

THE INDISPENSABLE NEWS BULLETIN

www.saint-gabriel-de-valcartier.ca



SAINT - GABRIEL
- DE -
VALCARTIER

A WORD FROM THE MAYOR

Volume 3, Issue 3

I trust that everyone has been enjoying the beautiful weather this summer. There is nothing like lots of sunshine to lift our spirits and enable us to profit fully during the vacation season.

With regard to the Lake Ferry aqueduct project, a slight delay occurred due to material delivery but should still be completed this fall. As most of you know, our Municipality will be hosting the MRC's Discovery Event on Saturday, August 21st. Several improvements to our municipal installations will be complete by this date. Our multi-purpose shelter has been outfitted with curtains to protect against the elements

and new lights in the parking lot will create a more intimate setting. Inside the Community Center, you will find a much-improved lighting system in addition to some impressive stonework surrounding the stage.

We have recently received several complaints about speeding and general security issues. To that end, flowerpots have been placed at the parking lot entrance with directional arrows to indicate where to enter and leave the municipal grounds. With the ever increasing popularity of soccer and the numerous small children travelling back and forth between the soccer and ball fields, chances of serious

injury have increased dramatically. Also, the Municipality has placed a request with the ministry of transport to improve security for pedestrians walking through the main village area. An engineering firm has therefore been mandated to make recommendations and the actual works are scheduled to be completed by next spring. All of the measures aforementioned will help but we will need the co-operation of motorists. Please keep in mind the safety of our children and help prevent any unfortunate incidents. Thank you and have a great Fall!

Brent Montgomery

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**DISCOVERY
EVENT**



DISCOVER AND CELEBRATE THE JACQUES-CARTIER !

The MRC de La Jacques-Cartier would like to invite you to the 3rd edition of the Discovery Event on Saturday August 21st. The festivities will take place in the heart of the Saint-Gabriel-de-Valcartier Municipality which, for the occasion, will add it's annual Family Day to the programming of this regional event.

We will offer a diversified activities program for adults and children alike, all free of charge. Come see « Arthur l'Aventurier », participate in crazy games or take part in one of our three exploratory activities (approx. 75 minutes each):

Cultural

Come and discover Saint-Gabriel-de-Valcartier's marvellous history. Visit churches that constitute a major part of the local heritage and attend a re-enactment of a local wedding tradition.

Agroalimentary

Discover your cultivator roots by visiting a turkey farm. Our guide will help you discover the farm of days gone by and today.

Interpretation of the territory

Discover the enchantment of École secondaire Mont Saint-Sacrement's charming

landscapes. There, you will discover a lake, forest and breath-taking mountains. A guide will introduce you to the evolution of these unique surroundings.

The complete program is available on the event web site at: www.evenementdecouverte.com

Country Supper

Come along and taste locally raised turkey prepared in a non-traditional way. Within the charming décor of the marquee and the Community Center, you will experience a plethora of culinary and festive pleasures among friends and family. Tickets are available by reservation only at a cost of \$7.

Please note that no tickets will be available at the door on the night of the event.

Festive Show

To close the evening in style, come see a show presenting a mix of Québécois and Irish culture presenting The Matching Keys and Alain-François. Follow the rhythm and you will surely be dancing to the toe-tapping tunes!

For information or reservations:

418-844-2160 extension 250

decouverte@mrc.lajacquescartier.qc.ca

www.evenementdecouverte.com



Please keep this reference document until November 2010

FAMILY DAY SATURDAY AUGUST 21ST 2010

An event not to be missed!

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, the entire population of the MRC will be invited to the 3rd annual Discovery Event which will be held in conjunction with our Family Day from **Friday, August 20th to Sunday, August 22nd at the Community Center and on the municipal grounds.**

Activities:

- 👉 Slowpitch tournament (15 years old and above)
- 👉 Snack bar
- 👉 Inflatable games
- 👉 Face painting
- 👉 Contests
- 👉 Wading pool
- 👉 Card games
- 👉 Animation
- 👉 Shuffleboard, bowls (pétanques), horseshoe tournament

Family Day activities begin on Friday night with the slowpitch tournament (playing for fun) and other activities will begin Saturday at 9 a.m. and end around 2 a.m.

Don't forget to register for the slowpitch tournament. Call Pamala Hogan Laberge at **418-844-2097** today!

COST:

Slowpitch tournament: \$15 / player (includes at least 3 games and a t-shirt)



*All day
Saturday :*

*Don't miss
the fun shows
and activities
for young and
old alike!*

SUNDAY AUGUST 22ND
9 a.m. Ecumencial religious celebration
10 a.m. Breakfast fundraiser



As part of the Discovery Event Festivities and Family Day, why not start off your day with a delicious breakfast while supporting the «Valcartier Roadrunners» Relay for Life team! This continental breakfast fundraiser will be held on **Sunday, August 22nd from 10:00 a.m. to 12:00 p.m.** at the Valcartier Community Center. All donations will go to the Canadian Cancer Society.



BLACK BEARS SOCCER LEAGUE END OF YEAR PARTY



Saturday, August 21st

Schedule

(subject to change without notice)

U3, U4 and U5 - 9 a.m. to 9:30 a.m.

- Game lasting from 15 to 20 minutes (kids against parents)
- Distribution of medals and certificates (10 to 15 minutes)

U6, U7 - 9:30 a.m. to 10 a.m.

- Game lasting from 15 to 20 minutes (kids against parents)
- Distribution of medals and certificates (10 to 15 minutes)

Please note:

- 👉 All soccer players will receive a coupon for a free lunch for Saturday, Family Day
- 👉 To receive a medal, the child's shirt must have been returned
- 👉 If you can't attend on this day, please return your child's shirt to the coach before August 21st. The Sports and Recreation Director will have a certificate and medal for your child.

COMMUNITY GARAGE SALE - October 3rd

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?

Following the very successful first Community Garage Sale held in May, 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, October 3rd from 9 a.m. to 3 p.m.** In all, 19 tables will be available under the multifunctional shelter. For this second edition, more publicity will be done outside of the Municipality to announce the activity.

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! There will be plenty of children's clothing and shoes...great for back to school time!

How should you register?

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.

HHW COLLECTION - Hazardous Household Waste

The Municipality will offer a hazardous household waste recycling depot, free of charge, on **Sunday, October 3rd from 9:00 a.m. to 3:00 p.m.** at the municipal garage parking lot (1745 Boulevard Valcartier).

You must bring in your dangerous materials to the depot location.

Here is the list of materials that will be recycled on that day:

<p>PAINTS</p> <p>Paints:</p> <ul style="list-style-type: none"> • sold by retail businesses (100 ml containers and larger) • sold by wholesale businesses (170 L containers and larger intended for architectural use) • primers and paints (latex, alkyd, enamel and other) • metal or anti-rust paint • aluminum paint • dyes • varnishes • lacquers • products or preparations for the treatment of wood (preservatives) or masonry (acrylic sealers for driveways) • signalisation paints (those available in retail businesses) <p>Aerosol paints</p>	<p>ORGANIC HAZARDOUS HOUSEHOLD WASTE</p> <p>Acetone, adhesives, aerosols, solid fire starter, rubbing alcohol, starter fluid, glue, wax, antifreeze, caulking, dye, plastic cement, solid fuel, fondue fuel, lock de-icer, degreasing agents, oil stain remover, paint thinner, petroleum distillate, ink, epoxy, gasoline, ethylene glycol, roofing tar, motor grease, heating and lamp oil, lubricant, methanol, petroleum, polish, Polyfilla, leather, suede or vinyl protector, liquid resin, silicone sealant, wallpaper remover, shoe dye, turpentine, toluene.</p> <p>INORGANIC HAZARDOUS HOUSEHOLD WASTE</p> <p>Acids, bases, oxidizing agents, batteries, pesticides and insecticides</p> <p>Fluorescent compact light bulbs (CFL)</p> <div data-bbox="1282 879 1484 1045">  </div>
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If you are not sure if a product that you would like to dispose of is on the list, bring it in to the depot and the trained employees will help you.

Each container must be intended for residential use only.

All products must be in their original containers. For safety reasons, do not mix products.

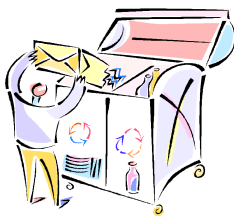
During this collection, you may also take in your used oil, used oil filters and oil containers (**non commercial use only**). This service is also offered free of charge throughout the year by the Municipality by appointment only.

The next HHW collection will be held during the Spring of 2011.

Thank you for your active participation for a clean and healthy environment!

GARBAGE AND RECYCLING CONTAINERS

We would like to remind residents that large garbage and recycling containers located on a number of non-municipalized streets are there for the use of residents who do not have door to door collection for garbage and recycling. Because they do not have rolling bins, the Municipality has installed large garbage and recycling bins for their use only.



When residents who benefit from door to door collection use these containers, those with the right to use them cannot dispose of their waste since the containers are full. Please be civil and respectful towards your co-citizens and do not use these containers if they are not meant for you.

ENERGY WISE HOME DIAGNOSTIC CAMPAIGN RESULTS

Thank you to all who filled out the questionnaire and participated in this campaign!

Thanks to you, our Municipality has collected \$4 735 towards the project for improvements to the park at Clark's bridge.



SPECIAL COLLECTION OF LEAVES

Bags of leaves will not be picked up during the weekly collection of household garbage. The Municipality will hold a special collection on **Thursday, November 4th, 2010**. Bags of leaves should be placed by the side of the road in front of your residence.



No reservation required.

SOIL EROSION

The Municipality's Urbanism Department would like to inform you that within a period of 24 months following construction of their residence, new proprietors must landscape (levelling, sowing and plantation) their land in such a way that there isn't any exposed soil on the property. **Particular attention will be paid on this matter during the next months in order to sort out cases surpassing the 24 month period.** Moreover, we strongly encourage you to stabilize roadside canals with turf in order to stop the erosion that is visible at numerous areas along the side of our roads. **In case of infraction, a fine of a minimum of \$200 per day is prescribed in the by-law.**



New proprietors must landscape their property within a maximum period of 24 months following construction.

CAUTION ADVISED AT CLARK'S BRIDGE

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

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

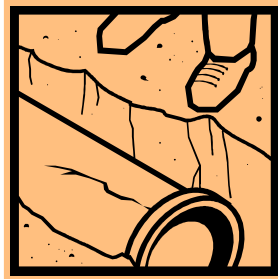


Which means that traffic going South (towards Quebec City) does not have to stop while traffic going North (towards Redmond Road) is obliged to yield the way to oncoming traffic.

NEW BY-LAW FOR CULVERTS AND PRIVATE ENTRANCES

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

A new By-law to manage culverts and private entrances has been effective since the month of June 2010. The objective of this new regulation is to minimize damages created from streaming rainwater and create a standard installation process. In short, any new private entrance from a public road, and every new or rebuilt culvert must be done in accordance to this By-law. A permit and a security deposit are necessary prior to any work being done.

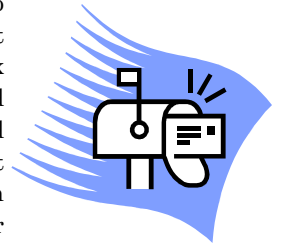


Detailed information is available at the Urbanism Department office.

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

RURAL MAILBOXES

Rural type mail boxes must be installed in such a manner that they are easily accessible for mail delivery. However, if they are placed too close to the road, they may be damaged inadvertently by snow removal services. It is the responsibility of all proprietors to ensure that their mail box is installed securely and that it does not interfere with the winter maintenance of roads.



WINTER GARAGES AND SNOW FENCES

These winter shelters are considered temporary in light of their construction (mobile wood panels or canvas) and must be dismantled after their period of use in accordance with the established by-law.

Winter garages and snow fences are authorized in all zones, from October 1st to April 30th, as long as the following conditions have been met:

- Winter garages must be located only on properties where a main building already exists;
- Winter garages may be located up to 3 meters (10 ft) from the road and must never encroach upon the public right-of-way;
- Winter garages must be installed in a parking area or on an access route to a parking area;
- A minimum distance of 3 meters (10 ft) must be left between a winter garage and a fire hydrant.

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

Emergency preparedness starts with you

72 HOURS

IS YOUR FAMILY PREPARED?

www.GetPrepared.ca

Canada

A SAFE ENVIRONMENT FOR HALLOWEEN

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

The patrolled route is as follows:

Boulevard Valcartier, between civic numbers 1628 and the Dépanneur du Village; Morley Street; Domaine St-Gabriel; Place Leduc.

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

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

Come to the FIRE HALL to pick up a flashing pin and a surprise before starting your Halloween route.



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

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

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

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



GET READY FOR A SAFE WINTER!

Autumn chills remind us that it's time to prepare for the frosty temperatures of winter! Make sure you and your family are safely snug and warm this season by ensuring that your heating system is ready to do its job when temperatures plummet! All heating appliances – whether they use wood, oil, propane, or other materials – produce toxic gases and fumes. For safety's sake – have a qualified professional service your furnace or stove every year.

Here are a few safety tips to help you prepare your home for winter:

- Have your heating appliance checked by a professional.
- Clean all connecting flue pipes. Make sure there is no rust or discoloration, and that all joints fit tightly and are secured by at least three metal screws at every joint.
- Make sure your chimney is clean and that the liner is in good repair. Rust, separated seams, and interior collapse are signs that your chimney must be replaced.
- Check all ductwork, heating

vents and registers. Dust and other combustibles can collect on your heating elements over the summer.

Do not burn too many logs simultaneously: it is better to burn fewer and add wood more often to avoid creosote build-up.

Store ashes in a non-combustible metal container with a tight fitting lid. The closed container should be placed on a non-combustible floor or on the ground, well away from all combustible materials, pending final disposal. These can remain hot for a period of 72 hours.

Chimney sweeping

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



Smoke detectors



Replace smoke detector batteries at least once a year and more frequently if needed.

An excellent reminder – change your battery when you change your clocks in the spring and fall!

Don't be a battery thief – never remove the battery from your smoke detector to use in another appliance!

N.B. A smoke detector has a life expectancy of approximately 10 years. Perhaps it's time to change yours?

By following this simple advice, you will be making sure that you and your loved ones will get through the winter safely.

Think about it! Have a great winter season!



LABOR DAY B.B.Q.

This activity, organized by the Fire Safety Services will be held on **Sunday, September 5th** at the Community Centre (1743 Boulevard Valcartier).

There will be games for kids as of 4:00 p.m. and dinner will be served between 5 and 7 p.m.

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

YOU MUST RESERVE YOUR CHICKEN AHEAD OF TIME!

The number of chickens is limited.

To reserve :
418-844-3755
(Susan)



BIKE RODEO AND SAFETY FAIR

Sunday, September 5th
from 10:30 am
to 3:00 pm

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

In conjunction with the 2010 Fire Safety Services fundraiser to help support the Quebec Firefighters Foundation for Major Burn Victims, firefighters will be fundraising on Boulevard Valcartier in front of the fire hall.

ACTIVITIES

- ★ Fire Hall Open House and exposition of Sûreté du Québec's Search and Rescue Team vehicles
- ★ Family Bike Ride
- ★ Bike Rodeo (test your skills and bike safety knowledge)
- ★ SQ bicycle and helmet safety check
- ★ Children's photo session dressed as a firefighter!
- ★ Face painting...and more!!!



For more information, please contact Pamala Laberge at **418-844-2097** or Fire Safety Services at pompiersgdv@videotron.ca.

SCHEDULE

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

PARATRANSIT SERVICE

In order to use this type of transportation, it is important to meet eligibility requirements. To obtain a request form (*Demande d'admission au transport adapté*) which indicates the attestations you must have, please call the administrative offices of the Municipality at **418-844-1218**. Moreover, if you know someone who could possibly be in need of this type of transportation, let them know of this paratransit service.

Once they are accredited, users must reserve their place with «Répartition Portneuf» at least 48 hours beforehand.



Fees :

\$2.50 - For transportation within our territory (in the Municipality) on Monday from 7 a.m. to 6 p.m. and Tuesday to Friday inclusively from 9 a.m. to 2 p.m. and 4 to 6 p.m.

\$3.50 - For transportation outside our territory (outside of the Municipality) on Tuesdays and Fridays from 9 a.m. to 2 p.m. and 4 to 6 p.m.

MEALS-ON-WHEELS AND OTHER SERVICES

More than just meals!

- Regular and balanced nutrition
- A feeling of security
- A feeling of support
- A helping hand
- A source of information
- Solidarity and friendship



And...

- Transportation and accompaniment for medical reasons
- Friendly visits for those living alone
- Activity centers in Val-Bélair, Loretteville, Sainte-Catherine-de-la-Jacques-Cartier.

Who can receive Meals-on-Wheels?

Anyone who is :

- A senior and/or someone who has lost some autonomy
- In convalescence
- Having difficulty getting proper nutrition

Territory

- Saint-Gabriel-de-Valcartier
- Val-Bélair
- Neufchâtel/Loretteville
- Wendake

- St-Émile
- Shannon
- Ste-Catherine-de-la-J.-C.
- Fossambault-sur-le-Lac

Who prepares the meals?

- Auberge du Mont-St-Sacrement
- Centre hospitalier Chauveau
- Manoir du Bel-Âge, Val-Bélair
- Le Croque Délice, Neufchâtel
- Resto Pub de la Jacques-Cartier, Ste-Catherine
- Restaurant Le Piolet, Loretteville

When?

Meals are delivered from Monday to Friday between 11:15 a.m. and 12:30 p.m.

Who do I call?

To receive meals or other services or to volunteer your services, please call **418-845-3081** from Monday to Friday.



SRP - SPORTS AND RECREATION PLAN

Participation in the Valcartier Garrison's Sports and Recreation Plan (SRP) is a complement to our activities. SRP membership allows you to benefit from various services and gives you access to sports and recreation infrastructures at the Sports Center. For complete programming, go to www.saint-gabriel-de-valcartier.ca under the Services tab then sports and recreation or come by the municipal office.

SRP FALL 2010 REGISTRATION

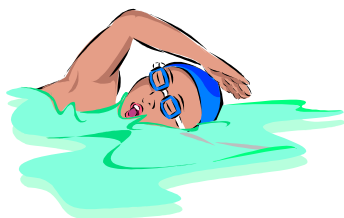
August 22nd from 10 a.m. to 3 p.m. at the Sports center

Activities begin on September 7th and the registration period is from August 23rd to 29th.

With the SRP membership card, you have access to the indoor pool, climbing wall (accreditation obligatory), and various courses (aerobics, spinning, aquajogging, prenatal aquafitness).

For more information on the SRP:
418-844-5000, ext. 5085 or

<http://bk.cfpsa.com/valcartierpub/about.asp>



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

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

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

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

Thanks again,

Pam

FONDATION CONRAD-BÉLANGER 2010 GOLF TOURNAMENT



Mark down the date in your agenda! The 18th edition of the Mont-Saint-Sacrement high school's annual golf tournament will be held on Tuesday August 24th in support of a good cause, the *Fondation Conrad-Bélanger*.

The *Fondation Conrad-Bélanger* and the staff of the Mont-Saint-Sacrement school join forces to present the seventeenth annual edition of their golf tournament under the chairmanship of Mr. Marc Boiteau, Mayor of Lac Delage.

Profits from this event will go to the *Fondation Conrad-Bélanger* which aims to promote accessibility to Mont-Saint-Sacrement, to encourage excellence and ensure the stability and the future of this institution. We look forward to welcoming many of you to ensure the success of this pleasant activity.

Information and reservations:

<http://www.mss.qc.ca/statiques/fondation/tournouigolf.html>

fondation@mss.qc.ca

418-844-3771: Denis Lesage ext. 11

SHANNON IRISH DANCERS



The Shannon Irish Dancers will begin their fall session of Irish dancing on Sunday, September 12th 2010 at the Shannon Community Centre (75, Gosford Road, Shannon).

Beginner classes for children are on Sundays at 9:30 a.m. Not sure if it is for you? Come and watch the advanced classes beginning at 9:00.

Adult lessons are on Tuesday evenings.

Beginners are always welcome.

Irish dancing is a cardiovascular activity and falls into the Federal Government's Children's Fitness Tax Credit program (children under 16 years). Receipts will be issued at the end of each year.

For information contact:

shannondancers@hotmail.com

or 418-844-0033

FALL 2010 - SPORTS AND RECREATION PROGRAM

Registration period: at the latest Friday, September 3rd

INFORMATION

Pamala Hogan Laberge, Sports and Recreation Director

418-844-2097 or plaberge@munsgdv.ca

METHODS OF PAYMENT

You must fill in a registration form.

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

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

Payment by check: Payments by check must be made in one payment dated September 15th, 2010 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125, it is possible to make two instalments; the first for September 15th, 2010 and the second for October 15th, 2010. For a check returned for insufficient funds, a fee of \$10 will be applicable and the payment will have to be made in cash.

Taxes: Taxes are included in the price when applicable.

HOW THE COURSES FUNCTION

Beginning of courses: Courses will begin the week of September 6th, 2010 unless otherwise notified.

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

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

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

PLAYGROUP FOR CHILDREN 3 TO 5 YEARS OLD

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

Where: Community Center

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

Duration: 13 weeks from September 14th to December 9th

Cost: 2 days/week: \$230
3 days/week: \$330

Animators :

Sandra Woodbury and Jayne Doddridge



TAEKWON DO

The Taekwon-do Club is reserved for children of 7 years and older and adults.

The philosophy of Taekwon-do is to eliminate fighting by discouraging an aggression by force. This philosophy contributes to humanity, justice, morality, wisdom and loyalty with the objective of building a better and peaceful world.

The creed, recited at the beginning of each course by the instructors and students, reflect this philosophy:

1. **Courtesy**
2. **Integrity**
3. **Perseverance**

4. **Self control**

5. **Courage**

Place: Community Center

Schedule: Tuesday and Thursday from 6:15 to 8:45 p.m. starting September 14th

Cost: \$100 for 2 sessions/week
\$20 extra for non-residents (payable once a year)

Teacher: Rock Soucy

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



WOOD PAINTING

Course reserved for adults

To learn new painting techniques while creating original, decorative and practical pieces, these three hour a week workshops will teach you the basic techniques and allow you to complete your own projects at home. A talent for drawing is not required.

Schedule: Open workshop from 6:30 to 9:30 p.m. (beginning the week of September 20th, weeknight to be determined)

Cost : \$15 per week

Teacher: Manon Mailloux

418-844-1965

STEP

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

Where: Community Center

When: Mondays and Wednesday

Schedule: 7 to 8 p.m.
as of September 13th

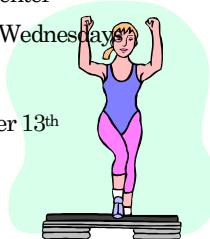
Duration: 12 weeks

Cost : \$30

Teacher : Lise Larochelle

50 % rebate for students.

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



NEW * BALADI*

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

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

Location : Community Center

Schedule : Evening to be determined depending on everyone's availability

Duration : 10 courses of 1 hour

Cost * : \$70

Teacher :

Mylène Lapierre

418-844-2792



ENGLISH LESSONS

Come learn English in a relaxed environment! Whether it's to brush up on your English skills or to fine tune your ear...the communicative language learning approach will allow you to learn English through meaningful and authentic interaction.

Where: Community Center

When: Mondays or Wednesdays

Schedule: 7 to 8:30 p.m.

Duration: 10 weeks

Cost: \$130

Teacher: Samantha Bilodeau
418-655-5197

*Saint-Gabriel-de-
Valcartier
Municipality Sports
and Recreation
Department
418-844-2097*

BETTY'S QUILTERS

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

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

Where: Community Center

Schedule: Monday from 7:00 to 9:30 p.m. starting September 13th

Cost: \$30 for the year

Information evening the first Monday.



HIP HOP DANCE

Back for a 15th consecutive session! The time for your class will be scheduled according to your age group and will be confirmed before the beginning of the session.

Where: Community Center (Club Ados)

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

Duration: 12 weeks beginning September 19th

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

Teacher: Manon Gaudet

418-844-3491

*Registration fees should be paid directly to Manon Gaudet and include, other than the classes, a general practice and end of session show.



Come have fun...

See you soon!

MUNICIPAL LIBRARY

A book exchange took place in August, come browse through our new books!



Free membership card.

**Opening hours until
September 4th**

Monday & Wednesday:

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

**Opening hours as of
September 7th**

Monday : 2 to 4:30 p.m.

Tuesday : 10 a.m. - 12 p.m./

6:30 - 8:30 p.m.

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

Saturday : 2 to 4 p.m.

ANNUAL COMMUNITY GOLF TOURNAMENT

The Saint-Gabriel-de-Valcartier Sports and Recreation Department is currently organizing its 2010 Annual Golf Tournament which will be held at the Centre Castor golf course.

Since the date and details of this event have yet to be confirmed, watch your mail for further information on this activity at the beginning of September.



TIPS ON HOW TO MAINTAIN A HEALTHY WEIGHT

Reaching and maintaining an ideal weight has become a major preoccupation in our day and age. These days, more and more people feel that being in good physical shape is important and they understand that to get there one must maintain a healthy weight.

- Y Eat healthy foods and be physically active;
- Y Lose weight gradually. Achieving a healthy weight is a long term commitment.
- Y Avoid fashionable diets and weight-loss plans;
- Y Adopt a healthier diet containing



less saturated and trans fats, more fresh fruits and vegetables, complex carbohydrates and foods rich in fiber;

- Y Use fewer fats in your cooking. Bake, grill, steam, broil or barbecue your food.
- Y Control the size of your portions. Divide your plate into 4 sections. Fill $\frac{3}{4}$ of your plate with grains and vegetables and $\frac{1}{4}$ with meats or meat substitutes;
- Y If you tend to compensate for other things with food, determine the source of your stress and find a new way to deal with it.

PHYSIK CENTER

Schedule :

Monday to Thursday 6 to 11 a.m. and 3:30 to 8 p.m.

Friday 6 to 11 a.m. and 3:30 to 6:30 p.m.

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

Price list:

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

Students (25 years and under), 50 years + and volunteers: 1/2 price (except session cards)

1 session : \$3 per person
20 session card : \$40 /pers.
Non residents : \$20 de plus

Age requirement :

14 to 16 years of age: cardio only
16 years old and + : cardio + weight training

Equipment :

Weight training equipment: Atlantis
Cardiovascular equipment: Life Fitness

Person Responsible :

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

Monitors :

Patrick Lachance
Geneviève Cournoyer

Telephone : 418-844-1218 ext. 233
centreprysik@videotron.ca

CLUB ADOS

Summer is almost over but we are left with many wonderful memories. Actually, we had many great activities all summer long! Our outing to La Ronde was once again a huge success. Teens always enjoy this activity every year. Also, our extended operating hours for the summer allowed us to better respond to the needs of the youth of our Municipality. We are very happy with the times we shared with the teens.

We also welcomed two new monitors to the Teen Club team. Samantha Bilodeau, who has been working part-time at the Teen Club is now a regular intervener. She will also be available to

give homework help to the Teen Club members. Our new monitor, Samuel Berthiaume, has a lot of experience with teens and has integrated quickly into the Club. Finally, Genevieve Cournoyer is now the assistant coordinator. This new team will undoubtedly get new projects going in collaboration with the teens of the community.

The Teen Club regular operating hours will resume on September 2nd, 2010, being Thursdays from 6:00 to 9:00 pm, Fridays from 6:30 to 10:00 pm and Saturdays from 2:00 to 10:00 pm. We are planning a special sleepover activity at the Vallée Jeunesse by the end of

September to take advantage of the few remaining warm evenings.



For suggestions, comments or questions, you can contact us at **418-844-1327** and it will be our pleasure to speak with you!

The Teen Club team

Anouk, Geneviève, Samantha and Samuel

2010 REGIONAL CHRISTMAS CARD CONTEST - IT'S ALREADY TIME TO REGISTER!

Shannon, July 14th 2010. - Time to take out your art material or select one of your canvases painted during the 2009-2010 winter season. The MRC de la Jacques-Cartier's 2010 Regional Christmas Card contest has been launched.

Candidates:

All amateur and professional artists residing on the Jacques-Cartier territory who are ready to seduce us with their colours, senses and creativity are invited to submit their works of art.

The categories:

- Professional adult-artist category
- Amateur adult-artist category
- 11 to 17 year old category
- 5 to 10 year old category

Please note that in order to maintain the professional adult-artist category, the MRC de la Jacques-Cartier must receive at least 5 works of art in this category.

Criteria:

- Canvas on wood frame only
- Minimum dimensions: 8 in x 12 in
- Maximum dimensions: 12 in x 16 in
- Frame is optional
- Acrylics, watercolours, oil, gouache, pastels and mixed

techniques are accepted

- For watercolours, use the medium required for this subject
- Reproductions are not permitted
- All works must represent the Jacques-Cartier territory.

Don't forget to identify your work (name, telephone number, age category) at the back and ensure that it is well protected when you bring it in.

The prizes

A cash prize will be awarded to the winner of each category.

- Professional adult-artist category : \$250
- Amateur adult-artist category: \$250
- 11 to 17 year old category: \$200
- 5 to 10 year old category: \$150
- Public's very favourite: \$100
- Participation prize (drawing of the lot on the night of the prize awards): a \$50 gift certificate.

One work of art among all those

*«Acquisition value of the
winning canvas: an extra
\$250»*



submitted will be chosen for the regional Christmas card produced by the MRC. This artwork will be acquired by the MRC as a permanent exhibit.

Moreover :

- Temporary exhibition of all canvases received
- Publicity for the prize winners and winning artwork in local and regional mass media
- Winning artwork will be broadcasted on the permanent virtual exhibition presented on the culturejacquescartier.com website.

Registration details:

To register for the 2010 Regional Christmas Card contest or to obtain more information, please contact Stéphanie Laperrière, Cultural Development agent for the MRC, at 418-844-2160 ext. 227 or by email: slaperrere@mrc.lajacquescartier.qc.ca.

Dates to remember:

You have until September 30th, 2010 to register. All creations must be deposited at the MRC's offices or at your Municipal office no later than October 7th, 2010.

DO YOU NEED A PLACE FOR YOUR CHILD IN A REDUCED CONTRIBUTION DAYCARE?

Do you know about the Centralized Waiting List Registration Office? (BILA)

The BILA allows parents to register their child at several reduced contribution daycare centers (\$7 per day) in one easy step! It fulfills the parents' needs and finds out where daycare spaces are available.

Your virtual file, once set up, is available on the www.bila.ca website, and can be viewed and modified at all times (birthdates, addresses, etc.).

Parents may register at www.bila.ca or

by phone at 418 842-2521 ext. no. 2 or toll-free at 1 877 342-2521 ext. no.2.

BILA- advantages for all!

- Free one-step registration to find educational daycare space;
- Spaces assigned by objective criteria and in an impartial manner;
- Spaces assigned according to needs (part-time, atypical schedule);
- Fast consultation and updating of one's file;
- Automatic confirmation of one's registration by email;

- The admission policy of each daycare is taken into consideration upon assignment of vacant spaces;
- Best portrait of the situation meeting parents' needs.
- Etc...



Municipality of Saint-Gabriel-de-Valcartier

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

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



www.saint-gabriel-de-valcartier.ca

MUNICIPAL TAXES - 3rd instalment

We would like to remind you that the 3rd instalment for 2010 municipal taxes is due on September 1st. Interest and penalties will apply to the entire account's totality for all late payments.

Useful telephone numbers

MUNICIPALITY

Administration	418-844-1218
Public Works	418-844-1218
Sports & Recreation	418-844-2097
Club Ados	418-844-1327
Library	418-844-4040
Valcartier Cable	418-844-3666
Municipal emergency (voirie)	418-844-0911
Recyc-Frigo	1-877-493-7446
Sûreté du Québec (non emergency assistance)	*4141 (cellular) 418-310-4141
EMERGENCY	9-1-1
Info-santé	8-1-1
Info transports	5-1-1
Telephone listings	4-1-1
Community services guide	2-1-1

EVENTS CALENDAR

August

20 - Discovery Event & Family Day

*Youth Gala

*Slowpitch tournament

21 - Discovery Event & Family Day

22 - Ecumenical religious service & breakfast fundraiser

22 - On-site registration - Sports and Recreation Plan, Valcartier Garrison

September

1 - 2010 Municipal taxes - final payment

3 - End of registration period for Sports and Recreation Fall activities

5 - Bike Rodeo and Safety Fair + Labour Day BBQ

7 - Library, regular schedule resumes

13 - Beginning of Step and Quilting classes

14 - Playgroup - beginning of Fall session

14 - Beginning of Taekwon Do courses

19 - Beginning of Hip hop dance class

20 - Beginning of wood painting

workshops

30 - Last day to register for the MRC's «2010 Regional Christmas Card Contest»

October

1 - Beginning of installation period for winter shelters

3 - Hazardous Household Waste Collection & Community garage sale

November

4 - Special collection for fallen leaves

6 - Time change, turn back the clocks and change batteries in smoke detectors

