sustainers	Mallory Roovers
Benefactors	Allison Arnott (in memory of Lyle Arnott)
Benefactors	Dylan & Nikki Brako
Benefactors	Jack & Isabelle Brako
Benefactors	Darrell Broughton (in memory of Shane Schofield)
Benefactors	Café Limo (Jonston Laos)
Benefactors	Trevor & Kaitlyn Dunphy
Benefactors	Cameron & Ashley Gagnon
Benefactors	The Logan Family
Benefactors	The Sabesky / Juba Families
Benefactors	Tom Swiston & Kathy Taylor

As of October 29th, 2025
we have raised 78% of our goal!

*Thank You to our
Generous Sponsors!*



For Project Information:
www.caissecc.com/lasallearena
OR scan the QR code



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

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



Food Allergies

credit to: Southern Health-Santé Sud



The Triple Check....

Do the Triple Check on food products if your child has a food allergy.

1. Check food labels and ingredient lists for allergens at the grocery store before purchasing.
2. Check again when you get home and put the food away.
3. Check one last time before serving the food to your child.

Remember, even trace amounts can cause a severe allergic reaction.

- ✓ For all students to be safe, schools may request that certain foods be consumed at home instead of at school.
- ✓ Always read the ingredients section of the label of a product.
- ✓ Do not pack any food with ingredients that are restricted at your school.

Managing Food Allergies in School

As a new school year is upon us that means we are back to packing school lunches once again. Packing lunches can be a bit challenging if your child has an allergy or if your school has policies on not allowing certain foods to be consumed at school. Here are a few things to keep in mind when dealing with food allergies at school:

- ✓ If your child has a food allergy inform them early on about their allergy and the signs and symptoms of an accidental exposure. Discuss what may happen if medical intervention is needed. example - Epi Pen use
- ✓ Ensure the school and primary classroom teacher are aware of the food allergy.
- ✓ Discuss with the administration the policy on allergenic foods that are brought into the school and have a plan in place for your child.
- ✓ Encourage your child to tell classmates about their allergy and to never share food with anyone.
- ✓ Once your child is able to read, show them how to identify their allergen on a food label.
- ✓ If your child doesn't have an allergy, please be respectful of any school policies around allergenic foods when packing lunches and snacks.

Food Allergy Substitutions

credit to: Southern Health-Santé Sud

Allergy Substitutions

Dairy

NOTE: Not all milk alternatives are nutritionally equal. Regular milk and fortified soy milk have comparable amounts of protein while other milk alternatives have limited amounts of protein per serving. Ensure the milk alternative you choose is fortified with calcium and vitamin D.

Cow's Milk

- To replace cow's milk, use fortified milk alternatives such as soy, almond, coconut, cashew, hemp, oat, or rice. These can be substituted 1-for-1 in recipes.

Butter

- Use a dairy-free or vegan margarine. These can be substituted 1-for-1 in recipes.
- Try using a cooking oil such as canola, soybean or olive oil. If substituting oil for butter in baking, decrease the amount. For example, if a recipe calls for 1/2 cup butter, try using 1/3 cup oil instead.

Buttermilk

- Make your own buttermilk using 1 cup of fortified milk alternative such as soy milk, mixed with 1 tablespoon of vinegar or lemon juice.

Sour Cream, Yogurt, and Cream Cheese

- Try a soy-based or coconut-based sour cream, yogurt and cream cheese.
- Make your own sour cream using 4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup water and 1/4 cup vinegar for each cup of sour cream required.

Egg

To replace 1 egg, try:

- Commercial egg replacements (e.g. Ener-G Egg Replacer- made from tapioca and potato starch).
- 1 tbsp ground flaxseed or ground chia seeds mixed with 3 tbsp of water (let stand for 1 minute).
- 1/4 cup (2 oz) tofu.
- 1/4 cup pureed fruits such as banana (~ 1/2 ripe banana) or unsweetened apple sauce.
- 2 tbsp arrowroot powder mixed with 3 tbsp water.

Peanut / Tree Nuts

- Try substituting recipes that call for peanut butter with sunflower seed butter such as SunButter® or a soy alternative like Wowbutter®.
- Pumpkin seeds, sunflower seeds, roasted chickpeas or lentils can be used instead of peanuts or tree nuts in granola bars, cookies, and trail mix.



www.southernhealth.ca

caisse community centre presents

TEXAS HOLD'EM *Poker Tournament*

LGCA # 6908-TH-43849

Saturday, November 15, 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"

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

Royal Flush Accumulator Pot
over \$2,600 plus
accumulative added
\$10 buy in

75% PAYOUT

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



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com



NORTHERN STARS POKER TOUR

MEET GREAT PEOPLE. PLAY GREAT POKER.

www.northernstarspokertour.com



**Macdonald Services to Seniors -
Rockin' Around the Christmas Tree Holiday Luncheon**

**ROCKIN' AROUND
THE CHRISTMAS TREE
HOLIDAY LUNCHEON**



**Friday
December 5, 2025
noon - 2:00 pm
Starbuck Hall**

\$25/person

**50/50 Draw
Door Prizes**

**Roast Beef
(catered by:
Starbuck Catholic
Church)**

**Hey cool cats and jingle belles - it's time to boogie into the
holiday season 50's style!**

**Put on your poodle skirts, leather jackets, and saddle shoes!
(prize draw for dressing up 50's style)**

**Grab your friends, shine up your blue suede shoes, and join us
for a great afternoon of friends, food & fun!**

TICKETS ON SALE NOW.

**For information and/or to purchase your
ticket, please call:
Leanne at 204-736-2255**





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around the corner.

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Credit Union™