

Blue Quill Community Soccer Registration



February 2, 2019

9am to Noon

&

February 13, 2019

7pm to 9pm

See Page 4



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 Bridge Club
Come play!
Wednesdays 12:30pm to 3:30pm



Bridge



BLUE QUILL Shito-Ryu
Itosu-Kai



KARATE
and SELF-DEFENCE

for
• **Children, Teens and Adults**

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

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

Blue Quill Community League **(11304-25 Avenue) Feb 7 - March 28 (8 Thursday classes)**

Level 1 or Level 2 @ 6:30-8:00 pm

\$120 league members / \$150 non-members

Bellydance Level 1

An introduction to bellydance that is suitable for all ages and body types. Students will learn the proper posture and acquire a repertoire of moves such as hip circles, hip bumps, snake arms, shimmies, and many more that focus on developing muscle control, balance, and strength. All moves are broken down into easy to follow steps and repeated in each class. Each class consists of warm up, drills, instruction and practice, and cool down. A short choreography is taught in the latter classes allowing students to utilize belly dance moves to music and learn how to transition between moves.

Bellydance Level 2

A continuation of Level 1 with added exploration of complex hip movements, layering, isolations and combinations including new moves such as the $\frac{3}{4}$ shimmy and variations

LEARN TO MEDITATE

Join Jessica Sabell for this 4 week program and learn how meditation can support stress management and cultivate balance and perspective.

- Week 1: Intro to Meditation
- Week 2: Science of Stress
- Week 3: Resiliency and Gratitude
- Week 4: Ancient Wisdom



Bring a yoga mat, cushion and/or blanket for comfortable seating on the floor (some chairs will be available)

Thursday, Feb 21 – Mar 14, 7-8 pm
Blue Quill Community Hall, 11304 – 25 Ave, second level

\$40 members / \$55 non-members

TO REGISTER, CONTACT:

Blue Quill Community League
780-483-3366 / www.bqcl.org





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

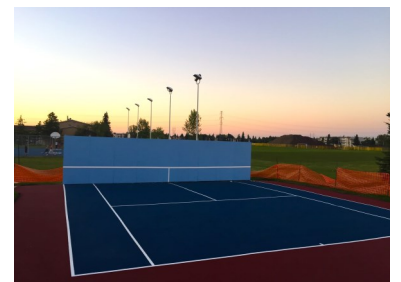
Associate \$35

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

Soccer Registration

Saturday, February 2
9am to 12 noon

Wednesday, February 13
7pm to 9pm

City Programs

The City of Edmonton runs a number of great Youth Drop-In Community Programs every season. This summer stop by for YEGyouth, Green Shack, Flying Eagle, Pop Up Play and City Skateparks to check out what's going on.

Please visit www.edmonton.ca or [Get the App!](#)



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.



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.

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](#).



**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.**

Great Neighbour Race on April 27, 2019

The EFCL's annual **Great Neighbour Race** is a family-friendly event and fundraiser that brings communities together.

All net proceeds go to the [EFCL 100th Anniversary Project](#) which will build the new Community League Plaza in William Hawrelak Park.

Join community members for a 10k, 5k, 3k and 1k Kids run with food and activities after the race!

Stay tuned for registration and program details and RSVP to the [Great Neighbour Race 2019 Facebook event](#) for updates!



Family Day Fun at the Edmonton Valley Zoo

Brrrr!

Bundle up your family, beat the winter blues and “Get Closer” this Family Day! Indoors or outdoors, enjoy "arctic" activities and games throughout the zoo.

Cozy up next to a campfire, learn to kick sled and snowshoe, or visit the free photobooth to capture a family memory! Learn why the Edmonton Valley Zoo is an Arctic Ambassador Centre for Polar Bears International and how animals adapt to life in cold climates!

Monday, February 18th from 12 noon - 4pm



Time to Talk: Future of Waste

Thank you to the many Edmontonians who came to our public engagement sessions last fall on seasonal yard waste collection and options for garbage carts. It's time to continue the conversation! Join us to further discuss and refine details about options for carts, waste reduction programs, recycling, and more. We look forward to seeing you at one of our upcoming drop-in sessions.



February 10 - April 15, 2019.

For information and updates, visit edmonton.ca/futureofwaste or call 311 (780-944-5555 for TTY)

City of Edmonton

Events this month

Flying Canoe Volant Festival flyingcanoevolant.ca: Jan 31- Feb 2
February is [Black History Month](#) - Several events in and around
Edmonton

[Figure 一, 二, 三, 六, 八](#) exhibition is a heritage art project
honouring the history and cultural impacts of Edmonton's ever-
changing Chinatown: Feb 2-9

[Swingin' City Sundays](#). Enjoy free live music and dance lessons
with Sugar Swing at City Hall. All ages are welcome. No
experience is required: Feb 3, 10, 17, 24

[Chinese Lunar New Year](#) (Year of the Pig): Feb 5

[Winter Walk Day](#) Host a walk or join a walk. Open the door
and go for it!: Feb 6

[Chinook Series](#). Over 11 days Chinook Series presents you with
amazing performances, engaging workshops and thought-
provoking salons – all in one place: Feb 7-17

Winter Bike to Work (or School) Day.
winterbiketoworkday.org Log your winter ride and help put
Edmonton in the top 10! Find tips at [edmonton.ca/
wintercycling](http://edmonton.ca/wintercycling): Feb 8

[Let's Find Out How Nature Shapes Us](#): Feb 9

[Canadian Birkie Ski Festival](#). Join us for family, recreational and
competitive cross country ski events: Feb 8-10

29th Silver Skate Festival silverskatefestival.org: Feb 8-18

[EPL Forward Thinking Speaker Series](#) with Dr. Safiya Umoja
Noble on "Algorithms of Oppression: How Search Engines
Reinforce Racism": Feb 20

The winter edition of [Family Nature Nights](#) will be held at
Rundle Park: Feb 24

Get involved!

Become a community advocate for waste reduction. Vol-
unteer as a [Master Composter Recycler](#)
Register yourself or a child for [a course in a winter pur-
suit](#).

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

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

Check out the Winter Party Toolkit and Be Social in your
WinterCity. Details on these resources and ideas at [Win-
ter City](#) under the "Be Social" tab

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

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

Give your opinion by joining the [Edmonton Insight Com-
munity](#).

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

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