

CAISSE COMMUNITY CENTRE

Caisse Connections

NEWSLETTER

April 2025



April
Showers
bring
May
flowers



CAISSE
COMMUNITY
CENTRE

www.caissecc.com

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



2025 Caisse Community Centre Board of Directors & Staff

Nick Guffei, President
nick.guffei@vickar.com

Brian Cornelsen, Past-President
cornelsenbrian@gmail.com

Rich Marchetti, Vice-President
richmarchetti@me.com

Chad Brick, Treasurer
Chad@eastsideindustrial.com

Jared Lang, Secretary
Jaredlang@murrayjeepram.ca

Kyle Hayes, Sports Director
Kylehayes@live.ca

VACANT, Communications Director

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

Marcie Weiss, Special Events Director
marciemaylynn@gmail.com

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

Allyson Demski, La Salle Fall Festival Director-at-Large
allysondemski@gmail.com

VACANT, Director-at-Large

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

Reporting to the Board:

Dee Romijn, Facility Manager
dromijn@caissecc.com



Caisse Community Centre Board of Directors Vacancies

2 Board Director positions remain vacant:

- Director-at-Large (1 year term)
- Communications Director (2 year term)


If you're interested in either of these positions, please contact:

Nick Guffei, President
nick.guffei@vickar.com



*together WE CAN
through volunteering*



**NADINA KOTZ**
Gas Bar Manager

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Domain
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Oil Company
Limited

Business (204) 736-2135
Fax. (204) 736-2133
E-mail: domain.coop@mts.net

Located at 110 Fourth Ave., La Salle Manitoba

A reminder.....

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



Thank you!

Personal, Self-Employed and Trust Tax Returns

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

Services Include:

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CRA slip summary and payroll remittance

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204-736-2556
(Please leave a message)

info@tarrimtax.com
www.tarrimtax.com



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
COMMUNITY
CENTRE**

PARADIGM CUSTOM HOMES

6 MORGAN LANE, OAK BLUFF MB
SHOW HOME 2024 - 2025



Questions regarding building with us?

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204-997-1065**

Contact us:

Jeff Baertsoen | jeff@paradigmcustomhomes.ca
Gerry Martel | gerry@paradigmcustomhomes.ca

1 - 42 Rue Principale, La Salle, MB R0G 0A2
Phone: 204.736.4686
Website: www.paradigmcustomhomes.ca



Caisse Connection Newsletter Deadlines

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

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

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

Contact:

Barbara Agland-O'Connor
Caisse Community Centre Website Director
barbaraaoinalasalle@hotmail.com

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

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

Caisse Connection
NEWSLETTER

**DON'T MISS
THE FUN!**



Caisse Community Centre

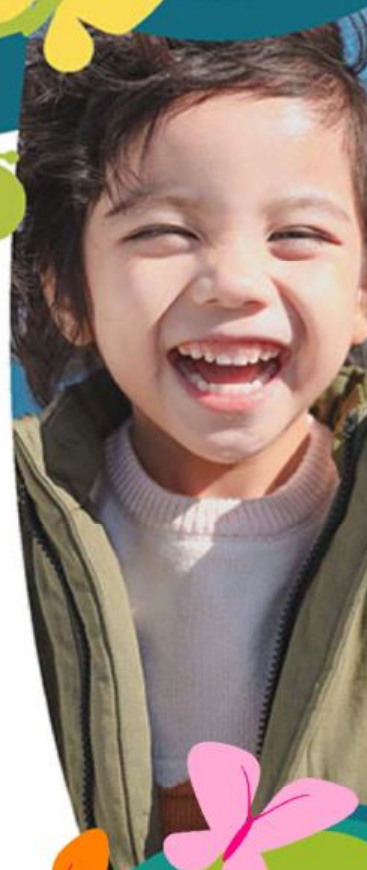
**2025 SPRING BREAK
CAMP FOR KIDS**
ages 5 to 11

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 - programs tab



**CAISSE
COMMUNITY
CENTRE**

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

**Caisse Community Centre 2025 Spring
Learn to Play Baseball/Softball Program**



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

Information and online registration:

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.

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)

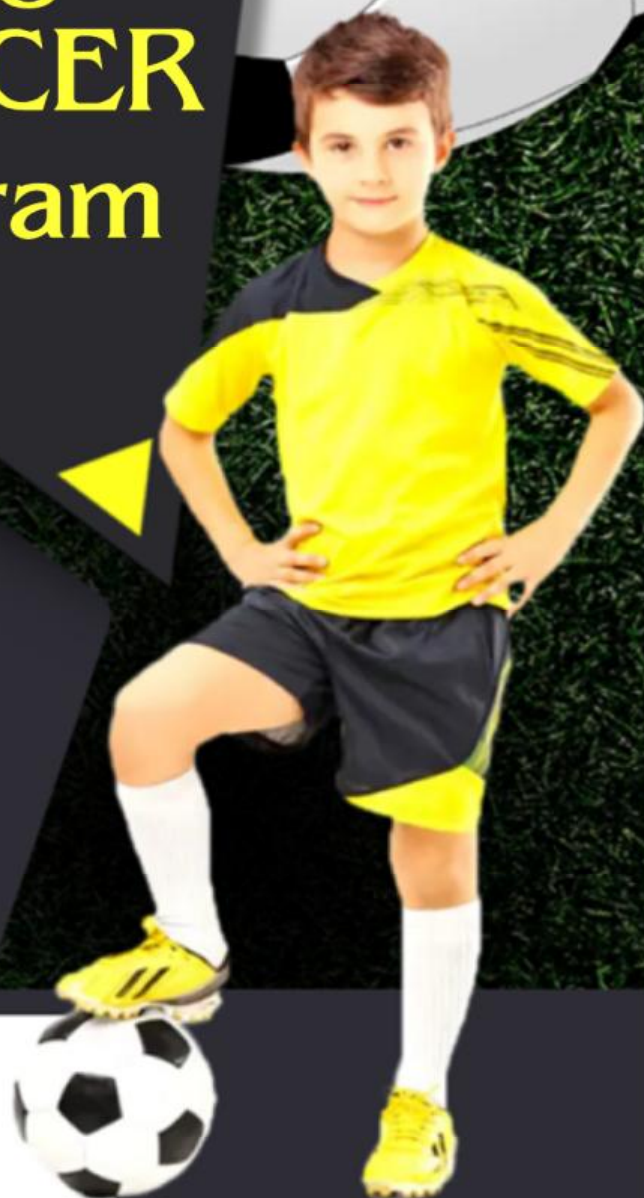
Information and online registration:

www.caissecc.com - sports tab -
soccer program

Contact:

Marc Coulombe
Soccer Convenor

lasallesoccer330@gmail.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), 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 | 204-218-6011
Chris Lippens 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)

EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

Faithfully Serving the Communities of
DOMAIN and LA SALLE

Worship continues at 9:30 am

Season of Lent
Collection: 40 Tins for the Bins

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

Member of the Meridian Interchurch Council



Domain
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General Manager

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Email:

trevor@westperimeter.com

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CAISSE
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PR 247 & Hwy 330
La Salle MB R0G 0A1

For rental information
or to arrange a tour,
please contact:

Dee Romijn
Facility Manager

Office: 204-736-2679
Cell: 204-801-7629
dromijn@caissecc.com
www.caissecc.com

La Salle Community Fellowship

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

We welcome you to join us!

We meet Sundays at 10:30 am.

Check out our website for other weekly programs.

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

w: www.lscf.ca
e: info@lscf.ca
p: 204.736.3200



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



TREAT YOUR BODY RIGHT.

2 - 42 RUE PRINCIPALE ST. LA SALLE
WWW.BODYWAVESMASSAGETHERAPY.COM
TEXT US: 204-736-3559

DIRECT BILLING

FOLLOW US:

@bodywavesmassagetherapy

To see our upcoming availability and last minute cancellations.



St. Hyacinthe Catholic Parish

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

We continue journeying through the season of **Lent**, which began on March 5th with Ash Wednesday, in preparation for Easter, which will be celebrated on Sunday, April 20th. Through prayer, fasting and acts of charity, we choose to become better people as well as more faithful and devoted followers of Jesus Christ.

Holy Week & Easter Triduum **Sun Apr 13 – Sun Apr 20**

(See schedule of celebrations on parish website)



Upcoming Events – Mark Your Calendars!

- Sun Apr 20 – Easter
Thu Apr 24 – Why Catholic?
Bible Study & Faith Enrichment
St. Hyacinthe Catholic Parish
Tue May 6 – Knights of Columbus & La Salle KidZ
Daycare Cash Bingo
Caisse Community Centre
Fri May 9 – Spaghetti Dinner Night
Caisse Community Centre

Please join us for **Sunday Mass** every Saturday afternoon at 4:00 pm or Sunday morning at 11:00 am. Visit our parish website for the latest news and resources.

Sunday Masses

Saturday, 4:00 pm / Sunday, 11:00 am

Weekday Masses

Wednesday, 9:00 am / Thursday, 7:00 pm

Adoration of the Blessed Sacrament

First Thursday of the month, following mass

SO DO NOT FEAR, FOR I AM WITH YOU; DO NOT
BE TROUBLED, FOR I AM YOUR GOD.
I WILL STRENGTHEN YOU AND HELP YOU;
I CARRY YOU ALWAYS IN MY HEART.
- ADAPTED FROM ISAIAH 41:10



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La Salle Girl Guides
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 where girls can be
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 | www.girlguides.ca
info@girlguides.ca
 204-775-3003

Girl Guides

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[intact]
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Lasalleinsurance.com



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

**CAISSE COMMUNITY CENTRE
 FITNESS CENTRE**


Come and take a look at what the
 Fitness Centre at the
 Caisse Community Centre
 has to offer.

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

Information / Fee Schedule:
www.caissecc.com
 - fitness centre tab

**STAY FIT
 JOIN TODAY**

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

 **CAISSE
 COMMUNITY
 CENTRE**



CAISSE COMMUNITY CENTRE FITNESS CLASSES

Spring 2025 Session

Apr 7th 2025 — Jun 26th 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***

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 or visit www.caisseecc.com - programs tab**



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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

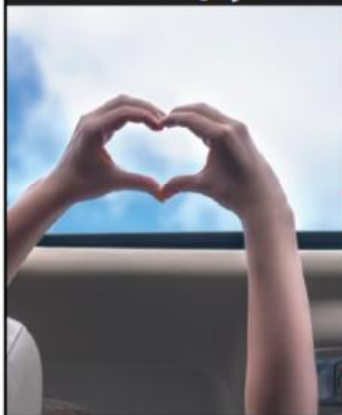
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to keep you on the road.
- **Paintless dent removal**
for fast, cost-effective repairs to your car.

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Eastside Heavy Truck Collision
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www.EastsideMorayCollision.ca

Eastside Collision	874 Marion Street	204.237.7111
Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Eastside Moray Collision & Glass	700 B Moray Street	204.885.2080

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, April 9th, 2025 at 10:00 am.

Followed by Guest Speaker Sandra Krahn from the Manitoba Association for Rights and Liberties (MARL).

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



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.

APRIL 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Starbuck Soup & Sandwich (pie)	3 Sanford Pasta Casserole (salad, buns, pineapple sunshine cake)	4	5
6	7 La Salle Soup & Sandwich (pie)	8	9 Starbuck Chicken Alfredo (caesar salad, garlic bread, apple crisp)	10 Sanford Pulled Pork on a Bun (roast potatoes, coleslaw, rice crispie square)	11	12
13	14 Brunkild Easter Meal: Ham (green bean casserole, perogies, carrot cake roll)	15	16 Starbuck Easter Meal: Ham (green bean casserole, perogies, carrot cake roll)	17 Sanford Easter Meal: Ham (green bean casserole, perogies, carrot cake roll)	18	19
20	21 La Salle Easter Meal: Ham (green bean casserole, perogies, carrot cake roll)	22	23 Starbuck Hot Pork Sandwich (mashed potatoes, coleslaw, pineapple sunshine cake)	24 Sanford Chicken Alfredo (caesar salad, garlic bread, birthday cake)	25	26
27	28 La Salle Sweet & Sour Meatballs (rice, cucumber salad, birthday cake)	29	30 Starbuck Teriyaki Chicken (rice, cucumber salad, birthday cake)	~ Menu Subject to Change Without Notice ~		



Out 'N About

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UNIT 6 / 600 Clifton Street Winnipeg, MB

DOMAIN LEGION 2025 PLAYOFF HOCKEY POOL



Thursday, April 17, 2025

Location : Domain Hall, Domain, MB

Doors open 5:30 pm

Draft starts 7:00 pm

Cash Bar and Pizza

Entry Fee \$200 per team (16 teams available)

1st Prize 50% of total entry fees

2nd Prize 25% of total entry fees

**To enter or for more information, please contact:
Jason Jones 204-891-4134 or eli.alexjones916@gmail.com**

**Please submit team and team members by April 14th, 2025
to ensure we don't double up on entries.**

National Volunteer Week 2025

National Volunteer Week 2025

April 27 - May 3, 2025

VOLUNTEERS MAKE WAVES **Together, we create ripples of change.**

The theme for National Volunteer Week 2025 is Volunteers Make Waves. It highlights the power, impact and importance of individual and collective volunteer efforts across Canada. Like a wave, volunteering is movement building.

Water is in constant motion, always flowing, shifting, and transforming with every powerful wave or quiet ripple. And so is each volunteer's contribution toward creating impact in our communities.

Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

Building on the tides sent out before us, waves swell with each generation of volunteers. Our actions ripple out to broader community benefits, like improved well-being, increased social cohesion, and enhanced resilience in the face of change and uncertainty.

Each wave is unique and brings something vibrant and new to the ecosystem.

During National Volunteer Week 2025, we come together to recognize and celebrate all the ways volunteers make waves from coast to coast to coast. Together we create ripples of change. And through the power of our amplified impact, Volunteers Make Waves.

The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities. By coming together, committing support, and increasing our collective efforts and impact, volunteers contribute exponentially to the quality of life we all strive for.

National Volunteer Week is a chance to highlight the value of volunteers and their positive impact on society.

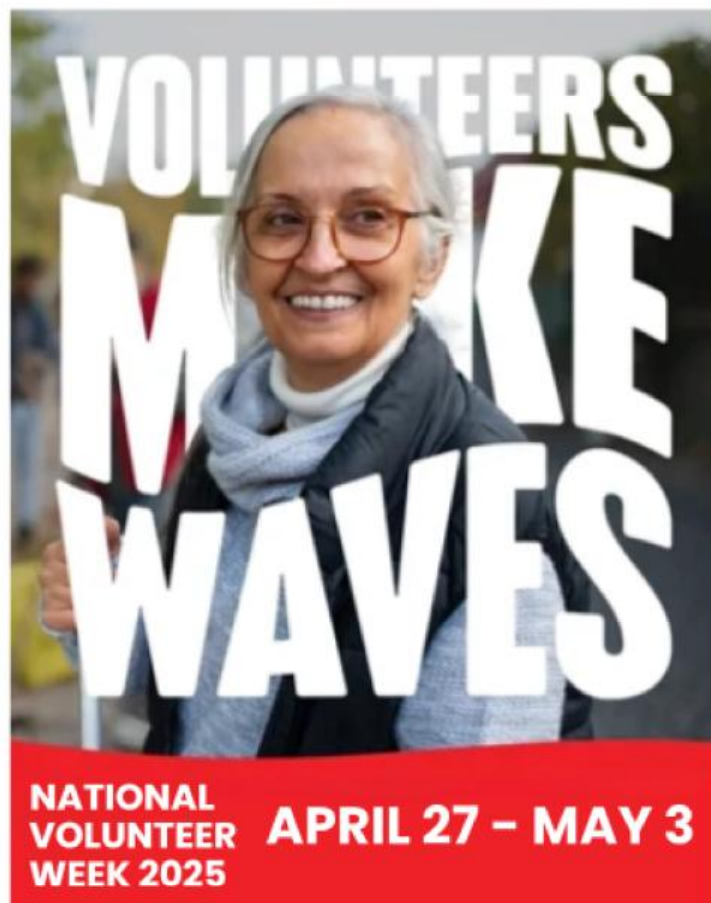


**Volunteer
Bénévoles
Canada**

www.volunteer.ca

Thank You to all the volunteers in our community!

Thank You!



Cash Bingo



La Salle Council #7793

La Salle Knights of Columbus



La Salle Kidz^{INC.}
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 | Georges 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 Auxiliary 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

(an income tax receipt will be provided upon request)

You're Invited To Celebrate

40

**AMAZING
YEARS**

of the La Salle Curling Club

**HAPPY
ANNIVERSARY**

Sat. May 10th, 2025

6 pm drinks

**7 pm dinner catered by Bistro 330
reception to follow**

Caisse Community Centre

tickets - \$15 members, \$30 non-members

contact - lasallecurlingclubmb@gmail.com

no tickets at the door, must pre-purchase

We can't wait to celebrate!

Macdonald-Headingley Recreation District (MHRD)



Macdonald-Headingley
RECREATION DISTRICT

**Spring - Summer 2025
Program & Community Resource
Guide is ONLINE and OPEN for
registrations!**

**For a complete list of programming
available and/or to register, please
visit our website at: www.mhrd.ca**

**For more information:
Call 204-885-2444
Email info@mhrd.ca**

Pickleball at the Caisse Community Centre

Pickleball

**Caisse Community Centre
Jan 7th 2025 - Jun 26th 2025
Tuesdays and Thursdays
from 1:00 pm to 3:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person**

**Facilitator:
Bernice Valcourt 204-479-0514**

Recreational Pickleball (beginners)

**Caisse Community Centre
Jan 6th 2025 - Jun 25th 2025
Mondays and Wednesdays
from 11:00 am to 1:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person**

**Facilitators:
Michele Boux
jimibx@mymts.net | 204-226-4810
Suzanne & Claude Lavallee
cslava81@gmail.com**

**Please bring
clean indoor
shoes.**



**CAISSE
COMMUNITY
CENTRE**

Little Ballers Basketball Spring 2025 Registration

Little Ballers LA SALLE
Spring Registration is Now Open!

Saturdays
May 10 2025 - June 28 2025

Saturdays

- Baby Ballers (10months-2.5years) 9:15 am
- Little Ballers (2.5years-3.5years) 10:15 am
- Mini Ballers (3.5years-5years) 11:15 am
- Big Ballers (5years-8years) 12:15 pm

ENROL NOW!

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

Tossing

For information and/or to register: www.littleballersbasketball.com



Little Ballers ATHLETIC Program

Baby Ballers
Little Ballers
Mini Ballers
Big Ballers

SATURDAYS at the
Caisse Community Centre

May 10 2025 - June 28 2025

Little Ballers LEAGUE Program

TUESDAYS at the
Caisse Community Centre

May 13 2025 - July 8 2025
(no session July 1st)

Little Ballers League La Salle
Tuesdays May 13 - July 8 2025
(no session July 1st)
at the Caisse Community Centre

ENROL NOW!

8 WEEKS CO-ED

Ages 4 - 5 years
5:45 pm - 6:45 pm

Ages 6 - 8 years
6:45 pm - 7:45 pm

* 45 minutes of **FUNDamentals** & 15 minutes **3 on 3** *

For information and/or to register: www.littleballersbasketball.com





Head Leader:

Michelle D'Souza 204-792-7107

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

Headingley Library



HeadingleyLibrary

49 Alboro Street

Headingley MB R4J 1A3

Membership Includes:

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

For further information:

phone 204-888-5410

email hml@headingleylibrary.ca

or visit www.headingleylibrary.ca



CAISSE COMMUNITY CENTRE

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

BEFORE & AFTER SCHOOL PROGRAM IN-SERVICE DAY CAMP PROGRAM

Before & After School Program (ages 5 to 12)

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

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

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

Pre-registration required (online).

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

Information and/or to register:

www.caissecc.com

- programs tab

Questions:

beforeandafter@caissecc.com



**CAISSE
COMMUNITY
CENTRE**

Look Out for Food Marketing!

credit to: Southern Health-Santé Sud

Children are specifically targeted due to their vulnerability.

Food marketing is everywhere... It's important as parents to recognize where and how often our children are being exposed to food marketing.

Limiting food marketing exposure can help support children in making balanced food choices as they grow and develop. Less exposure to foods that are high in sodium, sugar and saturated fats can help them foster healthy eating habits for a lifetime.

Limiting exposure starts in the home. TV/ social media influencers and streaming apps are often the biggest source of food marketing for children.

Talk to our children about food marketing and how it targets them on a daily basis. Help them understand how these ads and sponsorships can influence our food choices and how to make informed decisions on what foods to eat and why that's important for their health.

Visit the [Canada Food Guide](#) to learn more about food marketing and children.

Food Marketing Examples

- podcasts and radio
- billboards
- tv commercials
- YouTube
- social media and influencers
- coupons/ flyers in the mail
- video and gaming apps
- food packaging
- restaurant signage



Recipe

credit to: Southern Health-Santé Sud

Homemade Fruit Roll-ups

Ingredients:

- 3 cups of fruit (frozen or fresh)
- Sugar (optional)

Directions:

1. Pre-heat oven to 170 degrees F
2. Line cookie sheet with parchment paper or silicon baking sheet.
3. Puree fruit in blender or food processor and add in sugar or sweetener to taste (1-2 tsp).
4. Spread puree onto parchment paper until level and about 1/8 inch thick.
5. Bake in oven for 6-8 hours or until fruit is no longer tacky.
6. Take out of oven and cool. Cut into strips and roll up.
7. Place into plastic bag or covered container and store in fridge for up to 2 weeks.



Recipe adapted from [Mommy Musings](#)

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.

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 
Pharmacy, delivered.

LA SALLE 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](https://lasallenursery.com/golf-tournament)

CAISSE COMMUNITY CENTRE

School's Out for Summer Dance



**Thursday, June 26th, 2025
6:00 pm to 8:30 pm
at the Caisse Community Centre**

Elementary students (kindergarten to grade 5 - no toddlers) and their parents are invited to celebrate this past year of school.

Live DJ (Bulldog Music) & Dance Floor Lights & Photo Booth (AJ's Mystic Mirror) promise to be the best way to kick off your summer break!

Canteen, Games & Prizes!

**For information and/or to sponsor this event, please contact:
Marcie Weiss at marciemaylynn@gmail.com**



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com-events tab

***\$5/child* (parents free)**

Please note: All children must be accompanied / supervised by a parent.

Dog Excrement / Waste

Dog owners have been walking their dogs, unleashed (**despite signage in the area**) to run freely on the Caisse Community Centre property, splashpad and children's playground area.

The Caisse Community Centre property, splashpad and children's playground area are NOT an Unleashed Dog Park. Owners have been allowing their dog(s) to run free and defecate without immediately removing the dog excrement / waste. Dog excrement / waste is an inevitable part of having a pooch and the Caisse Community Centre is reminding owners to leash and pick up after their dog(s).

Not only does leaving dog excrement / waste in a green space degrade that green space but can actually spread disease to other animals and humans so it is critical we work as a team to clean up dog excrement / waste in our community.

DOG EXCREMENT / WASTE TRANSMITS DISEASE



Please be a good
neighbour.
Leash and clean up after
your dog.

Thank you!

**PLEASE KEEP THE CAISSE COMMUNITY CENTRE
PROPERTY, SPLASHPAD AND CHILDREN'S PLAYGROUND
AREA CLEAN, HEALTHY AND SAFE FOR ALL.**

Click [HERE](#) to view RM of Macdonald By-Law No 1/20



**CAISSE
COMMUNITY
CENTRE**

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!

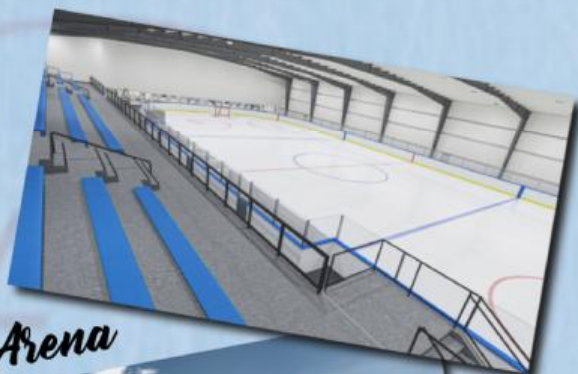
The Board of the Caisse Community Centre is deeply grateful for your support!

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/lasallearena

OR scan the QR code



For Fundraising Information:

brightfuture@caissecc.com

Questions?

arena@caissecc.com



CAISSE
COMMUNITY
CENTRE

TAX FREE SAVINGS ACCOUNT

**You'll be covered.
We'll make it easy.**



We offer a full range of investment options to help you achieve your goals, whether it be for education, retirement, travel or more.

TFSA

A Tax Free Savings Account lets you invest your savings without paying taxes.

RRSP

Contributing regularly to a Registered Retirement Savings Plan will help you build a comfortable retirement fund.

RRIF

A Registered Retirement Income Fund is designed to provide you with a regular source of income throughout your retirement.

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**

La Salle Branch 204.736.4341

Caisse Financial Group

A division of Assiniboine Credit Union

