

Winter Newsletter

January 2022



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Winter 2022 Registration Night

January 3rd-15th, 2022
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.

A Message from RMRCA

Happy New Year Rosemont Mount Royal, from your RMRCA board of directors. We have a lot of news to share with you so let's jump right in. The last part of 2021 was full of new ventures, community services, and opportunities to connect with all of you. We saw the return of a couple of programs that have been on hiatus since the beginning of Covid and with a little luck, the return of the rest of our normal programs come January.

To help us continue our offerings and in developing new ones, the RMRCA has reached out and began conversations with the City of Regina to help find solutions to the barriers that prevent us from doing more for all of you. As 2022 continues on, we will be looking to hear from the community as a whole to help us assess what things are working well within our area and what is not. We want to find out what types of programs and community supports could be developed or built upon to create the most positive and far reaching impacts on our residents that we can.

As for new services, to help out vulnerable members of our community this winter, the RMRCA has partnered with the City of Regina's Snow Angels program to build an incentive based, volunteer driven service that pairs residents in need of snow removal with those in the community that are willing to give back and lend a hand. This is the first year that we are running this service and it is designed after our successful Neighbour to Neighbourhood program which was developed over the last few years by our very own Dan Riess. So on that note, if you think you would benefit from this service or if you believe you would be able to help out someone in the area, please just get in touch!

The City of Regina isn't the only organization we have paired up with this winter season. This Christmas brought the return of our annual Christmas Hamper donation drive which saw us renew our partnership with Crawford's No Frills. Together, we were able to donate 10 hampers to families in need. An additional 6 families received gift cards instead of traditional food hampers due to supply shortages. This year we saw more submissions than previous years running this initiative which only sheds further light on the food security concerns going on in our community and need for better, long term solutions.

We have much to look forward to in 2022 and we will keep the community updated as different opportunities to get involved become available. Whether it be neighbourhood cleanups, programming, sidewalk cleaning, and more, there is a lot we can accomplish together to make this area an even greater place to live than it already is!

Best Wishes from the RMRCA Board of Directors

Annual General Meeting

The RMRCA Annual General Meeting will be held online on March 30th, 2022 at 7:00 pm. (date & time may change)

All community residents are welcome to attend the online meeting. Further meeting information to be provided closer to the date through e-news and Facebook.

A Message from West Zone Board

Hey everyone, I'm excited to announce that with a new year comes a refreshed West Zone Board. This comes in the form of the anticipated return of our normal Affiliated Group programming, a refreshed website, a new face around the office, some great new programming ideas, and some fantastic opportunities to learn, adventure, grow, and be more involved with your community.

For the last year we've been hard at work revamping not only the programs that we offer, but how we go about taking registration, part of which was a full revitalization of our website. We've been working hard to put a fresh face on www.westzoneboard.ca and we hope you like it. Not only does it showcase the modernizations our organization is undergoing and the programs that we offer, it's also a great place to learn about and register for our new Community and Technology Literacy Hub (www.westzoneboard.ca/our-techlit-program). This program is FREE for anyone who has a Community Association Membership within the West Zone.

This new platform is the foundation for some exciting new programs that we have in store for everyone later this year while also currently offering up-to a hundred hours worth of STEAM (Science, Technology, Engineering, Arts, and Math) resources and learning paths for people of all ages and abilities. With new learning paths and resources being added all the time. Speaking about programs, going into spring we are hopeful to be able to offer our collaborative Learn to Skateboard program again as well as pilot a couple of other ideas that we have been thinking up so stay tuned.

On that note folks, myself and the West Zone Board wish you all the best that 2022 can offer and look forward to another year of continued engagement and collaboration with the RMRCA, other Community Associations that make up the West Zone, and all the residents that live in North-West Regina.

Stay well and stay safe,

Alex Tkach
Chairperson - West Zone Board



West Zone Board Programs

The West Zone Board has the following programs coming up in 2022. Please visit their website for full information on costs and registration details, www.westzoneboard.ca

- Learn to Skate: ages 3-5 and 6-12 years old
- Taekwon-do: Beginner, Intermediate and Senior belts
- Outdoor Soccer: ages 3-18 years old
- T-Ball & Softball: ages 3-14 years old

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 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 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

Outdoor Ice Rinks

Rosemont Mount Royal area has two supervised outdoor ice rinks which are open from December to March. Supervision of the ice shacks is provided by Rosemont Mount Royal Community Association. Below are the supervision hours for each, weather permitting (shacks are not open when temperatures are below -25°).

Rosemont School, open December 20th-March 4th, 2022

Monday - Friday, 6:00-9:00 pm

Saturdays & Sundays, 1:00-5:00 pm & 7:00-9:00 pm

Croki curl rink only available on Saturdays & Sundays

Ehrlo Outdoor Hockey League dates & times to be announced

Mable Brown Park, open December 3rd-February 18th, 2022

Thursdays & Fridays, 6:00-9:00 pm

Saturdays, 12:00-4:00 pm & 5:00-9:00 pm

Sundays, 12:00-5:00 pm

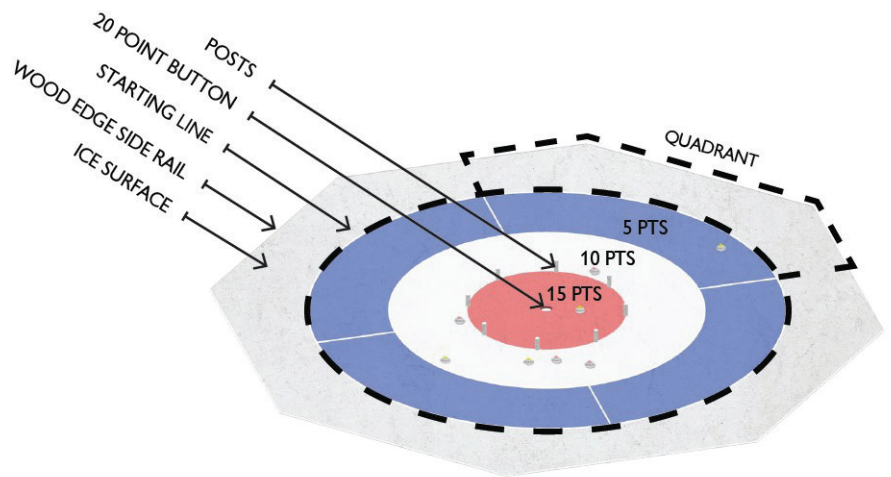
St Francis School, Unsupervised (no ice shack on site)

City of Regina COVID guidelines will apply to ice shacks & rinks.

Croki curl

This year the Rosemont School outdoor rink includes a space to play Croki curl. Croki curl combines two iconic Canadian pastimes, crokinole and curling, to become an exciting new outdoor sport! Rocks are available in the ice shack during the hours listed above. Following are the rules for play:

- The game is played with two teams. Each team is composed of 1-2 players. Teams of 1 play from opposing quadrants. For teams of 2, players from the same team play from opposing quadrants. Each player is limited to 1 quadrant. Each team has 4 rocks of the same colour.
- A croki curl shot is accomplished by firmly sliding a rock onto the playing surface, releasing before the halfway point of the starting line. The rock may be played from any point within the assigned quadrant. Players are permitted to place their feet against the side rail while shooting the rock.
- The first player will try to score 20 points with their shot. If the rock successfully lands completely within the button it is removed and set aside to count as 20 points at the end of the round.
- Subsequent shots attempt to remove an opponent rock from the playing surface, unless there are no rocks on the playing surface. If the rock fails to make contact with an opponent rock, the rock is removed from the game. At the same time, each player attempts to make a 20 point shot difficult for the opposing team. Whenever possible, each player seeks to score 20 points by shooting a rock into the center button.
- No player may enter the coloured point rings during game play until all rocks have been played by both teams and scoring is being determined. The exception to this is when a team scores 20 points with their rock entering the button.
- Play proceeds in a clockwise fashion, alternating each team and player.
- A rock that lands more than halfway over the outer edge of the starting line will be removed from game play.
- Scoring occurs after all rocks have been played. Teams play to a pre-determined score. The player or team with the higher score wins the round!



Snow Angels

Snow Angels is an RMRCAs program in partnership with the City of Regina. The aim of the program is to assist residents who have physical limitations with their snow removal and walkway safety. The program is comprised of community volunteers who have dedicated time to ensure snow is removed within 24-48 hours of snow fall. Our Volunteers are rewarded with multiple monthly draws as well as entries into our end-of-season main draw of a 58" TV and a No Frills \$500 Gift Card.

If you require Snow Removal assistance, or if you would like to volunteer to help those in need, please visit our website at www.RMRCAs.com to sign up.

RMRCAs and the Snow Angels Program would like to thank the following Sponsors:


- Crawford's No Frills
- Rosemont Hardware
- Paul's Indian Masala
- Scenter Stage Bath & Body Products
- Hanger & Rack Curated Consignment
- Sherwood Co-op
- Regina Pats


Residential Sand Boxes

Did you know the City of Regina provides sand at various locations throughout Regina? This is intended for residents who need it to make icy sidewalks and driveways safe. You must bring a container and something to scoop with. In the Rosemont Mount Royal area, the sand box is located at the Jack Hamilton arena, 1010 McCarthy Boulevard (near the tennis courts).

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




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RMRCA Winter 2022 Programs

Registration for Winter 2022 programs will be held online only, January 3rd-15th.
Last registration at 8:00 pm on January 15th. No late registrations will be accepted.
To register for RMRCA programs this winter, visit www.rmrca.com to fill out the online form.

Payment Options

E-transfer to programs@rmrca.com

Cash or Cheque payment must be dropped off at 6109 5th Avenue on January 15th 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, 2021—August 31st, 2022.

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

Youth Programs

Basketball, 8-12 years

Dates: Wednesdays, January 26th-April 6th, 2022

(No class on February 23rd)

Time: 6:30-7:30 pm

Location: Walker School gym

Cost: \$40.00



Adult Programs

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

Gentle Yoga, 18+ years

Dates: Mondays, January 24th-April 4th, 2022 (No class on February 21st)

Time: 7:00-8:00 pm

Location: Zoom online (may be in-person)

Cost: \$45.00

Hatha Flow Yoga, 18+ years

Dates: Mondays, January 24th-April 4th, 2022 (No class on February 21st)

Time: 8:15-9:15 pm

Location: Zoom online (may be in-person)

Cost: \$45.00

Forever in Motion, 55+ years **

Dates: Mondays, Wednesdays & Fridays, January 17th-June 24th, 2022

Time: 10:00-11:00 am

Location: TBA

Cost: Free with membership

Tai Chi, 55+ years **

Dates: Tuesdays, January 25th-March 29th, 2022

Time: 10:00-11:00 am

Location: TBA

Cost: Free with membership

Chair Yoga, 55+ years **

Dates: Thursdays, January 27th-March 31st, 2022

Time: 10:00-11:00 am

Location: TBA

Cost: Free with membership

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

RMRCA Board of Directors—2021/2022

Chairperson	Theresa McQuoid	306-535-5595	tmcquoid@rentvictory.com
Vice-Chairperson	Alex Tkach	306-533-8083	alex@tkach.works
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	Melissa Wieb	306-526-1335	mail@rmrca.com
Website	Donna Inverarity	306-543-6189	donna.inverarity@sasktel.net
Promotions	Elaine Dittmann	306-543-4402	edittmann@sasktel.net
Newsletter Editor	Theresa McQuoid	306-535-5595	tmcquoid@rentvictory.com
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	Anya Costain-Cyr	306-502-0309	anyacostain.cyr@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!



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



**Community
Initiatives Fund**



Stay In Touch

Email: mail@rmrca.com

Website: www.rmrca.com