



VOL. 63 Winter Newsletter January 2019



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www.rmrca.com

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We have great things in store for 2019 but as we look to the year ahead we can't help but think about the year we just had...and what a year it was!!

RMRCA celebrated 30 years of serving the Rosemont and Mount Royal communities – what a milestone. Annually this group of volunteers donates over 1,400 hours to bringing programs and event to the 4,000 community households that calls Rosemont and Mount Royal home.

2018 was a year of bringing community together. Focus was put on communications and during a summer of increased break in and vandalism activity, the need for more “real time” information sharing was needed and a Community driven Facebook community emerged. Growing to over 2,000 followers, the Community was able to communicate directly with each other and watch out for their neighbors. RMRCA also opened discussions with the Regina Police Services (RPS) about the increased crime activity, looking for advice on how residents can protect their property. RMRCA looks to plan an engagement session with the Community and RPS sometime in the spring of 2019, to help residents remain informed of crime activity.

The RMRCA also added a Spring Newsletter bringing the total to 3 annually. The E-News is also a great way for RMRCA to get news out to the residents and in 2018 we saw our email list grow to over 450. Get your name on the list and stay informed of events and programs that pop up monthly – request to be added by emailing rmrca@myaccess.ca.

We didn't stop with just the Community. RMRCA spent a great deal of time working to get to know our partner Community

Get Involved - Volunteer With Us!

The RMRCA is always welcoming individuals that are interested in helping to shape our community.

There are a number of Board positions available, as well as a need for event volunteers. All Board positions are for a term of 2 years. The RMRCA Board meets the **first Tuesday of each month**, at 7:00 p.m. at the Rosemont Community School from September to June.

Available positions are –

1. **Directors:** Directors are voting members of the Board that can lead sub-committees based on their interest. The RMRCA Executive is also filled from the Board Directors such as Chair, Vice, Treasurer and Secretary.

Associations in the West Zone. With similar challenges, RMRCA feels that a stronger working relationship is needed to continue to keep our communities vibrant and with services for its residents. We have also been attending various City of Regina “open houses” to keep abreast of City changes that can impact our community. We will continue to foster these relationships.

The Association was glad to help Walker School Parent Committee with their efforts to fundraise for a new school yard play structure. The Committee ran the canteen for the Winter Craft Fair in November as well as helped RMRCA with set up for the event. They raised over \$350.00 to go towards the play structure.

Last year, over 2,100 people used the outdoor ice rink on 4th Avenue! Did you know that RMRCA supervises that rink and makes sure that the shack is open and warm every night during the winter season? Thank you to our Volunteers and to everyone who uses the rink. RMRCA is working with the City to get some improvements made to the shack so that it remains open to the public.

RMRCA was happy to award Margaret Wah Ta a \$500.00 Student Volunteer Scholarship. We have 2 to give away annually and encourage all residents attending post-secondary education to apply. See www.rmrca.com to find information on the 2019 Scholarships.

So what do we have in store for 2019?? Stay tuned! Get on the ENews list and follow us on FB!

Thank you Rosemont Mount Royal for continuing to support your Community Association!

2. **Newsletter Editor (Contracted):** Responsible for the development of the community newsletter generated three times per year. (Email tmcquoid@rentvictory.com for more information)
3. **Event Volunteers:** Volunteers are needed to assist with the community events that we hold. This can include set up/clean up, running registration tables, coordinating vendors, etc. Volunteers can participate as available.

More detailed information for all RMRCA Board positions can be found on our website at www.rmrca.com.

RMRCA represents the citizens of Rosemont and Mount Royal – all community members are more than welcome to attend a meeting.

Support your Community – Become a RMRCA Member!

For over 30 years, the Rosemont Mount Royal Community Association has worked to bring a variety of sport, recreation, culture and social programs to the people of *this* Community. Serving over 4,000 homes makes the RMRCA one of the largest community associations in the City of Regina!

RMRCA also depends on the Family Memberships that are sold each year to the Community. RMRCA uses these funds to keep your community vibrant by bringing the events and programs that you want to the area. Funds are also used to make donations to neighborhood schools and charitable organizations; to provide scholarships to youth volunteers and to print newsletters to keep you informed... just to name a few!

Becoming a member of the Rosemont Mount Royal Community Association is a great way to support your community, the Association, and to stay informed about RMRCA programs and events.

A RMRCA Family Membership is available to any family or individual for a small price of **\$5.00** and is valid for one year, September 1 – August 31st.

Family memberships assist your Community Association in continuing their service to you.

2019 RMRCA Student Volunteer Scholarship

The RMRCA is pleased to offer a Volunteer Scholarship to students in this Community who demonstrate their exceptional volunteer efforts not only in their school but in their community and city.

Awarded in June each year, two scholarships in the amount of \$500.00 each are intended to assist students with post-secondary education costs.

Applications and volunteer resume must be submitted by May 15, 2019 in writing to RMRCA Treasurer 6109 5th Avenue, Regina, SK. S4T 6R8 or by email to helen.adams@sasktel.net

RMRCA Student Volunteer Scholarship information can be found at www.rmrcacom.com.



RMRCA Membership Card

Community Association Membership entitles you and your family to participate in numerous programs provided by our Community, other Communities, Zone Boards and Affiliated Groups.

One membership per family per year is required. Cost is \$5. Bring this form to Registration Night, or mail this form along with \$5.00 to RMRCA Membership Coordinator, 1034 Campbell St. Regina, SK. S4T 5P4.

Name: _____

Address: _____

Postal: _____ Phone: _____

Email: _____

Do you want to receive RMRCA Newsletter and Community updates by email? Y N

Thank you for supporting your Community Association!

Rosemont Mount Royal Community Association

Annual General Meeting

February 12, 2019
7:00 p.m.

ALL COMMUNITY RESIDENTS WELCOME

ROSEMONT COMMUNITY SCHOOL - GYM
841 HORACE ST.
PIZZA TO FOLLOW

RMRCA Winter 2019 Program Registration

January 8, 2019 7:00 p.m. – 8:00 p.m.

Rosemont Community School • Gymnasium • 841 Horace Street

HOW TO REGISTER FOR RMRCA PROGRAMS AND OTHER CITY WIDE PROGRAMS

1. Attend the RMRCA program registration for residents of Rosemont and Mount Royal
2. Become a Community Member (**\$5.00 per household**). Membership valid from September 1, 2018 – August 31, 2019.
3. For RMRCA programs: Register and pay for program(s) at the RMRCA registration night.
4. For other programs (run by other community associations): Register for programs at the RMRCA registration but do not pay. The sponsoring organization will contact you and collect the appropriate fees.

RMRCA REFUND POLICY: All requests for refunds for RMRCA programs must be submitted in writing to the Treasurer prior to the 3rd (third) class. Requests will be reviewed by RMRCA Executive and will be considered for special circumstances on a prorated basis. All refunds are subject to a \$10 administration fee. If classes are cancelled by RMRCA, a full refund will be issued. No refunds for membership. Submit to: *RMRCA Treasurer 6109 5th Avenue, Regina, SK S4T 6R8*

Need Help? Anyone requiring financial assistance in order to register for any RMRCA programs should submit their request in writing to: RMRCA 6109 5th Avenue Regina, SK. S4T 6R8 or helen.adams@sasktel.net

YOUTH PROGRAMS

BOUNCE & BALANCE 3-4 YEARS

Dates: Saturdays, Jan 26 – Apr 6, 2019 (No class Feb 23)

Cost: \$40.00 **Time:** 1:00 p.m. – 1:45 p.m.

Location: Rosemont Community School Gymnasium

NINJA GYM 5-6 YEARS

Dates: Saturdays, Jan 26 – Apr 6, 2019 (No class Feb 23)

Cost: \$40.00 **Time:** 2:00 p.m. – 2:45 p.m.

Location: Rosemont Community School Gymnasium

GYM COMBO 7-8 YEARS

Dates: Saturdays, Jan 26 – Apr 6 (No class Feb 23)

Cost: \$40.00 **Time:** 3:00 p.m. – 3:45 p.m.

Location: Rosemont Community School Gymnasium

BASKETBALL SKILLS & DRILLS 9-11 YEARS

Dates: Mondays, Jan 21 – Apr 1, 2019 (No class Feb 18)

Cost: \$40.00 **Time:** 6:30 p.m. – 7:30 p.m.

Location: Walker School Gymnasium

BASKETBALL SKILLS & DRILLS 12-14 YEARS

Dates: Mondays, Jan 21 – Apr 1, 2019 (No class Feb 18)

Cost: \$40.00 **Time:** 7:30 p.m. – 8:30 p.m.

Location: Walker School Gymnasium

my Time 10-14 YEARS

My Time offers a variety of fun activities, including: art, cooking, crafts, drama, games, sports, theme nights and more! My Time is a City of Regina program, funded by the RMRCA - everyone in our community is welcome to take part!

Dates: Tuesdays & Thursdays, Jan start TBD

Cost: Free (Participant Forms required to participate)

Time: 6:30 p.m. – 8:30 p.m.

Registration: Jan 8, onsite on first night, or call Sean Sullivan (306)777-7146 to register and for more information.

Location: Rosemont Community School Gymnasium

ADULT PROGRAMS

ZUMBA 18+ YEARS

Dates: Wednesdays, Jan 23 – Apr 3, 2019 (No class Feb 20)

Cost: \$40.00 **Time:** 7:00 p.m. – 8:00 p.m.

Location: Martin Collegiate Lunch Room

GENTLE YOGA 18+ YEARS

Dates: Mondays, Jan 21 – Apr 1, 2019 (No classes Feb 18)

Cost: \$40.00 **Time:** 7:00 p.m. – 8:00 p.m.

Location: Martin Collegiate Lunch Room

YOGA FLOW 18+ YEARS

Dates: Mondays, Jan 21 – Apr 1, 2019 (No classes Feb 18)

Cost: \$40.00 **Time:** 8:15 p.m. – 9:15 p.m.

Location: Martin Collegiate Lunch Room

BODY SCULPT 18+ YEARS

Dates: Sundays, Jan 27 – Apr 7, 2019 (No class Feb 24)

Cost: \$40.00 **Time:** 10:00 a.m. – 11:00 a.m.

Location: Rosemont Community School Gymnasium

PIYO 18+ YEARS

Dates: Tuesdays, Jan 22 – Apr 2, 2019 (No class Feb 19)

Cost: \$40.00 **Time:** 7:00 p.m. – 8:00 p.m.

Location: Martin Collegiate Lunch Room

55+ PROGRAMS

FOREVER... IN MOTION: This program includes endurance, strength, balance and flexibility activities which may be performed either in the sitting or standing positions. Registration at first class.

Two Class Options:

- Mondays, Jan 7 – May 13, 2019 (No class Feb 18; Apr 22)
- Fridays, Jan 11 – May 17 (No class April 19)

Cost: Free with Community Membership (pre-registration preferred)

Time: 10:00 a.m. – 11:00 a.m.

Locations: St. James Anglican Church

OTHER

COURT WHIST 18+ YEARS

Dates: Every 2nd Thursday, Start date TBA

Cost: By Donation **Time:** 7:30 p.m.

Location: Christ Lutheran Church

Contact Roberta (306)543-1958 for the start dates.



ESL (ENGLISH AS A SECOND LANGUAGE) 18+ YEARS

Brought to you by the RMRCA for the residents of this Community. Registrations are required and will only be accepted until class is full, space is limited.

Dates: Tuesdays, Jan 22 – Mar 5, 2019 (No class Feb 19)

Cost: Free with Community Membership (pre-registration required)

Time: 6:30 p.m. – 8:30 p.m.

Location: Martin Collegiate, Elder's Room

ARTS & CRAFTS

LEARN TO CROCHET 18+ YEARS

Dates: Wednesdays. Jan 23 – Mar 6, 2019 (No class Feb 20)

Cost: \$40.00 plus supplies

Time: 7:00 p.m. – 8:30 p.m.

Location: Martin Academy, Elder's Room

WEST ZONE BOARD & AFFILIATE PROGRAMS (COMMUNITY MEMBERSHIP REQUIRED)

REGINA WEST ZONE OUTDOOR SOCCER

Co-ed, no-cut recreational soccer for ages three to nineteen. Games played May – June ending in tournament in June. Older age groups play with other zones throughout City.

Cost: See website

Register: Online registration begins January 2019.

Registration Deadline: March 15, 2019

Online: www.rwzsa.ca

In Person: Saturday, March 2, 2019 10:00 a.m. – 1:00 p.m. at the North West Leisure Centre

Registration Inquiries: www.rwzsa.ca

Referees Needed: Referees needed for age groups 8U and higher. Applications available on website or at the West Zone Board office, wzb@sasktel.net. Applications due Mar 22, 2019

REGINA WEST ZONE TAEKWON-DO West Zone Taekwon-Do offers classes focused towards a recreational family program for fitness, co-ordination and self-discipline, while learning the art of Taekwon-Do Self Defence. Instructed by Master Clint Norman (ITF 8th Dan Black Belt) and his assistants provide instruction.

TRY OUT FOR FREE: Attend any beginner class.
Ongoing Registration Winter/January; Spring/April

Cost: \$350/3 month session (incl. dobok, manual, fees and ITF Membership)

Location: Henry Janzen School – 222 Rink Avenue

Class Time: Beginner

- Sunday: Beginner 1:00 – 2:00 pm ; Intermediate 2:00 - 3:00pm; Senior 2:00 – 3:00 pm
- Monday: Beginner 6:00 – 7:00 pm; Intermediate 7:00- 8:00 pm; Senior 8:00 – 9:00 pm
- Wednesday: Beginner 6:00 – 7:00 pm; Intermediate 7:00 – 8:00 pm; Senior 8:00 – 9:00 pm

For further information contact Regina West Zone Taekwondo at wztaekwondo@gmail.com, 306-525-0005 or contact the West Zone Board office at wzb@sasktel.net, 306-791-0226.

T-BALL/SOFTBALL

No-cut, equal participation sports program.

Registration: Online at www.rnwsa.ca by February 2019

In Person: Saturday

- March 16, 2019 2:30 – 3:30 p.m.
- April 13, 2019 2:30 – 3:30 p.m.

Cost: See website for cost. Community Membership required.

Umpires Needed: Paid umpires needed for all divisions except T-ball and A-ball

LEARN TO SKATE

Teaches children to stand and walk on skates and feel comfortable on ice. Skating/Hockey helmet with full face guard is mandatory.

Ages: 3-12 years. Class dates/times/rink can be found on website.

Registration: January 7, 2019, 9:00 a.m. West Zone Board office at North West Leisure Centre.

Registrations will be accepted until classes are full. Classes often fill first day of registration. More information can be found on website www.westzoneboard.ca

Cost: \$85.00 (8 classes/session).



The Ehrlo Outdoor Hockey League (OHL) offers free recreational opportunities for families who are unable to participate in traditional, organized sports. All equipment is provided thereby eliminating the need for hard-to-afford purchases like helmets, pads and skates.

OHL will be at the Rosemont outdoor rink –
Wednesdays January 9th – March 6, 2019
6: 30 p.m. – 8:30 p.m. Atom (Ages 6-11)
7:30 – 8:30 Bantam (Ages 12-16)
Weather permitting

To register or book a fitting time for equipment please call (306) 751-2411; Facebook: Ehrlo Sport Venture; or website www.ehrlo.com/sport-venture

Supervision of rink shelter is provided by Rosemont Mount Royal Community Association

ROSEMONT OUTDOOR ICE

Located on 4th Avenue in the Rosemont Community School yard, the fully lit arena is open for public use on a first come basis!

December 21, 2018 - March 10, 2019

Weather Permitting
 Monday - Friday: 6:00 - 9:00 p.m.
 Weekends: 2 - 5 pm and 7-9 pm
 Rink Not Available:
 Wednesdays 6-8:30 p.m.

Supervision of shelter is provided by Rosemont Mount Royal Community Association

City of Regina Residential Sidewalk Snow & Ice Removal



Snow and ice on residential sidewalks is the responsibility of the property owner/resident.

It's important to keep your sidewalks shoveled and sanded to help pedestrians walk safely and easily down the street.

Snow from resident's driveways and walkways should be stored on their private yard, not on streets, sidewalks or boulevards.

The City provides sand at various locations throughout Regina for residents who need it to make icy sidewalks and driveways safe. You must bring a container and something to scoop with.

In Rosemont and Mount Royal, the City of Regina Sand Box is located at the **Jack Hamilton Area, 1010 McCarthy Blvd. near the tennis courts.**

Thank you for keeping our Community sidewalks safe for all to use!

HUGE COMMUNITY GARAGE SALE

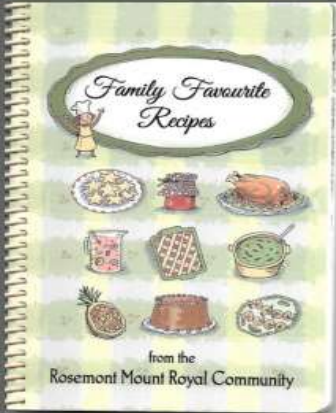
Upcoming spring garage sale for the Rosemont Mount Royal Communities.

details coming soon!

www.rmrc.ca.com

RMRCA COOKBOOK

30th Anniversary Edition



These SPECIAL cookbooks will be for sale at the RMRCA Winter Registration Night January 8, 2019 **\$10.00 each**

Your name with some of the wonderful family recipe(s) that you submitted may have been included in this cookbook! What a wonderful Gift this would be! Purchase one of these cookbooks for yourself or purchase several for upcoming Gifts.... for Relatives/Birthday/Wedding Showers/Thank-you gifts or for Friends & Community Neighbors etc.!!

THANK-YOU TO ALL...in our Rosemont Mount Royal Community who contributed their family favorite recipes, for this Special limited edition - 30th Community Anniversary Cookbook!!

ADVERTISE WITH US

There are multiple opportunities for you to advertise with RMRCA -

2 Outdoor Signs - Located at Lewvan & 4th Ave or McCarthy Blvd & 6th Ave. Rental available on a weekly basis. Contact Glen Nicol (306)949-3195 or email: rmrca@myaccess.ca

Newsletter - Distributed to over 4,000 households and businesses three times a year (September, January, and April). Email: rmrca@myaccess.ca for rates.



RMRCA Board of Directors – 2019/2020

Chairperson	Theresa McQuoid	306-535-5595	tmcquoid@rentvictory.com
Vice Chair	Alex Tkach		alex.tkach@fqgentertainment.ca
Secretary	Donna Inverarity		donna.inverarity@sasktel.net
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Membership	Susan Bagues	306-949-1370	
Outdoor Sign	Glen Nichol	306-949-3195	cgnichol@sasktel.net
Facilities	Helen Adams	306-543-9152	
Social Coordinator	Marianna Topos		Marianna_11@hotmail.com
Communications	Alex Tkach		alex.tkach@fqgentertainment.ca
Promotions	Elaine Dittmann	306-543-4402	edittmann@sasktel.net
Newsletter Editor	Theresa McQuoid		tmcquoid@rentvictory.com
West Zone Board Rep	Andrew Nestor		Andrew.nestor@staples.ca
Member-at-large	Steve Bagues		
	Dan Riess		driess@hotmail.com
Programs Coordinator	Theresa Porter		tbaum3@hotmail.com
City of Regina	Wendy Dumalski	306-777-7362	wdumalsk@regina.ca

For General Inquiries email: rmrca@myaccess.ca



The Rosemont Mount Royal Community Association would like to thank the City of Regina for being our “program partner” by helping us bring the community these great programs and activities – we really appreciate the support!

Thank you!

ROSEMONT DENTAL CLINIC



Rosemont Dental Clinic

Dr. S. Jun D.D.S.
rosemontdental.ca

306-352-9960



**5010 4th Ave.
Regina, SK
(located next
to No Frills)**



**New & Emergency
Patients Welcome**

SAF4894JJA