

Fall Newsletter

September 2023



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Fall 2023 Programs Registration

In person at Rosemont School, Tuesday
September 12th from 7:00-8:00 pm
Online at **www.rmrca.com** from
September 5th-12th, 2023

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

RMRCA membership cards will be
available for purchase.

A Message from RMRCA

Rosemont Mount Royal, it's not just a neighbourhood, but a true community in every sense of the word. Our ability to rally around people, causes, and events that matter and impact our collective lives never ceases to amaze me. Organizations like community SCC's and local businesses partners too numerous to count, time and again have stepped up to make our community a friendlier, safer, and more supported place to live.

Speaking of SCC's, with school starting it is important to remind everyone to be mindful navigating our area now that our kiddo's will be out and making their way to and from school. It goes without saying that we should be careful year round, but this is especially true while families get used to their fall routines. In the same breath, keep an eye out on the various fundraisers being put on by these organizations because your support is needed now more than ever.

On that note folks, the days are getting shorter and the nights cooler, where did that Summer go indeed! Well don't fret - we have some community initiatives lined up to help you get ready for the Fall and some great community programs to help you get out and active. First up, Program Registration Night is on Tuesday September 12th at Rosemont School, but check our website or social media for confirmation closer to the date. Further in the newsletter we have a list of both our RMRCA and West Zone Board programs like our exercise, whist, and others that have been a mainstay in our community for years. So come on out to our Registration Night and say hello. If you don't see a program you like, use our survey in this newsletter to let us know what kind of programs we should be running.

Beyond this, we will be offering our second yard waste drop off day at the end of September as well as a planned return of our Winter Craft Fair which typically takes place in late October or early November. We are even considering a second run at making calendars with pictures of our vibrant community, provided by all the wonderful photographers in our area. Stay tuned to our website and social media for updates on these and more exciting things going on. With Summer over it's time we get back to work serving the community - so don't be shy, come on out to a monthly meeting (first Tuesday of the month) and get to know us and if not, have a great Fall!



Photo provided by Rosemont
Mount Royal resident Travis Fodor

RMRCA Chairperson
Alex Tkach

RMRCA Scholarship Recipients

Each year the RMRCA awards two scholarships to graduating High School students in our community based on their volunteerism. This years recipients are Daniel Thornton and Sundrah Kate Dela Cruz. We wish these students all the best in their future endeavors!

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

Congratulations!

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 for a local business in our Community. Draw will be made in October.



<https://forms.office.com/r/yovxTWUyt9>

- 1 On a scale of 1 to 5, how would you rate the level of crime taking place in West Regina?

1	2	3	4	5
Low				High
- 2 On a scale of 1 to 5, how dangerous or damaging is the crime you assessed in question 1?

1	2	3	4	5
Low				High
- 3 Going into our 2023/2024 programming season, what area of programs do you think we should put more focus on developing? (circle all that apply)

Youth	Family	Fitness	Seniors
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- 4 If the RMRCA had access to a reliable, dedicated multi-purpose space, the one program I would create would be:

- 5 The RMRCA offers assistance to those in need through our Snow Angels initiative. Would you be willing to help on occasion if needed?

YES	NO	MAYBE
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Name: _____ Address: _____

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

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? YES / NO

Community Clean Up

The RMRCA is pleased to again offer a Community Waste Drop-off Depot on Saturday, September 23rd at Martin Collegiate parking lot. Residents of the Rosemont and Mount Royal communities can bring accepted items to the depot during this event.

Items accepted: (MUST be separated by category)

- General yard waste (must be in paper yard bags or loose)
- Trees, branches (we will have a wood chipper available on site)
- General household waste
- Recyclables (paper, plastic, cardboard, etc.)
- Scrap metal (Freon, gas, & oil free items only)
- Refundable beverage containers (SARCAN)

Items not accepted:

- Hazardous waste & containers
- Tires
- Building materials (bricks, drywall, etc.)

If your items are not accepted, please visit Regina.ca/waste and use the Waste Wizard to determine where your items can be disposed of safely.



Residents can drop off refundable beverage containers (SARCAN) during the event - all proceeds will be split evenly between Walker SCC & Rosemont SCC for school yard equipment upgrades and Martin Collegiate for their upcoming band trip.

Paper yard waste bags will be available for pickup.
Coffee & donuts will be served.



Fall CRAFT MARKET & TRADE SHOW

The RMRCA will be hosting a Fall Craft Market & Trade Show again this year around late October/November. Stay tuned to our website and Facebook page for more details closer to the date.

RMRCA Fall 2023 Programs

Registration for Fall 2023 programs will be held in person on September 12th at Rosemont School from 7:00 to 8:00 pm and also online from September 5-12th.

Last registration at 8:00 pm on September 12th. 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 (set password as 'Rosemont')

If you would like to pay by cash or cheque, call Helen at 306-543-9152 to arrange. 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, 2021—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

Adult Programs

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

Zumba, 18+ years
Dates: Mondays, Sept. 18th-Dec. 4th
(excluding October 2nd, 9th, & November 13th)
Time: 6:30-7:30 pm
Location: Walker School gym
Cost: \$50

Yoga, 18+ years
Dates: Mondays, Sept. 18th-Dec. 4th
(excluding October 2nd, 9th, & November 13th)
Time: 7:45-8:45 pm
Location: Walker School gym
Cost: \$50

Fire & Flow Fitness, 18+ years
Dates: Tuesdays, Sept. 19th-Nov. 28th
(excluding October 10th)
Time: 7:00-8:00 pm
Location: Walker School gym
Cost: \$50

Youth Programs

Basketball Skills
Dates: Wednesdays, Sept. 20th-Nov. 22nd
Ages 7-9: 6:30-7:30pm
Ages 10-13: 7:45-8:45pm
Location: Walker School gym
Cost: \$50

Forever in Motion, 55+ years **
Dates: Mondays, Wednesdays & Fridays,
September 18th-November 27th
Time: 10:00-11:00 am
Location: To be announced
Cost: Free with membership card

Tai Chi / Chair Tai Chi, 18+ years
Dates: Tuesdays, Sept. 19th-Nov. 21st
Time: 10:00-11:00 am
Location: Online, Zoom
Cost: Free with membership card

Chair Yoga, 18+ years
Dates: Thursdays, Sept. 21st-Nov. 23rd
Time: 9:00-10:00 am
Location: Online, Zoom
Cost: Free with membership card

**More details coming later for updated information regarding programs.

West Zone Board Fall 2023 Programs



For information regarding West Zone Board programs, please visit their website www.westzoneboard.ca. Online registration opens on September 13th. Participants must have valid Community Membership Card which can be purchased at time of registration.

The West Zone Board mission is to enhance the quality of life of the residents through recreation and community service development - which is accomplished by offering a variety of programs which are facilitated in partnership with the Community Associations and the Affiliated Groups.

Affiliate Group Contacts:

Regina West Zone Indoor Soccer Association - reginaindoorsoccer.ca

Regina West Zone Outdoor Soccer Association - rwzsa.ca

Regina North West Sports Association - rnwsa.ca

West Zone Taekwon-do - visit them on Facebook or email wztaekwondo@gmail.com

The West Zone Board is currently searching for a dynamic, driven, self-starter to manage the day-to-day operations and the office. If this sounds like you, apply now by scanning the QR Code.



Free Youth Evening Program, MyTime

Free Youth Evening Program or MyTime is a free and inclusive registered program for youth ages 11-15. MyTime is designed to create fun group activities for youth of all abilities, through recreation, sports, arts and games! Register online at Regina.ca/recreation or call the City of Regina PlayLine at 306-777-PLAY (7529) to register or to be added to the waitlist.

The Fall session will run from September 19th-December 7th, 6:00-8:30pm, Tuesdays and Thursdays.

Club Whist

Club Whist will be starting September 5th at 7:00pm, at Christ Lutheran Church downstairs. Join us for a fun night of playing the game of Whist, from beginners to those who have been playing for a while. Cost is \$2 per person; this goes toward coffee and small prizes for the winners. We play every two weeks. Everyone welcome for a night of cards ending with a snack and conversation.



RMRCA Board of Directors - 2023/2024

Chairperson	Alex Tkach	306-533-8083	alex@tkach.works
Vice-Chairperson	Andrew Nestor	306-209-8580	nestora@rmrca.com
Secretary	Emma Trobiak		emtrobiak@gmail.com
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Memberships	Helen Adams	306-543-9152	mail@rmrca.com
Outdoor Sign	John Quong		signs@rmrca.com
Facility Coordinator	Helen Adams	306-543-9152	mail@rmrca.com
Social Coordinator			
Communications/Website	Melissa Wieb	306-526-1335	mail@rmrca.com
Transcona Housing	Donna Inverarity		
Promotions	Elaine Dittmann	306-543-4402	edittmann@sasktel.net
Newsletter	Theresa McQuoid / Melissa Wieb		mail@rmrca.com
West Zone Board Rep	Andrew Nestor	306-209-8580	nestora@rmrca.com
Member-at-Large	Steve Bagues		
	Jessica Riess		
	Deborah Rieb		
	Theresa McQuoid		
	Dan Riess		
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!

