

The Blue Grass Rattler

We're Back!!!

We're back! Blue Quill Community League has decided to bring back our own newsletter, The Blue Grass Rattler. We, at BQCL feel that the league, with all it's improvements, deserves a place to show what we have to offer, and also to give our residents and local businesses a place to advertise and in turn find out how they too can get involved in this great community.

Happy New Year!

Looking back over the past year there have been a number of successes and challenges we have seen as a community at Blue Quill.

I believe in a strong community and as such, serving on BQCL board with many amazing Volunteer Directors brings me great joy. Our community deals with many issues – some complex and others simple. I would like to thank the entire executive for all the work they do in organizing meetings and events. As board members, our work centers around the wants and needs of our community and its membership. Part of my role involves encouraging connections amongst members and volunteers. I would like to thank all the volunteers that contributed so much over the past year towards making our year a success.

Over the last year we have undergone some fantastic renovations. Our basketball court has been resurfaced and will be now hosting a 3 on 3 tournament every year. After completing an energy audit, the facility has been made more efficient by replacing old and less efficient fixtures with new and brighter LED lights throughout the hall. This makes our facility more welcoming at night and safer for the people in the community. In addition, the inside has been painted and most of the floors have been redone to make our hall more current and appealing to those who use it.

In 2018 we hope to continue these advances in energy efficiency and towards making a facility that the whole community can come out and enjoy. We are reviving our newsletter out to the community and will be publishing 10 issues this year. We welcome any feedback that you might have. If you have an activity or event you would like to publicize, please let us know. If you would like to come out and meet some of your neighbors we always welcome new volunteers.

All the best in 2018!



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!

LET THE MUSIC MOVE YOU

Cardio Kickboxing Bootcamp

Tuesdays 6:45-7:45pm
January 23 - March 27, 2018 (10 sessions)

Try out this heart pounding workout combining mixed martial arts upper body and lower body movements using a bootcamp format and cardio drills to make this the ultimate total body workout. Beginners welcome. Don't worry! There's no actual fighting involved!

What to Bring: water bottle, towel, yoga mat, running shoes, heart ready to have fun!

Barre Core Fusion

Tuesdays 8:00-9:00pm
January 23 - March 27, 2018
(10 sessions)

Barre core fusion is a class that fuses together fundamental core exercises from Pilates, yoga, ballet, and muscle endurance training that teaches you how to activate your core and target specific muscle groups. This will help you gain results faster while you experience a low impact, total body workout. Beginners welcome.

What to bring: towel, yoga mat, water and socks or barre shoes.



Classes are \$100 for Blue Quill Community League members - \$118.75 for non-members

For more information, contact: Lisa van Vliet p. 780.935.3058
e. lisawelcomesyou@shaw.ca
f. www.facebook.com/movewithLisa

To register, contact: Blue Quill Community League
p. 780.438.3366
w. bqcl.org

TWO-STEP LESSONS

Want to learn a fun social dance?

Two-step is a great partner dance that has many different variations. In this **6-week lesson series**, you'll learn the basics of a **traditional two-step** that will get you started on any social dance floor.

- All ages and levels welcome
- No partner required (though it makes a great date night!)
- We'll cover fundamental dance technique that's transferable to other styles too!

What to bring:

- Clean comfortable shoes with smooth soles - socks work too!
- Water

Come ready to have a good time!



Image source: <http://www.bqcl.org>

Tuesdays 6:30-7:30pm
January 16 - February 20
11304 - 25 Avenue
\$60 members/\$75 non-members

TO REGISTER, CONTACT:
Blue Quill Community League
780-438-3366 | www.bqcl.org



ANGIE MUSCA has been dancing for 10+ years, and teaching a variety of partner dances with Dance Evolution for 4 years. Her favourite styles include blues, country swing, two-step, west coast swing, and fusion. Any chance to share what she has learned through the years about dance technique and the nuances of different styles, she'll take it with open arms and a huge smile on her face!

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!



Spring Belly Dance Classes

Blue Quill Community League
(11304-25 Avenue)

January 11 - March 22*
(10 Thursday classes, *no class Feb 15)

Level 1 or Level 2 @ 6:30-8:00 pm
\$150 league members / \$185 non-members

To register: Vanlee - 780-907-0477
contact@sistersofthesahara.com

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, shimmys, 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. The 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 ¾ shimmy and variations of the figure eights. Introduction to finger cymbals (zills) and additional uses of the veil.

BLUE QUILL Shito-Ryu Itosu-Kai
KARATE



and SELF-DEFENCE
for
Children, Teens and Adults

"Teaching Traditional Karate
in Edmonton since 1979"

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.

FREE TRIAL CLASS
Wednesday January 10
Blue Quill Community Hall
11304 25 Ave NW

- 12-class Semester is only \$100 for BQCL members (*non-member rate available*)
- Winter semester January 10 - March 28
- A great class for beginners, adults, kids and families

We welcome beginners and returning students,
Adults, Children and Families

TRY A FREE CLASS ON WEDNESDAY JANUARY 10!!!

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

**See
your
ad
here!**

RUTH'S HATHA YOGA AT BLUE QUILL -
Hatha yoga classes 8:45-9:45
Wednesday mornings is suitable for beginners and those more experienced with yoga. Come discover the rhythms of breath and calmness of mind through yoga.

CLASSES - Blue Quill members \$60 for 6 weeks session and \$75.00 for non-members. Seniors (65 +) membership is free. Contact Ruth for more information and to register 780-237-6730
Ruthe.sjoberg@gmail.com

Tennis will be
back again
this summer!



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



Bridge

City of Edmonton at BQCL

**FREE DROP-IN
LEARN TO
SKATE PROGRAM**

LOCATION	DATES	DAY	TIME
Blue Quill 11304 25 Ave	January 24 to February 28	Sunday	2:00 PM to 5:00 PM

Meet new friends and learn basic skating skills through fun games and activities! This is a free drop-in program targeted for children (ages 6-12) and their families. However, all are welcome to attend. Skates and helmets are not provided but both are required to participate.

Programs will cancel at 25 Celsius with wind chill, or if the ice is closed by the facility. For more information, please visit edmonton.ca/playground or call 311.

@GreenChuck

EDMONTON

Find all community drop-in programs at edmonton.ca/dropcommunity or call 311.

Winter Green Shack Program
FREE Community Drop-In Recreation Program

Children ages 6 - 12 can experience a variety of activities, crafts, cooking and more!
Families are welcome!

Blue Quill Park
11304 25 Avenue

January 7 to February 2, 2017

Tuesdays & Thursdays
3:30PM - 6:00PM

Saturdays
1:00pm - 5:00pm

*All activities are outside, please ensure that you have dressed for the weather!
Children under the age of 6 must be supervised by a parent or guardian.

Thank you to the Blue Quill Community League for use of their facility.

Evolving Infill Workshops

In the fall of 2017, the City organized a number of workshops to get ideas on ways to get more people living in existing neighbourhoods. The discussions were focused on higher density housing (apartments), the “missing middle” and garden suites. The discussions continue.

At the next set of workshops, the City will be asking for your help to refine the draft actions which can be found in the [Ideas to Actions](#) document.

Below is the list of planned engagement events, each link will bring you to a registration page for that specific event.

Conversation Fair - March 14: Chateau Louis & Conference Centre - 6 - 9 pm (*No registration required*)

Conversation Fair - March 20: Chateau Louis & Conference Centre - 6 - 9 pm (*No registration required*)

The in-depth workshop (4 hours) is longer than the standard workshop (2 hours) to allow time for participants to really dig in and test the actions to identify potential positive and negative consequences. League Civics Directors are encouraged to attend the in-depth workshop.

Central LRT Study

Strathcona/Downtown/Bonnie Doon

Phase 1 of our study has concluded and we are sharing the preferred LRT route. This new route is part of City Council’s 2009 long-term LRT Network Plan to create seamless or one transfer connections via LRT and/or bus to all quadrants of the City. Now is your chance to comment on the preferred route and help determine future stop locations.

You can view the preferred route online at edmonton.ca/centrelrtstudy and at our public engagement events.

Public Engagement Event: Open for Drop-in from 4:30 – 8:30pm with Presentation times at 5:00pm and 7:00pm

[Public Engagement Event](#)

February 15, 2018

The Matrix Hotel- Quartz Ball-room
[10640 – 100th Avenue, Edmonton](#)
4:30pm – 8:30pm

[Public Engagement Event](#)

February 27, 2018

St. Basil’s Cultural Centre
[10819 - 71 Ave NW, Edmonton](#)
4:30pm – 8:30pm

[Public Engagement Event](#)

February 28, 2018

Campus Saint Jean- McMahon Pavilion Gymnasium
[8406 Rue Marie-Anne Gaboury NW, Edmonton](#)
4:30pm – 8:30pm

Edmonton considers allowing Secondary Suites in Semi-detached, Duplexes & Row Housing

One way of increasing the number of homes on low density lots is to remove restrictions to secondary suites and garden suites, which the City of Edmonton has been gradually doing. The most recent proposal is to allow secondary suites or garden suites on all lots with a single house, semi-detached housing, duplexes or row housing. The suites would be a permitted use with no appeal by neighbours. All restrictions to lot size are proposed to be removed.

At present, the size of secondary suites is limited to 70m² or 40% of the floor area above Grade floor area of the house, whichever is less. The proposal is to remove this regulation. Instead, the suite need only be smaller than the principal residence. In effect, all forms of low density housing can add another residential unit.

At present, secondary suites shall not be subject to separation from the principal Dwelling through a condominium conversion or subdivision. This regulation is proposed to be removed.

City planners have been engaging Edmontonians in conversations and surveys about allowing secondary suites in more than houses, and it appears that a majority of people have been receptive. Although there is a greater reluctance to allow secondary suites in row housing.

But, it is unclear what the public thinks about dramatically increasing the size of secondary suites and allowing them to undergo a subdivision or a condominium conversion.

Changing High Rise Regulations

On January 30th, Council Urban Planning Committee will consider proposed changes to the RA9 high-rise zone – the highest density zone. The objective is to enable the development of high-rise apartments (15-20 storeys) on sites zoned for high-rise apartments. By allowing high rises to have a greater floor area it is believed that more developers will use the RA9 zone, rather than creating a special Direct Control zone with unique regulations. Other objectives of amending the RA9 zone are to allow more commercial uses in high-rise apartment buildings, and to encourage better design and the development of podiums with slimmer residential towers above.

BQCL MEMBERSHIP

Membership Rates

Family \$35/year

Single \$25/year

Senior Free

Associate \$35

Business \$125

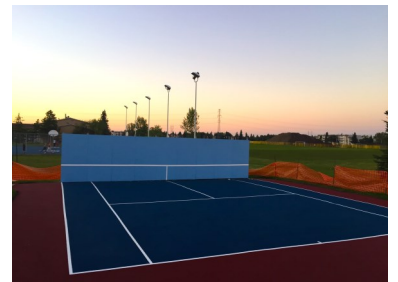
Blue Quill Community League offers membership to our residents that comes with many benefits. With membership, you get the use of our skating rink, tennis courts, basketball courts, beach volleyball courts and all our programming comes with a discount. Not only this, but your hall rentals come at a discounted 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

At BQCL, we have been working hard to improve and update our building. Bryce, our tennis instructor has been hard at work the last 2 summers, completely revamping our tennis courts and basketball courts! This summer...the beach volleyball courts will be back!

We have also re-painted the entire main floor and loft, replaced the floor in the main hall and built a brand new deck on the roof, off the newly renovated loft! Book this for your summer party!



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.

BQCL Going Green

BQCL is doing it's part in going green. With the help of grants, BQCL is in the process of converting all lights, both inside the building and outside the building and the skating rink and various courts to LED's. We have replaced thermostats to become more energy efficient in heating and cooling the building and this spring we will be installing solar panels! With the help of the Alberta Government through grants and rebates, this is a possible step for us!

See your ad here!

Upcoming Events

Outdoor Soccer Registration

Feb 15– 6pm to 9pm
Feb 24- 10am to 2pm

Senior's Pancake Breakfast

June 5– 9am-11am

BQCL Casino

June 6 & 7- All Day

Party in the Park

September 8, 2018

2018 Outdoor Soccer Registration

It is time once again for outdoor soccer registration. General information about the Outdoor Soccer season (registration, game nights, fees etc.) can be found at: <http://emsasouthwest.com/play/programs-benefits/outdoor/>. Registration for Community Outdoor Soccer is done at the following site. Please read it all and complete all of the requirements.

<https://emsasoccerportal.com/ui/>

Payment sessions (document submission and in-person payment) for Blue Quill Communities take place on the following dates:

Wednesday, February 15, 2018 6:00pm to 9:00pm

Saturday, February 24, 2018 10:00am to 2:00pm

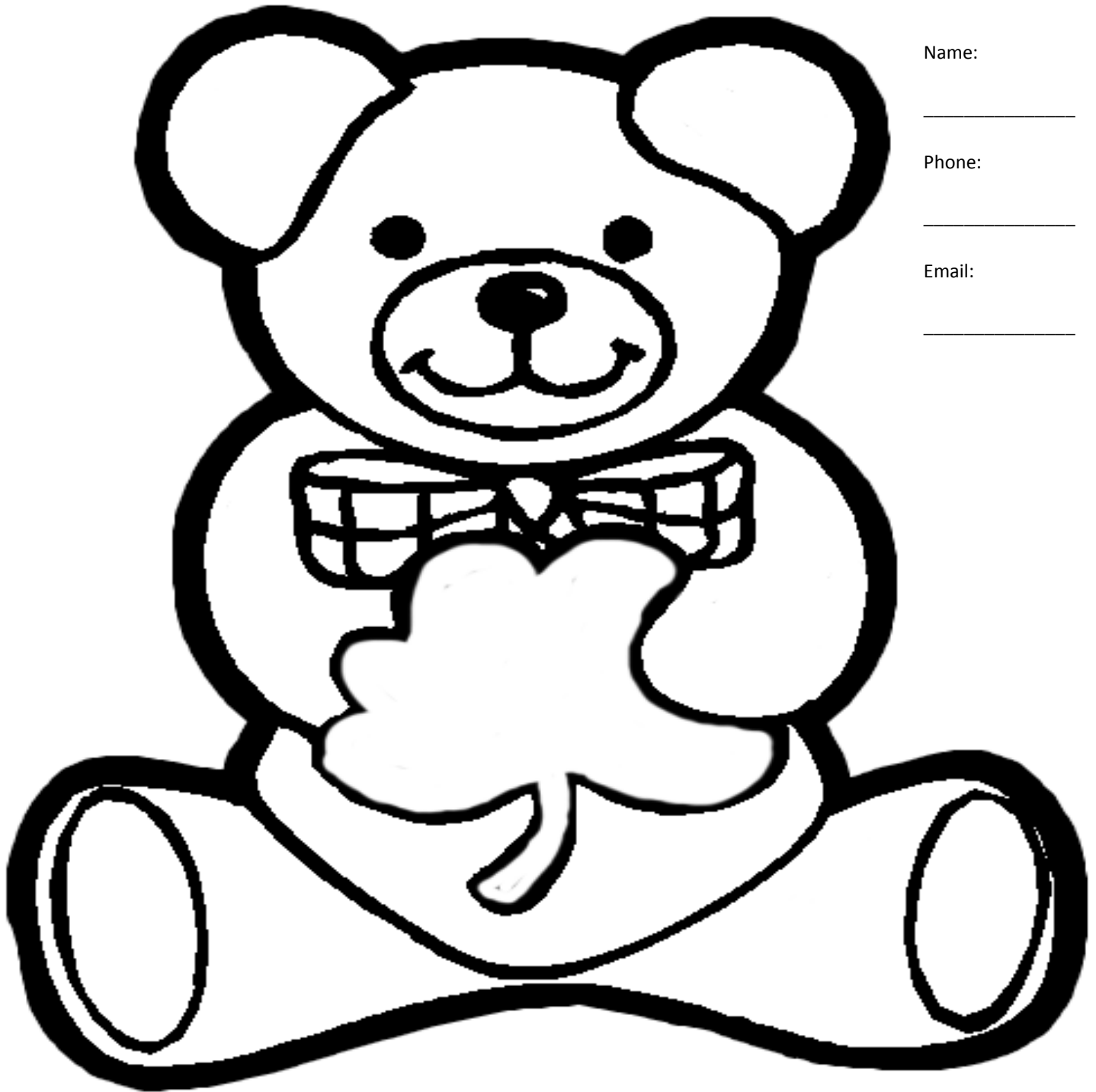
At Blue Quill Community League 11305-25 Ave



St. Patrick's Day Coloring Contest

Submissions can be dropped off at the BQCL office or scanned and emailed to bqcladmin@bqcl.org

The winner will be notified by email to pick up their prize!



Name:

Phone:

Email:

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	Fahad Mughal vicepresident@bqcl.org
Treasurer	Andrew Happer treasurer@bqcl.org
Secretary	Tami Wong secretary@bqcl.org
Past President	VACANT pastpers@bqcl.org
Civics	VACANT civics@bqcl.org
Facilities	Garth Williams facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	Toby Brilz membership@bqcl.org
Programs	VACANT programs@bqcl.org
Publicity	Samantha Tomte publicity@bqcl.org
Social	VACANT social@bqcl.org
Sports	Trevor Larkin sports@bqcl.org

Upcoming Events

BQCL Casino– Volunteers Needed! June 6 & 7, 2018

As a non-profit, BQCL is fortunate to get a casino every 2 years. In order to keep these and the funds that come with it, we need to provide about 40 volunteers. Please contact bqcladmin@bqcl.org if you are interested in volunteering. Thanks for your support!



Party in the Park 2018!

Planning for Party in the Park 2018 is underway! The event will take place on September 8, 2018. Planning an annual event of this magnitude begins the day after the previous year's event. We are always looking for new Sponsors, Musicians, Advertisers and Ideas! If you would like to be involved in this summer's event, please get in contact with us. If you would like to volunteer or join the planning committee, please call the office at 780-438-3366 or email bqcladmin@bqcl.org.

See your ad here!

**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



A Message from your MLA...



A Message from your City Councillor...

KEEPING OUR WASTE MANAGEMENT STRATEGY BOLD

The Edmonton [Waste Services Audit](#) was recently released and the news is not good. While this audit has revealed problems with current operations, it has also given us the opportunity to restructure and refocus our waste management strategy. We must improve this vital service and recommit to excellence.

THE STRATEGY MUST MATCH THE VISION

For a long time, many of us have believed Edmonton's waste disposal service was innovative, world-class and quickly heading towards our goal of diverting 90% of our waste from landfills. However, we have not been able to reach our ambitious targets and progress has been stalled for quite some time. Improving Edmonton's waste diversion is essential and I will continue to work closely with Administration and Council to make sure that this is done right.

The Edmonton Waste Management Center (EWMC) is composed of 20 different facilities each focused on a different aspect of waste processing. Due to concerns about the stability of the composting facility's roof, all material destined for compost is currently being sent to landfill. As well, the Enerkem Waste to Biofuel facility is not running at full capacity due to the moisture content contained in the garbage and the need to pre-dry waste materials.

We must come up with innovative strategies to address current problems while still planning for the future so we can reach our waste diversion targets and accommodate the increasing amount of waste produced by our growing population. The truth is we once these investments in technology like Enerkem begin to pay off we will be much closer to meeting our ambitions.

WHAT CAN WE DO AT HOME

The first action the City must engage our citizens in is source separation which most crucially means having separate collection of food scraps and organics. In Canada, [40%, or \\$31 Billion of all food produced is thrown out](#). Globally these numbers work out to [33%, or \\$990 Billion USD](#). While reducing that waste is ideal, composting the rest creates valuable, nutrient-rich soil from material that would otherwise be sent to landfill.

Municipalities across North America that have similar diversion targets such as Calgary, [San Francisco](#) and Vancouver, all require source separation of organics and yard waste. This would result in higher quality, more marketable compost thanks to the reduction in impurities. As well, it would also result in drier, more usable material for the Enerkem waste to Biofuel facility since our compost, which naturally has higher water content, would no longer be adding moisture to the waste stream.

Until those changes are implemented, one thing you can do at home is to [go bagless](#) when mowing your lawn this year. It's healthier for your lawn, you don't have to carry any garbage bags, and it's better for the environment. Half of all the waste collected from households in the summer is grass and we truck that grass far away to a composter when it could be feeding your lawn.

A NEW COMMERCIAL WASTE STRATEGY

Currently, we have a single, centralized composting facility. Decentralization of composting facilities into smaller community composting facilities could reduce trucking of waste far away and create opportunities for local composters at community gardens or private investment to take advantage of these resources.

Edmonton should evolve our relationship with the private sector from competition to collaboration in order to improve our commercial and institutional waste management programs. The Enerkem Bio-gas facility is a public-private partnership that continues to help us create value, in the form of methanol and ethanol, from material that would have otherwise gone to landfill.

We must also reevaluate how we can work with and serve commercial businesses, like malls and offices. Rather than competing with these businesses on hauling, we need to figure out how to get the private waste haulers collect into our diversion stream.

The recycling market is also changing, and Edmonton needs to catch up. Regulations on selling recycled materials to China has gotten stricter and profitability has gone down due to increased recycling, increasing the availability of recycled materials. There is an opportunity for melting our own plastic here in Alberta that could involve work with private investors.

Treating waste as a valuable product helps conserve natural resources, reduces greenhouse gas production and creates additional revenue from compost, recyclables, and biofuels. Improving Edmonton's residential waste diversion will depend on the use of innovative technology, operational changes, and continued participation from all of us Edmontonians.