



SAINT-GABRIEL
-DE-
VALCARTIER

Volume 7 | Issue 4

AUGUST 2014

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**FAMILY DAY
AND FIRE HALL
OPEN HOUSE
AUGUST 15 & 16**
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THE INDISPENSABLE NEWS BULLETIN



Photo: Mrs Maureen Bédard

A WORD FROM THE MAYOR

I trust that all citizens are enjoying the summer weather and are ready to attack your fall projects with renewed vigour. Our weather may be somewhat uneventful but at least is free from the extremes we see in other parts of the world.

To bring you up to date with municipal happenings, the second coat of pavement was applied and minor modifications carried out to complete the project phase II on Redmond Road and the entrepreneur has done a great job. The contract for the extension of the fire hall has been awarded to the lowest of six bidders and should be ready for the fall. Our new fire truck was delivered at the beginning of

June and will find its permanent home in the new extension. We will be celebrating 35 years of service from the Fire Safety Services also known as the Fire Department and are extremely proud of the excellent service they provide.

We are also in the process of acquiring an access to the river on Redmond Road. The Municipality will take charge of this property and will develop a small public park area giving access to the Jacques-Cartier River. Also coming up is the 20th edition of the Community Golf Tournament which will be held on September 14th at the Castor Golf Club as usual. Our community

calendar will be available this fall with the theme being municipal sports, recreation and leisure.

Road safety should always be top of mind for all citizens. We should all make a conscious effort to obey speed limits. We share our roads with pedestrians and bikers so keep this in mind at all times when driving. Finally a reminder that all our citizens enjoy important discounts to belong to the PSL on the military base. Please take advantage of the full complement of equipment available for your use. Have a peaceful rest of summer and all the best for a great autumn!

Brent Montgomery

**Don't forget to turn back your clocks on
November 2nd. It's also the perfect time to
change the batteries in your smoke
detectors.**



PLEASE KEEP THIS AS A REFERENCE DOCUMENT UNTIL DECEMBER 2014

FAMILY DAY AND OPEN HOUSE AT THE FIRE HALL AUGUST 15 & 16

WELCOME ALL RESIDENTS, FAMILY AND FRIENDS!

The Sports and Recreation Department and the Fire Safety Services invite you to come and enjoy these two fun-filled family activity days in large numbers.



**A CAUSE THEY REALLY
TAKE TO HEART!**

On Saturday, August 16 between 12 and 2 p.m., firefighters will be collecting funds on Boulevard Valcartier. Proceeds from this collection as well as proceeds from the raffles will go to the Quebec Firefighters Foundation for

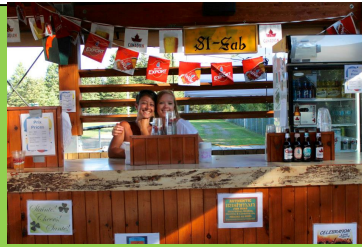
**Burn
Victims.**



©2013 STEPHANE



You can bring your own chairs and blankets for the family movie and fireworks and we also invite you to bring your own fireworks to contribute to the pyrotechnics show on Saturday night. In order to ensure the safety of all, please hand them over upon your arrival to one of the volunteer firemen in charge of the event before 4 pm.



FRIDAY AUGUST 15

6 p.m.: Beer garden (under the shelter) adults 18+ and canteen (Club Ados)

6:30 p.m.: Slo-pitch tournament (men's and women's)

-Adult soccer (Black Bears' field)

9 p.m.: Family movie night (Community Center)

SAINT-GABRIEL-DE-VALCARTIER



TOURNOI DE SLO-PITCH TOURNAMENT

SATURDAY AUGUST 16

10 a.m.: Slo-pitch tournament (Come cheer them on!)

10 a.m.-6 p.m.: Used book sale (Community Center)

10 a.m.- 3:30 p.m.: FIRE HALL

* SQ Information Kiosk & Fire Safety Services Prevention Kiosk

* Hey kids! Come for a visit of the fire hall, trucks and the FIREMAN FOR A DAY obstacle course where you can have your picture taken dressed as a fireman

* Sporadic raffles throughout the day

Noon: Beer garden (under the shelter) adults 18+

1 p.m.: Face painting, giant inflatable games and animation for children. Don't forget your bathing suit to play in the waterpark and wading pool!

2 p.m.: Eliminated from the Slo-pitch tournament? Get a team together to play:

* Horseshoes (registration under the shelter, on the terrace)

* Beach volleyball

* 3 on 3 Basketball

5 p.m.: Smoked meat & spaghetti supper, \$7 per person and free for children 5 and under

7 p.m.: Slo-pitch tournament finals

IN THE EVENING:

**PARTY UNDER THE SHELTER
WITH LIVE BAND « ON
TV » AND FIREWORKS!**



20TH EDITION OF THE COMMUNITY GOLF TOURNAMENT SUNDAY, SEPTEMBER 14TH

The Saint-Gabriel-de-Valcartier Sports and Recreation Department is currently organizing its annual fall golf tournament for 2014 at the **Club de Golf Centre Plein Air**



Castor Base Valcartier. This activity will be held on Sunday, **September 14th** for the price of **\$80 per person**. The event will start with a brunch, and a fabulous prize draw!

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

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

Schedule: 10 a.m.: Brunch
11:30 a.m.: Golf

On the menu: orange juice, eggs, sausages, ham, bacon, baked beans, pancakes, French toast, potatoes, toast, fruit salad and coffee or tea.

To register, please contact Pamala Hogan Laberge at 418 844-2097.

Would you like to walk in good company?

Due to the popularity of this activity, the Walking Club is back this fall.

Why participate?

To put a little zest and healthy energy into your routine. Walking is an easy way to keep in shape. The pace and distance are flexible and according to your abilities and needs.

Those interested in participating in a walking club are invited to contact Pamala Hogan Laberge at 418 844-2097 **before September 12th**. We will begin walking the week of September 15th.



NEW AT THE MUNICIPAL LIBRARY

Story time! New, starting in October...Children can choose to listen to either an English or a French story. All other activities and crafts will be done together. Keep an eye on the Library programming for dates and times!

Used book sale! The book sale will be held during Family Day activities. Used books will be up for sale inside the Community Center on Saturday, August 16th, from 10 a.m. to 7 p.m. Prices will vary between \$0.10 and \$1.00 or you can fill up a bag and make us an offer! Profits will be donated to the Municipal Library. Come early for the best selection and return later for the best deals!

TD Summer Reading Club: Kids aged 5 to 12 can still sign up for the TD Bank Eureka! Summer Reading Club. The draw for prizes will be held at the Municipal Library on August 28th at 7 p.m.



Zoning By-law #148

11.3 OUTDOOR STORAGE OF FIREWOOD

The outdoor storage of firewood for non-commercial purposes (personal use for the main building) is permitted on land where a residential building is erected. This storage must meet all of the following conditions:

- The wood shall be properly piled and stacked and cannot at any time be left in a loose pile in the yard except for a continuous period not exceeding 30 days;
- The storage shall be situated in the side or rear yard, respecting a minimum distance of 2 meters (6.6 ft.) from property lines, unless an opaque fence or hedge is built in accordance with this By-law. The maximum height of the fence is 2 meters (6.6 ft.);
- The storage must not obstruct a window, door or exit, nor be located under these;
- The maximum height for this storage is 2 meters (6.6 ft.).

Shelters for firewood (regulation available at the Municipality) can be located on a plot where a residential building is erected in accordance with this By-law.

The outdoor storage of firewood is allowed on vacant land located in a zone that is not residential. The wood must be stored properly, piled and stacked to a maximum height of 2 meters (6.6 ft.) and comply with the implantation standards prescribed in the said zone.



Zoning By-law #148

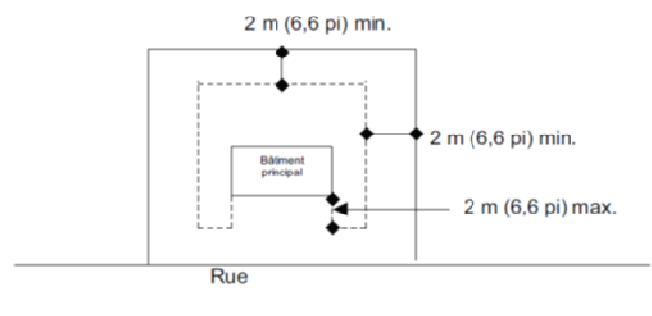
11.4 OUTDOOR STORAGE AND STORAGE OF LEISURE VEHICLES

The outdoor storage of recreational vehicles such as a trailer (motorized or not), tent trailer, snowmobile, motorcycle, watercraft or yacht is allowed on a lot where a residential building is erected, with the following conditions:

- Must be located in the side yard or rear yard, at a distance of 2 meters (6.6 ft.) of the lateral and back lines, if impossible, may be located partly in the front yard, with 2 meters (6.6 ft.) minimum lateral lines without encroaching more than 2 meters (6.6 ft.) on the front yard, measured from the front wall of the building used as a residential dwelling (see FIG 4);
- For vehicles, they must be in working order and have a license allowing them to travel on the road, trail or water for the year.

Snowmobiles, watercrafts, motorcycles or other recreational vehicles shall be stored inside a building and not be visible from the street during the respective off-season in Quebec.

Figure 4 : Aire d'entreposage



BY-LAW #166 CONCERNING CULVERTS, PRIVATE ENTRIES AND DRIVEWAYS AND DRAINAGE

This By-law has been in effect since June 2010

The purpose of this By-law is to:

- Insure uniformity of structures
- Avoid erosion of private entries to ditches and to public roads
- reduce the load of surface water directed to public infrastructures (roads and ditches)

The main guidelines of this By-law are the following:

- Permits and a deposit guarantee are required for any new access from an existing public street, modification or reconstruction of pre-existing access

- Specific standards for construction
- Prohibition to direct runoff towards the street or ditch (Quebec Civil Code, Art. 979)
- Only a foundation drain can be connected to the ditch
- No rain gutter or sub pump may discharge into the municipal right of way

For more information, please contact the Municipal Inspector: Mr. François-Michel Hardy – 418-844-1218
fmhardy@munsgdv.ca



PORTABLE SPEED DISPLAY

In order to raise the population's awareness of the dangers associated with speeding, the Municipality has purchased a portable speed display. This apparatus will be placed in alternating locations throughout the territory. The display unit registers data concerning the recorded speeds and the Municipality sends this data to the Sûreté du Québec in order to target and increase monitoring in areas where speed limits are exceeded. At the same time, we invite you, dear citizens, to reduce your speed while driving for the welfare and safety of everyone!

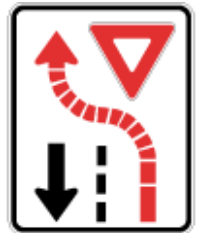


CAUTION ADVISED AT CLARK'S BRIDGE

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 this traffic sign is not always known by all drivers taking 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.



Zoning By-law # 148 - 8.2 WINTER SHELTERS, SNOW FENCES AND WINTER PROTECTION

Winter shelters for both vehicles and pedestrians located at the entrance of a building, and snow fences and other winter protection are allowed in all areas, from **October 1st to April 30th of the following year.**

Location

- A winter shelter cannot be built on a vacant lot.
- The winter shelter can be erected in the front yard as a parking space on the driveway or vehicular or pedestrian access to this area. The winter shelter can be located in the side or rear yard.
- A winter shelter cannot be installed closer than 3 meters (9.8 feet) from the paving, and must be on one's private property.
- A winter shelter cannot be installed at less than 3 meters (9.8 feet) of a fire hydrant, or be attached to it.

Structure

- The structure of a winter shelter can be made of wood

or metal. Structure or framework must not be apparent.

- Winter shelters must be evenly covered with canvas specifically designed for this purpose (eg: Fabrene) or painted or stained wood panels; The use of polythene is prohibited. One single type of covering material is allowed per winter shelter.

Special Provisions

- An additional annex building (carport, gallery, porch, etc.) can be closed during the same period and with the approved materials aforementioned.
- The winter shelters including a structure and snow fences must be dismantled and removed at the end of the period allowed for each year and be stored in an area invisible from the street.
- A winter shelter must be kept clean, firmly anchored and well maintained (no canvas or damaged canvas, unattached, etc.).

EMPLOYMENT OPPORTUNITY – Skating facilities attendant

The Sports and Recreation Department is currently seeking to fill a position for an outdoor skating facilities attendant (monitoring and maintenance). Priority will be given to residents.

Requirements:

- 18 years of age or older;
- responsible and authoritative;
- like working with the public;
- available nights and weekends as well as during holidays (Christmas and March break).

Salary: to be discussed

Persons interested in this position must send their résumé (C.V.) to:

Pamala Hogan Laberge

Sports, Recreation Department

1743 Blvd. Valcartier.

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

or plaberge@munsgdv.ca

HAZARDOUS HOUSEHOLD WASTE DEPOT (HHW) SEPTEMBER 21ST

The Municipality will offer a hazardous household waste recycling depot, free of charge, on **Sunday, SEPTEMBER 21st 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>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 • aluminum paint • dyes • varnishes • lacquers • products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways) • signalisation paints (those available in retail businesses) <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 WASTE</p> <p>Acids, bases, oxidizing agents, batteries, pesticides and insecticides</p> <p>Fluorescent compact light bulbs (CFL)</p>
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RECYCLAGE DES RÉSIDUS DOMESTIQUES DANGEREUX (RDD)
RECYCLING HAZARDOUS HOUSEHOLD WASTE (HHW)

**On rapporte nos produits
c'est notre nature**
We Return our Products—It's Our Nature

Une initiative de votre municipalité et de votre MRC
An initiative of your municipality and MRC

aujourd'hui On réduit
let's reduce today

If you are not sure that a product 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!

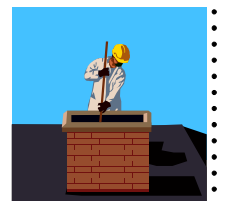
DISTRIBUTION OF WOOD CHIPS

At certain times of the year, the Municipality has wood chips to distribute. If you wish to receive some, please contact the Manager of Public Works, Dany Laberge at 418-844-1218.



Chimney cleaning

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



BULK WASTE PICKUP (DRY MATERIALS)

The weekly collection of non-household waste (dry materials) is held every Tuesday until November 18. The last week of November, the collection will take place on **Thursday**, November 27. 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) 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.

SPECIAL COLLECTION FOR FALLEN LEAVES

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

The Municipality will organize a special collection on **Tuesday, November 4th, 2014**. Bags of leaves should be placed by the side of the road in front of your residence. No reservation required.



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.

Please be civil and respectful towards your fellow citizens 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 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.



The ÉcoRénov tax credit is designed for individuals who have eco-responsible renovation work carried out by a qualified contractor on their primary residence or cottage under an agreement entered into after October 7, 2013 and before November 1, 2014.

In order to benefit from this tax credit, works carried out must have a positive impact on the energy consumption or environmental level and the materials used in the course of this work must meet recognized standards. Note that this program also applies to work that may include septic installations.

For the ÉcoRénov terms and conditions as well as the list of accepted eco-responsible renovation works, please visit the following page:

<http://www.revenuquebec.ca/fr/citoyen/credits/ecorenov/default.aspx>



BECOME A VOLUNTEER FOR THE FIRE SAFETY SERVICE

You must fill out the «**Part time volunteer firefighter**» form (available on the Municipality's website or at the Municipal office) and return to Fire Safety

Services at the following address:

Fire Safety Services

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

You may also deposit your application form at the municipal office during opening hours. For any information concerning the Fire Department, you may call **418 844-1218, extension 228** and leave a message.



MESSAGE FORM THE SÛRETÉ DU QUÉBEC

BREAKING AND ENTERING

As defined under the Criminal Code, a B&E occurs when an individual enters someone's home or other property illegally, with the intent to commit a crime.

The individual is not required to have entered the premises by breaking a security device.

The offender is not required to have actually committed a theft to be accused of breaking and entering.

B&E is the most frequently-committed property crime in Quebec, after theft of \$5,000 or less. Thus, in 2010 in Quebec, 53,219 B&E incidents were reported to police services, while 95,857 thefts of less than \$5,000 were committed, out of a total of 370,052 offences under the Criminal Code (not including crimes related to driving a vehicle).

B&E offences occur most often in:

- Private residences (from July to December)
- Cottages (from May to November)

They mostly take place during the day (between 6 a.m. and 6 p.m.), Mondays to Fridays.

Preventing home theft

In Québec, a house or an apartment is visited by burglars every four minutes and, in the majority of cases, two or three minutes are all they need to get inside.

However, you can greatly reduce your risk and discourage thieves with a few simple but efficient precautions.

- Buy safe and sturdy locks for your doors and lock them.
- Before leaving your home, lock all windows and don't forget the windows in the basement.
- Try to ensure, as much as possible, that all doors and windows are kept cleared of all objects (fence, shrub, etc.) which would help a thief to hide.
- Avoid keeping large sums of money in the house and store jewellery and valuables in unusual places.
- Protect your sliding doors and windows by installing a security bar or piece of wood in the lower track.
- Install fixed wire mesh with one-way screws to protect basement windows.
- Install a peep hole on your door rather than a chain lock; this will allow you to verify the identity of the person knocking at your door.

Prevent when you're away!

When you're away, it is very important that your **home** looks occupied. Here are a few tips to discourage **burglars**.

Short term absence

- Lock all doors and windows and activate your security system.

- Leave the radio turned on.
- Leave some lights on and use a timer.
- Don't leave a note on the door saying that you're away.

Long term absence

- Depending on the season, clear the snow from walkways or mow the lawn and ask a friend or neighbour to continue this maintenance during your absence.
- Advise a friend or neighbour of your departure and ask this person to pick up the mail and newspapers or ask the post office to keep your mail and temporarily suspend newspaper deliveries.
- Invite a neighbour to park his car in your driveway. Give him your return date and a way to reach you in case of emergencies.
- Follow the tips for a short absence.
- The information you share on social media is also a precious source of information for thieves. During your absence, avoid sharing information that could compromise the security of your home (departure and return dates for a trip, address and place of residence, etc.).

Know how to fool thieves

While it is very pleasant to go on vacation, coming home to discover that burglars have taken everything can quickly neutralize the beneficial effect of your vacation.

Entrust a neighbour with your keys and ask him to:

- Turn lamps on or off
- Turn the radio on and off and open and close window coverings
- Water plants, shovel the entryway or mow the lawn
- Move your car or park his in your driveway.

Also, make sure...

- To interrupt any mail or newspaper deliveries or ask a neighbour to pick it up.
- Inspect the grounds and surroundings the day before your departure and put away any garden tools in the shed and lock it's door.
- Ask a neighbour to regularly inspect the outside and inside of your home.

A good **security system** and an outside light equipped with a motion detector or timer helps to discourage thieves.

Source : *Knowing and preventing, an initiative of the Insurance Bureau of Canada and the Ministry of Public Security*
Source : Sûreté du Québec



NEW - FIRE SAFETY SERVICES

On June 4th the Fire Safety Services of Saint-Gabriel-de-Valcartier received delivery of their new 1500 gallon pumper-tanker.

This purchase represents an investment of 276 000 \$ for the Municipality and replaces the 1979 Chevrolet C70 pumper-tanker. Like the old truck, our volunteer fire department is celebrating 35 years of dedicated service.

The new vehicle is equipped with a foam injection system FoamPro and has a 1500 gallon reservoir. The truck can also transport up to 5 firefighters and their equipment, including breathing apparatuses, and will contribute to maximizing the efficiency of our emergency response.

The new pumper-tanker will help improve public safety while

meeting precise needs of the fire department with regards to water supply required by the governments Risk Management Plan.

As well as serving the residents of Saint-Gabriel-de-Valcartier, Fire Safety Services, within the scope of a mutual aide agreement, participates in major incidents when needed by other fire departments within the MRC de la Jacques-Cartier.

The Saint-Gabriel-de-Valcartier Fire Safety Services is entirely made up of volunteers with 28 firefighters and 13 first responders.



BYRON MCBAIN FUND B.B.Q.

This community activity is organized by Fire Safety Services and will be held on Sunday, August 31st at the Valcartier Community Center.

The number of chickens is limited so

**YOU MUST RESERVE
YOUR CHICKEN!**
(½ chicken with bun,
salad and
dessert for \$12)

Games for kids: 4 pm
Dinner served: 5 to 7 pm

To reserve:
418 844-3755 (Susan)



FIRE PREVENTION HOME VISITS

Residential fire prevention visits are being carried out by uniformed firefighters from the Saint-Gabriel-de-Valcartier Fire Safety Services. Their goal is to inspect the installation, function and conformity of smoke detectors on each floor of your residence. Visits will take place from 9:00 a.m. to 8:00 p.m. from May to November. Each residence is visited every six (6) years.

Hey students, if you volunteer, don't forget to apply for the Byron McBain fund bursary before September 30th. Details on the Municipal web site.

A SAFE ENVIRONMENT FOR HALLOWEEN

In order to provide our children with a safe environment to do their trick-or-treating, Fire Safety Services will be out patrolling and controlling traffic from 5:00 to 7:00 p.m. on Halloween night (Friday, October 31st).

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 starting your Halloween route.



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



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.

SPORTS AND RECREATION PROGRAM—FALL 2014

Registration period: until Friday, September 5th

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 Town Hall, 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 15th, 2014 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 15th, 2014 and the second for October 15th, 2014. 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 8th, 2014 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: **Complete payment must be received for a registration to be valid.** 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.

FACEBOOK PAGES



Clubados Valcartier

Club de soccer les Ours noirs de St Gabriel de Valcartier

Habitations Communautaires Saint Gabriel de Valcartier

Ligue de balle molle Saint-Gabriel-de-Valcartier

Terrain de Jeux Saint-Gabriel-de-Valcartier Playground

Vie Communautaire Saint-Gabriel de Valcartier Community Life

STORY TIME FOR CHILDREN



Come listen to a story in French or English and participate in our craft activity!

WHEN: Saturday, October 18 at 2 p.m.

STORIES: Au lit, les affreux!
or Big Pumpkin

MUNICIPAL LIBRARY

Opening Hours until August 31st

Monday and Thursday:
6:30 to 8:30 p.m.

Opening Hours as of September 1st

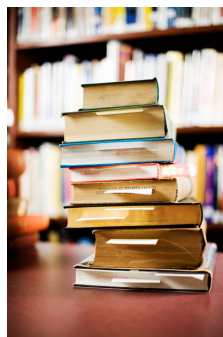
Monday: 2 - 4:30 p.m.

Tuesday: 10 a.m. - 12 p.m. /
6:30 - 8:30 p.m.

Wed.: 6:30 - 8:30 p.m.

Saturday: 2 - 4 p.m.

**Come see our new books, a book
rotation was done at the beginning of
August!**



OUR LIBRARIAN'S

MUST READS

Adult Category:

An Astronaut's Guide to Life
on Earth - Chris Hadfield

Teen/Adult Category:

Will Grayson, Will Grayson -
John Green

Children's Category:

The Day the Crayons Quit
- Drew Daywalt

INFO-STOP



The Info-Stop program is open to all seniors and retirees as well as those with a loss of autonomy living at home or in housing for seniors.

A PROGRAM THAT'S TWICE AS USEFUL

The Info-Stop program is comprised of two tools.

1. A vinyl magnet which is affixed to the refrigerator which serves as a visual reference by listing important phone numbers for seniors.
2. A capsule which is kept in the refrigerator containing important information about the identity of the user, his or her health and who to contact in case of emergency.

In the event of a distress call from the user, when seeing the INFO-STOP sign, first responders will know immediately that a capsule is in the refrigerator and will be able to act quickly. Stop by the municipal office to pick-up your INFO-STOP kit.

STEP

Course reserved for adults (12 years and older)

Where: Community Center
When: Monday & Wednesday
Schedule: 7 to 8 p.m.
Duration: 12 weeks as of Sept. 15
Cost: \$40

Teacher: Lise Cauvier
 50 % rebate for students.

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



SELF-DEFENCE

Self-defence course given by Mr. Rock Soucy for adults and children 12 years and older. If you're interested in this course, please contact the Sports and Recreation Service since we need a minimum of 10 registrations to give this course.

Clientele: Adults and 12 years+

Where: Community Center

When: Wednesdays at 7:45 p.m.
 as of September 17

Cost : \$75 (10 weeks)

To sign-up: 418 844-2097

For information contact:

Rock Soucy at 418 575-8904

TAEKWON-DO

The Taekwon-Do Club is for adults and children aged 7 and older.

The philosophy of Taekwon-Do is to eliminate fighting by discouraging an aggression by a force that must be based on humanity, justice, morality, wisdom and loyalty with the objective of building a better, more 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 7:30 p.m. and 7:30 to 8:45 p.m. (advanced)

Duration: 2 sessions/week as of September 16th

Cost: \$100 (\$20 extra for non-residents, payable once a year)

Teacher: Rock Soucy

You are welcome to participate free of charge the first week at 6:30 p.m.
 We invite parents to sign up with their child.

GET FIT

TAEKWON-DO 50+

This activity is especially for people aged 50 and over who are more or less fit using Taekwon-Do techniques but without any combat or breaking of planks. We will gradually restore physical fitness by practicing Taekwon-Do moves and exercises relating thereto and taking into account the age of the participants.

Free trial the first week.

Uniform required but not very costly.

Welcome to both men and women!

Clientele: aged 50 and over

Where: Community Center

Schedule: Mondays at 7 p.m. as of Sept. 15

Cost: \$75 (10 weeks)

For information contact:

Rock Soucy 418 575-8904

BETTY'S QUILTERS

Welcome new members! This activity is for adults.

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

When: Mondays, from September 8th

Schedule: 9:00 am to 3:30 p.m.

Cost: \$30 for the year

Information meeting on the first Monday.

SAINT-GABRIEL-DE-VALCARTIER SOCCER CLUB

We would like to thank all the children, parents, grand-parents, referees, coaches, assistant-coaches and volunteers who contributed to make this 2014 summer season a great success once again. The practice of organized sports for our youth would not be possible in our Municipality without the participation and involvement of all. A big thank you especially to our volunteers for your time, efforts and devotion! We would also like to extend a warm thank you to our sponsors: **Construction McKinley, Tim Horton's (Val-Bélair), Groupe SM Tardif, Couvre-Planchers Pelletier inc. et TC Media.** Your financial support allows us to offer affordable soccer in our Municipality.

Various activities are planned for the

end of the season. As in the previous years, a family soccer celebration for the *Tim Bits* (U4 to U7 categories) will be held in late August. Specific activities will take place for the Black Bears (U8 to U11 categories), along with the games and end of season entertainment already planned by the League in late August. If it has not yet been done, information and details will be sent concerning these topics by email very shortly.

A general assembly will be held in mid-September. The date remains to be set. All persons involved or interested in soccer in our Municipality are invited to attend. Positions on the organizing committee of the Club will be nominated.

It is very important that these positions be filled in order to continue

offering organized soccer within our community.

Should you have any questions or comments, please do not hesitate to contact us by Email at the following address :

soccervalcartier@gmail.com.



MESSAGE FOR VOLUNTEERS

Volunteers are the heart of this community. It is through their dedication and hard work that helps Saint-Gabriel-de-Valcartier be as fantastic as it is!

A special thanks to our soccer, softball and family day volunteers. Without you, these programs would not be the success they are. Thank-you to our summer employees who also put their hearts and extra time into their jobs!

On behalf of the community, I would like to express my gratitude to all of you! Your ongoing support, loyalty, enthusiasm and leadership help make us the great community that we are!

Once again, thank you and know that we could not have offered such a great summer program without you!

PAM

CONDITIONING ROOM (GYM)

Schedule:

Monday to Friday	6:00 to 11:00 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.

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 years old
Students (14 to 25 years old), volunteers, 50 and over:
⇒ 50% rebate (except card and session rates)

1 session:	\$5/person
20 sessions card:	\$60/person
Non-residents:	\$20 more

Age requirements:

14 to 16 years old	Cardio only
16 and above	Cardio + Weights

Person Responsible:

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



BFC SPORTS AND LEISURE PLAN

SPORT AND LEISURE PLAN**At your service for over 10 years!**

The Valcartier Sports and Recreation Centre plays an important role within the community of Saint-Gabriel-de-Valcartier. Whether to keep fit, to discover new activities or to socialize, you will find, from our wide selection of sporting, cultural and community activities, a program for you!

The sports facilities are open to the general public and as a resident of Saint-Gabriel-de-Valcartier, you get preferential rates on the Sports and Leisure Plan (PSL) membership, which provides you with many benefits. The Sports Centre is one of the largest and most adapted gyms in the greater Quebec City area. You will find over 250 cardiovascular machines and strength stations; a 200m indoor running track; 70 spinners; a taekwondo area with proper equipment; five multi-activity courts (badminton, tennis, soccer, volleyball, basket-ball and deck-hockey); three squash courts and one rock-climbing wall. Also, you have access to diverse infrastructures, such as a community center; two arenas; an outdoor heated pool; many outdoor soccer, beach volleyball and tennis courts; a 1.5km nature trail and a skate park.

PSL membership also means being able to enjoy free classes (step aerobics, cardio combos, combos for muscle building, spinning, combat training, running and overall muscle building); being able to borrow sporting goods and accessories; being able to use the services of a personal trainer; being able to have access to the Valcartier Family Center day camp and free access to the "Centre de plein air Castor". A PSL subscription also gives you preferential rates on a wide selection of courses; movie tickets; skiing tickets; access to "Village Vacances Valcartier", rental of community gardens; subscriptions for the golf course as well as the Hunting and Fishing Club; besides the possibility of renting cottages to enjoy nature!

Every month, a full program of events is available for the whole family and access to free workshops that encourage proper health and fitness.



Our goal is to have as many people as possible move and be fit and for that it must be affordable. As a resident of Saint-Gabriel-de-Valcartier, monthly subscriptions are approximately at a 50% to 90% discount compared to other training centers. You may visit us at the Sports Center (1st building on your right through the main entrance) every day of the week from 9 a.m. to 10 p.m. (9 a.m. to 8 p.m. from June 21st to August 31st, 2014).

All this for you!

Tel.: 418 844-5000 p. 5226

www.facebook.com/LOISIRSVLCARTIER

PLAYGROUP FOR CHILDREN 3 TO 5 YEARS OLD

We strive to provide a warm nurturing bilingual environment for children that will promote each child's physical, social, emotional, creative, cognitive and intellectual development. Our program provides a place where each child can explore his/her own individual potential. Playgroup's interactive environment encourages curiosity, problem solving, creativity and social growth. We recognize and encourage the amazing potential children have to learn!

In order to offer this activity, we must have a minimum of 6 children therefore, we suggest that you register as soon as possible. Children must be toilet trained to attend this group.

Where: Community Center

Schedule: Tuesday, Wednesday, Thursday
9 a.m. to 3 p.m.

Duration: 14 weeks from Sept. 9 to Dec. 11

Cost: 2 days/week: \$240
3 days/week: \$340

Group animators :

Sandra Woodbury and Jayne Doddridge



SHANNON - VALCARTIER ARTISTS AND ARTISANS SALON

NOVEMBER 15 AND 16



INVITATION

The Municipality of Shannon and the Valcartier Family Centre are pleased to invite all artists and artisans from Shannon, the military community and elsewhere to participate in the 4th edition of the Artists and Artisans Salon to be held at the Shannon Community Center, 75, Gosford Road, Shannon, on November 15th and 16th, 2014. All participants will have the opportunity to display and sell their creations. There will also be a food section and you are invited to present your products so that people can discover and buy your goods. The registration cost is \$20 per day for Shannon residents and the military community and \$35 per day for all others.

The registration deadline is August 15th, 2014. We must have received your registration form accompanied by **your cheque dated August 29th, 2014** made out to the **Municipality of Shannon**, along with both a list and photos of your products. We will consider each application and will advise you during the week of September 2nd, 2014 whether your application is accepted or refused. If one of the required documents is missing, your application will be automatically refused.

Upon acceptance of your registration, we will send the information sheet indicating the space allocated to you and the services offered as well as the program for the two days.

To sign up, receive the application form and for the list of criteria, please contact:

Vanessa Paquet-Labbé – (418) 844-1085
vpaquet.labbe@shannon.ca
 Municipality of Shannon
 50 rue St-Patrick, Shannon, Qc, G0A4N0

Chantal Thompson – (418) 844-6060
chantal.thompson@forces.gc.ca
 Centre de la Famille Valcartier, Édifice 93, C.P. 1000 Succ
 Forces, Courcellette, Qc, G0A 4Z0



The 7th edition of the *Événement Découverte* will be held on Saturday, August 23rd in the MRC de La Jacques-Cartier's, more precisely, in Lac-Beauport.

Taking the form of a country fair, the Discovery Event 2014 will present a varied program including family entertainment, artists, craftsmen, authors and local products, an outdoor country picnic bringing together 350 people, after which there will be a show by the Mercedes Band followed by Pepe and his guitar.

For more information: Mrs. Patricia Ancil
 at 418-844-2160 ext. 222, or at
pancil@mrc.lajacquescartier.qc.ca.



OPEN HOUSE AT THE VALCARTIER FAMILY CENTRE

Come and discover your Centre, dine with us and vote for those who will represent you.

We would like to invite you to our open house to be held on **Wednesday, September 10th, 2014 from 4 to 6 p.m.** at the Valcartier Family Centre. In addition, take this opportunity to attend our Annual General Assembly from 6 p.m. to 8 p.m., a great opportunity to learn about the CFV's latest achievements and vote for your next representatives on the Board. A spaghetti supper will be served from 4:30 to 5:45 p.m. at a cost of \$5 per adult and free for children. Babysitting services and the meal will be free to those attending the General Assembly. Reservations for the meal can be made with Chantal Thompson and for babysitting services with Geneviève Girard before September 9th at 418 844-6060. Welcome to all the military community!

CBJC— PRESS RELEASES

Donnacona dam failure : What will happen to the salmon?

Following the recent occurrence involving the Donnacona dam on the night of May 17th, 2014, the *Corporation du bassin de La Jacques-Cartier* (CBJC) found it important to take stock of the status of the salmon in the Jacques-Cartier River.

A bit of history

Atlantic salmon, it seems, has always been abundant in the Jacques-Cartier River. Unfortunately, intensive and commercial fishing has not helped its fate. In addition, the construction of the dam at the mouth of the river in 1913 prevented Atlantic salmon to travel up the river. Finally, several decades of floating timber have contributed to change the configuration of the river, destroy spawning grounds downstream Gorges Déry and deteriorate the Gorges, making them more difficult to cross. All these factors have led to the disappearance of Atlantic salmon in the Jacques-Cartier River.

It was in the 1970s when came the idea to reintroduce Atlantic salmon in the river and led to the creation of the Corporation to restore the Jacques-Cartier in 1979. In 1985, a fish pass was built in Donnacona to allow them to cross the dam during the upstream migration. Their capture at the top of the fish pass in a cage specially designed for this purpose, allowed the CBJC to transport salmon to other spawning sites. It was in 1998 that the fish pass was moved to Cap-Santé using the same principle.

Salmon is a major element in the history of the Jacques-Cartier River and an excellent example of civic engagement. Atlantic salmon reintroduction efforts in the Jacques-Cartier River have been underway for 33 years. This tremendous work has been accomplished by thousands of volunteer hours from those involved, as well as the investment of municipal and provincial sectors.

The consequences

Dam failure has brought about significant changes in the configuration of the river. Thus, there is no more pit allowing salmon to borrow the migratory pass, which is now out of the water. Salmon can no longer be caught in the cage from the fish pass.

This allows the salmon to travel up the river by themselves. Good news you say? Not quite. The salmon will meet an impassable natural barrier recognized since the early 1900s: the Déry Gorges. It is therefore necessary to find a solution to capture salmon and transport them to the breeding sites in the Jacques-Cartier National Park. This is the only way reintroduction efforts may be pursued.

The CBJC is currently, a partner in the initiatives designed to capture salmon during the 2014 upstream migration so that they may be saved and safeguard the salmon resource. A fine



example of concerted effort among community stakeholders!

Closure of the fish pass

Due to these exceptional circumstances, there will be no interpretive activities at the Cap-Santé migratory pass during the summer of 2014. Therefore, the site will be closed for an indefinite period.

Migration of the salmon in the Jacques-Cartier and salmon fishing

Following the Donnacona dam failure, a new capture cage was installed to ensure the continuity of salmon transportation.

Transport is of great importance to the survival of the species in the river and is an effective reintroduction effort. Salmon can not ascend the Jacques-Cartier River by themselves to reach breeding sites due to the presence of the Déry Gorges, an almost impenetrable natural barrier.

Some worry about the late migratory season this year. We must not forget that Atlantic salmon are migratory and that several other factors threaten them outside the Jacques-Cartier River. Thus, commercial fishing and a late spring season could explain the delay of the run, and this, in the majority of Quebec's rivers.

We would like remind you that **fishing for Atlantic salmon is prohibited everywhere on the Jacques-Cartier River**. Accidental catches must be returned to the water under penalty of heavy fines. Remember that Article 20 of the Federal Fisheries Act "prohibits fishing within less than twenty-three meters downstream from the lowest entrance of any fish pass or any obstacle or leap area." This applies to the gate installed under the bridges between Donnacona and Cap-Santé. Moreover, these places are under camera surveillance.

For more information, you can contact us at 1-888-875-1120 or at info@cbjc.org.

MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER



TOGETHER, IN THE
HEART OF NATURE

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

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

**MUNICIPAL
OFFICE CLOSED**
**Statutory
Holidays:**
**Monday,
September 1st**
**Monday,
October 13th**

MUNICIPAL TAXES

The 3rd and final instalment for municipal taxes is due on September 1st, 2014. Interest and penalties will apply to the account's totality for all late payments.

Payment methods:

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.

The annual municipal tax bill will be mailed the first week of March, 2015.

MUNICIPAL WEB SITE

WWW.SAINT-GABRIEL-DE-VALCARTIER.CA

USEFUL PHONE NUMBERS

MUNICIPALITY

Administration 418-844-1218
Public Works 418-844-1218
Sports & Recreation 418-844-2097
Club Ados 418-844-1327
Library 418-844-4040
Municipal Emergency (voirie) 418-844-0911
Ministry of Transportation 418-643-6903
MRC de La Jacques-Cartier 418-844-2160

Sûreté du Québec *4141 (cell.phone)
(non-emergency assistance) 418-310-4141

EMERGENCY 9-1-1
Info-Santé 8-1-1
Info Transports 5-1-1
Telephone Directory 4-1-1
Community Services Guide 2-1-1

DATES TO REMEMBER

AUGUST

- 15-16 Family Day and Open House at the Fire Hall
- 23 MRC's Événement Découverte in Lac-Beauport
- 31 Byron McBain fund Labour Day BBQ

SEPTEMBER

- 1^{er} 3rd and final payment of municipal taxes
- 5 Last day to sign up for Sports and Recreation activities
- 8 Beginning of quilting group
- 9 Playgroup begins
- 10 Open House at the Valcartier Family Centre
- 14 Community Golf Tournament, 20th Edition
- 15 Beginning of Step, Get fit Taekwon-Do 50+, Walking Club
- 16 Taekwon-Do fall session begins
- 17 Self defence course begins

- 21 HHW depot
- 28 Summer Reading Club draw for prizes—Library

OCTOBER

- 1^{er} Winter shelters and garages permitted as of this date
- 18 Library Story Time
- 31 Halloween Safety Route and activities, visit the firemen's Fire Hall

NOVEMBER

- 2 Return to normal daylight savings time
- 5 Special pick-up for fallen leaves
- 15, 16 Valcartier—Shannon Artists and Artisans Salon
- 27 Last weekly collection of bulk waste

Late November: Next edition of the Indispensable News Bulletin