

Thinking of Doing Home Upgrades?  
Wondering where to start?  
What help is available for you?



## Blue Quill Friends of the Environment Eco Forum

Monday May 20, 2019

10:00 a.m to 3:00 p.m.

Come out to the hall and learn all about solar panels, Alberta's Property Assessed Clean Energy (PACE) Program, Home Energy Audits, the City of Edmonton's recycling program, the newest technology in home heating and water systems, and more.



**FREE EVENT**  
**Win Prizes**

### Special Guests Include

- PACE Alberta Co-op Ltd.
- Kuby Renewable Energy Ltd.
- Sun Ridge Residential Inc.
- Reliance The Furnace Company

### A chance to win FREE products from

- ETEE Food Wraps
- Nature Bee Wraps
- Abeego Food Wraps
- Sew Happy YEG
- No Pong Natural Deodorant
- Lunapads
- Fashions By Fiber Fan



### Blue Quill Community League

11304-25 Avenue NW  
Edmonton T6J 5B1  
780-438-3366  
[www.bqcl.org](http://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!

## BASKETBALL

### Ages 6-7

Mon & Wed  
5:30-6:30pm

### Ages 8-9

Tues & Thurs  
6:30-7:30pm

### Ages 10-13

Mon & Wed  
7:00-8:00pm

### All Ages

Sat & Sun  
9:00-10:00am  
or  
10:30-11:30am

### Fees:

6 weeks for \$100 – for twice a week  
(8 weeks for \$140 – schedule TBD soon)

**REGISTER NOW!!!!**

Call 780-438-3366 Info on Website



BLUE QUILL Shito-Ryu  
Itosu-Kai



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

## KARATE and SELF-DEFENCE

for  
• Children, Teens and Adults

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

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



Bridge

# KIDS YOGA

6 Sessions Workshop

Wednesdays, 3:45-4:45 pm May 22- June 26



**Yoga for Age Group: 5-10**

**Cost : \$60 members/\$65 non-members**

**Bring: Yoga Mat, Water Bottle**

**For more information contact**

Seema: [seema@lovethesoulyoga.com](mailto:seema@lovethesoulyoga.com) or  
call us at 780-884-4631

**To Register Contact: Blue Quill Community League**  
780-483-3366/[www.bqcl.org](http://www.bqcl.org)

Join us for 6 sessions kid-centric yoga class! These classes are designed for the young yogis to learn and have fun. Sessions will include Connect, Yoga poses, Yoga Games, Quiettime, Mindfulness activities, Breathing techniques, LaughterYoga, Eye gazing, Yoga Acrobatic, Yoga Gym, Partner Sequence, Meditation.

**Blue Quill Community Hall**

**11304 - 25 Ave**

**Registration Deadline: May 16, 2019**



TENNIS LESSONS  
REGISTRATION IS UNDER WAY!

Contact

[Tennis@bqcl.org](mailto:Tennis@bqcl.org)



City of Edmonton at BQCL



# **First Annual Blue Quill Community Garage Sale**

On June 1, 2019  
Add Your Address  
To The List

Email [social@bqcl.org](mailto:social@bqcl.org)

Or

[info@oliviafata.com](mailto:info@oliviafata.com)

Maps will be available for download from Blue Quill  
Community League page the last week of May



**COMMUNITY-WIDE  
GARAGE  
SALE**

A graphic featuring the text 'COMMUNITY-WIDE GARAGE SALE' in large, bold, black letters. The text is surrounded by various colorful illustrations of household items, including a vacuum cleaner, a lawnmower, a broom, a mop, a bucket, and other cleaning supplies.

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.



# BQCL MEMBERSHIP

## Membership Rates

**Family \$35/year**

**Single \$25/year**

**Senior Free**

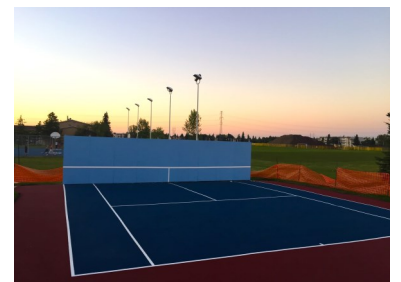
**Associate \$35**

**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](mailto: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

### **Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)**

Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning. Discount cannot be combined with any other offers or discounts.



## Upcoming Events

Eco Forum  
Monday May 20, 2019  
10am to 3pm

Garage Sale  
June 1, 2019

## 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](http://www.edmonton.ca) or [Get the App!](#)



**"THE NEW WAY TO PLAY"**

**BUBBLE SPORTS**

SPORTS + GAMES BUBBLE BOWLING WATER BUBBLES



**ARCHERY TAG**

TEAM BATTLE DOUBLE TEAM FREE FOR ALL



**LASER TAG**

DOMINATION TEAM BATTLE FREE FOR ALL INFECTED



**YEG COMMUNITY LEAGUE DISCOUNT**

**USE PROMO CODE: EFCL18**

\*We have a number of offers available, click, book or call for more info.

**BOOK TODAY!**

**BOOKINGS@ORBISSPORTS.COM**  
**1.888.901.7426 > ORBISSPORTS.COM**



## 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.

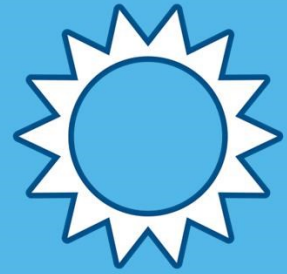
BQCL Board Members	
POSITION	NAME/EMAIL
President	Travis Ball president@bqcl.org
Vice-President	VACANT vicepresident@bqcl.org
Treasurer	Garth Williams treasurer@bqcl.org
Secretary	Tami Wong secretary@bqcl.org
Past President	VACANT pastpres@bqcl.org
Civics	VACANT civics@bqcl.org
Facilities	Garth Williams facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	Tamara Arnold 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](mailto:bqcladmin@bqcl.org).**

**Thanks!**

# City of Edmonton Summer Day Camps



Registration for City of Edmonton Summer Camps is now open! With 100s of camps offered across the city in recreation centres, neighbourhoods, and river valley parks, there is always something close to home. And with camp themes ranging from sports to science to arts, there is sure to be something for every interest.

To Register:

- Call 311
- Online at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca)
- In person at any City of Edmonton Recreation and Leisure Centre



## 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.

<b>SIZE</b>	<b>(width x height)</b>	<b>RATE</b>
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.**



## SouthWest Edmonton Seniors Association

### Coming Up This Week:

When	Program	Time	Location	Cost
Apr. 29	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Apr. 29	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Apr. 29	Pickleball	1 pm – 3 pm	<b>YMCA</b>	\$3.00
Apr. 29	Coffee and Chat	1 pm – 4 pm	<b>TCRC</b>	Donation
Apr. 30	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Apr. 30	Tech Help	10 am – 11:30 am	YECC	\$2.00
Apr. 30	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Apr. 30	Glass Lanterns	CANCELLED		
May 1	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
May 1	Volunteer Appreciation Tea	12 pm – 2 pm	YECC	Free
May 1	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 1	ESSENTRICS/Cardio	1 pm – 2 pm	<b>eOne</b>	\$10.00
May 2	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
May 2	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 2	Fundamentals of Photography	9:30 am – 12:30 pm	YECC	\$120.00
May 2	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
May 2	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
May 2	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
May 2	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
May 2	Pickleball	1 pm – 3 pm	<b>YMCA</b>	\$3.00
May 3	Euchre	9:30 am – 11:30 am	YECC	\$2.00
May 3	Declutter and Downsize	9:30 am – 11:30 am	YECC	\$25.00
May 3	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 3	Fundamentals of Photography	9:30 am – 12:30 pm	YECC	\$120.00
May 3	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 3	Essentrics for Seniors	1 pm – 1:45pm	YECC	\$10.00



## Tennis 2019 - Blue Quill Community League



Blue Quill's tennis program is back in late April, offering affordable tennis lessons for all ages and skill levels this upcoming season! Prices are **\$10/person/hour** for three people or more, **\$12/person/hour** for two people, and **\$18/hour** for private (one-on-one). Programming for special needs is also available.

We have all the equipment (racquets, balls) that you'll need, and even sport a ball machine for member practice. Club social events and numerous provincial tournaments are hosted for everyone to enjoy throughout the summer. Check out our website at <https://www.bqcl.org/tennis.php> for lesson times, and email [tennis@bqcl.org](mailto:tennis@bqcl.org) or [bqcladmin@bqcl.org](mailto:bqcladmin@bqcl.org) to join! We look forward to seeing you on court!



## Events this month

Rubaboo and Dreamspeakers - Arts and Film Festival - to May 7

Jane's Walk Launch - May 3

May 3 - Churchill Square and University of Alberta

May 4 - Spruce Avenue Historic House Tour, Oliver Zoning Bylaw Walk, Fulton Ravine, Old Town Beverly, Museum of Somalis (Central McDougall), Boyle Street, Central Garneau, Village at Greisbach

May 5- Westmount, Walkable Gardens (Belgravia), North Garneau, Queen Alexandria, Former Royal Alberta Museum Site Tour, The Black Experience (Mary Burlie Park), River Crossing (John Walter Museum)

She's All That - Women of Inspiration - May 9

Arbor Day in Edmonton - May 10

38th Annual Ben Calf Robe Pow Wow - May 11

Mothers Day at the Zoo - May 12

Edmonton Jewish Film Festival - May 21-30

Fort Edmonton 50th Anniversary

Homecoming - May 26

Researching Your Heritage Home - May 28

Salute to Excellence Hall of Fame Induction - June 10

Find out what's happening every day on the City of Edmonton's Events Calendar.

## Get involved!

[Balwin and Belvedere Neighbourhood Revitalization](#) Public Engagement - May 4

[Lorelei and Beaumaris -Building Great Neighbourhoods](#) Design Public Engagement - May 8

[Community Weeding Events](#) Mill Creek Ravine - May 11 and 25

[Bark in the Park Cleanup](#) Terwillager Park May 15

[River Crossing Business Plan](#) Open House May 22

[Big Bin Events](#) - City wide throughout the spring and summer

[Root for Trees Fest](#) - June 1 - Goldbar Park

[Edmonton Tool Library](#) - provides unique service to community.

Get Involved with the [City of Edmonton Bike Plan](#)

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

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

Find links and contacts in the [Indigenous Edmonton Directory](#).

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.