

Fall Newsletter September 2020



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Fall 2020 Registration Night

September 6-8th 2020

Online only at www.rmrca.com

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

RMRCA membership cards will be available for purchase.



Farewell to Volunteer Board Members

The RMRCA is powered by its volunteers. Without the efforts of people from the community, many programs and events would not be possible. During 2020 we said goodbye to three long term volunteers—they are missed, and we would like to express a sincere thank you to each of them for the dedication to the RMRCA and to the Community.

Glen Nichol—Glen was a dedicated volunteer who served on the RMRCA Board as Outdoor Sign Coordinator for over 10 years. He, and also his wife Carol, assisted with numerous RMRCA Community events and projects. Over several decades, Glen contributed his time to volunteer with other Boards and projects in this community.

Marianna Topos—Marianna volunteered on the RMRCA Board for 5 years. As well, she taught many children's exercise programs for the RMRCA. Marianna is a lifelong volunteer at heart and is very dedicated member of this community.

Wendy Dumalski—Wendy worked with the RMRCA for over 10 years. She was the City of Regina representative for our Community Association and worked with us to bring great programs to the people of Rosemont and Mount Royal. Wendy retired this year and we wish her all the best!

Become a RMRCA Volunteer!

RMRCA is always welcoming individuals that are interested in helping to shape our community and relies on the support of volunteers for nearly everything we do! There are many ways to volunteer and RMRCA is always looking for engaged community members to contribute their time and energy towards making Rosemont and Mount Royal an even better place to live and work.

There are a number of Board positions available—all Board positions are for a term of 2 years and meet monthly from September to June. If your time commitment won't allow for that, the RMRCA always welcomes event volunteers.

Event volunteers are needed to assist with the community events that we hold. This can include set up, clean up, running registrations, etc. Volunteers can participate as their time allows. If you would like more information or have any questions about volunteer opportunities with RMRCA, please contact us at mail@rmrca.com.



In Memory of Susan Bogues

Last Spring, our Community Association was saddened with the passing of our beloved Susan Bogues. Susan was a dedicated volunteer, who served on the RMRCA Board for over 20 years. She will truly be missed by all her friends in this Community.



A Message from RMRCA

Right in the middle of an ordinary life...something crazy happened! Who would have thought heading into 2020 that the norms we take for granted would be challenged by a pandemic in such a way as this? But with change brings opportunity for diversity, growth, and community support. None better displayed than by the communities of Rosemont and Mount Royal. Seriously - how quickly we jumped to help our neighbors, friends and family. How quickly, as a community, we supported and appreciated the community businesses that went above and beyond, and how quickly we embraced protecting the overall health and welfare of our community's most vulnerable residents.

From "take what you need" food baskets being left in the park to the countless messages of support and hope displayed in windows and colorfully drawn on our sidewalks. Swapping items and sharing creative crafts and activities to keep our little ones engaged. We have grown as a community in ways that we should be grateful for. It warms the heart.

Many thanks go out to the RMRCA Board of Directors and to the Facebook moderators for keeping information current and relevant. As a community board we are embracing changes too - working to bring programs to you in a format that works with today's gathering restrictions. Fall programming, albeit limited, will be offered by video. This is further supported by this year's online registration for online programs! All new to us, but all change that is positive.

All of this work and support continues today as we head into fall and the start of new school year. We are encouraged by the commitment from our schools to make life as normal and safe as possible for our children. Thank you Rosemont and Mount Royal - you make our community great!

~ Theresa McQuoid, RMRCA Chairperson

Community Projects



Bloom'n Community

Bloom'n Community is an RMRCA initiative intended to promote "community" by encouraging residents and businesses alike to take pride in the Rosemont Mount Royal area and their homes by keeping the area clean and spruced up.

You may have noticed the flower display located on the corner of McIntosh and 4th Avenue – RMRCA donated these planters and flowers for everyone to enjoy. A big thank you Martin Academy for letting us use the corner space and to all of the volunteers that help with the planting and maintenance of the planters!

This is just the start and we hope everyone enjoys making Rosemont Mount Royal even more beautiful– as much as we do!



Grow an Extra Row

The Grow an Extra Row initiative was introduced this year as a Community Project. Thank you to all that participated this Summer to grow an extra row of vegetables to donate to our Food Bank! Next year when planning your garden, please consider planting an extra row to donate.

Scholarship Winners

Each year the RMRCA awards two scholarships to graduating High School students in our community based on their volunteerism. This year, as a result of the shortened school year and the effects of the COVID-19 virus, we decided to award it to five very deserving volunteers. Please join us in once again honouring Bhavdeep K. (Martin Collegiate), Jacob T. (Michael A. Riffel High School), Lennie E. (Martin Collegiate), Macey H. (Archbishop M.C. O'Neill High School), and Nicole P. (Luther Collegiate High School).

Neighbour 2 Neighbourhood Volunteer

RMCA would like to encourage you to help your neighbours. Sign up to provide support to a neighbour in need at www.rmca.com

[Online sign-up form](#)

Some ways you can help out your neighbour:

Mow their lawn

Clean eavestroughs

Share produce from your garden

Deliver groceries

Transport items to the dump

Rake leaves

Help with gardening



Buy a Membership - 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 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 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 is available to any family or individual for a small price of \$5.00 and is valid for one year, September 1st—August 31st. Memberships can be purchased at the Registration Night; 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

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. ***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

RMRCA Fall 2020 Programs

Registration for Fall 2020 programs will be held online only, September 6-8th.
Last registration at 8:00 pm on September 8th. No late registrations will be accepted.

To register for RMRCA programs this fall, visit www.rmrca.com to fill out the online form.

Payment Options

Cash or Cheque payment must be dropped off at 6109 5th Avenue on September 8th only please.
Make cheques payable to Rosemont Mount Royal Community Association.

Community Membership is required to participate in programs; \$5.00 per household.
Membership is valid from September 1st, 2020–August 31st, 2021.

Need help? Anyone requiring financial assistance in order to register for any RMRCA programs should submit their request in writing by email to helen.adams@sasktel.net or by mail to:

RMRCA
6109 5th Avenue
Regina, SK
S4T 6R8



Adult Programs

All programs will be offered through Zoom video.
Instructor will contact registered participants with details.
Please ensure you have sufficient space in your home to participate.

Zumba, 18+ years

Dates: Wednesdays, September 30th–December 9th, 2020 (No class on November 11th)

Time: 7:30-8:30 pm

Location: Zoom online

Cost: \$45.00

Gentle Yoga, 18+ years

Dates: Mondays, September 28th–December 7th, 2020 (No class on October 12th)

Time: 7:00-8:00 pm

Location: Zoom online

Cost: \$45.00

Hatha Flow Yoga, 18+ years

Dates: Mondays, September 28th–December 7th, 2020 (No class on October 12th)

Time: 8:15-9:15 pm

Location: Zoom online

Cost: \$45.00

RMRCA Board of Directors—2019/2020

Chairperson	Theresa McQuoid	306-535-5595	tmcquoid@rentvictory.com
Vice-Chairperson	Alex Tkach	306-533-8083	alex@tkach.works
Secretary	Dan Riess	306-531-7078	driess@hotmail.com
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Memberships	Helen Adams	306-543-9152	helen.adams@sasktel.net
Outdoor Sign	Emma Trobiak	306-535-1978	emtrobiak@gmail.com
Facility Coordinator	Helen Adams	306-543-9152	helen.adams@sasktel.net
Social Coordinator	Dan Riess	306-531-7078	driess@hotmail.com
Communications	Alex Tkach	306-533-8083	mail@rmrca.com
Website	Donna Inverarity	306-543-6180	donna.inverarity@sasktel.net
Promotions	Elaine Dittmann	306-543-4402	edittmann@sasktel.net
Newsletter Editor	Theresa McQuoid	306-535-5595	tmcquoid@rentvictory.com
West Zone Board Rep	Andrew Nestor	306-209-8580	andrew.nestor@staples.ca
Programs Coordinator	Theresa Porter		tbaum3@hotmail.com
Member-at-Large	Steve Bagues	306-949-1370	steve.bagues@sasktel.net
	Anya Costain-Cyr	306-502-0309	anyacostain.cyr@sasktel.net
	Reid Hill	306-541-8721	reidhill@hotmail.com
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	Jessica Riess	306-530-0699	jriess93@gmail.com
	Emma Trobiak	306-535-1978	emtrobiak@gmail.com
	Melissa Wieb	306-526-1335	melissawieb@gmail.com
City of Regina representative	Loreen Anderson		landerso@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