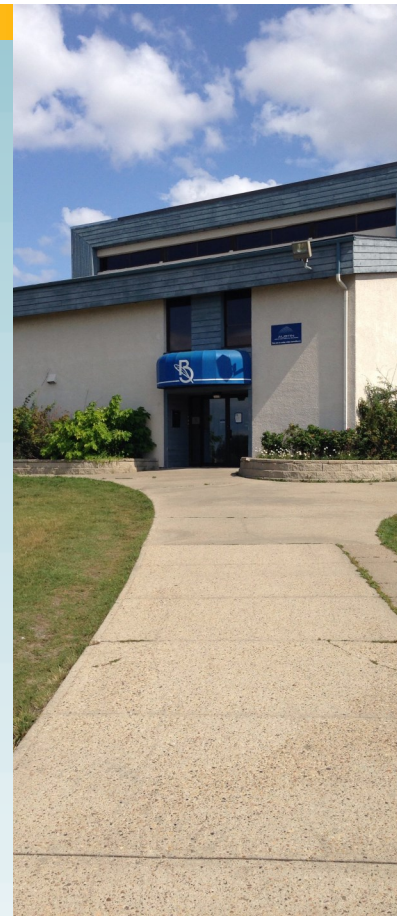


BQCL AGM
THURSDAY, OCTOBER 17, 2019
7:00 PM
11304 25 Avenue NW

Open Positions

- President (must hold VP for a year first)
 - Secretary
 - Sports Director
 - Publicity Director
 - Social Director
 - Facilities Director
 - Treasurer
 - Civics Director
 - Vice President

Please see inside for position details.



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!

Chair Yoga and Meditation 6 Workshop

Fridays 11:15am - 12:15pm

October 25 to November 29

\$60 Members/\$65 non-members

A low impact Yoga and Meditation for Seniors or those with mobility issues, or anyone who want to learn Yoga and Pranayama on the comfort of chair. All stretching, poses and meditation will be performed seated on a chair as well as some standing pose with support of chair. Props will be used like the Bender ball, Weights, Strap, block depending on the class theme for the day and your own ability.

Let us feel young again. If you are looking to have an hour of Fun-Filled Yoga, then this is the place for you! Learn the techniques of going within, talking to the soul, healing oneself and finding a long-term solution to staying stress-free and healthy. Regular yoga practice can help with mood, muscle tone, balance, strength, improved lung capacity, and even better sleep.

This class includes Fun connectivity stretching or Chair Yoga dance, different forms of traditional Pranayama practice - (Breathing work), Asana practice on chair (no mat required), Partner chair yoga poses. Participants will learn the healing power of Meditation techniques like Tratak and Eye Gazing, Candle Gazing, Laughter Yoga, Guided Relaxation, Mantra Chanting and Fun Yoga games,.

Fall Kids Yoga and Meditation 7 week Series

Wednesdays 3:45-4:45pm

October 23 to December 6

Ages 5-10

\$70 Members/ \$75 non-members

Join us for 7 sessions of kid centric yoga designed for young yogis to learn and have FUN while improving coordination, balance, strength and flexibility!

Kids will learn to harness their Yoga energy and practice Yoga stretching, chair yoga stretching, and even Yoga in a dance form. Each week will contain a different theme and poses including Partner Yoga poses, Acrobatic Yoga poses, Traditional Pranayama techniques (Breathing work- different forms), Fun Yoga games, Mindfulness activities, Eye gazing, Candle gazing to learn the power of healing oneself.

Give your kids the gift of flexibility, confidence, body awareness, self-regulation and improved concentration through this 7 week course. Families will have the option to sign up for a bonus 1 day yoga workshop for the whole at the end of 7 weeks.

Bring a Mat, Socks, Water bottle. Register online at <https://www.bqcl.org/> or in person at Blue Quill Community League Hall.

SWESA

BQCL would like to welcome SWESA to our building and neighbourhood!

We look forward to having you and the programs and people that this will bring to

Blue Quill!

When	Program	Time	Location	Cost
Monday, Sept. 30	Better Choices, Better Health	9:30 am – 12 pm	FULL	Free
Monday, Sept. 30	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Sept. 30	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Sept. 30	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Sept. 30	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Monday, Sept. 30	CPP, OAS, and GIS	2 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 1	Save Your Photos!	9:30 am – 11:30 am	YECC	\$2.00
Tuesday, Oct. 1	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Oct. 1	Watercolor Painting	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Oct. 1	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 1	Choir	12:45 pm – 1:45 pm	YECC	\$10.00
Tuesday, Oct. 1	ESSENTRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Oct. 2	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 2	Cooking with Pulses	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 2	Boosting Brain Health	12:30 pm – 3 pm	YECC	\$5.00
Wednesday, Oct. 2	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Oct. 2	ESSENTRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Oct. 2	Coffee and Chat	1 pm – 4 pm	TCRC	\$10.00
Thursday, Oct. 3	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Oct. 3	All About Eyebrows	9:30 am – 10:30 am	YECC	\$2.00
Thursday, Oct. 3	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Oct. 3	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Oct. 3	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Thursday, Oct. 3	Computers for Beginners	12 pm – 1:30 pm	YECC	\$5.00
Thursday, Oct. 3	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Oct. 3	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Friday, Oct. 4	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Oct. 4	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Oct. 4	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Oct. 4	ESSENTRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

City of Edmonton at BQCL



AGM Positions Available & What that means:

President

The President will:

- preside at all meetings;
- be an ex-officio member of all committees, except the Nominating Committee;
- be charged with the general supervision of all the activities of the League;
- be the official spokesperson of the League.

Vice President

The Vice President will:

- preside at any meetings when the President is absent;
- assume any duties from the President as required;
- oversee all contracts of the League.

Secretary

The Secretary will:

- be responsible for the recording, distribution and care of all minutes of The League's General, Annual General, Special, and Board meetings;
- be responsible for the care of any other League records, including meeting agendas and contracts;
- have charge of the seal of the society;
- have charge of the care and upkeep of the policy binder,
- file all necessary legal documents including annual reports to Corporate Registry.

Treasurer

The Treasurer will:

- be responsible for all financial records of the League;
- be responsible, on behalf or in the name of, the League, for all monies collected or otherwise received, issuing duplicate receipts, payments of all accounts when properly approved, and keep proper accounts, receipts, and vouchers of same, and the deposit of funds to the League's bank accounts;
- report the financial standing at every General Meeting;
- present to the Annual General Meeting financial statements for the preceding fiscal year that have been reviewed by an independent CMA, CGA or CA;
- present to the Annual General Meeting the budget for the upcoming fiscal year;
- recommend, in conjunction with the Executive, an Annual Budget to the Board of Directors.

Social Director

The Social Director will:

- be charged with the general supervision of all social events of the League;
- be an ex-officio member of all social committees;
- prepare an annual budget and a year end report in conjunction with each social committee.

Sports Director

The Sports Director will:
be charged with the general supervision of all sports programs of the League;
be an ex-officio member of all sports committees;
prepare an annual budget and a yearend report in conjunction with each sport committee.

Facilities Director

The Facilities Director will:
be responsible for the supervision of hall rentals and maintenance, and the operation of all aspects of the property;
be responsible for the development of the centre, rinks, parking lot and playgrounds;
be responsible for the supervision of all property contracts in conjunction with the Vice President.

Civics Director

The Civics Director will:
be the liaison with Edmonton Federation of Community Leagues, South West Area Council, City Council, etc.
chair Ad Hoc Committees relating to specific development issues.

Publicity Director

The Publicity Director will:
be responsible for developing and executing a marketing plan that will encompass the promotion and publicity needs of the League.

ACGM
Annual General Meeting

BQCL MEMBERSHIP

Membership Rates

Family \$35/year

Single \$25/year

Senior Free

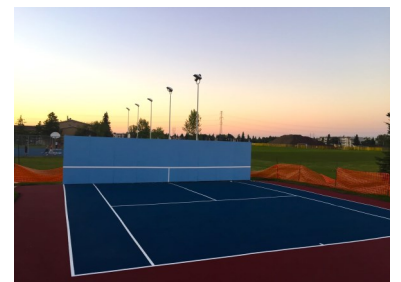
Associate \$35

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

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

AGM
Thursday, October 17
7:00pm

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!](#)



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BUBBLE SPORTS

SPORTS + GAMES BUBBLE BOWLING WATER BUBBLES



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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 before our AGM.

Should any be of interest to you, please call 780-438-3366 or email bqcladmin@bqcl.org.

Thanks!

REP PHYSIO

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choice for
Exceptional
Client Care!

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- Therapeutic Massage
- Acupuncture
- Women's Pelvic Health
- Personal Training
- Shockwave
- MVA/WCB

Visit us at our **NEW** location:

23 Fairway Dr NW

westbrook@repphysio.ca

780.244.1095

or at our Summerside location:

104, 1103 - 95 St SW

info@repphysio.ca

780.395.9170

www.repphysio.ca

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.**

BASKETBALL

BQCL was happy to continue our improvements to our basketball courts this summer. Last year we resurfaced our courts and this year we installed state of the art rims and hoops for our community!!!



Trustee Talk: 102,567 reasons to invest in Public Education

Edmonton Public School Trustee Michael Janz,

Michael.janz@epsb.ca / 7802889866

We have over 102,567 students attending Edmonton public schools. Yet again, Our growth this year is predicted to exceed three percent – that's more than 3000 students, which is the equivalent of two average-sized high schools of additional students.

Across the province, more than 15,000 new students started in the fall of 2019 – enough to fill Rogers Place hockey arena – and one in five of those kids will be an Edmonton Public student. That's why it's vital for our district to continue to see funding that keeps pace with our growth. For the last few years, we've seen the per-student grant match our increase in student population, and we've been grateful for that commitment to funding every child who walks through our doors.

However, those grants haven't increased for inflation, and we haven't seen increases to match enrolment growth in other areas, such as student transportation. Funding for growth needs to be reflected in all areas, whether that's in classroom funding, inclusive learning supports, student transportation, or infrastructure. We badly need high school space – an issue that will become critical by 2022, when we will run out of public high school space in Edmonton without another school announcement this year.

We also know that even a freeze in funding for growth will effectively be a cut. A report produced by our financial team in September 2018 showed that a freeze in growth would have an impact equivalent to 188 full-time equivalent positions. That means more students per teacher, fewer EAs to support in classrooms, and a potential reduction in specialized staff to assist students with special needs. The numbers only get worse if even a slight cut of three percent were to be introduced – even a modest cut could mean more than 800 fewer staff supporting students in Edmonton Public alone.

While some people have claimed that education funding needs to wait until the economy recovers, our children don't stop growing when the economy slows down.

I disagree. Children can't wait for a good education. Students with special needs can't wait for oil prices to rise to have the supports they need to be successful in school.

We can't put the futures of a generation of Alberta kids at risk. We've seen in other provinces the drastic effects of cuts to education and to supports for children with disabilities-- even larger class sizes, less attention and support for special needs students, fewer courses and specialty programs or course offerings, failing infrastructure, and potentially even school closures. We really need government to commit to funding for growth in all areas of the education budget – including in transportation and infrastructure.

That arena full of students is coming whether or not the funding is there for their education; our government must commit ensuring every Alberta child has access to quality public education, for now and for their futures. Our children deserve nothing less.

Cloverdale Paint

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest [Cloverdale Paint store](#).



Eco Station Hours Extended this Fall

The City's four Eco Stations will be open 9-6:30 p.m., seven days a week, from September 29 to

November 9. These extended hours will help make it more convenient for Edmontonians to drop

off yard waste, household hazardous waste, batteries and more, for free.

This is a great opportunity to divert more waste from the landfill! Many items, like batteries and

other household hazardous waste, are recycled or disposed of properly, to minimize risk to

people and the environment. Yard waste is composted at the City's outdoor compost cure site.

Please take the following steps when dropping off yard waste, to ensure it can be composted:

- Place yard waste in paper yard waste bags, or empty your plastic bags into the bins at the Eco Station.

- Branches should be no more than 4 feet long, tied in bundles no more than 6 inches in

diameter. Use a biodegradable material to tie branches, such as twine.

For locations, applicable fees and more information, visit edmonton.ca/ecostations .

