

SAINT-GABRIEL  
- DE -  
VALCARTIER

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February 2014

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On March 9<sup>th</sup>, don't forget to change your clocks (spring forward), check your smoke detectors and change the batteries.



# THE INDISPENSABLE NEWS BULLETIN

*Happy  
Valentine's Day*



## A WORD FROM THE MAYOR

Winter can be challenging at times but it can also provide a wonderful setting for special activities. We have had two such activities this year with the dog sled races at Village Vacances Valcartier and the *Classique Hivernale* on our skating rink on February 1st. Both events were unmitigated successes due to hard work by organizers aided by the co-operation of Mother Nature for the weather!

This is the time of year that council adopts the budget for the coming year. Among the projects for 2014 is the extension of our fire hall with the addition of two more doors. This will serve to house our new fire truck which is scheduled to arrive in June. Also planned is the installation of a lighting system to indicate to our volunteer firefighters when vehicles have left the fire station. We will purchase and install two defibrillators for

emergencies which will be placed in the Community Center and the other in the sports complex.

In an aim to be more energy efficient and provide an improved light generated output the Municipality will carry out a pilot project this year whereby an area will be marked to modernize the public street light system by replacing the existing high sodium pressure lamps with LED lighting units. This pilot project will include approximately 10 street lights.

We will continue our yearly road works which are scheduled mostly on Redmond Road. Last year's project will be completed and this year we will continue works in this area on a distance of approximately 1.2 km which will take us to the "des Plateaux" intersection. In addition, improvement works will be carried out on a number of municipal streets to upgrade

the road network and correct drainage problems. Repair works to the floor of Clark's Bridge are also scheduled for this summer.

With regards to municipal vehicles, our Kubota tractor and our utility SUV will be replaced by new models and similarly our wood chipper is scheduled to be replaced by a newer, more efficient one. These are just some of our capital expenditures for this year. All will be accomplished with no raise in taxes. As usual, the Municipal Council takes its general operating motto very seriously, that of providing the best services possible at reasonable and controlled costs.

Have a good year and let's cheer for our Canadian athletes during the Winter Olympics in Sochi!

*Brent Montgomery, Mayor*

PLEASE KEEP THIS DOCUMENT AS A REFERENCE UNTIL MAY 2014

# CONGRATULATIONS FOR 25 YEARS OF SERVICE FOR THE WELFARE OF YOUR FELLOW CITIZENS—THANK YOU!

We feel that we shouldn't let the occasion pass without mentioning the active involvement of **Mr. Brent Montgomery**, who, for 25 years now, has acted as Mayor of the Municipality of Saint-Gabriel-de-Valcartier. Since his election in 1988, Mr. Montgomery has contributed to the efficient management of activities and projects on the territory of the Municipality in general administration, public security, the environment, urbanism and town planning, agriculture, nuisances, health and hygiene and community and religious groups. He has made sure to offer, within his powers, services that meet the needs of citizens with respect to the community and traditions, and this, at a reasonably low rate of taxation.

Mr. Montgomery is very involved at the regional level. He sits on the following committees: Agricultural Consulting Committee, Transport Committee, Committee for Metropolitan Dossiers, and Public Security Committee for which he is President.

Leadership is an essential quality for a mayor and we are privileged that Mr. Montgomery possesses this quality as

well as many others that one associates with a leader, such as objectivity, openness, impartiality, professional integrity and excellent negotiation skills. Among others, he took concrete steps in the early 2000's in order to insure Saint-Gabriel-de-Valcartier's autonomy when faced with the fusions proposed by the Quebec Government.

**Mr. Martin Hicks, Municipal Councillor**, also reached 25 years of service to the Municipality of Saint-Gabriel-de-Valcartier. During these years, Mr. Hicks has contributed to different projects relating to public security and sports and recreation. He collaborated in the improvement of services and infrastructures in all areas, but most particularly for the Sports and Recreation Department, among others, at the parks level, sports and recreation programs and equipment.

The Municipality would like to thank Mr. Brent Montgomery and Mr. Martin Hicks for their active involvement in municipal and community administrative decisions.

## BY-LAW No 184 REGARDING ALARM SYSTEMS

Every year, the Municipal Fire Safety Service puts great effort into fire prevention and awareness. These actions, combined with the efforts of every citizen, are intended to ensure maximum safety for all. Each year, first responders and the police must respond to many false alarms on the territory. It goes without saying that false alarms are a problem and represents a cost to taxpayers.

It is in this context that the Municipal Council wishes to replace the by-law concerning the installation and operation of alarm systems on its territory. The primary purpose of By-Law No 184 is to manage false alarms by specifying what constitutes an infraction, to give some powers and visiting rights to officials designated by the Municipal Council as well as the opportunity to issue one or more fines for violations of this by-law.

The complete version of By-law No 184. is available upon request.

Number of false alarms within a 12 month period	Category of protected area	Fine
1 <sup>st</sup> false alarm	Residential dwelling	0\$
	Non-residential establishment	0\$
2 <sup>nd</sup> false alarm	Residential dwelling	0\$
	Non-residential establishment	0\$
3 <sup>rd</sup> false alarm	Residential dwelling	\$100
	Non-residential establishment	\$200
4 <sup>th</sup> and additional false alarms	Residential dwelling	\$200
	Non-residential establishment	\$400



SAINT-GABRIEL  
- DE -  
VALCARTIER

MUNICIPALITÉ OF  
SAINT-GABRIEL-DE-VALCARTIER  
Province of Québec  
M.R.C. de la Jacques-Cartier

## PUBLIC NOTICE

### Deposit of the general collection role for 2014

**IS HEREBY GIVEN** by the undersigned, Director General/Secretary-Treasurer of the said Municipality:

**THAT** the general tax collection role for 2014 has been completed and deposited at the municipal office at 1743 Boulevard Valcartier, Saint-Gabriel-de-Valcartier, and that the municipal tax bills will be sent by mail on February 28th, 2014.

**THAT** the median proportion and the comparative factor

	For the 2014 assessment role	For the purpose of municipal tax bills
Median proportion	94%	100%
Comparative factor	1.06	1.00

for property values of units of assessment for the second year of the triennial roll are as follows:

**GIVEN AT SAINT-GABRIEL-DE-VALCARTIER THIS 4<sup>th</sup> DAY OF FEBRUARY 2014.**

**Joan Sheehan, Director General/Secretary-Treasurer**

## 2014 MUNICIPAL TAXES

### Payment methods

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

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

The first payment must be made no later than April 1<sup>st</sup>, 2014. The second payment, if applicable, is due by July 1<sup>st</sup>, 2014. The third and final payment, if applicable, is due on September 1<sup>st</sup>, 2014.

Therefore if the first payment is late, even by a few days, the privilege to pay in three (3) instalments is forfeited. The total balance of the account will have to be paid immediately with interest.

Please pay your tax bill on time in order to avoid annual interest rates of 12% payable on all late payments.

You can pay your municipal taxes in cash (at the counter), by cheque made to the order of Municipalité de Saint-Gabriel-de-Valcartier (at the counter, by mail or through the night deposit), by Interac (at the counter), by Internet, by phone or at financial institution ATM's. For Internet payments, the reference number corresponds to your roll number excluding the first numbers (22025) and hyphens for a total of 10 numbers.



## BY-LAW No 186 - DOOR-TO-DOOR SOLICITATION

The Municipal Council has been made aware of door-to-door solicitation on the territory offering dubious services related to fire protection. After a few complaints and findings by one of the Municipality's fire prevention officers, Council has decided to take action to regulate these activities to minimize the inconvenience to our citizens. For this reason, By-law No 186 regarding door-to-door solicitation came into force on December 3<sup>rd</sup>, 2013.

**In short, this By-law stipulates:**

- The clear definition of door-to-door solicitation and salesmen.
- That a municipal license is required to carry out the business of door-to-door sales (\$ 25).
- The permit applicant must meet certain requirements.
- An exemption is given to solicitation organized for school projects, school board fundraising activities, or non-profit

organizations dedicated to certain purposes (educational, social, sports, scientific, cultural, religious, etc.).

- It is prohibited to solicit a property with a sign posted clearly indicating "no peddling" or "no solicitation".
- A specific period is determined for door-to-door solicitation (7 days per week, between 10 a.m. and 8 p.m.).
- A license may be revoked and infractions and/or fines may be applied.

The complete By-law No 186 can be obtained upon request at the Municipality. If a solicitor should come to your home, you should not hesitate to request proper photo ID as well as a copy of the license issued by the Municipality. If you witness or are a victim of a shady or fraudulent solicitor who does not have a license to conduct this activity, please contact the Municipality.



## NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

The **weekly collection** of non-household waste (bulk waste) **will resume in March**. The Municipality will collect these materials on a weekly basis every Thursday. This service functions on a call-in basis only, **please do not deposit non-household waste in front of large refuse containers or community mailboxes.** You must call the Municipality at **418 844-1218** to schedule this service. When you call, please be ready to give us an itemized list of materials to be collected.

It is important that the materials to be collected by the Municipality be set out in an organized manner (ex: carpets must be rolled and tied, metal must be sorted, wire must be rolled and tied, etc.)

You may dispose of used tires (non-commercial use only) and rims.

However, the tires must be separated from the rims.

Please note that vehicle carcasses or frames, tree and brush debris, household garbage and leaves as well as recyclable materials will not be collected during the weekly collections.

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



## CONTAINERS

### NOTICE TO ALL RESIDENT OF THE MUNICIPALITY

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

this type of waste

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

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

## BY-LAW No 187 AMENDING BY-LAW No 141 CONCERNING PARKING OF VEHICLES ON PUBLIC ROADS

The winter season always brings its share of complications for the entire population and also complicates the organization and efficiency of the services that are offered by the Municipality. For this reason, we wish to remind you that it is forbidden and even dangerous to park any vehicle on the street and its shoulder during the prescribed period. To help the Public Works employees' effectiveness and ensure compliance with parking By-law, Council has seen fit to update the By-law on this subject. In recent years, the assistance of the Sûreté du Québec has been needed to issue fines or tow vehicles. This can sometimes prove to be difficult, as the occasions when the application of the By-law is required often corresponds to busy periods for the Police Department, such as during winter storms. By-law No 187 came into force on January 9<sup>th</sup>, 2014. Here are the only 2 articles:

**Article 7 of By-law 141 is replaced by the following:**

*"The application of this by-law is entrusted to the following:*

- Police officers belonging to the Sûreté du Québec
- The Municipal Inspector(s)

- The person responsible for Public Works
- Any other person authorized by resolution of the Council "

**Article 11.1 of By-law 141 is replaced by the following section:**

*"In addition to the issuing of a fine, any person authorized under section 7 to apply the By-law may order the removal or towing of any vehicle parked in a location where it interferes with road works, including snow removal operations. The person authorized to enforce the By-law may order the towing or storage of the vehicle by a garage that provides these services. The cost of towing and storage charges are payable directly to the supplier of the services based on the actual costs incurred. "*

**In summary, the application of the Parking By-law is assigned, in addition to the Sûreté du Québec, to the appointed municipal officials. We rely on the collaboration of all to avoid situations where a fine or towing could be required.**



## ENERGY EFFICIENCY PROGRAM

Is your home cold?  
Is your energy bill expensive?  
A free service is available to you!

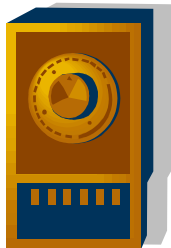
### The Éconologis program

Quebec, January 21<sup>st</sup>, 2014 – The Vivre en Ville organization offers modest-income households a completely free service in energy efficiency. Financed by the Quebec Ministry of Natural Resources, the Éconologis program allows households who pay for their own heating (houses or apartments) to obtain home services that will help to reduce energy and its costs.

It's easy! The Vivre en Ville counsellors will go to your home to draw up a personalized energy report of your residence and will inform all the occupants of the best practices to adopt to better consume energy. They will provide advice on heating, hot water and appliances. The interveners will proceed with the caulking of windows, weather-stripping of doors, the installation of a door-sill, a dryer vent draft blocker, a water reducing shower head, tap aerators as well as the insulation and adjustment of the water-heater. These interventions, adapted to the particular needs of each household, will take an average of 90 minutes and will lead to savings!

### Electronic thermostats

In addition to the personalized advice and the installation of basic products allowing for the reduction in energy consumption, Vivre en Ville offers eligible households the possibility to register for a second phase consisting of free electronic thermostats accredited by the Quebec Ministry of Natural Resources. The electronic thermostats offered are of very high precision. They will most certainly lead to energy savings and this is why Hydro-Québec provides financial support for all expenses related to their installation.



To be eligible for the Éconologis program, here is the criteria that must be respected:

- You are the tenant or owner of your residence;
- You must be responsible for the energy bill for the heating of your residence (electricity, gas, oil, propane)
- The total revenue of all occupants of your residence is inferior to the following admissible limits:

Number of occupants	Total revenue
1 person	\$23 647
2 people	\$29 440
3 people	\$36 193
4 people	\$43 942
5 people	\$49 839
6 people	\$56 209
7 people and more	\$62 581

This program is offered from **September to March** only. Don't delay, get information today on the Éconologis program **(418) 523-5595 or [www.econologis.ca](http://www.econologis.ca)**.

## FAULTY STREET LIGHTS

If you notice a faulty street light within the limits of the Municipality, please call **418 844-1218** and leave the coordinates of the faulty light with the receptionist or leave a message with our answering service. Please note that repairs are carried out every two weeks.



## RÉNOCLIMAT<sup>MC</sup> AND ÉCORÉNOV PROVINCIAL PROGRAMS

Do you know about the ÉCORENOV and RÉNOCLIMAT provincial grant programs? By meeting their requirements, you may qualify for one or more grants or tax credits! More information is available on the official websites or ask your contractor or renovation company. The outlines of these programs are as follows:

<http://efficaciteenergetique.mrn.gouv.qc.ca/en/home/>  
<http://www.efficaciteenergetique.mrn.gouv.qc.ca/en/my-home/renoclimat/financial-assistance/>

OR type « **renoclimat english** » in Google.

<http://www.revenuquebec.ca/en/citoyen/credits/ecorenov/default.aspx?PromoEcoReno=BPAccueil>  
OR type « **ecorenov tax credit** » in Google

### Important

You can claim the tax credit for eco-friendly home renovation **only** for the 2013 and 2014 taxation years. You must claim it when you file your income tax return.

## MESSAGES FROM THE SQ

### Theft from vehicles

We are calling for the vigilance and prudence of all citizens to avoid being targeted by thieves seeking easy vehicles to steal from.

A person commits theft from a vehicle when he or she seizes the property of others inside a vehicle, whether or not he or she causes damage by entering the said vehicle.

Bags or backpacks, Compact discs, GPS equipment, sports equipment and portable computers such as laptops or tablets left on car seats are an invitation for robbers. Only a few seconds are needed to commit such theft.

Here are a few tips to prevent this from happening:

- Don't leave any visible articles inside your vehicle;
- If you have a laptop, you can obtain a specially made padlock to lock it inside the trunk of your car;
- Park your vehicle in a well lit area;
- Always lock your doors and close the windows;
- Put your belongings in the trunk of your car before you arrive at your destination.

If you do get robbed and witness the robbery, immediately call 418 310-4141 with the description and direction of the thief.

### Are you familiar with article 330 of the Highway Safety Code?

Did you know that even if you are respecting the speed limit you can be stopped if your driving is not adapted to the weather and road conditions?

Under section 330, a driver must reduce the speed of his/her vehicle when visibility is poor or when the road is slippery or not cleared of snow. Road and weather conditions can rapidly change during the winter season. If you have to drive, please be careful!

Public Affairs, Sûreté du Québec (418) 623-6452

District of the Capitale-Nationale, Chaudière-Appalaches



### PUBLIC NOTICE CALL FOR CANDIDATES

As provided for in its by-laws, the *Centre local de développement de la Jacques-Cartier* (CLD) would like to inform you that the following administrator positions, for the business and social colleges are up for election this year:

Business, tourism sector	2 seats
Business, agricultural/forestry sector <sup>1</sup>	1 seat
Business, other sectors of economic activity <sup>2</sup>	2 seats
Social, community <sup>3</sup>	1 seat

For this reason, the stakeholders of these sectors on the territory of the MRC de la Jacques-Cartier are invited to submit applications to serve on the board of the CLD. To be apply to become a member, you must submit a letter of intention as well as a copy of your curriculum vitae to the following address before February 21<sup>st</sup>, 2014.

CLD de La Jacques-Cartier  
60 Saint-Patrick, Shannon (Québec) G0A 4N0  
Courriel : jcartier@jacques-cartier.com

Following receipt of the applications, the administrative board of the CLD will recommend the selected candidates to the MRC Council of Mayors for nomination of the administrators.

For more information please contact Ms. Rachel Garnier at 418 844-2358, ext. 300.

<sup>1</sup> Agricultural/Forestry sector encompasses the companies relating to the agricultural or forestry industry.

<sup>2</sup> The 'Other economic activities' sector encompasses, notably, the industrial milieu, commerce, self-employed workers and others.

<sup>3</sup> The community sector defines itself as all groupings of people of the community, supported by the community and mobilized around a common problem. This definition includes organisations having shown that an important part of their services are provided to the population of the MRC by paid personnel or volunteers.



### INVITATION TO ALL ENTREPRENEURS

As provided for in its general by-laws, the Fonds local de solidarité (FLS) de la MRC de La Jacques-Cartier invites entrepreneurs of the MRC de La Jacques-Cartier to attend the annual general assembly which will take place March 25<sup>th</sup>, 2014 at 4 :00 pm at the offices of the MRC de la Jacques-Cartier, 60, rue St-Patrick in Shannon. During this meeting, the members will elect the representative of the entrepreneurs for a 2 year term.

Any entrepreneurs wishing to stand as administrators of the FLS may contact Ms. Rachel Garner at 418 844-2160 extension 300, before March 20<sup>th</sup>, 2014.



## CATSHALAC FISH AND GAME ASSOCIATION

### UPCOMING ACTIVITIES

Feb 1<sup>st</sup> to March 9<sup>th</sup>: **Ice Fishing**

Ice fishing on Lake St-Joseph in the Duchesday Bay will take place **daily from 9 a.m. to 4 p.m. until March 9th.**

There is a **seeding of brook trout** every weekend.

**Rental equipment and fishing licenses are available on site.**

**Location:** Pavillon l'Aigle

Station touristique Duchesnay

140, montée de l'Auberge,

Sainte-Catherine-de-la-Jacques-Cartier,

Québec G3N 0J5

**Parking:** same as the Catshalac boat launch site, near SOPFEU.

**For more information:** Odette Paré  
418-875-0357.



### **Annual General Assembly**

You are cordially invited to attend the Annual General Assembly of the Catshalac Fish and Game Association

**Friday, February 21<sup>st</sup> at the Anne-Hébert Sociocultural Center.**

### **Annual Celebration Supper**

**Saturday, March 29<sup>th</sup> at 6 p.m.** at the Anne-Hébert Sociocultural Center

Supper will be followed by a dance with *Discomobile Éco*, animation and surprises.

This year there will be a drawing of several door prizes including a boat and other surprises.

Cost for the evening: \$30 (including Association's annual membership card)

Don't delay! Buy your tickets before March 26<sup>th</sup> for the evening, limited seating, no reservations. To purchase tickets, please contact Odette Paré at 418-875-0357.

For information or registration contact: **Odette Paré**  
**Tel.: 418-875-0357**

**Email: [catshalac@gmail.com](mailto:catshalac@gmail.com)**

Visit our website [www.catshalac.com](http://www.catshalac.com)

Or find us on Facebook.

## THE PAIR PROGRAM - A REASSURING PRESENCE IN OUR COMMUNITY

### **How does it work?**

Each day\*, the agency, through the computer, dispatches accurately the calls, each at predetermined time. In every case, the system ensures that the subscriber answers the call, and then plays the intended message(s). However, if the member does not answer, the system activates the predefined alert procedure. The Pair Program is a prevention and safety program in the home. Through an automated calling service, subscribers of the program receive a Pair call daily, at a predetermined time to make sure all is well. If the subscriber does not answer, an alert is immediately triggered. The individuals in charge of the system must then act to verify whether the subscriber is in distress or not.

\*Some agencies may not be able to offer this service on weekends or holidays.

**If the subscriber plans on being absent for a day or more, he or she must inform the person responsible for the local agency of the Pair Program. The service is back in operation on the date of return of the subscriber.**

More than just a program, the Pair Program is a way of living within a community concerned with the well-being of its citizens. A reassuring service that guarantees peace of mind for family and friends. Calling an individual each day gives this person a feeling of security. The Pair Program then allows this individual to continue living at home and all the while keeping his/her autonomy.

### **Who can benefit from this program?**

All older people or people with a loss of autonomy can benefit from this free program offered by Pair program agencies.



### **How to proceed?**

Those interested in joining the program can communicate directly with the PAIR Quebec 03 agency at 418-688-1511 or 1-866-887-6150 ext. 4 or visit the website: [www.apacn.org](http://www.apacn.org)



**Habitations communautaires  
Saint-Gabriel-de-Valcartier**



## SCHEDULE

### Ice surfaces

Three ice surfaces including a rink for recreational hockey, a skating trail for recreational family skating and a mini hockey rink for younger players.



(Open as long as weather permits)

**Monday to Friday:** 12 (noon) to 10 p.m.

**Saturday and Sunday:** 12 (noon) to 10 p.m.

Please note that the ice surfaces are now open in the daytime on weekdays but that some surfaces may be reserved by schools or other organisations.

Contact Pamala Hogan Laberge  
418 844-2097 for reservations.

## INSANITY GROUP CLASSES

Maximum interval cardio, highly intense workout.

All you need is a bottle of water, a towel and lots of energy.

You've seen the program on television, now is the time to try it out live!

Where: Valcartier Community Center

When: Tuesdays from 5 to 6 p.m.

Cost: \$10 per course payable to the instructor

Instructor : Jessica Durand



## REGISTRATION

**You must register for all courses and workshops before February 28<sup>th</sup>.**

**For more information or to register, please call Pamala Hogan Laberge,  
418 844-2097.**

## CLUB ADOS

Our regular opening hours are on **Thursday** from 6:00 p.m. to 9:00 p.m., **Friday** from 6:30 to 10:00 p.m., **Saturday** from 2:00 to 10:00 p.m. Please take note that opening hours may vary in the summer time, for special activities or on school holidays. (The entrance for Club Ados is right beside the ball field.)

Telephone : 418 844-1327

**Follow us on Facebook:  
Clubados Valcartier**



## CPR COURSE

(Cardio-pulmonary resuscitation)

We offer CPR/First Aid courses and plan to offer a course at the end of February or mid-March. Please call ahead to reserve your space 418 844-2097.



## BABYSITTING Course and training

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



## BETTY'S QUILTERS EXHIBITION AND SALE!

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

**Place and time:**

Sunday, May 4<sup>th</sup>, 2014 from 10 a.m. to 3 p.m. at the Valcartier Community Center.



## 2014-2015 SCHOOL AND PRESCHOOL ENROLLMENT



Please note that the enrollment period for the Joli-Bois school will be held the week of February 12<sup>th</sup> to 21<sup>st</sup>, 2014.

For preschool children, the official registration date is **WEDNESDAY, FEBRUARY 12<sup>th</sup>, 2014** from 8 a.m. to 6 p.m. Parents must bring the following documents:

- Birth certificate (large format)
- Health record booklet
- Driver's license

Tel.: 418 686-4040 p. 4017



## BLACK BEARS SUMMER 2014 SOCCER CLUB

### Registration period from February 23 until March 10

#### Description:

Outdoor recreational soccer local level, and competitive (U11M)

#### Categories:

U-4 to U-12

DOB: 2002 to 2010

There is a possibility that certain categories might not be offered. If this is the case, we will rapidly advise registrants.

Please note that for U4 to U7 categories, at least one parent must be present with the child at each and every game and practice.

#### NEW THIS YEAR!

This year, the Club is planning on starting a U11M competitive team in order to allow children of that age group to pursue with their increasing skills and abilities.

#### Selection Camp

All U10M and U11M players interested in being a part of this competitive team will be able to participate in the selection camp. Certain U9M players may receive an invitation.

To register, please fill out the form that you will receive through the mail or download one from the municipal website and send by mail or deposit at the Municipality before March 10<sup>th</sup>.



## OASIS CHRISTMAS HAMPERS

Thank you to all the volunteers who helped to put together and deliver the baskets, it would be impossible to offer this great service without you! Also, thank you to those who gave money or food especially Village Vacances Valcartier and the children and personnel from both elementary schools Joli-Bois and Valcartier Elementary.

## NEW ADULT ENGLISH CONVERSATION FUN!

DO YOU WANT TO BRUSH UP ON YOUR ENGLISH CONVERSATION SKILLS AND HAVE FUN AT THE SAME TIME?

DO YOU FIND IT TOO DIFFICULT TO HAVE REAL CONVERSATION IN ENGLISH?

IF YOU ANSWERED YES TO THESE QUESTIONS, THEN JOIN US ON THURSDAY AFTERNOONS.

Where: Valcartier Community Center

When: Thursdays from 2 to 4 p.m. starting on February 27<sup>th</sup>

Cost: \$45 for 6 weeks

**\*Prerequisite :** An evaluation of your level of spoken English (\$10 non-refundable)

Please call Joanne at 418-558-3976 to schedule a time for your 15 to 20 minute evaluation between 1 and 6 p.m. on February 20<sup>th</sup> and come improve your English skills in pleasant company with others at your language level.

**Maximum de 10 personnes dans le groupe.**

## NEW YOGA

Here are some of the benefits associated with yoga:

- ⇒ Harmonizes the body, mind and emotions.
- ⇒ Helps to physical awareness and breathing.
- ⇒ Learn to relax and release accumulated tension.
- ⇒ Relieves pain
- ⇒ Calms the nervous system
- ⇒ Revitalizes all organs of the body.

Where: 171, 5<sup>th</sup> Avenue, at Au Chant de la Rivière (previously Le Mas des Équerres), Geai bleu chalet

When: Mondays from 9 to 10:30 a.m. or Thursdays from 7 to 8:30 p.m. beginning April 7<sup>th</sup> to June 9<sup>th</sup>

Cost: \$140 for 10 weeks

**\*\$15 REBATE FOR REGISTRATIONS RECEIVED BEFORE MARCH 15.**

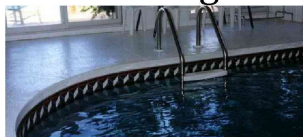
Professor: Sabrina Cazes Bouchard

- ∞ Yoga counselor & Ayurveda certified by the Vidya Institute, Vedic and Contemporary studies. *Fédération francophone de Yoga*, February 2014
- ∞ Certified Yoga professor by OSTEO YOGA Montreal (375h), December 2013
- ∞ Basic non-violent communication training (CNV), Sutton 2010
- ∞ Professional yoga and relaxation professor training (200h), at the Centre de Yoga le Lotus à Québec, training in hatha Yoga recognized by the *Fédération francophone de yoga* and the International Yoga Federation.





## Indoor heated in-ground pool



Reserve the pool and spa for 1 hour blocks

Maximum 4 people

\*\*\*additional persons may be added upon request only.

### SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
10 am	10 am	10 am	10 am	10 am	10 am
1 pm	1 pm	1 pm	1 pm	1 pm	1 pm
3 pm	3 pm	3 pm	3 pm	3 pm	3 pm

### FEES PER PERSON

1 x per week	For 12 weeks	\$60 + taxes
2 x per week	For 12 weeks	\$108 + taxes
3 x per week	For 12 weeks	\$144 + taxes

171, 5<sup>th</sup> Avenue, Saint-Gabriel-De-Valcartier  
418-844-2424 auchantdelariviere.com

## WHAT'S NEW AT THE LIBRARY?

FOR 3 TO 7 YEAR OLDS:

LES CHANTERIES DE MIMI :

MARCH 15<sup>TH</sup> AT 2 PM

STORY TIME :

APRIL 12<sup>TH</sup> AT 2 PM

## On-line Contest!

Visit [www.mabibliotheque.ca/cnca](http://www.mabibliotheque.ca/cnca) to participate in this contest designed to introduce you to the newly improved RéseauBiblio web-site. The contest runs from February 1-March 21 and you have a chance to win an iPad Air, an iPod 5 or a Kobo Reader. In addition the library with the highest percentage of participation will win a new book cart .... so participate and spread the word! You must be a member of the library to participate. If you do not have a library card, this is a good opportunity to visit the library and become a member.

**Email notices!** The library is now equipped to send automatic email notices to remind you a book is due, a reservation is available, or that your membership is expiring. All you need to do is make sure your email address is on file at the library. Stop by the library or send us an email at [bibliosgdv@videotron.ca](mailto:bibliosgdv@videotron.ca).

**E-books!** You can now borrow E-books from our library network. Stop by the library for a pamphlet describing the process or go directly to [www.mabibliotheque.ca/cnca](http://www.mabibliotheque.ca/cnca) and follow the directions in "Livres et ressources numérique". You must be a library member to use this service. You may also borrow E-books from the BaNQ (Bibliothèque et Archives nationales du Québec). Go to [www.banq.qc.ca](http://www.banq.qc.ca), click on E-books, then "remote services subscriber" and follow the directions to complete the subscription form. Both services are free!



**February Favorites!** Throughout February, readers can recommend books by putting a "Coup de coeur" sticker on the cover. Come find a good book or recommend one of your own.



## The Health Challenge is back!

The *Health Challenge* is 6 weeks of motivation to improve one's lifestyle habits! From March 1 to April 11, 2014, Quebecers are invited to take up the 10<sup>th</sup> *Health Challenge* and aim at reaching 3 goals in order to eat better, get more active and sleep better for increased wellness in life. On top of receiving free support, participants stand a chance of winning one of the numerous prizes offered.

Alone, as a family or as a team, registrations take place at [HealthChallenge.ca](http://HealthChallenge.ca) by March 1.



## 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 pm as of March 24<sup>th</sup>

**Cost:** \$75 (10 weeks)

For information contact:

Rock Soucy 418 575-8904



**THANK YOU!**

The Taekwon-Do Club wishes to thank all residents who contributed to the refundable bottle and can drive on Saturday, January 5<sup>th</sup>.

## MUNICIPAL LIBRARY

### FAVORITES

Adult category:

*Zorro* - Isabelle Allende

Youth category:

*I Was a Rat* - Philip Pullman

Children's category:

*Hedgehog, a sharp lesson in love* - Dan Pinto



### SCHEDULE

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

Visit our Library on the Internet:  
[www.reseaubiblioduquebec.qc.ca/saint-gabriel](http://www.reseaubiblioduquebec.qc.ca/saint-gabriel)



**Clientele :** 14 years and older

**Schedule :**

Monday to Friday 6 a.m. to 12 p.m.

Monday to Thursday 3 to 8:30 p.m.

Friday 3 to 6:30 p.m.

Saturday 7 a.m. to 12 p.m.

**Where:** Sports Complex

### PRICE LIST

**1 month:** \$30 /person or \$40 /family\*

**3 months:** \$60 /person or \$80 /family\*

**6 months:** \$110 /person or \$140 /family\*

**1 year:** \$200 /person or \$260 /family\*

\*Family: adults & children (students aged 14 to 25)

Students (14 to 25), volunteers, persons 50+ :

➔ 50% off (except card and session prices)

**1 session:** \$5 /person

**Card 20 sessions:** \$60 /person

**Non residents:** \$20 extra

**Person Responsible:**

Jean-François April  
B.Sc Physical Education  
Coach expert FCPAQ  
Tel. 418-844-1218 ext. 233  
[centrepophysik@videotron.ca](mailto:centrepophysik@videotron.ca)



## IMPORTANT REMINDER WINTER GARAGES AND SNOW FENCES

These temporary  
installations must be  
removed by April 30th  
of every year.



## MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER

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

Telephone : 418 844-1218

Fax : 418 844-3030

Email: admin@munsgdv.ca

## Website

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

## DOG LICENSES

Please remember that according to Municipal By-law No 121, article 6.1 you must obtain a valid license for your dog during the month of January of every year. Therefore, if you haven't done so, please take the time to come register your dog and get a new tag.



## TCJC - PUBLIC TRANSIT SERVICE


Shannon, January 15th, 2014 – The *Transport collectif de La Jacques-Cartier* (TCJC) is proud to present its 2013 report. In only the past year, 40 237 trips were taken, a new record for the TCJC! A sign that interest in the TCJC keeps growing, usage has increased by more than 43% in only one year.

A part of this growth can be explained by the addition, at the beginning of the year, of 2 new routes : the 52 connecting Lac-Beauport directly with the parliament buildings and the 61 providing service to the citizens of Saint-Gabriel-de-Valcartier. The other routes of the network also experienced an average increase of close to 25%.


More information available in a press release on the municipal website.



## HORAIRE EN VIGUEUR



**Transport collectif  
de La Jacques-Cartier**



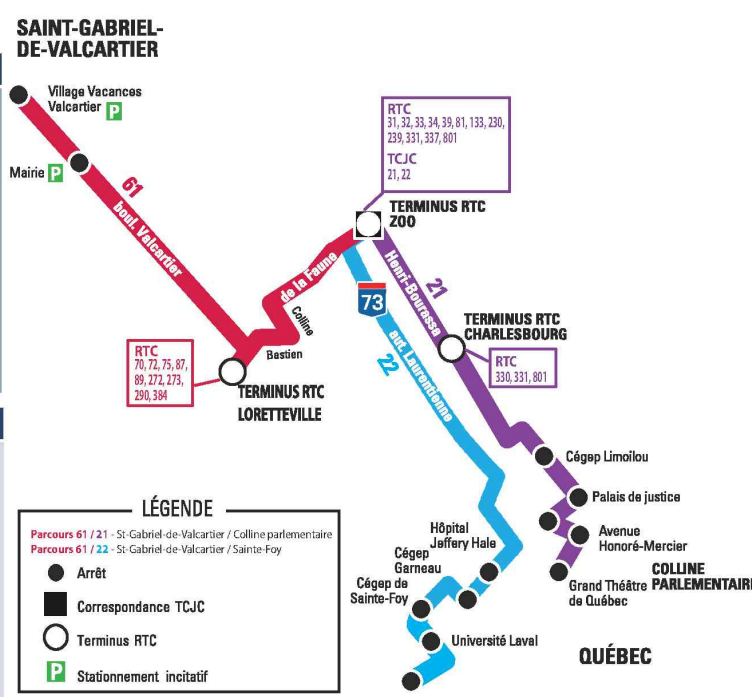
### SAINT-GABRIEL-DE-VALCARTIER → QUÉBEC

Parcours	61	61	21	22
Boul. Valcartier (Village Vacances Valcartier)	6:33	8:28	-	-
Boul. Valcartier (Mairie)	6:35	8:30	-	-
Boul. Valcartier (Arrêt sur demande)	6:40	8:35	-	-
Terminus RTC Loretteville (Intersection rue Caron / rue Racine)	6:55	8:35	-	-
Terminus RTC du Zoo	7:10	9:00	7:10	7:10
Terminus RTC Charlesbourg	-	-	7:25	-
Cégep Limoilou (Intersection 8 <sup>e</sup> avenue / 13 <sup>e</sup> rue)	-	-	7:35	-
Boul. Jean-Lesage (Palais de Justice / Gare du Palais)	-	-	7:45	-
Boul. Charest / Dorchester	-	-	7:50	-
Avenue Honoré-Mercier (Arrêt Station d'Youville)	-	-	8:00	-
Boul. René-Lévesque (Terminus Grand Théâtre de Québec)	-	-	8:05	-
Boul. Hamel (Arrêt RTC Fleur de Lys)	-	-	-	7:20
Chemin Sainte-Foy (Arrêt RTC entre Belvédère et Holland)	-	-	-	7:30
Cégep F.X. Garneau (Intersection boul. de l'Entente / Émile Côté)	-	-	-	7:45
Cégep Sainte-Foy (Entrée La Margelle)	-	-	-	7:50
Université Laval (rue du Séminaire et rue de l'Université)	-	-	-	7:55
Boul. Laurier (Terminus Laurier Québec)	-	-	-	8:00


### QUÉBEC → SAINT-GABRIEL-DE-VALCARTIER

Parcours	21	22	61	61
Boul. Laurier (Arrêt RTC CHUL)	-	16:15	-	-
Université Laval (rue du Séminaire et rue de l'Université)	-	16:20	-	-
Cégep Sainte-Foy (Entrée La Margelle)	-	16:30	-	-
Cégep F.X. Garneau (Intersection boul. de l'Entente / Émile Côté)	-	16:40	-	-
Chemin Sainte-Foy (Arrêt RTC entre Belvédère et Holland)	-	16:45	-	-
Boul. Hamel (Arrêt RTC Fleur de Lys)	-	16:55	-	-
Boul. René-Lévesque (Arrêt RTC Grand Théâtre)	16:30	-	-	-
Avenue Honoré-Mercier (Arrêt RTC Station d'Youville)	16:33	-	-	-
Boul. Charest / de La Couronne (Arrêt RTC)	16:40	-	-	-
Boul. Jean-Lesage (Palais de Justice / Gare du Palais)	16:45	-	-	-
Cégep Limoilou (Intersection 8 <sup>e</sup> avenue / 13 <sup>e</sup> rue)	16:50	-	-	-
Terminus RTC Charlesbourg (Arrêt parcours 133)	17:00	-	-	-
Terminus RTC du Zoo	17:20	17:20	16:00	17:20
Terminus RTC Loretteville (Intersection rue Caron / rue Racine)	-	-	16:15	17:40
Boul. Valcartier (Arrêt sur demande)	-	-	16:25	17:50
Boul. Valcartier (Mairie)	-	-	16:30	17:55
Boul. Valcartier (Village Vacances Valcartier)	-	-	16:32	17:57



#### LÉGENDE

- Parcours 61 / 21 - St-Gabriel-de-Valcartier / Colline parlementaire
- Parcours 61 / 22 - St-Gabriel-de-Valcartier / Sainte-Foy
- Arrêt
- Correspondance TCJC
- Terminus RTC
- P Stationnement incitatif



**tcjacquescartier.com | 418.844.2160**

**Du lundi au vendredi**

**Accès WiFi gratuit**

