



**SAINT-GABRIEL  
-DE-  
VALCARTIER**

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SEPTEMBER 2011

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# THE INDISPENSABLE NEWS BULLETIN



Picture Lac Ferré : Valérie Bibeau-Morin

## A WORD FROM THE MAYOR

*Another summer is drawing to a close and I think we can all agree that the weather has been exceptional.*

*Thank you for your patience during the road works on Boulevard Valcartier this spring and we hope everyone is pleased with the results.*

*The month of August was marked unfortunately by two fatal car accidents. The Municipality wishes to express our most sincere sympathies to the families of the two victims.*

*The safety of our citizens is always foremost on our minds and once again we ask everyone to be more prudent on our roads. A request has*

*been made to the « Sûreté du Québec » to increase surveillance in our Municipality with the hope of avoiding other such unfortunate accidents.*

*If everyone can make a concerted effort to be safe, it will go a long way to our objective of security for all our citizens.*

*Thank you in advance for your co-operation.*

The Mayor,  
Brent Montgomery

## AMATEUR PHOTOGRAPHERS- READY, SET, GO!

The Municipality is looking for amateur pictures which showcase the beauty of our year-round surroundings. Whether an infrastructure, a community activity or the surrounding nature, send us your best pictures of our Municipality and our environment. If you would like to share them with us, you may just see your photograph on the front page of our News Bulletin or even on our new Website. Please send pictures by email at [admin@munsgdv.ca](mailto:admin@munsgdv.ca).



## GIANT HOGWEED



Giant Hogweed is an invasive plant that can potentially be dangerous to human health. It was introduced into North America in the beginning of the last century for horticultural reason and first reported in Quebec in 1990. Its sap contains toxins which are activated by ultraviolet light. Contact with its sap, combined with exposure to light, can cause lesions similar to burns. Also, Giant Hogweed is very invasive and colonizes rapidly in many areas. It inhibits the growth of indigenous plants and can cause a loss of biodiversity. It represents both a risk to health and to the environment.

For these reasons it is very important to limit the propagation of this plant, to never sell, sow, plant, grow or transport it. When it is present, it is best to locate and eliminate the plant.

### DESCRIPTION OF GIANT HOGWEED

Giant Hogweed is a giant herbaceous plant able to attain a height of 5 meters, is perennial and is from the Apiaceae family. It prefers cool humid habitats. It can easily propagate if used for landscaping purposes, where it has been used in the past, and colonize areas such as river banks, ditches, railroads and roads. It can also develop in prairies and vacant lots as well as farmers' fields. Because it produces a vast quantity of seeds, it disperses rapidly and sometimes overruns large areas. Given the invasive character of this plant and its toxic properties, **it is essential to stop its spreading and avoid exposure to it.** To properly identify the plant and learn its correct and safe elimination procedure, consult the Ministry of Sustainable Development, the Environment and Parks' website ([www.mddep.gouv.qc.ca](http://www.mddep.gouv.qc.ca)).

### GIANT HOGWEED NOTIFICATION

To notify of the existence of Giant Hogweed, please call the Municipality, or call the Ministry of Sustainable Development, the Environment and Parks' information center at 1 800 561-1616. Photograph the plant in order to confirm its presence by the Ministry's professionals.

If you believe that you have been in contact with Giant Hogweed or if you would like to have more information on how to deal with its burns, please call **Info-Santé at 8-1-1.**

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## YOUR RESPONSABILITIES 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 medal 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 are 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" (animal protection society).*

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. **Living in a society denotes tolerance and respect of others. Thank you for your cooperation!**

## WINTER GARAGES AND SNOW FENCES

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>, as long as the following conditions have been met:

- Winter garages must be located only on properties where a main building already exists;
- Winter garages may be located up to 3 meters (9.84 ft) from the road and must never encroach upon the public right-of-way;
- Winter garages must be installed in a parking area or on an access route to a parking area;
- A minimum distance of 3 meters (9.84 ft) must be left between a winter garage and a fire hydrant.

Please note that fines have been foreseen in case of violation to municipal by-laws.



## SOIL EROSION



The Municipality's Urbanism Department would like to inform you that within a period of 24 months following construction of your residence, new proprietors must landscape (levelling, sowing and plantation) their land in such a way that no soil is exposed on the property. **Particular attention will be paid to this matter during the next months in order to sort out cases surpassing the 24 month period.** Moreover, we strongly encourage you to stabilize roadside canals with turf in order to stop the erosion that is visible at numerous areas along the side of our roads. **In case of violation to this law, the minimum fine is \$200 per day as stipulated in the by-law.**

## BY-LAW REGARDING CULVERTS AND PRIVATE ENTRANCES

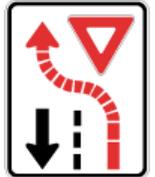
**By-law #166 for culverts and private entrances (municipal roads)**

The objective of this new regulation is to minimize damages created from streaming rainwater and create a standard installation process. In short, any new private entrance from a public road, and every new or rebuilt culvert must be done in accordance to this By-law. A permit and a security deposit are necessary prior

## CAUTION ADVISED AT CLARK'S BRIDGE

At the beginning of this school year, the Public Works Department urges you to be careful when crossing Clark's bridge with your vehicle, since the new traffic sign is not yet known by all who use this road. We would like to remind you that the new traffic sign indicates that you should:

« Yield the right-of-way to oncoming traffic »



Which means that traffic going South (towards Quebec City) does not have to stop while traffic going North (towards Redmond Road) is obliged to yield the way to oncoming traffic.



to any work being done.

Detailed information is available at the Urbanism Department office.

If you have any questions, please call François-Michel Hardy at 418-844-1218 or fmhardy@munsgdv.ca.

## SERVICES OFFERED BY THE VALCARTIER COMMUNITY CENTER

### SERVICES OFFERED:

*(These services are offered to the residents of the Municipality only.)*

- Rental of reception halls
- Rental of rectangular tables and chairs

**Main (large) reception hall:**  
80' x 50' (24 m x 15 m)

- Rental cost: \$150
- Capacity: 200 to 225 people (depending on the type of activity)
- Bar service: It is forbidden to bring in your own alcoholic

beverages. The use of the Valcartier Community Center bar service is obligatory. It is also forbidden to leave the community center building with alcohol.

- Stage
- Kitchen facilities
- Both round and rectangular tables are available

**Smaller (side) reception hall:**  
30' x 40' (9 m x 12 m)

- Rental cost: \$150
- Capacity : 65 people
- Bar service: It is forbidden to bring in your own alcoholic beverages. The use of the

Valcartier Community Center bar service is obligatory. It is also forbidden to leave the community center building with alcohol.

- Kitchen
- Patio with outdoor awning (summer months)
- Both round and rectangular tables are available

### RENTAL OF TABLES AND CHAIRS :

Any person wishing to rent this equipment must furnish a

security deposit of \$100 in addition to paying a basic rental fee of \$25 regardless of the quantity rented. It is the responsibility of the person renting the equipment to insure that the equipment is in good condition before and upon its return. The Municipality will not deliver or pick up tables and chairs that have been rented.

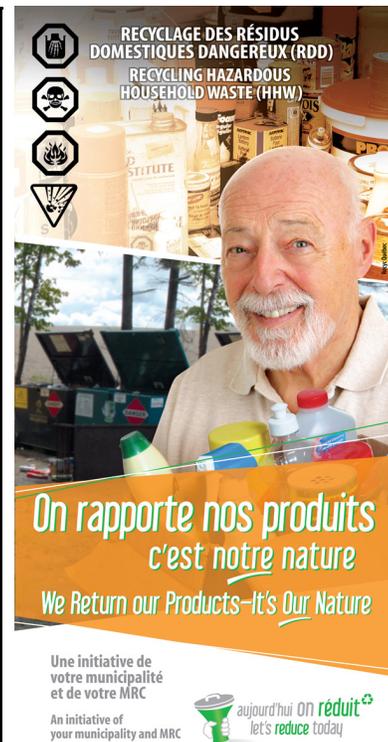
For any additional information, please contact Carolyn McCarthy Montgomery at 418-844-1218 or by e-mail: cmccarthy@munsgdv.ca

## HAZARDOUS HOUSEHOLD WASTE RECYCLING DEPOT (HHW) ON SEPTEMBER 25<sup>TH</sup>

The Municipality will offer a hazardous household waste recycling depot, free of charge, on **Sunday, September 25<sup>th</sup> 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 a list of materials that can be recuperated :

<p><b>PAINTS</b></p> <p>Paints:</p> <ul style="list-style-type: none"> <li>• sold by retail businesses (100 ml containers and larger)</li> <li>• sold by wholesale businesses (170 L containers and larger intended for architectural use)</li> <li>• primers and paints (latex, alkyd, enamel and other)</li> <li>• metal or anti-rust paint</li> <li>• aluminum paint</li> <li>• dyes</li> <li>• varnishes</li> <li>• lacquers</li> <li>• products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways)</li> <li>• signalisation paints (those available in retail businesses)</li> </ul> <p>Aerosol paints</p>	<p><b>ORGANIC HAZARDOUS HOUSEHOLD WASTE</b></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><b>INORGANIC HAZARDOUS HOUSEHOLD WASTE</b></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!

### SPECIAL COLLECTION OF LEAVES

Bags of leaves will not be picked up during the weekly collection of household garbage.

The Municipality will organize a special collection on **Thursday, November 3<sup>rd</sup>, 2011**. Bags of leaves should be placed by the side of the road in front of your residence.

No reservation required.



### 2011 MUNICIPAL TAXES

The 3<sup>rd</sup> and final instalment for 2011 municipal taxes is due on September 1<sup>st</sup>, 2011. 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.

**Methods of payment:**

In cash (at the counter), by cheque made in the name of Municipalité de Saint-Gabriel-de-Valcartier (at the counter, by mail or in the night deposit), by direct payment (at the counter) and by Internet, by phone or at the ATM at your financial institution.

You will receive your annual municipal tax bill for 2012 during the first week of March.

## BULK WASTE (DRY MATERIALS)

The weekly collection of non-household waste (dry materials) is held every Tuesday until December with the exception of the last week of November when the collection will take place on Thursday. Starting the first week of December and this, for the winter season (December, January and February), the collection will take place the first Thursday of each month.

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 request this service and give us an itemized list of materials to be picked up. You may also register for the collection on the Municipality's website ([www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)) on the home page in the section "Online Request".

It is important that these materials be sorted and set out in an organized manner (ex: carpets rolled and tied, metal sorted, wire 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 these weekly pick ups.

You may not dispose of renovation materials in your regular garbage bin as the waste management company will not pick up your garbage. We can pick up a limited amount of these materials in the non-household waste weekly pick up. You must first place a request with Dany Laberge, person responsible for Public Works. For major renovations, contact the Municipality to find out where you can dispose of these materials.

## GARBAGE AND RECYCLING CONTAINERS

We would like to remind residents that large garbage and recycling containers located on a number of non-municipalized streets are there for the use of residents who do not have door to door collection for garbage and recycling. Because they do not have rolling bins, the Municipality has installed large garbage and recycling bins for their use only. When residents who benefit from door to door collection use these containers, those with the right to use them cannot dispose of their waste since the containers are full.



at your disposal.

Please note that the garbage removal company will

not pick up garbage which has been left next to the containers. If containers are full, we ask that you please wait until next collection day.

As for the recycling, you must fold or cut cardboard boxes before depositing them in the recycling bins in order to avoid filling these up too quickly.

To dispose of dry materials, please contact the municipal office.

Thank you for your collaboration.

Please be civil and respectful towards your cocitizens and do not use these containers if they are not meant for you.

### Notice to Sommet Bleu Development and Domaine William Neilson residents

To avoid the nuisance of wild animals getting into your garbage, all household waste must be deposited inside and not next to the containers put

## COMMUNITY GOLF TOURNAMENT

The Saint-Gabriel-de-Valcartier Sports and Recreation Department invites you to its Community Golf Tournament to be held at the Centre Castor Valcartier on Sunday, **September 18<sup>th</sup>, 2011.**

\$75 per person (golf, cart, dinner and prizes)

It will be a « Continuous Mulligan » tournament. To register, please call Pamala Hogan Laberge at 418-844-2097.

Registration with payment before September 9<sup>th</sup>.

In order for the activity to take place, a minimum of 10 foursomes is required.



## FIRE SAFETY SERVICES - TO SERVE YOU BETTER!



The Saint-Gabriel-de-Valcartier Fire Safety Services is pleased to announce the installation in July by the

Public Works Department of an underground water reservoir for fire protection in the north sector of the Municipality near the cement bridge (Redmond Road).

With the implementation of the Municipal Fire Safety Coverage Plan, the Saint-Gabriel-de-Valcartier Fire Safety Services conducted a study of the available water supply needed in case of a fire. In an emergency, the proximity of a dependable water supply year round for

firefighting in rural areas not serviced by hydrants is very important. The Municipal Fire Safety Coverage Plan requirement for adequate water supply for a fire is a minimum of 20,000 imperial gallons of water accessible 365 days year. This requirement has been met and the new reservoir is now considered as a dry fire hydrant.

This new dry hydrant in the north-western sector of the Municipality, now gives us improved firefighting capabilities in an area identified as having an inadequate water supply.

Of course we hope that this installation is very seldom used however we can be assured that in the event of a fire in this area we have water close by.

Should you have any questions regarding this installation or other items in our Municipal Fire Safety Coverage Plan, please contact Fire Chief Stephen McCarthy at 418-670-3111.



## HEATING WITH A WOOD STOVE: BE RESPONSIBLE!

Enjoy the benefits of your wood fire in comfort just by taking a few simple precautions. Otherwise, in the blink of an eye, those warm friendly flames in your fireplace or wood stove could turn into a devastating fire. You can easily prevent dangerous situations such as chimney fires by taking the proper safety measures.

Here are some good tips on ways to burn cleaner wood fires.

Creosote - a crusty deposit left behind by the smoke that drifts up your chimney - can ignite into a dangerous fire when it builds up. To reduce its accumulation:

- Burn only clean, well-seasoned wood that has been split and dried properly. Dry wood lights faster, burns better and produces less smoke than "green" wood - a major culprit in creosote build-up.
- Think twice before you chop up that old coffee table and toss it

into your wood stove. Burning garbage, plastic, particleboard, plywood, salted driftwood or any other painted or treated wood releases a toxic cloud of chemicals and can build up creosote.

*Don't let a small spark ignite a big blaze...*

- The best way to start your fire is with newspaper and dry kindling. Never try to get a blaze roaring with gasoline, kerosene or charcoal starter - you will get more firepower than you bargained for.
- Remove ashes from your stove or fireplace regularly and store them in a covered metal container in a safe area away from your house. The sparks in hot ashes can easily re-ignite fires.
- Keep all household items - drapes, furniture, newspaper and books - away from the heat and the stray sparks of your woodstove or fireplace.

- Protect floors from sparks with a properly fitted screen around your fireplace. A decorative screen does not provide protection.

*Detection devices save lives!*

Install carbon monoxide detectors and smoke alarms, as required by the National Fire Code of Canada, and keep a fire extinguisher nearby. You should never smell smoke in your house. If you do, it usually means your wood stove or fireplace system isn't venting properly - perhaps the chimney is blocked, a damper is faulty or the fireplace is competing with your range hood. Not only are these fire hazards, but they could also lead to deadly carbon monoxide poisoning.

## BIKE RODEO AND SAFETY FAIR - SUNDAY, SEPTEMBER 4<sup>TH</sup> FROM 10:30 A.M. TO 3:30 P.M.

The Municipality of Saint-Gabriel-de-Valcartier, the Fire Safety Services and the Sûreté du Québec invite you to a special day of family activities at the Fire Hall located at 1745 Boulevard Valcartier.

In conjunction with the 2011 Fire Safety Services fundraiser to help support the Quebec Firefighters Foundation for Major Burn Victims, firefighters will be fundraising on Boulevard Valcartier in front of the fire hall.



### ACTIVITIES

- Fire Hall Open House and exposition of vehicles from the Sûreté du Québec
- Family Bike Ride
- Bike Rodeo (test your skills and bike safety knowledge)
- SQ Bicycle and helmet safety check. Bicycle engraving (need parent's drivers licence number)
- Children's photo session dressed as a firefighter!
- Face painting and more!

### SCHEDULE

- 10:30 Open House at Fire Hall
- 11:00 Activities begin
- 11:30 Hot dog lunch ( Quebec Firefighters Foundation for Major Burn Victims fundraiser)
- 2:00 Departure of the Family Bike Ride (22 km)
- 3:30 End of activities



## LABOR DAY B.B.Q.

This activity, organized by the Fire Safety Services, will be held on Sunday, **September 4<sup>th</sup>** at the Valcartier Community Center.

Games for kids as of 4:00 p.m. and dinner served between 5:00 and 7:00 p.m.

½ chicken with bun, salad and dessert for \$10

The number of chickens is limited.

**YOU MUST  
RESERVE  
YOUR  
CHICKEN  
AHEAD OF  
TIME.**



To reserve:  
418-844-3755 (Susan)

## A SAFE ENVIRONMENT FOR HALLOWEEN

On Halloween night (Monday, October 31<sup>st</sup>) in order to provide our children with a safe environment to do their trick-or-treating, Fire Safety Services will be out controlling traffic from 5:30 to 8:30 p.m.

### The patrolled route is as follows:

Boulevard Valcartier, between Morley Street and the Dépanneur du Village; Morley Street; Domaine St-Gabriel; Place Leduc.

We ask drivers to please be vigilant along the streets mentioned above and to travel below the posted speed limit. We also ask the collaboration of the people residing along the patrolled route to please keep their dogs tied and to turn off their outside lights if they are

unable to participate or when they can no longer receive trick-or-treaters. Thank you very much for your cooperation and we hope that this effort will help the children enjoy a safe and happy Halloween.

Come to the FIRE HALL to pick up a flashing pin and a surprise before



Hey kids, check your candies with an adult before eating any!

starting your Halloween route.

We will also be serving Tim Horton's hot chocolate and coffee!

This activity is made possible thanks to the collaboration of the Municipality, Fire Safety Services and the Sports and Recreation Department.

*Parents, we suggest that you park your vehicle in the Community Centre parking lot and walk the trick-or-treat route with your children.*



**Don't forget to turn back your clocks on November 6<sup>th</sup>. It's also the perfect time to change the batteries in your smoke detectors.**



### Chimney Cleaning

You may reserve equipment to clean your chimney at the Municipality. This service is free of charge.

# VIDEOTRON IS PROUD TO SERVE YOU.

As of September 14<sup>1</sup>, Videotron will be taking over for Valcartier Cable Inc. as the telecommunications services provider in your area. We will soon be able to offer you a large array of services: Internet, digital TV and residential and mobile telephony. You will then have the opportunity to discover all the benefits of Videotron's state-of-the-art technology and most importantly, an unparalleled entertainment and telecommunications experience!

## VIDEOTRON OFFERS YOU EVEN MORE:



### TV

Plans starting at  
**\$18<sup>29</sup>**/month<sup>3</sup>

### THE NO. 1 HD DIGITAL TV SERVICE IN QUEBEC.<sup>2</sup>

The most reliable digital TV, rain or shine.

**Bonus: Get a digital terminal for \$0<sup>4</sup>**



### INTERNET

Plans starting at  
**\$28<sup>95</sup>**/month<sup>5</sup>

### THE FASTEST AND MOST RELIABLE.<sup>6</sup> PERIOD.

We have 6 Internet service plans. Choose the one that best suits your needs.



### TELEPHONY

Residential line  
starting at  
**\$0**/month<sup>7</sup>  
for 6 months

### SAY BYE-BYE TO LONG-DISTANCE CHARGES.

Get free, unlimited local and long-distance calls to and from Videotron mobile and residential customers in Quebec.<sup>8</sup>

**Bonus: Get 8 options for 6 months for \$0<sup>7</sup>**



### MOBILE

Plans starting at  
**\$16<sup>95</sup>**/month<sup>9</sup>

### TALK UNTIL INFINITY.

Choose the plan that best suits your needs and discover our selection of state-of-the-art phones.

**Bonus: Phones starting at \$0<sup>10</sup>**

We would be pleased to have the privilege of serving you. We are fully committed to earning your trust and providing you with the best telecommunication services. Don't wait! Take advantage of these exclusive offers today.

## ACT NOW!

CALL 1-888-433-6876 OR  
VISIT [VIDEOTRON.COM](http://VIDEOTRON.COM)  
TO FIND THE POINT-OF-SALE NEAREST YOU!



**THE  
INFINITE  
POWER**

A Quebecor Media Company

Exclusive offers for customers residing in the area formerly serviced by Valcartier Cable. The offers presented in this letter cannot be combined with any other offer on the market. The \$39.95 installation fee (if applicable) includes the installation of TV, Internet and home phone services if installed on the same day, for a maximum of 5 outlets per visit. Installation of additional outlets extra. Additional fees will be billed for exceeding the monthly bandwidth limit, depending on the Internet service plan chosen. Service and pricing may differ on the partner network. Videotron services are available where technology permits. Services, conditions and rates may vary by region and are subject to change without prior notice. Free multi-purpose modem rental. Digital and mobile terminal-related equipment not included. Taxes not included. Certain conditions apply. 1. Subject to change without prior notice. 2. According to Léger Marketing survey conducted in September 2010, Videotron was the first choice of Quebecers subscribed to HD TV service. 3. Television: A contribution to the Local Programming Improvement Fund (1.5%) is included in the price. Charges apply for movie rentals or other paid content. 4. The standard digital terminal offer applies only to a reconditioned standard digital terminal. Offer applies only to the first terminal. Subject to a cancellation penalty if a discount was granted on the purchase of equipment. 5. Internet: unlimited use does not apply to the dial-up Internet service. Additional charges of \$4.50/GB will be billed if the monthly bandwidth limit of 5 GB is exceeded (uploads and downloads combined). 6. According to Léger Marketing survey conducted in March 2011. 7. Home phone services: This offer is available to Videotron residential customers who add home telephone service to two of the following services: Internet (residential or mobile) and cable or mobile phone. Rental of a multi-function cable modem included. The promotion is valid only for the first 6 months of the subscription. From the 7th month on, the current rates for the residential line, the Quebec unlimited long-distance plan and the eight residential line options (priced at \$17.35, \$7.95 and \$10 respectively) will apply. Promotion on the Quebec unlimited long-distance plan and the eight residential line options applies only if the options were added prior to installation. The customer is responsible for cancelling the services and options after the free period. 8. Free unlimited long-distance calls between mobile and home phone subscribers are for residential and business clients subscribed to Videotron's residential telephone service and/or wireless telephone service, and who have Videotron as their long-distance service provider. 9. Mobile phone service: This monthly rate applies to residential customers who are subscribing to the mobile phone service and are already subscribed to one, two or three of the following Videotron services: cable television, Internet and home phone. Fees are charged according to the location of the site that receives and sends the signal and not your location. Unlimited evening period: Monday through Thursday from 6 p.m. to 7 a.m. the following morning; unlimited weekend period: Friday 6 p.m. to Monday 7 a.m. This offer is available only where Videotron's mobile service is marketed. Service details and pricing may differ on the partner network. A device compatible with Videotron's mobile network is required. One-time activation fee not included. Each additional calling minute (out-of-area, local or long-distance, out-of-plan) costs 25¢. Long-distance calls, roaming or other applicable charges not included. 10. The discounted price covers the purchase of a phone with a discount; in this case, a termination fee will apply if the contract is terminated before the end of the acquisition period of the discount (36 months). In the case of smartphones, excluding Motorola XT720, Motorola SPICE and Garmin A50 phones, the discount is available if the subscriber's plan and monthly options total a minimum of \$40 per month.

# FALL 2011 - SPORTS AND RECREATION PROGRAM

Registration period: until September 9<sup>th</sup>

## INFORMATION

Pamala Hogan Laberge, Sports and Recreation Director  
418-844-2097 or plaberge@munsgdv.ca

### METHODS OF PAYMENT

You must fill in a registration form available on the municipal website.

**Night deposit** (only checks are accepted) : You may deposit your registration in the night deposit box at the municipal complex, 1743 Boulevard Valcartier.

**In person** : Checks, cash or direct payment are accepted.

**Payment by check**: Payments by check must be made in one payment dated September 15<sup>th</sup>, 2011 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125, it is possible to make two instalments; the first for September 15<sup>th</sup>, 2011 and the second for October 15<sup>th</sup>, 2011. For a check returned for insufficient funds, a fee of \$10 will be applicable and the payment will have to be made in cash.

**Taxes**: Taxes are included in the price when applicable.

### HOW THE COURSES FUNCTION

**Beginning of courses**: Courses will begin the week of September 12<sup>th</sup>, 2011 unless otherwise notified.

**Number of participants**: The number of registrations for each activity is limited (minimum and maximum of participants). If the minimum number of participants is not reached, the Sports and Recreation Department will cancel the activity and reimburse all persons registered for the activity.

**Activity confirmation**: If you do not receive a call from the instructor before the beginning of the course, the activity will take place as scheduled.

**Responsibility**: The Municipality does not assume responsibility and shall not be held liable for any bodily damages, theft or loss that may occur during an activity offered by the Sports and Recreation Department.

## PLAYGROUP FOR CHILDREN 3 TO 5 YEARS OLD

Recreational activities are offered to children between 3 and 5 years of age. The goal of this group is to help children socialize through games, arts and crafts, songs, stories, etc. Since this group fills up rapidly and places are limited, we suggest that you register your child as soon as possible. Children must be toilet trained to attend this group.

**Where**: Community Center  
**Schedule**: Tuesday, Wednesday, Thursday from 9 a.m. to 3 p.m.  
**Duration**: 14 weeks from September 13<sup>th</sup> to December 15<sup>th</sup>  
**Cost**: 2 days/week: \$240  
 3 days/week: \$340  
**Group animators** :  
 Sandra Woodbury and Jayne Doddridge



### SELF-DEFENSE COURSE

There would be a possibility of offering self-defense lessons for adults and teens (12 years and older). If you are interested in following this course, contact the Sports and Recreation Department.

The course would be given by Rock Soucy.

### TAEKWON DO

The Taekwon-do Club is reserved for children of 7 years and older and adults. The philosophy of Taekwon-do is to eliminate fighting by discouraging an aggression by force. This philosophy contributes to humanity, justice, morality, wisdom and loyalty with the objective of building a better and peaceful world. The creed, recited at the beginning of each course by the instructors and students, reflect this philosophy:

1. Courtesy
2. Integrity
3. Perseverance

4. Self control
5. Courage

**Place**: Community Center  
**Schedule**: Tuesday and Thursday from 6:15 to 8:45 p.m. starting September 20<sup>th</sup>  
**Cost**: \$100 for 2 sessions/week  
 \$20 extra for non-residents (payable once a year)  
**Teacher**: Rock Soucy



You are welcome to participate free of charge the first week at 6:00 p.m. We invite parents to sign up with their child.

## BALADI

**Minimum age:** 12 years old

Otherwise known as belly-dancing, baladi is considered to be the oldest dance in the world. First danced by priestesses during rites of fertility among women, this oriental dance has spread to festivities and marriages of the Arabian countries as well (mainly in Egypt, Libya and Tunisia).

Accessible to all, baladi is a complete exercise, very good for the posture, musculature, bones and cardiovascular system. Come discover this dance in a warm environment to the sound of classic Arab music, folk and popular, where you will learn the basic techniques of oriental baladi while getting to know more about your body and improve your flexibility. This course is for all those looking for a low impact activity in a relaxed setting. For information and registration, contact Mylène Lapierre at 418-844-2792.

**Location :** Reception cottage at Frères Maristes, 1895 Blvd. Valcartier

**Schedule :** Thursday  
 Beginners: 7:30 p.m.  
 Experienced: 8:30 p.m.

**Duration :** 10 weeks beginning September 12<sup>th</sup>

**Cost \* :** \$90

**Teacher :** Mylène Lapierre  
 418-844-2792

\*Registration fees are payable directly to the teacher.



## STEP

*Course reserved for adults (12 years and older)*

**Where:** Community Center

**When:** Mondays and Wednesdays

**Schedule:** 7 to 8 p.m.  
 as of September 19<sup>th</sup>

**Duration:** 12 weeks

**Cost :** \$30

**Teacher :** Lise Larochelle

50 % rebate for students.

Class size is limited, please register as soon as possible.



Municipality of  
 Saint-Gabriel-de-Valcartier Sports and Recreation Department

418-844-2097

## BETTY'S QUILTERS

Welcome to new members! This activity is for adults and children of 14 years and older.



Team projects or projects for beginners are proposed or you can work on your own projects. The main objective is to learn and share everyone's knowledge.

**Where:** Community Center

**Schedule:** Monday from 7:00 to 9:30 p.m. starting September 12<sup>th</sup>

**Cost:** \$30 for the year

Information evening the first Monday.

## HIP HOP DANCE

Back for a 16<sup>th</sup> consecutive session! The time for your class will be scheduled according to your age group and will be confirmed before the beginning of the session.

**Where:** Reception cottage at Frères Maristes, 1895 Blvd. Valcartier

**When:** Sundays (times to be determined according to age groups and registrations)

**Duration:** 12 weeks beginning September 25<sup>th</sup>

**Cost \*:** \$75 (1<sup>st</sup> child), \$70 (2<sup>nd</sup> child), \$65 (3<sup>rd</sup> child)

**Teacher:** Manon Gaudet

418-844-3491

\*Registration fees should be paid directly to the teacher. Course includes a general practice and end of session show.



Come have fun...  
 See you soon!

## MUNICIPAL LIBRARY



Opening hours until September 4<sup>th</sup>

Monday & Wednesday:

7 p.m. to 8:30 p.m.

Opening hours as of September 6<sup>th</sup>

Monday: 2 to 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 to 4 p.m.

### MUST READS

Adult Category:

The Seven Waters Trilogy - Juliet Marillier  
 Volumes 1 to 3

Young Adult Category:

The Immortals - Alyson Noël

Children's Category:

You're Finally Here! - Mélanie Watt  
 (picture book)

## CLUB ADOS

### A place for teens ...just like you

Have you been looking for information on various teen related subjects? Come browse the TAPJ de la Jacques-Cartier's new website (available in French only), it's a complete resources directory!:  
www.ressourcesjeunesse.com



#### OPENING HOURS

Thursday 6 to 9 p.m.  
Friday 6:30 to 10 p.m.  
Saturday 2 to 10 p.m.

TELEPHONE : 418-844-1327

#### The Club Ados Team:

Geneviève Cournoyer, *Coordinator*  
Samantha Bilodeau, *Youth Councillor - Group Animator*  
Jennica Laberge, *Group Animator*  
Samuel Berthiaume, *Youth Councillor - Group Animator*

### BABYSITTING SAFETY COURSE

Children 12 years and older (you must have turned 12 before the beginning of the course) are invited to register for this course. The cost is \$45. We need a minimum of 8 participants. We plan to offer this course during the month of **October**.

For more information, please contact the Sports and Recreation Department at 418-844-2097.

**Registrations will be accepted until September 30<sup>th</sup>.**

### CPR COURSE

We plan to offer this course, which is reserved for participants 16 years of age or older, in **October**. For more information, please contact the Sports and Recreation Department at 418-844-2097. **Registrations will be accepted until September 30<sup>th</sup>**. Cost to be determined.

#### The importance of CPR

Here are a few reasons to motivate you to take a **CPR course** :

- **CPR** is a skill that could very well save the life of someone suffering from cardiac arrest (which occurs when the heart stops beating all of a sudden and the person stops breathing).

- Approximately 40 000 cardiac arrests occur each year in Canada and every minute that passes, survival chances for the victim diminish by 10 %.
- Over 80 % of cardiac arrests occur at home or in a public place and less than 5% of victims survive.
- Research shows that between 35 and 55% of cardiac arrests occur in the presence of witnesses, often a family member or a friend, but that few victims receive **CPR**.

Once the heart stops beating, every second counts: knowing how to react and what to do in this type of situation could increase the chances of survival and recovery by 30% or more.

### CONDITIONNING ROOM

#### Schedule:

Monday to Friday	6 to 11 a.m.
Monday to Thursday	3:30 to 8:30 p.m.
Friday	3:30 to 6:30 p.m.
Saturday*	7 a.m. to 12 p.m.

**\*(Closed on Saturdays in June, July and August)**

#### 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/person
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, 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



MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER



TOGETHER, IN THE  
HEART OF NATURE

SAINT-GABRIEL  
-DE-  
VALCARTIER

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

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

## CATECHISM COURSES

Dear Parents,

If you would like to offer your children the possibility to develop their faith that they received at Baptism, to proceed with Jesus, to have access to the Sacraments of Pardon, First Communion and Confirmation, you can reach us at the following:

**Telephone:** 418 844-0323 (Mrs. Laurraine Giroux)

**Email:** l.truchon@videotron.ca

Please note: The offering of the Sacraments is part of the Catechism Course, taking into consideration the progress of the child and his/her future preparations. The path of faith, in preparation of the Sacraments, is also possible for teenagers and young adults.

Léopold Truchon, f.m.s.

### MESSAGE TO VOLUNTEERS

*A big thank you to those volunteers who contributed to the success of our soccer league this summer. Thanks to you, our children benefit from a terrific sports program!*

*Thank you to the children who participate in our activities and to their parents for their support and encouragement.*

*Thank you to the summer program monitors. These young men and women devote themselves to the pleasure and security of our kids throughout the summer. Your contribution is greatly appreciated!*

*We must also thank all the volunteers who play a critical role in the success of our events and activities all year long. We emphasize that your contribution is essential to the planning of our community activities. We encourage you to continue to participate in large numbers to the Sports and Recreation Department activities in our Municipality.*

*Thanks again, Pam*

## DATES TO REMEMBER

### SEPTEMBER

- 1<sup>st</sup> 3<sup>rd</sup> municipal tax payment
- 4 Bike Rodeo and Safety Fair  
Labor Day BBQ
- 9 Last day to register for the Community Golf Tournament  
Last day to register for Sports and Recreation activities
- 18 Community Golf Tournament
- 25 HHW Collection

### OCTOBER

- 31 Halloween, meet us at the Fire Hall!

### NOVEMBER

- 3 Special collection of leaves
- 6 Turn back your clocks!

### SÛRETÉ DE QUÉBEC OPEN HOUSE

To the citizens of the MRC de la Jacques Cartier; on September 11<sup>th</sup>, 2011 you are invited to an Open House from noon to 4:00 p.m. at the Sûreté de Québec police station located at 1045 Boulevard du Lac in Lac-Beauport. Many specialists will be on site. Participants will have a complete visit of the police station and the various vehicles of the MRC de la Jacques-Cartier police station.

Everyone is welcome!  
Officer Daniel Huard, MRC de la Jacques-Cartier



### HELP MILITARY FAMILIES

— DRAW ON OCTOBER 29TH, 2011 —

# SUPPORT OUR TROOPS

FUNDRAISING TO THE BENEFIT OF  
MFRC OF QUEBEC AND JPSU

TICKETS AVAILABLE FOR ONLY 20<sup>\$</sup>

**SEVERAL PRIZES TO WIN**  
INCLUDING A TRAVEL CREDIT OF \$5 000,  
3 GAS CARDS FOR A TOTAL VALUE OF 5000\$ AND THE GRAND PRIZE  
A FORD MUSTANG GT CALIFORNIA 2012  
VALUE OF \$45 000



Photos for reference only

DETAILS AT  
[www.support2011.ca](http://www.support2011.ca)

IN PARTNERSHIP WITH



ORGANIZED BY



THE MUNICIPALITY'S WEBSITE HAS HAD A  
FACELIFT. CHECK IT OUT!  
[WWW.SAINT-GABRIEL-DE-VALCARTIER.CA](http://WWW.SAINT-GABRIEL-DE-VALCARTIER.CA)