



WebSite – www.accesscomm.ca/nonprofits/rmrca

NEWSLETTER

SEPTEMBER 2009

***FALL REGISTRATION NITE
& MEMBERSHIP DRIVE***

Tuesday, September 8, 2009- 7:00 – 8:00 pm

Rosemont Community School

841 Horace Street

Purchase a C/A Membership & Register for any Program sponsored by any Community Association, Zone Board or Affiliated Groups – within the City!

The Rosemont Mount Royal Community Association consists of over 4,000 households and offers programs for the area residents, as well as, the City of Regina residents, as a whole. All executive members are volunteers.

A MESSAGE FROM THE CHAIRPERSON

Welcome back to another exciting year! I hope that everyone had a restful and enjoyable summer and are now ready to take on new challenges. I would like to extend an invitation to you to attend one or more of our monthly Community Association meetings. Meetings are held the first Tuesday of each month, September through June at 7:30 p.m. in the Staff Room at Rosemont Community School. All residents are welcome to “attend any meeting” and “learn” what your Community Association is all about!

Please Note: We are trying to “Meet the Needs of our Residents to improve our community” and are REQUESTING YOUR INPUT & SUGGESTIONS FOR PROGRAMS, ACTIVITIES, & Civic Affair items in our area.

Yours in community,

JIM EMMONS, CHAIRPERSON

VOLUNTEERS ARE NEEDED TO ASSIST THE EXECUTIVE IN ORDER FOR OUR COMMUNITY ASSOCIATION TO CONTINUE [i.e. Secretary, Newsletter Editor, Promotions Coordinator, Social Coordinator]. For more information or to volunteer, contact Debby at 791-0226-w/545-4776-h or visit our website or volunteer at Registration Night on September 8, 2009 [7 – 8 pm] at Rosemont Community School.

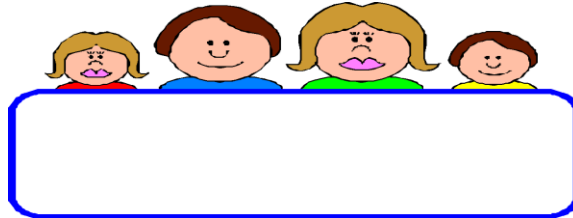
ARE YOU NEW TO THE COMMUNITY?

If so, call your **Welcome Wagon representative** - Caryl @ 545-3346, for community information and free sponsor gifts

www.accesscom.ca/nonprofits/rmrca

Executive List – 2009/2010

| | | | |
|----------------------------|----------------------------|----------|--|
| Chairperson | Jim Emmons | 545-1401 | |
| Vice-chairperson | Debby Staruiala | 545-4776 | reginawestzoneboard@sasktel.net |
| Treasurer | Helen Adams | 543-9152 | helen.adams@sasktel.net |
| Secretary | VACANT | | |
| Civic Affairs | Wanda Emmons | 545-1401 | |
| Community Card Coord. | Elaine Dittmann | 543-4402 | edittmann@sasktel.net |
| Membership Coord. | Susan Bogues | 949-1370 | steve.bogues@sasktel.net |
| Newsletter Editor | VACANT | | |
| Promotions Coordinator | VACANT | | |
| Facility/Activities Coord. | Helen Adams | 543-9152 | |
| Sign Coordinator | Hollie Cameron | 949-5066 | shcameron@accesscomm.ca |
| Social Coordinator | Wilma Whyte [Interim] | 543-0395 | |
| Transcona Housing Rep | Judy Zawyrucka | 545-8059 | |
| Web Master | Michelle Kasick | 545-2243 | amkasick@accesscom.ca |
| Zone Board Rep | Jim Emmons | 545-1401 | |
| Special Events Coord. | Dennis Zawyrucka[Whist] | 545-8059 | |
| | Helen Adams[Hockey School] | 543-9152 | |
| Member[s] At Large | Steve Bogues | 949-1370 | steve.bogues@sasktel.net |



Community Association Family Membership Card

A family membership card from your community association entitles you and your family to participate in numerous programs provided by your community association and other programs sponsored by other community associations, zone boards and affiliate groups. Only one membership from your community is required per family per year (valid from September 1st – August 31st each year).

Enclose a request for membership below with a **\$5.00** cheque or money order payable to **RMRCA and mail** – along with a self-addressed, stamped envelope to:

RMRCA Membership Coordinator – Susan Bogues, 1034 Campbell Street, Regina, SK, S4T 5P4

A Community membership will promptly be sent out to you.

Request for Rosemont/Mount Royal Community Membership

Name: _____ Would you like to be on our e-mail list?
Yes / No

Address: _____ Would you be interested in volunteering
on the executive in your community assoc.?
Yes / No

Postal Code: _____ **Phone:** _____ Would you like to be on our casual
volunteer list? **Yes / No**

E-mail: _____

ROSEMONT/MOUNT ROYAL COMMUNITY ASSOCIATION
21st ANNUAL FALL HOCKEY SCHOOL

The Rosemont/Mount Royal Community Association is pleased to offer the hockey players in our community a quality & inexpensive Hockey School once again, this Fall.

Sessions will run 4 week-ends [Saturdays & Sundays] Sept. 12 – Oct. 4, 2009 at the Jack Hamilton Arena. *Full Hockey Equipment is required.

- Session I: 6 - 7 years 9:00 am - 9:45 am
Session II: 8 - 9 years 9:45 am - 10:35 am + Ice Cleaning
Session III: 10 - 12 years 10:45 am - 11:45 am

COST: \$75.00 [plus a 2009/10 Community Association Membership].
*Purchase your C/A Membership from the Community that you reside in –in the Fall.

INSTRUCTORS

- Blair Watson *N.C.C.P. Coach/Instructor Advanced Level II *Level 4 Referee (Atom-Bantam) *20+ Years Coaching Experience
Greg Gusway *N.C.C.P. Coach/Instructor Advanced Level I *16 Years Coaching Experience

*For more information or to register, please call - Helen Adams [Volunteer Coordinator] at 543-9152.

ROSEMONT/MOUNT ROYAL COMMUNITY ASSOCIATION
HOCKEY SCHOOL

> Mail In Registration <

Participant Name _____ Phone No. _____

Address _____ Postal Code _____

Age as of Sept. 1st _____ Session: _____ Age Group: _____

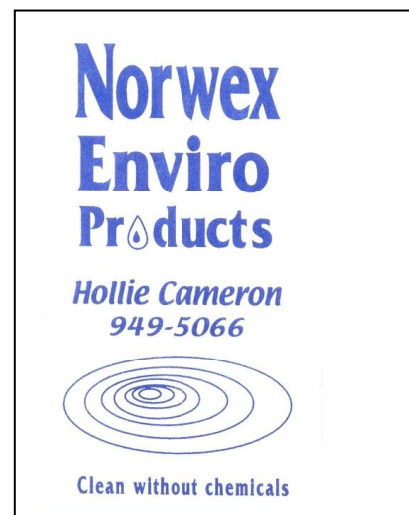
Name of Parent/Guardian: [Please Print] _____

Mail to: RMRCA, c/o H. Adams, 6109 – 5th Ave., Regina, Sask. S4T 6R8

REGINA POLICE SERVICE Community Information

DID YOU KNOW – Regina Police Service has established a North District Division that is “Dedicated to building a Safe and Caring Community”. If you notice Graffiti or any suspicious or criminal activity, please contact one of our representatives –

- Inspector Doug Matheis @ 777-6628 email: dmatheis@police.regina.sk.ca
Staff Sergeant Ken Ubell @ 777-6384 email: kubell@police.regina.sk.ca



RMRCA Programs [Program Coordinator – Theresa Porter]:

Children:

Floor Hockey [Ages 6 – 8 years]
Monday & Wednesday [6:00 – 7:00 pm]
Sept. 14 – Nov.25 @ Rosemont Community School
Cost: \$25

Dance: Jazz [Ages 6 – 8 years]
Monday [6:30 – 7:30 pm]
Sept. 14 – Nov. 23 @ J.Hamilton Arena
Cost: \$30

Children/Teen:

Floor Hockey [Ages 10-13 years]
Monday & Wednesday [8:00 – 9:00 pm]
Sept. 14 – Nov. 25 @ Rosemont Community School
Cost: \$25

Basketball Skills [Ages 8 – 13 years]
Saturday [7:00 – 8:00 pm]
Sept. 19 – Nov. 28 @ Rosemont Community School
Cost: \$20

Basketball Drop In [Ages 8 – 13 years]
Saturday [8:00 – 9:00 pm]
Sept. 19 – Nov. 28 @ Rosemont Community School
Cost: Free

Dance: Jazz [Ages 9 – 13 years]
Monday [7:30 – 8:30 pm]
Sept. 14 – Nov. 23 @ J. Hamilton Arena
Cost: \$30

Adult:

Computers: Word for Beginners [18+ years]
Wednesday [7:00 – 9:00 pm]
Sept. 23 & Sept. 30 @ Martin Collegiate
Cost: \$30

Computers: Excel for Beginners [18+ years]
Wednesday [[7:00 – 9:00 pm]
Oct. 28 & Nov. 4 @ Martin Collegiate
Cost: \$30

Floor Hockey [Ages 8 – 10 years]
Monday & Wednesday [7:00 – 8:00 pm]
Sept. 14 – Nov.25 @ Rosemont Community School
Cost: \$25

Boys & Girls Club [Street Culture Kidz] [7 – 14 years]
Fun activities for Boys & Girls.
Fridays [Sept. 18/09 – mid June/10]
3:30 pm – 5:00 pm @ Rosemont Community School
Cost: Free to children in the area

Kids Krew [Age 10-14 yrs]
Kids Krew is a city sponsored program.
Various activities available “free” to children in the
Rosemont Mount Royal Community
Tuesday & Thursday [mid-Sept to mid-Dec]
6:30 pm – 8:30 pm at Rosemont Community School

Computers: Internet for Beginners [18+ years]
Wednesday [7:00 – 9:00 pm]
Oct. 7 & Oct. 21 @ Martin Collegiate
Cost: \$30

WEST ZONE BOARD & WEST ZONE AFFILIATED GROUP PROGRAMS

Regina West Zone Rec & C.S.D. Board Inc
 1127 Arnason Street North
 Regina, Sask. S4X 3V4 Phone: 791-0226
 URL: <http://nonprofits.accesscomm.ca/wzb/>
 E-mail: reginawestzoneboard@sasktel.net

FOR INFORMATION ABOUT A "WEST ZONE BOARD" OR WEST ZONE BOARD "AFFILIATED GROUP" PROGRAM – PLEASE CALL Debby @ 791-0226

*****REGISTRATION – for West Zone Board & Affiliated Group Programs MUST BE DONE IN PERSON OR AT THE WEST ZONE BOARD OFFICE.**

WEST ZONE BOARD LEARN TO SKATE: Cost: \$54/8 sessions

Teaches children to stand & walk on skates and feel comfortable on the ice. Helmets are mandatory.

REGISTRATION PROCEDURE: Registration is on a First Come - First Serve Basis, as limited numbers are excepted in each Session. REGISTRATION Forms for W.Z.B. Skating classes must be PICKED UP [available SEPT.1/09] & RETURNED [prior to SEPT.11/09] to the WEST ZONE BOARD OFFICE [c/o Northwest Leisure Centre]. LIMITED # OF PARTICIPANTS IN EACH CLASS! REGISTRATIONS CANNOT BE ACCEPTED IF A CLASS FILLS PRIOR TO THE SEPTEMBER 11th DEADLINE.

Classes Offered [Fall 2009]:

AGES 3 - 5 Years:

Tuesday [Oct. 13-Dec.1] 1:30 - 2:15 pm @ D.Wickenheiser Arena
 Friday [Oct. 16 - Dec.11] *No Class Nov.13 9:30 - 10:15 am @ D.Wickenheiser Arena

AGES 3½ - 5 Years [MUST BE 3½ YRS BEFORE 1ST CLASS]:

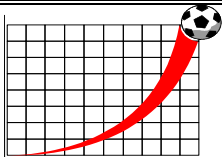
Saturday [Oct. 17-Dec.5] 11:15 am-12:00 pm @ Kinsmen Arena

AGES 4 & 5 Years:

Sunday [Oct. 18-Dec.13] *No Class Nov.8 3:45 - 4:25 pm @ D.Wickenheiser Arena
 Sunday [Oct. 18 -Dec.13] *No Class Nov.8 4:25 - 5:05 pm @ D.Wickenheiser Arena

AGES 6+ Years:

Saturday [Oct.17-Dec.5] 12:00 pm- 12:45 pm @ Kinsmen Arena
 Sunday [Oct.18-Dec.13] *No Class Nov.8 5:05 - 5:45 pm @ D.Wickenheiser Arena



Regina West Zone Soccer Assoc. Inc. [OUTDOOR PROGRAM]
ANNUAL GENERAL MEETING - Monday, September 14, 2009
7:00 pm @ Northwest Leisure Centre

Your input is welcomed – Plan to attend!
 Elections for executive positions will take place at this meeting.

www.accesscom.ca/nonprofits/rmrca

WEST ZONE TAEKWON DO

West Zone Taekwon-Do offers classes orientated towards a recreational family program for fitness, co-ordination and self discipline, while learning the art of Taekwon-Do Self Defense. Taekwon-Do is not only physical training. It also teaches the student to observe and put to use the "TENETS OF TAEKWON-DO" – COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, & INDOMITABLE SPIRIT. Taekwon-Do training for children & teens results in improved physical & mental fitness, as well as, a heightened level of confidence & self-esteem, and will surely aid in the development of successful & respected members of the community. Adults of all ages can benefit from the exercise leading to improved fitness & enjoyment of a healthier lifestyle. Instructed by Master Clint Norman [ITF 7th Dan Black Belt] & his assistants.

Come out & experience the power of confidence through the art of Taekwon-Do!

LOCATION: Henry Janzen School - 222 Rink Ave.

[No Classes – Sunday, Sept. 6th & Monday, Sept. 7th]

| CLASS TIMES | Beginner Belts: | Intermediate Belts: | Senior Belts: |
|--------------------|------------------------|----------------------------|----------------------|
| Sundays | [1:30 - 2:30 pm] | [2:30 – 3:30 pm] | [2:30 – 3:30 pm] |
| Mondays | [6:00 - 7:00 pm] | [7:00 – 8:00 pm] | [7:00 – 8:00 pm] |
| Wednesdays | [6:00 - 7:00 pm] | [7:00 – 8:00 pm] | [7:00 – 8:00 pm] |

After School" PROGRAM: [Beginner/Intermediate Belts] **Sept. 15/09 – Dec. 17/09**

Tuesday & Thursday [4:00 – 5:00 pm] at **Northwest Leisure Centre**

& Sunday at **H. Janzen School** [1:30 – 2:30 pm/or 2:30 – 3:30 pm]

ONGOING REGISTRATION: You may register in person at any Class. Attend any class as a spectator or wear Sweat Pants and a T-shirt to participate as a beginner.

A quarterly In Person **Registration** for the **FALL SESSION** will be held at the regular Classes **[6:00 – 8:00 pm]**, on **Wed., Sept. 2nd./Wed., Sept. 9th./Mon., Sept. 14th & Wed., Sept. 16th, 2009**

COST: 1st Family Member - \$120/3 month session [Includes SFTI fee/fundraising]
Additional Family Member[s] - \$90/3 month session

For further information, you may contact -

Debby @ 791-0226 [West Zone Board Office] or Kim @ 565-2618 [W.Z.Taekwon-Do President]

Allyssa @ 530-4335 [After School Program] or Clint [Head Instructor] @ 525-0005

JOIN THE TOY LIBRARY!

[SPONSORS are the NORTH ZONE BOARD & the WEST ZONE BOARD]

WHY BUY WHEN YOU CAN BORROW TOYS? PLAY, VISIT & BORROW! The TOY LIBRARY has a large variety of toys, puzzles and games for children ages 0 – 12 years, as well as, Parent Resource Books.

Come check out the TOY LIBRARY and see its wide assortment of toys, games & puzzles for ages birth & up!

*TWO TOYS OR GAMES MAY BE BORROWED FOR EACH CHILD FOR 2 WEEKS.

*THE **TOY LIBRARY** IS RUN BY VOLUNTEERS & EACH MEMBER IS ASKED TO VOLUNTEER
3 TIMES PER YEAR.

Location: **PASQUA NEIGHBOURHOOD REC CENTRE**
263 PASQUA STREET - ROOM #5

Open: **Mid-September - December**

Cost: A COMMUNITY ASSOCIATION MEMBERSHIP FOR THE COMMUNITY THAT YOU RESIDE IN AND YOUR KIDS WILL BE ABLE TO ENJOY **NEW TOYS EVERY 2 WEEKS!**

VOLUNTEERS are needed TO ASSIST WITH THE OPERATION OF THE TOY LIBRARY. If you are a Parent or Grandparent who could spare a few hours per year, please consider assisting in a Volunteer Position – to enable children to enjoy the Toy Library in the future. Without your assistance – the TOY LIBRARY MAY HAVE TO CLOSE! For more information, contact Debby - 791-0226 [W.Z.B.O.].

www.accesscom.ca/nonprofits/rmrca

REGINA NORTHWEST SPORTS ASSOC. INC, an affiliate of the West Zone Board, operates no-cut, equal participation sports programs in the West Zone. All registrants must have or agree to purchase a membership in their Community Association [Family Community Association memberships are \$6.00/year].



LEARN TO PLAY HOCKEY [for Ages 4, 5, 6 years]

This Program teaches the fundamentals of Hockey to male & female players. Remember – this is NOT a Learn To Skate program, players must be able to stand on skates. Coaches are needed.

***COST: Last year [2008] fee \$165.00/18 Sessions [Jersey & Socks included]**

***Price will change due to Ice fee increase & will be posted at a later date.**

Classes/Games are held @ Kinsmen Arena - Sundays Nov. 1/09 – Mar.21/10
[1:15 – 2:15 pm or 2:15 – 3:15 pm or 3:15 – 4:15 pm]

IN PERSON REGISTRATION WILL BE HELD:

Saturday, Sept. 19, 2009 1:30 – 2:45 p.m. @ Northwest Leisure Centre

Registrations may also be picked up/dropped off at the West Zone Board Office or printed from the Website – www.rnwsa.ca & mailed to the address on the form.

For further information, you may contact : Debby [WZBO] @ 791-0226

POWER SKATING [Head Instructor – Liane Davis]



Classes to strengthen your Hockey skills. Full Hockey equipment required. All Classes held @ J. Hamilton Arena. Acceptance is on a “first come” basis. Classes start late October.

Classes offered:

- Power Skating – Level 1 [Tuesday evenings 6:00 – 6:40pm]
- Power Skating – Level 1 ½ [Tuesday evenings 6:40 – 7:20 pm]
- Power Skating – Level 2 [Tuesday evenings 7:20 – 8:15 pm]
- Or [Thursday evenings 6:00 – 7:00 pm]
- Power Skating – Level 3 [Thursday evenings 7:00 – 8:00 pm]

COST: TBA/16 Sessions [Level 1 & 1½]
TBA/16 Sessions [Level 2-Tuesdays]
TBA/16 Sessions [Level 2 & 3-Thursdays]

REGISTRATIONS WILL BE ACCEPTED STARTING SEPTEMBER 1, 2009. Registration forms are available on the web site -www.rnwsa.ca - to be mailed in with payment to the address on the Registration Form or can be picked up at the West Zone Board Office, c/o Northwest Leisure Centre.

www.accesscom.ca/nonprofits/rmrc



The Regina West Zone Indoor Soccer Association offers a co-ed recreational soccer for ages 3 to 18 yrs (age as of December 31, 2009), Weekly games run late October to March emphasizing sportsmanship, soccer skill development and affordable fun. Teams get t-shirts, tournaments and trophies. Ages 3 to 12 also get team photos. Ages 3 to 6 play Saturdays at George Lee; Ages 7 to 10 play Saturdays at Centennial; Ages 11-12 play Sundays at Centennial with some Saturday games at the U of R; Ages 13 to 18 play Saturdays at the University of Regina.

| | | | |
|---------------------------|----------|----------------|----------|
| Cost: Ages 3-4 yrs | \$45.00 | Ages 5-6 yrs | \$60.00 |
| Ages 7-8 yrs | \$75.00 | Ages 9-10 yrs | \$75.00 |
| Ages 11-12 yrs | \$80.00 | Ages 13-14 yrs | \$100.00 |
| Ages 15-18 yrs | \$100.00 | | |

Registration Options:

- Online at www.reginaindoorsoccer.ca
 - Download "printable" form & mail in or drop off at WZB office [Northwest Leisure Centre]
 - Pick up & drop off forms at the West Zone Board Office [Northwest Leisure Centre]
 - Attend **In Person Registration – Sat., Sept. 19, 2009** [10:30 a.m.- 1:00 p.m.] at the North West Leisure Centre
- All teams will fill up fast so register early!**

Contact Debby at 791-0226 or email: rwzisa@hotmail.com



Tetra Regina: Volunteers & Projects required

Assisting people with Disabilities to Achieve an Independent and Fulfilling Life in the Community

The Tetra Society of North America: provides custom assistance devices to people with disabilities. Our volunteers develop solutions for day-to-day accessibility problems. Tetra's services are offered at no charge.

Clients pay only for materials and the volunteer's expenses.

Projects: are offered at a minimal charge. Volunteers make devices for people with disabilities in basements or garage workshops. Clients pay for only the materials and the volunteers expenses. Most of our projects use less than \$50 worth of materials. Tetra Society operates on a charitable, non-profit basis with no core fundraising, relying instead on charitable contributions from a variety of sources.

Tetra volunteers: "Typically, a chapter will include technicians, occupational and physical therapists, machinists, architects, professional engineers and a variety of other skilled volunteers." Are you: retired but looking for a fulfilling pastime?

Do you have an idea for an assistive device that would make you or someone else's life easier? Would you like to join our winning team?

Contact: Terri Sleeva, Tetra Regina Community Connector
Telephone: [306] 545-7378 E-Mail: tetraregina@sasktel.net
More information about Tetra: www.tetrasociety.org

terry fox '09 for cancer research
[www.terryfox.org]

2009 Terry Fox Dates to Remember:

| | |
|--------------|---|
| September 11 | - Terry Fox Works & Great Canadian Head Shave |
| September 13 | - National Run Day |
| September 25 | - School Run Day |
| September 27 | - Regina Terry Fox Run |

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