

CAISSE COMMUNITY CENTRE

# Caisse Connections

NEWSLETTER

March 2026

Happy  
St. Patrick's  
Day 



CAISSE  
COMMUNITY  
CENTRE

[www.caissecc.com](http://www.caissecc.com)

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



## **2026 Caisse Community Centre Board of Directors**

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**Nick Guffei**, President  
[nick.guffei@vickar.com](mailto:nick.guffei@vickar.com)

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

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

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

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

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

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

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

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

**Jason Nickel**, Director-at-Large  
[nickel.jm@gmail.co](mailto:nickel.jm@gmail.co)

**Michelle Meade**, Director-at-Large  
[mbmeade@icloud.com](mailto:mbmeade@icloud.com)

**Ryan Campbell**, Director-at-Large  
[rycampbell@hotmail.com](mailto:rycampbell@hotmail.com)

**Kaitlyn Laventure**, Director-at-Large  
(La Salle Fall Festival)  
[kaitlaventure@gmail.com](mailto:kaitlaventure@gmail.com)

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

**Ryan Brezeno**, Tank Traders Director  
[rfrezeno@tanktraders.com](mailto:rfrezeno@tanktraders.com)

## **2025 Annual General Meeting**

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Thank you to those who attended the 2025 Caisse Community Centre AGM of Feb 25th, 2026. Board Director positions up for election were filled as follows:

- Vice-President (2 year term)  
Rich Marchetti
- Treasurer (2 year term)  
Chad Brick
- Sports Director (1 year term)  
Kyle Hayes
- Website Director (1 year term)  
Barbara Agland-O'Connor
- Director-at-Large (1 year term)  
Ashleigh Reimer
- Director-at-Large (1 year term)  
Jason Nickel
- Director-at-Large (1 year term)  
Michelle Meade
- Director-at-Large (1 year term)  
Ryan Campbell
- Director-at-Large (1 year term)  
Kaitlyn Laventure

Welcome back to returning Board Directors and a warm welcome to new Board Directors Michelle Meade, Ryan Campbell and Kaitlyn Laventure!

THANK YOU to Allyson Demski, who is not returning this term. All the best in your future endeavours Allyson!

There are plenty of sub-committees to be involved in as well. Sub-Committee members are always needed and are welcome to join at any time. If you're interested in joining a sub-committee, please contact: Nick Guffei, President at [nick.guffei@vickar.com](mailto:nick.guffei@vickar.com)



# Community Multi-Purpose Lenten Drive

We are pleased to announce the communities of La Salle and Domain through the Knights of Columbus (La Salle Council #7793), St. Hyacinthe Catholic Parish (La Salle), Avonlea United Church (Domain), La Salle Community Fellowship (La Salle), and the Caisse Community Centre (La Salle) are joining forces again for a Community Multi-Purpose Lenten Drive. The drive will begin on February 17th, 2026 and end on April 5th, 2026.



## **NON PERISHABLE FOOD**

These items will be donated to THE HOLY CROSS FOOD BANK AND SOUP KITCHEN located in St. Boniface.

## **BABY NEEDS**

Items include:

Unscented diaper wipes, diaper cream, baby shampoo, face/wash cloths, size one diapers, bottles (new and in package), baby blankets, baby body wash, teething toys, onesies/sleepers/baby hats (0-3) months, hooded bath towels, bibs, etc. Clothing & blankets can be new, homemade, or gently used (no stains or holes). These items will be donated to THE FAMILY SUPPORT CENTRE located at 650 Broadway Avenue West.

## **WOOL ~ New this Year ~**

We will be collecting wool, preferably soft pastel colors for baby blankets. All colors will be accepted and may also be used for lap blankets for seniors in Nursing Homes.

## **PERSONAL HYGIENE ITEMS**

Include such items as toiletries like shampoo, soap, tooth brushes, toothpaste. Also mitts, scarves, toques, socks. These donations will go the ONE88 COMMUNITY CHURCH located at 188 Princess Street.

## **CLOTHING**

We will also collect new or gently used clothing which will be distributed to the above organizations based on their needs.

Items and monies can be brought to the above mentioned churches during their mass/service times or to the Caisse Community Centre during their regular business hours.

For monetary donations, cash or cheque (make the cheque payable to any of the three churches with it's intended purpose written on the memo line) and a charitable donation receipt will be issued.



For more information, please contact:  
Georges Cormier [gjcormier@gmail.com](mailto:gjcormier@gmail.com) | 204-218-6011  
Chris Lippens [clippens@mts.net](mailto:clippens@mts.net) | 1-204-296-1390

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



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## 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 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 next meeting will take place Wednesday, March 11th, 2026 at 10:00 am.**

**Followed by Guest Speaker, Karen McCreary, President of the Women's Canadian Club of Winnipeg.**

**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**



corner of  
PR 247E & Hwy 330  
La Salle MB

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

[www.facebook.com/LaSalleCurlingClub](https://www.facebook.com/LaSalleCurlingClub)

## Daylight Saving Time

**Spring**  
*forward*



**Sunday, March 8th, 2026**

**Don't Forget to Set Your Clocks**

**Forward 1 Hour**

**on Sunday, March 8th, 2026.**

**It's also a good time to change the batteries  
in your smoke/carbon monoxide detectors.**

## St. Patrick's Day

St. Patrick's Day is an annual global celebration of Irish culture on March 17th.

Associated with St. Patrick's Day are leprechauns, the color green, pot of gold and four leafed clovers. St. Patrick's Day particularly remembers St. Patrick, one of Ireland's patron saints, who ministered Christianity in Ireland during the fifth century.

Note: The symbol of St. Patrick is a three-leaf shamrock, not a four-leaf clover. However, long before the shamrock became associated with St. Patrick's Day, the four-leaf clover was regarded by ancient Celts as a charm against evil spirits. In the early 1900s, O. H. Benson, an Iowa school superintendent, came up with the idea of using a clover as the emblem for a newly founded agricultural club for children in his area. In 1911, the four-leaf clover was chosen as the emblem for the national club program, later named 4-H.

**Happy St. Patrick's Day!**



# MURRAY

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**Jared Lang**  
General Manager  
Murray Jeep RAM Winnipeg

**e-mail** [jaredlang@murrayjeepram.ca](mailto:jaredlang@murrayjeepram.ca)  
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**Nick Guffei**  
General Manager

Vickar Nissan  
1424 Regent Avenue West,  
Winnipeg, Manitoba, R2C 3A8

Em: [nick.guffei@vickar.com](mailto:nick.guffei@vickar.com) | Ph: (204) 669.0791

Connect with Us     

## 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:

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

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

Contact:

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

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

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

*Caisse Connection*  
NEWSLETTER



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# 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  
COMMUNITY  
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## 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](http://www.caissecc.com) - sports tab -  
[soccer program](#)

Contact:

Marc Coulombe  
Soccer Convenor

[lasallesoccer330@gmail.com](mailto:lasallesoccer330@gmail.com)



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

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CAISSE  
COMMUNITY  
CENTRE

# 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](mailto:lasallerep@macdonaldminorball.ca)**

Information and online registration:

[www.caissecc.com](http://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.**

# Winter 2026 Fitness Classes with Dee Romijn



**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](mailto:dromijn@caisseecc.com)***

### **Description:**

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

### **Bonus:**

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

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



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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](mailto:dromijn@caissecc.com)*

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



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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

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

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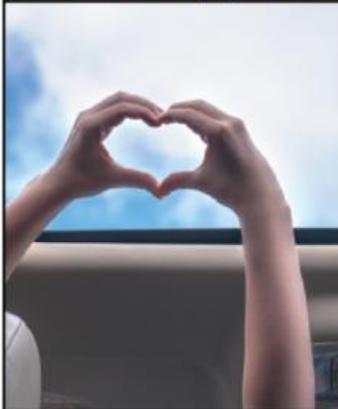
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Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Eastside Moray Collision & Glass	700 B Moray Street	204.885.2080



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



## 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](mailto:jimibx@mymts.net) | 204-226-4810  
**Suzanne & Claude Lavallee**  
[cslava81@gmail.com](mailto:cslava81@gmail.com)



**Please bring clean indoor shoes.**



# St. Hyacinthe Catholic Parish

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

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

## 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

## UPCOMING EVENTS - MARK YOUR CALENDAR

- Mar 8 – International Women's Day
- Mar 17 – St. Patrick's Day
- Mar 18 – First Reconciliation,  
St. Hyacinthe Catholic Parish
- Mar 22 – Youth Mass and Bake Sale,  
St. Hyacinthe Catholic Parish
- Mar 29 - Apr 5 – Holy Week Services,  
St. Hyacinthe Catholic Parish
- Apr 5 – Easter Sunday



“Whatever will come my way, whether good or bad, I may accept it calmly, and always give thanks to God, who has ever shown me how I should believe in him unfailing without end.”

(St. Patrick)



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



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**Dee Romijn**  
Facility Manager

Office: 204-736-2679  
Cell: 204-801-7629  
[dromijn@caissecc.com](mailto:dromijn@caissecc.com)  
[www.caissecc.com](http://www.caissecc.com)

## La Salle Community Fellowship

We are a group of people who are learning to love like Jesus by studying the bible, worshipping God together and caring for each other and our community.

*We welcome you to join us!*

We meet Sundays at 10:30 am.

Check out our website for other weekly programs.

PR 247 E, La Salle  
(located between  
the Caisse Community Centre  
& Kingswood Golf & Country Club)

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



## MCM Consulting Limited

**Michael McMullen**

[mcmconsulting@mymts.net](mailto:mcmconsulting@mymts.net)

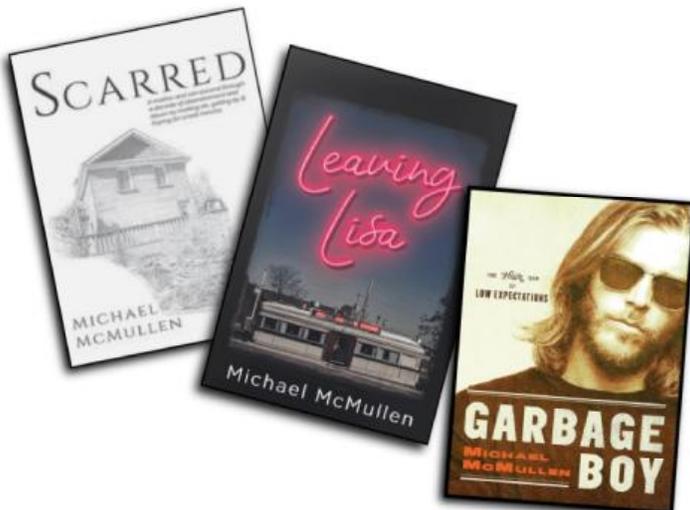
**Executive coaching, strategic  
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**Author Website**

[www.michaelmcmullenbooks.com](http://www.michaelmcmullenbooks.com)

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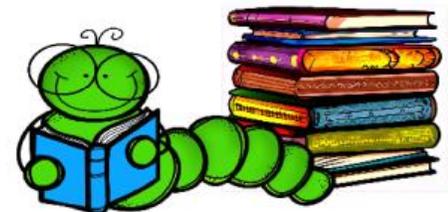


## Library Membership Assistance

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

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

For additional information, please contact the Municipal office at:  
204-736-2255 or [info@rmofmacdonald.com](mailto:info@rmofmacdonald.com)





## CAISSE COMMUNITY CENTRE

located at the  
corner of PR 247E & HWY 330 in La Salle MB

# BEFORE & AFTER SCHOOL PROGRAM IN-SERVICE DAY CAMP PROGRAM

### Before & After School Program (ages 5 to 12)

- runs from 7am to start of school and end of school until 6pm
- \$19.00 per day/per child (2 spots)
- \$9.50 per day/per child (1 spot)

### In-Service Day Camp Program (ages 5 to 12)

- runs from 7am to 6pm
- \$35.00 per day/per child

Pre-registration required (online).

Lunch and/or snacks must be brought from home (nut-free).

Information and/or to register:

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

Questions:

[beforeandafter@caissecc.com](mailto:beforeandafter@caissecc.com)



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204-996-8565

4840 Portage Avenue  
Headingley, MB



caisse community centre presents

# TEXAS HOLD'EM *Poker Tournament*

LGCA # 6908-TH-43849

**Saturday, March 14, 2026**  
**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"**

**Royal Flush Accumulator Pot**  
**over \$3,000 plus**  
**accumulative added**  
**\$10 buy in**

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

**75% PAYOUT**

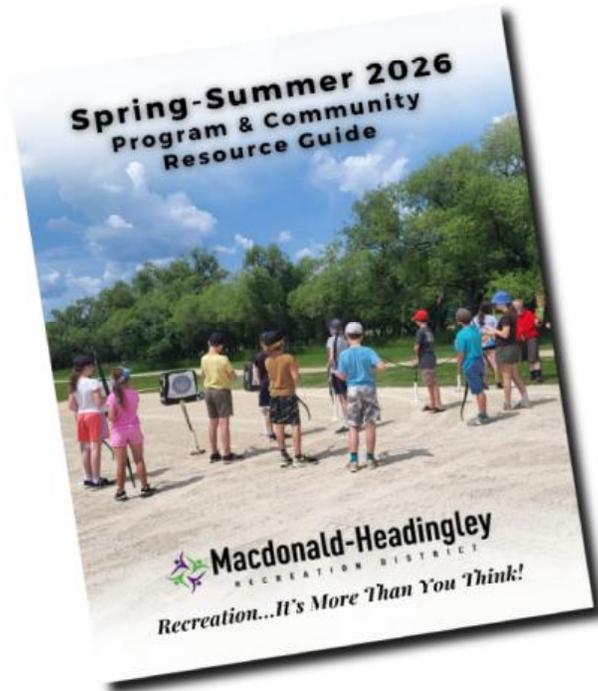
**To pre-register and guarantee your seat, please**  
**contact Nick Guffei at: [brightfuture@caissecc.com](mailto:brightfuture@caissecc.com)**

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# Macdonald-Headingley Recreation District (MHRD)



Macdonald-Headingley Recreation District Spring-Summer 2026 Program & Community Resource Guide goes LIVE on our website March 16! Registration opens at 12:00 pm sharp, so set your reminder!

We've got an amazing lineup of programs for all ages and interests, including:

Fitness, Yoga & Zumba  
Kids' Sports  
Active Aging  
Summer Camps ...and much more!

Don't miss out on the fun!

A complete list of programming will be available on our website at: [www.mhrd.ca](http://www.mhrd.ca)

For more information:

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



**Macdonald-Headingley**  
RECREATION DISTRICT

## Lauren Stone

### MLA for Midland

*Constituency Office Hours*

Monday to Friday  
9:00am to 4:00pm



 (431) 323-2968  
 [info@laurenstone.ca](mailto:info@laurenstone.ca)  
Unit 2 - 195 Main St S Carman, MB



## TRANSCONA ROOFING

PRESIDENT  
**RICH MARCHETTI, CPA, CMA**

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# 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](mailto:jlippens@mymts.net)**

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



# La Salle Curling Club



LA SALLE CURLING CLUB PRESENTS

## THE FAMILY SPIEL

**MARCH 7TH (& 8TH IF NEEDED)**

This fun-spiel is open to families, friends, groups & features youth curlers on every team. Every team get a prize!!

EMAIL FOR THE LINK TO REGISTER:  
[LSJUNIORCURLING@GMAIL.COM](mailto:LSJUNIORCURLING@GMAIL.COM)

**\$100/team**



### 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**



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## KidSport™

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KidSport is a children's charity assisting children by overcoming financial barriers which prevent or limit their participation in organized sport. Funds raised through donations and foundation grants help offset the cost of participant registration fees for community based programs. Deadline to submit an application is the 15th of each month.

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



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# A Bright Future Fundraising Gala THANK YOU!

Saturday, February 7th, 2026  
at the Caisse Community Centre

THANK YOU to everyone who attended the Bright Future Fundraising Gala, for those who purchased support tickets and the Sponsors. Bringing the Arena Project to life for the community of La Salle would not be possible without you!  
Your SUPPORT is greatly appreciated!

Just over \$160K was raised from the Bright Future Fundraising Gala in support of the Arena Project.

## Committee:

Nick Guffei    Marcie Weiss    Lindsay Hayes    Joyce Murphy    Kaitlyn Laventure  
Gary Romijn    Dee Romijn    Barbara Agland-O'Connor

## Sponsors:



# A Bright Future Fundraising Gala THANK YOU!

Saturday, February 7th, 2026  
at the Caisse Community Centre

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# A Bright Future Fundraising Gala THANK YOU!

Saturday, February 7th, 2026  
at the Caisse Community Centre

## Sponsors:



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MCM Consulting Limited  
Michael McMullen, Author



# LA SALLE ARENA

LA SALLE ARENA PROJECT  
FUNDRAISING GOAL: \$2,000,000

83%

\$1,657,139

(as of  
Feb 24 2026)

*Thank You to our  
Generous Sponsors!*

Sponsor List Provided at:  
[www.caissecc.com/lasallearena](http://www.caissecc.com/lasallearena)

Thank you to our generous sponsors (as of February 24, 2026) that have contributed to 83% 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](mailto:brightfuture@caissecc.com)

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



## Food Allergies



credit to: Southern Health-Santé Sud

### Managing Food Allergies in School

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.

### 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.



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

## 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.

#### Disclaimer:

*Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*



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



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