



A WORD FROM THE MAYOR

Spring has arrived after what certainly has to be one of our mildest winters on record. I have not found anyone who can remember anything similar and statistics seem to confirm this fact. I guess we can thank El Nino for this, although there are some who worry about abnormally low water levels.

2010 was an Olympic year and Vancouver served as a perfect host for the games. It was with a sense of pride and accomplishment that Canada won a record number of gold medals. A high point was the gold medal won by the men's hockey team against the United States. Sidney Crosby scored the winning

goal in overtime and it seemed that everyone in the entire country watched the game and the result was like a fairy tale ending. Special congratulations to local resident Marc-André Bédard for his strong performance in the Biathlon. All in all it was a wonderful two weeks that we can all be proud of.

On the municipal front, major projects such as the multi-purpose shelter and the chemin du Lac aqueduct works are proceeding according to plans. Our Municipality has been chosen to host the MRC's Discovery Event this summer. This event which was held in Sainte-Catherine-de-la-Jacques-Cartier in 2009



**SAINT-GABRIEL
-DE-
VALCARTIER**

and Stoneham in 2008 will take place in August in conjunction with our annual Family Day. It is a great opportunity to show the rest of the MRC what a special place we have in Saint-Gabriel-de-Valcartier. I am confident our citizens and municipal employees will make this day a great success!

Brent Montgomery



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THE MRC'S DISCOVERY EVENT

The «MRC de La Jacques-Cartier» will be hosting their Discovery Event for the third consecutive year **on Saturday, August 21st**. This year, the festivities will take place in the heart of our Municipality, which, on this occasion will join our Family Day programming to that of this regional event. Lots of fun and adventure await:



FOR THE YOUNG AT HEART

FOR CHILDREN

- Crazy games competitions
- Mini-farm
- Inflatable games
- Face painting

- Three discovery activities
- Family and cultural exhibit stands
- Farmer's market
- Local and regional talent shows
- Country supper
- Festive performances

Mark this day on your calendar and join us for the celebration!

When? August 21st, 2010.

For more information, visit our website regularly www.evenementdecouverte.com or call the MRC office at 418 844-2160 extension 230.



DISCOVERY EVENT AND FAMILY DAY - AUGUST 20TH AND 21ST, 2010



Welcome to all residents, families and friends! The Municipality would like to invite you to join us during this annual fun-filled event with games and activities for all. This year, all the entire population of the MRC will be invited to the 3rd annual Discovery Event which will be held in conjunction with our Family Day on **Friday, August 20th and Saturday, August 21st at the Community Center and municipal grounds.**

Activities:

- Slowpitch tournament (aged 15 and over)
- Snack bar
- Inflatable games
- Face painting
- Contests
- Wading Pool
- Card games
- Animation
- Horseshoes, shuffleboard



Family Day activities begin on Friday night with the slowpitch tournament (fun and stress free games) and Saturday activities start at 12:00 (noon) and end around 12:00 (midnight).

COSTS:

Slowpitch tournament:
\$10/player

Country supper: \$7/person
Free for children 0-6 years old

The Discovery Event will allow you to discover the abundance of culture, tourism and local farming on our territory. Spend the day in the heart of our Municipality to «unearth» local products and discover several artists who represent our cultural identity as well as the dynamism of the people who reside on our territory. Come; enjoy a day filled with fun and activities for young and old. The festivities will culminate with a country supper served at the municipal grounds in a country setting while listening to the rhythm of regional artists as we

celebrate our history.

Tickets for the country supper will be available as of June 15th, 2010 at a cost of \$7 each (free for children 0-6 years of age). To reserve your place, or for more information, please call 418 844-2160.

www.evenementdecouverte.com

«DON'T FORGET
TO REGISTER FOR
THE SLOWPITCH
TOURNAMENT.
CALL PAMALA AT
418-844-2097
OR MIREILLE AT
418-844-4059»

COMMUNITY GARAGE SALE - May 30th

Do you think that those items you no longer want or need could be another man's treasure? Are you an artisan who would like to exhibit and sell your products or creations?

In response to frequent demands from the population, the Sports and Recreation Department would like to offer you the opportunity to rent a table or tables at this first annual Community Garage Sale which will be held on Sunday, May 30th from 9:00 a.m. to 3:00 p.m. In all, 21

tables will be made available under the multifunctional shelter.

If you're a part of those looking for treasures, why not make the most of this opportunity and come visit our exhibitors! Who knows? You might find the exact treasure you're looking for!

How should you register to be an exhibitor?

You must fill out the registration form at the municipal office. The rental fee is \$10,00 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.





ENERGY WISE HOME DIAGNOSTIC - \$ 4 270 ALREADY COLLECTED

After two months of the campaign, we have collected \$4,270 for improvements to the municipal park at Clark's bridge. Don't forget that for this Home Diagnostic promotional campaign, Hydro-Québec will contribute to the Municipality \$35 for each report sent online or \$30 if the citizen returns it by mail. You can fill out the online questionnaire at www.courantcollectif.com if you haven't received yours through the mail.

These initial results are encouraging and we thank all citizens who

have taken the time to fill out their questionnaire. But we cannot stop here. We cannot expect that these reports will naturally continue to be issued at the same rate over the next couple of months. If we go by the outcome of previous campaigns, there is always momentum at the beginning and then the number of reports issued greatly declines.

We need to do our part and double our efforts right now if we want to reach our goal of \$8,000 and complete our project.

You haven't completed the ENERGY WISE Home Diagnostic questionnaire yet? Why wait? You can save energy as well as contribute to improvements to the municipal park at Clark's bridge.

Have you already filled it out? Congratulations! Now, why not give yourself the challenge of convincing a neighbour, family member or friend to do the same for themselves, the environment and the community project? If everyone convinces

another eligible citizen to fill out the questionnaire, we will have a real chance of reaching our objective.

UP UNTIL NOW, OVER 1,000,000 REPORTS HAVE BEEN ISSUED IN QUÉBEC.

Go with the flow.

T H E H O M E DIAGNOSTIC IS IN EVERYONE'S BEST INTEREST.



TAXES MUNICIPALES



We would like to remind you that the 2nd and 3rd instalments for 2010 municipal taxes are due respectively on July 1st and September 1st. The privilege to pay in three instalments cannot be granted unless instalments are paid in full by their due date. Interest and penalties will apply to the entire account's totality for all late payments.

VALCARTIER COMMUNITY CENTER - EMPLOYMENT OFFER

BAR PERSONNEL

The Valcartier Community Center Inc. is currently seeking candidates to fill a bank of names for part time bar personnel. We are looking for candidates who are:

- Mature
- Responsible
- Comfortable working with the public
- Neat and professional
- Experience in this domain would be an asset.

The list of candidates will be retained for a period of one year and will be used in the event that vacant positions become available.

Please send or bring your resumé to 1743, Boulevard Valcartier during business hours, from 8.30 a.m. to 12 noon and from 1:00 p.m. to 4:30 p.m. Monday to Friday.

For more information please contact Mrs. Carolyn McCarthy, Valcartier Community Center Inc. at 418-844-1218.

VALCARTIER CABLE



The annual fees for the 2009-2010 year are due in full by August 1st at the latest (for services received between September 1st, 2009 and August 31st, 2010). It is still possible to make up to 4 monthly payments beginning in May and ending in August. Payments can be made by any of the following methods: cash, check, direct payment at our offices, by Internet or telephone at any of the following financial institutions (your client number is your reference number); Caisse Populaire Desjardins, Royal Bank of Canada, National Bank of Canada, CIBC, BMO Bank of Montreal.

We would also like to remind you that you can call 418-844-3666 at all times to report a cable outage or reception problems and leave your address as well the nature of the problem. A technician regularly checks messages 7 days a week, 24 hours a day. A technician should respond to your call within 48 hours.

Did you know that you can consult the programming for Valcartier Cable channels on the Internet? Just go to <http://affiliate.zap2it.com> and click on CHANGE MY LOCATION at the top of the programming schedule then enter your postal code and click on Valcartier Cable. Please note that French language channels have French descriptions.

HAZARDOUS HOUSEHOLD WASTE RECYCLING DEPOT (HHW) ON May 30th

The Municipality will offer a hazardous household waste recycling depot, free of charge, on **Sunday, May 30th** from **9:00 a.m. to 3:00 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).

You must bring your dangerous materials to the depot location.



Here is the list of materials that will be recycled on that day:

<p>PAINTS</p> <p>Paints:</p> <ul style="list-style-type: none"> • 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 • aluminium 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) <p>Aerosol paints</p>	<p>ORGANIC HAZARDOUS HOUSEHOLD WASTE</p> <p>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.</p> <p>INORGANIC HAZARDOUS HOUSEHOLD WASTE</p> <p>Acids, bases, oxidizing agents, batteries, pesticides and insecticides</p> <p>Fluorescent compact light bulbs (CFL)</p>
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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 take 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 for a clean and healthy environment!

MAY 2010 IS TREE AND FOREST MONTH DISTRIBUTION OF TREE SAPLINGS ON MAY 30th

The Municipality will hand out a tree when you take in your HHW on Sunday, May 30th.

Thousands of tree saplings will be distributed in the region to students in several schools as well as to citizens of several municipalities for replanting projects realized for educational or community purposes.

Distribution of these tree saplings is coordinated by the *Association forestière du Québec métropolitain (AFQM)*. The goal of this distribution is to raise

awareness in the population and, particularly with the younger population, of the importance and respect we owe to trees and forests.

THE GREAT CELEBRATION OF NATURE

The 15th edition of the *Great Celebration of Nature*, organised by the National Battlefields Commission, will be held on Sunday May 16th on the Plains of Abraham from 11:00 a.m. to 4:30 p.m. The AFQM will be on site to distribute free tree saplings and lead some



workshops on planting and caring for trees. Visitors will have a variety of captivating and enriching activities to choose from. Besides a unique visit to the Plains of Abraham greenhouses, the population will have the opportunity to consult with specialists from several fields such as horticultural, ecological, agricultural and other fields therefore expanding their general knowledge.

SPRING CLEANING! COMBAT GERMS AND DUST FOR A HEALTHIER AND GREENER ENVIRONMENT!



The best trash is that which is never produced, because we don't spend time or money disposing of it! That's why it's so important to practice source reduction! Since most of the cleaning products we use may be toxic to our health and environment it would be wise to reduce our use of chemical products!

Here are a few tips to accomplish this:

- Reduce purchases of toxic products to a minimum. These symbols are used to identify dangerous products.



- Purchase ecological cleaning products. Many brands are now available through department stores, grocery stores and pharmacies. Look for these logos on the packaging of cleaning product.



The Eco-Logo symbol guarantees that the product meets Environmental Choice program requirements. The Test 301D symbol guarantees that at least

60 % of the product is biodegradable in less than 28 days.

- Even better, make your own homemade cleaning products. Prepare your mixtures from simple ingredients such as pure soap, vinegar, sodium bicarbonate, baking soda, lemon juice and borax. These ingredients not only allow you to save money but are less harmful for us and to the environment. You can find recipes in the links below.
- Did you know that we should not put any dangerous products in the trash? To dispose of these products, several municipalities offer a

dangerous waste collection depot during the spring or fall or have an ecocenter facility. CONTACT YOUR MUNICIPALITY FOR MORE INFORMATION!

Joanie Paradis, MRC Éco-stage intern

Sources:
Cleaning product recipes: <http://www.greenpeace.org/canada/en/> in the Take Action section / Tips for green living/ Basic recipes
Ecological cleaning tips: www.trucsmaison.com

**HERBICYCLAGE
GRASSCYCLING**

*On laisse le gazon sur place
c'est notre nature*

We Leave our Grass Clippings on the Lawn—It's Our Nature

Une initiative de
votre municipalité
et de votre MRC

An initiative of
your municipality and MRC



COMPOSTERS

The Municipality will not be offering a composting workshop nor distributing composters this year since it has come to our attention that the knowledge level of our citizens concerning domestic composting has greatly evolved and registration was at an all time low last spring. The Municipality will however be offering a subsidy of \$15,00 per composter to residents who would like to acquire a domestic composter which can be purchased at any hardware store. Bring your proof of purchase (2010) and proof of address to the municipal office during business hours for reimbursement. (There is a limit of two composters per family.)

SPECIAL COLLECTION FOR FALLEN LEAVES

Bags of leaves are not accepted during the weekly collection of household garbage. The Municipality will hold a special collection on **Tuesday, May 11th, 2010**. Bags of leaves should be placed by the roadside in front of your residence.

**COMPOSTAGE
COMPOSTING**

*On composte la nourriture
c'est notre nature*

We Compost our Food—It's Our Nature

Une initiative de
votre municipalité
et de votre MRC

An initiative of
your municipality and MRC



«THIS SERVICE FUNCTIONS ON A CALL-IN BASIS ONLY, PLEASE DO NOT DEPOSIT NON-HOUSEHOLD WASTE IN FRONT OF CONTAINERS OR COMMUNITY MAILBOXES»



NON-HOUSEHOLD WASTE - DRY MATERIALS

The weekly collection of non-household waste (dry materials) resumed 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.

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.

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, Public Works Assistant Director. For major renovations, contact the Municipality to find out where you can dispose of these materials.

Thank you for your collaboration.

For renovation materials, you

DID YOU KNOW?

GREEN WASTE IS NOT GARBAGE!

It is not accepted in the weekly garbage and recyclable materials collection.



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". All the nuisance tests are performed by the staff of *GDG Environnement* in the presence of an independent witness. These 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**. The duration of the testing process is approximately 15 to 30 minutes.

It is important that the materials to be collected by the Municipality be set out in

BIOLOGICAL CONTROL OF MOSQUITOES AND BLACK FLIES

The Municipality has mandated the firm *GDG Environnement Itée* www.gdg.ca for the biological control of mosquitoes and black flies during the 2010 summer season. This operation has the authorization of the *Ministère de l'Environnement du Québec*. 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. The biologist in charge wishes to inform the population that the insecticide used is completely safe for humans as well as for other living organisms and will be carried out and supervised with

professionalism.

The *Ministère de la Santé et des Services Sociaux (MSSS)* and the *Institut de Santé Publique du Québec (INSPQ)* have confirmed the safety of using B.t.i. for the biological control of biting insects. 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 1st, 2010.

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's name 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 2010 PROVINCIAL COLLECTIVE PLAN OF ACTION TO ERADICATE AMBROSIA (RAGWEED)

In July of 2010, the Municipality will participate in The Provincial Collective Plan of Action established by the HerbaNatur Inc. company.

Our common goal is to **permanently eliminate** this highly allergenic plant. Pollen from the ragweed plant is largely responsible for symptoms attributed to **Hayfever**. Over 15% of the population in Quebec suffers from Allergic Rhinitis.

Control operations of infected zones such as parks, playgrounds, roadsides, will be carried out by spraying a **100% natural, low impact, environmentally safe** product directly onto the plant.

It will be safe for the population to frequent the sites controlled by the ecological herbicide **Adios Ambros®**.

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 in the Action Plan:

Uproot any ragweed plants on your property.

Locate the infested zones in your neighbourhood.

Make your neighbours aware of the Provincial Collective Plan of Action.



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.

For more information, visit our website: www.herbanatur.ca.

DRINKING WATER PRESERVATION PROGRAM - YOU'RE GREEN BUT ARE YOU BLUE?

Being green is definitely stylish at the moment, but what about being blue? This year, Saint-Gabriel-de-Valcartier will participate in the Drinking Water Economy Program (PEEP) which suggests we make blue the current trend. To achieve this, citizens are invited to make daily efforts in order to diminish drinking water consumption. Whether this is accomplished by exchanging the watering hose

for a broom or using low flow aerators in the bathroom, every method is good. From May 25th to August 13th, the Municipality of Saint-Gabriel-de-Valcartier is going blue!

We invite you to find out about this program in order to learn more about daily water consumption and what you can do individually to contribute to the preservation of this important resource. Moreover,

watch for the PEEP's visit in your neighbourhood and the documentation that will be made available (in French only).

To support the program and show your commitment to preserving the drinking water supply, you can join the Facebook group and participate in the Drop-Count Day (*Journée Compte-gouttes*) which will be held on July 15th.

For more information, please visit www.reseau-environnement.com/peep.



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.

EMPLOYMENT OFFER - PUBLIC WORKS DEPARTMENT

Maintenance of the municipal properties and various manual work as a summer labourer. You must have a valid drivers licence to apply for this job.

Conditions for employment:

- 5 days per week starting May 31st;

-Must be 16 years of age or older;

-Must be a student returning to school in the fall of 2010.

Priority will be given to candidates living in Saint-Gabriel-de-Valcartier.

All interested persons must send or bring a curriculum

vitae to the municipal office before **May 14th, 2010**. You may also send your curriculum vitae by email to admin@munsqdv.ca. For further information, please contact Mr. Dany Laberge at the Public Works Department at 418-844-1218.

REMINDER - WINTER SHELTERS

As of April 30th all temporary winter garages of light construction (mobile wood panels, tarpaulin canvas / vinyl), winter shelters & snow fences must be taken down. These temporary garages and snow fences are authorized from October 15th to April 30th. This law applies to all residents. In all fairness and for the respect of your neighbourhood, you must comply with this By-law.



FIRST RESPONDERS - NEW VEHICLE

In February 2010, the Saint-Gabriel-de-Valcartier Fire Safety Services received delivery of a 2010 Chevrolet Tahoe.

The primary use of this vehicle will be for the First Responders. Now, when a citizen dials 9-1-1 for a medical emergency, the First Responders will arrive with this vehicle.

When the First Responders are called to a medical emergency, a maximum of two First Responders will intervene with the patient. A third First Responder, with a radio,

communicates with the ambulance service and gathers information from the family members.

This vehicle will also be used for Fire Emergencies, Water/Boat Rescue, Fire Prevention and other duties related fire services.

Should you have any questions or if you require further information, please feel free to call 418-844-1218 and we would be glad to assist you.



FIRE PREVENTION VISITS

The Fire Safety Services Department must carry out prevention/information visits in all residential dwellings within the Municipality during a five year period. This means that 20% of residences will be visited annually. The goal of these visits is to answer your questions and give you pertinent information concerning this law in order to reduce fire hazards.

To complete it's mission, the fire prevention committee asks for your collaboration in order to perform these visits.

THESE VISITS WILL BE HELD BETWEEN 9 AM AND 8 PM THROUGHOUT THE YEAR.

The fire prevention officers who will visit you will be wearing their uniform and clearly identified as members of the Saint-Gabriel-de-Valcartier Fire Safety Services. Please note that you can refuse to give access to your residence, but remember that these are security and prevention visits.

We thank you for your collaboration.

MESSAGE FROM FIRE SAFETY SERVICES

Spring clean-up is under way in Saint-Gabriel-de-Valcartier. The Fire Department would like to remind you of a few tips to insure that your clean-up proceeds safely.

Although, the Municipality will pick up the majority of non-household garbage, wood products, branches and grass must be disposed of by the resident. In the past, open air burning of wood was common practice, in part because there weren't many options for disposing of waste. Nowadays, we know that the burning of grass is unnecessary and dangerous as it is difficult to control and burning can harm the environment by releasing contaminants into the air. Today, we have more appropriate alternatives for disposing of waste such as composting, chipping, or reuse and so burning of waste should be considered

as a last resort.

PLEASE CONSULT THE FIRE INDICATOR PANEL SITUATED IN FRONT OF THE MUNICIPAL GARAGE TO KNOW IF OPEN AIR OUTDOOR FIRES ARE PERMITTED.

Many materials should not be burned as they pose a threat to human and environmental health. They are: domestic garbage, carpets, electrical wire, petroleum products, plastics, pressure treated lumber, rubber, roofing shingles, Styrofoam, tarpaper, tires, animal cadavers or manure. The majority of these materials can be collected and disposed of by the Municipality. Please call 418-844-1218 to make an appointment.

OPEN AIR FIRE SAFETY

Open air fires should only be lit under the following conditions:

- The fire is contained within a fireplace, BBQ, or any other installation designed for fire (metal barrel with a metal grate over top, or other apparatus made of non-combustible materials).
- The above mentioned containers should not be within 4 meters of any trees, bushes or structures.
- You should not start a fire or maintain a fire if the winds exceed 20km/h.
- You should always have a shovel, a pail of water or garden hose ready to extinguish the fire at all times.
- Be courteous to your neighbours, inform them of your burning.
- Avoid burning near roadways, as smoke hampers drivers visibility.
- Burn dry materials only.

NEVER LEAVE YOUR FIRE UNATTENDED.

PHYSIK CENTER

Opening hours :

Monday to Friday from 6 to 11 a.m. and 3:30 to 8:30 p.m. (except Friday from 3:30 to 6:30) and Saturday from 7 a.m. to 12 p.m.

Price list:

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

Students (under 25), over 50 and volunteers: 1/2 price (except session card and per session prices)

1 session: \$3 per person
Card for 20 sessions: \$40 per person
Non residents: \$20 extra

Age requirements:

14 to 16 years old: Cardio only
16 and over: Cardio + muscular

Equipment:

Weight training: Atlantis
Cardiovascular: Life Fitness

Person Responsible:

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

Fitness Monitors:

Patrick Lachance
Geneviève Cournoyer

Health Tip: maintaining good workout habits

The hardest part of an exercise program is not starting one - but to effectively maintain the habit. A few days or a few weeks into a regular training schedule, it is possible that you will be tempted to skip a few sessions. In the blink of an eye, you will have interrupted your regular training schedule and habits. The good news is that you can adopt certain measures to prevent this and keep motivated.



Telephone: 418-844-1218
Extension 233

centrefysik@videotron.ca

Here are a few tips to help you achieve this:

- If you like exercising, you are more likely to do it. Choose a class, sport or activity that you enjoy or workout while watching television or listening to music.
- Find a workout buddy to motivate each other and turn your exercise routine into a social activity.
- Determine the moment of the day when working out is easier for you and devote that time slot to exercise.
- Don't be too hard on yourself, and if you start feeling any pain, cut back on your efforts or take a break from working out.
- Exercise doesn't need to be a boring routine. Choose several different exercises that you enjoy doing and alternate.
- Have a great workout !

«THE HARDEST PART OF AN EXERCISE PROGRAM IS NOT STARTING ONE - BUT TO EFFECTIVELY MAINTAIN THE HABIT. »



TEEN CLUB

Since February, the Teen Club Team has welcomed two new animators to our dynamic team. Indeed, a new assistant coordinator, Guillaume Bastien, is now offering his services at the Teen Club. Guillaume is presently at cegep studying social work and foresees pursuing these studies at the university level. He will most assuredly be an important resource for teenagers who come to the Teen Club. Moreover, his keen interest in sports, his desire to learn and his involvement make him an excellent assistant coordinator. Also, our new animator, Samantha

Bilodeau, will be more and more present at the Teen Club. This dynamic animator presently offers English courses and tutoring help for youngsters. She also works when we have fundraising discos and will be a part of the Teen Club team this summer. We are very happy to welcome these new members to our team and wish them the best!

The summer period is fast approaching and we've already planned several activities for our teens. First things first, our schedule will be modified as of the

beginning of July in order to adapt to the youngsters' schedules. We will therefore be **open from Monday to Thursday from 6 to 9 p.m.** Moreover, several special activities will be held on a few weekends. We are planning activities such as La Ronde, camping, fishing, tree top adventures, skate park and much more! We've also planned to sell hot dogs during baseball games and participate in the Family Day activities to raise funds. Please come encourage us and show your support!

If you have any questions,

comments or suggestions, you can reach us by calling 418-844-1327 and it will be a pleasure to answer you!

The Teen Club Team



SUMMER PLAYGROUND AND PLAYGROUP JULY 5th TO AUGUST 13th, 2010

Playground (10 a.m. to 3 p.m. Monday to Friday)

Children, 5 to 12 years old, participating in this program are encouraged to:

- Learn to play cooperatively;
- Respect others;
- Develop muscular coordination through physical activities and games;
- Share ideas and materials;
- Develop a positive self-image and a positive attitude.

A dynamic and responsible team of monitors await your youngsters. In order to be able to offer your children a memorable summer, the whole team has received camp (animation) training.

Playgroup 10 a.m. to 3 p.m. Tuesday to Thursday)

Children aged 3 to 5 will learn to socialize by participating in games, songs and crafts. Playgroup follows the same schedule as Playground, except from **Tuesday to Thursday** only (3 days).

Daycare service

There will be a daycare service available from 7:00 to 10:00 am and from 3:30 to 6:00 pm. The cost is \$20 per week per family or \$150 for the summer per family. **This service must be reserved and paid for in advance upon registration.** Any child who is present at Playground outside operating hours will be subject to daycare fees (\$15 per day).

Registration:

You will find a registration form on page 13. For more information, or for additional registration forms please contact Pamala Hogan Laberge at 418-844-2097 or email plaberge@munsgdv.ca, or you may print a blank registration form from our website under the 'Services' tab. Registration period for residents begins on May 10th. For non-residents it will begin on May 24th. All registrations must be received by June 11th at the latest. **Registrations received after this date will be charged an additional \$20 late fee.** You may register your child by mail, by using the night-deposit box at the Municipal Office or in person at the Sports and Recreation Department (Monday to Friday from 8:30 am to 3:00 pm). All registrations must be accompanied by full payment of Playground and daycare fees.

The following payment methods are available:

In person; cash, cheque or series of post-dated cheques (the final payment must be dated no later than August 1st, 2010) payable to: 'Municipalité de Saint-Gabriel-de-Valcartier, or **direct payment** at the Accounting Department during office hours (8:30 to noon and 1:00 to 4:30 pm).

Please take note that there are no reimbursements without medical reasons.

Daycare—week of August 16th-20th

There is the possibility of offering a daycare service for the week of August 16th to 20th if we have enough participants. If the minimum number of registrations is reached, we will contact you to let you know that the service will be offered.

What should you bring to Playground?

- A healthy lunch (no peanuts, please);
- A few snacks;
- A water bottle;
- Sun block;
- A sun hat;
- A rain coat or sweater when needed;
- A swimsuit and a towel;
- Your sense of humour and lots of energy!

Don't forget to label your child's belongings! We always have an abundance of unclaimed objects at the end of the summer!

Security and Behaviour

The Sports and Recreation Department is committed to providing the children with stimulating activities for an enjoyable summer geared toward the needs of the different age groups. The monitor to child ratio will be 1:10. All monitors receive a first-aid course. Also, the personnel remains under the supervision of the Sports Director.

Disciplinary Code:

Physical and verbal violence or disrespect in any way will not be tolerated and will result in immediate expulsion without reimbursement.

The Sports and Recreation Department reserves the right to expel a participant after three (3) warnings, and this, without reimbursement. Depending on the nature and severity of the infraction, warnings may be bypassed and could result in immediate expulsion.

Rates

These prices include transportation by school bus (**for Playground only**), activities, outings and a T-shirt.

	<u>Residents</u>		<u>Non-residents</u>	
	Playground	Playgroup	Playground	Playgroup
1st child	\$250	\$150	\$375	\$200
2nd child	\$225	\$130	\$375	\$200
3rd child or more	\$200	\$110	\$375	\$200
Weekly	\$50	N/A	\$95	N/A

NEW THIS YEAR - SPECIALIZED CAMP IN ENGLISH

Come and have fun this summer! Learning English doesn't have to be boring! Due to popular demand, the Municipality will offer Specialized English summer camp for kids.

This Specialized English summer camp is for kids aged 6 To 15 and will be offered Monday to Friday from 10:00 a.m. to 3:30 p.m. in July and August on the following weeks:

- Week 1 : July 5th to 9th
- Week 2 : July 12th to 16th
- Week 3 : July 19th to 23rd
- Week 4 : July 26th to 30th
- Week 5 : August 2nd to 6th
- Week 6 : August 9th to 13th

You can register your child for a maximum of three weeks. Registrations will be held from May 10th to June 11th at a cost of \$100 per week.

Please indicate weeks in order of preference when registering. Please see registration method on page 10.



MOM & TOT GROUP

Would you like to meet other moms and toddlers from the community?

Developed to create a break from your normal routine, this playgroup offers children and their mothers a chance to socialize and have fun together. We will get together once a week, on Saturdays for approximately

2 hours either during the morning or afternoon, depending on the majority's availabilities, to play together, meet new friends, acquire new skills, share ideas and experience new activities.

Are you interested in joining us? Please contact Janick Purchio at 418-933-2651 or

Pamala Hogan at 418-844-2097. Group meetings will begin on May 15th, 2010.

Hurry and sign up!

We hope to meet you and your toddler!



EMPLOYMENT OFFER

Fitness 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, administration, cleaning and all other tasks requested by the Coordinator. Proceed with the opening and the closing of the sports center.

Qualifications:

- Valid CPR and first aid courses or be available to follow the course;
- Knowledge of fitness standards and physical training in a gym;
- Knowledge of instruction and prevention techniques;
- Application of policies, procedures and regulations.

The candidate must:

- Be available as soon as possible;
- Be in good physical condition;
- Be available to work split shifts;
- Be bilingual;
- Like to work as a team.

Salary: \$9.50/hr.

Number of working hours and work schedule to be confirmed.

Gym schedule:

Same as that of the Physik Center page 9.

The candidate must submit his/her resume in person, by mail or by e-mail to Pamala Hogan Laberge (plaberge@munsgdv.ca) or Jean-François April (centrephysik@videotron.ca) before **May 14th, 2010.**

BALL LEAGUES

SOFTBALL

WOMEN

Come meet other women of the community and have some fun. This league is for women and girls over 12 who want to have FUN!

WHEN:
Games will be held on Monday nights and the league will begin around the end of May.

COST:
\$50 for residents
\$70 for non residents



MEN

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

WHEN:
Games will be held on Tuesday and Thursday nights and the season will begin around the end of May

COST:
\$125 for residents
\$145 for non residents



BASEBALL

CHILDREN

We must have a minimum number of registrations of girls and boys from 4 to 10 years of age in order to offer this activity.

WHEN:
Possibly starting on Wednesday, June 23rd. Games will be held on Wednesday nights.

COST:
\$20 for residents
\$ 40 for non residents



Last day to register for all ball activities: May 14th

You can register with Pamala Hogan Laberge at 418-844-2097 by Email at plaberge@munsgdv.ca or in person at the municipal office from Monday to Friday 8:30 a.m. to 12:00 (noon) and 1:00 to 4:30 p.m.

Please note that only those candidates retained for interviews will be contacted.

SUMMER EMPLOYMENT OPPORTUNITIES FOR STUDENTS

The Sports and Recreation Department is looking for monitors for its summer playground program. Are you a dynamic, energetic person who likes to work with kids and spend time outdoors? This could well be the job for you if:

- You're available to work from July 5th to August 13th + 1 week of preparation (from June 28th to July 2nd)
 - You are 16 years old or older
 - You like children
 - You are responsible, motivated and want to have a great summer
 - You are studying or plan to study in teaching, daycare, arts, physical education, recreation, special needs or another related field
 - This could be a pertinent job for your future career!
- If some or all of these apply to you, then this is the job for you! Send us your C.V. as soon as possible.

By mail:

Municipality of
Saint-Gabriel-de-Valcartier
Sports and Recreation
Department
1743 Boulevard Valcartier
Saint-Gabriel-de-Valcartier
(Quebec) G0A 4S0

By E-mail: plaberge@munsgdv.ca

By fax: 418-844-3030

ASSISTANT MONITORS

Have you been part of our assistant monitor program over the past years? If so, there may possibly be a job for you at our Playground this summer. If you're interested, please send your C.V. with a letter explaining why you would like to work at Playground this summer at the address above.

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THE SPORTS AND RECREATION DEPARTMENT NEEDS YOU!

If you would like to get involved in your community, meet people from your neighbourhood and do something interesting, you're the person we're looking for. The Sports and Recreation Department needs volunteers to fill several positions:

- On Family Day and during the MRC's Discovery Event;
- For baseball games;
- For the Soccer Club;
- At the Library;
- To help at summer camp.

If these sound interesting to you, please contact Pamala Hogan-Laberge at 418-844-2097.



WADING POOL

SCHEDULE

Monday to Friday

3:30 to 6 p.m.

Saturday & Sunday

1 to 6 p.m.

From June 19th to August 13th

(weather permitting)

Weekend schedule as of August 13th
until Labour Day.

Entrance is free and adult supervision
is required at all times.

WELCOME TO THE SKATEPARK

Opening Hours:

Weekdays

6:00 p.m. to 9:30 pm

Weekends

1:00 p.m. to 10:00 pm

For the safety of all skaters:

- Use the park at your own risk.
- 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 consume alcohol or drugs on the site.
- Glass containers are forbidden.
- 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!

If you notice any
damaged equipment,
please advise the
grounds attendant
immediately.



MUNICIPAL LIBRARY

MUST READS

Categories

Adult:

Water for Elephants, Sara Gruen

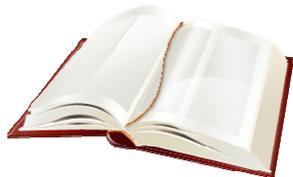
Teen-adult:

Hunger Games, Suzanne Collins

Children:

The Lightning Thief, Rick Riordan

Happy reading!



SPRING AND SUMMER SCHEDULES

SPRING SCHEDULE

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

SUMMER SCHEDULE

From July 2nd to September 5th
 Monday 7 - 8:30 p.m.
 Wednesday 7 - 8:30 p.m.

Closed on the following statutory holidays:

- Monday, May 24th
- Monday, September 6th

SUMMER READING CLUB - DESTINATION JUNGLE

Would you like to go on a jungle safari this summer? The TD Summer Reading Club «Destination Jungle» will take you there! Elementary school children will receive an invitation to join the Summer Reading Club at the beginning of June. To register, go to the municipal library during opening hours starting June 7th, fill out a registration form and then, start reading ! There will be several nice prizes to be won.

For more information, visit your municipal library this summer or go to www.td-club-td.ca.



Sports and Recreation Department
 Registration for 2010 Summer Activities
 Saint-Gabriel-de-Valcartier Municipality

Participant information :

Family Name	Name	Birthdate	Allergies ?	Activity	Cost

Total : _____

Playground only: Bus transportation a.m. p.m. Other address for pick up or drop off: _____

Family Identification :

Address :	Town :	Postal Code :
Mother's name :	Tel. :	Other tel. :
Father's name :	Tel. :	Other tel. :
Parent to receive the R24 father <input type="checkbox"/>	mother <input type="checkbox"/>	S.I.N. (mandatory) :

I authorize the Sports and Recreation Department to intervene in case of a medical emergency.

Signature: _____ Date: _____

TAEKWON DO ITF 25th ANNUAL Quebec Cup - A PHENOMENAL SUCCESS

«What a great success and this, thanks to the group of volunteers and the quality of athletes attending the event. The Cup takes to the road again this time heading for Laval since the area's Club Éclipse were the biggest winners of the event with 63 points accumulated, followed closely by Sillery's Club and ours, here in Valcartier, with 59 and 58 points respectively. I am very proud of this» commented Mr. Rock Soucy, President of the organizing committee and Technical Director of the Saint-Gabriel-de-Valcartier Taekwon Do Club.

The competition, which was held at the Valcartier Garrison Sports Center, welcomed close to 300 enthusiasts of all levels and ages performing in combat and forms events. Of the thirty-two (32) registered clubs in the province, twenty-eight (28) had participants registered in this competition which crowns the top Taekwon Do ITF athletes year after year.

Mr. Soucy, who is also President of the Taekwon Do ITF of Quebec (ART) Regional Association insisted on mentioning that «Taekwon Do ITF is very popular in the region of Quebec with several clubs. The passing of the President and Grand Master (Trần Trîeu Qûan) certainly dealt the whole community a hard blow but I believe that to the contrary, the sport will not suffer from this loss but endure. In spite of this situation, we have here a good occasion to demonstrate the quality of our martial art and the level of competence of our technical directors.»



Photos captured by Mrs Kathy Adams during the event.



About the Saint-Gabriel-de-Valcartier Club :

The Saint-Gabriel-de-Valcartier Club has one of the top billings per capita with a membership of 65 enthusiasts for a population of +/- 2200 persons.

The next session will begin in September at the Saint-Gabriel-de-Valcartier Community Center. For more information, please contact Rock Soucy 418-948-8904.



A HEARTFELT THANK YOU
TO ALL THE VOLUNTEERS
WHO CONTRIBUTED
TOWARDS THE SUCCESS
OF THIS EVENT.

NEW SUMMER CAMP - RAFTING ON THE JACQUES CARTIER RIVER



Do you like a wilderness challenge?

Would you like to try white water in total safety?

Here is an extraordinary opportunity to develop your leadership, your self-confidence, to experience a wilderness challenge and meet other young people who share the same interests.

- PREREQUISITES :** Must weigh at least 90 lbs and be comfortable in the water.
- DURATION:** 5 days, from Monday to Friday (8:30 am to 5:00 pm)
- DATES:** July 5-9, 2010
July 12-16, 2010
- INCLUDED:** 1 craft guide + all lunches + safety kayak + safety equipment and isothermal suit.
- FEES:** 390\$ -15% for residents of Saint-Gabriel-de-Valcartier

The Program :

- Numerous rafting descents on the Tewkesbury section!!!
- Aquatic activities (hydrospeeding and cliff jumping)
- Initiation into basic guiding techniques for crafts
- Initiation to rescue and self-rescue
- Responsibility, attitude, self-confidence and leadership
- Teamwork
- Knowledge of the risks and dangers of the river
- Morphology of the river

Friday PM: Descent with family and friends! (additional)

INDIVIDUALIZED AND SECURE SUPERVISION
MAXIMUM OF 24 PARTICIPANTS A WEEK.
RESERVE EARLY



INFORMATION

418-520-7238

www.newwaveexpeditions.com

VALLÉE JEUNESSE



History

Vallée Jeunesse was developed in 2004 in the region of Quebec with this desire to intervene actively and concretely with young people who are soon to be expelled from their school.

In order for Vallée Jeunesse Québec to pursue their educational mission, the Frères Maristes community has made available close to 35 acres of land with access to the Jacques-Cartier river. The program takes place on this property, situated in Saint-Gabriel-de-Valcartier.

Indeed, we are of the opinion that this location is ideal to offer quality services to young people in the process of suspension or expulsion from school. Such setting in itself carries a larger meaning in order to support the development of the individual, and more particularly, that of young people experiencing important difficulties.

Project Description

Vallée Jeunesse Québec has developed three intervention axes;

-i- : Academic Intervention Program for 11 - 16 year olds

Identify "potential future dropouts" in order to offer an intense and specialized intervention out of the regular educational context. In collaboration with the Quebec region's school boards, assume a leadership milieu in the matter of social and educational dropouts. These services are offered to young people and their parents, in collaboration with partners, including the school of origin, social services, community organizations, and resource persons from the youth's immediate environment.

-ii- : Recovery Program for Families

A reference and welcoming

process has been established for families from the Quebec region so that they may experience a break, in the heart of nature, in a supervised setting. Recovery in this sense, is a recommended or proposed rest period to promote relaxation, reflection and maybe contribute towards the improvement of a family situation.

-iii- : Recreational Program :

Over the past 50 years the Valcartier site has welcomed youngsters from what was previously known as Ville Vanier, led by their recreational staff. Approximately 450 young people benefit from the infrastructures and part of the grounds on an independent basis while an exchange of services is arranged for chores such as mowing the lawn and pool maintenance among others.

Vallée Jeunesse has improved the site in order to

be able to offer recreational facilities to the local and regional communities. There are nature interpretation trails, hiking tracks and other recreational amenities available to the community and recreational organizations.

We invite you to come meet us or visit our website at www.valleejeunesse.com

Our hope is that you will also be in a position to state that the future of our youth should be cultivated starting today.

LES FRÈRES MARISTES - Outdoor activities for all on August 7th

125 years of Maristes existence in Canada.

The year 2010 will be highlighted with several different events throughout the province in order to celebrate 125 years of Frères Maristes existence in Canada.

More particularly, here in Saint-Gabriel-de-Valcartier, there will be a super party to celebrate this event on August 7th 2010.

First of all, the 125 years of the Frères Maristes' arrival in Canada. But we will also be celebrating the 65 years of

Maristes existence in Saint-Gabriel-de-Valcartier, the 50 years of the Champagnat colony, frequented during all those years by the Vanier Recreation Tou-Camp, and finally the 5 years of Vallée-Jeunesse.

Following is the theme which has been chosen for the celebrations:

125 Years of Love, Following Champagnat's Lead.

It goes without saying that all those who are interested in discovering what goes on at the Frères Maristes site at 1895

Boulevard Valcartier, will be welcome to come experience these outdoor activities on the **7th of August!** Not to be missed, it's a date to mark down on the calendar before you forget. Activities have been planned for all age groups! A detailed program will be sent out in the coming months.

We look forward to welcoming you!

Jean-Denis Couture, fms.

Marcellin Champagnat : founder of the Frères Maristes





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

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

www.saint-gabriel-de-valcartier.ca

The municipal office will be closed on the following days this summer:

- Monday, May 24th
- Thursday, June 24th
- Thursday, July 1st
- Monday, September 6th

THE MRC DE LA JACQUES-CARTIER'S URBAN DEVELOPMENT PLAN HAS BEEN MODIFIED

Shannon, February 10th 2010 - The MRC de la Jacques-Cartier prefect, Mr Jacques Marcotte, proudly announces that the urban development plan has just been modified in conformity with the government's orientations and projects pertaining to the territory's urban development. By ruling in accordance with by-law number 08-2009 modifying the Urban Development Plan of the MRC, Minister Laurent Lessard authorized, last February 2nd, the coming into force of the

said by-law. Mr Jacques Marcotte would like to thank and congratulate the employees at the MRC especially, the employees of all municipalities from the territory and also the citizens who got involved with this dossier.

This modification consists of an important update to the MRC's Urban Development Plan. More particularly, the urban perimeters will allow us to meet the residential development prospects foreseen for the MRC de la Jacques-Cartier. By

adjusting their Urbanism by-law in accordance with the modified Urban Development Plan, local municipalities will give themselves more freedom of action in terms of urban development management. Moreover, this agreement will also allow to confirm and realize, within statutory regulation tools, the MRC's vital economy. To receive more information, please contact Mr François Bissonnette at the MRC, 418 844-2160, extension 225.

EVENTS CALENDAR

MAY

- 10 Registration period for Playground, Playgroup and Specialized English Camp
- 11 Special collection for fallen leaves
- 14 -Deadline to send in CV for Public Works positions
-Last day to register for ball activities
- 15 Mommy and Me group sessions begin
- 24 National Patriot's Day - Library closed
- 30 -HHW Collection and distribution of free trees
-Community Garage Sale

JUNE

- 7 Library Summer Reading Club begins
- 11 Last day to register for Playground, Playgroup and Specialized English Camp
- 19 Wading pool opens for the summer (weather permitting)

JULY

- 1 - Second payment due for municipal taxes
- Teen Club's summer schedule begins (please see page 9)
- 2 Library summer schedule begins (please see page 13)

- 5 Playground and Specialized English Camp begin
- 6 Summer Playgroup session begins
- 5 - 9 Rafting Summer Camp
- 12 -16 Rafting Summer Camp
- 15 Drop-Counting Day for the PEEP (Water Preservation Program)
- 19 Deadline to participate in Hydro-Québec's Residential Diagnosis

AUGUST

- 1 Valcartier Cable final payment due date
- 7 Frères Maristes' outdoor activities
- 12 End of Summer Playgroup session
- 13 End of Summer Playground session and Specialized English Camp
- 20 - 22 Discovery Event and Family Day

SEPTEMBER

- 1 Third and final payment due for municipal taxes
- 5 - Wading pool closed for the summer
- End of summer schedule at the Library (please see page 13)

