

# Winter Newsletter

## January 2023



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### Winter 2023 Programs Registration

In person at Rosemont School, Tuesday  
January 10<sup>th</sup> from 7:00-8:00 pm  
Online at **[www.rmrca.com](http://www.rmrca.com)** from  
January 3-12<sup>th</sup>, 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*

Welcome to 2023 friends! We have a lot planned this year and can't wait to share it with you. Before we jump into the new, let's catch you up on what's on the old. With the wrapping up of 2022, the RMRCA completed our obligations around the West Regina Space Assessment and look forward to the report being put together for City Administration and Council. I would also like to take a moment to give a proper shout out to all the recipients from Regina and specifically our area, for being nominated and receiving the Queen Elizabeth II Platinum Jubilee Medal. The RMRCA as an organization was humbled to see six members of our board of directors awarded this honor through their various contributions to the community and Regina as a whole. Congratulations Theresa, Helen, Elaine, Emma, and Reid. Your contributions to our community truly make a difference in peoples lives.

While looking forward to the upcoming year however, we should see the wrap-up of our community calendar fundraiser so if you didn't get one, reach out to [mail@rmrca.com](mailto:mail@rmrca.com) to get yours today (while supplies last). We also have a return of our exercise and youth basketball programs in addition to our seniors mobility programs like Forever in Motion and Tai Chi/Chair Yoga. We are looking forward to planning a February community event at one of our local parks as well as having several other small community programs/winter themed events planned throughout the season, so stay tuned to our website and social media as we get closer to those dates. These mini programs are made possible with the help from a recent Winter Initiatives grant from our partners at the City of Regina.

With this newsletter we have fresh survey questions for folks to fill out on page 5, with a chance to win a \$25 Visa Gift Card. You can participate by filling in the survey online or by filling out the info in the newsletter and dropping it off at the address listed. We are always interested in hearing the thoughts of residents in our community, so participate and/or reach out and let us know what you want to see happening in our area and we will see what we can do to make it happen. Or even better! Join us at one of our regular scheduled meetings on the first Tuesday of the month at 7:00 PM, hybrid, at the Jack Hamilton Arena and through Microsoft Teams.

On that note folks, have a fantastic start to a new year and we look forward to seeing you at our events and hearing from you about the things that matter in our community.

Best Wishes,

Alex Tkach  
RMRCA Chairperson



## Annual General Meeting

The RMRCA Annual General Meeting will be held at Rosemont School gym and online via Teams on March 30<sup>th</sup>, 2023 at 7:00 pm. (date & time may change)

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



## ***RMRCA Student Volunteer Scholarships***

RMRCA believes that volunteer involvement is an integral part of a strong and prosperous community. To encourage this value, the RMRCA rewards students who demonstrate outstanding volunteer involvement in their school, their community and city.

Two scholarships are available in the amount of \$500 each! Students living in the Rosemont Mount Royal community can submit their resumés in writing by May 15th, 2023 for a chance to be awarded one of the two scholarships in June.

To apply, simply submit your cover letter and resumé which includes your name, mailing address, email address and the name of the current school and the Institution that you will be attending for the 2023/2024 school year. Resumé must outline your volunteer history as well as any current community involvement that you participate in. Resumé must also include the name and contact information of at least one (1) reference that can verify your volunteer involvement.

Scholarships are intended to assist students with post-secondary education costs. Payment of scholarship will be remitted upon proof of acceptance to a post-secondary institution.

Deadline to apply is May 15th, 2023. Submit by email to [mail@rmrca.com](mailto:mail@rmrca.com)

## ***Thank you to our Community Partners***

A strong community is made of many parts and takes a team effort, all pulling together in the same direction. In order to achieve this you need active volunteers that selflessly give their time, you need neighbours helping neighbours, and you need the support of the business community when opportunity presents. The RMRCA has had the great pleasure of working with many of our businesses on various programs, not only this year, but many years previous. We have seen support from Rosemont Hardware, Juliana Pizza, Hanger & Rack Consignment, and Paul's Convivence through Gift Card Donation. We have also seen prizes be donated from Scenter Stage Bath & Body, MelBelle Designs, Sherwood Co-op and the Regina Pats. These donations have gone a long way towards intensifying our volunteers that continue to lend their time towards those in need.

Last but not least, we wish to highlight the contributions of Amber Crawford, and her team at No Frills. Amber continues to be one of our biggest partners, taking on all programs alongside our association with extreme generosity. In addition to supporting school nutrition programs in our area, she partnered with us on a wider spread Christmas Hamper program, bigger than ever before. With her unwavering support we were able to distribute 20 Christmas Hampers this year, a record number for the RMRCA. Amber continues to prove that her business not only resides in Rosemont Mount Royal, but is in fact part of the fabric that make it so great.

Please join us in wishing a sincere thank you to No Frills and all our supporters on what as been a great year of support.

Dan Riess  
RMRCA Social Coordinator





## 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 Programs Registration Night, online at [www.rmrca.com](http://www.rmrca.com), by calling our Membership Coordinator at 306-543-9152, or by emailing us at [mail@rmrca.com](mailto:mail@rmrca.com). ***Might just be the best \$5 you spend this year!***

## Residential Sidewalk Snow & Ice Removal

Snow and ice on residential sidewalks is the responsibility of the property owner/resident. It is important to keep your sidewalks shovelled and sanded to help pedestrians walk safely and easily.

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 the Rosemont Mount Royal area, the City of Regina 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!*





# **RMRCA Winter 2023 Programs**

Registration for Winter 2023 programs will be held in person on January 10th at Rosemont school from 7:00-8:00 pm and also online from January 3-12th.

Last registration at 8:00 pm on January 12th. No late registrations will be accepted.

To register for RMRCA programs this winter, visit [www.rmrca.com](http://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](mailto:programs@RMRCA.com) (set password as Winter2023)

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

Membership 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 by email to [mail@rmrca.com](mailto: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.

### **Gentle Yoga, 18+ years**

Dates: Mondays, January 23rd-April 3rd

(No class on February 20th)

Time: 7:30-8:30 pm

Location: Walker School gym

Cost: \$45.00

### **Fire & Flow Fitness, 18+ years**

Dates: Tuesdays, January 24th-April 4th

(No class on February 21st)

Time: 7:30-8:30 pm

Location: Walker School gym

Cost: \$45.00

### **Crocheting, 18+ years**

Dates: Thursdays, April 20th-May 25th

Time: 6:30-8:00 pm

Location: To be announced (will be in-person)

Cost: \$45.00

### **Forever in Motion, 55+ years**

Dates: Mondays, Wednesdays & Fridays, January 4th-May 31st

Time: 10:00-11:00 am

Location: James Hamilton Arena classroom

Cost: Free with membership

### **Tai Chi, 55+ years**

Dates: Tuesdays January 24th-March 28th

Time: 10:00-11:00 am

Location: Zoom online

Cost: Free with membership

### **Chair Yoga, 55+ years**

Dates: Thursdays January 26th-March 30th

Time: 9:00-10:00 am

Location: Zoom online

Cost: Free with membership

## **Youth Programs**

### **Basketball Skills, 8-12 years**

Dates: Wednesdays, January 25th-April 5th

(No class on February 22nd)

Time: 6:30-7:30 pm

Location: Walker School gym

Cost: \$45.00



# West Zone Board Winter 2023 Programs



Online registration is available now at [westzoneboard.ca](http://westzoneboard.ca) or you can register at the RMRCA Registration Night on Tuesday, January 10th.

## Learn to Fly a Drone, 14+ years

Saturdays: Jan. 28th, Feb. 25th, Mar. 25th, Apr. 29th, May 27th & Jun. 24th, 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: Jan. 21 - Mar. 11, Ages 3 - 5, 9:30 - 10:25 am and Ages 6 - 12, 10:30 - 11:30 am, Kinsmen Arena

Sundays: Jan. 22 - Mar. 12, 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: Jan. 22 - Mar. 12, 4:30 - 5:45 pm, Doug Wickenheiser Arena

Cost: \$150 (plus \$10 Community Association membership)

PREREQUISITE REQUIREMENT: Learn to Skate

## 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](mailto:wztaekwondo@gmail.com) or visit them on Facebook for more details.

## Learn Magic for Kids!

Tuesdays: Feb. 21 - Mar. 28, 7:00-8:00 pm, Northwest Leisure Centre

Magic Show Finale: Friday, Mar. 31, 6:00 - 8:30 pm

Cost: \$200, includes the cost of all the props (plus \$10 Community Association membership)

## RNWSA Spring T-ball/Softball for boys & girls, Ages 4-15

Registrations begin on Feb. 1st

Visit their website for details [www.rnwsa.ca](http://www.rnwsa.ca)



## 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		emtrobiak@gmail.com
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Memberships	Helen Adams	306-543-9152	mail@rmrca.com
Outdoor Sign	Reid Hill	306-541-8721	signs@rmrca.com
Facility Coordinator	Helen Adams	306-543-9152	mail@rmrca.com
Social Coordinator	Dan Riess		riessd@rmrca.com
Communications/Website	Melissa Wieb	306-526-1335	mail@rmrca.com
Transcona Housing	Donna Inverarity		
Promotions	Elaine Dittmann	306-543-4402	edittmann@sasktel.net
Newsletter Editor	Theresa McQuoid	306-545-7513	mail@rmrca.com
West Zone Board Rep	Andrew Nestor	306-209-8580	nestora@rmrca.com
Member-at-Large	Steve Bagues		
	Deborah Rieb		
	Jessica Riess		
RMRCA Fundraising	Dan Riess		
Committee Directors	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!



### Stay In Touch

Email: [mail@rmrca.com](mailto:mail@rmrca.com)  
Website: [www.rmrca.com](http://www.rmrca.com)