

The Indispensable News Bulletin



Volume 3, Issue 1

December 2009



Follow the
collective current.

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Municipality of Saint-Gabriel-de-Valcartier

A WORD FROM THE MAYOR

The winter season is already at our doors, and one cannot help but wonder what type of surprises we can expect. After two consecutive years of above average snowfalls, will we get a break this year or will the old saying "never two without three" come true? Also getting its share of the headlines is the Influenza A (H1N1) virus and the threat of this pandemic. Let's hope all will go well and we get through the winter relatively unscathed.

Turning towards projects we have more control over, work has begun on our multi-purpose shelter and will be completed in

the spring. Preparatory plans are in the final stages for the chemin du Lac aqueduct project with works scheduled to be completed in 2010. Our annual reception for our many volunteers was held on December 3rd and I cannot stress enough how important our volunteers are to our Municipality. Their devotion and hard work is the foundation for our community spirit and what makes this such a special place to live.

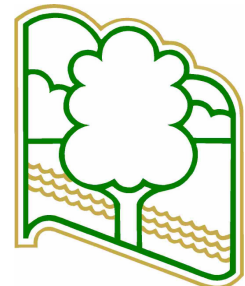
On behalf of the municipal council I would like to thank our citizens for their confidence in giving us a new four year mandate. The council is hard at work

preparing our budget for 2010. Our objective remains to provide the best services possible at the most reasonable cost.

The members of council join me in extending our sincere wishes to you and yours for health, happiness and prosperity in the New Year.

Once again thank you for your continued support.

Brent Montgomery



SAINT • GABRIEL
• DE •
VALCARTIER

*MAY THE MAGIC
OF CHRISTMAS
BRING JOY
AND CHEER*

TO YOUR HOUSEHOLD

We take this opportunity to thank those who participate in our collective well-being such as: the municipal team, volunteer firemen as well as all the volunteers who live up our community and offer their very best in the interest of our Municipality.

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**OLD FASHIONED
CHRISTMAS TREE
LIGHTING DECEMBER 20TH
A FAMILY AND
COMMUNITY ACTIVITY
SEE PAGE 8**

A LOOK BACK AT THE ELECTIONS FOR MUNICIPAL COUNCIL 2009-2013

Municipal elections were held on November 1st throughout the Quebec territory. In our Municipality, no election was held since the mayor and councillors were elected by acclamation, which is to say without opposition. However, there has been a change within the municipal council. Mrs. Dorothy Noël was elected by acclamation to succeed outgoing council member Mrs. Sandra-Lee

McBain.

Therefore, here are our municipal council members:

Brent Montgomery: Mayor

Shelley MacDougall: Seat #1

Raymond Bureau: Seat #2

Martin Hicks: Seat #3

Thomas Lavallee: Seat #4

Dorothy Noël: Seat #5

David Hogan: Seat #6

PLEASE KEEP THIS REFERENCE DOCUMENT UNTIL MAY 2010



"Remember that homemade gifts are always that much more special..."



OASIS - CHRISTMAS HAMPERS

Oasis is an organization that has been created to help those less fortunate in our community by distributing food hampers so that they may have a joyful Christmas Season.

If you are in need or know of a family that would need our help, 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. There 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, soup, 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 cannot be 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 kept confidential.

PRACTICAL IDEAS FOR CREATIVE GIFT GIVING !

The best trash is that which is never produced, because we don't spend time or money disposing of it! That's why it's so important to practice source reduction! While it is so pleasing to offer gifts to our dear ones, let's also keep dear Mother Earth in mind.

Gift Giving

- * Give lasting gifts to those dear to you!
- * Offer gifts that are not objects. You can always offer your services or some quality time to your family. Here are a few suggestions: gift certificates (doing dishes, babysitting), an annual pass to a park in Quebec, a book containing favourite family recipes, a family day outing, a batch of muffins or preserves,

etc.

- * When exchanging gifts, think of offering unused objects that you already have at home and would better serve others.
- * Remember that homemade gifts are always that much more special...
- * More and more people are bypassing gifts in favour of spending quality moments with relatives; as a result they strengthen the bonds within their family and reduce holiday spending.

Gift Wrapping

- * Gift wrapping constitutes an important part of our household waste. Reuse bags, ribbons, bows, and tissue paper for other

gifts.

- * Magazine ads, old calendars, comic book pages, leftover swatches of fabric, old scarves and all types of boxes are all interesting alternatives which can be used to create original and ecological wrapping!
- * A gift wrapped in brown paper grocery bags and decorated with fall leaves or small conifer branches yield excellent results.
- * Don't forget to recycle damaged wrapping!

Joanie Paradis,
MRC Éco-stage intern



To Better Cope with Influenza A (H1N1) in Daily Life

The Réseau québécois de Villes et Villages en santé

encourages the population to practice mutual aid among neighbours

QUEBEC, November 10, 2009 – People living in the neighbourhood may become precious allies when dealing with problems that Influenza A (H1N1) could cause in daily life. That is the meaning of the message conveyed by the Réseau québécois de Villes et Villages en santé (Quebec Network of Healthy Communities) which encourages the population to practice mutual aid among neighbours during the pandemic. Moreover, the organization has devised a kit entitled **Mes voisins et la pandémie** (My neighbours and the pandemic) to make contacts between neighbours easier.

The Network, organizer of the *Fête des voisins* (Neighbours' Day), which aims at developing neighbourhood solidarity, believes that it is important to heighten citizens' awareness in terms of their neighbours' well-being in the face of the A (H1N1) pandemic. People more vulnerable (in particular elderly, alone, handicapped, and single-parent families) could need help.

Ways to Help Each Other among Neighbours

There are several ways of helping neighbours: share babysitting responsibilities, pick up the prescription of the elderly couple who lives on the second floor, cook for the single-parent family next door, run errands for the neighbour across the street who lives alone, reassure the isolated person who is worried about the pandemic. By talking with their neighbours, citizens will be able to identify the type of support that could be most helpful.

Helping Each Other without Getting Infected

The Network reminds people that it is possible to help each other without getting infected. As mentioned on the website of *Pandémie Québec*: "Preventive measures should be employed when in contact with someone who is sick. However, they do not prohibit showing solidarity, quite the opposite." During contacts with a sick neighbour or one that could be contagious, the main recommended measures are to keep a safe distance of one to two meters, avoid touching personal objects, and wear a mask or a scarf (to clean after use).

"Complementary to institutional and family solidarities is the neighbourhood solidarity. The A (H1N1) flu epidemic offers a great opportunity to stoke this type of solidarity," said **Denis Lapointe**, president of the network. "Everyone can do something to help not only relatives, but neighbours as well, to get through the next few months more easily."

Nadine Maltais, liaison agent for the network and coordinator of Neighbours' Day, considers that the stakes are very high: "We must support people in their daily lives, reach the vulnerable people, and avoid the every-man-for-himself practice that the pandemic could generate."

The "*Mes voisins et la pandémie*" (My Neighbours and the Pandemic) kit, prepared by the network, includes a **poster** to encourage neighbours to help each other, a neighbours' **directory** to record everyone's address and phone number, and a **bulletin board** to offer a service or express a need. The poster, directory, and bulletin board can be downloaded or printed from the www.rqvvs.qc.ca website, which also provides information concerning this campaign to mobilize neighbours in the face of the pandemic.

The Réseau québécois de Villes et Villages en santé is a non-profit-making organization uniting almost 200 towns that care about citizens' health and the development of healthy and sustainable environments. It initiated Neighbours' Day (www.fetedesvoisins.qc.ca), a provincial event that has become increasingly popular for almost five years and that aims at developing mutual aid and solidarity among neighbours.

Source : Réseau québécois de Villes et Villages en santé



JANUARY - RENEWAL MONTH FOR 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 1st to December 31st. The cost of the license applies

to each dog and is determined in the following manner:

\$10,00 for 1st dog

\$20,00 for 2nd dog

\$30,00 for 3rd dog

or

\$150,00 for a kennel or 3 or more dogs

Each year, the S.P.A. of Quebec receives thousands of stray animals. Over 4500 do not wear an identification license and

many of them cannot be returned to their owners. 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 **418-527-9104** during business hours.

Please remember that you can get a license for your dog at the Municipality as of January 5th.



**THE URBANISM DEPARTMENT
WOULD LIKE TO REMIND YOU
TO MAKE AN APPOINTMENT
FIRST BEFORE DROPPING BY**

**By making an appointment
ahead of time, you're
assured of having the time
you need with the person
you wish to meet.**

THE IMPORTANCE OF THE MUNICIPAL PERMIT

The Municipality's Urbanism Department would like to remind citizens of the importance of applying for a permit with the inspector before beginning any construction work. Whether for a new construction, to undergo renovations or carry out repairs to an existing building, this requirement remains the same. Actually, by neglecting to request this information from the Municipality, works undertaken could turn out to be non-compliant and sooner or later, could translate into problems which would be difficult to manage. During the

sale or succession of an immovable where non compliant works have been carried out, past negligence could come back to haunt the proprietor. You must know that, generally, if no permit has been issued for works, the Municipality can do absolutely nothing to correct these often inconvenient situations.

To summarize, when you have a project in mind and want to avoid problems, even before going to meet the notary, architect, surveyor or financial institution, schedule an appointment with the Urbanism Department of the Municipality

in order to gather all the required information relative to current municipal by-laws on our territory.

Competent personnel is available to answer all of your questions and you will be assured that your project will start off on the right foot.



Here is a list of municipal and provincial by-laws relative to various permits:

- * Zoning Plan By-law #148 (construction, landscaping, etc.)
- * Subdivision By-law #149
- * Construction By-law #150
- * Parking of Vehicles on Public and Private Roads By-law #120
- * Dogs and Other Domestic Animals By-law #121
- * Q-2, r.8 Waste Water
- * Q-2, r. 1.3 Ground Water

WINTER PARKING

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 cooperation.

NON-HOUSEHOLD WASTE COLLECTION (BULK WASTE)

During the winter season, collection of non-household waste will be held on the first Thursday of the month. Therefore, the next pick up will be **on January 7th**. Please remember that you must call the Municipality **418-844-1218** in order to request this service.



SPECIAL CHRISTMAS TREE COLLECTION AFTER THE HOLIDAYS

On Thursday, January 7th, the Municipality will offer a special collection for Christmas trees (natural and artificial). Please call **418-844-1218** to register your address on the list by **January 6th** at the latest.



SNOW REMOVAL

The following are telephone numbers to keep on hand pertaining to snow removal on regional roads:

Ministry of Transportation

Boulevard Valcartier: from civic number 1600 to 1860

and

5th Avenue to the Tewkesbury limit

To lodge a complaint with the MTQ : 418-643-6903

For all other roads within the Municipality:

418-844-1218 or 418-844-0911 (after business hours)



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 should not.

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 places where indicated, and this only in order to cross the road.



FAULTY STREET LIGHTS

The Public Works Department requests your cooperation in order to replace faulty street lights. If you notice a faulty street light within the limits of the Municipality, please call 418-844-1218 and leave the coordinates of the faulty light with the receptionist or leave a message with our answering service. Please note that repairs are carried out every two weeks.



POSITIONING OF ROLLING BINS

The positioning of rolling bins on the day of garbage/recycling collection often poses a problem for the snow removal contractor.

Here are a few recommendations that should help facilitate garbage and recycling collection:

- * We remind you that bins should be placed in your driveway, not on the shoulder of the road and should be at a distance of 1 meter from the public road.
- * Leave a distance of 2 feet (0,6 meters) between bins and any other objects (mailboxes, trees, winter shelters, fences, markers for snow removal) to facilitate the use of the truck's mechanical arm.
- * You can place your bins at the end of your driveway the night before collection or before 7:00 a.m. the morning of.
- * Never place any materials on bin covers.
- * Bin wheels and handles should be facing the residence.
- * You must put away your bins once the collection has been accomplished.

Thank you for your cooperation.



Get a grip!

Install your winter tires before December 15

A NEW ASSESSMENT ROLE FOR 2010

As you know, the municipal assessment roll presently in force is for the years 2007-2008-2009 inclusively. The assessment roll for 2010 was deposited at the municipal office on September 15th by Groupe Altus the mandated municipal evaluator. This roll will come into force in January 2010 and will serve as the basis of the 2010-2011-2012 municipal taxes.

Within the framework of the preparation of this new roll, the municipal evaluator must first proceed with an update of property values located on the territory of the municipality. This exercise, commonly called the "equilibration of the roll", is required every three years by the Act Respecting Municipal Taxation. The equilibration consists of the adjustment of the entirety or a part of the values registered on the roll in force in order to eliminate as many differences as possible between real market value and the value registered on the roll.

July 1st, 2008 is used as the date of reference to measure the state of the market on the value of your property. It is the condition of the real estate market as it existed 18 months before the coming into force of the new roll.

Undoubtedly, property values have evolved since this date as we notice that in general, property values have increased on average 30% to 40% over the past 3 years.

For example, in the eventuality that the equilibration exercise shows that the sale prices of properties in a given developing sector were higher than the evaluation registered in the roll, they must, for all the properties in the same sector, anticipate an increase in evaluation. Obviously, the same is true for the contrary if a group of properties in a given area are sold for less than the registered evaluation of the roll in force. However, given the progression of property values over the past 3 years, it would be quite surprising to see a decrease in value.

Your new municipal evaluation will be on your property tax bill which will be sent to you at the beginning of March 2010.

What every taxpayer should know about the Municipal Assessment Roll

What is an assessment roll?

An assessment roll is the inventory of properties situated on the territory of

a local municipality. Its main use consists of indicating, for municipal and school taxation purposes, the value of each property on the basis of its real market value.

What is real market value?

The real or market value of a property is the exchange value on the open market. In other words, it is the probable price one could expect to pay if this property were put up for sale.

When does the assessment roll come into force?

The assessment roll comes into force on January 1st of the 1st year for which it is intended. In our case, it is the roll for 2010-2011-2012 which will come into force on January 1st, 2010 for a period of 3 years. Therefore, unless a modification is made to the property (renovation, expansion, construction of an accessory building, etc.) the value registered on the roll will remain the same for the duration of the roll, being 3 years.

For all other questions regarding the assessment roll, you may contact the Municipal Tax Department.

ENERGY-WISE HOME DIAGNOSTIC PROGRAM AND YOUR MUNICIPALITY

In a continuing effort to encourage people to save energy, Hydro Quebec has created the Energy-Wise Home Diagnostic Program whereby Hydro clients are asked to fill out a personalized questionnaire regarding their energy consumption and in return they receive from Hydro Quebec a personalized report on how they can save energy and money.

Hydro Quebec has requested that municipalities join them in encouraging participation in this program by helping to subsidize a municipal project of interest to the population. For each response from a client within the Municipality, Hydro Quebec will give an amount of \$30 to \$35

towards this municipal project.

The Municipality of Saint-Gabriel-de-Valcartier has decided to collaborate with Hydro Quebec in its efforts and is proposing a project for improvements to the municipal park located near Clark's Bridge. The project will include the addition of an information board, new park benches and picnic tables and the planting of shrubs and bushes in hopes of creating a more enjoyable green space for our residents and tourists to enjoy the beauty of the Jacques Cartier River and Clark's Bridge.

We need your help to make this



project a reality! Hydro Quebec will be sending paper questionnaires to its clients on our territory, or if you prefer, you can fill out the same questionnaire on-line. Hydro Quebec will subsidize our project \$30 for every paper questionnaire received and \$35 for every on-line questionnaire. So not only will you learn how you can save energy and money in your household, you can also help to beautify a municipal park where you will be able to better enjoy a relaxing visit in natural surroundings. Watch your upcoming Hydro Quebec invoices for your questionnaire or go directly to the Hydro Quebec website at <http://www.courantcollectif.com>.

VALCARTIER CABLE

Valcartier Cable subscribers received their annual invoices in November. In order to facilitate your payments, many options are available to you:

- You may make up to 10 payments throughout the year (November to August);
- You may pay your bills at the municipal office in cash, by check or by debit card;
- You may pay your bill by telephone or

through the Internet by contacting your financial institution and registering Valcartier Cable as a service supplier. Your reference number is your 3 digit customer number.

For more information consult the payment information leaflet included with your invoice or contact us at 418-844-3666 or by email at mbaker@munsgdv.ca.



Télé Valcartier TV

Do you have any videos or programming ideas that would be of interest to the community? Our volunteers are always open to new ideas and new material!

Contact the Valcartier TV team at valcartiertv@videotron.ca

MESSAGES FROM FIRE SAFETY SERVICES

SAFETY AND SECURITY:

THE BEST CHRISTMAS GIFTS

During this holiday period, Fire Safety Services would like to invite the population to be prudent in order to avoid unfortunate incidents linked to the use of Christmas decorations. Thus, Fire Safety Services would like to remind you of a few safety tips.

Natural Christmas Trees

- Choose a tree that has green needles that do not easily fall off.
- Always water your tree daily.
- Turn off tree lights when leaving your home or going to bed.

After the holidays, remove all decorations from the Christmas tree as soon as possible and place it by the roadside for collection.

Decorative Lights

- Do not use outdoor decorative lights to decorate indoors.
- Make sure that string lights used on the Christmas tree

are in good order.

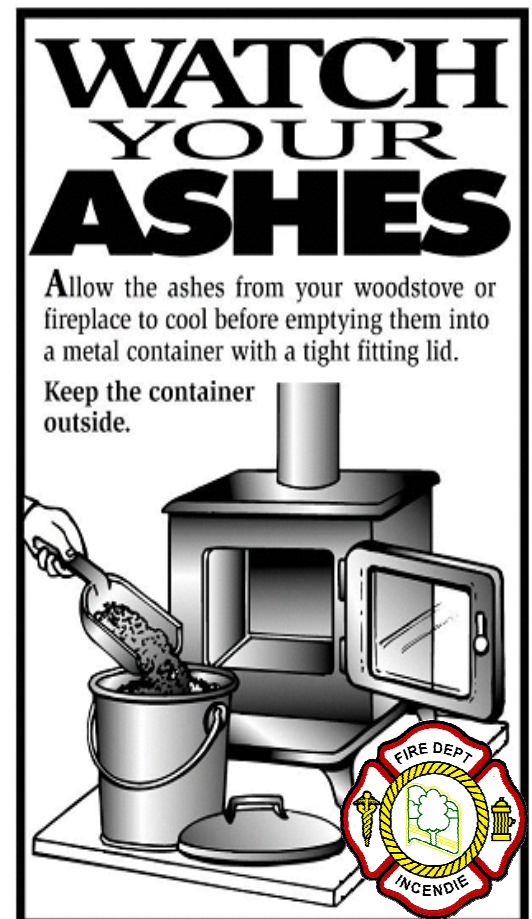
- Never use string lights which are damaged, used, split or dried.

Attach string lights with insulated tape, never with nails or tacks.

Extension Cords

- Make sure that extension cords are in good working order.
- Use extension cords certified according to CSA or ULC standards.
- Avoid overloading electrical outlets and extension cords.

Also note that it is essential to have functional smoke detectors. Moreover, exits from the house, including patio doors and balconies must be cleared at all times.





**Don't forget
to bring
non-perishable
food items for
OASIS
Christmas
food hampers**

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 20th, from 12:00 to 4:30 p.m. Come and enjoy this extraordinary day where several free activities will be offered 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.



Wear a Christmas hat and participate in a special drawing!

Don't forget to pick-up your coupon in the kitchen.

12:00 Outdoor activities and games (skating, sliding, inflatable structures, mechanical snowboard) plus free soup, and hot chocolate

12:30 to 1:00

Hip-Hop dance show

1:30 Sleigh rides, face painting, and crafts

3:00 Santa Claus arrives!

4:15 Carols and Christmas Tree Lighting

4:30 à 6:00

Scrimmage hockey (for teens and adults), Club Ados

FAMILY SKATE BALL ON FEBRUARY 10th

(In case of bad weather, activity rescheduled for the 17th)

Within the framework of the *Plaisirs d'hiver* activities of the Kino-Québec program, the Municipality in cooperation with the PPO's from École du Joli-Bois and Valcartier Elementary School, invite the population to take part in the Family Skate Ball at the municipal skating rink. This is organized to promote healthy life habits and offers a chance to actively enjoy winter by playing outside.

Plaisirs d'hiver is an initiative aimed at increasing Quebecers' practice of winter physical activities.

Decorate your toques, hats and safety helmets and get a chance to win a participation prize!

Hot chocolate and cookies will be served at 7:30.

Come one, come all!

Hockey sticks will not be permitted on the rink during this special event.

We strongly recommend that all young children wear safety helmets.

**WEDNESDAY FEBRUARY 10th FROM 6 PM to 8 PM
(In case of bad weather, activity rescheduled for the 17th)**



GLISSADES DE TEWKESBURY - FREE DAY PASS

The team from *Glissades de Tewkesbury* in cooperation with the Municipality of Saint-Gabriel-de-Valcartier are happy to offer a free day pass for every child 11 years old and younger when accompanied by an adult paying the regular entrance fee (ratio of 1 child/1 adult). On January 16th, 2010, come slide in Tewkesbury. The winter sliding center has been in operation for 11 years now and is one of the region's best kept secrets. During those eleven years, *Glissades de Tewkesbury* have worked at building a

very secure winter sliding center with slides reaching **over 50 meters high**. The installations, conceived with safety in mind as well as the omnipresent team attending to the security and good functioning of the slides has made *Glissades de Tewkesbury* a favourite choice for the whole family. Young and old alike, come and enjoy a day spent in the great outdoors in an exceptional site, far from the crowd.

Proof of residence required (ex : Driver's permit) is necessary in order to benefit from this offer.



You will find opening hours and prices on their Website : www.glissadestewkesbury.com
(site in French only)

TAEKWON-DO: LOOKING FOR VOLUNTEERS FOR THE COUPE DU QUÉBEC TAKING PLACE AT BASE VALCARTIER ON FEBRUARY 27th

The Saint-Gabriel-de-Valcartier Taekwon-Do Club is looking for volunteers to help them during this important provincial competition which will be held on February 27th, 2010. If you are

interested and passionate about this sport and want to find yourself at the heart of the action during the tournament, please contact Rock Soucy at 418-948-8904 or Pamala Hogan Laberge at 418-844-1218.



REFUNDABLE BOTTLE AND CAN DRIVE - SATURDAY, JANUARY 9TH

The Saint-Gabriel-de-Valcartier Taekwon-Do Club will hold its annual bottle and can drive on Saturday, **January 9th, 2010 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!

25^e Coupe du Québec Taekwon-Do ITF

2010 27 février

Centre Sportif de la Base Militaire de Valcartier

Début à 9:00 hrs
40\$ pour 1 ou 2 épreuves
35\$ pour les spectateurs
(gratuit pour les moins de 10 ans)

Pour informations:
Rock Soucy 418.948.8904
rock.soucy@ccapable.com

SHANNON IRISH DANCERS - DANCE TROUPE

The Shannon Irish Dancers will begin their winter session of Irish dancing on Sunday, January 10th, 2010 at the Shannon Community Center, 75 Gosford Road in Shannon.

Beginner classes for children
Sundays at 9:30 a.m.

Adult lessons are
on Tuesday evenings

Beginners are always welcome.



Irish dancing is a cardiovascular activity and falls under 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 Kerry Ann King at shannondancers@hotmail.com or call 418-844-0033.

THE BLACK BEARS SOCCER TEAM - LOOKING FOR VOLUNTEERS

We are currently looking for volunteers for the 2010 summer season. If you would like to get involved and help out as a coach or referee, please contact Pamala Hogan Laberge at 418-844-1218 as soon as possible so that the training courses we offer can be planned.

Volunteering at the heart
of MY Municipality!

SOMETHING NEW AT THE PHYSIK CENTER

In order to better meet the needs of our clientele, the **PHYSIK CENTER** now opens its doors on **Saturday mornings from 7:00 a.m. to 12 p.m. (noon)** and has been open since November 7th.

We have an excellent choice of cardiovascular equipment. Come meet Jean-François April during opening hours to get a free physical condition evaluation at your first and last sessions for a personalized program.

Please see page 11 for opening hours and prices.



The Canada Physical Activity Guide to Healthy Active Living for Older Adults and the Municipality promote the ageing population to practice physical activities. Start slowly and build up - listen to your body. Accumulate 30 to 60 minutes of moderate physical activity daily. Minutes count - add up daily activity 10 minutes at a time.

Every Day for Life!

Be Active, Your Way,



Age is no barrier

Not sure where to start? Consult with a health-care professional or come meet Jean-François at the Physik Center.

SPORTS AND RECREATION - WINTER 2009-2010 PROGRAM

Registration period: January 5th to 8th

FOR INFORMATION OR TO REGISTER

Pamala Hogan Laberge, Sports and Recreation Department Director

Tel.: 418-844-2097 or plaberge@munsgdv.ca

METHODS OF PAYMENT

You must absolutely fill out a registration form. It is available online www.saint-gabriel-de-valcartier.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 15th, 2010 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 15th, 2010 and the second for February 15th, 2010.

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 4th, 2010 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 12th to April 9th

Cost: \$230.00 twice a week

\$330.00 three times a week

Animators: Sandra Woodbury and Jayne Doddridge

Please note that Playgroup will be closed during March Break (March 2nd, 3rd and 4th).

STEP

(14 years and older)

Schedule: Monday and Wednesday from 7:00 to 8:00 p.m.

Duration: 12 weeks starting January 18th

Cost: \$30.00

Instructor: Lise Larochelle

Men and teens are welcome!

Half price for students.

Maximum 25 people.



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.



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. You must register before January 22nd. 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.

GYM**(closed December 24th to January 4th)**

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 a.m. to 12:00 p.m. (noon)
 Where: Sports Center
 Cost: \$30.00 per month (rebates for students and over 50 years old). Package 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

Special promotion only for the month of January:

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

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 \$50.00. A minimum of 8 people is required. You must register before February 19th, 2010.

**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 6th.

**ICE RINK AND SKATING TRAIL****(Official opening as soon as the weather permits)****Opening hours******NEW** - Now open from 10 a.m. to 10 p.m.****Saturdays and Sundays**

Monday to Friday: 6 to 10 p.m.

Saturday and Sunday : 10 a.m. to 10 p.m.

Closed from 12 to 1 p.m. and 5 to 6 p.m.

Holiday schedule: 10 a.m. to 10 p.m. (7 days/week)

Closed from 12 to 1 p.m. and 5 to 6 p.m.

December 24th and 31st : Closes at 4 p.m.December 25th and January 1st : 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: Mondays from 7:00 to 9:30 p.m. starting January 18th

Cost: Free for this session

Information evening the first Monday.

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

The PSL allows you to benefit from various services. Your membership gives you access to the sport and recreation infrastructures at the Sports Center. For the complete program, please go to www.saint-gabriel-de-valcartier, under the Sports and Recreation section or consult the program sent by mail on December 1st.

WINTER REGISTRATION - December 7th to 20th from 9 a.m. to 9:30 p.m.**SPRING REGISTRATION - March 29th to April 4th from 9 a.m. to 9:30 p.m.****For more information on the PSL : 418-844-5000, ext. 5085******NEW******INDOOR SOCCER (7-10 YEARS)**

There is a possibility that we could offer children (U7 to U10) of the Municipality the opportunity to play indoor soccer this winter. If your child is interested in maintaining his/her soccer abilities, please let us know by calling Pamala Hogan Laberge before January 15th, 2010. Games will be played on the military base beginning at the end of January.



TAEKWON-DO

Clientele: 6 years and older and adults
 Place: Community Center
 Schedule: Tuesday and Thursday from
 6:15 to 7:30 and 7:30 to 8:45 p.m.
 starting January 12th
 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 9th.**

HIP HOP (Street jazz)

Yippee! Dance lessons are starting again!

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 31st
 Cost: \$90.00 (1st child), \$85.00 (2nd child) and \$80.00 (3rd child)
 Where: At Club Ados
 Instructor: **Manon Gaudet 418-844-3491**

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

****NEW**LANGUAGE COURSES**NEW****

Information night and evaluations on Tuesday, January 5th at the Community Center.

English course

Basic: Monday from 6 to 7:45 p.m.
 Intermediate: Monday from 7:50 to 9:35 p.m.
 Advanced: Tuesday from 6 to 7:45 p.m.

German course

Beginner: Friday from 7 to 8:45 p.m.
 All levels*: Tuesday from 7:50 to 9:35 p.m.

*This course is for people who have a basic knowledge of German and would like to practice through conversation.

All courses are 1 hour and 40 minutes (2 X 50 min. + 5 min. break)

Duration: Monday, January 12th to Monday March 29th

Cost per course: \$180 (taxes included) + method price

Instructor: Karin Bersier from Cours de Langues-Québec, Qc.

Course specialty: as these courses occur during the winter season, courses will be given partly from the Community Center and partly from home (by teleconference on Skype, free software that can be downloaded and allows participants to hear and speak with each other as in a classroom).

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 23rd to January 4th.

****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.**



TEEN CLUB (CLUB ADOS)

At this special time of the year, the Club Ados team and teens would like to wish you Happy Holidays as well as a Happy New Year for 2010! We also would like to thank you for your precious cooperation, whether by donation, encouragement during the canteen on Family Day or for your comments. All of these contribute to the success of Club Ados throughout the year.

Once again this past year, several great activities were organized with and for the teens of the Municipality. We also welcomed some new members who brought with them a breath of fresh air. We were treated to sometimes crazy laughter, sharing, but also a few squabbles. We hope that the year to come will be fun and full of new developments for our teens.



The Club Ados will somewhat modify its schedule during the holidays. In fact, our opening hours for the first weeks of December will be on Tuesday from 6:00 to 9:00 p.m., Friday from 6:30 to 10:00 p.m. and Saturday from 2:00 to 10:00 p.m. After that, we will be open on December 21st, 22nd and 23rd from 6:00 to 9:00 p.m. as well as on

December 27th, 28th and 29th from 6:00 to 9:00 p.m. We will be back to our regular schedule as of January 7th, 2010.

We take the opportunity to remind you through this edition of the Indispensable News Bulletin that we are always available to answer any and all of your questions concerning our operations and also everything pertaining to the adolescent period. Finally, our schedule of activities is always available on our website <http://www.saint-gabriel-de-Valcartier.ca/> under the Services tab.

Anouk Fortin-Lapointe, Coordinator

Jonathan Lavallee, Assistant-coordinator

Geneviève Cournoyer, Animator

ST-VALENTINE'S ON SKATES

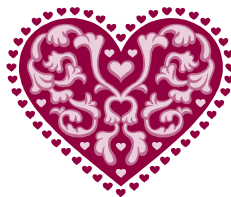
Spend a romantic evening with your valentine (or valentines) skating on our skate path which will be transformed into a romantic venue for the occasion (torches, music)!



We invite you to come have dessert with that someone special. There will be a sampling of chocolate treats (chocolate fondue, hot chocolate, handmade chocolates, cookies, chocolate milk...), products will be

sold as a fundraiser for the Teen Club.

We invite you to dress in red and white and join the hunt for little red hearts. This activity for one and all will be held on Saturday, February 13th, from 6:30 to 10:00 p.m. and is organized by the Teen Club.



CHRISTMAS STORY TIME AT THE MUNICIPAL LIBRARY

Santa Claus is coming to town! Come to the Municipal Library on Friday, December 18th at 6:30 p.m.

We've organised a very special Christmas story time. Put on your pyjamas and bring your favourite teddy or blankie and come join us. There will be hot chocolate and cookies after story time.

Don't forget that Santa is coming

and will be at the Community Center on Sunday, December 20th, so write him a letter and bring it to story time with you.

We'll make sure he gets your letter!



MEALS ON WHEELS AND OTHER SERVICES

Elderly and convalescent people, these services are offered for you, why not take advantage of them?

Meals on Wheels : This service consists of delivery at lunchtime of warm and nutritious meals to any person experiencing some difficulty getting proper nourishment, such as the elderly, or even a person of any age in convalescence following surgery or illness, from Monday to Friday at an affordable cost. Please note that we need a minimum number of registered users in order to offer this service.

Transportation and Accompaniment Service: This service consists of transporting and accompanying persons to medical appointments at an affordable cost. Reservations are necessary for this service.

Friendly Visits : A friendly visit from one of our volunteers once a week. This service is offered free of charge.

If you would like more information or to become a volunteer, please contact the Meals on Wheels and Other Services team at 418-845-3081 or Pamala Hogan Laberge at 418-844-2097.

RELIGIOUS SERVICES AND MASSES - HOLIDAY SCHEDULE

Municipality of Saint-Gabriel-de-Valcartier

Together, in the Heart of Nature

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

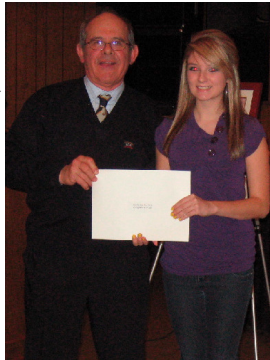
Telephone: 418-844-1218
Fax: 418-844-3030
Email: admin@munsgdv.ca



Visit our website!

www.saint-gabriel-de-valcartier.ca

Congratulations to Catherine McBain who won the First prize for the third year in a row in the MRC's 2009 Regional Christmas Card contest in the 12-17 year old category.



Anglican Christ Church

December 20th at 9 a.m. with Reverend Christian Shriener

St. Andrews Presbyterian Church

December 20th at 7 p.m. – Candlelight ceremony

January 24th, February 28th at 10 a.m.

St. Andrews United Church at

December 6th, January 10th, February 14th at 10 a.m.

December 24th at 7 p.m.: Ecumenical Christmas Service

St-Gabriel Catholic Church

Every Sunday at 9:30 a.m.

Every Tuesday at 7 p.m. (except December 22nd and 29th)

December 24th at 8 p.m.: Christmas Mass

December 31st at 7 p.m.: New Year's Mass



ECUMENICAL CHRISTMAS SERVICE AT ST-ANDREWS UNITED CHURCH

St-Andrews United Church invites you one and all on December 24th at 8 p.m. to come celebrate the traditional Ecumenical Christmas.

MARC-ANDRÉ BÉDARD WILL PARTICIPATE IN THE OLYMPIC GAMES

It's official! Biathlon athlete Marc-André Bédard, a resident of Saint-Gabriel-de-Valcartier will be part of Team Canada at the 2010 Winter Olympics in Vancouver.

Congratulations and the best of luck Marc-André!

www.marcandrebedard.biz



EVENTS CALENDAR

December

- 18 Christmas Story Time at the Municipal Library
- 20 Old fashioned Christmas Tree Lighting
- 20 Last day for Oasis Christmas hamper donations

January

- 5-8 Sports and Recreation registration period
- 5 Reopening of municipal offices
- 5 Beginning of dog licence renewals
- 7 Bulk waste collection
- 7 Special Christmas tree collection
- 9 Taekwon-Do bottle and can drive
- 16 Glissades Tewkesbury - free day pass for children

February

- 10 Family Skate Ball
- 13 St-Valentine's on Skates
- 27 Taekwon-Do, Coupe du Québec Championship