

# THE INDISPENSABLE NEWS BULLETIN

Volume 1, Issue 1

December 2007

MUNICIPALITY OF SAINT-GABRIEL-DE-VALCARTIER

## A word from the Mayor

### Our news bulletin

Dear Citizens,

As this year comes to an end and we look towards 2008, our Municipality is already covered in snow and children have been dreaming for several weeks now of Santa Claus, winter fun and the holidays which are almost upon us. On behalf of the Municipal Council, I would like to take this opportunity to extend our wishes to all of you for a very Merry Christmas and a Happy New Year. Our Municipality has been listening closely to its citizens and together, we will continue to respond to your needs and preserve what is dear to us by making our community a place we can be proud to call home.

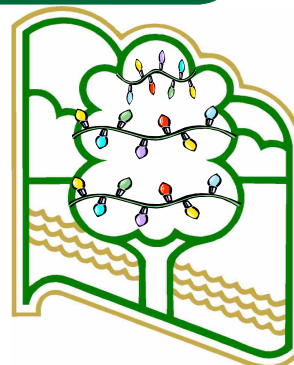
I would also like to express our heartfelt thanks and support to our troops. When they leave on a mission, they do not go alone. They take, in their hearts, their families, friends, community and all who are dear to them. Thanks to their implication of today, tomorrow people will be able to live in peace, confidence and love. Thank you for your courage. A special thanks to the families of these soldiers who support them in their mission.

In order to contribute to ecological awareness and reduce the number of mailings sent out by the Municipality we are proud to present our new information bulletin which will cover a wide range of subjects

such as; memorandums, statements, articles, sports and recreation programs, municipal by-laws, etc. The news bulletin will be published 3 or 4 times per year. The goal in creating this bulletin is to provide you with easily accessible and important information regarding your Municipality. We invite you to cut out the memorandum which you will find on the last page of the bulletin and keep it on hand as this will give you, at a glance, the upcoming events, happenings and important notices.

We hope you will find this bulletin useful and that you will find all of the information that you need.

Enjoy!



SAINT - GABRIEL  
- DE -  
VALCARTIER

Don't forget our Old Fashioned Christmas Tree Lighting on Sunday December 23rd at the Community Center. There will be plenty of activities for the whole family. More details on page 6.

***The municipal staff wishes you a joyful holiday season!***

### A good deed for Mira and also for my planet

Give to a good cause!  
Deposit your empty printer cartridges and old cell phones at the municipal complex or at the municipal library and help MIRA raise funds to continue its great philosophical cause and also to help preserve our planet!



**RECYCLE!**  
**Optimize the use of**  
**your blue bin**  
**during the holiday**  
**season**  
**(see page 4 )**



### Inside this issue:

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### Special points of interest:

- Message from the Fire Department
- Old Fashioned Christmas Tree Lighting
- Sports and Recreation Winter Program
- Cut-Out Memorandum

**« ...to help those less fortunate in our community...**

**...so that they may have a more joyful Christmas Season.»**

## Oasis Saint-Gabriel-de-Valcartier

Oasis is an organization that has been formed to help those less fortunate in our community by distributing food hampers so that they may have a more joyful Christmas Season. We must be aware of the poverty that exists and that there is a real need in our own community.

If you know of a family that would need our help or if you would need this for yourself, please let us know so that we can ensure that all those in need may benefit from this. You can lend your

support to the Oasis Christmas Hamper Drive by donating non-perishable food or by making a monetary donation. Tax receipts can be issued upon request. Here are several sites where you may drop off your goods until December 20th: at the Municipal office, at one of the four churches or one of the two elementary schools.

Here are a few suggestions for needed items: Canned goods (fruit, vegetables, soups, tuna, salmon), dry pasta,

rice, flour, cereal, condiments such as: ketchup, mayonnaise, mustard, coffee and tea, Jell-O, pudding, muffin, cookie and cake mixes, boxed juices and canned or boxed milk. Please note that homemade items are not accepted.

Please give generously. Thank you!

For more information: Pamala Hogan Laberge at 844-2097 (daytime) and Monique or André Jutras at 844-1832 (please leave a message)

All calls are confidential.

## Christmas Cocktail



The Christmas Season is a wonderful occasion to express our gratitude for the generosity and dedication towards our community shown by all. The Municipal Council's Christmas Cocktail for staff and volunteers was held on Thursday, November 22nd at the Community Center. During the evening, the mayor took the opportunity to thank the

municipal council, staff and numerous volunteers who have worked proudly together to build a community which truly reflects the image of the citizens who constitute the main core of our Municipality. The mayor also wanted to thank the Fire Department, the Sports and Recreation Committee, the Urban Consulting Committee and Valcartier TV Committee.

There were two notable events this year; thanks to many volunteers, the Municipal Library celebrated its 5th anniversary in September along with the inauguration of our brand new sports and recreation installation: the soccer field.

A good time was had by all and the evening was greatly appreciated.

**« These artefacts, witnesses of the past, will be used to put together a regional exhibition to be held in August 2008. »**

## “Hear Ye, Hear Ye” Searching for relics of the past

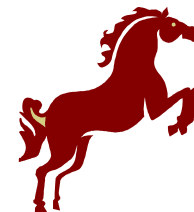
The MRC de La Jacques-Cartier is searching for antique agricultural equipment, old photographs, archive documents or any other objects recalling the horse's history in the development of the territory.

These artefacts, will be used to assemble a regional exhibition to be

held in August 2008. The exhibition will allow us to rediscover, for a weekend, the time period where horses were major daily instruments for the local population and builders, either for agricultural practices, for commercial activities or for the development of roads.

If you have access to such objects or if you wish to

receive more information regarding this project, we invite you to contact Stéphanie Laperrière, Cultural Development Agent, at 844-2160 extension 227 or by email at [slaperriere@mrc.lajacquescartier.qc.ca](mailto:slaperriere@mrc.lajacquescartier.qc.ca).



## Public Works and Urbanism

*IN ORDER TO AVOID ANY INCONVENIENCE DURING THE WINTER SEASON, THE MUNICIPALITY WOULD LIKE TO REMIND YOU OF A FEW REGULATIONS THAT MAY HELP THE SNOW REMOVAL PROCESS.*

### By-Law No. 120

#### Article 8.1 :

#### **Parking of vehicles on public roads**

#### *We would like to remind you that:*

"Except in cases of major break-downs, no one may park, abandon, or immobilize a motor vehicle in such a way that it may hide signage, impede traffic, road maintenance or snow removal or block access to a street or property." (Under penalty of law)

#### Article 11.1 :

#### **Nuisance**

In addition to a penalty of law (fine) the police may order the removal of

any vehicle parked in such a way that it may impede traffic, road works, including road maintenances or snow removal; and may therefore order the towing of this vehicle.

#### Article 12 :

#### **Fine**

All infractions to the present by-law renders the offender liable to pay a minimum fine of \$30.00 plus costs.

### By-Law No 119

#### Article 8.1.4 :

#### **Conditions concerning snow and ice:**

It is prohibited for any person to throw or dispose of snow or ice onto the traffic lanes of all roads or the sides of said roads under penalty of law.

**Thank your for your collaboration.**



## Snow Removal

Important telephone numbers :

Snow removal on provincial roads (Ministry of Transport)

- Valcartier Blvd from civic number 1600 to 1860
- 5th Avenue to the Tewkesbury line

To lodge a complaint : 643-6717

For all other local roads: 844-1218

## Dog Licenses

Did you know that according to by-law no.121 Article 6.1, the guardian of a dog, within the limits of the Municipality, must, in the month of January of each year, obtain a new license for said dog, except in the case of a guide dog. The license issued by virtue of this by-law is annual, for the period from January 1<sup>st</sup> to December 31<sup>st</sup>. The cost of the license applies to each dog and is determined in the following manner:

10,00\$ for 1<sup>st</sup> dog  
20,00\$ for 2<sup>nd</sup> dog  
30,00\$ for 3<sup>rd</sup> dog  
or  
150,00\$ for a kennel of 3 or more dogs

Each year, the S.P.A. of Quebec receives thousands of found animals. Of this number, more than 4500 do not wear an identification license and many of them cannot find their way home

again. In order to give your beloved animal every chance of coming home, it is essential that he wear his license. If you lose your animal, contact the S.P.A. at 527-9104 or the Municipality at 844-1218 during business hours, as soon as possible.

Get your dog license at the Municipality today.



## Valcartier Cable

For a complete listing of available channels, please visit our web site [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca) or come by the Municipal Office to receive a copy of the listings.

### **HIGH SPEED INTERNET**

Cable Valcartier inc. subscribers can register for high speed internet service from Videotron. For more information, please contact their customer service department at **847-4410** or consult their web site [www.videotron.com](http://www.videotron.com).

**To report a cable outage or reception problems call 844-3666 at any time. A technician takes the messages regularly, 24 hours a day, 7 days a week.**



## FIRE DEPARTMENT - Holiday Safety

### CHRISTMAS TREE

- If you use a real tree : Choose one that is fresh (needles are hard to pull off and do not break when bent).
- Add water daily.
- Keep the tree secured in a sturdy tree stand.
- Place the tree away from traffic areas, doorways, heating vents, radiators, stoves, fireplaces and burning candles.
- Choose tinsel, artificial icicles and other trimmings made of plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.
- Avoid trimmings that are sharp and breakable or have small removable parts if small children are around.

### TOYS AND GIFTS

- Select only toys suitable for the child's age group, and make sure to read and follow all instructions.
- Toys with small parts are dangerous for children under three years of age. Keep them out of their reach.
- Make sure batteries in toys for young children are properly installed and not accessible to the child. A child should not take battery-operated toys to bed.
- Dispose of packing materials (such as Styrofoam pellets and plastic bags)

quickly. Children can choke on these items.

- Keep cosmetics (such as perfume, aftershave and nail polish remover), medications, and household cleaners out of children's sight and reach and away from heat sources.
- If using cosmetics for the first time, place a small amount on the back of the hand for a couple of hours. Redness or swelling may indicate an allergy and the product should not be used.

### SAFETY FIRST!

- Keep lighters and matches out of reach of children.
- Trimmings and candles that look or smell like food or candy should be kept away from children. These products are attractive to children and may cause choking if they try to eat them.

### CANDLES

- Do not leave burning candles unattended.
- Use sturdy candle holders that won't easily tip over.
- Keep burning candles out of the reach of children, and away from pets, trees, decorations and wrapping.

### HOLIDAY LIGHTS

- Use only lights that are certified by a

recognized organization (CSA, ULC or CUL) to decorate your home.

- Use indoor lights for inside the home and outdoor lights for outside the home.
- Check all light bulbs before use. Replace broken or burned out light bulbs with those recommended by the manufacturer.
- Check light strings and extension cords. Discard any that are frayed or have exposed wires, loose connections, or broken light sockets. Never run electrical cords through doorways or under carpets.
- Do not overload electrical outlets. Use more than one outlet if the wattage of your lights is more than the outlet can handle.
- Keep bubbling light bulbs away from children. They contain a hazardous chemical which may cause irritation or chemical burns if the bulb breaks and the chemical is released.
- Turn off all holiday lights before you go to bed or leave your home.



### WHAT A GOOD IDEA - LED LIGHTS

Hurray for LED lights. The best way to conserve energy is to use less of it. LED light bulbs run cool, so they're safer to use than fragile, burning hot halogen and incandescent bulbs and they last longer. Moreover, they are offered in a wide variety of colors and shapes.

### DID YOU KNOW THAT...

You must dial **911** for ALL emergencies :

**FIRE, AMBULANCE, POLICE**

And

**844-0911** if you are using a cell phone  
in Saint-Gabriel-de-Valcartier.



## Saint-Gabriel-de-Valcartier protects its environment !

The Municipality would like to thank its residents for their excellent participation during the Hazardous Household Waste Recycling Depots which were held in June and September, 2007. A good number of residents deposited their hazardous waste at the depot location which otherwise could not have been disposed of in the regular household garbage. A total of 4.42

tons were diverted from the incinerator. Because of the great success of this initiative, residents may look forward to a second Hazardous Household Waste Recycling Depot which will be organized in the spring. Therefore, during the winter months we encourage all residents to store their hazardous household waste so that they may properly dispose of it in the spring without damage to the

environment. For the list of Hazardous Household Waste that can be recycled, consult the municipal Web Site or come by the municipal offices to obtain a copy of this list.

## Do you know how to dispose of your Christmas tree after the Holidays?

On January 8<sup>th</sup>, 2008, the Municipality will be offering a special collection of Christmas trees (natural and artificial). If you would like to benefit from this service, please call 844-1218 to register your address by January 7<sup>th</sup> 4:00 p.m. at the latest.

## Winter schedule - Non-household waste collection

The weekly collection of non-household waste - dry materials will come to an end on Tuesday, December 4<sup>th</sup>. The Municipality will continue with a once monthly collection of these materials on the first Tuesday of every month, starting in January. The collection for the month



of January will take place on Tuesday, January 8<sup>th</sup>. Residents must continue to call the Municipality at 844-1218 in order to register their request for this collection.

## RECUPERATE the Christmas Spirit!

### Green ideas for Christmas

The Holiday Season is supposed to bring about the best in all of us. And so, it's natural, in this time of frenzied buying to stop and reflect on ways to make better choices which are friendlier to the Earth and those we share it with. We know that slowing down and consuming less is part of the solution. Now here's the rest of the solution: Choosing to give great gifts that stand out for their social and environmental value.

Here are a few gift ideas to make at home or to buy :

- Useful objects such as jewellery, furniture and accessories made from recuperated materials such as buttons, feathers, and pieces of tile or ceramic ;
- Hand painted Christmas tree ornaments and ornaments made from recycled jewellery, fur or feathers ;
- Books and original cards made from

recuperated materials and recycled papers ;

- Handbags made from old ties, jeans or scarves ;
- Eco-design clothes ;
- Wrapping paper made from recuperated ribbons and fabric or make the wrapping a part of your gift (for example, use a scarf, tablecloth or fabric bag), etc.

With these original, unique and exclusive gifts, you will be making your dear ones happy while being a real life eco-citizen inspiration.

### Did you know that...

In spite of remarkable recuperation efforts in Quebec, the quantity of generated waste continues to rise. This era of over-consumption provides the ideal occasion to gradually integrate the 4 R's (Reduce, Reuse, Recycle and Recover) to our daily routine and habits.

We should all actively participate because every action counts!

For more ideas, please visit the following web sites (in French only) :

Recycling-Artists Eco Fair :

<http://biosphere.ec.gc.ca/default.asp?lang=En&n=173B78D6-1>

<http://www.ethiquette.ca/index.php?lang=en>





## Old Fashioned Christmas Tree Lighting, a Community and Family Activity!

You are invited to attend our annual Old Fashioned Christmas Tree Lighting on Sunday, December 23<sup>rd</sup>,  
from 12:30 to 4:30 p.m.

The Municipality is pleased to offer all families the opportunity to enjoy this extraordinary day.

These activities will take place at the Community Center situated at 1743 Boulevard Valcartier.

Come with your lunch and we will provide the soup.

For more information contact Pamala Hogan Laberge at 844-2097.

Special thanks to all the volunteers and their organizations who help to prepare this special family day.

### Old Fashioned Christmas Tree Lighting

Schedule of activities - December 23<sup>rd</sup> 2007

**Wear a Christmas hat and get a coupon for a special drawing!**

Time	Activities	Where
Starting at 12:30 p.m.	Free soup and hot chocolate	Community Center
Starting at 12:30 p.m.	Family Activities Outdoor games, skating, sliding	Parking lot and Sports Center
Starting at 1:00 p.m.	Inflatable games and <b>Euro Bungee</b>	Parking lot
1:00 to 2:30 p.m.	Face painting and craft workshop	Inside the Community Center
12:30 p.m. to 4:30 p.m.	Sleigh rides and petting farm	Parking lot
2:00 to 2:30 p.m.	Hip-Hop Dance Group presentation	Inside the Community Center
2:30 p.m.	<b>Santa Claus arrives!</b> Bring your camera! <b>Bring your letter to Santa!</b>	Inside the Community Center Filmed by Valcartier TV
4:15 p.m.	Christmas Tree Lighting and Christmas Carol "O Christmas Tree"	In front of the Municipal Office
4:30 to 6:00 p.m.	Hockey scrimmage Club Ados	For teens and adults

Hockey sticks are not permitted on the rink during this activity (authorized after 4:00 p.m.).

Hockey nets will be placed on the rink at 4:00 p.m.

# Happy Holidays!

## Sports and Recreation Winter Program

**Registration period: January 7<sup>th</sup> to 11<sup>th</sup>**

FOR MORE INFORMATION

Pamala Hogan Laberge, Sports and Recreation Director, tel.: 844-2097 or plaberge@munsgdv.ca

### METHODS OF PAYMENT

**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 January 15<sup>th</sup>, 2008 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125.00, it is possible to make two instalments; the first for January 15<sup>th</sup>, 2008 and the second for February 15<sup>th</sup>, 2008.

For a check returned for insufficient funds, a fee of \$10.00 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 January 7<sup>th</sup>, 2008 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, it means that the activity will take place as scheduled.

**Responsibility**: The Municipality of Saint-Gabriel-de-Valcartier does not assume responsibility and shall not be held liable for any

### PLAYGROUP

Recreational activities are offered to those children who are 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. First come, first served! Children must be toilet trained.

Place:	Community Center
Schedule:	Tuesday, Wednesday, Thursday
Time:	9:00 a.m. to 3:00 p.m.
Duration:	12 weeks from January 15 <sup>th</sup> to April 10 <sup>th</sup>
Cost:	\$230.00 twice a week \$330.00 three times a week
Animators:	Sandra Woodbury and Jayne Doddridge



**Please note that there will be no Playgroup during March Break (February 25<sup>th</sup> to 29<sup>th</sup>).**

### STEP

(Adults 12 years and older)

Schedule:	Monday and Wednesday from 7:00 to 8:00 p.m.
Duration:	12 weeks starting January 21 <sup>st</sup>
Cost:	\$30.00
Instructor:	Lise Larochelle



Men and teens are welcome! Half price for students.  
Maximum 35 people.

### WOOD PAINTING CLASSES

(for adults)

Would you like to learn new painting techniques while creating original, decorative and practical pieces? With these weekly three hour workshops you will learn the basic techniques, from shadowing to lightening, flicking, shading and much more. These classes will allow you to start and paint your own projects at home. A talent for drawing is not required.

Freestyle classes also allow you to chose your own stencil or pattern. Take advantage of these classes by completing pieces that you find more difficult.

It is not necessary to register, you can just show up on class night. In order to provide a personalized approach to everyone, a maximum of 10 people per night will be accepted.

Freestyle workshops every Wednesday at the Community Center from 6:30 p.m. to 9:30 p.m.

Cost: 15\$ per week

For more information, please call Manon Mailloux at 844-1965.



### CPR (Cardio Pulmonary Resuscitation)

Those interested in taking a CPR and/or first aid course should contact Pamala Hogan Laberge. We plan to offer a course in February. Please register before January 21<sup>st</sup>.

## Sports and Recreation Winter Program

### PHYSICAL CONDITIONING ROOM

**(Closed Dec. 24, 25, 26, 31, and Jan. 1, 2)**

Evaluation of your physical condition at your first and last sessions. Personalized programs are available. For more information or to register, come and meet with Jean-François April during opening hours. We have an excellent choice of cardiovascular equipment.

Clientele: 14 years and older

Schedule: Monday to Friday from 6:00 to 11:00 a.m. and from 3:00 to 8:30 p.m. (Friday from 3:00 to 6:30 p.m.) and Saturday from 7:00 to 11:00 a.m.

Where: Sports Center

Cost: \$30.00 per month (rebates for students and persons over 50 years of age)  
Special rates available.



### PRICE LIST

1 month : 30\$ per person \*\*\* 40\$ per family

3 months : 60\$ per person \*\*\* 80\$ per family

6 months : 110\$ per person \*\*\* 140\$ per family

1 year : 200\$ per person \*\*\* 260\$ per family

1 session : 3\$ per person

Card for 20 sessions : 40\$ per person

Students (less than 25) / Persons over 50 : half price

Non-residents : 20\$ extra

### +++GIFT IDEA+++

💡 Special promotion only for the month of January:

🧡 3 months : 45\$ per person



### ICE RINK AND SKATING TRAIL

(Official opening as soon as weather permits)

#### Opening hours

Monday to Friday : 6:00 to 10:00 p.m.

Saturday and Sunday : 1:00 to 5:00 p.m. and 6:00 to 10:00 p.m.

Holiday schedule : Monday to Sunday from 1:00 to 5:00 p.m. and from 6:00 to 10:00 p.m.

December 24<sup>th</sup> and 31<sup>st</sup> : Closes at 4:00 p.m.

December 25<sup>th</sup> and January 1<sup>st</sup> : Closed

Please note that the skating rink is not officially open during week-days and may be reserved by the schools or other organizations.

(Please call Pamala Hogan Laberge to make a reservation)



### QUILTING (12 years and older)

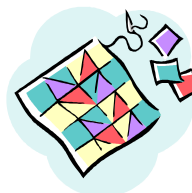
Welcome to new members and beginners.

Where: Community Center

Schedule: Monday nights from 7:00 to 9:30 p.m. starting January 21<sup>st</sup>

Cost: \$35.00 for the year

Information evening the first Monday.

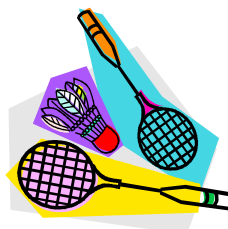


### HOCKEY

Those interested in playing hockey once per week should come to the skating rink on Wednesday nights from 6:00 to 7:00 p.m. for children under 10 years old (must be able to skate), from 7:15 to 8:15 p.m. for 10 years old and older and from 8:30 to 10:00 p.m. for adults. Activity supervised by Denis Marceau. Minimum equipment necessary (gloves, helmet). Parents who would like to help are more than welcome! Starting January 9<sup>th</sup>.



### BADMINTON



For those interested in badminton, there is a group of residents that meet every Tuesday evening at the Sports Center at Valcartier Garrison. Those who would like to play are more than welcome. This activity is free with PSL membership or \$9.00 without.

### BABYSITTING COURSE

Children who are 11 years and older interested in taking a babysitting course should contact Pamala Hogan Laberge. A new course will be offered in March. The cost to participate is \$45.00. A minimum of 8 people. You must register before February 22<sup>nd</sup>, 2008.



## Sports and Recreation Winter Program

### SQUARE DANCING

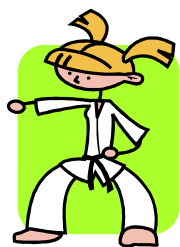
Come learn to square dance and have some fun! The date of the first course is on January 11<sup>th</sup> from 7:30 to 10:00 p.m. \$8.00 per person per evening. Live musicians.

*Everyone is welcome!!*

*No partner needed!*



### TAEKWONDO



Clientele: 6 years and older and adults

Place: Community Center

Schedule: Tuesday and Thursday from

6:15 to 8:45 p.m. starting January 8<sup>th</sup>

Cost: \$95.00 for intermediate and advanced

\$20.00 extra for non-residents

You are invited to participate free of charge the first week at 6:00 p.m. Parents, why not sign up with your child?

**Also:** Work-out and self-defence without obligation to do the exams. For information contact Rock Soucy at 948-8904.

#### Bottle and Can Drive on Saturday, January 12<sup>th</sup>.

If you have any refundable bottles or cans that you would like to donate, all you have to do is leave them at the end of your driveway or on your porch and the Club members will pick them up during the day, **starting at 9:00 a.m.**

All proceeds will go to the Taekwondo Club to help with the costs of trainings and competitions. Thank you for your contribution!

### HIP HOP (Street jazz)

Yippee!

Dance lessons are starting again for the 10<sup>th</sup> session!

#### Admissibility conditions:

- Be older than 4!
- Like to dance for fun!
- Want to participate in the end of year show!



Schedule: Saturday (time to be confirmed according to registrations)

Duration: 12 weeks starting January 26<sup>th</sup>

Cost: \$65.00 (1st child), \$60.00 (2nd child) and \$55.00 (3rd child)

Where: Dance room above the conditioning room

Instructor: Manon Gaudet 844-3491

### CLUB ADOS

*Encouraging the development of our children, a winning choice.*

The Teen Club is open to teens who are 11 to 17 years of age. All Teens are welcome to come and join us at any time. The only cost to join the Teen Club is that you agree to respect our lifestyle rules and regulations which are the following:

- I can give my opinion and still respect the opinion of others.
- I respect others for who they are.
- I am not under the influence of drugs or alcohol.
- I respect the premises, material and equipment.
- I have the opportunity to start or help with a project that really interests me.
- I will help keep the premises clean.
- I will use proper language.
- I will always respect the people who are working for the Teen Club and the Municipality.

#### \*New

Discussion workshops for parents starting in January. For more information as well as the workshops program and schedule please visit our website [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca), you will find Club Ados under the Services section.

For more information contact Anne-Marie Daunais during opening hours at 844-1327.

### Opening Hours

Regular opening hours :

Thursday from 6:00 to 9:00 p.m.

Friday from 6:30 to 10:00 p.m.

Saturday from 2:00 to 10:00 p.m.

Opening hours between December 26<sup>th</sup>, 2007 and January 5<sup>th</sup>, 2008:

Wednesday from 6:00 to 10:00 p.m.

Thursday from 2:00 to 10:00 p.m.

Friday from 2:00 to 10:00 p.m.

Saturday from 2:00 to 10:00 p.m.



## Sports and Recreation Winter Program

### MUNICIPAL LIBRARY (844-4040)

*There was a book exchange in November, come see our new books!*

*Membership card is free.*

#### Opening hours



Monday : 2:00 to 4:30 p.m.

Tuesday : 10:00 to 12:00 and 6:30 to 8:30 p.m.

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

Saturday : 2:00 to 4:00 p.m.

**For the Holidays, the library is closed from December 22<sup>nd</sup> to January 6<sup>th</sup> inclusively.**

### PLAN SPORTS ET LOISIRS BASE VALCARTIER (PSL)

The participation in the Plan Sports et Loisirs (PSL) of the Valcartier Garrison is a complement to our activities.

The PSL allows you to benefit from various services. Your membership gives you access to the sport and recreation infrastructures at the Sports Center.

#### WINTER 2008 SPORTS AND RECREATION PROGRAM REGISTRATION

**From December 3<sup>rd</sup> to December 21<sup>st</sup>\***

\*There will be an extra charge after this date.

The prices for Saint-Gabriel-de-Valcartier residents are:

#### Individual fees:

- ♣ \$9.00 per adult;
- ♣ \$6.00 for teens (14 years and older);
- ♣ \$3.00 to \$5.00 for 0 to 13 year olds.

#### Individual Plan:

- ♣ 6 months: \$79.37 (taxes included)
- ♣ 1 year: \$144.93 (taxes included)

#### Family Plan:

- ♣ 6 months: \$94.32 (taxes included)
- ♣ 1 year: \$173.69 (taxes included)

To register for the PSL, go to the Centre Exacta inside the General Headquarters (building 513) beside the Sports Center, in front of the fire hall.

The following courses are offered free of charge if you have your PSL membership card. First come, first served.

#### Spinning, Aquaforme, Aqua jogging, Aqua-prenatal and Aerobics

*You must register at the counter 30 minutes in advance in order to reserve your place.*

*For more information on the PSL: 844-5000, ext. 5226*

### CLIMBING

#### Top Ropping

- Available on Wednesdays
- Minimum number of registrations required

#### Free Climbing

- Supervised wall
- Monday, Tuesday and Thursday from 6:00 to 9:00 p.m.

*For more information: 844-5000, extension 5226*



### DO YOU FEEL LIKE SKIING DURING THE HOLIDAYS?

If you are a PSL member, you can benefit from rebates at the following ski centers:



Le Relais  
Le Massif du Sud  
Stoneham  
Le Massif  
Mont Ste-Anne

Call 844-5000 ext. 5226 for more details. You can buy your tickets at the Sports Center on the Base.

### VALCARTIER MUSIC SCHOOL

15 years ago, a music school was established on Base Valcartier. This school offers quality courses given by experienced and qualified teachers. The teachers also offer the possibility to their students to take the exams at the École préparatoire de L'Université Laval.



Courses offered: piano, guitar, flute, sight-reading, rhythm.

These courses are for all age groups and are given at the Valcartier Family Center. Courses available at all times, please call.

To register, please call at 844-5000 ext. 8711 and leave a message in the voice mail box.

## Sports and Recreation Winter Program



SAINT-GABRIEL  
-DE-  
VALCARTIER

SERVICE DES SPORTS ET LOISIRS  
MUNICIPALITÉ DE SAINT-GABRIEL-DE-VALCARTIER  
SPORTS AND RECREATION DEPARTMENT

### FORMULAIRE D'INSCRIPTION - REGISTRATION FORM

#### IDENTIFICATION DE LA FAMILLE - FAMILY IDENTIFICATION

Nom du père - Father's Name :	Tél. rés. - Home Phone :	Tél. bur. - Office Phone :
Adresse - Address:	Ville - Town :	Code postal - Postal Code :
Nom de la mère - Mother's Name :	Tél. rés. - Home Phone :	Tél. bur. - Office Phone :
Adresse - Address :	Ville - Town :	Code postal - Postal Code :

IDENTIFICATION DE LA PERSONNE QUI RECEVRA LE RELEVÉ 24 (obligatoire pour ateliers aux amis et bouts de chou)  
IDENTIFICATION OF THE PERSON WHO WILL RECEIVE THE RELEVÉ 24 (obligatory for activities for children under 16)

Nom - Name:	Prénom - First Name:	Numéro d'ass. sociale - Social Ins. No.:
Adresse - Address :	Ville - Town :	Code postal - Postal Code :

#### INSCRIPTION - REGISTRATION

Nom - Name :	Prénom - First Name :	Date de naissance - Birthdate :
Adresse - Address :	Ville - Town :	Code postal - Postal Code :
Numéro d'ass. maladie - Health Ins. No.:	Allergies :	
Activité - Activity :	Horaire - Schedule :	Coût - Fees :

J'autorise la direction du Service des sports et loisirs de Saint-Gabriel-de-Valcartier à intervenir en cas de blessure ou de malaise.  
I authorize the management of the Sports and Recreation Department of Saint-Gabriel-de-Valcartier to intervene in case of a medical emergency.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Réservé à l'administration - For office use only			
Total payé - Total paid	Cheque / Monnaie -Cash	Date	Initials

**MUNICIPALITY OF  
SAINT-GABRIEL-DE-  
VALCARTIER**



**SAINT - GABRIEL  
- DE -  
VALCARTIER**

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

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

**RELIGIOUS SERVICES AND MASSES  
HOLIDAY SCHEDULE**

December 2 : St. Andrew's United Church 10:00 am  
December 16 : St. Andrew's Presbyterian Church 7:00 pm  
- Candlelight service  
December 24 : St-Gabriel's Catholic Church 7:00 pm  
- Christmas Mass  
December 24 : Christ Church Anglican 9:00 pm  
- Ecumenical Service  
December 30 : Christ Church Anglican 11:00 am  
December 31 : St-Gabriel's Catholic Church 7:00  
- New Year's Mass

**Visit our Web Site!**

**[www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca)**

**Cut-Out Memorandum**

Tuesday, December 4 <sup>th</sup> :	Collection of non-household waste, beginning of winter schedule - monthly
Wednesday, December 5 <sup>th</sup> :	OASIS - <b>Start</b> collection of non-perishable food items for Christmas hampers
Thursday, December 20 <sup>th</sup> :	OASIS - <b>End</b> collection of non-perishable food items for Christmas hampers
Sunday, December 23 <sup>rd</sup> :	Old Fashioned Christmas Tree Lighting at the Community Center
December, 24 <sup>th</sup> , 25 <sup>th</sup> , 26 <sup>th</sup> :	Municipal Office closed - MERRY CHRISTMAS
Dec. 31 <sup>st</sup> , January 1 <sup>st</sup> & 2 <sup>nd</sup> :	Municipal Office closed - HAPPY NEW YEAR 2008
Tuesday, January 8 <sup>th</sup> :	Collection of non-household waste and special Christmas tree collection
Saturday, January 12 <sup>th</sup> :	Taekwondo—Collection of consignment cans and bottles
Tuesday, February 5 <sup>th</sup> :	Collection of non-household waste
Tuesday, March 4 <sup>th</sup> :	Collection of non-household waste, beginning of weekly collection
Tuesday, March 11 <sup>th</sup> :	Collection of non-household waste
Tuesday, March 18 <sup>th</sup> :	Collection of non-household waste
Tuesday, March 25 <sup>th</sup> :	Collection of non-household waste

