



Blue Quill Vendor Fair and Kids
Xmas Party!
December 8, 2018
10am to 3pm
Welcome Everyone!
Come do your shopping while
your kids do crafts and visit
with Santa from 11am-2pm!
Cookie decorating and crafts for
the kids!



Blue Quill Community League

11304-25 Avenue NW

Edmonton T6J 5B1

780-438-3366

www.bqcl.org

Office Hours

8:30am to 1:00pm

Monday to Friday



Blue Quill
Community
League (BQCL)




@BlueQuillCL

BQCL PROGRAMS

BQCL strives to bring a variety of programming to the league, hoping to provide something for everyone. If you have an idea for a program you would like to see us offer, or if you are an instructor, we would love to hear from you!

BLUE QUILL Shito-Ryu Itosu-Kai

KARATE



and SELF-DEFENCE

for
Children, Teens and Adults

Our instructors are among a select few in Canada who have received their BLACK BELT certification from Japan and are currently registered with the FEDERATION OF ALL JAPAN KARATE-DOH ORGANIZATIONS (F.A.J.K.O.). This is the only governing body for Karate recognized by the Japanese Government.

**Wednesday Nights
7-8:30 pm
Blue Quill Community Hall
11304 25 Ave NW**

- 12-class Semester is only \$100 for BQCL members (*non-member rate available*)

www.bqcl.org/karate
www.AlbertaKarate.com

Blue Quill Bridge Club

Come play!

Wednesdays 12:30pm to 3:30pm



Bridge



Ruth's Yoga

Align YOUR life through Yoga's Rhythms

RUTH'S YOGA: Join us for hatha yoga class of stretching, breathing exercises and meditation. You will find increased sense of contentment as you develop calm and relaxed states. Suitable for all levels from beginner to more advanced.

Blue Quill Members \$60 for 6 weeks classes. Non-members is \$75.00 for 6 weeks. Seniors Community membership is free at 65. Call Ruth to register 780-237-6730. DROP IN is \$15.00.

TIME: 9:00 AM

Blue Quill Estates

Will be the site of a Winter Greenshack

March 2 to March 29

Tuesdays/Thursdays

3:30pm-6:00pm

Saturdays

1:00pm to 5:00pm

BQCL Vendor Fair

Tables are still for sale for \$30!

If you have something you make that you would like to sell, contact
bqcladmin@bqcl.org

Come out and support your local vendors on
December 8th, 2018
10am to 3pm



City of Edmonton at BQCL



FREE FOR ALL AGES AND ABILITIES

JANUARY 26TH, 2019, 11:30AM - 3:30PM
BLUE QUILL COMMUNITY HALL, 11304 25 AVE NW



AND CHILLI COOKOFF!

TRY CROSS-COUNTRY SKIS AND SNOWSHOES

EXPLORE SKILOCAL TRAILS

BROUGHT
TO YOU BY:



Resolve

physio • wellness

Hello! We are opening a 2nd Physiotherapy clinic located near your neighborhood at 23 Fairway Dr, NW. We are excited to meet you and help you with any injury, pain, or rehabilitation needs you may have. We are happy to offer:

- Experienced Therapists
- IMS/Dry Needling
- Acupuncture
- Shockwave
- MVA/WCB
- Direct Billing
- Therapeutic Massage
- Personal Training
- Women's Pelvic Health
- Exceptional Client Care

Opening in early 2019

www.resolvephysio.ca

23 Fairway Dr NW T6J 2S6

Blue Quill Community League Soccer

Watch for Registration in February!

If you are interested in coaching, please contact soccer@bqcl.org



BQCL MEMBERSHIP

Membership Rates

Family \$35/year

Single \$25/year

Senior Free

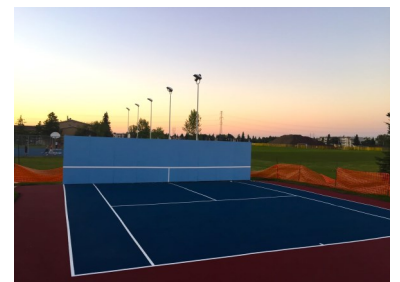
Associate \$35

Business \$125

Blue Quill Community League offers membership to our residents that comes with many benefits. With membership, you get the use of our skating rink, tennis courts, basketball courts, beach volleyball courts and all our programming comes with a discount. Not only this, but your hall rentals come at a discounted rate and you have the use of Confederation Pool on both Saturdays and Sundays from 4:00pm to 5:30pm. You can enjoy these and many other benefits, all while getting involved in your Community!

If interested, contact Toby at membership@bqcl.org

Amenities



Rent our Hall

The Main Hall and Kitchen can be rented for \$525.00 per day, or \$90.00 per hour. **BQCL members receive discounted rates of \$425.00 per day and \$60.00 per hour!**

The upstairs loft at BQCL is an ideal meeting space as it can accommodate up to 60 seated and has tables, chairs, a sink and a deck. This space can be rented on a weekday evening for \$175.00 (non-member) or \$125.00 (member). Weekend rental rates are the same as other rooms in the hall (\$90 per hour for non members and \$60 per hour for members).

A \$500 Cash Security Deposit applies to all rentals.

Blue Quill Community League does not rent on Sundays.

Membership Benefits



**MEMBERSHIP
BENEFITS**



Cloverdale Paint offers wholesale pricing!

Show your community league membership card, mention *Edmonton Fed. of Community Leagues* (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest Cloverdale Paint store. Just ONE of the many benefits of a community league membership!

Upcoming Events

Vendor Fair/Kids Xmas

Saturday, December 8

Ski Fest-Ski to LRT

Saturday, January 26

BUS NETWORK REDESIGN PUBLIC ENGAGEMENT

Don't miss your last chance to check out the proposed new bus routes coming in 2020.

Attend one of 13 workshops the City is hosting around the city from October 25 to December 7.

Visit edmonton.ca/busnetworkworkshops to find a workshop in your area.

Fill out an online survey from October 25 to December 9 to share your perspectives on the final draft network. Learn more at edmonton.ca/newbusroutes



BLUE QUILL PLAYSCHOOL

PLAY BASED PROGRAM FOR 3 AND 4 YEAR OLDS


REGISTRATION NIGHT
JANUARY 16, 2019
6:30 PM - 8:30 PM

COME VISIT OUR LEARNING SPACE
MEET OUR TEACHERS
DROP OFF YOUR REGISTRATION PACKAGES
Alumni & current families register Jan 7 - 11

FOR MORE INFO

 WWW.BLUEQUILLPLAYSCHOOL.CA

 REGISTRAR@BLUEQUILLPLAYSCHOOL.CA

 780-257-9770

Neighbourhood Watch

Blue Quill is trying to help residents be aware of what is going on in their neighbourhood. We have started a facebook page where neighbours can join and report anything others should be aware of. Please Join!

<https://www.facebook.com/groups/1157529387663802/>

BQCL Board of Directors

The BQCL Board meets once a month on the 3rd Thursday of the month at 7pm.

If you are interested in coming to a meeting or joining our board, please feel free to call 780-438-3366.

BQCL Board Members	
POSITION	NAME/EMAIL
President	Travis Ball president@bqcl.org
Vice-President	VACANT vicepresident@bqcl.org
Treasurer	VACANT treasurer@bqcl.org
Secretary	Tami Wong secretary@bqcl.org
Past President	VACANT pastpres@bqcl.org
Civics	VACANT civics@bqcl.org
Facilities	Garth Williams facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	VACANT membership@bqcl.org
Programs	Leslie Hieratch programs@bqcl.org
Publicity	Samantha Tomte publicity@bqcl.org
Social	Kelly Haylock social@bqcl.org
Sports	Khvaj Saif Ullah sports@bqcl.org

We still have several vacant positions after our AGM.

Should any be of interest to you, please call 780-438-3366 or email bqcladmin@bqcl.org.

Thanks!



Winterscapes Photo Contest is Back!

Winter in Edmonton can be fun and beautiful at the same time! Here's your chance to spread the winter cheer to your neighbours by participating in the **Front Yards in Bloom: Winterscapes contest!**

There are three categories to promote winter engagement in our winter city. Whether it's a Winter Garden, Winter Art or a Winter Playscape, the team wants to hear from you!

Here's how to participate:

- Step 1: Create a Winterscape
- Step 2: Take a photo
- Step 3: Submit your photo. You can submit as part of your local school, Community League, workplace or solo. You can also submit on behalf of a group or for a neighbour!

Intake forms will be open from January 17th to February 28th on the City of Edmonton's website. Prizes will be drawn each week and the top Winterscapes winners will be recognized at the Edmonton in Bloom Awards!

Contact front.yards@edmonton.ca or visit edmonton.ca/winterscapes for more information.

We can't wait to see pictures of your YEG Winterscape!

**ADVERTISE in the
Blue Grass Rattler!**

If you wish to
advertise in the Blue
Grass Rattler, please
call 780-438-3366 or
email
bqcladmin@bqcl.org.

Advertise in the Blue Grass Rattler

The Blue Grass Rattler is a local community newsletter published monthly that provides news and details of events, programs and civic issues. It is circulated via email to our membership and all those that subscribe. Advertisements are accepted according to the rate schedule below with priority given to local businesses and organizations. The newsletter is published and circulated by the Blue Quill Community League who maintains editorial control and reserves the right to limit advertising as required.

SIZE	(width x height)	RATE
1/8 page	(3.5" v 2.25")	\$100
¼ page	(3.5" x 4.75")	\$125
½ page	(7.5" x 4.75")	\$200
Full Page	(7.5" x 10")	\$350
Back Page	(7.5" x 10")	\$450

**BQCL is starting this news-
letter as an online edition.
Ads in the online edition are
\$100 for up to 1/2 page.
Within a year, we hope to
mail out print editions which
would have the above rates.**

The 4 Corners of our Community

Blue Quill Community League is comprised of 4 communities. Blue Quill, Blue Quill Estates, Sweet Grass and Skyrattler. In this area, we would love to feature events, initiatives or issues that affect these individual neighbourhoods. If you have something you would like to see in the newsletter, please let us know!

BQCL Seniors

BQCL would love to hear from our resident Seniors! If there is an activity or information session you would like to see at the league, please let us know!

If you are a senior with extra time on your hands, the board would benefit from having a senior's rep attend our meetings. This person could be a liaison between the Board of Directors and the Senior Community. If you are interested, give us a call! 780-438-3366



ELDER DOG

ElderDog Canada is a national registered charity (#832404057RR0001) dedicated to helping ageing people, ageing dogs and the important connection between them. ElderDog Canada is the only organization in the country providing free companion animal in-home support for seniors. We help seniors in the care and wellbeing of their dogs. We re-home older dogs who have lost their human companion due to illness, long-term care placement or death. We conduct and support research and provide education about the role of the human-animal bond in the health and wellbeing of seniors.

Anyone who has shared life with a companion animal or observed the significant role that companion animals play in the health and wellbeing of seniors knows the power of the human-animal bond. Research supports the importance of this bond and shows the many ways that older adults benefit from this relationship. ElderDog's goal is to enable older adults, living at home and with challenges affecting dog care, to continue to benefit from their relationship with their canine companions as long as possible. For seniors on a fixed income help could mean financial assistance with costs of veterinary care.

Sadly, the physical bond between human and companion animal is all too often cut short. When moving into a retirement community or nursing home, many seniors are forced to leave behind their devoted companions. Often their dogs also are old and not so adoptable. ElderDog endeavours to find new homes for these loyal, old friends so that they are able to live out their lives with the comfort and care they deserve.

As a community-based charity, our work depends on the commitment of dedicated volunteers and the support of community organizations of various kinds. At ElderDog we believe that there is a role for everyone to play in supporting the vital connection between seniors and their dogs. Whether that role is working directly with seniors and their dogs, helping with fundraising, contributing to outreach and education, or working behind the scenes in some important capacity we welcome your involvement.

Thank you for taking the time to read this letter and to think about how you, as an individual, or as part of a community group or organization might be involved in ElderDog's work in your community. Together we can make a difference, foot by paw.

For more information, please visit www.elderdog.ca.

City of Edmonton

Events this month

[Discovery Lab](#): Dec. 4

[Seniors' Candy Cane Tea](#) at the Valley Zoo: Dec. 4

Find out what's happening every day on the City of Edmonton's [Events Calendar](#).

Get involved!

Drop in to any of the three [Ribbon of Green Information Sessions](#) in November.

Share your thoughts about [parking for new homes and businesses](#) through this [online survey](#).

Check here for your closest free drop-in [Fall Green Shack Programs](#).

Join the excitement at Edmonton's 5-day [Grey Cup Festival](#).

Fill those stockings with gifts from [holiday craft markets](#).

Marvel at the University of Alberta Botanic Garden's candle-lined pathways during [Luminaria](#).

Find a holiday volunteering opportunity by searching the following words online: **Edmonton holiday volunteer 2018**.

Enjoy festive school musical performances during [Holiday Magic](#).

Visit beautifully decorated houses in the Junior League of Edmonton's annual [Homes for the Holidays](#).

Gather friends and [enjoy a winter patio](#).

Discover how the City can [help you with community programs and neighbourhood events](#).

Give your opinion by joining the [Edmonton Insight Community](#).

[Find your nearest community league](#) and become a member.

[Check out other City e-newsletters](#) and discover what's here for you.

Watch for the next Park Bench in mid-December!