



# THE INDIPENSABLE NEWS BULLETIN

SAINT-GABRIEL  
-DE-  
VALCARTIER

Volume 4 | Issue 2

February 2011

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February is heart month!

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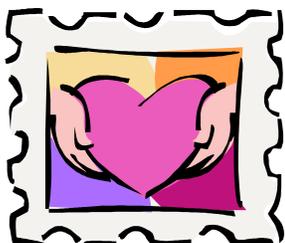


Photo of Clark's Bridge: Marie-Ève Tessier

## A WORD FROM THE MAYOR

I trust that everyone has had a pleasant holiday season and is ready to start a New Year full of good intentions! Our weather, so far at least, seems to be following the same pattern as last year. Winter sports enthusiasts would probably like to see a little more snow but there is plenty of time left for that.

Your municipal council is busy preparing the annual budget for the coming year. As usual, our objective is to provide the best possible services for the most reasonable cost. This requires not only short term planning for the current year but also a long term view for the future. A good example of this is the

chemin du Lac aqueduct project which was completed in 2010. For several years council set aside money so that this major undertaking could be realized without raising the general tax rate. Thank you to Lake Ferry residents for your comprehension regarding minor inconveniences during the works although I think all should be thankful for the resulting improvements.

Our next project is to support the construction of a housing project for seniors. This is a joint venture with the Quebec Housing Society and judging by the number of inquiries should prove to be very popular. An interim committee has been formed

and has been meeting regularly to work on the preliminary building plans. Once this is completed there will be a public information meeting to provide details and answer all of your questions. Hopefully this meeting will take place this spring and construction will begin shortly thereafter. This complex will be run by a non-profit Board of Directors. The initial phase will consist of 18 apartments but will be built in a fashion to permit future phases as the need arises. Stay tuned for the announcement of the date for this public meeting!

The Mayor,  
*Brent Montgomery*

## CENSUS 2011– Appeal to all residents

The census and the new National Household Survey (NHS) will take place in May 2011. The Municipality seeks your support and wishes to encourage the participation of all our residents.

Starting May 2<sup>nd</sup>, 2011, all households in Canada will receive a yellow census package.

The census questionnaire can be completed online or on paper.

Census information is important for all communities

and is highly valued for the planning of services such as schools, daycare, police services and fire protection. The NHS is needed for the implementation of community services such as housing, roads, public transportation, skills training for employment and family services.

Since the census and the NHS are significant sources of information about Canada and the people who live here, they must be complete and accurate. It is therefore important that everyone complete and return their questionnaires.

### Job Opportunities

Dear residents, we want to ensure that you understand the importance of completing the census and the NHS, as well as inform you about the job opportunities generated in our region by the 2011 Census.

We thank you in advance for your support toward the 2011 Census and the NHS.

The Statistics Canada website will be updated regularly, so check often for information updates.

[www.census2011.gc.ca](http://www.census2011.gc.ca)



**«Census information is important for all communities and is highly valued for the planning of services such as schools, daycare, police services and fire protection.»**

## 2011 MUNICIPAL TAXES

Residents and property owners will receive their municipal tax bill at the beginning of March.

The payment of the general land tax, the surtax on non-residential immovables, taxes and other compensations is to be made in a maximum of three (3) installments (Bills under \$300 must be made in one payment).

The first instalment, and payment in the event that

only one payment is due in full, must be made no later than April 1<sup>st</sup>, 2011.

The second payment, if applicable, must be made by July 1<sup>st</sup>, 2011.

September 1<sup>st</sup>, 2011 is the final date on which the third payment, if applicable, must be made.

Therefore, if your first payment is late, even by a few days, you automatically lose your privilege to pay in three (3) installments. The total

balance of your account will have to be paid immediately with interest.

We strongly recommend that you use the detachable coupons at the bottom of your invoice to send in your post-dated cheques in order to avoid annual interest rates of 12% payable on all late payments.

You can also pay your municipal taxes in cash (at the counter), by cheque made to the order of Municipalité de Saint-Gabriel-de-Valcartier (at

the counter, by mail or through the night deposit), by Interac (at the counter), by Internet, by phone or at your financial institution's ATM (National Bank, Caisse Populaire Desjardins, Banque Scotia, BMO Bank of Montreal, Royal Bank of Canada and CIBC). For Internet payments, the reference number corresponds to your roll number excluding the first numbers (22025) and hyphens.

## GOOD PRACTICE GUIDE FOR SEPTIC SYSTEM OWNERS

In order to protect the environment and make sure to have a return on your property's investment, it is necessary to care about the proper functioning of your septic system.

To help many of you with that endeavour, Quebec's MDDEP (Ministry of Environment) published a

Good Practice Guide in November 2010. This guide reminds septic system owners of their obligations and elaborates on best practices for these systems with the goal of optimizing system operation and preventing the occurrence of a variety of problems, as much as possible. We invite you to

read this guide which is available on the internet site of the MDDEP:

[www.mddep.gouv.qc.ca/eau/eaux-usees/Guide-bonnes-pratiques-proprio-dispositifs.pdf](http://www.mddep.gouv.qc.ca/eau/eaux-usees/Guide-bonnes-pratiques-proprio-dispositifs.pdf)

An internet link will also be posted on the Municipality's Website under

the Services tab in the Public Works and Urbanism section.

As this guide is only available in French, any person who would like information in English should feel free to call François-Michel Hardy, Municipal Inspector, at the Municipal Office 418 844-1218.

## NON-HOUSEHOLD WASTE—DRY MATERIALS

The weekly collection of non-household waste (dry materials) will resume in March. The Municipality will collect these materials 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 containers or community mailboxes. You must call the Municipality at 418 844-1218 to schedule this service. When you call, please 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.)

You may dispose of used tires (non-commercial use only) and rims. However, the tires must be separated from the rims.

Please note that vehicle carcasses or frames, tree and brush debris, household garbage and leaves as well as recyclable materials will not be

collected during the weekly collections.

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 place a request with Dany Laberge, Responsible for Public Works. For major renovations, contact the Municipality to find out where you can dispose of these materials.

## FAULTY STREET LIGHTS

The Public Works Department requests your cooperation in order to replace faulty street lights. If you notice a faulty street light within the limits of the Municipality, please call 418 844-1218 and leave the coordinates of the faulty light with the receptionist or leave a message with our answering service. Please note that repairs are carried out every two weeks.



## ATV's, SNOWMOBILES AND RESPECT OF PRIVATE PROPERTIES

There are, unfortunately, a minority of off-road enthusiasts who tarnish the public image of the sport by riding where they should not.

**Remember that:**

- Access to private land and properties is forbidden

without special authorization from the owner;

- Strictly obey all posted signs and respect all fences;
- Be as quiet as possible with your off-road vehicle,

especially when driving close to houses;

- You cannot ride on a public road except in rare places where indicated, and this only in order to cross the road.



## 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 relative to current municipal by-laws on our territory.

Competent personnel is available to answer all of your questions and you will be assured that your project will start off on the right foot.



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

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

**Call Mr François-Michel Hardy, Municipal Inspector at 418 844-1218.**

## FIRE SAFETY SERVICES

### Give Space Heaters Space

Portable space heaters can quickly warm up a cold room but they have also been the cause of many serious home fires. They must be used with care.

Keep portable heaters at least 3 feet (1 metre) away from things that could burn such as clothing, bedding, furniture, or curtains. And make sure you turn heaters off before leaving your home or going to bed.

### Fire Won't Wait - Plan Your Escape

If fire broke out tonight while you were sleeping, would you get out alive? You must develop a home fire escape plan now and practice it regularly. Make sure you know two ways out of each room. If you encounter thick smoke, drop to the floor and crawl on your hands and knees to safety. Call the fire department from a neighbour's home. Remember, fire won't wait - so plan your escape.

### Careless Smoking: Death by Fire

Careless smoking is the leading cause of fire deaths. If you know someone who smokes, be sure to remind them of these safe-smoking habits. Smokers should never smoke in bed or when tired. Heavy drinking and smoking can be a lethal combination. Smokers should use large, deep ashtrays and never empty ashtrays into the garbage. Ashes should be disposed of in a metal container or doused with water. If there is a smoker in your household, make sure your home is well equipped with smoke alarms that will alert you in case of fire.

### Don't Reach for Danger!

If a pot caught on fire in your kitchen, would you know what to do? Your fire department wants you to put a lid on cooking fires. Keep a proper fitting lid nearby and slide it over the burning pan, then turn off the burner.

When you cook, always wear tight fitting sleeves and never reach over a hot



burner. A dangling sleeve passing over a burner can suddenly catch fire. If this happens, knowing what to do is a matter of life and death. Don't panic and run. Drop to the floor and roll over to smother the flames.

### Test your Smoke Alarms

Our firefighters remind you that smoke alarms save lives - but only if they are in good working order. To make sure your smoke alarms work, test them each month by pushing the alarm test button. If you have difficulty reaching your alarm, use a broom handle or a cane to gently push the test button for 30 seconds. If the alarm doesn't sound, replace the battery or alarm immediately. Only a working smoke alarm can save your life.

## MESSAGES FROM THE SQ

### Prevention is the key while you're away!

It's important that your house appears occupied when you're away.

Here are a few tips to keep burglars away.

#### Short term absence

- Lock all doors and windows and activate your home security system
- Leave a radio turned on to generate noise
- Leave a few lights turned on and use a timer
- Do not put a note on your door to indicate that you are absent

#### Prolonged Absence

- Depending on the season, remove snow from driveways or mow the

lawn and ask a neighbour or friend to continue the maintenance while you are away

- Tell a neighbour or friend of your departure and ask them to pick up mail and newspapers or ask the post office to hold your mail and temporarily cancel newspaper deliveries
- Invite a neighbour to park his car in your driveway. Tell him when you should return and how to reach you in case of an emergency
- Follow the advice for short term absences.



### CHILD SAFETY WHILE IN A VEHICLE:

For safety concerns, a child under seven years old must not be left alone in a vehicle. Article 380 of the Highway Safety Code states that: «no person may leave a child under seven years of age unattended in a vehicle for which he is responsible». Fine of \$60 plus applicable fees.

We remind you that you are obligated to properly restrain children at all times while your vehicle is in movement and that if a child measures less than 63 cm while seated, he must be seated in a child car seat. The applicable fine is \$80 plus applicable fees and 3 demerit points.



Source: Sûreté du Québec



SAINT-GABRIEL  
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VALCARTIER

**Summer Jobs**

Are you a soccer fan?  
Then here is the perfect job for you this summer:  
**Referee for the junior soccer league.**  
We will offer free training this spring.  
Call Pamala Hogan Laberge at 418 844-2097

**THE BLACK BEARS SOCCER CLUB SUMMER 2011**  
**Registration period from February 21 to March 4**

**Description:** Outdoor soccer local level , recreational

**Categories:** U-4 and above

**Schedule:** Beginning in May, weeknights, depending on the category

**Starts - Ends :** Beginning of May to beginning of September

**Location:** Two Saint-Gabriel-de-Valcartier soccer fields and Association régionale de soccer de Québec (ARSQ) territory

**Equipment needed:** Shin guards and shoes for all categories

**Registration period:**

**FEBRUARY 21<sup>ST</sup> TO MARCH 4<sup>TH</sup>**

Registration with a Soccer Club representative on-site at the Community Center on February 22<sup>nd</sup> and 24<sup>th</sup> from 6 p.m. to 8 p.m. Registration in person at the Community Center from February 21<sup>st</sup> to March 4<sup>th</sup> during office hours or through the Municipality's night deposit box. Last day to register is March 4<sup>th</sup>. A fee of \$20 will be added to any registration received after this date.

**COSTS**

**Categories**

(Children born in 2005 or before):

U-4\*, U-5, U-6 et U-7: \$50\*\*

U-8 and above: \$85\*\*

(A \$25 refundable deposit is required for U-8 and above team shirts)

**\* U - 4 category , an accompanying adult must remain with the child during all soccer training sessions and activities**

**\*\* Cost includes socks, shorts and one tournament**

The Saint-Gabriel-de-Valcartier Soccer Club needs volunteer coaches for the 2011 summer season. No experience necessary. For information : Pamala Hogan Laberge 418 844-2097.

**TAEKWON-DO SPRING SESSION**

**WHEN:** Beginning April 5<sup>th</sup>  
**SCHEDULE:** Tuesdays and Thursdays from 6:15 to 7:30 p.m.  
**COST:** \$90



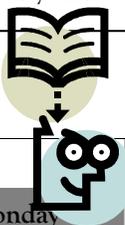
The Taekwon-Do Club's registration and first Spring session class will be held on Tuesday, April 5<sup>th</sup> beginning at 6:15 p.m. at the Community Center at a cost of \$90. Spring session will last for 10 weeks ending on Thursday, June 9<sup>th</sup>. Parents are invited to register along with their children. What better way to get in shape and spend quality time with your child!

**THANK YOU!**  
*The Taekwon-Do Club wishes to thank all residents who contributed to the refundable bottle and can collection on Saturday, January 8*

**MARCH BREAK**

Yeah! It's March Break from March 7<sup>th</sup> to 11<sup>th</sup> and the Sports and Recreation Department is preparing a few activities for you. We will be sending out an information flyer through the schools at the beginning of March.

Don't forget that you can also take advantage of our municipal facilities (weather permitting) such as the skating rink and trail, the Municipal Library and the Club Ados during the break.



**MUNICIPAL LIBRARY**

**INTERNET LOAN RENEWALS**

1. Go to the Library's website: [www.reseaubiblioduquebec.qc.ca/saint-gabriel](http://www.reseaubiblioduquebec.qc.ca/saint-gabriel)
2. Click on «mon dossier d'abonné»
3. Enter your «numéro d'usager» which you will find on your Library card (with no spaces), as well as your PIN (if you do not already have this, you must come to the Library to get it)
4. Click on «mon dossier»
5. Click on «renouveler prêts»
6. Select the document or documents and click on «renouveler»



**Must Reads**

**Adult Category:**

*Fall of Giants - Ken Follett*  
• *The Century Trilogy, Book 1*

**Teen-adult Category:**

*Luxe Novels - Anna Godbersen*  
1. *The Luxe*  
2. *Rumors*  
3. *Envy*  
4. *Splendor*

**Children's Category:**

*Dragonology,Chronicles - Dugald Steer*  
• *The Dragon's Eye, Book 1*  
• *The Dragon Diary, Book 2*

	Ouverture	Fermeture
Monday	2 p.m.	4:30 p.m.
Tuesday	10 a.m. 6:30 p.m.	12 p.m. 8:30 p.m.
Wednesday	6:30 p.m.	8:30 p.m.
Saturday	2 p.m.	4 p.m.

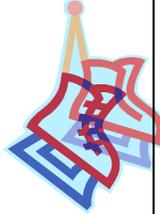
Next Book Rotation: March 2011

Visit our Library on the Internet:

[www.reseaubiblioduquebec.qc.ca/saint-gabriel](http://www.reseaubiblioduquebec.qc.ca/saint-gabriel)

## SCHEDULE - Skating rink and trail

Two ice surfaces, including a rink for recreational hockey and a skating trail through the woods for recreational family skating.



(Open—weather permitting)

**Monday to Friday: 6 to 10 p.m.**  
**Saturday and Sunday: 12 to 10 p.m.**

Please note that the skating facilities are not officially open on weekdays and that they can be reserved by schools or other organizations.

(For reservations, please call Pamala Hogan Laberge )

### REGULATIONS:

According to the RSSQ (*Régie de la sécurité des sports au Québec*) and approved by the Provincial government, hockey players are obligated to wear the following safety equipment:

- A helmet, full-face guard and neck guard

**We strongly recommend the wearing of helmets for everyone, especially for children.**

### It is strictly forbidden:

- To smoke while on skating surfaces
- To launch slap shots or do body checks
- To push or shove
- To consume alcoholic beverages or drugs on municipal grounds
- To bring an animal onto skating surfaces



**ANY INFRACTION TO THESE RULES COULD RESULT IN EXPULSION!**

## FAMILY SKATE BALL - February 16<sup>th</sup>

Within the framework of the Plaisirs d'hiver activities of the Kino-Québec program, the Municipality in cooperation with the PPO's from École du Joli-Bois and Valcartier Elementary School, invite the population to take part in the Family Skate Ball at the municipal skating rink. This is organized to promote healthy life habits and offers a chance to actively enjoy winter by

playing outside. Plaisirs d'hiver is an initiative aimed at increasing Quebecers' practice of winter physical activities.

Decorate your toques, hats and safety helmets and have a chance to win a participation prize!

Hot chocolate and cookies will be served at 7 p.m.

Come one, come all!

We strongly recommend that all young children wear safety helmets.



**W E D N E S D A Y ,  
F E B R U A R Y 1 6 <sup>t h</sup>  
F R O M 6 t o 8 p . m .  
(In case of bad weather conditions, this activity will be rescheduled for the 23<sup>rd</sup> of February)**

## CPR COURSE

### (Cardio Pulmonary Resuscitation)

We offer CPR/First Aid courses and plan to offer a course at the end of February or mid-March.



To register or for more information, please call Pamala Hogan Laberge, 418 844-2097.

Registration before February 18<sup>th</sup>.

## GUITAR LESSONS

Would you like to take guitar lessons ?



If so, call Pamala Hogan Laberge 418 844-2097 to register. Lessons will be offered according to the availabilities of students and the professor.

## 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 in March. The cost to attend is \$50. Minimum of 8 people needed for the course to be held. **Please register before February 18<sup>th</sup>.**



## COMPUTER LESSONS FOR BEGINNERS

This is a course for adult beginners. You will learn to perform the following operations; to send and receive email, surf the Internet and use a computer. Lessons will be held according to the availabilities of the professor as well as those interested in taking the class. Please call Pamala Hogan Laberge 418 844-2097 for more information.



## SUSHI PREPARATION WORKSHOP

This workshop for adults will be held on Tuesday, March 8<sup>th</sup> at 7 p.m. and will introduce you to the art of Japanese cuisine at the modest price of \$20. Please register before February 18<sup>th</sup>.

In a relaxed environment conducive to discovery, you will learn to master sushi presentation as well as cooking and rolling techniques.

With the help of Jessica Guay, you will prepare classic sushi rolls that you will be able to take home to enjoy. Reserve your place: 418 844-2097 ! Have a great workshop!





**\*\*\*Special promotion for the month of February:** Receive an aluminum water bottle with a membership of 3 months or more.



**Schedule:**

Monday to Friday 6 to 11 a.m.  
and 3:30 to 8:30 p.m.  
(except Fridays 3:30 to 6:30 p.m.)  
Saturday 7 a.m. to 12 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  
Students (25 years and under), 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

**Minimum 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, policemen technicians, military recruitment, etc.

**Equipment:**

Weight training: Atlantis  
Cardiovascular: Life Fitness

**Person Responsible :**

Jean-François April  
B.Sc Physical Education  
Coach expert FCPAQ

**Supervisors :**

Patrick Lachance  
Shaun Germain  
Telephone: 418 844-1218 Extension 233  
Email: [centrephysik@videotron.ca](mailto:centrephysik@videotron.ca)

FEBRUARY IS  MONTH

February is the month of the heart and it's important to remember that what is good for the heart is also good for the brain.

The heart pumps approximately 20% of the body's blood to the brain. The human body's most complex and active organ, the brain contains over 100 billion nerve cells. These cells need oxygen and essential nutritional elements which are carried in the blood. Weakening of the heart or poor irrigation and obstruction of blood vessels in the brain can affect blood flow to the brain and cause a number of conditions with debilitating effects or neurological disorders such as mild cognitive impairment, vascular dementia, stroke or Alzheimer's disease.

**Here are some tips to take brain health to heart:**

- Adopt a long term and heart healthy «eating plan» instead of a short term diet and eat moderately. A long-term study has shown that middle-aged people who are obese are twice as likely to develop dementia later on. People with high cholesterol and hypertension are six times more likely to suffer from dementia.
- Reduce your intake of fat and cholesterol. Studies have revealed that a large intake of saturated fats and cholesterol clogs the arteries and is associated with a higher risk of developing Alzheimer's disease. Use **m o n o u n s a t u r a t e d** and polyunsaturated fats, such as olive oil, for example. Bake, broil or grill foods instead of frying.
- Exercise regularly. Walk or practice another physical activity with moderation for 30 minutes a day to stimulate circulation and get the heart pumping.
- Watch your levels. Control weight, blood pressure, cholesterol and blood sugar levels to help reduce the risk of heart disease and stroke.

**CLUB ADOS**

The New Year signals the beginning of new projects and activities for youth leaders and teen club members. Indeed, the Teen Club will undergo some changes up until February to enable the implementation of new activities and to foster cohesion among members. In addition, activities will be offered during March Break. Thus, teens will have the opportunity to enroll in different activities throughout the week such as spending the day at the *Relais*, at *Village Vacances Valcartier*, or at *Station touristique Duchesnay*. The schedule will be available shortly on the Municipal website under the Club Ados section.

Moreover, fundraising discos will officially resume in February for a Valentine's Day special. Publicity will be sent out through the schools regarding this. Also, please remember that during

opening hours Club Ados sells coffee and hot chocolate for those enjoying the skating facilities. So, please feel free to come into the Club Ados to enjoy a hot beverage, relax and chat with us! Our opening hours are Thursday from 6 to 9 p.m., Friday from 6:30 to 10 p.m. and Saturday from 2 to 10 p.m.

Finally, we are planning an activity for teens and their parents to be held in February. If interested or to obtain more information, please call us at 418 844-1327.

**The Club Ados team,**

Anouk Fortin Lapointe, Coordinator  
Geneviève Cournoyer, Assistant-coordinator  
Samantha Bilodeau, Animator  
Jennica Laberge, Animator

**In conclusion, February is the right time to put your heart into it.**



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

Fax: 418 844-3030

Email: admin@munsgdv.ca

**Website**

**WWW.SAINT-GABRIEL-  
DE-VALCARTIER.CA**

**NEWS – Neilson House**

Thanks to all for the 162,597 votes for the Neilson house in the Historia TV «Sauvez un bâtiment de chez vous» contest this past fall. Although we finished in third place and did not win the \$20,000 restoration grant, this encouraging show of support from students, seniors and everyone in between begs for further action. We will soon be forming a group to further evaluate the needs, desires, hopes and plans for future projects concerning the heritage of Saint-Gabriel-de-Valcartier. This would include plans to restore the Neilson House, the possibility of forming a Heritage Society, and preparing events to gather information and highlight the

heritage of our municipality. If you would like to participate or receive information about future heritage projects, please send an e-mail to [heritage.sgdv@hotmail.com](mailto:heritage.sgdv@hotmail.com) or call the municipal office at 418 844-1218.

We will keep you posted on future plans.



**BILA– Centralized Waiting List Registry Office**

**DO YOU NEED A PLACE IN  
SUBSIDIZED DAYCARE  
FOR YOUR CHILD?**

The BILA allows parents to register their child with several subsidized (\$7 per day) daycare centers in one easy step! This waiting list gathers information concerning the parents' needs and directs them to the appropriate daycare services with availabilities.

The virtual file, which is available on the web at

[www.bila.ca](http://www.bila.ca) can be reviewed and modified at any time (birthdates, change of address, etc.).

Parents can register on the web at [www.bila.ca](http://www.bila.ca) or by phone at 418 842-2521, extension 2 or use the toll free number 1 877 342-2521 extension 2.

**BILA – advantages for everyone**

- Free one-step registration to access educational daycare services'

availabilities;

- Places assigned in an impartial manner according to objective criteria;
- Places assigned according to varying needs (part time, atypical schedule...);
- Rapid consultation and file update capabilities;
- Automatic registration confirmation through Email;
- The admission policy of

each daycare service is taken into consideration when allocating available places;

- Best portrait of the situation meeting the parents' needs;
- Etc...



**DATES TO REMEMBER**

**FEBRUARY**

(Heart Month)

14<sup>th</sup> - Happy Valentine's Day

16<sup>th</sup> - Family Skate Ball at the skating rink

18<sup>th</sup> - Last day to register for CPR, babysitting and Sushi preparation courses

21<sup>st</sup> to March 4<sup>th</sup>

- Soccer Club registration period

**MARCH**

1<sup>st</sup> - Beginning of monthly pick up for non-household waste and dry materials (every Tuesday)

7<sup>th</sup> to 11<sup>th</sup> - **March Break**

8<sup>th</sup> - Sushi preparation workshop

**APRIL**

1<sup>st</sup> - First installment due for municipal taxes

5<sup>th</sup> - Taekwon-Do Club - Beginning of Spring session

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

*Are you aware of this website?  
It is an information network for daycare services throughout the province of Quebec. «Ma Garderie» offers the first internet tool allowing to search for daycare services in your area. Whether for anticipated or last minute requirements, «Ma Garderie» would like to become the first resource for parents.*