

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:



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

Urban Poling

Receive **up to a 35% discount** when you purchase urban poles through our annual membership supplies order.

Urban poles can be rented from the EFCL office starting at \$30 per pair plus a damage deposit. For more information on rentals, visit the [League Walking page](#).



City of Edmonton at BQCL



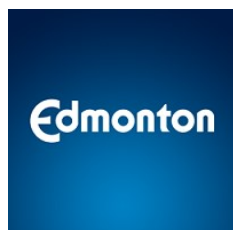
Community League Wellness Program

Reduced rates to City of Edmonton recreational facilities through the [Community League Wellness Program](#) which offers the following discounts:

Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships.

Multi Admission Pass* - 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.

Continuous Monthly Membership - 20% discount on an on-going monthly membership.





2019 Outdoor Soccer Information

It's almost time to register for the 2019 outdoor soccer season! To find out more about registration fees, volunteer deposit fees, age groups and more, visit <https://www.bqcl.org/soccer.php>. If you have any questions please email soccer@bqcl.org.

How to Register:

1. Buy or have your current community league membership (in person at the registration nights or online at <https://www.bqcl.org/join.php>.)

1. Register online at emsasoccerportal.com beginning February 1st, 2019.

2. Attend our registration session to drop off your paperwork and payment **at one of our two registration days:**

3.

Blue Quill Community League, 11304 25th Ave NW

Sat Feb 2nd 2019, from 9 am – 12pm

Wed Feb 13th 2019, from 7pm - 9pm.

4. Bring proof of address and player birthday (ie. utility bill/Alberta health care card).

5. You can also **mail in or drop off** your paperwork, cheques and proof of address and players birthday to BQCL, 11304 25th Ave NW, T6J5B1. The BQCL office is open Mon to Fri from 8:30am to 1:00pm. Deadline to receive players information and payment is March 1, 2019 to avoid late fees.

Community Soccer is 100% Volunteer Run

Blue Quill Soccer is run entirely by volunteers. Please check out the volunteer opportunities below. You can select your volunteer preference when you register online on the emsasoccerportal.com.

Want to get your volunteering out of the way?

Email soccer@bqcl.org to **volunteer** at one of our **registration nights**.

(first come first serve basis as spots are limited)!

Volunteer Opportunities:

Coaches and Assistant Coaches: Soccer couldn't happen without these dedicated parents! Never coached before or want to brush up on some skills? EMSA offers 3 hour courses at all age levels and BQCL will reimburse your course fee with a receipt.

Registration Volunteers: Get your volunteer duty completed before the outdoor season starts by helping with our on-site payment sessions (Saturday, Feb 2nd 2019, 9am-12pm and Wednesday, Feb 13th, 7pm)

Year End Soccer Party/Party in the Park: Many helping hands are needed from flipping burgers and face painting to site cleanup and activity supervision.

Resolve

physio • wellness

**We are excited to open our
new location in your area at
23 Fairway Dr NW!**

We offer:

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

and Exceptional Client Care!

Opening early 2019

westbrook@resolvephysio.ca

780.244.1095

www.resolvephysio.ca

BQCL MEMBERSHIP

Membership Rates

Family \$35/year

Single \$25/year

Senior Free

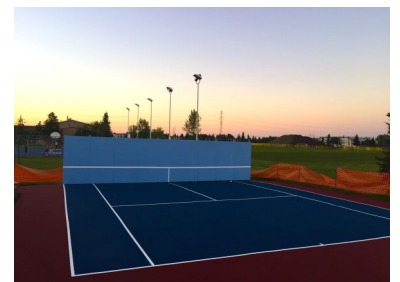
Associate \$35

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

NEW Community League membership discount partner



Welcome House of Wheels!

House of Wheels is Alberta's largest indoor skatepark for scootering, skateboarding, BMXing, etc.

They are dedicated to ensuring anyone can find and enjoy the world of action sports in a fun and supervised indoor site. Perfect for our city's long, cold winters. Located on 88th street, just off the Whitemud.

Show your Community League membership card for a 10% discount on pass prices.

Check houseofwheels.ca or [Facebook.com/houseofwheelsab](https://www.facebook.com/houseofwheelsab) for extended holiday hours for December 2018.

Upcoming Events

Ski Fest-Ski to LRT

Saturday, January 26

Soccer Registration

Saturday, February 2
9am to 12 noon

Wednesday, February 13
7pm to 9pm



Community Engagement 101 Workshop

Community engagement is the cornerstone of effective planning, programming, and policy. Engaging in dialogue and soliciting feedback from the members of your community is useful for both ensuring that the services you develop and deliver meet the specific needs of people in your neighbourhood and for facilitating stronger relationships among and between community members.

Interested in learning some basic tips, tools, and tactics for effectively engaging the members of your community league? Join us on Saturday, January 26 from 9am-12pm to learn more!

Register for the [Community Engagement 101 workshop](#) on Eventbrite.

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	Garth Williams 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	VACANT 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!

Join the fun in the 2019 Winterscape photo contest!

Edmonton's winters are a great opportunity for kids and adults to play in the snow. Capture that fun and share your creative winter scenes with your community for a chance to win weekly prizes in the [Front Yards in Bloom: Winterscapes](#) contest starting January.



Here's how you can take part:

Step 1: [Create](#) a Winterscape. We have three categories: Winter Garden, Winter Art or Winter Play.

- **Step 2:** Take the photo.

- **Step 3:** Submit your picture. You can submit your own creation, or as part of your local school, community league or workplace. You can also submit on behalf of a group or for a neighbour!

[Our intake forms](#) will be open from January 17 to February 28.

We'll draw prizes each week and recognize the top [Winterscapes winners](#) at the Edmonton in Bloom Awards. [Email us](#) with any questions.

HIGH FIVE Strengthening Children's Mental Health

This one-day training, developed in collaboration with the Canadian Mental Health Association, will help instructors who run children's programs be more informed and prepared to support positive mental health in children. Participants will learn key concepts and factors that affect children's mental health including the impact of stress and environment on a child's ability to cope.

This training will provide instructors with tools and suggested activities to use to improve their interactions with children who face challenges in their programs.

January 23 from 8:30 am to 3:00 pm

McCauley Boys and Girls Club

9425 109a Ave NW

Please bring your own snacks and lunch

Registration link: <https://www.surveygizmo.com/s3/4709837/HIGH-FIVE-SCMH-Training>

Learn more at highfive.org/take-action/get-trained/strengthening-childrens-mental-health

Spots are limited so register early!

**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.**



Helping Hands Quarter Auction & VENDOR EVENT



Thursday January 24th
Blue Quill Community League
6 - 9 p.m.

Bring your Quarters for a Fun Night Out!
Family Friendly Event!

For Event Info Follow Us at:

  @helpinghandsquarterauction

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

Free [CPA Financial Literacy Series](#): Jan. 8
[Christmas Tree Recycling](#) starts: Jan. 9

[Edmonton is Going Solar](#) workshop: Jan. 10

[Boardwalk Ice on Whyte Festival](#) starts: Jan. 27

[Flying Canoe Festival](#): Jan. 31 - Feb. 2

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

Get involved!

Enjoy the sparkle at Edmonton Valley Zoo's [Zoominescence: A Festival of Light](#). Register yourself or a child for [a course in a winter pursuit](#).

Discover ways to [make the holidays waste-free](#).

Strap on cross country skis at the [Birkie Hot Chocolate Sundays](#).

Stroll through the Alberta Legislature and [take in the festive lights](#).

[Shovel someone's walk](#) as a neighbourly gesture.

Hang out with our YEG Youth staff in one of our City recreation centres and community drop-ins at these [times and locations](#).

Listen to this [CBC program about making friends as adults](#) (including [throwing a block party!](#))

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.