

# Fall Newsletter September 2021



## Inside This Issue

- 2 A Message from RMRCA
- 3 A Message from West Zone Board
- RMRCA Scholarship Winners
- 4 Buy a Membership Card
- 5 Community Projects
- 6 Fall 2021 Programs Registration
- 7 Board of Directors
- 8 Back to School!

## Fall 2021 Program Registration

September 12-17th, 2021  
Online only at [www.rmrca.com](http://www.rmrca.com)

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

RMRCA membership cards are  
available for purchase.



# A Message from RMRCA

Hello everyone, September is here and with it brings a list of exciting things to do as we head into fall! When it comes to the RMRCA's Program Registration, this year we are starting the week of Sept 12th. Typically we look forward to seeing everyone at our in-person program registration night but with access to schools still being an issue we have opted to use our existing online platform again for all of our program registrations. Similarly, due to being unable to access facilities in our area until at least November, this seasons programs will be offered as online only as they have in the past. To see a full line up of classes, check out page 6 of the newsletter, as well as online on our Facebook page, our website ([www.rmrca.com](http://www.rmrca.com)) and e-news.

Spring/Summer is also construction season in Regina and as some of you may have noticed, many things have been going on in our community. Whether those be infrastructure repairs or the new development projects going on within the area, there is never a dull moment. On the corner of Lewvan and 4th, construction is now underway at the Lewvan Crossing property, (formerly known as the Orr Centre). Like many, we are watching the development and waiting to see how these amenities fit into our overall community and provide commercial services to the residents in our area. Another ongoing change is the anticipated development of a city wide dog park which is currently slated to be developed at A.E. Wilson Park. Community input into this project was heard by immediate and area residents alike. With an eye to resolving concerns raised by neighbouring residents to the park, the City is still in the public engagement and design phase of the proposed project. The Dog Park at A.E. Wilson Park will not move ahead this year.



Photo provided by Rosemont  
Mount Royal resident Tim Purvis

Returning to programs, the RMRCA will begin working on plans for winter outdoor programs in the coming months so if there are residents with any ideas, please consider contacting us about what kind of programs you would like to see. Also with winter in mind, the City of Regina launched its Winter City recreation program which brings exciting opportunities for outdoor activities. For more information on what they have planned stay tuned for future RMRCA announcements or visit one of the various media/information channels that the City has available.

The last thing we want to let everyone know about is the success of our Painted Rock pilot program (#rmrcaRocks) which took place within our community. Last year, residents were encouraged to paint rocks and hide them around community greenspaces for others to find. This made for a great pastime for families in the area to get out and explore our wonderful community. Read more on page 5 about this program.

We look forward to bringing the community even more events in the coming year, making Rosemont Mount Royal a great place to be!



# A Message from West Zone Board

Hey Rosemont Mount Royal community, Alex Tkach here from the West Zone Board (WZB). I hope your Summer has been fun filled and that folks have gotten an opportunity to get out and enjoy the wonderful weather while we have it. First off, it's no secret that as a board we have been looking for ways to diversify the services we provide by exploring new community programs and opportunities for residents to enjoy.

To this end, we have been experimenting with a new pilot program by partnering up with the Regina Skateboarding Coalition (RSC) on three different age-ranged "Learn to Skateboard" programs that ran throughout the Summer. Each week, students met their instructor as a group at the Rochdale Skatepark to build on the foundational skills and confidence needed to get started with this sport. Not only were the classes well attended but the feedback has also been overwhelmingly positive, no small thanks to RSC's hard work and dedication to the community. Going forward we are looking to build on these successes with this and more programs like this, so if you or a local organization have ideas for a community program, please consider contacting us and let's have a chat!

There are bigger changes for us beyond programing as we head into 2022, which if you ask me, is shaping up to be a big year for the WZB when it comes to digital space and technology. Throughout the year we have been busy planning and building a new website that should be ready by late 2021, as well as a first of its kind, Online Community and Technology Literacy hub, which when live, will be accessible for free to any resident in the West Zone. The program itself will be provided as a value-add to any resident with a valid membership purchased from a Community Association within our borders and provides resources, direction, and explanations on some of the foundational technologies we use every day. If you are looking for more information about this program or how to get involved, just get in touch.

The last thing I would like to share with the Rosemont Mount Royal community, is that every year the WZB offers a volunteer recognition award to residents in Regina's North West. Although typically we get submissions from the members of Community Associations and our Affiliated Groups themselves, we would like to invite residents in our area to contact the RMRCA to nominate a local resident for the award. To qualify, submissions should show a history of extensive community volunteering within Regina and within the West Zone in particular, as well a clear dedication to the communities and neighborhoods that they are a part of. For more details and requirements keep an eye out for future social media posts, by visiting the RMRCA or the WZB websites, or by reaching out to the Zone Board office directly.

Best Wishes,

Alex Tkach  
Chair - West Zone Board



## RMRCAscholarship Winners

Each year the RMRCA awards two scholarships to graduating High School students in our community based on their volunteerism. This years winners are Grace Conlin and Shannon Sherck.

Grace graduated from Martin Collegiate and has been accepted at the University of Regina in the Bachelor of Business Administration program. Shannon graduated from Luther College and has been accepted at the University of Victoria to study Social Sciences in the Bachelor of Arts program.

We wish these students all the best in their future endeavors!

# 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](http://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



## Community Projects

This past year we started a Painted Rock pilot program within the community. Residents were encouraged to paint rocks and hide them around community parks for others to find. This summer we partnered with Crawford's No Frills to offer the program with greater reward. Rocks were painted at a community event and hidden with coupons attached to be redeemed at No Frills for a free bag of chips. We are very pleased with the community response so far, and look forward to the program moving forward next year.

Here are some of the submissions. Be sure to keep an eye out next time you are walking through our beautiful community parks!





# RMRCA Fall 2021 Programs

Registration for Fall 2021 programs will be held online only, September 12-17th.

Last registration at 8:00 pm on September 17th. No late registrations will be accepted.

To register for RMRCA programs this fall, visit [www.rmrca.com](http://www.rmrca.com) to fill out the online form.

## Payment Options

E-transfer to [programs@RMRCA.com](mailto:programs@RMRCA.com)

Cash or Cheque payment 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, 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](mailto:helen.adams@sasktel.net) or by mail to:

RMRCA  
6109 5th Avenue  
Regina, SK S4T 6R8

## Youth Programs

Basketball, 10-13 years

Dates: Wednesdays, Nov. 3rd-Dec. 8th

Time: 6:00-9:00 pm

Location: Walker School

Cost: \$25

## 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, Sept. 27th-Dec. 6th  
(excluding October 11th)

Time: 7:00-8:00 pm

Location: Online, Zoom

Cost: \$45

Hatha Flow Yoga, 18+ years

Dates: Mondays, Sept. 27th-Dec. 6th  
(excluding October 11th)

Time: 8:15-9:15 pm

Location: Online, Zoom

Cost: \$45

Fire Up & Flow Fitness, 18+ years

Dates: Tuesdays, Sept. 28th-Nov. 30th

Time: 7:00-8:00 pm

Location: Online, Zoom

Cost: \$45

Forever in Motion, 55+ years \*\*

Dates: Mondays, Wednesdays & Fridays, Sept.  
27th-Dec. 20th

Time: 10:00-11:00 am

Location: To be determined

Cost: Free with membership card

Tai Chi, 55+ years

Dates: Tuesdays, Sept. 28th-Nov. 30th

Time: 10:00-11:00 am

Location: Online, Zoom

Cost: Free with membership card

Chair Yoga, 55+ years

Dates: Thursdays, Sept. 30th-Dec. 9th  
(excluding November 11th)

Time: 10:00-11:00 am

Location: Online, Zoom

Cost: Free with membership card

\*\*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
West Zone Board Rep	Andrew Nestor	306-209-8580	nestora@rmrca.com
Member-at-Large	Steve Bagues	306-949-1370	steve.bagues@sasktel.net
	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

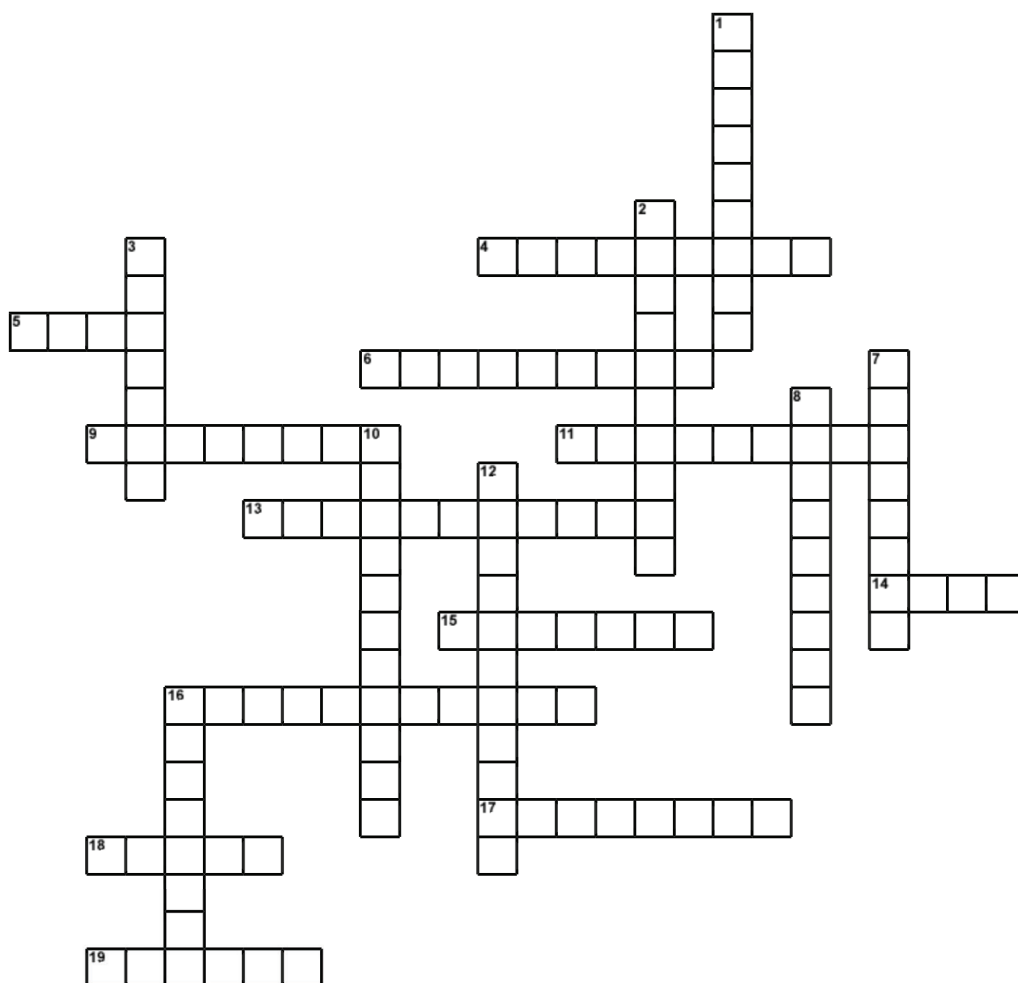
Email: [mail@rmrca.com](mailto:mail@rmrca.com)

Website: [www.rmrca.com](http://www.rmrca.com)



Welcome back to school kids of Rosemont,  
Walker, St. Francis & Martin!  
Break out the crayons, and open the books.  
Put on your school clothes and your bright  
happy looks! We hope you all have an amazing  
school year, full of fun and good memories.

~Best wishes from the RMRCA Board



**Across:**

4. A word or phrase borrowed from French
5. A Chadic language spoken south of Lake Chad
6. A rough preliminary model
9. A genus of Nephropsidae
11. The force of workers available
13. A deliberately false or improbable account
14. A person having great power
15. Fine particles of wood made by sawing wood
16. The act or process of making bricks.
17. The capital of Uzbekistan
18. A ridge that forms a seam between two parts
19. The branch of biology that studies plants

**Down:**

1. Shooting artillery shells
2. Soup made with a variety of vegetables
3. Someone who cuts flat glass to size
7. Good weather with comfortable temperatures
8. A small pork sausage
10. A comedy with serious elements or overtones
12. The quality of being worthy of praise
16. A spar projecting from the bow of a vessel

1. Shellfire 2. Minestrone 3. Glazier 4. Gallicism 5. Daba 6. Roughcast 7. Clemency 8. Bratwurst 9. Nephrops 10. Seriocomedy 11. Workforce  
12. Laudability 13. Fabrication 14. Czar 15. Sawdust 16. Brickmaking 17. Tashkent 18. Raphe 19. Botany