

Fall Newsletter September 2022



Inside This Issue

- 2** A Message from RMRCA
- 3** RMRCA Scholarship Winners
Community Clean Up
- 4** Buy a Membership Card
- 5** City of Regina Lead Services Program
RMRCA Community Survey
- 6** Fall 2022 Programs Registration
- 7** West Zone Board Fall Programs
- 8** Board of Directors

Fall 2022 Programs Registration

In person at Rosemont School
Tuesday September 13th from 7:00-8:00 pm
Online at www.rmrca.com from September
7th-14th

Register for all RMRCA & affiliate group
programs. Details on page 6 & 7.

RMRCA membership cards will be available for
purchase as well.



A Message from RMRCA

Hey there neighbours, for our fall newsletter we have put together a bunch of great information for you, as well as a survey looking to get your input into the things going on in our community. Even though our monthly meetings have been on hiatus for the Summer, our board has been busy as ever.

When it comes to community events, we hosted not one, but two Movie Nights in the Park, in collaboration with Summer Bash. These events were dedicated to the memory of Susan Bogues, one of our board of directors who passed away, and whose presence has been missed ever since. These events were an overwhelming success with over 600 participants, coming and going, across both nights. We look forward to running similar events next year, so be sure to follow us on social media or visit our website!

Although programming and events are a large portion of what we do, we also act as a liaison between you, the residents of the community, and the City of Regina and its partners. For this reason, at the request of the community, we hosted a Regina Police Service (RPS) Community Engagement Session on August 24th, at the College of Nursing. With representatives from the City of Regina Bylaws Department also in attendance, residents were offered the opportunity to hear from RPS about known crime trends, advice, and other bits of information as well as being able to ask questions around specific concerns participants may have about the neighbourhood. The event was recorded and is available on our Facebook page and through the website. We would also like to thank the College of Nursing for providing access to their facility to host the session, as well as Pat Doyle from the new Tim Hortons at Lewvan Crossing who kindly donated coffee for the event.



Photo provided by Rosemont Mount
Royal resident Tanis Hawryluk

Once we get a little closer to Winter we are going to look at hosting a special event with the City of Regina Bylaws Department and to that end, the RMRCA will look to providing our Snow Angels services again this year, so if you are able and willing to help a neighbour out, keep an eye out for our registration form on both our website, our Facebook page, or on other local community groups.

Don't forget that we will be offering an in-person Program Registration Night on September 13th at Rosemont School, so come on out and visit your Community Association in person and register for some fun community programs. We will also be there to answer any questions you have about our board, our mission, and how you can get involved making our community a better place to live!

On that note folks, have a great Fall and we look forward to seeing your feedback and getting to talk with you at any of our upcoming events.

Stay Safe,

Alex Tkach and the RMRCA Board of Directors

RMRCA Scholarship Winners

Each year the RMRCA awards two scholarships to graduating High School students in our community based on their volunteerism. This years winners are James Trobiak and Jonathan Tedlar. We wish these students all the best in their future endeavors!

Next years scholarships will be awarded in May. Any Grade 12 student living in the Rosemont Mount Royal Community who have shown exceptional volunteer efforts through their school, community & throughout the city are welcome to apply! For more details, please visit our website www.rmrca.com

Community Clean Up

Help spruce up your community!
RMRCA will be hosting a Community Clean Up day this fall.
More information will be posted on our Facebook page & website, and sent through E-news as the date gets closer, so stay tuned for more details. Let's keep our community beautiful!



Canadian
Blood
Services

Donate today!

Same-day appointments
are available.

Charles,
blood recipient



**Blood
for Life**

To support Canadian Blood Services this fall, we're asking our fellow residents of the Rosemont Mount Royal community to consider making an appointment to donate blood. To ensure Canadian patients are receiving the life saving products our donors so generously give, Canadian Blood Services is encouraging eligible donors help fill close to 700 open appointments between now and the end of September.

To book or for more information visit www.blood.ca, call 1-888-2-DONATE, or download the Give Blood app. Tomorrow, next week and next month, the need for blood and plasma is constant.

Buy a Membership Card - Support Your Community



For over 30 years, the RMRCA 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 depends on the Family Membership Cards 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 neighbourhood schools and charitable organizations; to provide scholarships to youth volunteers and 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. Even if you don't take part in any of the events or programs, you can still support your Community!

A RMRCA Family Membership Card is available to any family or individual for a small price of \$5.00 and is valid for one year, September 1st—August 31st. Membership cards can be purchased at the Program Registration time; Online at www.rmrca.com; or by printing the form on this page and mailing it in as directed. ***Might just be the best \$5 you spend this year!***

RMRCA Membership Card Form

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

One membership card per family per year is required. Cost is \$5. ***Forms available online, at Registration Night, or by mailing this form*** along with \$5.00 and a stamped self-addressed envelope (if return mail is needed) to RMRCA Membership Coordinator, 6109 5th Avenue Regina, SK. S4T 6R8

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

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

City of Regina Lead Services Program

The City's Lead Service Connection Management Program (LSCMP) provides residents with support to effectively reduce the potential for lead in tap water. The program is for residents who have a lead water service connection or have higher lead levels than Health Canada's maximum acceptable concentration. 1.58% of households in the Rosemont Mount Royal area have a lead connection.

Each year, the City mails out notification letters to all homeowners and tenants living at properties with known City-owned lead service connections, to notify and provide information about the LSCMP.

In April 2021, City Council approved the change from a one-time water filter to an annual water filter program for residents effected by lead water service connections.

Visit Regina.ca/leadservice to learn more about where lead service connections exist in the city and steps to reduce exposure to lead in drinking water.

Have Questions? Call Service Regina at 306-777-7000.

RMRCA Community Survey

We would like your feedback on things going on in and affecting our community. Scan the QR code to do the survey online, or detach this portion and return to 6109 5th Avenue, Regina SK, S4T 6R8. All participants will be entered to win a \$25 gift card to No Frills grocery store. Draw will be made at the end of September.



1 On a scale of 1-5, how would you rate the noise pollution coming from Lewvan Drive?

1 2 3 4 5
Very Little Noise Extremely noisy

2 Would you like to see more in-person community events? YES NO

Do you have any ideas or suggestions for events? _____

3 Do you think a Community Fridge in this area would be beneficial to the community?

YES NO UNSURE

4 Do you think a Multi-Purpose Space in this area would be beneficial to the community?

YES NO UNSURE

5 Would you be interested in volunteering casually for the RMRCA? YES NO

If yes, please provide us with your phone # and we will add your name to our volunteer list and reach out when help is needed. _____

Name: _____ Address: _____

Phone # _____ Membership Card # (if known): _____

RMRCA Fall 2022 Programs

Registration for Fall 2022 programs will be held **IN-PERSON** on September 13th at Rosemont School from 7:00-8:00 pm and also online from September 7-14th. Last registration at 8:00 pm on September 14th. No late registrations will be accepted.

To register for RMRCA programs this fall, visit www.rmrca.com to fill out the online form or come see us on Registration Night at Rosemont School.

Payment Options:

E-transfer to programs@RMRCA.com

Cash or Cheque payment in person at Registration Night, or must be dropped off at 6109 5th Avenue on September 17th only please. Make cheques payable to Rosemont Mount Royal Community Association.

Community Membership Card is required to participate in programs; \$5.00 per household.

Membership Card is valid from September 1st, 2022—August 31st, 2023.

Need help? Anyone requiring financial assistance in order to register for any RMRCA programs should submit their request in writing by email to mail@rmrca.com or by physical mail to: RMRCA, 6109 5th Avenue Regina, SK S4T 6R8

Adult Programs

Instructors will contact registered participants with details for online Zoom classes. Please ensure you have sufficient space in your home to participate.

Yoga Flow, 18+ years

Dates: Mondays, Sept. 26th-Dec. 5th

Time: 7:30-8:30 pm

Location: Walker School gym

Cost: \$45

Fire Up & Flow Fitness, 18+ years

Dates: Tuesdays, Sept. 20th-Nov. 29th

Time: 7:15-8:15 pm

Location: Walker School gym

Cost: \$45

Youth Programs

Basketball, 8-12 years

Dates: Wednesdays, Sept. 21st-Nov. 30th

Time: 6:30-7:30 pm

Location: Walker School gym

Cost: \$45

Forever in Motion, 55+ years

Dates: Mondays, Wednesdays & Fridays,

September - December

Time: 10:00-11:00 am

Location: Jack Hamilton Arena (side room)

Cost: Free with membership card

Tai Chi, 55+ years

Dates: Tuesdays, September - December

Time: 10:00-11:00 am

Location: Online, Zoom

Cost: Free with membership card

Chair Yoga, 55+ years

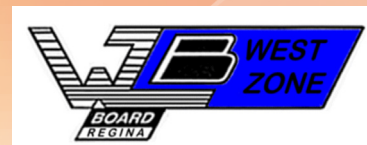
Dates: Thursdays, September - December

Time: 9:00-10:00 am

Location: Online, Zoom

Cost: Free with membership card

West Zone Board Fall Programs



Online registration opens Tuesday, October 4th at westzoneboard.ca or you can register at the RMRCa Registration Night on September 13th.

Learn to Fly a Drone, 16+ years

Saturdays: Sept. 24th, Oct. 22nd & Nov. 26th, 1:00-4:00 pm, Northwest Leisure Centre gym

Cost: \$75 (plus \$10 Community Association membership)

Learn to Skate, Ages 3-5 & 6-12

Saturdays: Oct. 22 - Dec. 10, Ages 3 - 5, 9:30 - 10:25 am and Ages 6 - 12, 10:30 - 11:30 am, Kinsmen Arena

Sundays: Oct. 23 - Dec. 11, Ages 3 - 5, 3:45 - 4:25 pm, Doug Wickenheiser Arena

Cost: \$90/session (plus \$10 Community Association membership)

Little Stars Academy Hockey Camp, Ages 4-7

Sundays: Oct. 23rd - Dec. 11th, 4:30 - 5:45 pm, Doug Wickenheiser Arena

Cost: \$125 (plus \$10 Community Association membership)

PREREQUISITE REQUIREMENT: Learn to Skate

Foam Working - Making a Costume, Ages 10-16 years (younger allowed with parent present)

Fridays: Sept. 16th - Oct. 28th, 6:30-8:00 pm, Northwest Leisure Centre meeting room #2

Cost: \$125 (plus \$10 Community Association membership)

Indoor Soccer 2022/2023, Ages 3-4, 5-10 & 11-18

Early bird registration is on until September 4th, save \$10 on your registration fee. Visit reginaindoorsoccer.ca for more details or to register online.

Ages 3-4: \$100 (plus \$10 Community Association membership)

Ages 5-10: \$110 (plus \$10 Community Association membership)

Ages 11-18: \$150 (plus \$10 Community Association membership)

Power Skating 2022/2023

Registration opens on September 10th at 1:00 pm. Cost/Fees vary based on level For more information visit the Regina Northwest Sports Association website (www.rnwsa.ca)

West Zone Taekwon-do 2022/2023, for all ages

Beginner and Intermediate/Senior classes available on Monday's, Wednesday's and Sunday's. Email wztaekwondo@gmail.com or visit them on Facebook for more details.



RMRCA Board of Directors—2022/2023

Chairperson	Alex Tkach	306-533-8083	alex@tkach.works
Vice-Chairperson	Theresa McQuoid	306-545-7513	tmcquoid@rentvictory.com
Secretary	Emma Trobiak	306-535-1978	emtrobiak@gmail.com
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Memberships	Helen Adams	306-543-9152	helen.adams@sasktel.net
Outdoor Sign	Reid Hill	306-541-8721	signs@rmrca.com
Facility Coordinator	Helen Adams	306-543-9152	helen.adams@sasktel.net
Social Coordinator	Dan Riess	306-531-7078	riessd@rmrca.com
Communications/Website	Melissa Wieb	306-526-1335	mail@rmrca.com
Transcona Housing	Donna Inverarity	306-543-6189	donna.inverarity@sasktel.net
Promotions	Elaine Dittmann	306-543-4402	edittmann@sasktel.net
Newsletter Editor	Theresa McQuoid	306-545-7513	tmcquoid@rentvictory.com
West Zone Board Rep	Andrew Nestor	306-209-8580	nestora@rmrca.com
Member-at-Large	Steve Bagues		steve.bagues@sasktel.net
	Deborah Rieb		
	Jessica Riess		jriess93@gmail.com
RMRCA Fundraising Committee Directors	Dan Riess Emma Trobiak Reid Hill		
Programs Coordinator	Theresa Porter		tbaum3@hotmail.com
City of Regina representative	Brent Elsaesser		belsaess@regina.ca

The Rosemont Mount Royal Community Association would like to thank the City of Regina for being our Program Partner and helping us bring our Community great programs for the whole family.

~ Thank you!



Stay In Touch

Email: mail@rmrca.com

Website: www.rmrca.com

Thank you to CIF Sask for sponsoring the RMRCA's programs!



**Community
Initiatives Fund**