

Spring Newsletter

May 2021



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Summer 2021 Registration Night

June 21st - 30th, 2021
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.

RMRCAs Annual General Meeting a Success!

RMRCAs held its Annual General Meeting March 31, 2021 by video presentation this year - a first for us! With residents and guests in attendance online, the RMRCA Board of Directors reviewed the activities of the preceding year. The presentation and committee reports can be found on the website at www.rmrca.com A few highlights worth mentioning are the 2,108 people who took part in RMRCA events and programs last year - 970 of these people were children/youth. As well, over 1,600 Volunteer hours were given by RMRCA Board and Casual Volunteers. Volunteers are essential to Community Association's sustainability - thank you!

City Councilor Shanon Zachidniak was in attendance bringing greetings from the City of Regina as well as providing interesting information about Ward 8 and the continued growth of our city overall. We also heard greetings from Bill Ursel, Coordinator, City Planning & Community Development, Trent Wotherspoon Regina Rosemont MLA and Warren Steinley, Member of Parliament/Regina-Lewvan.

At the AGM, RMRCA carries out its Elections for the board terms that are up for election/re-election. This year, the positions of Vice Chair, Secretary, and various Committee Coordinator positions were elected for two year terms, expiring December 31, 2023. A full list of Directors and Committee Coordinators can be found on Page 8 or on the RMRCA website, www.rmrca.com

All residents are welcome to attend RMRCA monthly meetings held the first Tuesday of each month, September – June, at 7:00 p.m. With the web meeting format all interested in attending are asked to pre-register by emailing your name to mail@rmrca.com



Community Clean Up

Help spruce up your community this Spring. A clean community, free of garbage and waste, shows how much we care about our great neighbourhood.

The City of Regina Yard Waste Depot is now open for the season and is available to residents daily, free of charge and will be open till the end of fall. The depot is located south of the Fleet Street Landfill. For more details, visit regina.ca.

If you need help clearing up your yard, please reach out through the Neighbour 2 Neighbourhood program. See page 6 for details.

Let's keep our community beautiful!

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, 2021 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 2021/2022 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, 2021. Submit by email to helen.adams@sasktel.net, or by mail to:

RMRCA Student Volunteer Scholarship
c/o Helen Adams
6109 5th Avenue
Regina, SK S4T 6R8



RMRCA Rocks!

Have some family fun in our community making, hiding, and then finding #RMRCARocks!

Here's how it works...

1. Paint/Decorate some rocks & underneath print: #RMRCARocks
2. Hide your painted rocks in one or all of these four parks in our community – Aberdeen, Mable Brown, Rosemont, & Coventry Park
3. While you are there... See if you can find some other rocks hidden in the park!

Have fun and do as often as you would like! If you would like to share your painted rocks or hidden rocks that you have found...Add your photos to our RMRCA Facebook page using the hashtag #RMRCARocks

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

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 5th 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! RMRCA has donated these planters and flowers for everyone to enjoy and to honor the dedication of past Directors who served this Community.

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!



Be Heard Regina

Hey Rosemont Mount Royal! In this issue of our community newsletter I am talking about the City of Regina's Be Heard project. <https://beheard.regina.ca/> is a somewhat new offering by the City to gather community perspective on the issues that impact Regina residents. To participate, just visit the website and choose one of the plethora of community feedback streams available.

Topics such as master plans, neighbourhood development, social issues and more, are laid out for residents to browse through. Visitors can look at existing submissions by others as well being able to submit their own thoughts. Once the topic deadlines have been met, the findings are released in a report or infographic for easy viewing. The topics also have links to pertinent information as well as the key stakeholders that are overseeing that particular Be Heard.

From my perspective this is a good step forward to not only include residents in the conversation but to also show some transparency around the results. I have watched and participated in a couple of these topics and although the findings are weighted against other stakeholder data and feedback, it does provide a level of involvement that residents often comment that they wish they had. All and all this new approach to engagement is refreshing to see and I am interested in where this goes. As long as the transparency is there, it can prove to be an enlightening way to gain some perspective from other residents in Regina. I do think that there is room for making better data sets available to the residents who really want to dig in but features like that can come with time.

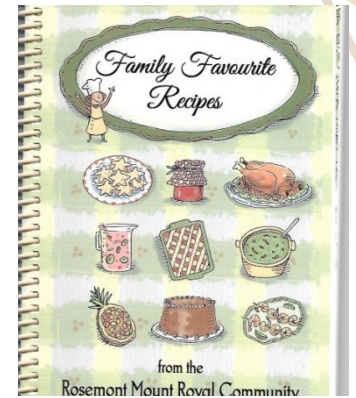
Alex Tkach
Vice Chair - RMRCA

Community Projects

Rosemont Mount Royal Community Family Favourite Recipe Book

Thank you to all residents who contributed their family recipes to this special recipe book!

Give one as a gift for Mother's Day or as a little thank you to friends or neighbours. \$6 each or 3 for \$15 To purchase, contact Helen at 306-543-9152 or email helen.adams@sasktel.net



Community Sharing Pages

RMRCA Community Sharing Pages were sent out regularly last year through our Community e-news & through our Facebook Page.

If you missed these or want to do again, go to our RMRCA Website –www.rmrca.com then click on the Community Sharing Pages link there for 12 posts of community activities & fun!

If you have anything you would like to share; games, trivia quizzes, coloring pages, recipes, photos, etc. - email them to mail@rmrca.com



Neighbour 2 Neighbourhood

Our Neighbour 2 Neighbourhood initiative was a great success during the winter months, and now that Spring is here, RMRCA would like to encourage you to continue to help your neighbours.

Visit www.bit.ly/rmrcaNeighbour2Neighbourhood to sign up.

Some ways you can help out your neighbours:

- Mow their lawn
- Clean eavestroughs
- Share produce from your garden
- Deliver groceries
- Transport items to the dump
- Rake leaves & yard cleanup
- Help with gardening

RMRCA Summer 2021 Programs

Registration for Summer 2021 programs will be held online only, June 21st - 30th. Last registration at 8:00 pm on June 30th. No late registrations will be accepted.

To register for RMRCA programs this spring, 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 June 30th 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, 2020—August 31st, 2021.

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

Adult Programs

All programs will be offered through Zoom video or outdoors. Instructor will contact registered participants with details. Please ensure you have sufficient space in your home to participate.

Yoga in the Park, 18+ years

Dates: Mondays, July 5th-August 23rd, 2021

Time: 7:00-8:00 pm

Location: Rosemont Park

Cost: \$40.00

Fire Up & Flow Fitness, 18+ years

Dates: Tuesdays, July 6th-August 24th, 2021

Time: 7:00-8:00 pm

Location: Rosemont Park

Cost: \$40.00

Chair Yoga, 55+ years

Dates: Thursdays, July 8th-August 26th, 2021

Time: 10:00-11:00 am

Location: Zoom online

Cost: Free with membership



Forever in Motion, 55+ years **

Dates: Mondays, Wednesdays & Fridays, Dates to be determined

Time: 10:00-11:00 am

Location: To be determined

Cost: Free with membership

Tai Chi, 55+ years

Dates: Tuesdays, July 6th-August 24th, 2021

Time: 10:00-11:00 am

Location: Zoom online

Cost: Free with membership

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

RMRCA will also be holding pop-up sessions for various programs. If you are interested in participating in any of the following or have any ideas for activities, please reach out to Dan, riessd@rmrca.com Bike Club/Bike Safety event, Ladybug release, Bird Watching/Nature Walks, Nature Photography, Paint Night in the Park, Corrhole tournament, Kite Flying.

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	306-543-6180	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	andrew.nestor@staples.ca
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
Website: www.rmrca.com