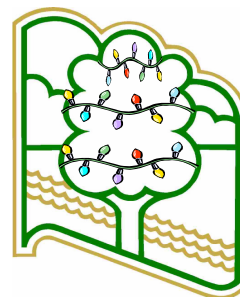


# The Indispensable News Bulletin

VOLUME 2, ISSUE 1

DECEMBER 2008



SAINT - GABRIEL  
- DE -  
VALCARTIER

## A Word from the Mayor

The year 2008 is rapidly coming to a close and many would say not soon enough! Volatility might be the best word to describe this past year. We suffered through record snowfalls followed by record rainfalls. Stock markets tumbled as gas prices and our Canadian dollar went to new highs before falling back to somewhat normal levels. We can only hope that the New Year will bring us stability and prosperity.

Once again this year, the Municipality hosted a cocktail

for its many volunteers. This annual event is our way of thanking the ever-growing number of people who give countless hours of their time into making our town such a special place to live. Our community spirit is second to none, bravo to all those who make things happen!

Finally, on behalf of the municipal council and staff, I would like to wish each and every one of you a happy holiday season and all the best for 2009!

*Brent Montgomery*



## A Green Resolution for 2009, it's our Nature!

The New Year has begun, we are full of good intentions and so it's the ideal time to make good resolutions. What is a green resolution? It is a resolution that will have a beneficial impact on our environment, our nature, as well as our health. A question to ask ourselves is: «Are we part of the problem or part of the solution? ».

### Inside this issue:

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### A green resolution is:

- Reduce over-packaging ;
  - Reduce water, paper consumption (at work and at home) and energy consumption by turning off lights in unoccupied rooms ;
  - Donate what you do not use anymore ;
  - Reuse what can be reused ;
  - Buy local products, products made from recycled materials or fair trade certified products ;
  - Start composting ;
  - Turn off your vehicle's motor when idle for any length of time ;
  - Plant trees ;
  - Get children involved ;
- Every small gesture counts!  
« We do not inherit the earth from our ancestors; we borrow it from our children! »

## Old Fashioned Christmas Tree Lighting - A Community and Family Activity

The Municipality is pleased to invite all families and residents to attend our annual Old Fashioned Christmas Tree Lighting on Sunday, December 21<sup>st</sup>, from 12:30 to 4:30 p.m. Come and enjoy this extraordinary day where several free activities will be offered. Please see page 5 for the schedule of

activities. These activities will be held at the Community Center situated at 1743 Boulevard Valcartier. Bring your lunch and we will provide the soup! Special thanks to all the volunteers and their organizations who help to prepare this special family day. Come one, come all to the Valcartier Hall for a fun

filled day!  
We look forward to seeing you there.



## 2008 Regional Christmas Card Contest - MRC de la Jacques-Cartier



Last October 23<sup>rd</sup>, the MRC de La Jacques-Cartier unveiled the names of the winners having won a prize in the *Regional Christmas Card* contest at an evening reception held in the presence of local politicians, participants and their families at the Anne-Hébert cultural center in Sainte-Catherine-de-la-Jacques-Cartier.

The MRC also took advantage of this occasion to launch the 9<sup>th</sup> edition of the Christmas card contest. Already, local

amateur artists of all ages are invited to warm up their paintbrushes and their cameras by capturing wonderful winter scenes to stimulate their creativity. The criteria for this next contest will be unveiled in the following months in local and regional newspapers as well as on the MRC's website.

***Congratulations to Ms Catherine Mc Bain who won the First prize for the second year in a row in the MRC's Regional Christmas Card contest in the 12-17 year old category.***



« ...to help those less fortunate in our

community ...

...so that they may have a more joyful Christmas

Season. »

## Oasis Saint-Gabriel-de-Valcartier - Christmas Hampers

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.

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-

## 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 also...

- Transportation and accompaniment for medical reasons
- Friendship visits for those living alone
- Activity centers in Val-Bélair, Loretteville, Ste-Catherine-de-la-J.-C.

### 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?
- To volunteer my services?

Call 418-845-3081 from Mondays to Fridays.

perishable food or by making a monetary donation. Tax receipts can be issued upon request. There are several sites where you may drop off your goods until December 21<sup>st</sup>: 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, meat, poultry), dry pasta, rice, flour, cereal, condiments (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 418-844-2097 (daytime) and

Monique or André Jutras at 418-844-1832 (please leave a message)

All calls are confidential.

## 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 breakdowns, 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 you for your collaboration.**

## Snow Removal on Municipal Roads

### Ministry of Transportation

#### Regional Roads:

Boulevard Valcartier from civic number 1600 to 1860

and

5th Avenue to the Tewkesbury limit

#### **To lodge a complaint:**

**418-643-6717**

For all other roads within the Municipality: 418-844-1218

## JANUARY - Renewal Month for Dog Tags



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 or 3 or more dogs

Each year, the S.P.C.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.C.A. at **418-527-9104** or the Municipality at **418-844-1218** during business hours, as soon as possible.

Get your dog license at the Municipality today.

« 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>. »

## ATV's, Snowmobiles and Respecting Private Properties

There are unfortunately a minority of off-road enthusiasts who tarnish the public image of the sport by riding where they shouldn't.

Remember that:

- Access to private land and

properties is forbidden without special authorization from the owner;

- Strictly obey all posted signs and respect all fences;
- Be as quiet as possible with your off-road vehicle,

especially when driving close to houses;

- You cannot ride on a public road except in rare



## Emergency Numbers

2-1-1	Community Services
4-1-1	Find a Person or Business
5-1-1	Info Transports-Road Conditions
8-1-1	Info-Santé
9-1-1	<b>Emergencies</b> (Police, Fire, Ambulance)

Sûreté du Québec - for non-emergency assistance 418-310-4141 or \*4141 (cell.)





## Do You Know How to Dispose of Your Christmas Tree After the Holidays?

On January 8<sup>th</sup>, 2009, 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 418-844-1218 to register your address by January 7<sup>th</sup> 4:00 p.m. at the latest.

## Winter Schedule - Non-Household Waste Collection

Beginning in December, non-household waste collection will be held on the first Thursday of every month. Next collection day will therefore be on January 8<sup>th</sup>. You must call the Municipality at 418-844-1218 to request pick up service.

## Bottle and can drive - January 3<sup>rd</sup>

The Saint-Gabriel-de-Valcartier Taekwon do Club will hold its annual bottle and can drive on Saturday, January 3<sup>rd</sup>, 2009 starting at 9:00 a.m. 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. For our volunteers' security, please keep your dogs on a leash that day. All proceeds will go to the Club to help with the costs of training and competitions.

Thank you for your contribution!



## KEEP YOUR TREE FIRE FREE

**Keep all candles away from the Christmas tree.**

**Make sure the base of the tree is immersed in water at all times.**



## Messages from the Fire Department

## WATCH YOUR ASHES

**Allow the ashes from your woodstove or fireplace to cool before emptying them into a metal container with a tight fitting lid.**

**Keep the container outside.**



## Valcartier Cable - Network Improvement

In order to improve service on the network, Valcartier Cable is carrying out works which cause cable service interruptions that can last several minutes to several hours, but only affect certain sectors at a time. Although we cannot confirm on which days these outages will be experienced, we can confirm that work will be carried out weekdays between the hours of 7 am and 5 pm and sectors may be affected for several days.

We apologize for the inconvenience caused by these works which are necessary in order to continue to offer you quality services.



## Number to call for cable outage

Valcartier Cable emergency number: 418-844-3666

To notify a cable outage anytime: day, night, weekend and holidays. Leave your address, the date and time of your call.

## Library - Christmas Tree Ornament Contest for Children 3 to 14 Years Old

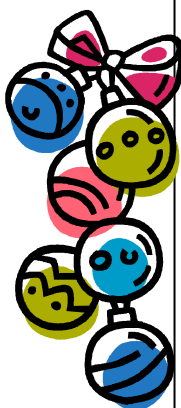
Make a Christmas tree ornament, hang it on the Christmas tree in the Library during opening hours, fill in a participation coupon and get the chance to win one of the three \$20 gift certificates that you can spend as you wish at the Galeries de la Capitale (rides, toys ...)

You can only make one ornament to hang on the Christmas tree so make it great! Your ornament cannot be bigger than 8 X 8 cm.

Don't forget to write your name on the back of your ornament!

Suggested material: scrap paper, ribbons, noodles, colouring pencils, cardboard, etc.

The drawing will take place on December 21<sup>st</sup> at the Old Fashioned Christmas Tree Lighting activity... so hurry up!!!



## Old Fashioned Christmas Tree Lighting - Schedule of Activities on December 21<sup>st</sup>

Wear a Christmas hat and get a chance to participate in a special drawing! Get your coupons in the kitchen.

12:30	Beginning of activities (outdoor games, skating, sliding)
12:30	Free soup and hot chocolate
12:30 to 4:30	Inflatable games
1:00	Sleigh rides
1:00 to 2:30	Face painting and craft workshop
2:00 to 2:30	Hip-Hop dance group presentation
2:30	Arrival of Santa Claus
4:15	Christmas tree lighting and carols
4:30 to 6:00	Hockey scrimmage (for teens and adults), Club Ados

## A New Face at the Teen Club

The Teen Club is presently in a transitional period following my nomination as the new coordinator last October and changes will be made in the coming months. I am very pleased to be a part of this wonderful team and to meet the teens of the Community. I have been living in the region since September in order to continue my master's degree in orientation science at Laval University but I am a Côte-Nord native. Since I just completed my diploma in psycho education last April, I find that this job will be very rewarding. Moreover, after working here for a couple of weeks I've noticed that the teens have a strong feeling of belonging to the Teen Club and that the Teen Club is a

place where teens can gather to chat with each other, but also a place where they can seek comfort and advice from the animators. There are also many activities offered each month such as cooking workshops, outings to the movies, outdoor outings and thematic activities according to the seasons. The monthly calendar of activities is available on the municipal web site under the "Services" tab. Starting in December, you may also view our activities on the community TV channel (12) through vignettes that will allow you to discover the Teen Club. The involvement of teens is essential for us which is why we want them to give their opinions on the choice of activities and on different

decisions regarding the Teen Club. Following certain requests, we recently decided that the Teen Club should get a makeover and the colors will be changed to better represent our teens. Also, new divisions will be made so that all teens will be able to practice different activities. Consequently, if you have furniture in good condition that you would like to get rid of, it will be a pleasure for us to pick up donated furniture and give it a second life.

The Teen Club is open Thursdays from 6:00 to 9:00 p.m., Fridays from 6:30 to 10:00 p.m. and Saturdays from 2:00 to 10:00 p.m. Teens who wish to come to the Teen Club must be between 11 and 17 years old. The services are offered free



of charge with the exception of special outings. A canteen is also available in the Club. Teen Club is open for children 6 to 11 years old on the first Friday of every month. On these occasions, a disco and games are organized. If you have any questions, comments or suggestions, please call us at 418-844-1327 or send your comments via the municipal web site.

**Anouk Fortin Lapointe,**  
Coordinator

Jonathan Lavalée,  
Animator

Geneviève Cournoyer,  
Animator

# Winter Program - Sports and Recreation

**Registration Period: January 5<sup>th</sup> to 9<sup>th</sup>**

FOR MORE INFORMATION

**Pamala Hogan Laberge**, Sports and Recreation Director, tel.: **418-844-2097** or [plaberge@munsgdv.ca](mailto:plaberge@munsgdv.ca)

## METHODS OF PAYMENT

You must absolutely fill out a registration form. It is available online [www.saint-gabriel-devalcartier.ca](http://www.saint-gabriel-devalcartier.ca) or at the Municipality.

**Night deposit** ( checks only ) : You may deposit your registration in the night deposit box at the municipal complex, 1743 Blvd 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>, 2009 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>, 2009 and the second for February 15<sup>th</sup>, 2009.

A fee of \$10.00 will be applicable for a check returned for insufficient funds and the payment will have to be made in cash.

**Taxes**: When applicable, taxes are included in the price.

## HOW THE COURSES FUNCTION

**Beginning of courses**: Courses will begin the week of January 5<sup>th</sup>, 2009 unless otherwise notified.

**Number of participants**: The number of registrations for each activity is limited (minimum and maximum number 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 bodily damages, theft or loss that may occur during an activity offered by the Sports and Recreation Department.

## PLAYGROUP

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. 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 13<sup>th</sup> to April 9<sup>th</sup>\*

Cost: \$230.00 twice a week

\$330.00 three times a week

Animators: Sandra Woodbury and Jayne Doddridge



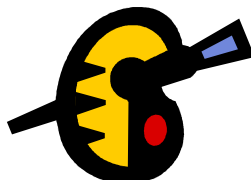
**Please note that there will be no Playgroup during March Break (March 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>).**

**\* Playgroup is full for this session, but we are now accepting names for September registrations.**

## WOOD PAINTING

(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.

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

Cost: \$15 per week

If you are interested in taking this class, please call Manon Mailloux for more information at **418-844-1965**.

## STEP

(this class is for adults only)

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.*



## CPR

(Cardio Pulmonary Resuscitation)

We offer CPR/First Aid courses and plan to offer a course in February.

For information please call Pamala Hogan Laberge. Please register before January 23<sup>rd</sup>. In order to update our waiting list, we ask that those people having given their names in the past, please call us again to register.





# Winter Program - Sports and Recreation

## GYM

**(closed December 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 31<sup>st</sup>, January 1<sup>st</sup>, 2<sup>nd</sup>)**



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 over 50 years old) Special rates available.

### PRICE LIST

1 month :	\$30.00 per person *** \$40.00 per family
3 months :	\$60 per person *** \$80.00 per family
6 months :	\$110.00 per person *** \$140.00 per family
1 year :	\$200.00 per person *** \$260.00 per family
1 session :	\$3.00 per person
Card for 20 sessions :	\$40.00 per person
Students (less than 25) / Persons over 50 :	half price
Non-residents :	\$20.00 extra

### +++GIFT IDEA+++

Special promotion only for the month of January:

3 months : \$45.00 per person \*\*\* \$65.00 per family



## HOCKEY

Those interested in playing hockey once a 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 7<sup>th</sup>.



## ICE RINK AND SKATING TRAIL

**(Official opening as soon as the 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)**



**\*Please note that during the Christmas Tree Lighting activity on Sunday, December 21<sup>st</sup>, hockey sticks will not be allowed on the ice from 1:00 p.m. to 4:00 p.m.**

## QUILTING (12 years and older)

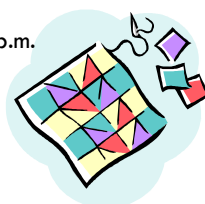
Welcome to new members and beginners.

Where: Community Center

Schedule: Mondays from 7:00 to 9:30 p.m.  
 starting January 19<sup>th</sup>

Cost: \$35.00 for the year

Information evening the first Monday.



## BABYSITTING COURSE



Children who are 11 years and older interested in taking a babysitting course should contact Pamala Hogan Laberge at 418-844-2097. A new course will be offered in March. The cost to participate is \$50.00. A minimum of 8 people is required. You must register before February 20<sup>th</sup>, 2009.

## YOGA

This ancient discipline promotes personal evolution and transformation that harmonizes body and spirit. Yoga can be done as a simple activity or pastime or can also be practised to treat health problems such as back pain, insomnia, stress or simply to boost one's energy levels.



When? Starting Thursday, Jan. 15<sup>th</sup> 2009 from 9:30 to 10:30 am

(12 week session)

Where? At the Rec. Center, above the gym (1745 Blvd. Valcartier)

Fees? \$120.00

Instructor: Lynn Lannin-Roy

# Winter Program - Sports and Recreation

## TAEKWON-DO



Clientele: 6 years and older and adults  
 Place: Community Center  
 Schedule: Tuesday and Thursday from  
 6:15 to 8:45 p.m. starting January 13<sup>th</sup>  
 Cost: \$95.00 for intermediate and advanced  
 \$20.00 extra for non-residents (payable once per year)

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 **418-948-8904**.

**\*\*Don't forget the bottle and can drive on Saturday, January 3<sup>rd</sup>.**

## 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: 15 weeks starting January 24<sup>th</sup>  
 Cost: \$90.00 (1<sup>st</sup> child), \$85.00 (2<sup>nd</sup> child) and \$80.00 (3<sup>rd</sup> child)  
 Where: Dance room above the conditioning room  
 Instructor: **Manon Gaudet 418-844-3491**

**\* Please note that course fees are payable directly to Mrs. Gaudet.**



## 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

New project for Valcartier TV and new decor at the Teen Club.

For more information as well as schedule and programming, 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 tab. You can also contact **Anouk Fortin-Lapointe** during opening hours at **418-844-1327**.

### Opening Hours

Regular opening hours :	Thursday	6:00 - 9:00
	Friday	6:30 - 8:00
	Saturday	2:00 - 10:00

Please note that opening hours are extended during the Holidays. Visit our web site for more information [www.saint-gabriel-de-valcartier.ca](http://www.saint-gabriel-de-valcartier.ca).

## MUNICIPAL LIBRARY (418-844-4040)

**We've purchased new books and there was a book exchange in November. Come see what's new!**

**Membership is free.**

### Opening hours

Monday :	2:00 - 4:30
Tuesday :	10:00 - 12:00 and 6:30 - 8:30
Wednesday :	6:30 - 8:30
Saturday :	2:00 - 4:00



*During the Holidays, the Library will be closed  
 from December 23<sup>rd</sup> to January 4<sup>th</sup>.*

**\*\*NEW\*\*** If you are a student and have a group project to do, you can reserve workspace at the Library, please call **Pamala Hogan Laberge** at **418-844-2097** for more information.



# Winter Program - Sports and Recreation

## \*\*NEW SOCCER ASSOCIATION\*\*

A soccer association will be created and registrations will be taken in January. You will receive more information by mail in January 2009.

### TEAM NAME AND LOGO CONTEST

One of the soccer coaches will be visiting schools to talk about this and hand out information.



## CLIMBING (18 and older)

### Top Roping

- Available upon request
- Minimum number of registrations required

### Free Climbing

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

For more information: **418-844-5000, ext. 5226**



## PLAN SPORTS ET LOISIRS BASE VALCARTIER (PSL)

Participation in the Valcartier Garrison's Plan Sports et Loisirs (PSL) 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 2009 REGISTRATION - From December 8<sup>th</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:

<b>Individual fees:</b>	<b>Daily</b>	<b>10 visits</b>
♣ Adults (18 and older);	\$9.00	\$80.00
♣ Teens (14 years and older);	\$6.00	\$50.00
♣ Children (6 to 13 years old);	\$4.00	\$30.00

### **Individual Plan:**

♣ 6 months:	\$81.00 (plus taxes)
♣ 1 year:	\$138.00 (plus taxes)

### **Family Plan:**

♣ 6 months:	\$94.00 (plus taxes)
♣ 1 year:	\$163.00 (plus taxes)

To register for the PSL, go to the Exacta Centre 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: **418-844-5000, ext. 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 de la Petite Rivière  
Mont Ste-Anne



Call **418-844-3272** 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 Laval University .

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 **418-844-5000 ext. 8711** and leave a message in the voice mail box.



**NEXT EDITION OF  
THE BULLETIN:  
MAY 2009**

## RELIGIOUS SERVICES AND MASSES HOLIDAY SCHEDULE

MUNICIPALITY OF  
SAINT-GABRIEL-DE-VALCARTIER

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

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

Together,  
in the heart of nature



### Christ Anglican Church

The 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month at 11:00 a.m.

### St-Andrew's Presbyterian Church at 10:00 a.m. (except December 21<sup>st</sup> service)

December 21<sup>st</sup> at 7:00 p.m.- Candlelight service  
January 25<sup>th</sup>, February 22<sup>nd</sup>, March 15<sup>th</sup>, April 12<sup>th</sup>

### St-Andrew's United Church at 10:00 a.m.

December 7<sup>th</sup>, January 11<sup>th</sup>, February 8<sup>th</sup>, March 8<sup>th</sup> and 29<sup>th</sup>, April 26<sup>th</sup>

### St-Gabriel' Catholic Church

Every Sunday at 9:30 a.m.  
Every Thursday at 7:00 p.m.

*December 24<sup>th</sup> at 8:00 p.m.: Ecumenical Service and Eucharistic Christmas Celebration*

*December 31<sup>st</sup> at 7:00 p.m.: New Year's Mass*

## Ecumenical Service at St-Gabriel's Church for Christmas

The St-Gabriel Parish invites each and everyone to  
the traditional Ecumenical Prayer Service and  
Eucharistic Christmas Celebration on December 24<sup>th</sup>  
at 8:00 p.m.



## CALENDAR OF EVENTS + Cut-out Memorandum

### December

- 1 : OASIS—**Begin** collection of non-perishable food items for Christmas hampers
- 4 : **Begin** monthly collection of non-household waste
- 21 : OASIS—**End** collection of non-perishable food items for Christmas hampers
- 21 : Old fashioned Christmas tree lighting at the Community center
- 24, 25, 26 : Municipal office closed -  
**MERRY CHRISTMAS**
- 31 : Municipal office closed -  
**HAPPY NEW YEAR 2009**

### January 2009

- 1<sup>st</sup> & 2<sup>nd</sup> : Municipal office closed

- 3 : Taekwon Do - Bottle and can drive
- 8 : Collection of non-household waste and special collection of Christmas trees

### February

- 5 : Collection of non-household waste

### March

- 5 : Collection of non-household waste  
(End monthly collection)

### April

- 7 : **Begin** weekly collection of non-household waste
- 14 : Collection of non-household waste
- 21 : Collection of non-household waste
- 28 : Collection of non-household waste

