

# Winter Newsletter January 2024



## Inside This Issue

- 2** A Message from RMRCA
- 3** RMRCA Volunteer Scholarships  
RMRCA Calendars & Cookbooks
- 4** Buy a Membership Card
- 5** A Message from RPS
- 6** RMRCA Winter Programs
- 7** West Zone Board Winter Programs
- 8** Board of Directors & Contacts

## Winter 2024 Programs Registration

In person at Rosemont School, Tuesday  
January 9th from 7:00-8:00 pm  
Online at [www.rmrca.com](http://www.rmrca.com) from January  
3rd-12th, 2024

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

RMRCA membership cards will be  
available for purchase.



# A Message from RMRCA

Happy New Year! On behalf of the community, I want to thank our dedicated board members for all their hard work ensuring our programs and events were a great success. I'd also like to thank all board members for supporting me as Interim Chair for the last several months. On behalf of the RMRCA Board, I thank all residents who have supported us by purchasing a family membership card, participating in programs and events, and the countless volunteer hours contributed. We are always looking for community members who are interested in being involved and helping to make our community an even better place to live. If you are interested volunteering on a casual basis or in any of our vacant Director/Coordinator or Assistant Director/Coordinator positions, please contact us at [mail@rmrca.com](mailto:mail@rmrca.com)

2023 was another busy year for our community. We continued our core programming with Kids Basketball, Adult Exercise programs, and Older Adult Forever in Motion Program. We hosted two Community Clean-up Depots, a Winter Family Fun Day, Spring Garage Sale, Summer Movie Night, Fall Craft Fair, and more. We continue to support our neighbours through our Neighbour-to-Neighbour Program. These programs and events are made possible through grants provided by the City of Regina and CIF. We thank them for making this funding available to us. We also would like to thank the great businesses in our community, who regularly support us: Crawford's No Frills, Paul's Convenience and Tim Hortons- Lewvan Crossing.

As we begin the new year, we look forward to making 2024 an even more successful year than 2023. Please join us on Registration Night, January 9th, from 7-8pm at the Rosemont School Gym to purchase a membership and register for our winter programs. Stay up to date with our events through the year by checking out our website, [www.rmrca.com](http://www.rmrca.com), subscribing to our E-News and following RMRCA on Facebook. We are always looking for more ways to serve community needs through programming and events. Please fill out our surveys offered through the year or send us your ideas to [mail@rmrca.com](mailto:mail@rmrca.com) anytime.

Our Annual General Meeting is an opportunity to see a high-level overview of all our activities through the year. All Residents are invited to, and can vote at, the AGM. Please join us in person at the Rosemont Community School Gym on March 26 at 7pm or contact [mail@rmrca.com](mailto:mail@rmrca.com) for details to join online. All Residents are also welcome to attend our Monthly Board and Residents Meeting. These meetings are usually held on the first Tuesday of each month, hybrid in-person/online. Location occasionally changes, contact us for details.

We wish all Rosemont and Mount Royal Residents and Families a fantastic 2024 and look forward to seeing you at a RMRCA event soon.

Have a Great Year,  
Andrew Nestor  
RMRCA Interim Chairperson

## **Annual General Meeting**

The RMRCA Annual General Meeting will be held at Rosemont School gym and online via Teams on March 26th, 2024 at 7:00 pm. (date & time may change)

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

It's never too late to curl with the **Highland Afternoon Ladies Curling Club**, either full/part time or as a sub.

Tuesdays & Thursdays, 1:00 - 3:00pm  
Contact us at [HALCC55@gmail.com](mailto:HALCC55@gmail.com)





# 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 \$1,000 each! Students living in the Rosemont Mount Royal community can submit their resumés in writing by May 15th, 2024 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 Institution that you will be attending for the 2024/2025 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 two (2) references 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, 2024. Submit by email to [mail@rmrca.com](mailto:mail@rmrca.com)

## RMRCA Community Calendars & Cookbooks for Sale!

Need some last minute gifts? RMRCA 2024 Community Calendars & Cookbooks are available to purchase. Calendars are \$15 ea. Cookbooks are \$6 each or 3 for \$15. To purchase, contact Helen at 306-543-9152 or email us at [mail@rmrca.com](mailto:mail@rmrca.com)

## Club Whist

Come out for a fun night of playing the card game of whist. Starting Jan 9, 7:00, at Christ Lutheran Church downstairs. Adults from beginners to those who have been playing whist for a while. If you don't know how to play court whist we will help you learn. Cost is \$2 per person per night; this goes toward coffee and small prizes for the winners. We play every two weeks. Everyone is welcome for a night of cards ending with a snack and conversation.



**Marie Stimson**  
**Instructor/Owner**  
**306-541-7122**

**Standard First Aid -  
Blended Version, \$120**

February 16, 2024  
March 15, 2024

**Babysitting -  
Ages 12+, \$75**

January 27, 2024  
March 16, 2024

**Stay Safe -  
Ages 9 to 13, \$60**

January 28, 2024  
March 17, 2024

All Classes start at 9am and need to be paid for in advance.  
Inquire about Emergency Medical Responder Training.



# 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!

RMCA depends on the Family Membership Cards that are sold each year to the Community. RMCA 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 emailing us at [mail@rmrca.com](mailto:mail@rmrca.com)

***Might just be the best \$5 you spend this year!***



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# ***A Message from Regina Police Service***

It's been a busy year here at the Regina Police Service as we have said good-bye to former Chief Evan Bray. Chief Bray will be missed by our entire organization. His strong leadership and his engagement with the Community will be his legacy. We welcome Farooq Sheikh as the 15th Chief of the Regina Police Service. Chief Sheikh brings 31 years of experience from three diverse law enforcement organizations, two in the UK and one in his most recent role as Chief of the Alberta Sheriffs.

The Rosemont Mount Royal Community Association (RMRCA) continues to be a leader in engagement with the Regina Police Service in terms of communication of community events as well as identifying crime trends and areas of repeat calls for service. Councillor Shanon Zachidniak and Chairperson Alex Tkach are strong voices and advocates for the RMRCA. The Regina Police Service Traffic Safety Unit (TSU) focused on School Zone Safety throughout the course of the year as several targeted enforcement projects took place. We will continue to focus on school zone safety in the new year with strong collaboration from our School Resource Officers.

We want to be part of your community events including the RMRCA annual meetings and other events such as the Community Chili Day and the tradeshow at Martin Collegiate. Please continue to provide strong communication when these events are occurring. Our officers had a great experience at the Chili day in March when they got to hang out with the kids and play some hockey. They suggested having more officers attend this year to "lace up the skates with the kids".

This past year was our first full year with the RPS Aerial Support Unit in the air. The results were better than we could have wished for as the initiative was an absolute success. The Aerial Support Unit provided strong support in solving more crimes and apprehending more offenders in a safer manner. The Aerial Support Unit also proved effective in Traffic Safety Enforcement as well as locating missing vulnerable persons. From January through November the Aerial Support Unit responded to 2,327 calls for service, logged over 1000 flight hours, assisted with 496 persons arrested, over 1000 charges laid and the recovery of 31 stolen vehicles.

The RPS will introduce a new initiative in 2024 with the introduction of Alternative Response Officer (ARO) Program. The development of an ARO program within the Regina Police Service is a progressive step towards enhancing community safety and aligns with the broader trend in Canada to explore alternative service delivery. The inclusion of ARO's who are sworn as peace officers under the provincial Community Safety Officer framework, represents a tiered policing approach to public safety programming and service delivery. The ARO's primary responsibility will be to provide a police response in instances where the presence of an armed police officer is not required. The objective is to support the Police Service in Crime Prevention and enhancing public safety. This is achieved through visible presence, promoting safety and security; the development of further relationships between the RPS and the community; and improved allocation of resources to allow Police Officers to focus on core policing duties and responsibilities.

I hope everyone has safe and happy holiday season! We look forward to working together in 2024.

Thanks,  
Inspector Shawn Fenwick  
Community Services Division - North District  
Regina Police Service



**REGINA POLICE SERVICE**



# RMRCA Winter 2024 Programs

Registration for Winter 2024 programs will be held in person on January 9th at Rosemont School from 7:00 to 8:00 pm and also online from January 3rd-12th at [www.rmrca.com](http://www.rmrca.com)  
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, 841 Horace Street.

## Payment Options

E-transfer to [programs@RMRCA.com](mailto: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, 2023—August 31st, 2024.

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](mailto:mail@rmrca.com)

## Youth Programs

Basketball Skills

Dates: Wednesdays, Jan. 17th-March 27th  
(no class February 21st)

Ages 7-9: 6:30-7:30pm

Ages 10-13: 7:45-8:45pm

Location: Walker School gym

Cost: \$50

## 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, January 15th - March 25th

Time: 6:30-7:30 pm

Location: Walker School gym

Cost: \$50

Yoga, 18+ years

Dates: Mondays, January 15th - March 25th

Time: 7:45-8:45 pm

Location: Walker School gym

Cost: \$50

Fire & Flow Fitness, 18+ years

Dates: Tuesdays, January 16th - March 26th

Time: 7:30-8:30 pm

Location: Walker School gym

Cost: \$50

Forever in Motion, 55+ years

Dates: Mondays, Wednesdays & Fridays,  
January - June 2024

Time: 10:00-11:00 am

Location: To be determined

Cost: Free with membership card

Tai Chi / Chair Tai Chi, 55+ years

Dates: Tuesdays, January 16th - March 26th

Time: 10:00-11:00 am

Location: Online, Zoom

Cost: Free with membership card

Chair Yoga, 55+ years

Dates: Thursdays, January 18th - March 28th

Time: 9:00-10:00 am

Location: Online, Zoom

Cost: Free with membership card



# West Zone Board Winter 2024 Programs

For information regarding West Zone Board programs, please visit their website [www.westzoneboard.ca](http://www.westzoneboard.ca)  
Online registration opens on January 2nd. Participants must have valid Community Membership Card which can be purchased at time of registration.

## Learn to Skate, Ages 3-5 & 6-12

Saturdays: Jan. 20 - Mar. 9, Ages 3-5, 9:30 - 10:05 am and Ages 6-12, 10:10 - 10:50 am, Kinsmen Arena  
Sundays: Jan. 28 - Mar. 17, Ages 3-5, 3:45 - 4:20 pm and Ages 6-12, 4:25 - 5:05 pm, Doug Wickenheiser Arena  
Cost: \$80/session (plus \$10 Community Association membership)

## Little Stars Academy Hockey Camp, Ages 4-7

Sundays: Jan. 20 - Mar. 9, 5:05 - 5:45 pm, Doug Wickenheiser Arena  
Cost: \$110 (plus \$10 Community Association membership)  
PREREQUISITE REQUIREMENT: Learn to Skate

## Learn Magic for Kids!, Ages 7-13

Tuesdays: Jan. 16 - Feb. 13, 7:00-8:00 pm, Northwest Leisure Centre Meeting Room  
Magic Show Finale: Saturday, March 2, 7:30 - 8:00 pm  
Cost: \$200, includes the cost of all the props (plus \$10 Community Association membership)

## Learn to Fly a Drone, 13+ years

Saturdays: dates to be determined, Northwest Leisure Centre gym  
Cost: \$75 per session (plus \$10 Community Association membership)

## West Zone Taekwon-do 2023/2024, 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.

## Basic First Aid & CPR\*\*, 18+ years

Saturdays: Jan. 13, Feb. 10 or May 11, 9:30am - 5:30pm, Northwest Leisure Centre Meeting Room  
Sundays: Feb. 11, Apr. 14 or June 9, 9:30am - 5:30pm, Northwest Leisure Centre Meeting Room  
Tuesdays, Wednesdays & Thursdays: Jan. 23, 24, 25; Apr. 23, 24, 25; May 28, 29, 30; 6:00-9:00pm, Northwest Leisure Centre Meeting Room  
Cost: \$120

\*\*Basic First Aid & CPR 6-8 hours of online training will be provided and required before the in-person component. The classes are intended to provide Basic First Aid training for individuals/volunteers to use at home and in their communities.

## Ehrlo Outdoor Hockey League

All skill levels welcome! Register online at [www.ehrlo.com/sport-venture](http://www.ehrlo.com/sport-venture) or email [sportventure@ranchehrlo.ca](mailto:sportventure@ranchehrlo.ca) for more information.

Wednesdays, Rosemont School Rink, 6:00pm  
January 10th to March 13th  
Ages 8-16





# RMRCA Contacts

Chairperson	Alex Tkach	306-533-8083	alex@tkach.works
Vice-Chairperson	Andrew Nestor	306-209-8580	nestora@rmrca.com
Secretary	Emma Trobiak		
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Memberships	Helen Adams	306-543-9152	mail@rmrca.com
Outdoor Signs	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 Dittman	306-543-4402	edittman@sasktel.net
Newsletter	Theresa McQuoid / Melissa Wieb		mail@rmrca.com
West Zone Board Rep	Andrew Nestor	306-209-8580	nestora@rmrca.com
Members-at-Large	Steve Bagues Jessica Riess Deborah Rieb Theresa McQuoid Dan Riess Dawn Galan Maria Kznar		
Programs Coordinator	Theresa Porter		tbaum3@hotmail.com
City of Regina representative	Brent Elsaesser		belsaess@regina.ca

## Community Contacts

Regina Lewvan - Member of Parliament	Warren Steinley	306-790-4747	warren.steinley@parl.gc.ca
Regina Rosemont - Member of the Legislative Assembly	Trent Wotherspoon	306-565-2444	reginarosemont@ndpcaucus.sk.ca
City Councillor - Ward 8	Shanon Zachidniak	306-552-5932	szachidn@regina.ca
Regina Public School Board Trustee	Sarah Cummings-Truszkowski	306-540-4714	Sarah.CummingsTruszkowski@rbe.sk.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  
Website: www.rmrca.com