

Fall Newsletter September 2024



Inside This Issue

- 2** A Message from RMRCA
- 3** Love Where You Live
Snow Angels
- 4** Buy a Membership Card
- 5** Boundaries Have Changed
Community Cleanup
- 6** RMRCA Fall Programs
- 7** Pop-up & West Zone Board Programs
- 8** Board of Directors & Contacts

Fall 2024 Programs Registration

In person at Rosemont School, Tuesday
September 10th from 7:00-8:00 pm
Online at www.rmrca.com from
September 1st-10th, 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

Greetings neighbours and friends of Rosemont Mount Royal! By the time you receive this newsletter, the school year will have started and our Fall 2024 community programming cycle will have begun. Now that the Summer break is behind us I want to take a moment to write about the different events and projects our organization took on over the Summer to help brighten our community and bring some smiles to little faces.

Our first major event over the break was our Rosemont Mount Royal Community Garage Sale. This event saw much foot traffic from residents both within our borders and outside, and all around seemed well received by folks. That said, there is always room for improvement and we look forward to reflecting on the feedback we did receive so we can make next year's event even better. The second big event we hosted this Summer was our annual Movie Night in the Park, in collaboration with Summer Bash. This year we broke our previous records for participants as our event saw upwards to 450 visitors to the park, to watch Kung Fu Panda 4. Rounding off the evening we had pop-up markets by neighbourhood kids who were fundraising for various things, our own Po the Panda via Regina's cosplay community, and Glitter Galaxy Tattoos to help add even more fun to what was an all-around fantastic evening. That said, we couldn't have been a success without committed community partners such as Paul's Convenience who donated the freezies and candy bags which brought even more smiles to the kiddo's in attendance!

Now that we've covered some of our past events it's time to look forward to the year ahead, of which we are starting out giving back with a bang. Spearheaded by Board Members Emma Trobiak, Theresa McQuoid, and Andrew Nestor, the RMRCA donated 9 backpacks with supplies to each of our three elementary schools in an effort to give back to our community and help out some families that need a little support going into the school year. Beyond that, in our last newsletter you may have noticed that we were looking to offer some new programs for our community. Now that we've been provided space in the Jack Hamilton Arena to run some programs out of, we look to you our friends and neighbours, to let us know the programs you would like to see and to ask if there was anyone in our community looking to try their hand at a pop-up program themselves to help fill some of our community's recreational activity needs.

To wrap things up, we have a great issue for you this time around so please take the time to read through all the information, stories, and feel good tidbits we want to share with you. If you're looking to help get more involved and/or have ideas on how we can make our community an even better place to live, please consider attending any of our monthly meetings that are open to the public, either in person or online via Teams. We typically meet on the first Tuesday of every month at the Jack Hamilton Arena, 7:00 pm. It's a great way to give back to your community and make a real difference in our neighbourhoods. I look forward to seeing you there and if you have any questions for myself or the rest of the board, we are just a quick email, instant message, or phone call away.

Until next time folks, keep looking out for one another because it truly takes a village.

Alex Tkach, Chairperson
Rosemont Mount Royal Community Association



Congratulations!

This years recipient of the RMRCA Student Scholarship is Lexie Tondevd. We wish you all the best in your future endeavours!

Love Where you Live

Community Associations like RMRCA require strong support from its residents to ensure good things continue to happen within the community and that the community as a whole remains vibrant. Rosemont is particularly lucky as it boasts a vibrant business community as well. The support that the RMRCA and the community overall receives is never more important than now and we are very thankful for the support of businesses like Paul's Convenience Store on 7th Avenue and Horace Street.

Located in the strip mall close to Walker School, it is not surprising that Paul's Convenience Store is a huge supporter of the school and of the RMRCA. Filling a need in the community, the store quickly became a mainstay for the people living in the area. Many kids have grown up going to Paul's and still drop by today to say "hi".

Always making sure that the kids have strong community support backing them, owners Paul and Suman are quick to help, most recently being the Summer Movie Night in A.E. Wilson Park where they provided treats for the crowd.

Paul and Suman strongly believe in supporting and giving back to their Community. "This community has given our family a safe place to work and for our kids to go to school. We are happy to be part of the Rosemont community". RMRCA is most appreciative of Paul and Suman, their generosity is heart warming. We are so glad they chose Rosemont to call home!

Snow Angels

The RMRCA Snow Angel program has been around for 3 seasons and will be back again for a 4th. In that time, we have seen all sorts of weather, both mild and intense, windy and calm, and sometimes oddly wet and unfortunately heavy. However, what has always remained consistent is those in our community needing assistance, and volunteers stepping up to help. The aim of the program is to keep walkways safe and clear for all users, but especially those with mobility issues.

Volunteers have often been Neighbours, those looking for extra activity, or user groups looking for fundraising opportunities. If you find yourself in need this winter, please consider asking for help, and if you are able to do so, please think about volunteering. Requests and sign up can be emailed to mail@rmrca.com



Fall Makers Market & Tradeshow

The RMRCA will be hosting a Fall Craft Market & Trade Show again this year on October 19th. Stay tuned to our website and Facebook page for more details closer to the date.

Buy a Membership Card - Support Your Community

For over 35 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!

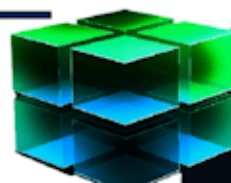
Free Evening Youth Program or MyTime is a free and inclusive drop-in program provided by the City of Regina for youth ages 11-15. MyTime is designed to create fun group activities for youth of all abilities, through recreation, sports, arts and games! The program will resume in October, so stay tuned for more details. www.regina.ca/freeprograms



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Boundaries have changed - know where you fit!

As we head into election season its important to know how the electoral boundary changes affect you and your vote. The City of Regina is required to review its ward boundaries after every three elections or when the population of a ward changes. This is somewhat the same principal for provincial boundaries. Boundary reviews are necessary to determine any changes to population as fluctuations of +/-10% impacts the balance in the various areas. Reviewing boundaries ensures that every eligible vote has equitable representation by city councillors and provincial representatives alike.

So how have things changed for the 2024/25 upcoming elections? In some cases, a lot. It is good to understand how the boundaries have moved and how they may impact your voting location as well as possible changes to candidates knocking on your door. Here is what it looks like:

City of Regina Ward 8 Boundaries - The Ward will be losing the Normanview and Normanview West communities, and North Central community will be joining the Ward. No changes that impact Rosemont or Mount Royal.

Provincial Boundaries - The biggest impact is the split of the Rosemont community. If you live on the east side of Campbell Street you are now in the Regina Elphinstone-Centre area. If you live on the west side of Campbell Street you remain in the Regina Mount Royal area.

For further clarity, please check the www.Regina.ca for ward changes or www.elections.sk.ca for provincial boundary changes, or call your local City Councillor or MLA.

Elections are important - be sure your vote is counted!

Community Cleanup

RMRCA will be hosting their annual Community Cleanup day on Saturday, September 21st. Location to be determined. We will be set up 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.

Club Whist

Starting Tuesday Sept. 3rd 7:00pm, at Christ Lutheran Church downstairs. Join us for a fun night of playing the game of Whist. Suggested donation is \$2 per person a night, this goes toward coffee and small prizes for the winners. We play every two weeks. Everyone welcome for a night of friendly cards ending with a snack and conversation.



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 Fall 2024 Programs

Registration for Fall 2024 programs will be held in person on Tuesday, September 10th at Rosemont School from 7:00 to 8:00 pm and also online from September 1st-10th at www.rmrca.com
Last registration at 8:00 pm on September 10th. No late registrations will be accepted.

To register for RMRCA programs this fall, visit 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 (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, 2024—August 31st, 2025.

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

Youth Programs

Basketball Skills

Dates: Wednesdays, Sept. 18th-Nov. 20th

Ages 7-10: 6:30-7:30pm

Ages 11-14: 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, Sept. 16th - Dec. 9th

Time: 6:30-7:30 pm

No classes Sept. 30th, Oct. 14th & Nov. 11th

Location: Walker School gym

Cost: \$50

Yoga, 18+ years

Dates: Mondays, Sept. 16th - Dec. 9th

Time: 7:45-8:45 pm

No classes Sept. 30th, Oct. 14th & Nov. 11th

Location: Walker School gym

Cost: \$50

Fire & Flow Fitness, 18+ years

Dates: Tuesdays, Sept. 17th - Nov. 19th

Time: 7:00-8:00 pm

Location: Walker School gym

Cost: \$50

Forever in Motion, 55+ years

Dates: Mondays, Wednesdays & Fridays, September to December

Time: 10:00-11:00 am

Location: To be determined

Cost: Free with membership card

Tai Chi / Chair Tai Chi, 55+ years

Dates: Tuesdays, Sept. 17th - Nov. 19th

Time: 10:00-11:00 am

Location: Online, Zoom

Cost: Free with membership card

Chair Yoga, 55+ years

Dates: Thursdays, Sept. 19th - Nov. 21st

Time: 9:00-10:00 am

Location: Online, Zoom

Cost: Free with membership card

RMRCA Pop-up Programs

The RMRCA will be hosting several pop-up classes this Fall. Location to be determined closer to the date. Stay tuned to our website, Facebook and E-News for more details.

Intro to Generative Artificial Intelligence - This primer course introduces people to AI Ethics, Generative AI tools, hands on examples through using Large Language Modes (LLM's), Text to Image (TTI), Video Generation, and how to get started with local image generation.

Date: Course sessions available Sept 21; Oct 19; Nov 16
Location: TBD
Ages: 18+ years
Time: 12:30 - 3:30 p.m.
Cost: \$90.00 + RMRCA membership fee
Limit: 15 participants per session

Halloween Fun Kids Crafts - Kids ages 5-8 are invited to join this class to make a Halloween themed craft to take home. All supplies provided. Things could get messy so be sure to bring an apron or paint shirt.

Date: October 19th
Location: TBD
Ages: 5-8 years
Time: 1:00 - 3:00 p.m.
Cost: \$5.00 (RMRCA family membership fee)
Limit: 10 participants

Total Terrarium Workshop - Build your own self-sustaining world in a glass jar! Rooted Living Designs will be showing participants how to make and maintain a glass jar terrarium. All supplies provided.

Date: November 20th
Location: TBD
Ages: 18+
Time: 7:00 - 9:00 p.m.
Cost: \$90.00 + RMRCA family membership fee
Limit: 10 participants

Christmas Crafts for Kids - Kids ages 5-8 are invited to join this class to make a holiday themed craft to take home. All supplies are provided. Things could get messy so be sure to bring an apron or paint shirt.

Date: December 7th
Location: TBD
Ages: 5-8 years
Time: 1:00 - 3:00 p.m.
Cost: \$5.00 (RMRCA family membership fee)
Limit: 10 participants

West Zone Board Programs

Visit www.westzoneboard.ca for the most up to date information regarding West Zone Board Programs. Some of the programs being offered this Fall include:

Parent & Child, Learn to Skate
Saturdays, October 19th-December 14th
Wheat City Kinsmen Arena

Learn to Skate, Ages 3-5 years & 6-12 years
Saturdays, October 19th-December 14th
Wheat City Kinsmen Arena
Sundays, October 20th-December 15th
Doug Wickenheiser Arena

Little Stars Hockey Skills, Ages 4-7 years
Sundays, October 20th-December 15th
Doug Wickenheiser Arena

Indoor Soccer, Ages 3-5 years, 6-10 years & 11-18 years
Saturdays, Mid-October to end of March
West Zone Schools & University gyms

Learn Magic, Ages 5-13 years
Tuesdays, September 17th-October 22nd
Doug Wickenheiser Arena

Babysitting/Stay Safe, Ages 12+
Saturdays, September 28th & November 16th

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 Mount Royal - MLA | Trent Wotherspoon | 306-565-2444 | reginarosemont@ndpcaucus.sk.ca |
| Regina Elphinstone-Centre - MLA | Meara Conway | 306-352-2002 | reginaelphinstonecentre@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!



Stay In Touch
Email: mail@rmrca.com
Website: www.rmrca.com