

CAISSE COMMUNITY CENTRE

# Caisse Connections

NEWSLETTER

March 2025



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.*



## **2025 Caisse Community Centre Board of Directors & Staff**

**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)

**VACANT**, Communications Director

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

**Allyson Demski**, La Salle Fall Festival Director-at-Large  
[allysondemski@gmail.com](mailto:allysondemski@gmail.com)

**VACANT**, Director-at-Large

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

**Reporting to the Board:**

**Dee Romijn**, Facility Manager  
[dromijn@caissecc.com](mailto:dromijn@caissecc.com)



## **2024 Caisse Community Centre Annual General Meeting**

Thank you to those who attended the 2024 Caisse Community Centre Annual General Meeting of February 24th, 2025. Board Director positions up for election were filled as follows:

- **President (2 year term)**  
Nick Guffei
- **Secretary (2 year term)**  
Jared Lang
- **Special Events Director (2 year term)**  
Marcie Weiss
- **La Salle Fall Festival Director-at-Large (1 year term)**  
Allyson Demski
- **Director-at-Large (1 year term)**  
Ashleigh Reimer

Welcome back to returning Board Directors and a warm welcome to new Board Director Allyson Demski!

THANK YOU to David Brown and Joe Daley, who are not returning this term, for all their hard work and dedication over the years while on the Board of Directors. All the best in your future endeavours David and Joe!

This leaves one of the Director-at-Large positions (1 year term) and Communications Director (2 year term) VACANT. These positions need to be filled as soon as possible. If you're interested in either of these positions, please contact Nick Guffei, President at: [nick.guffei@vickar.com](mailto:nick.guffei@vickar.com)



*together* **WE CAN**  
*through volunteering*





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We are open 8 am to 6 pm Monday - Friday and 8 am to 4 pm on Saturday.

51 Rue Principale, La Salle MB R0G 0A2 204-736-3293

# Daylight Saving Time

**Spring**  
*forward*



**Sunday, March 9th, 2025**

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

**Forward 1 Hour**

**on Sunday, March 9th, 2025.**

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

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<b>Eastside Heavy Truck</b>	2535 Inkster Blvd.	204.633.8223
<b>Eastside Moray Collision &amp; Glass</b>	700 B Moray Street	204.885.2080

## 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!**



**DON'T MISS  
THE FUN!**



Caisse Community Centre

**2025 SPRING BREAK  
CAMP FOR KIDS**  
ages 5 to 11

**March 31 - April 4, 2025**

**Monday - Under the Sea Day**  
**Tuesday - Rainforest Day**  
**Wednesday - Tie Dye Day**  
**Thursday - Cooking Day**  
**Friday - Bouncer Day**

For information, pricing and/or  
to register, please visit:

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



CAISSE  
COMMUNITY  
CENTRE

(located at the corner  
of PR 247E & Hwy 330  
in La Salle MB)

# 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 2025 Newsletter issue Deadline -  
March 10th, 2025**

**May 2025 Newsletter issue Deadline -  
April 10th, 2025**

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

## Personal, Self-Employed and Trust Tax Returns

IN-OFFICE or VIRTUAL appointments. Book online, email or call.

Services Include:

**Mon-Sat 10am to 2pm**

Tax returns (T1 and T3 Trusts)  
Payroll (limited openings for small businesses)  
T3, T4, T5 slip and summary completion  
CRA slip summary and payroll remittance

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APPOINTMENTS

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(Please leave a message)

[info@tarrimtax.com](mailto:info@tarrimtax.com)  
[www.tarrimtax.com](http://www.tarrimtax.com)



# PARADIGM CUSTOM HOMES

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Contact us:

Jeff Baertsoen | [jeff@paradigmcustomhomes.ca](mailto:jeff@paradigmcustomhomes.ca)

Gerry Martel | [gerry@paradigmcustomhomes.ca](mailto:gerry@paradigmcustomhomes.ca)

1 - 42 Rue Principale, La Salle, MB R0G 0A2

Phone: 204.736.4686

Website: [www.paradigmcustomhomes.ca](http://www.paradigmcustomhomes.ca)



# Caisse Community Centre 2025 Spring Soccer Program

Registration open from February 1st, 2025 to March 31st, 2025.  
Late registration will be accepted from April 1st, 2025 to April 13th, 2025  
with a late fee of \$30.00 per player - NO EXCEPTIONS.  
PLEASE register by March 31st, 2025 to avoid late fees.



CAISSE  
COMMUNITY  
CENTRE

## Spring SOCCER Program

*All Skill Levels  
Welcome!*

~ Age Groups (boys & girls) ~

4 & 5 Year Olds (born 2020, 2021)

6 & 7 Year Olds (born 2018, 2019)

8 & 9 Year Olds (born 2016, 2017)

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 2025 Spring  
Learn to Play Baseball/Softball Program**



**CAISSE  
COMMUNITY  
CENTRE**

# Spring LEARN TO PLAY BASEBALL/SOFTBALL Program

*All Skill Levels  
Welcome!*

**~ Age Groups (boys & girls) ~**

**5U (born 2020, 2021)**

**7U (born 2018, 2019)**

**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, 2025 to March 31st, 2025.**

**Late registration will be accepted from April 1st, 2025 to April 13th, 2025**

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

**PLEASE register by March 31st, 2025 to avoid late fees.**



EVERYONE WELCOME



## Avonlea United Church

Domain, MB  
(10 kilometers south of La Salle)

*Faithfully Serving the Communities of  
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Worship continues at 9:30 am

Mar 2: Transfiguration Sunday

Season of Lent

Collection: 40 Tins for the Bins

March 9: Lent 1

Communion, Liturgy of Ashes,  
Pancake Lunch, Time Change  
(Spring Forward)

March 16: Lent 2

March 23: Lent 3

March 30: Lent 4

April 6: Lent 5

April 13: Passion / Palm Sunday

April 18: Good Friday Worship **10:00 am**

April 20: Easter Sunday / Communion

*"He loves us everyone as though there were  
but one of us to love."*

*St. Augustine*

### 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)

*Member of the Meridian Interchurch Council*



Domain  
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General Manager

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R0G 0M0

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Trevor Neudorf

Call:  
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Email:  
[trevor@westperimeter.com](mailto:trevor@westperimeter.com)

## DOMAIN COMMUNITY HALL

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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)*

**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](http://www.caissecc.com)  
 - [fitness centre tab](#)

**STAY FIT  
 JOIN TODAY**

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





# CAISSE COMMUNITY CENTRE FITNESS CLASSES

## Winter 2025 Session

**Jan 6th 2025 — Mar 27th 2025 (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.

**Pricing (includes GST):**

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

**12 Classes \$126.00 (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](mailto:dromijn@caisseecc.com) or visit [www.caisseecc.com](http://www.caisseecc.com) - programs tab**



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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](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



## Macdonald-Headingley Recreation District (MHRD) Zumba Open House

Get ready to move, groove, and have a blast at our Zumba Open House **Sat, Mar 8th, 2025 at the Caisse Community Centre!** This is the perfect opportunity to experience the joy of Zumba, whether you're a kid, an adult, or a senior looking for a fun and energizing way to stay active. All ages welcome! Bring your family and friends for an unforgettable morning of music, movement, and fun.

**Zumba Kids (10:00 - 10:20 am)** – High-energy, fun-filled dance fitness for kids that will keep them engaged and active!

**Zumba (10:20 - 10:40 am)** – A heart-pumping workout with Latin and international rhythms that make fitness feel like a party!

**Zumba Gold (10:40 - 11:00 am)** – A low-impact, easy-to-follow dance workout designed for active older adults and beginners.

Register at: [www.mhrd.ca](http://www.mhrd.ca)

Cost: FREE



**Macdonald-Headingley**  
RECREATION DISTRICT



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**Head Leader:**  
**Michelle D'Souza 204-792-7107**

**[LaSalle4H@gmail.com](mailto:LaSalle4H@gmail.com) | [www.4h.mb.ca](http://www.4h.mb.ca)**

# Headingley Library



**HeadingleyLibrary**

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## Membership Includes:

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**phone 204-888-5410**

**email [hml@headingleylibrary.ca](mailto:hml@headingleylibrary.ca)**

**or visit [www.headingleylibrary.ca](http://www.headingleylibrary.ca)**



## 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)**



**CAISSE  
COMMUNITY  
CENTRE**



**NADINA KOTZ**  
Gas Bar Manager

---

Box 56 Business (204) 736-2135  
 Domain, MB Fax. (204) 736-2133  
 Co-operative Canada R0G 0M0 E-mail: [domain.coop@mts.net](mailto:domain.coop@mts.net)  
 Oil Company Limited Located at 110 Fourth Ave., La Salle Manitoba

## 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.

The next meeting will take place Wednesday, March 12th, 2025 at 10:00 am.

Following the meeting, we will be doing Arm Chair Exercises under the direction of instructor Agnes Gousseau.

If you would like to join us or would like more information on the Domain Women's Institute (WI), please contact:

Carol Pasieczka at 204-736-2681



**Macdonald-Headingley Recreation District (MHRD)**

**2025 Spring / Summer Program & Community Resource Guide will be ONLINE and OPEN for registrations on March 17th, 2025.**

**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



**KidSport™**  
So **ALL** Kids Can Play!  
We're **ALL** in this together!

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

# St. Hyacinthe Catholic Parish

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

## UPCOMING EVENTS – MARK YOUR CALENDAR

- Mar 5 – Ash Wednesday & beginning of Lent  
Mar 21 – Matt Falk Comedy Event  
La Salle Community Fellowship  
Mar 23 – Youth Mass & Bake Sale  
St. Hyacinthe Catholic Parish  
Mar 27 – *Why Catholic?* Bible Study & Faith Enrichment  
St. Hyacinthe Catholic Parish  
Apr 13-20 – Holy Week & Easter  
May 6 – Knights of Columbus & La Salle KidZ  
Daycare Cash Bingo  
Caisse Community Centre  
May 9 – Spaghetti Dinner Night  
Caisse Community Centre



*Who is Saint Patrick? A Christian missionary and Bishop of Ireland of the 5<sup>th</sup> century. Thousands of Irish converted to Christianity through his evangelizing efforts. He died on March 17 and was buried in Downpatrick, Northern Ireland. Saint Patrick is one of the three patron saints of Ireland.*

*May the strength of God pilot us, may the wisdom of God instruct us, may the hand of God protect us, may the word of God direct us. (Saint Patrick)*

### 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

Visit our parish website for all the latest news and resources.



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



At Arbor memorial, we've been helping Winnipeg families say goodbye to their loved ones since 1906. We know how important it is to help family members make funeral plans that respect the individual beliefs, traditions and wishes of the deceased. We also know how hard decision-making can be at these times.

Call us to learn how we can accommodate your final plans, whether for a loved one or as a pre-plan for yourself.

Plan ahead and be remembered  
in your own special way

Call today for a Free Estate Planning Guide



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by Arbor Memorial

357 Des Meurons Street, Winnipeg  
204-233-4949 [desjardinsfuneralchapel.ca](http://desjardinsfuneralchapel.ca)

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Aime Talbot

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# 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), 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 March 8th, 2025 and end on April 20th, 2025.



## **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.

## **PERSONAL HYGIENE ITEMS**

Include such items as toiletries like shampoo, soap, tooth brushes, toothpaste. Also mitts, scarves, toques, socks. These donations will go to 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 [gicormier@gmail.com](mailto:gicormier@gmail.com) | 204-218-6011  
Chris Lippens [clippens@mts.net](mailto:clippens@mts.net) | 1-204-296-1390

*"As we work to create light for others, we naturally light our own way."*

Mary Ann Radmacher (author)



# 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.

MARCH 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
~ March 17 <sup>th</sup> - Happy St. Patrick's Day! ~						
2	3 La Salle Lemon Chicken (rice, veg, buns, banana cream pudding)	4	5 Starbuck Liver (mashed potatoes, gravy, apple broccoli salad, peach cobbler)	6 Sanford Liver (mashed potatoes, gravy, apple broccoli salad, peach cobbler)	7	8
9	10 Brunkild Irish Meal: Beef Stew (salad, soda bread, green ice cream & cookies)	11	12 Starbuck Salmon (roast potatoes, salad, birthday cake)	13 Sanford Lemon Chicken (rice, veg, buns, banana cream pudding)	14	15
16	17 La Salle Irish Meal: Beef Stew (salad, soda bread, green ice cream & cookies)	18	19 Starbuck Irish Meal: Beef Stew (salad, soda bread, green ice cream & cookies)	20 Sanford Irish Meal: Beef Stew (salad, soda bread, green ice cream & cookies)	21	22
23	24 La Salle Salmon (roast potatoes, salad, birthday cake)	25	26 Starbuck Pasta Casserole (salad, buns, birthday cake)	27 Sanford Meatloaf (mashed potatoes, cherry pineapple dump cake)	28	29
30	31 La Salle Meatloaf (mashed potatoes, cherry pineapple dump cake)	~ Menu Subject to Change Without Notice ~				



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# Caisse Community Centre Texas Hold 'Em Poker Tournament

caisse community centre presents

# TEXAS HOLD'EM Poker Tournament

LGCA # 6908-TH-43849

**Saturday, March 22, 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)

## Learn to Play!

(begins at 4:30 pm)

Come and learn how the game works, learn different strategies and build confidence before the event starts. Hosted by world class dealers from Northern Stars. (\$10/person)

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

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

Sit n' Go Tables  
"Stay all Night" and Enjoy the Action"

Royal Flush Accumulator Pot  
over \$2,000 plus  
accumulative added  
\$10 buy in



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LSCC's  
ladies  
**CURLING  
FIESTA**  
FRI, MAR 21 - SAT, MAR 22

Potential for Sunday curling based on # of teams registered.

Hosted at the La Salle Curling Club in La Salle, MB  
(same parking lot as the  
Caisse Community Centre)

**CURLING  
FIESTA**



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

**CURLING  
FIESTA**



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

**REGISTRATION \$200/TEAM**

*What's included*

- Blind Calcutta
- Team Nacho Platter
- Fun Themed Decor
- Saturday Costume Curling - Come Dressed for the Theme

**EXTRAS**

*What's not included, but we think you'll enjoy*

- 50/50 Draw
- Toonie Broom
- Silent Auction
- Canteen & Bar Onsite
- A Siesta if you choose!

**REGISTER WITH LESLIE**

[Leslie.reimer@ffunmotorsports.com](mailto:Leslie.reimer@ffunmotorsports.com)

# Cash Bingo



La Salle Council #7793

**La Salle Knights of Columbus**



La Salle Kidz<sup>™</sup>  
DAYCARE CENTRE

**La Salle KidZ Daycare Centre**

## **CASH BINGO**

**7:00 pm – 10:00 pm**

(Doors open at 6:15 pm)

**Tuesday, May 6th, 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](mailto:jim47lane@gmail.com) | Georges [gjcormier@gmail.com](mailto:gjcormier@gmail.com)**

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



# St. Hyacinthe Catholic Parish 2025 Spaghetti Dinner

St. Hyacinthe Catholic Parish Women's Auxilliary presents:

## *Spaghetti* DINNER NIGHT

- plus Silent Auction &  
Kid Zone Games for \$2 (receive a prize)

**Friday, May 9th, 2025**

**from 5:30 pm to 7:30 pm**

**at the Caisse Community Centre**

**(includes spaghetti, salad, bread & ice cream dessert)**

**~ gluten-free option available upon request ~**

**Tickets** - available at the door only

**Adults \$15/person**

**Children (5-11 years) \$5/person**

**Children (4 years & under) Free**

**net proceeds for St. Hyacinthe Catholic Parish**

**Event Contact**

**Dolores Mogg 204-228-1912**

**Silent Auction Contact - cash or prize donation**

**Jennifer Lippens [jlippens@mymts.net](mailto:jlippens@mymts.net)**

**(an income tax receipt will be provided upon request)**

## 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)

# La Salle Golf Tournament



Join us at the 6th Annual ReadyMeds La Salle Golf Tournament!  
A fun way to socialize with and support your community!!  
You can sign up as a single player, or as a team.

**ReadyMeds**  **LA SALLE**  
Pharmacy, delivered. **GOLF TOURNAMENT**

**Sunday, June 8th, 2025**  
**Kingswood Golf & Country Club**  
**Noon Shotgun Start**

**Proudly supporting the**  
**La Salle Nursery School & La Salle School**  
**Accessible Playground Project**

**\$200 per golfer**  
**(includes round of golf, cart, lunch & dinner)**

**Tee gifts for all golfers!**

**REGISTER AT:**  
**[LASALLENURSERY.COM/GOLF-TOURNAMENT](http://LASALLENURSERY.COM/GOLF-TOURNAMENT)**



## La Salle Arena

The Caisse Community Centre Board of Directors are extremely excited to announce that the long awaited La Salle Arena project has been approved through our Municipal and Provincial governments!

With this announcement, we are formally kicking off our fundraising campaign to ensure that we have a facility that the residents of La Salle and the RM of Macdonald can truly be proud of!

The La Salle Arena will be a place for families to come together for a wealth of recreational activities. A place to develop new skills and drive healthy competition. A community focal point where we can face new challenges affecting our municipality. A facility that adds to the word 'HOME'.

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!

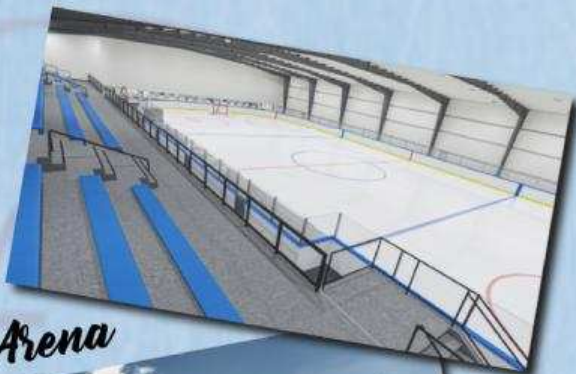
The Board of the Caisse Community Centre is deeply grateful for your support!

### Business Plan

- Proposed arena schedule would run 10 months per year which would significantly increase arena revenue over single season ice (which is the case for all other RM arenas).
- Staffing and operational costs will be reduced with a single multiplex (shared staffing resources).

### Project Schedule

- Local Improvement Plan Approval: December 2024
- Order Pre-engineered Building: December 2024
- Design and Building Permits: January 2025
- Construction Start: March 2025
- Construction Completion: Spring 2026
- Opening: Summer 2026



*La Salle Arena*



*Enhancing our Neighbourhood  
"Together"*

For Project Information,  
please visit our website:

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

OR scan the QR code



For Fundraising Information:

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

Questions?

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



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## TERM DEPOSIT

A Term Deposit allows you to invest at a fixed interest rate without worrying about interest rate fluctuations.

For more information,  
visit our branch or [Caisse.biz](http://Caisse.biz)

La Salle Branch 204.736.4341

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