



SAINT-GABRIEL
-DE-
VALCARTIER

Volume 4 | Issue 3

April 2011

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THE INDISPENSABLE NEWS BULLETIN



A WORD FROM THE MAYOR

Spring has arrived and brings with it numerous projects to occupy our time this summer. Council is no exception with an array of exciting news and works designed to better serve our citizens.

I will begin with the recent announcement that Videotron will be taking over Valcartier Cable. All cable subscribers should have received a letter explaining the reasons behind this decision. Valcartier Cable has served us well for over 25 years but with the advent of new technologies (telephone, internet, cable and HD services), it was felt the time had come to turn over the reins to Videotron. Every effort will be made to make

this transition as seamless as possible.

The housing project for seniors and persons with a slightly diminished autonomy is also proceeding according to plan. An information session was held for neighbors located in the immediate vicinity of the site and a general information meeting is scheduled for April 27th to help answer your questions about this much awaited project. A sketch of the proposed building is included above this article for your perusal.

Also on the schedule is the reconstruction of Boulevard Valcartier from McBain Street to the entrance of Village Vacances Valcartier. The Ministry of Transport is aiming to complete these works at the end of May.

The road will be made as wide as possible without expropriating any land.

In 2011 the Municipality will also carry out a number of important projects pertaining to the progressive modernization of its infrastructures such as the completion of works on Chemin du Lac, the reconstruction of approximately 1 km on Redmond Road and the general upkeep and improvement of streets, parks and playgrounds.

So as you can see, it will be a busy and exciting summer season. All that remains is that the weather cooperates!

The Mayor,

Brent Montgomery

SEPTIC WASTE COLLECTION FOR RESIDENTIAL DWELLINGS - SUMMER 2011

The Municipality of Saint-Gabriel-de-Valcartier put in place a project to guarantee the emptying of septic installations on a regular basis in order to prevent soil and water pollution. The septic tank of a permanent residence will be emptied every 2 years and the septic tank of a seasonal residence will be emptied at least once every 4 years, according to Provincial by-laws on this matter which render the emptying of septic systems every 2 or 4 years obligatory. Moreover, a complete waste collection (both covers) of septic tanks is useful in order to prevent eventual problems, notably, to insure that your leaching bed is in good working order. By doing a complete waste collection, we can rapidly confirm, by visual examination, if the leaching bed evacuates liquids as it should. This year, all septic tanks with a capacity equal to or inferior to 4.8 m³ (1056 gallons) and located in areas accessible by the vehicle providing this service will be emptied.

Following the 2009 collection, we took note of a few problems which proprietors must fix. Among others, if one of the tank covers is damaged, we suggest that you take the necessary steps to fix or replace it in order to avoid eventual problems with your septic installation or leaching bed

(drain field). Notably, if residues (soil, sand, dead leaves, etc.) infiltrate your installation, this could cause long term problems such as clogging the purification system. At that time, a new leaching bed might have to be installed. Therefore, we strongly recommend that you have the situation fixed before the next collection. **Also, both tank covers must be cleared of obstructions.** Should you require practical advice on how to leave your covers permanently unobstructed and accessible, you can contact the Assistant Municipal Inspector during business hours, Monday to Friday from 8:30 am to 12:00 pm and from 1:00 pm to 4:30 pm. All residences must be equipped with a sewage system compliant with provincial regulation, except in the case of residences built before August 12, 1981 if wastewater does not constitute a source of pollution. Even in this last case, the Municipality strongly recommends that regulation standards be respected.

Septic waste collection will begin on June 1st and will be carried out until August 31st, 2011 from Monday to Friday between the hours of 7:00 a.m. and 7:00 p.m. and, when necessary, on Saturdays until 12:00 noon. **If, upon the first visit, the septic tank cover is not cleared or cannot easily be located**

thus preventing the collection of septic waste, a fee of \$65.00 can be charged to the proprietor if a second visit is required.

This service is financed by the general land tax. The Municipality will advise proprietors by mail of the septic waste collection schedule for their sector at least 10 days prior to the service. New residences built as of January 2011 will not receive this service this year since the septic installation will not have been used for a period over 6 months.

Any additional septic waste collection, outside of the scheduled collection, will be done by the contractor hired by the Municipality at the expense of the proprietor. Please call the municipal office for further details about the company to contact for this service.

For proprietors or occupants who do not expect to be present when the service is scheduled please clearly indicate where your system is located.



For the emptying of your septic tank, you must ensure that:

- Access to your septic tank is cleared of obstructions by a width of 3.96 meters (13 feet) and height of 3.96 meters (13 feet), if your tank is situated more than 60 meters (200 feet) from your driveway or the road.
- Septic tank covers and their perimeters must be cleared by approximately 20 cm (8 inches) to permit their removal without causing damage.
- You pay attention to any special features of your septic system in order to ensure proper functioning (example: cleaning the prefilter if you have one).

Thank you for your collaboration.

Should you have any questions, please call François-Michel Hardy, Municipal Inspector, 418 844-1218.

VALCARTIER CABLE - NOTICE TO THE POPULATION

Since 1985, Valcartier Câble Inc. ("Valcartier Câble") has been providing cable television services to the residents of Saint-Gabriel-de-Valcartier. Over the years, the number of channels offered by Valcartier Câble increased and so did our number of subscribers. As technology changed, so did we until eventually major investments were required to maintain Valcartier Câble's ability to provide the residents of Saint-Gabriel-de-Valcartier with up-to-date and current channels and telecommunications services. Several strategic options were studied until finally it became obvious that the best decision was to pass the torch to another company capable of investing in the network and providing leading-edge

telecommunications services.

It is for this reason that we are pleased to announce to you today that, after almost 2 years of negotiations, we have entered into an agreement with Videotron G.P. ("Videotron") to transfer our network and cable operations onto Videotron's network. As part of this agreement, Videotron, already the provider of Internet services to many residents of St-Gabriel-de-Valcartier, has agreed to invest in a brand new network in your neighborhood. As soon as it is ready, our subscribers will be able to access Videotron's full range of Digital and HD television services, telephony services and, of course, high-speed Internet service.

A public information meeting will be held in Saint-Gabriel-de-

Valcartier with the representatives of Videotron in order to answer your questions and familiarize you with their equipment. Also, to be announced at a later date, Videotron representatives will set up temporary offices at the municipal office in order to be readily available to answer your questions and guide you in your subscriptions.

We are also happy to announce that, although Valcartier Câble will no longer be providing cable TV services, we will continue to broadcast Valcartier TV Community Channel on the Videotron cable network. This service is appreciated by many and it is a useful tool for community activities and announcements.



VIDEOTRON
A Quebecor Media Company

We regret not having been able to discuss this project with you prior to the signature of the agreement. The administration was bound to respect a non-disclosure agreement signed with Videotron.

Please continue to contact Valcartier Câble at 418 844-3666 for all your cable questions and needs. It has been our pleasure serving you.

VALCARTIER COMMUNITY HOUSING - INFORMATION MEETING

All residents are cordially invited to attend an information meeting regarding the Valcartier Community Housing project on Wednesday, April 27th at 7:30 p.m. The meeting will be held at the Community Center, 1743 Boulevard Valcartier. The housing project which will include 18 apartments for seniors and semi-autonomous persons or those with a slightly diminishing autonomy will be managed by the board of directors of a non-profit organization, *Les Habitations communautaires Valcartier*.



LIEUTENANT GOVERNOR'S MEDAL

At an award ceremony presided by the Honourable Pierre Duchesne, Lieutenant Governor of Québec on April 10th, 2011, the Lieutenant Governor's silver medal for Seniors was awarded to one of our residents, Mrs. Elsie Prevost, aged 91. Since she has had a positive influence in the community through the volunteer work she has pursued past the age of 64, Mrs. Prevost easily meets the requirements to receive this medal. We wish to congratulate her and tell her how very proud we are of her.

MUNICIPAL TAXES

We would like to remind you that the second instalment for 2011 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.

THE MUNICIPALITY'S WEBSITE IS GETTING A FACELIFT. COME BROWSE OUR NEW SITE AS OF MAY 1ST.
WWW.SAINT-GABRIEL-DE-VALCARTIER.CA

HAZARDOUS HOUSEHOLD WASTE RECYCLING DEPOT (HHW) ON MAY 29TH

The Municipality will offer a hazardous household waste recycling depot, free of charge, on Sunday, May 29th 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	ORGANIC HAZARDOUS HOUSEHOLD WASTE
Paints: <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) Aerosol paints	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!

2011 INTERNATIONAL YEAR OF FORESTS 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 29th.

THE GREAT CELEBRATION OF NATURE
(LA GRANDE FÊTE DE LA NATURE)
Sunday, May 15th 2011, the 16th edition of the **Great Celebration of Nature**, organized by the National Battlefields Commission, will be held on the Plains of Abraham. From 11:00 a.m. to 4:30 p.m., nature lovers and their families will be entitled to all sorts of

exciting and rewarding activities.

For the second consecutive year, the *Association forestière des deux rives (AF2R)* and the *Direction régionale de la Capitale Nationale et de la Chaudière Appalaches du ministère des Ressources naturelles et de la Faune (MRNF)* will partner with the Great Celebration of Nature under the 2011 edition of the MRNF's Spring Tree and Forest Month. Our booths will be grouped in a «Neighbourhood Forest». This will also be an opportunity to hand out saplings to the



general public and to parents registered with the MRNF's **A Tree for Me** program. To close the day, a symbolic planting will take place within the framework of the International Year of Forests. Each year, more than 3 000 people participate in this popular activity outdoor on the Plains of Abraham.

REMINDER WINTER SHELTERS

As of April 30th all temporary winter garages of light construction (mobile wood panels, tarpaulin canvas / vinyl), winter shelters & snow fences must be taken down. These temporary garages and snow fences are authorized from October 1st to April 30th. This law applies to all residents. In all fairness and for the respect of your neighbourhood, you must comply with this By-law. **Please comply with these regulations or face a fine (\$ 200 minimum per day of a continuing offense).**

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.

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



Source : Valérie Blanchet, June 2, 2008

protect the soil from drought, nourish good soil organisms and prevent disease.

Moreover, this allows you to save time and money in order to fully enjoy your summer!

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

BIOLOGICAL CONTROL OF MOSQUITOES AND BLACK FLIES

GDG Environnement ltée www.gdg.ca has received a mandate for the biological control of mosquitoes and black flies during the 2011 summer season. This operation has the authorization of the Ministère de l'Environnement du Québec. Treatments begin in early spring and will be carried out on several occasions until the end of August by GDG professionals. GDG team members will tour the Municipality and its surrounding areas on several occasions during the summer season in order to proceed with the treatments. The biologist in charge wishes to inform the

population that the insecticide used is completely safe for humans as well as for other living organisms and will be carried out and supervised with professionalism.

The Ministère de la Santé et des Services Sociaux (MSSS) and the Institut de Santé Publique du Québec (INSPQ) have confirmed the safety of using B.t.i. for the biological control of biting insects. In this context, we call for the collaboration of all citizens in order to permit access to all mosquito-breeding sites. These treatments are expected to yield results to reduce the number of pests and insects by 80% or more until September 1st, 2011.

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.

BULK WASTE (DRY MATERIALS)

During the spring and summer season, the weekly collection of non-household waste (dry materials) is held every Tuesday. This service functions on a call-in basis only. Please do not deposit non-household waste in front of containers or community mailboxes. You must call the Municipality at 418 844-1218 to request this service and give us an itemized list of materials to be picked up.

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 OF FALLEN LEAVES

Bags of leaves are not accepted during the weekly pickup of household garbage. The Municipality will hold a special collection on Tuesday, May 10th, 2011. Bags of leaves should be placed by the roadside 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

MAY 2011 NATIONAL CENSUS MONTH



Message from the Chief Statistician

The census has always provided a portrait of our people and the places in which we live. The 2011 Census will continue this tradition.

To be part of this new portrait of Canada, please complete your census questionnaire.

Census information is important for your community and is vital for planning services such as schools, daycare, police services and fire protection.

Thank you for your cooperation.

The 2011 Census online

Starting in May 2011, households can choose the convenience of completing their census questionnaire online. It is an easy, secure and convenient option that can be used anywhere, anytime. No pre-registration or lengthy download processes are required.

2011 COLLECTIVE TREATMENT TO ERADICATE AMBROSIA (RAGWEED)

Once again in 2011 the Municipality will participate 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 - Before lighting a fire, think first!



In the spring, before new growth appears, a few hours of sun are enough to dry grass or any other surface fuel. This also makes the surrounding forest extremely vulnerable to fire.

Several residents take advantage of this time of year to give their property a good cleaning. They burn dry grass, piles of branches or dead leaves. Do these activities sound familiar?

Before lighting a fire, read the following...

Wind is your main enemy. In a split

second, a gust of wind could pick up the fire and scatter it, often over great distances. Carelessness could make you lose control of your fire, set the forest ablaze, destroy your home, your cottage or that of your neighbour.

By taking a few safety precautions, you will reduce the risk of fire spreading to the forest.

- Ask the municipality if it is safe to light an open fire or check the indicator panel situated in front of the Fire Hall.
- If it is possible to make a fire:
 - * Light the fire in a clearing, on mineral soil;
 - * Avoid making a fire when it is windy;
 - * Have on-hand the appropriate

means to intervene promptly.

A myth!

Contrary to popular belief, burning grass does not in any way promote new vegetation growth. Part of the grass's nutrients go up in smoke. As a result, the soil becomes impoverished and our environment polluted.



IF YOU FLICK YOUR CIGARETTE BUTT, YOU RUN THE RISK OF CAUSING A FIRE...

During the summer season, a lot of hikers and other outdoor enthusiasts will be heading to the forest. Even if you decide to take an impromptu stroll in a wooded area near your home, it is still important to follow the exact same safety rules as those for a well-planned stay in a tourist site.

YOU WANT TO SMOKE ?

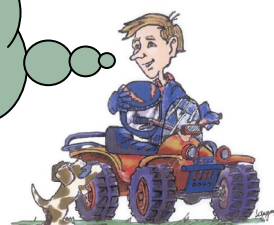
- Stop in a clearing.
- Before getting back on the trail, extinguish your cigarette butt by wetting it, stubbing it out against a rock or burying it in the sand.

Section 138 of the Forest Act states:

"No person may smoke in or near the forest from 1 April to 15 November while working or travelling, except in a building or a closed vehicle."



**Attention
quad riders... It is
strictly forbidden to
smoke while
riding on an
all-terrain vehicle!**



MESSAGE FROM THE SQ

WHAT IS A HOME INVASION?
A home invasion is the intrusion of criminals in a home while the residents are there. Unlike a simple burglary (where residents are absent), during a home invasion, criminals rarely act alone and use bullying and often physical violence to get what they want. Although, much media attention has been paid to the phenomenon of home invasions recently, in general, home invasions remain marginal.

How to make your home safe?

- Lock all doors and windows, even when you are at home.
- Equip them with secure locks.
- Increase the strength of your door frames to prevent them from being easily smashed in.
- Leave lights on in entrances, since criminals prefer to commit their crimes in the dark. Protect outdoor bulbs to avoid having them removed



or broken.

- Always check who is at the door before opening.
- Without necessarily opening the door, let it be known that you are inside, by turning a light on, for example or by pretending to call out to somebody else in the house.
- Remember that you do not have to open the door to someone you do not know.
- At all times, trust your instincts. If the situation makes you uncomfortable, do not open the door.

PLAYGROUND 2011

JULY 4 TO AUGUST 12

WOW !

4 SPECIALIZED CAMPS THIS SUMMER,

in addition to the regular program!

- ♦ **HIP-HOP**
- ♦ **ENGLISH**
- ♦ **BASKETBALL**
- ♦ **MONITOR ASSISTANT PROGRAM (P.A.M.) FOR 12 TO 14 YEAR OLDS**

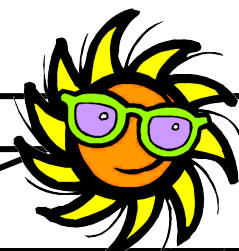


*Parents, do not hesitate to call us with any comments or questions.
Your children are as important to us as they are to you!*

CHILDREN FROM 5* TO 12

Monday to Friday from 10 a.m. to 3:30 p.m.

* Also applies to 4 year olds starting kindergarten in September 2011



DAYCARE SERVICE

available Monday to Friday
from 7 to 10 a.m. and 3:30 to 6 p.m.

REGISTRATION FORMS

- ♦ On our Website
www.saint-gabriel-de-valcartier.ca
- ♦ By mail, call us at 418 844-1218 to request the forms
- ♦ Distributed through the schools at the end of April

CONSULTER
LA PROCÉDURE
D'ADMISSION !



PLAYGROUND		
COSTS	RESIDENTS (Bus included in the price)	NON-RESIDENTS**
Weekly	\$75	\$100
Summer (6 weeks)	\$250	\$375
DAYCARE SERVICE (residents and non-residents)		
Weekly	\$25 / child	\$35 / family
Daily	\$15	

FAMILY DISCOUNT

2nd child: 10 % 3rd child: 20 % 4th child or more: 25 %

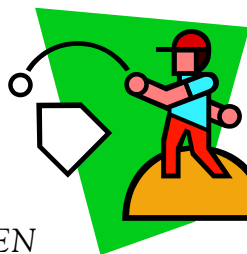
**The family discount does not apply to non-residents

REGISTRATION PERIOD :

May 9th to June 1st
(No registrations by telephone)



BALL LEAGUES



SOFTBALL

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

BASEBALL

CHILDREN

We must have a sufficient number of girls and boys from 4 to 10 years old to offer this activity. So sign up now!

WHEN:

Possibly starting on June 22nd. Games will be on Wednesday nights.

COST:

\$20 for residents

\$40 for non-residents

SUMMER JOBS (AGES 15+)

ASSISTANT-MONITORS

Have you been part of our assistant-monitor program over the past years? If so, there may possibly be a job for you at the Playground this summer. If this interests you, please send your C.V. accompanied by a letter stating why you would like to work at the Playground this summer as soon as possible!

By mail:

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

By Email: plaberge@munsgdv.ca

By fax: 418 844-3030



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

REGISTRATION DEADLINE: MAY 13TH

To register, call Pamala Hogan Laberge at 418 844-2097, or 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.

THE SPORTS AND RECREATION DEPARTMENT NEEDS YOU!

Would you like to get involved in the community, meet people from your neighbourhood 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.

MUNICIPAL LIBRARY

SUMMER READING CLUB - Splash! Celebrate Summer!

Dive into a good book this summer! Children ages 5-12 are invited to join the TD Summer Reading Club, "Splash! Celebrate Summer!", at the municipal library. Information will be available in mid-June and distributed at the schools. Reading Club members will receive a poster with stickers and an activity booklet with reading log. The more you read, the more chances you will have to win great prizes at the end of summer. Prepare to get wet ... this summer will be a splash! For more information, visit the municipal library this summer or go to www.td-club-td.ca.



MUST READS

Adult Category:

The adventures of Erica Falck - Camilla Läckberg

- Book 1: The Ice Princess
- Book 2: The Preacher
- Book 3: The Stonecutter

Young Adult Category:

The Secrets of the Immortal Nicholas Flamel - Michael Scott

- Book 1: The Alchemist
- Book 2: The Magician
- Book 3: The Sorceress
- Book 4: The Necromancer (April)

Children's Category:

The Magician's Elephant - Kate DiCamillo



SPRING SCHEDULE

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

SUMMER SCHEDULE

JULY 2ND TO SEPTEMBER 3RD

	Opens	Closes
Monday	7 p.m.	8:30 p.m.
Wednesday	7 p.m.	8:30 p.m.

Next scheduled book rotation: July 2011

Visit our Library on the Web: www.reseaubibliodumquebec.qc.ca/saint-gabriel

COMMUNITY GARAGE SALE - May 29th

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

Due to the popularity of this activity last year, the Sports and Recreation Department has decided to repeat the event and 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 29th from 10:00 a.m. to 2:00 p.m.** In all, 19 tables will be made available under the multifunctional shelter, as well as a few others outside.

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

How should you register to be an exhibitor?

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

WADING POOL

SCHEDULE

Open from June 18, weather permitting.

WEEKDAYS: 10 a.m. to 6 p.m.*

WEEKENDS: 1 to 6 p.m.*

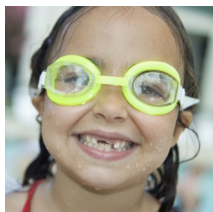
AUGUST 14TH

to LABOUR DAY: Weekend schedule

Entrance is free.

Adult supervision required.

*(Opening hours are subject to change according to the weather)



FAMILY DAY - August 19th and 20th, 2011

Welcome to all residents, families and friends! The Municipality would like to invite you to join us during this annual fun-filled event with games and activities for all. This year, Family Day will be held on **Friday, August 19th and Saturday, August 20th at the Community Center and municipal grounds.**

Activities:

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

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

COSTS:

Slowpitch tournament: \$10/player

Spaghetti supper: \$7/person
(free for children 0-5 years old)



WELCOME TO THE SKATE PARK

OPENING HOURS

Weekdays: 6 to 9:30 p.m.

Weekends: 1 to 10 p.m.

****Skate park is not open during 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 consume alcohol or drugs on the site.
- ☺ 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!

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

CLUB ADOS

A place for teens ...just like you

Have you been looking for information on various teen related subjects?

Come browse the TAPJ de la Jacques-Cartier's new website (available in French only), it's a complete resources directory!:

www.ressourcesjeunesse.com



OPENING HOURS

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

Summer hours:

Monday to Thursday	6 to 10 p.m.
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TELEPHONE : 418 844-1327

UPCOMING ACTIVITIES

Just like every summer for the past several years, the Club Ados intends on organizing an outing at la Ronde. « This is a very popular activity, which works out well and is not very expensive for teens, so we are going again this year! » To reserve a place, call the Club Ados as of June 1st, 2011. Moreover, a new activity will be added to the mix this summer: Volleyball Wednesdays. We invite all residents from the Municipality to join us for fierce competitions! Teens against adults, who will win? To this, we are adding cooking workshops, outings to the movies, Wii and pool tournaments, as well as discussion evenings to make the summer that more enjoyable. For more information, contact the Club Ados team, it will be a pleasure to answer your questions.

At a glance

In order to better meet the needs of the community and attract more of our youth to take advantage of the services that we offer, the Club Ados will be developing its visibility in the coming year. « Without having to take on a new orientation, we sincerely hope that the Club Ados will become a place to feel welcome for our Municipality's youngsters, aged 12 to 17 » states the new coordinator, Ms. Geneviève Cournoyer. Competent and creative animators are on-site and available to support and help parents and teens. Why not take an opportunity to come take a look!

-The Club Ados team

Geneviève Cournoyer, Coordinator

Samantha Bilodeau, Intervener-animator

Jennica Laberge, Animator

Samuel Berthiaume, Intervener-animator

CENTRE DE CONDITIONNEMENT PHYSIQUE

Schedule:

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

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

Price list:

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

**family: adults and children/students 14 to 25

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

⇒ 50% rebate (except card and session rates)

1 session:	\$5/person
Card for 20 sessions:	\$60/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, policemen technicians, military recruitment, etc.

Equipment:

- Weight training Atlantis
- Cardiovascular Life Fitness

Person Responsible:

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

Supervisors:

Patrick Lachance
Shaun Germain
Telephone: 418 844-1218 Extension 233
Email: centrephysik@videotron.ca



Municipality of
Saint-Gabriel-de-Valcartier



TOGETHER, IN THE
HEART OF NATURE

SAINT-GABRIEL
-DE-
VALCARTIER

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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

NEW ACTIVITIES THIS SUMMER! FRIENDLY VOLLEY- BALL AND BASKETBALL GAMES FOR ALL!

These fun and informal evenings will be held on Monday nights for basketball and Wednesday nights for volleyball starting at 7 p.m. All residents of the Municipality are encouraged to come join us for fierce competitions organized by the Club Ados...Teens against adults, who will be the victorious!

RACE (or walk) Circuit Jogging Québec Relay for Life Challenge Sunday, May 15th 2011 (morning)



Circuit Jogging Québec, the Saint-Gabriel-de-Valcartier Sports and Recreation Department, the Valcartier Roadrunners (Canadian Cancer Society's Relay for Life local team) and École secondaire Mont St-Sacrement invite the citizens of Saint-Gabriel-de-Valcartier to participate in The Relay for Life Challenge, an activity which promotes physical activity and raises funds for cancer research.

Several challenges are offered, both for individuals and for families:

Men and women: 5, 10 or 15 km race (15 years and older)

(\$35 regular price or \$45 on site registration)

Mini marathon :

1 km for ages 1 to 9 with presentation of medals (\$10 per participant)

3 km for ages 10 to 14 with presentation of medals (\$10 per participant)



For the 1 km mini marathon, parents are invited to accompany their little ones free of charge. What a great way to initiate our children into this fun physical activity!

Included in your registration: Race bib, timing chip, after race lunch and donation to the Canadian Cancer Society.

For those who would prefer to walk and take in the beauty of the landscape, we invite you to register for the 5 km challenge.

The starting line is located at Mont St-Sacrement (200, Boulevard St-Sacrement). The circuits will be divided onto Mountain View Road, Rourke Road and Boulevard St-Sacrement, however all start and finish lines will be located on the enchanting site of Mont St-Sacrement. Security will be provided by Saint-Gabriel-de-Valcartier Fire Safety Services. At no time will traffic be interrupted.

Details and registration information are available at www.circuitjoggingquebec.com web site. You may also register at the Municipality's Sports and Recreation Department.

AMATEUR PHOTOGRAPHERS - READY, SET, GO!

The Municipality is looking for amateur pictures which showcase the beauty of our year round surroundings. Whether an infrastructure, a community activity or the surrounding nature, send us your prettiest pictures of our Municipality and our environment. If you would generously share them with us, you could see your photograph on the front page of our News Bulletin or even on our new Website. Please send pictures by Email admin@munsgdv.ca.



DATES TO REMEMBER

APRIL (VOLUNTEER MONTH)

- 27 Information meeting - Community housing
- 30 Deadline to take down winter shelters

MAY (FOREST AND TREE MONTH)

- 2 Beginning of 2011 Census
- 9 Registration period begins for Summer Playground
- 10 Special collection for fallen leaves
- 13 Deadline for softball and baseball registrations
- 15 Circuit Jogging Québec, Relay for Life Challenge Race
- 29 Community garage sale, HHW collection, distribution of free saplings

JUNE

- 1st Registration period ends for Summer Playground

JULY

- 1st 2nd instalment due for municipal taxes
- 2 Library, summer schedule begins
- 4 Playground begins

AUGUST

- 12 Playground ends
- 15 Next edition of the Indispensable News Bulletin
- 19, 20 Municipal Family Day