



Blue Quill Community Easter Eggstravaganza!

Monday April 22, 2019 10am – 3pm

Come on out and enjoy a fun day with your neighbours!

Blue Quill Community League
11304 25 Ave NW
FREE EVENT

ARTS & CRAFTS 🌸 **EASTER EGG HUNT** 🌸 **FACE PAINTING** 🌸 **BALLOON ANIMALS** 🌸 **CONCESSION**

Face painting and balloon animals from 11-2
For more information please email social@bqcl.org

Happy Easter Day



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


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

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

LifestyleMeditation
ESTABLISHED 2008

Tennis Registration
NOW OPEN



Email: tennis@bqcl.org

BASKETBALL

With having our basketball courts re-done last summer, we look forward to starting a basketball program this summer! Keep an eye out for more information!





Community League Walking Program

In 2016, the EFCL received a Recreation and Physical Activity Project Grant from [Alberta Culture and Tourism](#) to promote walking programs in community leagues. Through this grant, the EFCL supported 20 community leagues in launching urban poling sessions – a walking workout with poles.

The EFCL continues to build leadership and capacity in community league members interested in starting or improving a walking program in their neighbourhood.

Our community walking training sessions are over for the year. Check back in 2019. Sessions will be posted on our [Seminars/Workshops](#) page.



Resolve

physio • wellness

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

We offer:

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- Direct Billing
- IMS/Dry Needling
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- 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

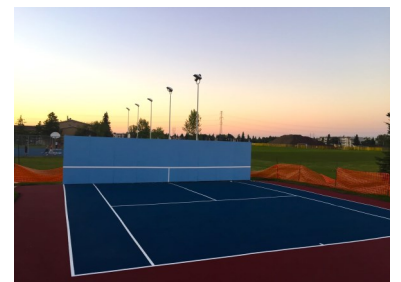
Associate \$35

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

Easter Party
Monday April 22, 2019
10am to 3pm

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!](#)



Residential Winter Road Maintenance Public Engagement

Edmonton winter weather is changing. How you want residential roads maintained in winter may be changing as well. The City is hosting a series of pop-up events for Edmontonians to ADVISE on possible residential winter road maintenance program changes. Your feedback will help shape recommended changes to the program for the 2019/2020 winter season. Information gathered during this engagement program will be used to provide feedback for decision making by City Administration and City Council related to residential snow and ice control practices and policies, using quantitative data wherever possible. [For more information click here](#)

Join us at

March 6 Belmead Community Ice Rink 9109 182 Street,
Wednesday, 4-7 PM

March 9 Knottwood Community Ice Rink 445 Knottwood Rd W,
Saturday, 1-4 PM

March 11 Major General Griesbach School Gym 304 Griesbach
School Road NW, Monday, 6:30-9 PM

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!

DIY Keychain



**Join us at one of our YEGyouth Programs to
make your leather keychain!**

When: March 25 - 29, 2019

Where: At all of our YEGyouth Drop - In Program locations*

Time: Depends on the location you that choose to attend (between
4 - 9 pm)

Who: Youth ages 13 - 17

Cost: FREE!

Check out our website for days and times of each location*

@yegyouth



edmonton.ca/youth

Edmonton

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!



FREE DROP-IN

WINTER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Blue Quill 11304 25 Ave	March 2—March 29	Tuesday Thursday Saturday	Tues & Thurs: 3:30-6:00 PM Sat: 1:00-5:00 PM

Our Green Shack program is now running in select locations in the winter months. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/greenshacks or call 311.

 @GreenShackEdmonton



City of Edmonton

Events this month

[Habitat for Humanity Basic Tool Workshop](#):
Mar. 2, 9 or 23

[Indigenous Artist Market Collective](#) - March
2, 9, 16, 23, 30

[Remembering the First World War - Royal
Alberta Museum](#) - **on now**

[2019 Fraud Prevention Conference](#) - March 4
& 5

[YEGyouth 124 Street Youth Drop-In
Program](#) - Monday - Thursdays

[U Sports Womens Volleyball Championships](#)
March 15-17

[Edmonton Seedy Sunday](#) - Garden Swap and
Sale, Speaker and Demonstrations -March 17

[Edmonton Jobs Fair](#) - March 18

[I Am From Here](#) - Black Pioneers Exhibition -
Royal Alberta Museum - Opens March 23

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

Get involved!

[Benefit from all available subsidies](#) or grants
that you or someone you know may be eligible
for.

Book a [birthday party at the Reuse Centre](#).

Subscribe to the City of Edmonton's [Indigenous
Relations Bulletin](#).

[Gallagher Park Concept Plan](#) Public Engage-
ment March 6

[Let's Keep Talking the Future of Waste Public
Sessions](#) - March 2, 7, 12, 15, 21 and 30.

[Accessibility for People with Disabilities - Public
Engagement Session](#) March 5, 7, 13

Organize and register for guided [urban tree
plantings](#) with Root for Trees.

Find links and contacts in the [Indigenous Ed-
monton Directory](#)

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

Give your opinion by joining the [Edmonton In-
sight Community](#).

[Find your nearest community league](#) and be-
come a member.

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