

Winter Newsletter

January 2021



Inside This Issue

- 02** A Message from RMRCA
Become a Volunteer
- 03** RMRCA Volunteer Scholarships
Annual General Meeting
- 04** Buy a Membership Card
- 05** Outdoor Ice Rinks
Residential Sidewalk Snow & Ice Removal
- 06** Community Projects
- 07** Winter 2021 Programs Registration
- 08** Board of Directors

Winter 2021 Registration Night

January 7-12th, 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.

A Message from RMRCA

Let's start 2021 with a different kind of resolution. A resolution to continued appreciation of our community and the great people who live here. A resolution to be kind and supportive of our teachers who are working to ensure our children have a safe and happy place to go each day, and a resolution to staying healthy and safe. For the last year, the RMRCA has been working with the community to bring programs and support where needed and 2021 will be no different. RMRCA believes physical activity is an important part of emotional support for everyone and is working with the City of Regina to once again provide supervision at our outdoor rinks, both Mable Brown and Rosemont. To that end, we are also looking forward to the St. Francis outdoor rink being flooded this year, however it will be unsupervised. We encourage you to take advantage of the groomed ice areas and the exceptional weather that we have been having lately by getting outside and staying active.

RMRCA would like to thank Crawford's No Frills who has been an amazing community supporter, especially throughout this past year. No Frills is always lending support to initiatives within Rosemont and Mount Royal and this was evident this holiday season when they partnered with RMRCA in its first Annual Christmas Food Hamper Campaign. Over 10 hampers were provided to families in the community who needed a little extra help during the Christmas season and contained a complete Christmas dinner inside each. A huge thank you to Amber Crawford and staff of No Frills!

We also want to recognize our community's efforts of not only helping one another but also recognizing that help. Our Neighbour 2 Neighbourhood Volunteer program lead by Dan Riess, has continued to gain momentum going into December as more and more residents signed up to help their neighbours out in various ways.

As we head into this year full of hope for greater things, we thank all of you for making our community great!

Become a RMRCA Volunteer!

RMRCA is always welcoming individuals that are interested in helping to shape our community and relies on the support of volunteers for nearly everything we do! There are many ways to volunteer and RMRCA is always looking for engaged community members to contribute their time and energy towards making Rosemont and Mount Royal an even better place to live and work.

Event volunteers are needed to assist with the community events that we hold. This can include set up, clean up, running registrations, etc. Volunteers can participate as their time allows.

If you would like more information or have any questions about volunteer opportunities with RMRCA, please contact us at mail@rmrca.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 \$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



Annual General Meeting

The RMRCA Annual General Meeting will be held online on March 31st, 2021 at 7:00 pm. (date & time may change)

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

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

Outdoor Ice Rinks

Rosemont Mount Royal area has two supervised outdoor ice rinks which are open from December to March. Supervision of the ice shacks is provided by Rosemont Mount Royal Community Association. Below are the supervision hours for each, weather permitting.

Rosemont School

Monday - Friday, 6:00-9:00 pm

Saturday & Sunday, 2:00-5:00 pm & 7:00-9:00 pm

Ehrlo Outdoor Hockey League dates & times to be announced

Mable Brown Park

Thursday & Friday, 6:00-9:00 pm

Saturday, 12:00-4:00 pm & 6:00-9:00 pm

Sunday, 12:00-5:00 pm

St Francis School, Unsupervised (no ice shack on site)

City of Regina COVID guidelines will apply to ice shacks & rinks.



Residential Sidewalk Snow & Ice Removal

Snow and ice on residential sidewalks is the responsibility of the property owner/resident. It is important to keep your sidewalks shovelled and sanded to help pedestrians walk safely and easily. Snow from resident's driveways and walkways should be stored on their private yard, not on streets, sidewalks or boulevards.

The City provides sand at various locations throughout Regina for residents who need it to make icy sidewalks and driveways safe. You must bring a container and something to scoop with. In the Rosemont Mount Royal area, the City of Regina sand box is located at the **Jack Hamilton Arena, 1010 McCarthy Boulevard** (near the tennis courts).

Thank you for keeping our Community sidewalks safe for all to use!

Community Projects

Neighbour 2 Neighbourhood Volunteer

Our Neighbour 2 Neighbourhood Volunteer program has successfully been connecting volunteers with those in need in our community. RMRCA would like to encourage you to continue to help your neighbours. Sign up to add your name to our volunteer list and provide support to a neighbour in need.

www.bit.ly/rmrcaNeighbour2Neighbourhood

Some ways you can help your neighbours:

- Shovel snow
- Isolation check-ins
- Help with seasonal decorations
- Deliver groceries
- Transport items to the dump
- Boost vehicle
- Random acts of kindness



Did a neighbour help you out when you were in need?
Is there someone you want to recognize for going
above & beyond to make our community a better
place to live?

If so, please consider nominating them in our seasonal
Neighbour 2 Neighbourhood Volunteer contest.

All those who nominate others will also be entered to
win and recognized.

Visit www.rmrca.com for more details and for the
nomination form.



Thank you to our wonderful community business partners for their generous donations!

Crawford's No Frills

MelBelle Designs

Hanger & Rack Curated Consignment

Paul's Indian Masala
Takeout & Convenience

Juliana Pizza

Scenter Stage Bath & Body Products

RMRCA Winter 2021 Programs

Registration for Winter 2021 programs will be held online only, January 7-12th.
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 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 January 12th 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.
Instructor will contact registered participants with details. Please ensure you have sufficient space in your home to participate.

Gentle Yoga, 18+ years

Dates: Mondays, January 18th-March 29th, 2021

(No class on February 15th)

Time: 7:00-8:00 pm

Location: Zoom online

Cost: \$45.00

Hatha Flow Yoga, 18+ years

Dates: Mondays, January 18th-March 29th, 2021

(No class on February 15th)

Time: 8:15-9:15 pm

Location: Zoom online

Cost: \$45.00

PiYo, 18+ years

Dates: Tuesdays, January 19th-March 23rd, 2021

Time: 7:00-8:00 pm

Location: Zoom online

Cost: \$45.00



Forever in Motion, 55+ years **

Dates: Mondays, Wednesdays & Fridays, January 11th-June 28th, 2021

Time: 10:00-11:00 am

Location: St. James Anglican Church

Cost: Free with membership

Tai Chi, 55+ years **

(class availability will be based on interest, email mail@rmrca.com if interested)

Time: Daytime hours

Location: Zoom online

Cost: \$45.00

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

RMRCA will also be holding pop-up sessions for various programs, watch e-news & our Facebook page for details.

RMRCA Board of Directors—2020/2021

Chairperson	Theresa McQuoid	306-535-5595	tmcquoid@rentvictory.com
Vice-Chairperson	Alex Tkach	306-533-8083	alex@tkach.works
Secretary	Dan Riess	306-531-7078	riessd@rmrca.com
Treasurer	Helen Adams	306-543-9152	helen.adams@sasktel.net
Memberships	Helen Adams	306-543-9152	helen.adams@sasktel.net
Outdoor Sign	Emma Trobiak	306-535-1978	emtrobiak@gmail.com
Facility Coordinator	Helen Adams	306-543-9152	helen.adams@sasktel.net
Social Coordinator	Dan Riess	306-531-7078	driess@hotmail.com
Communications	Alex Tkach	306-533-8083	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
	Reid Hill	306-541-8721	reidhill@hotmail.com
	Deborah Rieb		
	Jessica Riess	306-530-0699	jriess93@gmail.com
	Emma Trobiak	306-535-1978	emtrobiak@gmail.com
	Melissa Wieb	306-526-1335	wiebm@rmrca.com
Programs Coordinator	Theresa Porter		tbaum3@hotmail.com
City of Regina representative	Tawna Ranalli		tranalli@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!



Stay In Touch

Email: mail@rmrca.com

Website: www.rmrca.com