

Spring Newsletter May 2024



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Registration

Pre-K & Kindergarten registrations are now being accepted for the 2024/2025 school year at Rosemont & Walker schools. Visit reginapublicschools.ca/registration to register online.



A Message from RMRCA

Spring has sprung in Rosemont Mount Royal and with the changing of the season comes a new year for the RMRCA's community services and programming initiatives. In this release of our newsletter we will share some news about our schools which comes from the Subdivision #5 School Board Trustee as well as a special segment dedicated to Crime Prevention in our communities with updates on some ongoing areas of concern that have been brought to our attention and are being addressed collaboratively with ourselves, Regina Police Service and the Ward 8 City Councillor...but more on that later.

For Rosemont Mount Royal Residents, we have some exciting events planned throughout the spring & summer starting with our upcoming community clean-up day on May 25th. This should help all of us get a head start on cleaning up our properties heading into what promises to be a pretty hot summer. If you miss that one, we are also planning a second cleanup day for mid-fall so we can get one last good yard cleanse before the snow falls. Speaking of cleaning up, while staying true to previous years, the RMRCA will be organizing an annual Community Garage Sale once more but this time with an added twist. In years past we have been on the lookout for a way to accommodate those that may not have a conventional space to participate, a small amount of wares to sell, or are looking for an alternative to having folks visiting their physical residence. We are still planning on including houses and locations to fill in our map but we will also be looking to plan a 'car boot' components at several locations to allow for the sale of wares out of the trunks and truck beds of participants' vehicles. Follow our Facebook page or reach out to us at mail@rmrca.com for more information on the event and how you can sign up to participate!

On the topic of programming we also have some exciting news to share with everyone. For the last few years, the RMRCA has been heading up the push for dedicated multi-purpose space in this region of Regina. For those who have been following these conversations, our community has been disproportionately left out of the same levels of access provided to other communities outside of North-West Regina. Although the ideal will always be a dedicated space to call our own, our partners at the City of Regina have agreed to provide the RMRCA with first-right-to-access (outside of Arena bookings) of one of the rooms in the Jack Hamilton. Ideal, no...but it's a place to start for building foundations of programming that has not been available to us in the past. Especially for daytime programs for seniors, new parents, and others that could benefit from participating in programs during daytime hours when the schools in our area are in use. With this in mind, we are looking to drastically ramp up our programming so if you've ever had an idea for a community program and are looking to provide instruction or know someone qualified to teach it, we want to hear from you!

As far as other events that are being planned this Summer, save the date for August 10th when we will be holding our 3rd annual Movie Night in the Park. Our goal is to hold it in the same location as years past, just North of the Rick Hanson playground in A.E. Wilson Park. Although we are not sure what movie we will run this time around, make sure to visit our website and Facebook page for updates on the specifics and any other special events or popup programs we will be offering this Summer.

On that note friends, that's all we have for you this time around. Enjoy the newsletter, keep an eye out for one another, and if you need anything from the RMRCA you can send us an email anytime or visit any of our monthly meetings that typically take place on the first Tuesday of every month, September through June, at Rosemont School Gym.

Stay safe, and see you at the next event!

Alex Tkach
Chairperson ~ Rosemont Mount Royal Community Association

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

Save the Date for our Summer Movie Night!



Photo provided by: Trent Wotherspoon

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 emailing us at mail@rmrca.com

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

The Western College of Massage Therapy provides affordable massage treatments to the public for \$30 per hour.

Located at 832 McCarthy Blvd in the heart of the Rosemont-Mount Royal community, makes easy access and parking as well.

For online bookings, visit www.westerncollege.ca and click the link for Student Clinic Online Booking.

While you're here, find out how to become a massage therapist! Flexible training schedule, classes starting this fall.

ROOM RENTAL

Massage Therapists, Counsellors, any health or holistic practitioner or anyone looking for a quiet space with free parking and low fees.

Inquiries to Susan@westsidemassage.ca
or Susan Baiton 306-535-2043
832 McCarthy Blvd.

Menstrual Health Matters

The Family Health Lab at the University of Saskatchewan is conducting a research study focused on understanding and improving menstrual pain in youth.

We are seeking youth ages 10–13, who have not yet had their period, and a parent/caregiver to participate in this important research!

Participation involves completing a series of online surveys.

Families will be compensated each time they complete a survey!

To learn more about this study or participate, use the QR code or visit:

<https://familyhealthlab.com/teenperiods>

You can also email us at:
family.health.lab@usask.ca



This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (BEH 2777).



Crime Prevention in Rosemont Mount Royal

With the weather getting warmer we are entering what has typically been our busy season as far as theft and crime in our area goes. Although a year around concern, we thought we would use some space in our newsletter to talk about some of the hotspots in our community and the things we can all do to help take back our sense of safety from the folks targeting residents, our homes, and our businesses. First and foremost, it is very important to report, report, report. For example, if you visit the community crime map (www.reginapolice.ca/resources/crime/community-crime-map/) you'll see the types of crime and the areas that they are taking place. Our understanding is that some of these metrics are generated by the data collected when crimes are reported. It is also a way for Regina Police Service to allocate resources to the areas that are being impacted the most. Even if it seems small or a waste of time, reporting crimes in the moment is very important and a key way we can all help put optics on the criminal elements taking place in our community.

When it comes to hot spots and crime trends in our community we have been seeing growing illegal traffic in the form of excessive speeding in our school zones and streets (such as Campbell Street, 4th Avenue, Mikkelsen Street, and Ritter Avenue to name a few) as well as illegal turns taking place constantly in/out of the Lewvan Crossing shopping centre. You may have noticed the traffic cones that have been put in place by the City, to help visitors to the shopping centre be aware that it is illegal to turn left, out of the parking lot as well as left turns in, when heading East on 4th Ave. We will continue to work with our partners to monitor this situation because the safety of our residents and folks navigating our streets is a priority.

Wrapping things up in the topic of crime in our community, we have been getting increased reports of local businesses throughout the area being targeted by theft as well as various situations happening in Mount Royal, around the parking lot at the North side of AE Wilson Park, South of Ritter Avenue. Much like we mentioned above, it's import to call in the crimes we see and to be aware of strange out of place behaviour in our communities. Get to know your neighbours and look out for one another, help those that look like they need help, lock up your vehicles, bikes, houses, an garages. Sadly, we do not live in an age anymore where things can be left unattended and any meaningful solutions typically are above and beyond anything an individual community can do. That said, we can all choose to takes steps to mitigate the risk of being victims and call out illegal activity when we see it. If you see a crime taking place it is always best to call Regina Police Services over intervening yourself, these situations can be unpredictable and volatile, especially when it comes to theft of items from businesses. Your safety needs to come first.



REGINA POLICE SERVICE



Community Clean Up

RMRCA will be hosting their annual Community Clean Up day on Saturday, May 25th. We will be set up at Martin Collegiate parking lot as a drop-off depot for waste & other items. We will also be accepting beverage containers - proceeds will go to the school community councils in our area to support their important initiatives.

Time to be determined, watch E-news & our Facebook page for details.

Bloom'n Community

Spring is here and we can't wait to get cleaning, planting and beautifying our yards and Community! Bloom'n Community is an RMRCA initiative intended to promote "community" by encouraging residents and businesses alike to take pride in the Rosemont Mount Royal area and their homes by keeping the area clean and spruced up.

RMRCA's Bloom'n Community program is in its 8th year - we hope you have noticed the flower display located on the corner of McIntosh & 4th Avenue and now we are happy to announce another planter location on the corner of Mikkelson and Dorothy Street! A big thank you Martin Academy and the City of Regina for letting us use these spaces and to all the volunteers that help with the planting and maintenance of the planters!



This is just the start, and we welcome Residents and Businesses alike to post pictures of your beautiful gardens and planters to the RMRCA Facebook page. We hope everyone enjoys making Rosemont and Mount Royal even more beautiful- as much as we do!

Community Garage Sale

The Rosemont Mount Royal annual Community Garage Sale will be held on June 21st & 22nd. Keep an eye on our website, Facebook and E-news for updates as the date gets closer.

Volunteer Award Recipients

It is with immense pleasure that we extend our heartfelt congratulations to the 2023 recipients of the West Zone Board Volunteer Awards for the Rosemont Mount Royal area.

Ajitpal "Paul" Singh Kaler
Jaxson Faye
Spencer Faye
Levi Little
Melissa Wieb

Your dedication, selflessness, and unwavering commitment to serving others have not gone unnoticed. Your contributions have made a profound difference in the lives of many. Wishing you continued success, fulfillment, and joy as you continue to spread kindness and light wherever you go!

Update from Subdivision #5, School Board Trustee

The information in this section of our newsletter was provided to us by the Subdivision #5 School Board Trustee, Sarah Cummings-Truskowski:

"Over the last three and a half years of being your Trustee, I have heard loud and clear that this community would like a new elementary school. After three years of advocating, a new school for this area is finally on the Regina Public Schools capital priority list! While student capacity is not a current issue, Rosemont School does have some facility concerns, and both it and Walker Schools are aging. To be clear, there are still four other capital priority requests on our list before this one. They are: 1) a new elementary school in South East Regina, 2) a new high school in South East Regina (both joint-use with Regina Catholic Schools), 3) a "re-life" of Lakeview School, and 4) a rebuild or re-life of Balfour Collegiate. And, as recommended to us by our administration, our request is to consolidate Walker and Rosemont elementary schools into one new school. We look forward to future conversations on these requests with our Government of Saskatchewan, the City of Regina, and Regina Catholic Schools partners. We will also be looking for community input, which will come in the years ahead. Please note, this may take many years for the province to fund these five capital priorities, but, it is good news to be finally on the list of capital priorities!"

For more information, feel free to reach out to Sarah Cummings-Truskowski or your Subdivision' trustee directly as the information was provided to us as part of a larger update regarding schools and education in our community and throughout Regina. For contact information please to visit www.reginapublicschools.ca/trustees or see the back page of this newsletter for Sarah's information.



Free Evening Youth Program or MyTime is a free and inclusive drop-in 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! The program will resume in the Fall, so stay tuned for more details. www.regina.ca/freeprograms



Available Courses:

- Stay Safe
- Babysitting
- First Aid & CPR/AED
- Emergency Medical Responder Training
- Psychological First Aid
- Red Cross programming

Marie Stimson
Instructor/Owner
riverviewsafety@sasktel.net
306-541-7122

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 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
Members-at-Large	Steve Bagues Jessica Riess Theresa McQuoid Dan Riess Maria Kznar Chevelle Wagenaar		
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