

CAISSE COMMUNITY CENTRE

Caisse Connections

NEWSLETTER

February 2026

*Happy
Valentine's
Day*



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com

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



2025 Caisse Community Centre Board of Directors & Staff

Nick Guffei, President
nick.guffei@vickar.com

Brian Cornelsen, Past-President
cornelsenbrian@gmail.com

Rich Marchetti, Vice-President
richmarchetti@me.com

Chad Brick, Treasurer
Chad@eastsideindustrial.com

Jared Lang, Secretary
Jaredlang@murrayjeepram.ca

Kyle Hayes, Sports Director
Kylehayes@live.ca

VACANT, Communications Director

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

Marcie Weiss, Special Events Director
marciemaylynn@gmail.com

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

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

Allyson Demski, La Salle Fall Festival Director-at-Large
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

Caisse Community Centre 2025 Annual General Meeting

7:00 pm
Wednesday, February 25th, 2026
Caisse Community Centre

The Caisse Community Centre Board of Directors meet a minimum of nine (9) times per year at the Caisse Community Centre.

2026 Board Director positions up for election:

- Vice-President (2 year term)
- Treasurer (2 year term)
- Sports Director (2 year term)
- Website Director (2 year term)
- Communications Director (1 year term)
- 3 Director-at-Large (1 year term each)

All nominations must be submitted in writing seven (7) days prior to the Annual General Meeting to:

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

The nominated member must accept the nomination and be in attendance at the Annual General Meeting.

There are plenty of sub-committees to be involved in as well if you're unable to commit to a full time Board Director. Sub-committee members are always needed and are welcome to join at any time.



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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

2026-2027 Sanford Collegiate Grade 9 Registration Night and Open House

130 Blythefield Road, Sanford, MB

7:00 pm to 8:00 pm
Wednesday, February 25, 2026

Open House is for incoming Grade 9 students
and their parents.

For more information:
call 204-736-2366 or
visit our website at www.sanford.rrvsd.ca

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*Sanford Collegiate
BIG school programs,
SMALL school setting.*



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



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!



Caisse Connection Newsletter Deadlines

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

**March 2026 Newsletter issue Deadline -
February 10th, 2026**

**April 2026 Newsletter issue Deadline -
March 10th, 2026**

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](#)

Caisse Connection
NEWSLETTER

Lauren Stone

MLA for Midland

Constituency Office Hours

Monday to Friday

9:00am to 4:00pm


 (431) 323-2968

 info@laurenstone.ca

Unit 2 - 195 Main St S Carman, MB



Headingley Library



Headingley Library

49 Alboro Street
Headingley MB R4J 1A3

Membership Includes:

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- **Monthly Book Club**
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or visit www.headingleylibrary.ca

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Gerry Martel | gerry@paradigmcustomhomes.ca

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Website: www.paradigmcustomhomes.ca



corner of
PR 247E & Hwy 330
La Salle MB

www.lasallecurlingclub.ca

www.facebook.com/LaSalleCurlingClub

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 18 members and there's always room for more!

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

Our next meeting will take place Wednesday, February 11th, 2026 at 10:00 am featuring a Guest Speaker from Grands 'n' More Winnipeg.

Millions of African children have been orphaned because of AIDS and are being raised by their grandmothers. **Grands 'n' More Winnipeg** is a group of grandmothers and others who are part of the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation. Their goal is to support the work of community-based organizations in sub-Saharan Africa who improve the lives of grandmothers raising their own and other orphaned grandchildren.

For information on **Grands 'n' More Winnipeg**, please visit: www.grandsnmore.com

If you would like to join us or would like more information on the Domain Women's Institute (WI), please contact:
Charlotte Kirkpatrick at 204-226-1755



EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

*Faithfully Serving the Communities of
DOMAIN and LA SALLE*

From February 2026 to June 2026:
Regular Worship Service time is **9:30 am** every
Sunday.

Season of Lent
40 Tins for the Bins

Feb 15: Transfiguration Sunday
Feb 22: Lent 1 / Communion / Liturgy of
Ashes / Pancakes
Feb 24: Meridian Pastoral Charge
Annual General Meeting
7:00 pm in Sanford
Mar 1: Lent 2
Mar 8: Lent 3 / Time Change (spring forward)
Mar 15: Lent 4
Mar 22: Lent 5
Mar 29: Palm / Passion Sunday

*"Spirit, Spirit of restlessness stir me
from placidness, Wind, Wind on the sea."
James Manley VU#375*

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

www.meridian-pastoral-charge.ca

Member of the Meridian Interchurch Council



Domain
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General Manager

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Business Planning/Consult



Are any of these on your list this year?

- Get organized
- Free up some personal time
- File tax returns on schedule
- Get some advice or help
- Expand your business
- Pay less tax
- Create a game plan for your goals

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**Caisse Community Centre 2026 Spring
Learn to Play Baseball/Softball Program**



CAISSE
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Spring LEARN TO PLAY BASEBALL/SOFTBALL Program

*All Skill Levels
Welcome!*

~ Age Groups (boys & girls) ~

5U (born 2021, 2022)

7U (born 2019, 2020)

Contact:

Kyle Forcier

Learn to Play Baseball & Softball Co-ordinator

lasallerep@macdonaldminorball.ca

Information and online registration:

www.caissecc.com - sports tab - learn to play program

Registration opens February 1st, 2026 to March 31st, 2026.

Late registration will be accepted from April 1st, 2026 to April 12th, 2026

with a late fee of \$30.00 per player - NO EXCEPTIONS.

PLEASE register by March 31st, 2026 to avoid late fees.

Caisse Community Centre 2026 Spring Soccer Program

Registration open from February 1st, 2026 to March 31st, 2026.
Late registration will be accepted from April 1st, 2026 to April 12th, 2026
with a late fee of \$30.00 per player - NO EXCEPTIONS.
PLEASE register by March 31st, 2026 to avoid late fees.



CAISSE
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CENTRE

Spring SOCCER Program

*All Skill Levels
Welcome!*

~ Age Groups (boys & girls) ~

4 & 5 Year Olds (born 2021, 2022)

6 & 7 Year Olds (born 2019, 2020)

8 & 9 Year Olds (born 2017, 2018)

Information and online registration:

www.caissecc.com - sports tab -
soccer program

Contact:

Marc Coulombe
Soccer Convenor

lasallesoccer330@gmail.com





MACDONALD MINOR BALL ASSOCIATION

Registration Is OPEN

**2026 Baseball & Softball
Seasons**



**FEBRUARY 7, 2026 TO
MARCH 1, 2026**

**For more information and/or to
register, please visit:**

WWW.MACDONALDMINORBALL.CA

EVALUATIONS BEGIN IN MARCH



**FOLLOW US ON
SOCIAL MEDIA**



Pickleball at the Caisse Community Centre

Pickleball

**Caisse Community Centre
Jan 6th 2026 - Mar 26th 2026
Tuesdays and Thursdays
from 1:30 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
Jan 5th 2026 - Mar 25th 2026
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**

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



HAPPY VALENTINE DAY

February is the month of Love. May the importance of love for one another in our lives be expressed not only on Valentine's Day but every day.

UPCOMING EVENTS - MARK YOUR CALENDAR

- Feb 14 – Valentine's Day
- Feb 15 – Knights of Columbus and
École/Collège régional Gabrielle-Roy
Cash Bingo,
Caisse Community Centre
- Feb 18 – Ash Wednesday - Beginning of Lent
- Feb 22 – Youth Mass and Bake Sale,
St. Hyacinthe Catholic Parish

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

Join us for our Eucharistic celebrations. Visit our website for weekly bulletins, resources and upcoming events.

*"We become what we love and
who we love shapes what we become."*

Saint Clare of Assisi



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E-mail: domaincoop@live.ca

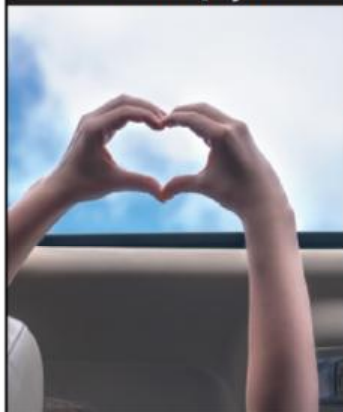
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www.TheEastsideGroup.ca
www.EastsideMorayCollision.ca

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**Macdonald
Fire Department**
Sanford Fire Hall
188 Mandan Drive
Sanford MB



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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**

Winter 2026 Fitness Classes with Dee Romijn



CAISSE
COMMUNITY
CENTRE



Winter 2026 Session

CAISSE COMMUNITY CENTRE FITNESS CLASSES

Jan 5th 2026 — Mar 26th 2026 (12 week session)

Instructor *Dee Romijn*

Mondays — 7pm to 8pm

Tuesdays / Thursdays — 6am to 7am



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

Description:

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

Bonus:

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

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

Pricing (includes GST):

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

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



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



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[intact]
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*If you join for 2 Centre Fitness Classes/Week
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 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**

Macdonald-Headingley Recreation District (MHRD)

Winter 2026 Program & Community Resource Guide



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



Macdonald-Headingley
RECREATION DISTRICT

The Winter 2026 Program & Community Resource Guide is **ONLINE** and **OPEN** for registrations.

Discover a variety of activities for all ages, from our staple programs to some fun new ones including SportsFusion, Ultimate Frisbee, Line Dancing and much more!

Detailed Winter Programming information and registration is provided 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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Head Leader:

Michelle D'Souza 204-792-7107

LaSalle4H@gmail.com | www.4h.mb.ca

2026 MACDONALD VOLUNTEER SERVICE AWARDS

Tell us about that remarkable volunteer who has made a difference in your life and community by nominating them for a Macdonald Volunteer Service Award!

**DEADLINE FOR NOMINATIONS:
FRIDAY, FEBRUARY 13TH, 2026**

For more information or to submit a nomination, visit: www.mhrd.ca, call 204-885-2444, or email info@mhrd.ca

**Volunteer Service Awards Reception will take place:
THURSDAY, APRIL 16TH, 2026
BRUNKILD MEMORIAL RECREATION CENTRE**



Rural Municipality of
Macdonald



Macdonald-Headingley
RECREATION DISTRICT

2026 Fundraising Gala

You're cordially invited to

*La Salle Community
presents
A Bright Future
Fundraising Gala*

Saturday, February 7th, 2026

Cocktails at 6:00 pm

(Hor d'oeuvres)

Gourmet Dinner at 7:00 pm

(catered by Bistro 330)

Dessert at 8:30 pm

(Live Auction | Prizes)

Caisse Community Centre

La Salle MB

Cost: \$250.00 per person

Formal Attire

Registration Required

In Support for the La Salle Arena Project

G
A
L
A

Join us for an unforgettable night of elegance, excitement and generosity at A Bright Future Fundraising Gala! This spectacular evening will blend the glamour of a formal gala with fun and energy of interactive games and live entertainment - all in support for the La Salle Arena Project.

Event Highlights

- Live Entertainment
- Interactive Games & Raffles
- Live Auction with Exclusive Prizes
- Gourmet Dinner (catered by Bistro 330)

SOLD OUT

Tickets are available for:

Tables of 8 (eight) | Tables of 6 (six) | Individual | Corporate Packages

Please consider supporting the La Salle Arena Project by purchasing a Support Ticket if you're unable to attend the Gala.

*All tickets will be entered into a draw with a chance to win Jets Tickets.
(do not have to be in attendance to win)*



For detailed information: please visit
www.caissecc.com or contact
brightfuture@caissecc.com



CAISSE
COMMUNITY
CENTRE

Cash Bingo



La Salle Council #7793

La Salle Knights of Columbus



École/Collège régional Gabrielle-Roy

CASH BINGO

1:30 pm – 4:30 pm

(Doors open at 12:45 pm)

Sunday, February 15th, 2026

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.

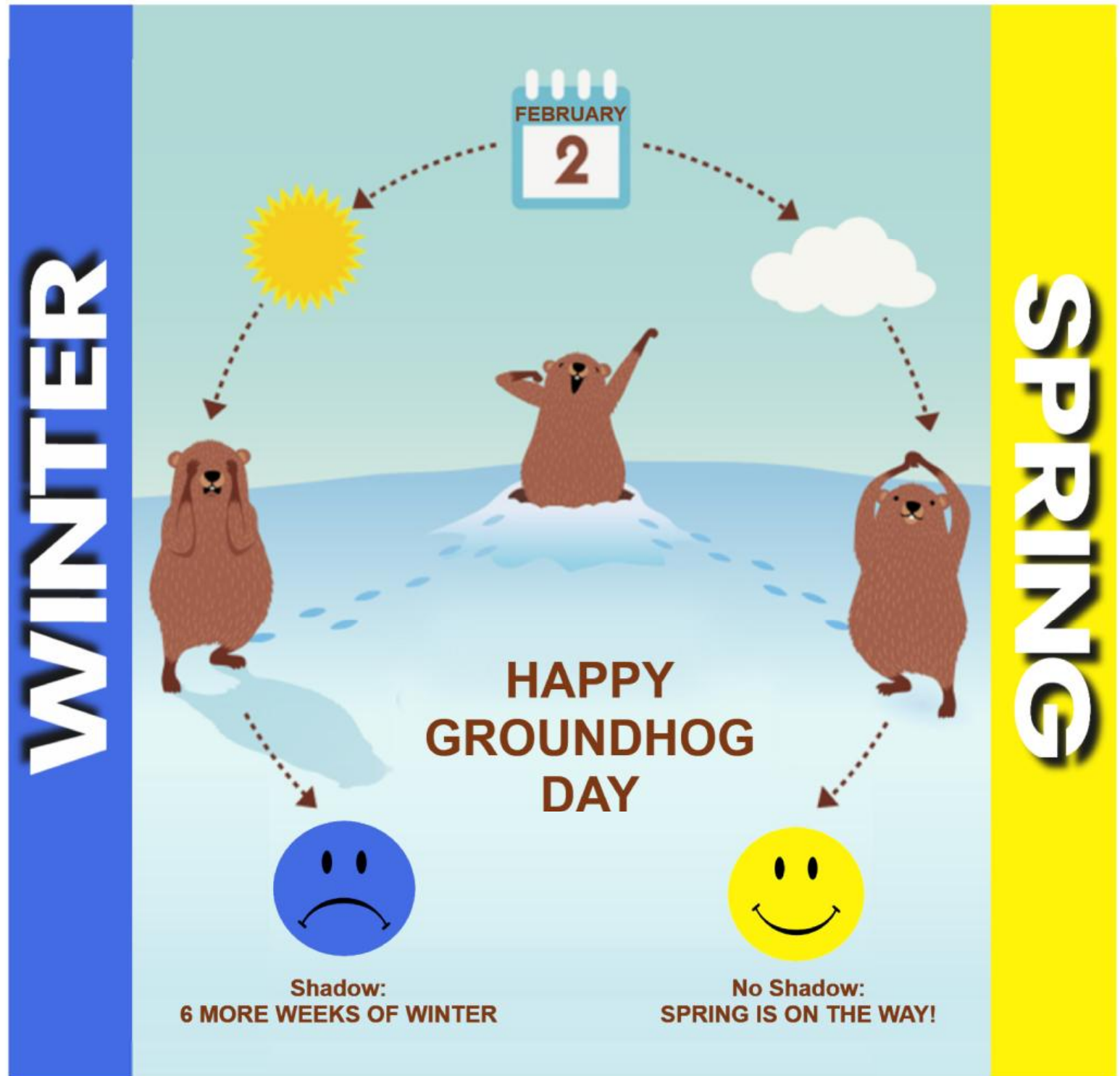
Contact: Georges gjcormier@gmail.com

Bingo LGCA # 681-BI-50352 Raffle LGCA # 681-RF-50324



Groundhog Day - February 2nd, 2026

Groundhog Day is celebrated in Canada and the United States every year on February 2nd. Legend has it that watching a groundhog emerge from its burrow can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive. Many communities in Canada keep up this tradition today, attracting the attention of tourists and media alike.



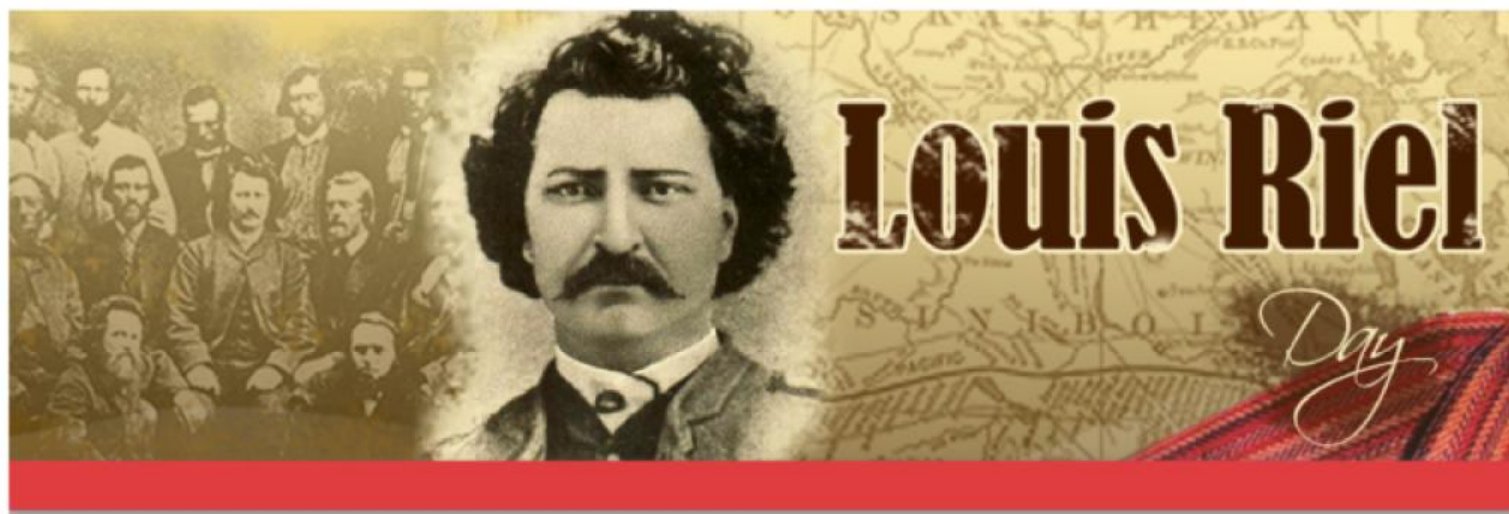


Valentine's Day is recognized around the world celebrated annually on February 14th.

It celebrates romantic love, making it a popular day for couples to spend together. Valentine's Day is traditionally associated with red hearts, romance, flowers, candy or chocolates, and the exchange of cards, called valentines, that express love.

Happy Valentine's Day!

Louis Riel Day - February 16, 2026



Louis Riel

(born October 22 1844 in Saint-Boniface, Red River Settlement; died November 16 1885 in Regina, SK)

Louis Riel Day is an annual general holiday in the Canadian province of Manitoba on the third Monday of February.

It commemorates the life of Louis Riel, a politician who represented the Métis people's interests. Many people have a day off work and school and many businesses, organizations and stores are closed. In some communities, stores are open after noon. Public transport services may follow Sunday or holiday timetables. In rural areas, there may be no services.

Louis Riel Day gives people in Manitoba the chance to enjoy some time with their families, to take a short winter break or to take part in outdoor sports events.

It is also an opportunity to learn about the Métis people's culture, language, heritage and ancestral homeland.

July 6 1885, a formal charge of treason was laid against Riel. July 20 1885, his trial began in Regina. The jury pronounced Riel guilty and he was sentenced to death.

November 16 1885, Louis Riel was executed for leading the Northwest Resistance in defence of Métis rights at the North-West Mounted Police barracks in Regina. Following the execution, Riel's body was returned to his mother's home in St. Vital, where it lay in state. Later, his remains were laid to rest in the churchyard of the Saint-Boniface Cathedral in Winnipeg.

Riel still remains the most famous Métis leader and an important figurehead for Métis people in Western Canada.

His grave, as well as his home, are both well-visited historic sites.



LA SALLE ARENA

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

88%

\$1,323,139

Sponsor List Provided on Page 23

(as of Jan 13 2026)

Thank you to our generous sponsors (as of January 13, 2026) that have contributed to 88% 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 read the information provided below. Your support will truly make a difference!

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

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



LA SALLE ARENA

Category Level	Sponsor
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
Gold	Lussier Sales (Marc Lussier)
Gold	Paul & Deb Pfrimmer
Silver	Tom Bell
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 Curling Club
Silver	La Salle Roofing (Roy Janz)
Silver	Evan & Carleigh Lavallee
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Bronze	BMW Electric (Brad Wychopen)
Bronze	Clearview Building & Renovations (Joel Gousseau)
Bronze	Cormier's Berry Patch (Darren & Angie Cormier)
Bronze	Brian & Marla Cornelsen
Bronze	Curtis Carpets
Bronze	Enns Bros (Leigh Manikle)
Bronze	Icon Electrical (Ryan & Mike Audino)
Bronze	Krest Carpentry (Hank Fast)
Bronze	Kroeger Media Inc (Howard & Jane Kroeger)
Bronze	La Salle Community Fellowship
Bronze	La Salle Storage (Jared & Marni Cormier)
Bronze	Pristine Roofing & Siding (Ash Boyd)
Bronze	Red River Mutual
Bronze	River City Ford (Kyle Forcier)
Bronze	Kent Smith
Bronze	Lauren Stone
Bronze	Brock Vanderveen
Bronze	The Ken Webb Family (in memory of "Pa Pa")

Category Level	Sponsor
Builders	Ray & Vanessa Agostino
Builders	Geo & Judy Cormier
Builders	Jared & Marni Cormier
Builders	Ian & Barb Craven (in memory of Dustin Craven)
Builders	LF Technical Services (Luc Fortier & family)
Builders	The Lippens Family
Builders	The Manness Family (Graeme, Adenna, Hayden, Ethan, Mason & Rowyn)
Builders	Steve & Janelle Manning
Builders	Darren Murphy
Builders	Portage Mutual Insurance
Builders	Shelly Resler
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Sustainers	Andrew & Laurie Dyck
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Sustainers	Clarence & Pat Gulenchyn
Sustainers	Bernadette Lagacé (in memory of Suzie Lagacé & Matthew Lagacé)
Sustainers	Frank & Karen Lang
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	Patricia Dutchak
Benefactors	Julie Dyck (on behalf of Heathly & Keaton Dyck)
Benefactors	The Chad Edwards Family
Benefactors	Cameron & Ashley Gagnon
Benefactors	The Logan Family
Benefactors	Dwayne & Cara Miller
Benefactors	The Sabesky / Juba Families
Benefactors	Tom Swiston & Kathy Taylor
Benefactors	Rick & Val Whettell

Sponsorship Category Levels

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

La Salle Nursery School Open House

Play, Learn, Grow! Come say Hello! La Salle Nursery School is hosting an open house on Wednesday, February 11, 2026 from 3:30 pm - 5:30 pm. Come see our classroom, meet our staff and learn about the program. Please respect the Bus Loop, Staff Parking Lot and other no parking zones during this time. We look forward to meeting you!

LA SALLE NURSERY SCHOOL OPEN HOUSE

FEBRUARY 11
3:30-5:30PM



ABOUT US

Child led education approach, providing a fun learning atmosphere where children can nurture their cognitive, physical, social & emotional development.

3 YEAR OLD PROGRAM

Monday & Wednesday
for Children born in 2023.

- Social & Emotional Development
- Fine & Gross Motor Skills
- Build Confidence & Independence

REGISTER ONLINE

Registration for the 2026/2027
School Year opens February 11
lasallenursery.com

4 YEAR OLD PROGRAM

Tuesday, Thursday & Friday
for Children born in 2022.

- Kindergarten readiness
- Fine & Gross Motor Skills
- Number & Letter Recognition
- Build Confidence & Independence

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.

FEBRUARY 2026

Please note: Menu Subject to Change Without Notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ground Hog Day La Salle Meatloaf	3	4 Starbuck Turkey & Sweet Potato Shepherd's Pie	5 Sanford Chicken & Dumpling Soup	6	7
8	9 Brunkild Turkey Chili	10	11 Starbuck Broccoli & Cheese Stuffed Chicken	12 Sanford Sweet'n Sour Meatballs	13	14 Valentine's Day
15	16 Louis Riel Day No Meal	17	18 Starbuck Chicken Enchiladas	19 Sanford Sweet'n Sour Pork Tenderloin	20	21
22	23 La Salle Stuffed Baked Shells	24	25 Starbuck Split Pea & Ham Soup	26 Sanford Chicken & Wild Rice Soup	27	28



Wildlife Haven Rehabilitation Centre

1028 Arnould Road,
Île des Chênes MB R0A 0T0

General Inquiries

204-878-3740
info@wildlifehaven.ca

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

Caisse Community Centre

2026 SPRING BREAK CAMP FOR KIDS *ages 5 to 11*

March 30 – April 2, 2026

DON'T MISS THE FUN!

Monday – Disney / Bouncer Day

Tuesday – Rainforest Day
(reptile show)

Wednesday – Cooking Day

Thursday – Carnival Day
(face painting, games,
caramel apples & more!)

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



CAISSE
COMMUNITY
CENTRE

St. Hyacinthe Catholic Parish 2026 Perogy Dinner Night

St. Hyacinthe Catholic Parish Women's Auxiliary Presents:

Perogy Dinner NIGHT



Join us for a delicious evening of food,
Silent Auction, Kid Zone Games (\$2/play
to receive a prize) and community spirit!

**FRIDAY, APRIL 17TH, 2026
5:30 PM TO 7:30 PM**

**AT THE
CAISSE COMMUNITY CENTRE**

TICKETS:

(Available at the door only)

ADULT - \$15/EACH

CHILDREN (5-11 YRS) - \$5/EACH

CHILDREN 4 YRS & UNDER - FREE

Tickets include a traditional
perogy dinner & ice cream
dessert. Gluten Free option
available upon request.

Net proceeds
support the
St. Hyacinthe
Catholic Parish.

Event Contact:

Dolores Mogg: 204-228-1912

Silent Auction Contact:

Jennifer Lippens: jlippens@mymts.net

*An income tax receipt will be provided
upon request.*



Kids in the Kitchen / Food Exposure

credit to: Southern Health-Santé Sud

Kids in the Kitchen / Food Exposure

- Its estimated that 40% of Canadians that eat out regularly do so because of convenience, feel there is no time to cook, or do not know how to cook.
- Getting kids in the kitchen at an early age helps to develop the cooking skills that they need to feel confident in the kitchen.
- Having kids help in the kitchen also helps to increase the acceptability of food. The more a child sees, feels and touches the food, the easier it becomes to eat it.
- Even kids 2 - 3 yrs old can have fun washing fruits and vegetables or smelling herbs and spices.
- As kids grow older, getting them to chop their own vegetables, measure out ingredients or make their own school lunches is a great way to keep them involved and interested in the kitchen.



Just try it!

Imagine. You sit down at the table and in front of you is a food you've never seen before and you're told to 'just try it!' Only the most adventurous will engage in the unknown. Most of us need to become familiar with a new food before we put it in our mouth. What does it look like and smell like? Do other people enjoy it? Becoming familiar with food is an important first step in expanding variety.



Recipe

credit to: Southern Health-Santé Sud

Yogurt Bark

Ingredients

- 3/4 cups (175 mL) frozen mango cubes, thawed
- 3 tbsp (45 mL) water
- 1 1/2 cups (375 mL) vanilla Greek yogurt
- 6 – 8 large strawberries, diced
- 1 handful of pumpkin seeds
- 1 handful of unsweetened coconut strips



Directions

- Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
- Line a baking sheet with parchment paper.
- Spread the yogurt in a layer approximately one centimeter thick.
- Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
- Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
- Place in freezer until the yogurt is completely frozen, about two hours.
- Break the bark into pieces and enjoy! The bark can be stored in the freezer!

Kids can help by:

- spreading the yogurt
- sprinkling the toppings
- suggesting new and interesting fruit/nut/seed combinations

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



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