



SAINT - GABRIEL  
- DE -  
VALCARTIER

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MAY 2014

**Inside this issue:**

Community Information	2-4 14,15
Municipal taxes	16
Urbanism and PublicWorks	5-8
Fire Safety Services and SQ	2
Sports, Recreation and Culture	9-13 16

# THE INDISPENSABLE NEWS BULLETIN



## A WORD FROM THE MAYOR

**SUBJECTS OF INTEREST**

- NEW BASKETBALL CAMP P.11
- SHAVED HEADS CHALLENGE P.2
- SUMMER PLAYGROUND P.10
- EMPLOYMENT OFFERS P. 15,16
- GARAGE SALE P. 3,6
- SOFTBALL LEAGUES REGISTRATION P. 9
- SLOWPITCH TOURNAMENT P.9
- GOLF TOURNAMENT P. 3,15
- RAD RUN AT VILLAGE VACANCES VALCARTIER P. 14
- FAMILY FISHING DAY AT MSS P. 15

**MUNICIPAL OFFICE**

**Statutory Holidays:**

- Monday, May 19
- Tuesday, June 24
- Tuesday, July 1<sup>st</sup>

It has been said that no one tells Mother Nature what to do and this spring has been the perfect example of this. As we prepare this edition of the Indispensable, we are in the midst of the flooding on the Jacques-Cartier River. We would like to extend our thanks to the residents, the volunteers and employees for their cooperation and hard-work. Our emergency measures have been put to the test and we are very pleased with how the crisis was handled. Such events are very unfortunate but we are very blessed with a community such as ours who comes together in times of need.

Regarding projects for the

coming year, there are many plans in the works. Our major road works project this summer will be on Redmond Road on a distance of 1.2 km taking us to the *des Plateaux* intersection. Engineers are working on preparing the project and works will begin in the coming months. If you recall we will be extending the fire hall garage to make room for a new fire truck. We had to change our septic installations to accommodate this project and are awaiting the certificate of authorization from the Environment to start. The new fire truck should be delivered in June.

The municipal council held a planning committee to do a feasibility study for future municipal infrastructures. This brain-storming session was an interesting one with many ideas

being discussed which led to some concrete actions. Engineers have been asked to determine if it is possible to use the space under the present Community Center hall. Urban planning experts have also been tasked with providing a report detailing the best use of the land composing our municipal facilities. We are looking forward to the results of these studies.

The week of April 6-12 was officially acclaimed as volunteer week. We can never thank our volunteers enough for all they do. Our Municipality would not be the same without your stellar work. Thank you once again!

*Brent Montgomery*  
Mayor

# THE MRC JACQUES-CARTIER UP TO THE LEUCAN SHAVED HEADS CHALLENGE!



On Saturday, June 7<sup>th</sup> at the Sainte-Catherine-de-la-Jacques-Cartier Fire hall, will be held the ever popular

*Leucan Shaved Heads Challenge*<sup>md</sup> presented by Jean-Coutu, a rallying fundraising campaign unique in this region!

Over 50 heroes: firefighters, SQ police officers and MRC employees had their heads shaved in support of children with cancer who have lost their hair following chemotherapy treatments and an amount of \$42,500 was raised.

The call for the entire population of the MRC is launched to attain new

heights this year!

Note that this 2<sup>nd</sup> edition of the MRC Challenge will takes place on Saturday, June 7<sup>th</sup>.

DATE: Saturday, June 7<sup>th</sup>

TIME: 10 a.m.

WHERE: Sainte-Catherine-de-la-Jacques-Cartier Fire hall

Come meet:

⇒ The Mayors co-Chairs of honor of this 2nd challenge: **Pierre Dolbec**, Mayor of de Sainte-Catherine-de-la-Jacques-Cartier and president and CEO of Dolbec International Inc., **Jean**

**Laliberté**, mayor of Fossambault sur le Lac and **Michel Croteau**, mayor of Lac Saint-Joseph

⇒ The organizing committee made up of the members of several Fire Prevention Services, the SQ office and the MRC de La Jacques-Cartier.

PARTICIPEZ AU



BE THERE!

Source and information:

Stephen McCarthy

Director of Fire Prevention Service, Saint-Gabriel-de-Valcartier

<sup>md</sup>Leucan Inc. Registered trademark

Presented by **Jean Coutu**



# ST. JOSEPH'S COUNCIL CATHOLIC WOMEN'S LEAGUE OF SHANNON—Community breakfast fundraiser



The CWL of Shannon will be holding its traditional community breakfast on Sunday, June 1st, from 9 a.m. to noon at the Shannon Hall, 75, Gosford Road.

The price is: \$7 for adults, \$5 for children 6 to 12, free for children five and under  
Bring your family and friends! We'd love to have you join us!

For information: Germaine Pelletier: (418) 524-0805 CWL, Advertising Committee

# MESSAGE FROM THE SQ for road safety

## SAFE SHARING OF THE ROAD

In the coming weeks, people travelling by bike, foot, skateboard or any other means will be more and more present on the roads given the milder spring weather.

Car and motorcycle drivers must therefore respect road signs and remain particularly vigilant when approaching intersections, in residential sectors and on roads often used by bicycles.

Respect of road and traffic signs for all road users is essential to reduce collision risks which might cause

death or injury. Whether they be a motorist, biker, cyclist or pedestrian, citizens must avoid all distractions and pay attention to traffic signs when driving on public roads.

### For motorists:

- Respect speed limits;
- Stop you vehicle before the stop line;
- Yield passage to pedestrians;
- Check your blind spot before performing a maneuver;
- Turn on headlights to be well visible at all times.



### For pedestrians:

- Always walk on the sidewalk;
- If there is no sidewalk, walk on the roadside or beside the pavement facing oncoming traffic;
- Use areas provided for crossing the road;
- Establish visual contact with drivers before crossing.

Remember that pedestrians are among the most vulnerable road users. In 2013, there were 24 pedestrians who lost their lives in a road collision, that is 10 more than in 2012.

Source: Sûreté du Québec

## COMMUNITY YARD SALE - May 25<sup>th</sup> from 9:30 a.m. to 1:30 p.m.

The ever popular Community Yard Sale is back and the Sports and Recreation Department would like to offer you the opportunity to rent a table or tables at this event which will be held on **Sunday, May 25<sup>th</sup> from 9:30 a.m. to 1:30 p.m.** There will be 19 tables available under the multifunctional shelter, as well as a few others outside depending on the weather.

If you're a part of those looking for treasures, why not make the most of this opportunity and come visit our exhibitors!

To **rent a table**, you must fill out the registration form at the municipal office. The rental fee is \$10 per table and a maximum of 2 tables per family is allowed. Spaces are reserved for residents only. You must be 18 years or older to rent a table. Reserve early! The activity will be held regardless of the weather that day.



## THE CENTRE DE SANTÉ DE LA HAUTE-SAINT-CHARLES/JACQUES CARTIER FOUNDATION - GOLF TOURNAMENT- JUNE 11<sup>TH</sup>

### AN INDISPENSABLE PERFORMANCE TOOL FOR REGIONAL HEALTH SERVICES

Just like all large health service centers who serve the populations of Quebec's many regions, the Haute-Saint-Charles/Jacques-Cartier service center counts on the indispensable financial support of its Foundation, one of its best allies.

The mission of the health service center, which is comprised of Chauveau hospital, the Loretteville day centers and residences, as well as the CLSC de la Jacques-Cartier, is supported by that of the affiliated Foundation which helps to offer its clientele and personnel a complete range of health services.

The Foundation is responsible for collecting donations of all kinds: individual, family, philanthropic, memorial or donations. Since 1989, thanks to the generosity of the population, the contributions to the Foundation have exceeded one million dollars. The funds collected by the Foundation serve to purchase cutting-edge equipment and to support various projects that improve the living environment of the clientele and the workplace of the

devoted personnel. Examples of this generosity can be found throughout the many establishments governed by the Centre de Santé de la Haute-Saint-Charles, such as:

- Animal therapy, music therapy, concerts, Christmas activities, home care.

- Setting up of private spaces for social and private meetings, such as palliative care room for families, a community kitchen in the CLSC, meeting rooms, meditation and relaxation rooms, a patio with a gazebo.

- Purchase of various cutting-edge equipment for the comfort of the clients (electric beds, geriatric chairs) or that facilitate medical exams for a better diagnosis (a surface ultrasound, pharyngoscopes, an x-ray machine, an electrotherapy machine, a technical system for hearing impairment, specialized laboratory equipment).

To supplement this source of financing, the Foundation holds fundraising activities. The major event continues to be the annual golf tournament. **This year it will be held at the renowned Golf Lorette on June 11<sup>th</sup>.**



It will be a fun-filled day of relaxation very much appreciated by the population followed by a dinner/cocktail. Gather your teammates and register early! There are many prizes to be won and the winners will be well rewarded!

To register for the 2014 Golf Tournament, please contact the Foundation office, 11999 rue de l'Hôpital, Québec, G2A 2T7 or by phone at 418 842-3651, extension 7193. Ms. Hélène Douville will be happy to take your calls.

For general information or to make a donation, please visit the Foundation's website:

[www.fondationhautestcharles.com](http://www.fondationhautestcharles.com)

## MAY 25<sup>th</sup> HHW RECYCLING DEPOT

The Municipality will offer a hazardous household waste (HHW) recycling depot, free of charge, on **Sunday, May 25<sup>th</sup> from 9 a.m. to 3 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).

*You must bring your dangerous materials to the depot location.*

Here is a list of materials that can be recuperated :

### PAINTS

#### Paints:

- sold by retail businesses (100 ml containers and larger)
- sold by wholesale businesses (170 L containers and larger intended for architectural use)
- primers and paints (latex, alkyd, enamel and other)
- metal or anti-rust paint
- aluminum paint
- dyes
- varnishes
- lacquers
- products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)
- signalisation paints (those available in retail businesses)

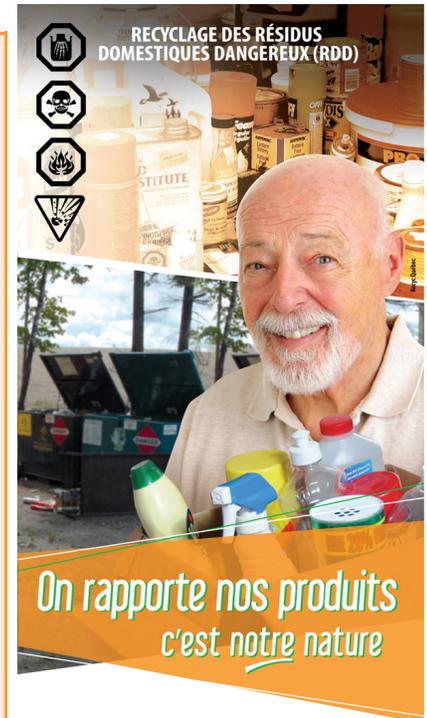
#### Aerosol paints

### ORGANIC HAZARDOUS HOUSEHOLD WASTE

Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.

### INORGANIC HAZARDOUS HOUSEHOLD WASTE

Acids, bases, oxidizing agents, batteries, pesticides and insecticides  
Fluorescent compact light bulbs (CFL)



If you are not sure if a product that you would like to dispose of is on the list, bring it in to the depot and the trained employees will help you.

**Each container must be intended for residential use only.**

**All products must be in their original containers.**

**For safety reasons, do not mix products.**

During this collection, you may also bring in your used oil, used oil filters and oil containers (**non commercial use only**).

This service is also offered free of charge throughout the year by the Municipality by appointment only.

Thank you for your active participation in a healthy environment!

## MAY IS NATIONAL FOREST MONTH

In collaboration with the *Association forestière des deux rives (AF2R)*, the Municipality will give you a sapling when you bring in your hazardous household waste on Sunday, May 25<sup>th</sup>.

On Sunday, May 25th, 2014 will be held the 5th edition of the Family festival A Tree for Me at the at the Chutes-de-la-Chaudière park in Charny (Lévis). This activity is organized by the *Association forestière des deux rives (AF2R)*, in collaboration with the *Direction régionale de la Capitale-Nationale et de la Chaudière-Appalaches of the Ministry of Natural Resources (MRN)* and the City of Lévis.

This event falls within the framework of May, National Forest Month.

This event is part of May, National Forest Month.

From 10 a.m. to p.m., nature lovers and their families are entitled to all kinds of exciting and rewarding activities and more, including the exhibitors under the big top. Clowns, balloon sculptors and face painting artists will also be present to entertain the little ones!

This family festival is the opportunity to hand out free tree saplings to parents enrolled in the programme Ministry of Natural Resources A Tree for Me



program and to the general public. Over 2000 trees were distributed in 2013.

**\*WHEN:** Sunday, May 25th, 2014  
from 10 a.m. to 4 p.m.

**\*WHERE:** At the Chutes-de-la-Chaudière park in Charny (Lévis): 3300 avenue Joseph-Hudon (autoroute 73, exit 130)



## BIOLOGICAL CONTROL OF MOSQUITOES AND BLACK FLIES

The Municipality has awarded the contract for the biological control of mosquitoes and black flies for summer 2014 to the firm GDG Environnement ltée [www.gdg.ca](http://www.gdg.ca). Treatments begin in early spring and will be carried out on several occasions until the end of August by GDG professionals.

GDG team members will tour the Municipality and its surrounding areas on several occasions during the summer season in order to proceed with the treatments.

In this context, we call for the collaboration of all citizens in order to permit access to all mosquito-breeding sites.

These treatments are expected to yield results to reduce the number of pests and insects by 80% or more until September 1<sup>st</sup>.

GDG's team of professionals will be residing in the Municipality for the duration of the contract, that is, from mid-April until the end of August. The coordinator is Mr. Eric Cliche.

### SOME PRACTICAL ADVICE:

To eliminate the artificial breeding areas where biting insects proliferate, the following measures should be taken:

- Start the swimming pool as early as possible - it could produce mosquitoes by the third week of May;
- Keep drain pipes in good repair and

cleaned of accumulated debris that prevents the evacuation of rainwater;

- Dispose of old tires and store others in a dry place;
- Overturn small boats or remove the drain on those left upright;
- Remove water accumulated in tarpaulins;
- Wheelbarrows, rain barrels, birdbaths, buckets and containers of all sorts constitute excellent breeding sites for mosquitoes.

Remember that swarms of mosquitoes can be produced every seven to eight days in water that has been left to accumulate.

**The Municipality is looking for volunteers to conduct "nuisance tests" for the biological control of mosquitoes and black flies**

The effectiveness of the control program is measured by "nuisance tests" which are performed by the staff of GDG Environnement in the presence of an independent witness. Tests will be done three times a week on the territory. We are in need of witnesses. If you are interested in participating, please let us know by calling **418 844-1218**.  
Duration of the testing process is approximately 15 to 30 minutes.

## A SAFE POOL, A PERFECT SWIM

The Quebec Government as well as many municipalities have adopted by-laws to insure the safety of private residential swimming pools. Their application aims to reduce the risk of drowning, particularly of children under the age of 5, by controlling and protecting access to residential pools.

### The by-law concerns:

- In-ground pools
- Semi in-ground pools
- Above-ground pools
- Temporary pools (soft sided, inflatable or not)
- Spas with a capacity higher than 2000 litres
- All other residential exterior artificial basins, temporary or permanent intended for bathing purposes deeper than 60 cm.



A municipal permit must be obtained for all new installations or modifications to existing installations. In case of doubt, or to begin the process of obtaining your permit contact the Municipality .

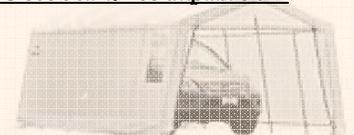
If necessary, the Municipality is available for voluntary inspections. An inspection is required with the issuing of a permit upon completion of the work.

For more information: <http://www.perfectswim.com>

## REMINDER -WINTER SHELTERS

Winter shelters are considered temporary in light of their construction (mobile wood panels or canvas) and must be dismantled after their period of use in accordance with the established by-law. Winter garages and snow fences are authorized in all zones, from **October 1<sup>st</sup> to April 30<sup>th</sup>**.

**Please respect your neighborhood and comply to this regulation under penalty of law. (\$200 minimum per day for a continuing offense).**



## IMPORTANCE OF THE MUNICIPAL PERMIT

The Municipality's Urbanism Department would like to remind citizens of the importance of applying for a permit with the inspector before beginning any construction work. Whether for a new construction, to undergo renovations or carry out repairs to an existing building, this requirement remains the same. Actually, by neglecting to request this information from the Municipality, works undertaken could turn out to be non-compliant and sooner or later, could translate into problems which could be difficult to manage. During the sale or succession of an immovable where non compliant works have been carried out, past negligence could come back to haunt the proprietor. You must know that, generally, if no permit has been issued for works, the Municipality can do absolutely nothing to correct these often inconvenient situations.

To summarize, when you have a project in mind and want to avoid problems, even before going to meet the notary, architect, surveyor or financial institution, schedule an appointment with the Urbanism Department of the Municipality in order to gather all the required information



**THE URBANISM DEPARTMENT  
WOULD LIKE TO REMIND YOU  
TO MAKE AN APPOINTMENT FIRST  
BEFORE STOPPING BY...**

When you make an appointment ahead of time, you're assured of having the time and attention you need with the person you wish to meet.

Please call François-Michel Hardy,  
Municipal Inspector  
at 418 844-1218.

## SPECIAL LEAF PICK UP



Bags of leaves are not accepted during the weekly pickup of household garbage.

The Municipality will hold a special collection the week of May 12<sup>th</sup>, 2014. Bags of leaves should be placed by the side of the road in front of your residence.

## CIVIC NUMBERS

**Your civic number must be clearly visible!**

In order to facilitate the work of Fire Safety Services, emergency crews and the police on our territory as well as any emergency teams liable to be called to your residence in an emergency situation, it is important that you post your civic number clearly and in full view on your home as well as on your mailbox (if applicable), according to municipal Bylaws. Ref. Installation and visibility of civic numbers, Bylaw no. 150, article 3.8.

The Urbanism Department will be performing inspections this spring and correction notices will be given for violations.



## GARAGE OR YARD SALE REGULATIONS

**Here is some information regarding garage sales :**

A garage sale is a temporary activity. It is the sale of personal items and non-commercial furniture surplus, used or acquired for domestic use by the occupants of the property whereby these items are displayed or put up for sale and the number or the quantity of these items do not exceed the normal needs of the occupants.

A garage sale is permitted in all zones but it must be complementary or accessory to the residential use of the same property. Garage sales are not permitted on vacant lots.

A garage sale is temporary. It is allowed only twice per year for a maximum of 2

consecutive days for each sale.

The following conditions must be met in order to hold a garage sale on a lot where a residential building is located:

- a) the objects for sale must belong to the occupants of the dwelling where the garage sale is being held.;
- b) the permitted time period to hold a garage sale is from May 15<sup>th</sup> to October 15<sup>th</sup> of each year;
- c) the sale tables may not impede traffic on the property, sidewalk or road;
- d) the sale tables may be located in the front yard and on the public right of way however respecting a minimal

distance of 2 meters (6.6 feet) from the pavement.;

- e) the sale tables may be located in the side and back yards at a minimal distance of 2 meters (6.6 feet) from the back and side lines of the property;
- f) the sale tables and other installations (shelves, tables, racks, etc) necessary for the garage sale must be in good repair and maintained as such, and must be removed at the end of the maximum permitted time period.
- g) all signs or posters outside of the property are prohibited.

## YOUR RESPONSIBILITIES AS A DOG OWNER

Dogs are “Man’s best friend”. They are intelligent animals and enjoyed by many. Unfortunately, at times they may be a nuisance to others. The Municipality would like to remind you that as an owner of one or more dogs, you are fully responsible for respecting the municipal by-law concerning the right to keep an animal on your property. By-law number 158 is available for consultation upon request. Here are some excerpts of this regulation:

- As proprietor or keeper of an animal, you must not let your pet roam freely in a public area (park, street) or onto private property, other than your own, without the consent of the property owner or occupant. **NOTE: As the Municipality is proprietor of all public streets/parks/public areas, it is forbidden to let your animal roam freely in these areas.**
- All dogs must be registered with the Municipality. The license or dog tag is valid from January 1<sup>st</sup> to December 31<sup>st</sup> and must be renewed annually.
- A maximum of three (3) dogs is permitted per dwelling unit.
- A dog which is kept outside of a building must be retained by a device (such as a leash, enclosed fence, etc.) preventing the animal from leaving the owner’s property.
- A dog owner must keep their animal on a leash at all times if circulating in a public area (including a street). This leash must be no longer than two (2) meters.
- Nuisance: The following constitutes a nuisance if you are the keeper or owner of
  1. A dog that has already bitten an animal or a human being.
  2. A dog of the following breeds: bull-terrier, staffordshire bull-terrier, american bull-terrier, american staffordshire terrier, or a crossbreed from one of the previously mentioned breeds commonly called « pit-bull ».
  3. An animal not indigenous to the Quebec territory.
- In the case of violation to the by-law, the minimum fine is \$100 plus costs, up to a maximum of \$1,000 plus costs.
- For the territory of the Municipality, the application of by-laws and fines are entrusted to the municipal inspector and the Sureté du Québec police force, with the support of the “Société protectrice des animaux” (Society for the Protection of Animals).



We wish to remind you that in the case of a nuisance, it is highly recommended initially to attempt to discuss the problem with the dog owner. Often, friendly dialogue and respect between neighbours are the most effective ways to solve a problem or inconvenience. **Thank you for your cooperation!**

### CANINE EDUCATION COURSES

#### Canine Education Courses (puppy or adult) in small groups

We propose to teach you: their method of communication, their physiological needs, the qualities of a comfortable on-leash walk, teaching your dog how to manage its emotions, having it expend its energy, which games to avoid, what behaviour to encourage and to manage when in the presence of other dogs or young children.

We would like for your dog to be welcome where ever you go so that you may have many harmonious years together. We will call on its intelligence and we will take all the time needed for each lesson with compassion.

Also, when you participate in our group courses, we remain available to respond to your questions, even after the course is finished, at no extra cost, by phone or by email.

Depending on the weather, the courses will take place: at the Saint-Gabriel-de-Valcartier skating rink or at the Auberge des 4 Pattes in Wendake.

Would you like to join us? Don’t hesitate to leave us your contact information at 418-570-6984 or [animachien@animachien.ca](mailto:animachien@animachien.ca).

Looking forward to helping you and your dog!



## BULK PICK UP

The weekly collection of non-household waste (bulk waste) is held on a weekly basis every Tuesday. This service functions on a call-in basis only, please do not deposit non-household waste in front of large refuse containers or community mailboxes. You must call the Municipality at 418 844-1218 to schedule this service and give us an itemized list of materials to be collected. It is important that the materials to be collected by the Municipality be set out in an organized manner (ex: carpets must be rolled and tied, metal must be sorted, wire must be rolled and tied, etc.)

### Objects that qualify for bulk pick up:

- \*Used tires (non-commercial use only) and rims. However, the tires must be separated from the rims.
- \*Vegetable oils used for cooking in their original containers or in a clear well identified plastic container.

### Objects that DO NOT qualify for bulk pick up:

- \*Vehicle carcasses or frames
- \*Tree and brush debris
- \*Household garbage
- \*Leaves and
- \*Recyclable materials.

For renovation materials, you may not dispose of these in your black garbage bin as the waste management company will not pick up your garbage. We can collect a limited amount of these materials in the non-household waste weekly pick up. You must first make a request to Dany Laberge, Person responsible for Public Works. Thank you for your collaboration.

## WATER MAIN ENTRY VALVE

Each residence serviced by the aqueduct network is equipped with a water main entry valve which connects to the water supply. The water main entry valve to the aqueduct network which sticks out of the ground at the front of your property, commonly called "bottle" is buried underground, generally in front of the residence, usually at the limit of the property between the municipal and the owner's properties. It is therefore very important that this entry valve be visible and accessible at all times. None other than a municipal employee is authorized to handle this water hook up.



## GARBAGE CONTAINERS

### NOTICE TO ALL RESIDENTS OF THE MUNICIPALITY

The containers located at the bottom of Joseph-Moraldo Street are reserved exclusively for the use of those residing in the Sommet Bleu sector. These containers are strictly reserved for garbage and recycling services in this sector. The Municipality offers a weekly non-household waste collection (bulk pick up) on Tuesdays. Therefore, please reserve your pick up as needed for this type of waste



By the same occasion, the Public Works Department would like to remind all citizens that the containers located close to the municipal garage are strictly reserved for the use of the Municipality and not for the general public.

**Thank you for your cooperation in this matter.**

## COLLECTIVE TREATMENT TO ERADICATE AMBROSIA (RAGWEED)

The Municipality will again participate in 2014 in a treatment program to eradicate ragweed.

The common goal is to **permanently eliminate** this highly allergenic plant.

We count on the participation of the entire community in order to reach our goal to permanently eliminate ragweed.

### Here's how you can actively participate:

1. Uproot any ragweed plants on your property.
2. Locate the infested zones in your neighbourhood.
3. Make your neighbours aware of the hazards posed by this plant.

This **annual collective program** aims to **reduce pollen** levels and this, in the best interest of the local population.

The socioeconomic impact related to respiratory allergies amounts to 250 million dollars annually.



**YOUR REFERENCE IN COMMUNITY MATTERS - COME SEE WHAT'S NEW ON THE MUNICIPAL WEBSITE**  
**WWW.SAINT-GABRIEL-DE-VALCARTIER.CA**

## SOFTBALL LEAGUES

### WOMEN

This non-competitive league for **HAVING FUN** is for women and girls aged 12 and over.

**WHEN:**

The season begins on June 9th and games are held on Monday nights at 7 p.m.

**COST:** \$60 for residents  
\$85 for non-residents

**REGISTRATION DEADLINE:**  
Friday, May 30 at 4:30 p.m.

### MEN

Be a part of this competitive recreational league! This league is for men and boys aged 15 and over.

**WHEN:**

The season begins around the end of May and games are on Tuesday and Thursday nights.

**COST:** \$135 for residents  
\$155 for non-residents

**NEW PLAYERS:** All new players must attend a mandatory practice for newcomers on Monday, May 5<sup>th</sup> from 7:00 p.m. to 8:30 p.m. This practice will serve as an evaluation for team captains in order to draft new team members. Any new player absent from this practice will not be able to participate in the league this season.

**REGISTRATION DEADLINE:**

Friday, May 2nd at 4:30 p.m.

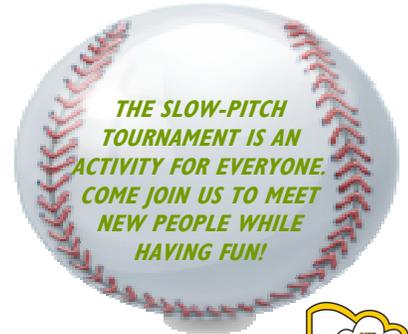
Only those players having registered and paid by this deadline will be able to be drafted.

## SLOW-PITCH TOURNAMENT

Family Day festivities begin on Friday night August 15<sup>th</sup> with the slow-pitch tournament (playing for fun).

**COST:** \$20 (t-shirt included)

**Registration deadline:**  
**AUGUST 1<sup>ST</sup>**  
(Pamala 418 844-1218)



**VERY IMPORTANT TO RESPECT THE REGISTRATION DEADLINE!**

To register, call Pamala Hogan Laberge at 418 844-2097,

Email: [plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca) or come by the municipal office Monday to Friday from 8:30 a.m. to 12 p.m. and 1 to 4:30 p.m.



Follow us on Facebook :

**Ligue de balle molle Saint-Gabriel-de-Valcartier**

**Club de soccer les Ours noirs de St Gabriel de Valcartier**

**GOOD LUCK TO ALL OUR SOCCER AND SOFTBALL TEAMS FOR THE 2014 SEASON! THANK YOU TO THE COACHES AND VOLUNTEERS DEVOTED TO THESE SPORTS TEAMS. IT WOULD BE IMPOSSIBLE TO PARTICIPATE IN THESE SPORTS WITHOUT YOU!**

## WATERPARK

**THE WATERPARK WILL BE OPEN FROM 10 A.M. TO 8 P.M. EVERYDAY**

It is located behind the skate park, right next to the wading pool.

Please note: the waterpark is without supervision, parents are therefore responsible for the safety of their children.



## WADING POOL

**SCHEDULE**

Opening June 15th, weather permitting. Entrance is free. Adult supervision is required.

**MONDAY TO FRIDAY:**  
3:30 to 6:30 p.m.\*

**SATURDAY AND SUNDAY:**  
12 to 6:30 p.m.\*

\*(Opening hours may vary according to the weather)  
**FROM AUGUST 13 TO LABOUR DAY :**  
**SCHEDULE: 12 to 6:30 p.m.**

## THE SPORTS AND RECREATION DEPARTMENT NEEDS YOU!

Would you like to get involved and meet people from your community while participating in interesting activities? The Sports and Recreation Department needs volunteers like you to meet different needs during activities such as Family Day, Club Ados activities, ball games, Soccer Club and for the Municipal library. Sound interesting? Please call **Pamala Hogan-Laberge** at 418 844-2097.

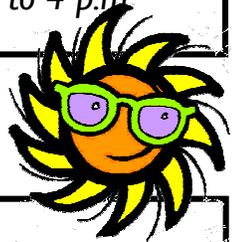
# 2014 SUMMER PLAYGROUND AND PLAYGROUP JULY 2 to AUGUST 8



- ◆ WEEK 1: LET'S GET GOING!
- ◆ WEEK 2: IMAGINARIUM
- ◆ WEEK 3: SPARTAN TRAINING
- ◆ WEEK 4: H2WOW
- ◆ WEEK 5: HOLIDAY WEEK
- ◆ WEEK 6: ALOHA TO SUMMER :-)
- ◆ 1 OUTING PER WEEK

**Playground**  
CHILDREN AGED 5\* TO 12  
 Monday to Friday from 9 a.m. to 4 p.m.  
 \*Also applies to 4 year olds starting kindergarten in September

**Playgroup**  
CHILDREN 3 TO 4 YEARS OLD  
 Tuesday to Thursday from 9 a.m. to 4 p.m.



**DAYCARE**  
 available Monday to Friday  
 starting at 7a.m. ending at 6 p.m.

**REGISTRATION FORM**

- ◆ On our website [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)
- ◆ By mail, call 418 844-1218 to make a request
- ◆ Distributed through schools, beginning of MAY



**REGISTRATION PERIOD**  
 May 5<sup>th</sup> to 30<sup>th</sup>\*  
 \*\$25 late fees applied after this date

Follow us on Facebook :  
 (Terrain de jeux—Playground) to share your ideas and comments.



PLAYGROUND		
COST	RESIDENTS <i>(Bus service included in price)</i>	NON-RESIDENTS
Weekly	\$70	\$100
Summer (6 weeks)	\$300	\$600
PLAYGROUP		
COST	RESIDENTS	NON-RESIDENTS
Weekly (3 days)	\$25	\$60
Summer (6 weeks)	\$150	\$360
DAYCARE SERVICE <i>(residents and non-residents)</i>		
Weekly	\$25 / child	\$35 / family
Daily	\$15	

There is a possibility of supervised daycare the week of August 11<sup>th</sup>, please reserve this service at registration.  
 FAMILY DISCOUNT available (applicable to Playground and Playgroup costs only) for families with 2 or more children. The family discount does not apply to non-residents.

**ST. LAWRENCE LIONS** English Basketball Camps  
**Summer 2014**

**NEW FOR 2014!**  
**Mega Camp - Week of Aug 11-15**  
for residents of Saint-Gabriel-de-Valcartier area  
**MEGA CAMPS (\$225) For boys and girls 6-12 years old**  
Camp will be held in the Municipality of Saint-Gabriel-de-Valcartier  
1743 boulevard Valcartier

Registration Forms  
<http://www.slc.qc.ca/athletics/bb-camp>  
Information: 418-656-6921 ext. 235  
790 Nérée-Tremblay, Québec, G1V 4K2

Receive a pair of  
**NIKE BASKETBALL SHOES**  
for Mega Camp registrations  
received before May 1<sup>st</sup>  
Value of 100\$

sports experts ATMOSPHERE Hockey Experts  
Laurier Québec • 418 659-4547

## SKATEPARK

### OPENING HOURS

Weekdays: 6 to 9:30 p.m.

Weekends: 12 to 10 p.m.

For the safety of all skaters:

- ✦ Use the park at your own risk. Please note that the parking lot is not a safe place to skate and due to safety reasons, it is forbidden.
- ✦ Children under 10 must be accompanied by an adult.
- ✦ One skateboard at a time on the ramp.
- ✦ Wearing protective equipment is obligatory (helmet, elbow, knee and wrist pads, gloves, and skid-proof shoes). This equipment IS NOT provided by the Municipality.
- ✦ It is forbidden to practice dangerous manoeuvres.
- ✦ Bicycles and scooters are not permitted in the skate park. Skateboards, BMX bicycles, unicycles and rollerblades are permitted.
- ✦ It is strictly forbidden to use the skate park while under the influence of alcohol or drugs.
- ✦ Glass containers are forbidden.
- ✦ Any disrespect towards the grounds attendant will lead to immediate expulsion.
- ✦ **DANGER!** The surface is extremely slippery when wet or covered with leaves and the skate park is closed at those times.
- ✦ **FIRST AID:** Advise the grounds attendant or phone 9-1-1.
- ✦ **Accident prevention is everyone's business!**



## FRIDAY NIGHT RECREATIONAL SOCCER GAMES

Teens and adults, why stay home twiddling your thumbs and doing nothing on Friday nights?

Get yourself a pair of soccer shoes and shin guards and come join us for an energetic and fun soccer game. No experience needed, just a smile and a willingness to have fun and meet new people!

Feel free to come and join us!

Cost: free

Where: Black Bears soccer field (Community Center)

When: 6:30 to 8 p.m. on Friday nights (starting June 20<sup>th</sup>)



*If you should notice that some equipment is damaged please advise the grounds attendant immediately.*



# MUNICIPAL LIBRARY

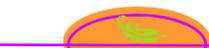
## SPRING SCHEDULE

	Open	Closed
Monday	2 p.m.	4:30 p.m.
Tuesday	10 a.m. 6:30 p.m.	12 p.m. 8:30 p.m.
Thursday	6:30 p.m.	8:30 p.m.
Saturday	2 p.m.	4 p.m.

## SUMMER SCHEDULE FROM JULY 2 TO AUGUST 31

	Open	Closed
Monday	6:30 p.m.	8:30 p.m.
Thursday	6:30 p.m.	8:30 p.m.

Next book rotation is at the end of August 2014  
[www.reseaubiblioduquebec.qc.ca/saint-gabriel](http://www.reseaubiblioduquebec.qc.ca/saint-gabriel)



### MUST READS

#### Adult Category

*The Invention of Wings*

-Sue Monk-Kidd

#### Youth category

*Son*

-Lois Lowry

#### Children's category

*The Dark*

-Lemony Snicket

## BETTY'S QUILTERS EXHIBITION AND SALE!

Featuring quilts and other quilted crafts made by Betty's Quilters members. Raffles and vendors on-site. Refreshments and snacks will also be available.

**WHEN :** Sunday, May 4th  
from 10 a.m. to 3 p.m.

**WHERE :** Valcartier Community Centre

*Entrance is free!*



## STORYTIME

### WHO DOESN'T LIKE A GOOD STORY?

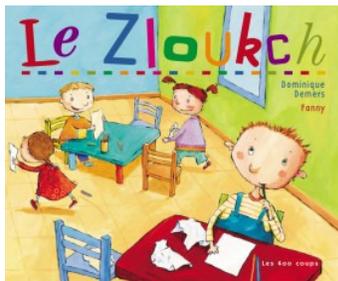
Let us tell you a story (in French) and participate in a fun craft activity.

WHERE: Municipal Library

DURATION: Approximately 1 hour

WHEN: Saturday June 14<sup>th</sup> at 2 p.m.

STORY: Le Zloukch



## TD SUMMER READING CLUB

What's your spark? Where's your inspiration? Find it this summer at the TD Summer Reading Club, and then join other "makers and shakers" to invent, create, hack, tinker and innovate. With books and stories and ideas as your inspiration, you can try and fail and fly and fall and fly again. This summer, it's all about connectivity and creativity at the TD Summer Reading Club, so bring yourself, your family, your friends and spark something great! Check the Library in early June for the date of the Summer Reading Club Launch Party. We hope to see you there!



### Club de lecture d'été TD

Un programme des bibliothèques publiques canadiennes • [www.clubdelecturetd.ca](http://www.clubdelecturetd.ca)

Développé par



En partenariat avec



Commanditaire en titre



## CPR COURSE (Pulmonary resuscitation)

We will be offering a 6 hour, C level CPR course (manoeuvres for all types of victims: babies, children and adults). Please call ahead to reserve your space 418 844-2097.  
**WHEN :** May 17<sup>th</sup>  
**COST :** \$50 per participant.



## BABYSITTING COURSE AND TRAINING

Kids 11 years and older who would like to follow this training course should contact Pamala Hogan Laberge 418 844-2097. A course will be offered on June 8<sup>th</sup>, 2014. The cost to attend is \$55. A minimum of 8 people needed for the course to be held.



## CLUB ADOS

If you're between the ages of 11 to 18 and want to have some fun, join us! Come chill with us! There's always something going on at the Club Ados. Suggestions for new ideas and activities are always welcome.

Check out our Facebook site and follow us for more information: Clubados Valcartier



Internet



## JOB OFFER— PHYSIK CENTRE

### Fitness and Sports Monitor

Under the supervision of the Fitness Coordinator, the monitor instructs, supervises and encourages the members of the Physik Sports Center. He/she instructs and advises members in accordance with the center's fitness standards. He/she will also inspect the equipment, initiate corrective action, perform administrative and cleaning tasks as well as all other tasks requested by the Coordinator and proceed with the opening and the closing of the sports center.

#### Qualifications:

- Valid CPR and first aid courses or willing to follow the course;
  - Knowledge of physical training in a gym;
- Application of policies, procedures and regulations.

#### The candidate must:

- Be in good physical condition;
  - Be available to work **evening shifts**;
- Enjoy working as a team.

#### Gym schedule:

Monday to Friday from 6:00 a.m. to noon and from 3:00 to 8:30 p.m. (Friday from 3:30 to 6:30 p.m.) and Saturday from 7:00 a.m. to noon. (The schedule can change.)

The candidate must submit his/her resume in person, by mail or by e-mail to Jean-François April: [centrephysik@videotron.ca](mailto:centrephysik@videotron.ca)

## CONDITIONING ROOM (GYM)

#### Summer schedule (June-July-August):

Monday to Friday 6 a.m. to 12 p.m.  
 Monday to Thursday 3 to 7:30 p.m.  
 Friday 3 to 6:30 p.m.

#### Price list:

1 month: \$30/pers. or \$40/family\*\*  
 3 months: \$60/pers. or \$80/family\*\*  
 6 months: \$110/pers. or \$140/family\*\*  
 1 year: \$200/pers. or \$260/family\*\*

\*\*family: adults and children/students 14 to 25

Students (14 to 25), volunteers, 50 years and over:

⇒ 50% rebate (except card and session rates)

1 session: \$5/person

Card for 20 sessions: \$60/pers.

Non-residents: \$20 extra

#### Age requirements:

14 to 16 years old Cardio only

16 and above Cardio + Weights

#### Services offered:

- Personalized programs (cardio, weight loss, endurance, strength, weight training)
- Nutritional follow-up
- BMI (body-mass, index) measurements (% of fat)
- Specialized programs for: preparation for competitive sports, ambulance technicians, firefighters, tests for police technology, military recruitment, etc.

#### Equipment:

- Weight training Atlantis
- Cardiovascular Life Fitness

#### Person Responsible:

Jean-François April  
 B.Sc Physical Education  
 Coach expert FCPAQ  
 Telephone: 418 844-1218  
 Extension 233  
 Email: [centrephysik@videotron.ca](mailto:centrephysik@videotron.ca)





# COLOR ME RAD CONTEST

# VALCARTIER VACATION VILLAGE

Win one of four pairs of tickets to the 2014 Color Me Rad race on May 24th, 2014 at Valcartier Vacation Village!



valcartier.com



colormerad.com

To participate, send us an email at [informations@valcartier.com](mailto:informations@valcartier.com) including the following informations:

- First and last names
- Complete address and phone number
- Short text explaining why you want to win

Deadline: May 1st, 2014

You have until May 1st, 2014 at 11:59 pm to participate. Winners will be selected randomly on May 2nd, 2014 and will be contacted by phone. Limit of one entry per email address. Entrants must be residents of Saint-Gabriel-de-Valcartier. Total approximate value of the prize: \$320 (taxes not included)

## SAINT-GABRIEL-DE-VALCARTIER MOMS

Les Mamans de St Gabriel de Valcartier

A meeting point for:

- \* **Planning activities** to do with baby on weekdays (walking, snowshoeing, swimming, coffee meetings, etc.).
- \* **Share** all kinds of tips and tricks;
- \* **Chat** - virtually... or in person - with other moms in the area;
- \* **Sell** baby items.

Follow us on Facebook:

Les Mamans de St Gabriel de Valcartier

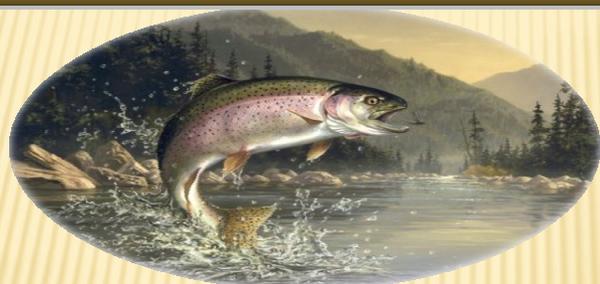


## THE MRC's GALA RECONNAISSANCE

The very first Gala Reconnaissance de La Jacques-Cartier will be held on May 1<sup>st</sup> at the Valcartier Community Centre to honor the first La Jacques-Cartier stars who will be revealed on this occasion. By the same token, the Municipality would like to congratulate the following people for their appointments:

- \* *Enhancement of culture:* **Gabrielle McBain**
- \* *Non-profit organization:* **Vallée Jeunesse**
- \* *Cultural personality of the year:* **Gabrielle McBain**
- \* *Male personality of the year:* **Guy Drouin**
- \* *Municipal Distinction, category where he is the only finalist:* **Brent Montgomery**





- **REGISTRATION:** On-site, at the reception booth;
- **ADMISSION :** Free
- **FEES:** \$5 / trout (less than 15 inches)  
\$10 / trout (more than 15 inches)  
Maximum of five (5) trout/person
- **PERMIT:** We would like to remind you that the law states that each fisherman should have a permit (family or individual);
- **Hot dogs, sodas and coffee** will be sold and outdoor tables and chairs will be available + Magnificent walking trails;
- (Donations are accepted at your discretion – to fill out an on-line form,  
Visit our website for more information)  
➤ <http://www.fondationconradbelanger.ca>
- **Income tax donation receipts** will be issued for donations over \$20
- **Profits from this fundraising activity** will be donated to the Fondation Conrad-Bélanger which provides support to Mont-Saint-Sacrement high school, as well as to the students.



## INFO-STOP PROGRAM FOR SENIORS

The Info-Stop Program is designed for seniors and retired people as well as those with reduced autonomy living at home or in a residence.

Established for the first time in Montérégie in 1993, it was updated and is now used in Sainte-Catherine-de-la-Jacques-Cartier, the first municipality of the MRC and in Quebec put it to work!

### A PROGRAM WITH TWO USES

The program is divided into two tools: The first consists of a vinyl magnetic sign to put on the refrigerator. It serves as a reference offering a list of useful telephone numbers for seniors. The second tool is a capsule that one would put in the fridge that contains important information such as identity, health information and people to contact in case of emergency. In the case of a distress call from the user, by seeing the Info-Stop sign, first responders will know right away that a capsule is inside the fridge and thus be able to act promptly. A simple but practical tool, according to the director of the SQ office for the MRC de la Jacques-Cartier, Lt. Simon Guay.

## 20<sup>TH</sup> COMMUNITY GOLF TOURNAMENT SUNDAY, SEPTEMBER 14<sup>TH</sup>



The Saint-Gabriel-de-Valcartier Sports and Recreation Department is currently organizing its annual fall golf tournament for 2014. **This activity will be held on Sunday, September 14<sup>th</sup> for the price of \$90 per person including brunch.**

The game to be played during the tournament is Continuous Mulligan.

To register or indicate your interest in participating, please contact Pamala Hogan Laberge at 418 844-2097.

A minimum of 10 foursomes is needed for the activity to take place.

### A TEAM EFFORT

To implement such a program, different community organizations were solicited, such as the Golden Age Club. Homes and residences will be visited in order to meet with seniors and to distribute signs and information sheets. 'Info-Stop is free of charge' says Mr. Pierre Dolbec, mayor the Sainte-Catherine-de-la-Jacques-Cartier. Costs related to the creation of the signs, the bottles and information sheets are assumed by the MRC de la Jacques-Cartier, the city and the SQ.

The implementation of the Info-Stop program will continue in other cities and municipalities of the MRC de la Jacques-Cartier in the coming months.

MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER



*TOGETHER, IN  
THE HEART  
OF NATURE*

SAINT - GABRIEL  
- DE -  
VALCARTIER

1743 Boulevard Valcartier  
Saint-Gabriel-de-Valcartier  
(Quebec) G0A 4S0

Telephone : 418 844-1218  
Télécopieur : 418 844-3030  
Email : admin@munsgdv.ca

**SITE INTERNET**

**[www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)**

## SUMMER EMPLOYMENT

The Sports and Recreation Department is looking for candidates to fill the following positions:

### DAYCARE ANIMATOR

#### Responsibilities:

- \* Accommodate and supervise children before and after day camp. Ensure the safety and well-being of children

#### Requirements:

- \* Must be aged 18 or over
- \* Responsible and dynamic
- \* Available for the entire summer, from June 23<sup>rd</sup> to August 15<sup>th</sup>, 2014

### MONITORS

#### PLAYGROUND SUMMER PROGRAM

#### Responsibilities:

- \* Develop and plan a program specifically for groups of children aged 5 to 12
- \* To animate a group of children
- \* Collaborate in organizing special events

#### Requirements:

- \* Students aged 16 and over and returning to school in the fall of 2014
- \* Work experience related to this position
- \* Available from June 23 to August 8
- \* Very high sense of responsibility, teamwork skills

### WADING POOL ATTENDANT

#### Responsibilities:

- \* Monitor and ensure safety of wading pool users
- \* Ensure compliance with security measures
- \* Aged 15 and over

#### Requirements:

- \* Available all summer (possibly from June 15<sup>th</sup> to September 1<sup>st</sup>)
- \* Available weekdays and every other weekend, for approximately 20 hours per week

Are you a dynamic individual who loves working with children and being outdoors? You're responsible and motivated and would like to have a great summer?

**Send your C.V. before May 23** to Pamala Laberge by mail, Email: plaberge@munsgdv.ca or by fax: 418 844-3030

## MUNICIPAL TAXES

We would like to remind you that the second instalment for 2014 municipal taxes is due on July 1<sup>st</sup>. The privilege to pay in three instalments cannot be granted unless each instalment is paid in full by the due date. Interest and penalties will apply to the account's totality for all late payments.

## DATES TO REMEMBER

### MAY (TREE AND FOREST MONTH)

- 1 The MRC's Gala Reconnaissance de La Jacques-Cartier
- 1 Shannon CWL breakfast fundraiser
- 1 Registration deadline for basketball camp shoes (see p. 11)
- 2 Registration deadline for men's softball
- 4 Betty's Quilters Exhibition
- 5 Beginning of registrations for: Playground and Playgroup
- 12 Special leaf pick up week
- 17 CPR course, Family Trout Fishing Day at MSS
- 23 Last day to send in CV for summer jobs
- 24 RAD run at Village Vacances Valcartier
- 25 Community yard sale, HHW collection, distribution of free tree saplings
- 30 Registration deadline for women's softball

### JUNE

- 1<sup>st</sup> End of registration period : Playground and Playgroup

- 1<sup>st</sup> Beginning of Gym summer schedule
- 7 Leucan Shaved Heads Challenge
- 8 Babysitting course
- 12 Fondation Haute Saint-Charles Golf Tournament
- 14 Library Storytime
- 15 Opening of wading pool and waterpark

### JULY

- 1<sup>st</sup> Second instalment due for municipal taxes
- 2 Municipal Library, beginning of summer schedule
- 2 Beginning of Summer Playground and Playgroup

### AUGUST

- 1<sup>st</sup> Registration deadline for slow-pitch tournament
- 8 End of Summer Playground and Playgroup
- 11 Supervised daycare week and basketball camp
- 11 Next publication of the Indispensable News Bulletin
- 15, 16 Slow-pitch tournament and Family Day