



WebSite - <http://nonprofits.accesscomm.ca/rmrca>

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NEWSLETTER

JANUARY 2010

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***WINTER REGISTRATION NITE***

***& MEMBERSHIP DRIVE***

***Tuesday, January 12, 2010***

***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!**

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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**

By the time you read this, Christmas will probably be over. I hope that you had a very Happy, Festive Season and are now looking forward to a very prosperous 2010! We are a very active organization, but we are in desperate need of some new, fresh minds to boost our executive. All residents are welcome to attend any meeting. If you have a few spare hours each month, please consider coming to one of our meetings & give serious thought to helping us out with PROGRAMS and ACTIVITIES. 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. Hope to see you there!

Yours in community,

JIM EMMONS, CHAIRPERSON

**Volunteer Positions that are VACANT are: Newsletter Editor, Promotions Coordinator, & Social Coordinator.** For more information or to volunteer, contact Debby [791-0226-w/545-4776-h], attend an executive meeting, or volunteer at Registration Night on January 12 [7 – 8 pm] at Rosemont Community School.

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**ARE YOU NEW TO THE COMMUNITY OR DO YOU KNOW OF SOMEONE THAT HAS  
RECENTLY MOVED TO OUR COMMUNITY?**

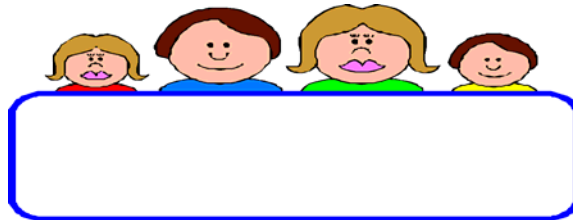
Call your **Welcome Wagon representative** - Caryl @ 545-3346, for community information and free sponsor gifts.

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**<http://nonprofits.accesscomm.ca/rmrca>**

**Executive List – 2009/2010**

Chairperson	Jim Emmons	545-1401	
Vice-chairperson	Debby Staruiala	545-4776	<a href="mailto:reginawestzoneboard@sasktel.net">reginawestzoneboard@sasktel.net</a>
Treasurer	Helen Adams	543-9152	<a href="mailto:helen.adams@sasktel.net">helen.adams@sasktel.net</a>
Secretary	Deanna Tanner	949-1682	<a href="mailto:deannatanner@sasktel.net">deannatanner@sasktel.net</a>
Civic Affairs	Wanda Emmons	545-1401	
Community Card Coor.	Elaine Dittmann	543-4402	<a href="mailto:edittmann@sasktel.net">edittmann@sasktel.net</a>
Membership Coor.	Susan Bagues	949-1370	<a href="mailto:steve.bagues@sasktel.net">steve.bagues@sasktel.net</a>
Newsletter Editor	VACANT		
Promotions Coordinator	VACANT		
Facility/Activities Coor.	Helen Adams	543-9152	
Sign Coordinator	Hollie Cameron	949-5066	<a href="mailto:shcameron@accesscomm.ca">shcameron@accesscomm.ca</a>
Social Coordinator	VACANT		
Transcona Housing Rep	Judy Zawyrucka	545-8059	
Web Master	Michelle Kasick	545-2243	<a href="mailto:amkasick@accesscom.ca">amkasick@accesscom.ca</a>
Zone Board Rep	Jim Emmons	545-1401	
Special Events -Whist	Dennis Zawyrucka	545-8059	
-Hockey School	Helen Adams	543-9152	
Member[s] At Large	Steve Bagues	949-1370	<a href="mailto:steve.bagues@sasktel.net">steve.bagues@sasktel.net</a>



**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 1<sup>st</sup> – August 31<sup>st</sup> 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 Bagues, 1034 Campbell Street, Regina, SK, S4T 5P4**

A Community membership will promptly be sent out to you.

**Mail In 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:** \_\_\_\_\_

<http://nonprofits.accesscomm.ca/rmrca>

**RMRCA Programs [Program Coordinator – Theresa Porter – Phone 790-9155]:****Children:**

Floor Hockey [Ages 6 – 8 years]  
Monday & Wednesday [6:00 – 7:00 pm]  
February 1 – March 31  
@ Rosemont Community School  
Cost: \$30

Floor Hockey [Ages 8 – 10 years]  
Monday & Wednesday [7:00 – 8:00 pm]  
February 1 – March 31  
@ Rosemont Community School  
Cost: \$30

Dance: Jazz [Ages 6 – 10 years]  
Monday [6:30 – 7:30 pm]  
February 1 – April 25 [no class April 6]  
@ J.Hamilton Arena  
Cost: \$30

Baton Twirling [Ages 6 – 10 years]  
Monday [7:30 – 8:30 pm]  
February 1 – April 25 [no class April 6]  
@ J.Hamilton Arena  
Cost: \$30

Basketball Skills [Ages 8 – 11 years]  
Saturday [7:00 – 8:00 pm]  
February 6 – May 1 [No class April 3]  
@ Rosemont Community School  
Cost \$20

**Adult Activities [Sponsored by RMRCA]:****Whist:**

Do you like to play cards? JOIN US – Every 2<sup>nd</sup> Tuesday [7:30 pm] @ Rosemont United Church starting January 12th. For information contact Dennis @ 545-8059

**Quilting Group:**

BRING YOUR SEWING MACHINE & MATERIAL!

Anyone living in the Rosemont/Mount Royal area that is interested in participating in a “Quilting Group” on a regular basis – Contact Dawn @ 757-8316. Days/Time/Location – To Be Determined By the Group

**Children/Teen:**

Floor Hockey [Ages 10 – 13 years]  
Monday & Wednesday [8:00 – 9:00 pm]  
February 1 – March 31  
@ Rosemont Community School  
Cost: \$30

Basketball Skills [Ages 12 – 14 years]  
Saturday [8:00 – 9:00 pm]  
February 6 – May 1 [no class April 3]  
@ Rosemont Community School  
Cost: \$20

Boys & Girls Club [Street Culture Kidz] [7 – 14 years]  
Fun Activities for Boys & Girls  
Fridays [Sept.2009 – May 2010]  
3:30 – 5:00 pm  
@ Rosemont Community School  
Cost: Free to children in the area

Kids Krew [Ages 10 – 14 years]  
Kids Krew is a City sponsored program.  
Various activities available “free” to children  
in the Rosemont Mount Royal Community  
Tuesday & Thursday [mid-January to mid-June]  
6:30 – 8:30 pm  
@ Rosemont Community School

***Community FAMILY FUN DAY!  
FEBRUARY 6<sup>TH</sup> at MARTIN COLLEGIATE 1:00 to 4:00 p.m.  
Come Join in the FUN!***

***Activities for the whole family – Games, Dinobouncer, Strawberry Social,  
Entertainment! Admission: FREE!!***

**<http://nonprofits.accesscomm.ca/rmrca>**

**HAPPY "90<sup>TH</sup>" BIRTHDAY TO JANET WOOLSEY!**

Janet Woolsey was a long time volunteer with the Rosemont Mount Royal Community Association & continues to take interest in our Community.

**WEST ZONE BOARD & AFFILIATED GROUP INFORMATION & PROGRAMS**  
**FOR INFORMATION ABOUT A " WEST ZONE BOARD" OR WEST ZONE BOARD "AFFILIATED GROUP"**  
**PROGRAM – PLEASE CALL- Debby @ 791-0226 or email to: [reginawestzoneboard@sasktel.net](mailto:reginawestzoneboard@sasktel.net)**



Phone: 791-0226  
E-mail: [reginawestzoneboard@sasktel.net](mailto:reginawestzoneboard@sasktel.net)  
URL: <http://nonprofits.accesscomm.ca/wzb/>

OUR MISSION – "TO ENHANCE THE QUALITY OF LIFE OF THE RESIDENTS OF THE WEST ZONE THROUGH RECREATION AND COMMUNITY SERVICE DEVELOPMENT"

**WEST ZONE BOARD - ANNUAL GENERAL MEETING**  
**Tuesday, January 26, 2010**  
**7:30 p.m. @ PASQUA REC CENTRE**

The following Executive Positions require election or re-election:

- Chairperson - 2 yr. Term
- Treasurer - 2 yr. Term

Job descriptions of these positions are available at the West Zone Board Office or by calling Debby @ 791-0226.

If you would like to become more knowledgeable about the area of the City that you reside in & assist in making decisions which enhance the West Zone – please call: Joe @ 545-4776 or Debby @ 791-0226[WZBO] and forward a resume no later than January 15th to:

ATTN: Joe Staruiala,  
c/o West Zone Board Office,  
1127 Arnason St. N., Regina, Sask. S4X 3V4

or by e-mail to: [reginawestzoneboard@sasktel.net](mailto:reginawestzoneboard@sasktel.net)

A few hours of your time can make a big difference in our Community!!

***THE TOY LIBRARY***

[Sponsored by the West Zone Board & the North Zone Board]

**PLAY, VISIT & BORROW!**

The TOY LIBRARY is located in the **PASQUA NEIGHBOURHOOD REC CENTRE, 263 PASQUA STREET** and has a superb selection of quality/educational toys, games & books + Parent Resources for ages birth & up.

Why buy when you could borrow? Children can enjoy NEW TOYS & GAMES EVERY 2 WEEKS!

<b>Dates of Operation:</b>	<b>Tuesdays</b>	<b>January 26 – May 18</b>	<b>9:30 – 11:30 am</b>
	<b>Thursdays</b>	<b>January 28 – May 20</b>	<b>4:30 – 6:00 pm</b>
<b>Cost:</b>	<b>Family Community Association Membership [\$6/year]</b>		

**VOLUNTEERS** are required **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. For more information, contact Debby @ 791-0226 [W.Z.B.O.]

**<http://nonprofits.accesscomm.ca/rmrca>**

**WEST ZONE BOARD & AFFILIATED GROUP INFORMATION & PROGRAMS – Con’t.**  
**FOR INFORMATION ABOUT A “ WEST ZONE BOARD” OR WEST ZONE BOARD “AFFILIATED GROUP”**  
**PROGRAM – PLEASE CALL- Debby @ 791-0226 or email to: reginawestzoneboard@sasktel.net**

**NORTHWEST COMMUNITY GARDENS**

The NORTHWEST COMMUNITY GARDENS were started in 1996 by a group of volunteers & the SEMP Community Association. In 1998, the NORTHWEST COMMUNITY GARDENS joined the WEST ZONE BOARD. *It's all about people, committed to improving our environment, taking action to improve the quality of their lives, & harvesting the benefits!* Presently, there are **NO GARDEN PLOTS AVAILABLE** with approximately **100 families on the Waiting List.**

***Would you like to have more Garden Plots in the West Zone?***

**You can assist in establishing more Garden Plots in the West Zone by volunteering as a Coordinator. Please contact Debby [W.Z.B.O.] @ 791-0226 for information.**

**W.Z.B. Learn to Skate Classes**

**Registration is on a First Come – First Serve Basis, as limited numbers are accepted in each Session. REGISTRATION Forms for W.Z.B. Skating must be PICKED UP & RETURNED [prior to Jan.15th] to the WEST ZONE BOARD OFFICE [c/o Northwest Leisure Centre ] - Drop off in mail slot if no one is in the office.**

***Payment is required at time of Registration [CHEQUES ARE PAYABLE TO THE WEST ZONE BOARD]. All returned cheques are subject to a \$15.00 service Charge. Participants must have a valid C/A Membership [Enclose \$6.00 with your payment - if you require a C/A Membership].***

**WEST ZONE BOARD - LEARN TO SKATE Winter 2010:**

**Cost: \$54/8 sessions**

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

**REGISTRATION MUST BE IN PERSON @ West Zone Board Office**

**Classes Offered:**

**AGES 3 1/2 - 5 YEARS:**

Tuesday [Feb.2 - Mar. 23] 1:30 - 2:15 pm @ D.Wickenheiser Arena  
Friday [Jan.29 – Mar. 26] \*No Class Feb.5 9:30 - 10:15 am @ D.Wickenheiser Arena

**AGES 3½ - 5 YEARS [\*Must be 31/2 before 1<sup>st</sup> Class]**

Saturday [Feb.6 - Mar. 27] 11:15 am - 12:00 pm @ Kinsmen Arena

**AGES 4 & 5 YEARS:**

Sunday [Feb. 7– Mar. 28] 3:45 - 4:25 pm @ D.Wickenheiser Arena  
Sunday [Feb. 7– Mar. 28] 4:25 - 5:05 pm @ D.Wickenheiser Arena

**AGES 6 + Years:**

Sunday [Feb. 7– Mar. 28] 5:05– 5:45 pm @ D.Wickenheiser Arena  
Saturday [Feb. 6 – Mar. 27] 12:00 - 12:45 pm @ Kinsmen Arena

**Skating Instructors Needed! If you are an experienced Skater with talents in teaching basic skating skills to young children in an uncomplicated manner – Please contact Debby @ 791-0226 {W.Z.B. Office}**

***CONGRATULATIONS !***

***Don Pankewich & George Obasogie***

The Rosemont Mount Royal recipients of  
the 2009 West Zone Board Volunteer Appreciation Award.

**WEST ZONE BOARD & AFFILIATED GROUP INFORMATION & PROGRAMS – Con't.**  
**REGISTRATION PROCEDURE FOR W.Z. AFFILIATED GROUP PROGRAMS –**  
**REGISTRATION for Affiliated Group Programs MAY BE DONE at an IN PERSON REGISTRATION OR at**  
**the WEST ZONE BOARD OFFICE OR according to the Affiliated Group's procedure.**

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**REGINA WEST ZONE SOCCER ASSOC INC**  
**RECREATIONAL OUTDOOR SOCCER - No Cut League**

Website: <http://wzsa.reginacommunity.org>

REGINA WEST ZONE SOCCER ASSOC. INC. promotes good sportsmanship & fun, in an equal opportunity, recreational soccer league for children ages 3 - 17 years old **[Age as of Dec.31,2009]**  
 REGISTRATION can be done IN-PERSON [see dates/locations below] or at the WEST ZONE BOARD OFFICE or by MAIL IN [address on the Registration Form].

All participants must have or purchase a Community Association membership.  
 For further information, contact Debby @ 791-0225 or check out our Website.

**REGISTRATION FORMS will be available at the West Zone Board Office –**  
**AFTER FEBRUARY 22nd.**

Please insure that you get your registration in on time. This helps the committee to organize the league quickly.  
**REGISTRATION DEADLINE - March 15, 2010**

**IN PERSON REGISTRATION DATES:**

<b>MONDAY, February 22, 2010</b>	<b>WEDNESDAY, February 24, 2010</b>	<b>SATURDAY, February 27, 2010</b>
<b>7:00-8:30 pm</b>	<b>7:00-8:30 pm</b>	<b>1:00 – 3:00 pm</b>
<b>@ J.Hamilton Arena</b>	<b>@ Pasqua Rec Centre</b>	<b>@ Northwest Leisure Centre</b>

R.W.Z.S.A. requires **ADULTS** to **REFEREE** in the 17&U and 14&U Age Groups. If you are interested, please contact Debby at the W.Z.B.O. [791-0225], prior to March 15, 2010

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**Regina Northwest Sports Associations [www.rnwsa.ca]**

R.N.W.S.A., 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 memberships are \$6.00/year]. For information, you may contact Debby at 791-0226[W.Z.B.O.]

**T-BALL/SOFTBALL**

**IN PERSON REGISTRATIONS WILL BE HELD:**

<b>Saturday, March 20/2010</b>	<b>&amp;</b>	<b>Saturday, April 17/2010</b>
<b>2:30 - 3:30 p.m.</b>		<b>2:30 - 3:30 p.m.</b>
<b>@ Northwest Leisure Centre</b>		<b>@ Northwest Leisure Centre</b>

Age Groups:	T-Ball [Born 2004/05]	Cost:	*\$40.00
	A-Ball [ " 2002/03]		*\$60.00
	Mites [ " 2000/2001]		*\$60.00
	Squirts [ " 1998/99]		*\$60.00
	Peewee [ " 1996/97]		*\$60.00
	Bantam [ " 1994/95]		*\$60.00
	Midget [ " 1992/93]		*\$60.00

\*Prices may change due to increased User Fees.

After March 20<sup>th</sup> - Registration Forms can be picked up/dropped off at the West Zone Board Office, c/o Northwest Leisure Centre or mailed to the address on the Registration form..

**Registration information will also be available on the Website – in March.**

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**<http://nonprofits.accesscomm.ca/rmrca>**

**WEST ZONE BOARD & AFFILIATED GROUP INFORMATION & PROGRAMS – Con't.**  
**REGISTRATION PROCEDURE FOR W.Z. AFFILIATED GROUP PROGRAMS –**  
**REGISTRATION for Affiliated Group Programs MAY BE DONE at an IN PERSON REGISTRATION OR at**  
**the WEST ZONE BOARD OFFICE OR according to the Affiliated Group's procedure.**

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**Regina WEST ZONE TAEKWON DO – Experience the Power of Confidence!**

[<http://nonprofits.accesscomm.ca/wztkd>]

Regina West Zone Taekwon-Do, an affiliate of the West Zone Board, offers training in the International Taekwon-Do Federation style of Taekwon-Do. Master Clint Norman [ITF-7<sup>th</sup> Dan Black Belt] & his assistants provide instruction.

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.

**ONGOING REGISTRATION:** Attend any class as a spectator or wear Sweat Pants and a T-shirt to participate. You may **register** in person **at any Class**. Attending a minimum of 2 Classes per week is recommended. All registrants must hold a valid Community Association Family membership.

**Quarterly In Person Registration[s] -**

**WINTER SESSION:** Mon., January 11, & Wed., January 13, & Mon., Jan. 18

@ H. Janzen School – 222 Rink Avenue 6:00 pm – 8:00 pm [during regular Classes]

**AFTER SCHOOL PROGRAM Registration Dates –** Tuesday, Jan. 12 & Thursday, Jan. 14

@ Northwest Leisure Centre 4:00 – 5:00 pm [during regular Classes]

**COST:** 1<sup>st</sup> Family Member - **\$120/3 month** session [includes SFTI fee & fundraising]  
 Additional Family Member[s] - **\$90/3 month** session

<b>CLASS TIMES/LOCATION:</b>	<b>Beginner Belts:</b>	<b>Intermediate Belts:</b>	<b>Advanced Belts:</b>
Sundays/H.Janzen School	1:30 - 2:30 pm	2:30 – 3:30 pm	2:30 – 3:30 pm
Mondays/H.Janzen School	6:00 - 7:00 pm	7:00 – 8:00 pm	8:00 – 9:00 pm
Wednesdays/H.Janzen School	6:00 - 7:00 pm	7:00 – 8:00 pm	8:00 – 9:00 pm

**AFTER SCHOOL PROGRAM**[Beginner/Intermediate Belts] –**January 12, 2010 – June 17, 2010:**

**Class Times/Location:** Tuesdays & Thursdays [4:00 – 5:00 pm] @ Northwest Leisure Centre  
 & Sundays [1:30-2:30 pm/2:30-3:30 pm] @ H. Janzen School

NO "AFTER SCHOOL" CLASSES FOR SUMMER SESSION.

For further information, you may contact Debby @ 791-0226 [West Zone Board Office]  
 or Kim Jones @ 565-2618 [W.Z.Taekwon Do President]  
 or Allyssa @ 530-4335 [After School Program]

**Rosemont Mount Royal Community Association**  
**22<sup>nd</sup> ANNUAL FALL HOCKEY SCHOOL**

For Ages 6 – 12 years. Sessions will run 4 week-ends [Saturday & Sunday] Sept. 11 – Oct. 3 at the Jack Hamilton Arena. For Information or to Register, contact Helen [after 6:00 p.m.] @ 543-9152.

**<http://nonprofits.accesscomm.ca/rmrca>**

**Calling all HOCKEY PLAYERS, COACHES, and VOLUNTEERS!!  
REGISTER NOW for the OUTDOOR HOCKEY LEAGUE [OHL] in ROSEMONT.**

All interested **players, coaches, and volunteers** from the Rosemont Area are invited to join the Outdoor Hockey League for the 2010 Season.

There is **no registration fee** and **no cost for equipment** – as it is lent out on an annual basis from Sport Venture Library. The League is for all skill levels, including beginners. The focus is on sportsmanship, basic skill development, scrimmage and simply having fun with the sport.

The **Games** will occur on **Tuesday evenings starting in January** at the **Rosemont Outdoor Rink** on 4<sup>th</sup> Avenue. The two Age Groups and times are as follows: **Atom [8-12 years]** from **5:30 – 6:30 p.m.** and **Bantam [13-18 years]** from **6:30 – 7:30 p.m.**

There will be a couple of road games at other Outdoor Rinks and an indoor tournament to complete the season In March.

To register and book equipment fitting contact the Sport Venture Library [2730 – 5<sup>th</sup> Avenue] at 751-2411 or [sportventure@ranchehrlo.ca](mailto:sportventure@ranchehrlo.ca).

This year will mark the second year of the OHL in Rosemont. Let's build on a good thing! Nothing beats Canada's game being played on an outdoor sheet of ice! The weather might be cold, but the shack and kinship are warm!

Thank-you, to the dedicated group of fellow coaches who joined me to deliver this program last year. I, also, want to recognize the devoted players and parents from last year.

Contact **Trent Wotherspoon** at [t.wotherspoon.mla@sasktel.net](mailto:t.wotherspoon.mla@sasktel.net) with any questions.



**FOUR LEAF CLOVER**  
SENIORS INDEPENDENCE CLUB

Do you, or someone you know, need transportation or a friendly connection to remain active and participate in the community? Please call us!

Four Leaf Clover is looking for more volunteers to assist seniors in Regina. Interested?

**Four Leaf Clover 502-0305**

The club serves active living in the community!



### Did You Know?

**Diabetes** and **High Blood Pressure** are The leading causes of Kidney Disease.

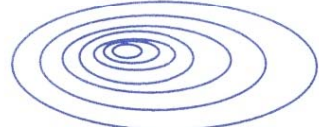
The **Kidney Foundation of Canada** Needs canvassers for our Door-to-Door Drive from **March 18 – 22, 2010**.

Volunteer two hours of your time and help make a difference. Call **347-0711** now.

<http://nonprofits.accesscomm.ca/rmrca>

**Norwex**  
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**Products**

**Hollie Cameron**  
**949-5066**



**Clean without chemicals**