



SAINT-GABRIEL
-DE-
VALCARTIER

Volume 6 | Issue 3

MAY 2013

Inside this Issue:

Community Information	2, 3, 14
Municipal Taxes	14
Urbanism and Public Works	2, 4-8
Fire Safety Services and SQ	9
Sports, Recreation and Culture	3, 7 10-14

SUBJECTS OF INTEREST

- SEPTIC INSTALLATIONS WASTE COLLECTION
- SUMMER PLAYGROUND
- SUMMER EMPLOYMENT
- COMMUNITY YARD SALE
- SOFTBALL LEAGUES REGISTRATION
- SLOW-PITCH TOURNAMENT
- NEW INSTALLATIONS AT SKATE PARK

MUNICIPAL OFFICE

Statutory Holidays :

Monday May 20th
Monday June 24th
Monday July 1st

THE INDISPENSABLE NEWS BULLETIN



A WORD FROM THE MAYOR

As the last traces of winter slowly disappear, we are all eagerly awaiting some warm weather to be able to start our spring cleanup. It never ceases to amaze me how springtime brings out the best in people as we look forward to the emergence of new growth after the winter doldrums.

I have no doubt that all of you have noticed that the Community housing project is nearing completion. The Board of Directors is very pleased with the professional manner with which the contractor is performing the contract. Residents will be able to take possession of their units on July 1st so

please make your requests if you are interested.

Our new collective transport in conjunction with the MRC began on January 21st. To date, the growing number of users has been slow but steady and hopefully will increase as time goes on. We anticipated this gradual departure and will analyze the situation in the fall to see if this service is worthwhile so spread the word that it exists.

Council has requested engineer plans for roadwork on a section of Redmond Road this summer. Depending on various costs we will decide on what length of road will be realized this

year.

Finally, a word about the proposed Bill 14. Taking away the military clause which allows a choice of language for this group would severely compromise the feasibility of the Valcartier Elementary School, as the majority of students are from military families. Maintaining the harmonious co-existence of our two solitudes is something imperative to conserve.

I trust each of you will have a very pleasant summer and good health.

The Mayor,
Brent Montgomery

PLEASE KEEP THIS AS A REFERENCE DOCUMENT UNTIL AUGUST 2013

2013 MUNICIPAL SEPTIC WASTE COLLECTION

The Municipality has been responsible for the pumping, transportation and proper disposal of all septic waste tanks on its territory since 2007. Please note that this service is offered by the Municipality without any additional costs under certain conditions. In conformity with the current provincial By-Law on the matter (Q-2, r.22), a septic tank in continuous service must be emptied every 2 years or every 4 years for seasonal usage septic tanks.

The opening of bids for the 2013-2015 contract was held on April 8, 2013. Following a study of the lowest bidder's contract, which was found to be compliant, the municipal council awarded the contract to the company Sani-Charlevoix Inc. This is the same company that did the work in 2011-2013 and provided quality work for the Municipality and its citizens. We expect the same level of professionalism for the next two years.

Please note that this is an *exclusive* type contract. Therefore, only Sani-Charlevoix Inc. may legally operate on the Municipality's territory during the span of this contract.

NEW FOR 2013: SELECTIVE PUMPING

During a selective pumping, a double chamber pumping system separates liquids from solids. The filtered liquid is returned to the septic tank. This method resets the bacterial flora in the pit and reduces the amount of matter to be treated. This allows a much more efficient restart than a complete pumping which is now no longer the norm in this field. It will therefore be normal to have liquid left in the tank after pumping. However, this will be a liquid composed mainly of water and there will be no presence of solid waste at the surface of the tank.

RATES FROM JUNE 2013 TO MAY 2015	
Pumping during period of operation (summer/fall 2013)	\$0
Pumping during period of operation, requiring a second visit <i>Ex: Tank covers not cleared, Inaccessible tank, etc.</i>	\$65 including taxes
Pumping outside period of operation <i>Septic and holding tanks with a capacity of 4,8 m³ or less</i>	\$136 + taxes
Pumping outside period of operation <i>For septic and holding tanks with a capacity of more than 4,8 m³ (ex.: sump pump, communal, etc.), the price charged will be based on the table at the right:</i>	<ul style="list-style-type: none"> • The first block of pumped volume up to a maximum of 4,8 m³ : \$136 + taxes • For each complete block of pumped volume of 3 m³, beyond the initial 4,8 m³ : \$136 + taxes X number of blocks; • For each additional block inferior to 3 m³ : prorated (ex. : $\frac{2 \text{ m}^3}{3 \text{ m}^3} \times \\136 /septic tank)

*It should be noted that these prices are very interesting.
The cost of pumping outside of the period of operation (\$136+taxes) is largely inferior to the price one would normally have to pay.*

Here are some interesting links to learn more about septic installation, maintenance and obligations:
(all information available in French only)

What is a septic installation?

<http://www.crelaurentides.org/publication/publications/depliantis-web.pdf>

FAQ

<http://www.mddep.gouv.qc.ca/eau/eaux-usees/foire-questions/faq.htm>

Good practices guide

<http://www.mddep.gouv.qc.ca/eau/eaux-usees/Guide-bonnes-pratiques-proprio-dispositifs.pdf>

Développement durable,
Environnement,
Faune et Parcs

Québec



COMMUNITY HOUSING

The apartments for the Saint-Gabriel-de-Valcartier Community Housing will be finished and ready to take in new tenants on July 1st, 2013!

Since the deadline for applications from residents of the Municipality has already passed, residents from neighboring municipalities will now be able to apply for those units that are left.

Visits of the apartment complex will be possible as of June 1st by reserving with Pamala Hogan Laberge at 418 844-2097.

Congratulations to the Board of Directors of the Corporation for a job well done resulting in this great success.

COMMUNITY GARAGE SALE - May 26th from 9:30 a.m. to 1:30 p.m.

Do you want to start your spring cleanup and rid yourself of certain objects, or have you already done your Spring cleaning and are you now in search of unique objects or children's things at bargain prices?



This very popular activity is back and the Sports and Recreation Department would like to offer you the opportunity to rent a table or tables at the Community Garage Sale which will be held on **Sunday, May 26th from 9:30 a.m. to 1:30 p.m.** There will be 19 tables available under the multifunctional shelter, as well as a few others outside depending on the temperature.

If you're a part of those looking for treasures, why not make the most of this opportunity and come visit our exhibitors!

To **rent a table**, you must fill out the registration form at the municipal office. The rental fee is \$10 per table and a maximum of 2 tables per family is allowed. Spaces are reserved for residents only. You must be 18 years or older to rent a table.

Reserve early! The activity will be held regardless of the weather that day.

THE CENTRE DE SANTÉ DE LA HAUTE-SAINT-CHARLES/JACQUES CARTIER FOUNDATION - GOLF TOURNAMENT

AN INDISPENSABLE PERFORMANCE TOOL FOR REGIONAL HEALTH SERVICES

Just like all large health service centers who serve the populations of Quebec's many regions, the Haute-Saint-Charles/Jacques-Cartier service center counts on the indispensable financial support of its Foundation, one of its best allies.

The mission of the health service center, which is comprised of Chauveau hospital, the Loretteville day centers and residences, as well as the CLSC de la Jacques-Cartier, is supported by that of the affiliated Foundation which helps to offer its clientele and personnel a complete range of health services.

The Foundation is responsible for collecting donations of all kinds: individual, family, philanthropic, memorial or donations. Since 1989, thanks to the generosity of the population, the contributions of the Foundation have exceeded one million dollars. The funds collected by the Foundation serve to purchase cutting-edge equipment and to support various projects that improve the living environment of the clientele and the workplace of the devoted personnel.

Examples of this generosity can be found throughout the many establishments governed by the Centre de Santé de la Haute-Saint-Charles, such as:

- Animal therapy, music therapy, concerts, Christmas activities, home care.

- Setting up of private spaces for social and private meetings, such as palliative care room for families, a community kitchen in the CLSC, meeting rooms, meditation and relaxation rooms, a patio with a gazebo.

- Purchase of various cutting-edge equipment for the comfort of the clients (electric beds, geriatric chairs) or that facilitate medical exams for a better diagnosis (a surface ultrasound, pharyngoscopes, an x-ray machine, an electrotherapy machine, a technical system for hearing impairment, specialized laboratory equipment).

To supplement this source of financing, the Foundation holds fundraising activities. The major event continues to be the annual golf tournament. **This year it will be held at the renowned Golf Lorette on June 12th under the direction of Honorary-President Mr. Norman McKinley, President and owner of Construction McKinley of**

Saint-Gabriel-de-Valcartier.

It will be a fun-filled day of relaxation appreciated by the population followed by a dinner/cocktail. Anyone can participate! Gather your teammates and register early! There are many prizes to be won and the winners will be well rewarded!

To register for the 2013 Golf Tournament, please contact the Foundation office, 11999 rue de l'Hôpital, Québec, G2A 2T7 or by phone at 418 842-3651, extension 7193. Ms. Hélène Douville will be happy to take your calls.

For general information or to make a donation, please visit the Foundation's website:

www.fondationhautestcharles.com





MAY 26th HHW RECYCLING DEPOT

The Municipality will offer a hazardous household waste (HHW) recycling depot, free of charge, on Sunday, May 26th from 9 a.m. to 3 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 :

PAINTS

Paints:

- 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)

Aerosol paints

ORGANIC HAZARDOUS HOUSEHOLD WASTE

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.

INORGANIC HAZARDOUS HOUSEHOLD WASTE

Acids, bases, oxidizing agents, batteries, pesticides and insecticides

Fluorescent compact light

bulbs (CFL)



If you are not sure if a product that you would like to dispose of is on the list, bring it in to the depot and the trained employees will help you.

Each container must be intended for residential use only.

All products must be in their original containers.

For safety reasons, do not mix products.

During this collection, you may also bring 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 healthy environment!

MAY IS TREE AND FOREST MONTH

In collaboration with the *Association forestière des deux rives (AF2R)*, the Municipality will give you a sapling when you bring in your hazardous household waste on Sunday, May 26th.

THE GREAT CELEBRATION OF NATURE (LA GRANDE FÊTE DE LA NATURE)

The *Association forestière des deux rives (AF2R)* in collaboration with the Ministry of Natural Resources and Fauna (*MRNF*) invite the population to come celebrate Tree and Forest Month on the Plains of Abraham. This activity will be held in conjunction with The Great Celebration of Nature (*La Grande*

fête de la nature) celebrations held by the National Battlefields Commission. On this occasion, visitors will be able to visit exhibitor booths from the «forest neighbourhood».

A Tree for Me program and free sapling give-aways

Parents enrolled with the MRNF's A Tree for Me program will be able to pick up their young tree. The AF2R will also distribute young saplings to the general population. These plants are graciously offered by the Ministry of Natural Resources and Fauna.



Activities for the whole family!

Along with several information booths, The Great Celebration of Nature will offer several activities for young visitors, including inflatable games, a mini farm, a dress-up workshop and animation by two clowns: Ketchup and Julienne BBQ!

WHEN: Sunday May 13th 2013,

From 11 a.m. to 4:30 p.m.

WHERE: Plains of Abraham greenhouses.

BIOLOGICAL CONTROL OF MOSQUITOES AND BLACK FLIES



The Municipality has awarded the contract for the biological control of mosquitoes and black flies for summer 2013 to the firm GDG Environnement ltée www.gdg.ca. This operation has the authorization of the Ministère de l'Environnement du Québec. Treatments begin in early spring and will be carried out on several occasions until the end of August by GDG professionals.

GDG team members will tour the Municipality and its surrounding areas on several occasions during the summer season in order to proceed with the treatments. The biologist in charge wishes to inform the population that the insecticide used is completely safe for humans as well as for other living organisms and will be carried out and supervised with professionalism.

The Ministère de la Santé et des Services

Sociaux (MSSS) and the Institut de Santé Publique du Québec (INSPQ) have confirmed the safety of using B.t.i. for the biological control of biting insects. In this context, we call for the collaboration of all citizens in order to permit access to all mosquito-breeding sites.

These treatments are expected to yield results to reduce the number of pests and insects by 80% or more until September 1st.

GDG's team of professionals will be residing in the Municipality for the duration of the contract, that is, from mid-April until the end of August. The coordinator is Mr. Eric Cliche.

SOME PRACTICAL ADVICE:

- To eliminate the artificial breeding areas where biting insects proliferate, the following measures should be taken:

- Start the swimming pool as early as possible – it could produce mosquitoes by the third week of May;
- Keep drain pipes in good repair and cleaned of accumulated debris that prevents the evacuation of rainwater;
- Dispose of old tires and store others in a dry place;
- Overturn small boats or remove the drain on those left upright;
- Remove water accumulated in tarpaulins;
- Wheelbarrows, rain barrels, birdbaths, buckets and containers of all sorts constitute excellent breeding sites for mosquitoes.

Remember that swarms of mosquitoes can be produced every seven to eight days in water that has been left to accumulate.

The Municipality is looking for volunteers to conduct "nuisance tests" for the biological control of mosquitoes and black flies

The effectiveness of the control program is measured by "nuisance tests" which are performed by the staff of GDG Environnement in the presence of an independent witness. Tests will be done three times a week on the territory. We are in need of witnesses. If you are interested in participating, please let us know by calling **418 844-1218**. Duration of the testing process is approximately 15 to 30 minutes.

RESIDENTIAL POOL SAFETY

Are you doing enough to protect your loved ones?

Controlling access to a pool or other body of water is the most effective way to prevent accidents. Whether you already own a pool or are planning to install one, you must make sure to control access to it. It is everyone's responsibility to make the pool inaccessible, to ensure constant surveillance and remain vigilant in enforcing safety rules.

Prevention rule # 1: Inaccessibility

Safe poolside installations

All it takes is a few seconds for a child to slip away to the backyard without anyone's notice. If neither a gate nor a fence is installed, the child could easily gain access to the poolside and run the risk of falling in.

Prevention rule # 2: Surveillance

Be alert

A child should never be left alone even just for a few seconds. It's during these moments of inattention that the worst could happen.

The 2nd rule of prevention is to increase **surveillance** around the pool area. Everything must be done to avoid and reduce the risk that a moment of carelessness should occur.

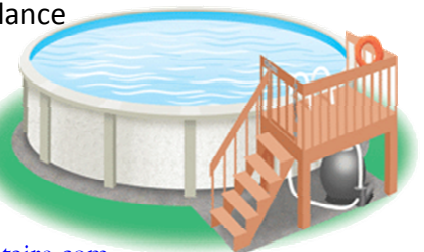
Prevention rule # 3: Vigilance

Basic precautions

The 3rd rule of prevention is to demonstrate greater **vigilance** in order to face any eventuality.

SOURCE: mapiscinesecuritaire.com

Check this website for more information about the subject (french website only) or visit the Red Cross website <http://www.redcross.ca/article.asp?id=001043>.



IMPORTANCE OF THE MUNICIPAL PERMIT

The Municipality's Urbanism Department would like to remind citizens of the importance of applying for a permit with the inspector before beginning any construction work. Whether for a new construction, to undergo renovations or carry out repairs to an existing building, this requirement remains the same. Actually, by neglecting to request this information from the Municipality, works undertaken could turn out to be non-compliant and sooner or later, could translate into problems which could be difficult to manage. During the sale or succession of an immovable where non compliant works have been carried out, past negligence could come back to haunt the proprietor. You must know that, generally, if no permit has been issued for works, the Municipality can do absolutely nothing to correct these often inconvenient situations.

To summarize, when you have a project in mind and want to avoid problems, even before going to meet the notary, architect, surveyor or financial institution, schedule an appointment with the Urbanism Department of the Municipality in order to gather all the required information relative to current municipal by-laws on our territory. Competent personnel is available to answer all of your questions and you will be assured that your project will start off on the right foot.



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

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

Please call François-Michel Hardy,
Municipal Inspector
at 418 844-1218.

SPECIAL LEAF PICKUP

Bags of leaves are not accepted during the weekly pickup of household garbage.

The Municipality will hold a special collection the week of May 6th, 2013. Bags of leaves should be placed by the side of the road in front of your residence.

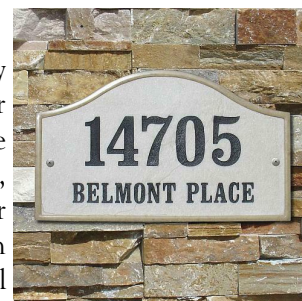


CIVIC NUMBERS

Your civic number must be clearly visible!

In order to facilitate the work of Fire Safety Services, emergency crews and the police on our territory as well as any emergency teams liable to be called to your residence in an emergency situation, it is important that you post your civic number clearly and in full view on your home as well as on your mailbox (if applicable), according to municipal Bylaws. Ref. Installation and visibility of civic numbers, Bylaw no. 150, article 3.8.

The Urbanism Department will be performing inspections this spring and correction notices will be given for violations.



GRASSCYCLE...AND ENJOY YOUR SUMMER!

This summer, save time and money by grasscycling! This simple and environmentally respectful technique consists of leaving grass clippings on the ground. To do this, simply remove the collection bag from your lawn mower and do not pick up the remnants! Lawn residue will decompose in less than 48 hours and will no longer be visible.

Grasscycling has numerous advantages! As well as being a natural fertilizer, grass clippings protect the soil from drought, nourish good soil organisms and prevent disease.

Did you know?

During the summer season, grass clippings

represent up to 30 % of waste in garbage bags and are the main source of pollution in a landfill or incinerator site. Although biodegradable, these materials produce gases and toxic liquids when they decompose in a landfill. Consisting chiefly of water, grass residue greatly harms waste combustion when it is sent to the incinerator.

How to grasscycle?

- You need a mower with a mulching blade. The majority of mowers on the market today are made for this. You can also purchase and install a mulching blade on your mower for about \$20.
- Remove the lawn mower bag.

- Leave grass clippings on the ground!

A few simple tips:

- Keep lawn cut at a height of at least 7 cm (3 inches). Cutting too short stresses the plant, which renders it more vulnerable.
- Sharpen your mower blade yourself so that it cuts grass cleanly or have it sharpened by a professional for about ten dollars.
- Do not mow the lawn during a drought. The lawn enters a dormant period and will return to its green color after the next rainfall.

Joanie Paradis,
MRC Éco-stage intern

YOUR RESPONSIBILITIES AS A DOG OWNER

Dogs are “Man’s best friend”. They are intelligent animals and enjoyed by many. Unfortunately, at times they may be a nuisance to others. The Municipality would like to remind you that as an owner of one or more dogs, you are fully responsible for respecting the municipal by-law concerning the right to keep an animal on your property. By-law number 158 is available for consultation upon request. Here are some excerpts of this regulation:

- As proprietor or keeper of an animal, you must not let your pet roam freely in a public area (park, street) or onto private property, other than your own, without the consent of the property owner or occupant. **NOTE: As the Municipality is proprietor of all public streets/parks/public areas, it is forbidden to let your animal roam freely in these areas.**
- All dogs must be registered with the Municipality. The license or dog tag is valid from January 1st to December 31st and must be renewed annually.
- A maximum of three (3) dogs is permitted per dwelling unit.
- A dog which is kept outside of a building must be retained by a device (such as a leash, enclosed fence, etc.) preventing the animal from leaving the owner’s property.
- A dog owner must keep their animal on a leash at all times if circulating in a public area (including a street). This leash must be no longer than two (2) meters.
- Nuisance: The following constitutes a nuisance if you are the keeper or owner of
 1. A dog that has already bitten an animal or a human being.
 2. A dog of the following breeds: bull-terrier, staffordshire bull-terrier, american bull-terrier, american staffordshire terrier, or a crossbreed from one of the previously mentioned breeds commonly called « pit-bull ».
 3. An animal not indigenous to the Quebec territory.
- In the case of violation to the by-law, the minimum fine is \$100 plus costs, up to a maximum of \$1,000 plus costs.
- For the territory of the Municipality, the application of by-laws and fines are entrusted to the municipal inspector and the Sureté du Québec police force, with the support of the “Société protectrice des animaux” (animal protection society).



We wish to remind you that in the case of a nuisance, it is highly recommended initially to attempt to discuss the problem with the dog owner. Often, friendly dialogue and respect between neighbours are the most effective ways to solve a problem or inconvenience. **Thank you for your cooperation!**



CANINE EDUCATION CLASSES

COURSE # 1:

(Check municipal website for course content)

Basic canine education. Dogs as of 8 weeks old

No prerequisite

This basic education course is designed to introduce the master to the dog’s body language and codes of communication. This basic communication is essential to any relationship between a human and a dog. You’ll be well equipped to fully socialize your dog and be able to convey your expectations to your dog in daily social situations.

COURSE # 2:

(Check municipal website for course content)

Intermediate canine education. Dogs 16 weeks and older

Prerequisite: Basic Canine Education (course # 1)

The intermediate canine education level continues the master’s training but this time, in greater depth, taking into account the various factors which increase learning and socialization challenges for dogs in our society. You will be able to get your dog to respond to your requests, despite the

different surroundings and contexts it might be in. To achieve this, the dog will need supplemental training in order to increase social skills so that it is always welcome wherever you go.

Animachien’s preferred teaching techniques :

We mainly use techniques to solicit the mind of the dog so that the animal is voluntary in its actions and so that a quality connection exists between the members of his human family and himself. Our work technique is linked to verbal marker based communication.

N.B.: A maximum of 6 dogs per class. We take registrations at any time.

COST: \$185 for 8 courses lasting 1½ hours

WHEN: one course per week on Mondays or Wednesdays from 6 to 7:30 p.m. as of the beginning of May

WHERE: Community center (outside)

Contact person: Céline Vinet, canine intervenor
418 570-6984 or www.animachien.ca

BULK PICK UP

The weekly collection of non-household waste (bulk waste) is held on a weekly basis every Tuesday. This service functions on a call-in basis only, please do not deposit non-household waste in front of large refuse containers or community mailboxes. You must call the Municipality at 418 844-1218 to schedule this service and 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.)

Objects that qualify for bulk pick up:

*Used tires (non-commercial use only) and rims. However, the tires must be separated from the rims.
*Vegetable oils used for cooking in their original containers or in a clear well identified plastic container.

Objects that DO NOT qualify for bulk pick up:

*Vehicle carcasses or frames *Tree and brush debris
*Household garbage *Leaves and *Recyclable materials.

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. Thank you for your collaboration.

WATER MAIN ENTRY VALVE

Each residence serviced by the aqueduct network is equipped with a water main entry valve which



connects to the water supply. The water main entry valve to the aqueduct network which sticks out of the ground at the front of your property, commonly called "bottle" is buried underground, generally in front of the residence, usually at the limit of the property between the municipal and the owner's properties. It is therefore very important that this entry valve be visible and accessible at all times. None other than a municipal employee is authorized to handle this water hook up.

CONTAINERS

NOTICE TO ALL RESIDENT OF THE MUNICIPALITY

The containers located at the bottom of Joseph-Moraldo 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) on Tuesdays. 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.

COLLECTIVE TREATMENT TO ERADICATE AMBROSIA (RAGWEED)

LThe Municipality will again participate in 2013 in a treatment program to eradicate ragweed.

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

Control operations of infected zones such as parks, playgrounds, roadsides, will be carried out by spraying an ecological herbicide product sprayed directly onto the plant. Therefore, the population will be able to frequent the controlled sites in all safety.

We count on the participation of the entire community in order to reach our goal to permanently

eliminate ragweed.

Here's how you can actively participate:

1. Uproot any ragweed plants on your property.
2. Locate the infested zones in your neighbourhood.
3. Make your neighbours aware of the hazards posed by this plant.

This **annual collective program** aims to **reduce pollen** levels and this, in the best interest of the local population.

The socioeconomic impact related to respiratory allergies amounts to 250 million dollars annually.

L'HERBE À POUX





FIRE SAFETY SERVICES—Leucan™ Shave Heads Challenge

The Saint-Gabriel-de-Valcartier Fire Department, as well as the

other Fire Departments from the MRC, along with several employees of the MRC Jacques-Cartier, and personnel members of the *Sûreté du Québec* will be shaving their heads in support of children with cancer who have lost their hair following chemotherapy treatment.

The MRC Jacques-Cartier's first participation in the famous *Leucan™ Shaved Head Challenge*, presented by *Jean Coutu* will be held on Saturday, May 25th at the Lac Beauport Fire Hall. The event will take place under the direction of honorary president Mr. Michel Beaulieu, Mayor of Lac-Beauport.

A call to the entire population of the MRC is launched to help them reach

their goal and even to exceed it!

Visit www.tetesrasees.com/en and search for Saint-Gabriel-de-Valcartier.

ENCOURAGE-THEM!

Give generously.

Leucan is an association that was founded in 1978, whose mission is to help cancer-stricken children and their families believe in a brighter future. Every year, we face the challenge of raising the funds necessary to support clinical research, which is not financed by the state and to offer a variety of customized services to our members.

We greet families and offer a welcome, emotional assistance and support (starting at initial diagnosis), financial aid (travel and accommodation costs, allowances and specific needs), from massage therapy (in-hospital, between treatments and also after they are released from the hospital), a school life

services program (to facilitate the education of students and educate the community to the reality of pediatric cancer), socio recreational activities (occasional gatherings to break the isolation of families and promote sharing and mutual aid) and a playroom at the *Centre Mère-Enfant* at the *CHUL*. For more information, please contact Leucan (Quebec region) at 418 654-2136. TM Leucan Inc. registered trademark



FUNDRAISING ACTIVITY for LEUCAN—CAR WASH

WHEN: Saturday, May 11th from 11 a.m. to 2 p.m.

WHERE: Saint-Gabriel-de-Valcartier Fire Hall

Presented by:



MESSAGE FROM THE SQ for public road users

All together for a better sharing of public roads!

Knowing that my behavior can improve relations between road users and promote the safety of all, I support the Charter for a better sharing of the road.

As a public road user, I am committed to:

- * Stop at a red light and wait for the green light before advancing;
- * Yield to oncoming traffic when I am turning right or left;
- * At a stop sign, make eye contact with other users I cross and yield the way to the first arrived user;
- * Yield to pedestrians who cross my path;
- * Signal my intentions to other users

using either my turn signal lights or arm signals;

- * Avoid any distractions (cell phone, texting, earphones, etc.);
- * Acknowledge the courtesy of others. A smile, a thank you, a greeting are always greatly appreciated gestures!

As a motorist, I am also committed to:

- * Look in my rear-view mirror and check blind spot before opening the car door;
- * Adopt a moderate speed in the city in order to respond appropriately to unforeseen events;
- * Pass cyclists leaving a minimum space of 1 metre between the cyclist and my vehicle (1,5 metre on a rural road);

- * Stop my vehicle and take a break when I am tired especially given the dangers associated with driver fatigue.

As a cyclist, I am also committed to:

- * Be visible at night by putting adequate lighting on my bike;
- * Adopt a moderate speed in the city in order to respond appropriately to unforeseen events;
- * Not ride my bicycle on sidewalks out of respect for pedestrians;
- * Ride single file when riding as a group.

SUMMER PLAYGROUND and PLAYGROUP 2013 JULY 2 to AUGUST 9

**WOW !
SPECIALIZED CAMPS**

in addition to the regular program!

- ◆ **SPORTS**
- ◆ **ENGLISH (BY AGE GROUP)**
- ◆ **ASSISTANT MONITOR PROGRAM (P.A.M.) FOR 12 TO 14 YEAR OLDS**
- ◆ **1 OUTING PER WEEK**
- ◆ **PLUS MUCH MORE!**

Follow us on Facebook (Terrain de jeux SGDv) and share your ideas and comments.



PLAYGROUND		
COST	RESIDENTS (Bus service included in price)	NON-RESIDENTS
Weekly	\$70	\$100
Summer (6 weeks)	\$300	\$600
PLAYGROUP		
COST	RESIDENTS	NON-RESIDENTS
Weekly (3 days)	\$25	\$60
Summer (6 weeks)	\$150	\$360
DAYCARE SERVICE (residents and non-residents)		
Weekly	\$25 / child	\$35 / family
Daily	\$15	

Playground

CHILDREN AGED 5* TO 12

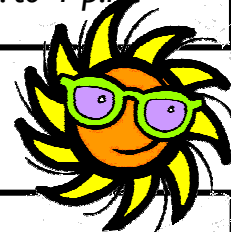
Monday to Friday from 9 a.m. to 4 p.m.

*Also applies to 4 year olds starting kindergarten in September

Playgroup

CHILDREN 3 TO 4 YEARS OLD

Tuesday to Thursday from 9 a.m. to 4 p.m.



DAYCARE

available Monday to Friday
starting at 7a.m. ending at 6 p.m.

REGISTRATION FORM

- ◆ On our website **www.saint-gabriel-de-valcartier.ca**
- ◆ By mail, call 418 844-1218 to make a request
- ◆ Distributed through schools, beginning of MAY



**REGISTRATION
PERIOD**

MAY 6th to 31st*

*\$25 late fees applied
after this date



There is a possibility of supervised daycare the week of August 12th, please reserve when you register.
FAMILY DISCOUNT available (applicable to Playground and Playgroup costs) for families with 2 or more children.
The family discount does not apply to non-residents.

SOFTBALL LEAGUES

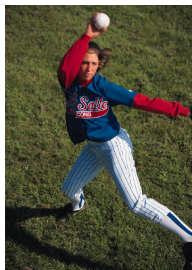
WOMEN

This non-competitive league for **HAVING FUN** is for women and girls aged 12 and over.

WHEN:

The season begins around the end of May and games are held on Monday nights.

COST: \$50 for residents
\$75 for non-residents



MEN

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

WHEN:

The season begins around the end of May and games are on Tuesday and Thursday nights.

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



VERY IMPORTANT TO RESPECT THE REGISTRATION DEADLINE SO THAT WE CAN FORM THE TEAMS AND START EARLY!

REGISTRATION DEADLINE: MAY 10TH

To register, call Pamala Hogan Laberge at 418 844-2097, Email: plaberge@munsgdv.ca or come by the municipal office Monday to Friday from 8:30 a.m. to 12 p.m. and 1 to 4:30 p.m.

SLOW PITCH TOURNAMENT

Family Day festivities begin on Friday night August 16th with the slow pitch tournament (playing for fun).

COST: \$20 (t-shirt included)

Registration deadline:
AUGUST 2
(Pamala 418 844-1218)



THE SPORTS AND RECREATION DEPARTMENT NEEDS YOU!

Would you like to get involved and meet people from your community while participating in interesting activities? The Sports and Recreation Department needs volunteers like you to meet different needs during activities such as Family Day, Club Ados activities, ball games, Soccer Club and for the Municipal library. Sound interesting? Please call **Pamala Hogan-Laberge at 418 844-2097**.

WATERPARK



The waterpark will be open from 10 a.m. to 8 p.m. everyday. It is located behind the skate park, right next to the wading pool.

Please note: the waterpark is without supervision, parents are therefore responsible for the safety of their children.

WADING POOL

SCHEDULE

Opening June 15th, weather permitting.

Entrance is free. Adult supervision is required.

MONDAY TO FRIDAY:

3:30 to 6:30 p.m.*

SATURDAY AND SUNDAY:

12 to 6:30 p.m.*

*(Opening hours may vary according to the weather)

FROM AUGUST 13 TO LABOUR DAY :

SCHEDULE: 12 to 6:30 p.m.



BACK THIS SUMMER - FRIDAY NIGHT RECREATIONAL SOCCER GAMES

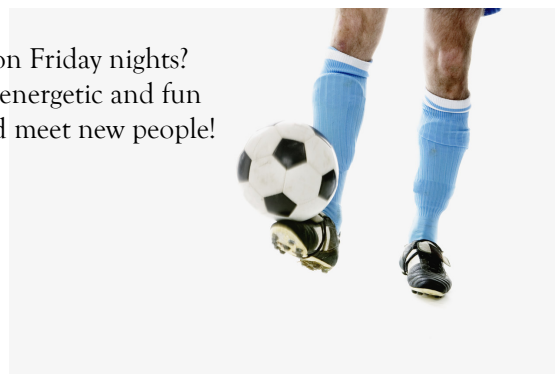
Teens and adults, why stay home twiddling your thumbs and doing nothing on Friday nights? Get yourself a pair of soccer shoes and shin guards and come join us for an energetic and fun soccer game. No experience needed, just a smile and a willingness to have fun and meet new people! Register now!

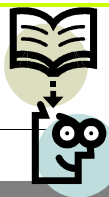
Cost: \$20 (registration fee)

Where: Black Bears soccer field (Community Center)

When: 6:30 to 8 p.m. on Friday nights (starting June 21st)

You can register with Pamala at 418 844-2097.





MUNICIPAL LIBRARY

SPRING SCHEDULE

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

SUMMER SCHEDULE FROM JULY 2 TO AUGUST 31

	Open	Closed
Monday	6:30 p.m.	8:30 p.m.
Thursday	6:30 p.m.	8:30 p.m.

Next book rotation is at the end of August 2013
www.reseaubibliodouglas.qc.ca/saint-gabriel

MUST READS

Adult Category:

The Kitchen House
 -Kathleen Grissom

Teen/Young adult category:

Divergent
 -Veronica Roth

Catégorie enfant:

Oh No, George!
 -Chris Haughton

SKATE PARK

NEW INSTALLATIONS

OPENING HOURS

Weekdays: 6 to 9:30 p.m.

Weekends: 12 to 10 p.m.

**Skate park is not open during Summer
 Playground hours on weekdays**

For the safety of all skaters:

- Use the park at your own risk.
- Children under 10 must be accompanied by an adult.
- One skateboard at a time on the ramp.
- Wearing protective equipment is obligatory (helmet, elbow, knee and wrist pads, gloves, and skid-proof shoes). This equipment **IS NOT** provided by the Municipality.
- It is forbidden to practice dangerous manoeuvres.
- Bicycles and scooters are not permitted in the skate park. Skateboards, BMX bicycles, unicycles and rollerblades are permitted.
- It is strictly forbidden to use the skate park while under the influence of alcohol or drugs.
- Glass containers are forbidden.
- Any disrespect towards the grounds attendant will lead to immediate expulsion.
- DANGER! The surface is extremely slippery when wet or covered with leaves and the skate park is closed at those times.
- **FIRST AID:** Advise the grounds attendant or phone 9-1-1.
- Accident prevention is everyone's business!



STORYTIME FOR TODDLERS

WHO DOESN'T LIKE A GOOD STORY!

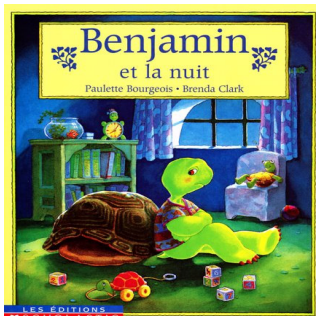
Let us tell you a story (in French) and by the same occasion come participate in a craft activity.

WHERE: Municipal Library

DURATION: Approximately 1 hour

WHEN: Saturday June 1st at 2 p.m.

STORY: Benjamin et la nuit



SUMMER READING CLUB

Explore, far and near! Embark on a fantastical adventure this summer with the TD Summer Reading Club!

It's a special free program for kids. Drop into your local library as soon as school finishes in June to get a free magazine and passport and start collecting stickers.

It's going to be SO MUCH FUN! There will be awesome prizes, great free programs, cool crafts and lots of other neat things to see, read and do.

DON'T FORGET, THE ADVENTURE STARTS IN JUNE. SEE YOU THEN!

For more information, visit the Municipal Library this summer or check out this website
www.td-club-td.ca.



If you should notice that some equipment is damaged please advise the grounds attendant immediately.

CLUB ADOS

The Club Ados has been undergoing a lot of changes. The team of monitors and the new coordinator hope to make many improvements to the Club Ado with the purchase of new materials and the opening of the Club to teens from 11 to 17. These changes will be in place in the coming weeks. Also, during the month of February, the Club Ados was involved in the Taekwon-do tournament on Sunday February 17th at the Community Center by organizing a food service for the day. Two discos were held in February and March and their success was undeniable! The Club Ados will hold a disco every month until summer. Pamphlets will be distributed to the students of the local schools about a week in advance letting you know when they will be happening.



If you would like to know about all the upcoming Club Ados activities, please consult the calendar on the Municipal website or on our Facebook page.



Internet



SOCIÉTÉ DE LA PISTE JACQUES-CARTIER-PORTNEUF- The bike shuttle is back this summer!



This bike-shuttle allows its users to discover the *VéloPiste* bike trail from one end to the other!

This year, there will be 5 dates instead of only 3. The dates will be **Saturday July 20th, August 3rd and 17th and September 21st and Sunday, August 18th**. New this year, a Sunday, August 18th has been added where there will be a possibility for participants to experience the trip 'backwards' and make the return trip on the bike-shuttle. This project came to realization for cyclists to experience the *VéloPiste* in its entirety without having to make the return trip from Rivière-à-Pierre, at the extreme north end of the path. In this way, the cyclist can take advantage of the different attractions and accommodations along the path. What an original way to offer cyclists an extra service that lets them better know the trail and the territory that it crosses.

The service created by *VéloPiste Jacques-Cartier/Portneuf*, will be offered for a flat rate of \$30.00 that includes the transportation of the bicycle to any of our destinations. 5 points of departure are available: *Gare du Palais (Québec)*, the parking lot at the Loretteville arena, the *VéloPiste* parking lot located in front of the Valcartier Research Center, Duchesnay Tourist Center and the parking lot on *rue St-Alexis* in Saint-Raymond. Those interested in this service must register by contacting the *VéloPiste* office at 418 337-7525 or www.velopistejcp.com.

CONDITIONING ROOM (GYM)

Summer schedule (June-July-August):

Monday to Friday	6 a.m. to 12 p.m.
Monday to Thursday	3 to 7:30 p.m.
Friday	3 to 6:30 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

Students (14 to 25), volunteers, 50 years and over:

⇒ 50% rebate (except card and session rates)

1 session:	\$5/person
Card for 20 sessions:	\$60/pers.
Non-residents:	\$20 extra

Age requirements:

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

Services offered:

- Personalized programs (cardio, weight loss, endurance, strength, weight training)
- Nutritional follow-up
- BMI (body-mass, index) measurements (% of fat)
- Specialized programs for: preparation for competitive sports, ambulance technicians, firefighters, tests for police technology, military recruitment, etc.

Equipment:

- Weight training Atlantis
- Cardiovascular Life Fitness

Person Responsible:

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



MUNICIPALITY OF
SAINT-GABRIEL-DE-VALCARTIER



*TOGETHER,
IN THE HEART
OF NATURE*

SAINT-GABRIEL
-DE-
VALCARTIER

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

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

WEBSITE

**www.saint-gabriel-
de-valcartier.ca**

MUNICIPAL TAXES

We would like to remind you that the second instalment for 2013 municipal taxes is due on July 1st. The privilege to pay in three instalments cannot be granted unless each instalment is paid in full by the due date. Interest and penalties will apply to the account's totality for all late payments.



**YOUR REFERENCE IN
COMMUNITY MATTERS
- COME SEE WHAT'S
NEW ON THE
MUNICIPAL WEBSITE**

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

SUMMER EMPLOYMENT OPPORTUNITIES

The Sports and Recreation Department is looking for candidates to fill the following positions:

DAYCARE ANIMATOR

Responsibilities:

- * Accommodate and supervise children before and after day camps. Ensure the safety and well-being of children

Requirements:

- * Must be aged 18 or over
- * Responsible and dynamic
- * Available for the entire summer, from June 24th to August 16th, 2013

MONITORS PLAYGROUND SUMMER PROGRAM

Responsibilities:

- * Develop and plan a program specifically for groups of children aged 5 to 12
- * To animate a group of children
- * Collaborate in organizing special events

Requirements:

- * Students aged 16 and over and returning to school in the fall of 2013
- * Work experience related to this position
- * Available from June 24 to August 9
- * Very high sense of responsibility, teamwork skills

WADING POOL ATTENDANT

Responsibilities:

- * Monitor and ensure safety of wading pool users
- * Ensure compliance with security measures
- * Aged 15 and over

Requirements:

- * Available all summer (possibly from June 15 to September 1st)
- * Available weekdays and every other weekend, for approximately 20 hours per week

Are you a dynamic individual who loves working with children and being outdoors? You're responsible and motivated and would like to have a great summer?

Send your C.V. before May 24

By mail: Municipality of Saint-Gabriel-de-Valcartier
Sports and Recreation Department
1743 Boulevard Valcartier
Saint-Gabriel-de-Valcartier (Québec) G0A 4S0
Email: plaberge@munsgdv.ca Fax: 418 844-3030

DATES TO REMEMBER

MAY (TREE AND FOREST MONTH)

- 6 Beginning of Summer Playground and Playgroup registrations
- 6 Special leaf pickup week
- 10 Registration deadline for softball league
- 24 Last day to send in CV for summer jobs
- 25 Leucan Shaved Head Challenge
- 26 Community garage sale, HHW collection, distribution of free saplings

JUNE

- 1st End of registration period for Summer Playground and Playgroup
- 1st Beginning of conditioning room (Gym) summer schedule

- 12 Haute Saint-Charles Foundation Golf Tournament
- 15 Opening of wading pool and waterpark

JULY

- 1st Second instalment due for municipal taxes
- 2 Municipal Library, beginning of summer schedule
- 2 Beginning of Summer Playground and Playgroup

AUGUST

- 2 Registration deadline for slow-pitch tournament
- 9 End of Summer Playground and Playgroup
- 12 Next publication of the Indispensable News Bulletin
- 16, 17 Family Day and Slow-Pitch Tournament