



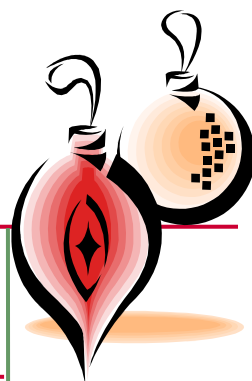
SAINT-GABRIEL
-DE-
VALCARTIER

THE INDISPENSABLE NEWS BULLETIN

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

Volume 4, Issue 1

November 2010



INSIDE THIS ISSUE:

Community Information 2-11-12

Public Works 3

Urbanism 4-5

Fire Safety Services 5-6

Sports, Recreation and Culture Department 7-8-9-10



**RECYCLE!
OPTIMIZE THE USE
OF YOUR BLUE BIN
THIS HOLIDAY
SEASON**

SPECIAL POINTS OF INTEREST:

- Christmas Bazaar and Salon Expo-Cadeaux
- Refundable Bottle and Can Drive
- Dog License Renewals
- Sports and Recreation Winter Program
- Events and Activities Calendar

A WORD FROM THE MAYOR

In the midst of our busy lives, many of us will have taken the time on November 11th to remember our heroes, some of them current or past residents of our community, who have given their lives to the peace and safekeeping of our country and others. I know I speak for all when I say that our prayers and good wishes are with our soldiers and their families always.

As we prepare for the coming winter season, it is perhaps appropriate to look back on what was certainly a very busy fall.

One of our major projects was the extension of the municipal aqueduct system to Lake Ferry and the resulting complimentary road works. At this time of writing, all the water connections requested are complete and paving has also been completed. I would especially like to thank our

municipal inspector, Richard Leblanc, for an excellent job of supervising these works. Richard is taking his retirement this November after 31 years of loyal service. We will miss his professional approach and wish him and his wife Sharon all the best in their future endeavours.

Our next major undertaking will be supporting the construction of a residence for seniors and persons with a slight loss of autonomy. It will include 18 apartments for autonomous and semi-autonomous persons. Plans are being finalized and we hope that construction will begin in the spring of 2011. Many are anxiously awaiting the opening of this residence, which will help fill a growing need in our community. A public information meeting will be held in the coming months whereby all questions

pertaining to this project will be answered.

Your municipal council is also in the process of consulting with our citizens on how to manage the co-existence of Village Vacances Valcartier and the local community. Many interesting solutions are being studied and I feel confident that a satisfactory consensus can be reached. The key will be in everyone working together as we always have done in the past and the results will follow!

On behalf of the municipal council, I would like to conclude by wishing all our citizens a happy and safe holiday season.

Brent Montgomery



OLD FASHIONED CHRISTMAS TREE LIGHTING

A family and community activity - December 19th

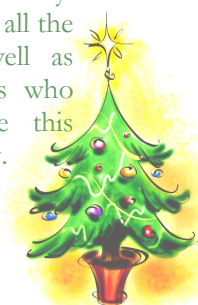
The Municipality is happy to invite all residents and their families to our old fashioned Christmas tree lighting activities which will be held this year on Sunday, December 19th from 12:00 (noon) to 4:30 p.m. at the

Community Center situated at 1743 Boulevard Valcartier. Come and enjoy this extraordinary day where several free activities will be offered. Bring a cold lunch and we will provide the soup to go with it!

We look forward to seeing

you for a fun-filled day! Special thanks to all the volunteers as well as the organizations who help to prepare this special family day.

See page 2 for program.



PLEASE KEEP THIS REFERENCE DOCUMENT UNTIL FEBRUARY 2011



Wear a Christmas hat and participate in a special drawing! Don't forget to pick-up your coupon in the Community Center kitchen.

OLD FASHIONED CHRISTMAS TREE LIGHTING DECEMBER 19TH PROGRAM

- 12 p.m. Outdoor activities and games, skating, sliding, inflatable structures plus free soup, and hot chocolate
- 12:30 to 1 p.m. Hip-Hop dance show
- 1:30 p.m. Face painting and crafts
- 3:00 p.m. Santa arrives!
- 4:15 p.m. Christmas carols and lighting of the tree
- 4:30 to 6 p.m. Hockey scrimmage(teens and adults), Teen Club

Christmas Bazaar

The annual Christmas Bazaar will be held at the Valcartier Community Center on Sunday, November 14th from 10 a.m. to 3 p.m.

Craftsmen will be offering a variety of choice items such as: knits, wood pieces, sewing items, jewellery, books, toys, children and adult's gently used clothing. A snack bar will be open and will offer a selection of hot and cold beverages as well as light snacks.

For additional information or to rent a table, please call Mrs Mary Johnston at 418 844-3527.



Salon Expo-Cadeaux de la CAAJC

Artists and craftsmen from the CAAJC (*Corporation des artistes et artisans se la Jacques-Cartier*) will be presenting another edition of their annual "Salon Expo-Cadeaux" which will be held on November 27th and 28th at the Anne Hébert socio-cultural center (22 Louis-Joliet Street, Sainte-Catherine-de-la-Jacques-Cartier). Space is still available for those who wish to showcase their work, or yet again, offer gift ideas to the general public just in time for the Holidays. For information and registration: 418 875-3701.

Christmas Story time at the Library

Santa Claus is coming to town! Come to the Municipal Library on Friday, December 17th 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.

Hot chocolate and cookies will be served after story time.

Don't forget that Santa is coming and will be at the Community Center on Sunday, December 19th, so write him a letter and bring it to story time with you.

We'll make sure Santa gets your letter!



OASIS Christmas Food 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 know of a family that would need our help or if you are in need, please let us know before December 17th so that we can ensure that all those in need may benefit from this service. Food hampers will be distributed on December 21st. You can lend your support to the Oasis Christmas Hamper Drive by donating non-perishable food or by making a monetary donation. Tax receipts will be issued upon request. Here are several sites where you may drop off your goods from December 1st to the 19th: 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. All calls and donations are confidential. Thank you!

For more information:

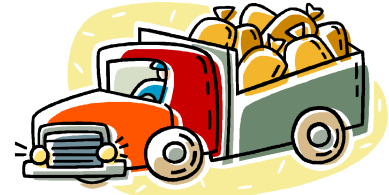
Pamala Hogan Laberge at 418 844-2097 (daytime)

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



Special Christmas Tree Collection

The Municipality will offer a special pick up for Christmas trees (natural and artificial) on Thursday, January 6th, 2011. Please register for this service by calling **418 844-1218 by January 5th, at the latest.**



Non-Household Waste Collection (Bulk Waste)

During the winter season, collection of non-household waste is held on the first Thursday of every month beginning on Thursday December 2nd. Therefore, the **last weekly pick ups** will be held on Thursday, **November 18th and 25th**. We would like to remind you that you must call the Municipality at **418 844-1218** to avail yourself of this service.



All Valcartier Cable subscribers will receive their yearly invoice during the month of November. Please note that the invoice amount must be paid in full by August 1st 2011, at the latest. Several payment options are available in order to facilitate the payment of this bill:

- 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.

Number to call if cable service is interrupted:

418 844-3666

A technician verifies all messages regularly

(24/7)



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!

Teen Club

As the month of December is almost upon us, the Teen Club has planned some great activities for younger children and teenagers to celebrate the Holidays. A Holiday special disco fundraiser will be held. This activity will be filled with surprises for the younger crowd. As for teen club members, they will be invited to a "raclette" dinner on the second Friday of the month. Thus, since September, Teen Club members are invited to a monthly theme dinner with the monitors. Other special activities are also planned in December such as, contests with prizes to be won, an evening of shopping, and society games nights.

Opening hours will be modified during the Holidays. Teen Club will therefore be open on December 2-3-4, 9-10-11 and on the 16-17-18 at the usual time. On the other hand, the Teen Club will be open on December 20-21-22 from 6 to 9 p.m. Thereafter, Teen Club will be closed until the beginning of January.

If you have any questions or comments, we can be reached at **418 844-1327**

The Teen Club team,

Anouk Fortin Lapointe, coordinator

Geneviève Cournoyer, assistant-coordinator

Samantha Bilodeau, leader-monitor

Samuel Berthiaume, leader-monitor

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



New at the Urbanism Department!

Welcome to François-Michel Hardy who has officially joined the team as Municipal Inspector, following Mr. Richard Leblanc's retirement.

Courtesy: for a harmonious sharing of the road!

The road is a public space that must be shared with other users including motorists, cyclists, pedestrians, motorcyclists and drivers of heavy vehicles. All these people do not use the road for the same reasons, at the same speed, with the same reflexes or the same level of protection, and some are more vulnerable than others! While driving on the road, we are constantly coming in contact with each other and to ensure smooth and safe traffic circulation, we must act with courtesy, tolerance and respect.
Source: Sûreté du Québec, MRC de la Jacques-Cartier

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)



Civic Duty

All Quebec residents must do their part to ensure that we continue to live in safe and civilized communities. A community where people are involved for the good of others is a safer community. If you witness a crime or a violation, please contact the Police at **418 841-3911**. All calls will be treated confidentially.

Source: Sûreté du Québec

Municipal By-laws for the Winter Season

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.

Annual Refundable Bottle and Can Drive, January 8th

The Saint-Gabriel-de-Valcartier Taekwon-Do Club will hold its annual bottle and can drive on **S a t u r d a y , January 8th, 2011 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!



January - Dog Licence Renewal Month

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	for 1 st dog
\$20	for 2 nd dog
\$30	for 3 rd dog
or	
\$150	for a kennel or 3 or more dogs

Each year, the S.P.C.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.C.A. at **418 527-9104** during business hours.

Please remember that you may purchase a dog license at the Municipality as of January 4th.



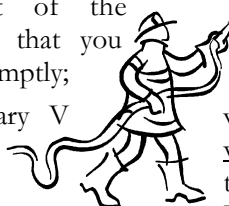
Now Recruiting Volunteer Firemen and First Responders

The Saint-Gabriel-de-Valcartier Fire Safety Services Department is in the process of recruitment for two volunteer firefighter and first responder positions. This is a very rewarding and valuable way to serve your community. It takes dedication and training to become a firefighter. If you are willing to put in the time and effort, we would like to hear from you.

Join Our Volunteer Team

To join the Saint-Gabriel-de-Valcartier Fire Safety Services Department as a volunteer you must:

- Be a resident of the Municipality, so that you may respond promptly;
- Have a secondary V diploma or equivalent;
- Be at least eighteen (18) years of age;



- Be able to meet Fire Safety Services' physical agility requirements;
- Be able to obtain a medical examination certificate proving you are fit to participate in firefighting activities; and
- Be prepared to commit the necessary time and effort involved in being a volunteer Firefighter

Take advantage of this unique and exciting opportunity to serve your community and fill out the volunteer firefighter application form at the municipal office or download it from our website www.saint-gabriel-de-valcartier.ca under the Services tab then under Fire Safety. The Municipality's Fire Safety Services will provide training.

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.

Fire Burns, Smoke Kills

This year, the theme for fire prevention week is: **Fire Burns, Smoke Kills**. Therefore, the goal is to remind you of how smoke can endanger you and your family.

Carbon Monoxide (CO)

Carbon monoxide is a **toxic gas** which can be **fatal**.

Unlike many gasses, carbon monoxide is **colorless, odourless, tasteless** and does not irritate the eyes or airways. It is therefore **undetectable**. Only a **carbon monoxide detector** can warn you of the presence of dangerous concentrations of this toxic gas.

Where does carbon monoxide come from?

The following are a few examples of carbon monoxide sources:

- Vehicles with combustion engines (gas, diesel, propane, natural gas) : car, truck, motorcycle, snowmobile, ATV, etc.;
- A non-electric heating system (heating oil, natural gas, propane, petroleum, kerosene, wood) : furnace, heater, stove, fireplace;
- Gas or propane appliances: stovetop, barbecue, refrigerator, dryer, water heater;
- Gas powered tools: lawnmower, snow blower, saw, compressor, generator, lamp, pump, etc.
- DURING A FIRE!

How to protect yourself from carbon monoxide poisoning?

Carbon monoxide detectors are currently **the only existing means** of detecting the presence of carbon monoxide in a home.

Carbon monoxide detectors can be found in most **hardware** and **major retail stores**. Available models may be single purpose (carbon monoxide only) or combination (carbon monoxide and smoke or carbon monoxide and natural gas and propane). Prices generally vary

between \$25 and \$70.

***** Warning: A smoke detector does not detect carbon monoxide *****

Where should I install a detector?

Possible locations :

- In the hallway, near bedrooms.
- Near the door leading to the garage.
- Near the kitchen and the fireplace (at least 2 meters from the nearest cooking appliance).
- In a room above an attached garage.

Places to avoid :

- Inside a **garage**. The devices currently available on the market are too sensitive, and carbon monoxide levels rise too quickly in a garage, even when it is open.
- In **unventilated areas** where chemical products are stored. Parts of the detector could be damaged.
- Near an **exit** or an **air inlet** (ventilation system, draft area).

What do I do if the alarm goes off?

If your carbon monoxide detector goes off and **you experience headache, nausea, fatigue, or dizziness**, you should :

- Leave the area immediately
- Call **9-1-1** or the **Quebec Poison Control Center** at **1-800-463-5060**
- Not return to the area until you have received clearance from an expert (e.g., firefighters)

If your carbon monoxide detector goes off but **you are not experiencing any symptoms**, you should:

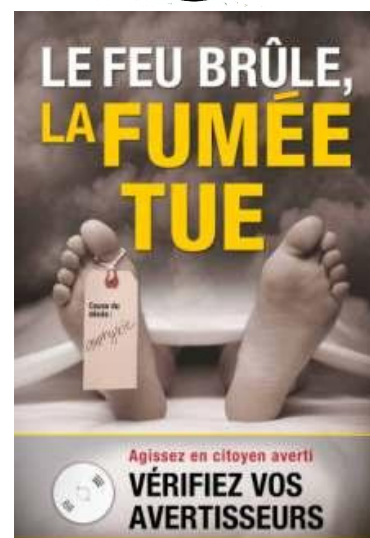
- Cut the fuel supply.
- Call **9-1-1**
- Leave the area
- Not return to the area until you have received clearance from an expert (e.g., firefighters)

In conclusion, here is some winter safety advice:

- Don't forget to change the battery in your smoke detector when changing the time on your clocks on November 7th;
- Don't forget to sweep your chimney at every 5 cords of wood burned;
- Don't forget to keep temporary garage rooftops free of snow to prevent collapse;
- Do not place Halloween or Christmas lights close to combustible items;
- Never leave Christmas tree lights on when leaving the house and always turn off the lights before going to bed!

Have a great winter!

Your Fire Safety Service



Votre service de sécurité incendie

SPORTS AND RECREATION - WINTER 2010-2011 PROGRAM

Registration period: January 4 to 7

FOR INFORMATION OR TO REGISTER

Pamala Hogan Laberge, Sports and Recreation Department Director
tel.: 418 844-2097 or plaberge@munsgdv.ca

REGISTRATION

You must fill out a registration form, available on our website www.saint-gabriel-de-valcartier.ca, in this bulletin 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 (debit card) are accepted.

Payment by check: Payments by check must be made in one payment dated January 15th, 2011 and in the name of "Municipalité de Saint-Gabriel-de-Valcartier". For amounts exceeding \$125, it is possible to make two instalments; the first for January 15th, 2011 and the second for February 15th, 2011. A fee of \$10 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 10th, 2011 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 11th to April 7th

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 8th, 9th, 10th).

BALADI

Learn the basic techniques of oriental baladi while getting to know more about your body and improve your flexibility. This course is for all those looking for a low impact activity in a relaxed setting.

Where: Community Center

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

Duration: 10 courses of 1 hour

Cost: \$70 (payable to Mylène Lapierre)

Teacher: Mylène Lapierre 418 844-2792



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.



QUILTING (12 years and older)

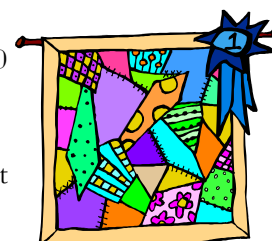
Welcome to new members and beginners.

Where: Community Center

Schedule: Mondays from 7 to 9:30 p.m. starting January 18th

Cost: Free for this session

Information session on the first Monday evening.



GYM**(closed from December 23rd to January 4th)****Clientele:** 14 years and older**Schedule:** Monday to Friday from 6 to 11 a.m. and from 3 to 8:30 p.m. (Friday from 3 to 6:30 p.m.) and Saturday from 7 a.m. to 12 p.m. (noon)**Where:** Sports Center**Cost:** \$30 per month (rebates for students and persons over 50). Package rates are 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 (under 25) and persons over 50 :	50% off
Non-residents :	\$20 extra

*Special promotion only for the month of January:**3 months : \$45 per person *** \$65 per family***PLAN SPORTS ET LOISIRS (PSL)**

The Valcartier Garrison 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 which will be sent by mail in November.

2010-2011 WINTER REGISTRATION - December 6th to 19th from 9 a.m. to 9:30 p.m.

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

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 5th.

**ICE SURFACES**

Two surfaces including a rink for recreational hockey and a skating trail for recreational family skating. So take out your skates to maintain your health and fitness. (Official opening as soon as the weather permits)

Monday to Friday: 6 to 10 p.m.*Saturday and Sunday:* 12 to 10 p.m.*Holiday schedule:* 12 to 10 p.m.
(Dec. 22 to Jan. 5)December 24th and 31st: closed at 4 p.m.December 25th and January 1st: closed

Please note that skating surfaces are not officially open during the week as they can be reserved by schools or other organizations.

(For reservations, please call Pamala Hogan Laberge)

***Please note that hockey sticks will not be permitted on the ice from 1 to 4 p.m. during the Christmas tree lighting activity on December 19th.**

REGULATIONS:

According to the RSSQ (*Régie de la sécurité des sports au Québec*) and approved by the Provincial government, hockey players are obligated to wear the following safety equipment:

- A helmet, full-face guard and neck guard

We strongly recommend the wearing of helmets for everyone, especially for children.

It is strictly forbidden to:

- Smoke while on skating surfaces
- To launch slap shots or do body checks
- To push or shove
- To consume alcoholic beverages or drugs on municipal grounds
- To bring an animal on skating surfaces



ANY INFRACTION TO THESE RULES COULD RESULT IN EVICTION.

SLIDING AREA

A sliding area has been set up for the enjoyment of the young and old. For your safety, we have established some rules and regulations to be followed. These are available on-site.



TAEKWON-DO**Clientele:** 6 years and older and adults**Where:** Community Center**Schedule:** Tuesday and Thursday from 6:15 to 7:30 and 7:30 to 8:45 p.m. starting January 11th**Cost:** \$100 for intermediate and advanced
\$20 extra for non-residents (payable once yearly)

You are invited to participate free of charge the first week at 6 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 8th.****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.**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: Sunday (time to be confirmed according to registrations)**Duration:** 15 weeks starting January 30th**Cost*:** \$90 (1st child)
\$85 (2nd child)
\$80 (3rd child)**Where:** At Club Ados**Instructor:** Manon Gaudet 418 844-3491*** Please note that lessons are payable directly to Manon Gaudet.****ENGLISH LESSONS FOR KIDS**

Learning English doesn't have to be boring! Come learn in a relaxed environment while playing fun games designed to enhance and improve your child's vocabulary!

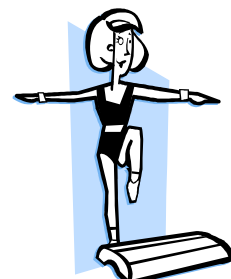
Where: Community Center**When:** Saturday mornings beginning January 15th**Schedule:** 2 hours per week (hours will depend on the age and number of children)**Duration :** 10 weeks**Cost :** \$150For information, please contact **Pamala Hogan Laberge** at 418 844-2097 or **Samantha Bilodeau** at 418 655-5197.**SOCCER ACADEMY****Where:** Mont St-Sacrement Gymnasium**When:** Fridays from 6:30 to 7:30 p.m.**Cost :** \$40**Duraion:** 7 Weeks starting January 14th**Instructors:** William Hush and Catherine Picard

This academy is for both boys and girls.

In the academy program, there is flexibility to move players from team to team and from age group to age group. This flexibility will allow, when necessary, girls to play with boys, younger players to play with older players, and medium-skilled players to play with higher-level players. The academy director's views are always in the best interest (developmentally) of the player.

**STEP**

(14 years and older)

Where: Community Center**When:** Mondays and Wednesdays**Schedule:** 7 to 8 p.m.
as of January 10th**Duration:** 12 weeks**Cost :** \$30**Instructor :** Lise Larochelle*Men and teenagers are welcome. 50% rebate for students. Class size is restricted to a maximum of 25 .*

**SERVICE DES SPORTS ET LOISIRS MUNICIPALITÉ DE
SAINT-GABRIEL-DE-VALCARTIER SPORTS AND RECREATION DEPARTMENT
FORMULAIRE D'INSCRIPTION HIVER 2010-2011 - REGISTRATION FORM WINTER 2010-2011**

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 les 16 ans et moins)*

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 :

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: _____

SO, WHAT ARE YOU WAITING FOR?

This summer Mother Nature was generous enough to give us lots of time to enjoy the outdoors. Now that the Holidays are over we must remember to take the time to plan fitness into our busy schedules. Get outside and use our skating and sliding facilities. Have fun and stay healthy. We also have a great up-dated conditioning center, Taekwon-Do, hip hop, soccer, baladi and step classes. We also encourage you to give us your ideas and suggestions for classes and sports you would like to practice.

«PHYSICAL ACTIVITY REINFORCES HEALTH AND WELL BEING, REDUCES STRESS, REINFORCES THE HEART AND LUNGS, INCREASES ENERGY LEVELS, HELPS TO ATTAIN AND MAINTAIN A HEALTHY WEIGHT, PROMOTES A POSITIVE LIFE PHILOSOPHY.»

SOURCE: HEALTH CANADA

Third Edition of The Discovery Event - Warmth and Enthusiasm Abound !

Shannon, September 1st 2010 – This past August 21st, the MRC de La Jacques-Cartier invited the population to Saint-Gabriel-de-Valcartier for the third edition of the Discovery Event. Over 1 500 people answered the call and participated in different activities offered on-site and also discovered over thirty exhibitors from the Jacques-Cartier. The three exploratory activities, pertaining to cultural and agricultural themes, allowed citizens to get to know certain aspects of the territory.

One of the strong points of the Discovery Event is undeniably the variety of shows and performances which were offered to the population. Arthur l'Aventurier's show, alone, drew over 250 people, to the children's great pleasure.

The country dinner, where turkey was being featured, got 500 people together to enjoy the fruits of regional farmer's labours. The activity filled day ended on a high note with the high-energy performance of local group The Matching Keys. Afterwards, Alain-François and his musicians deliberately raised the crowd with a rhythmic and captivating show.



THE MRC DE LA JACQUES-CARTIER REGROUPS THE NORTHERN MUNICIPALITIES WHICH CROWN THE NATIONAL CAPITAL, INCLUDING SAINTE-CATHERINE-DE-LA-JACQUES-CARTIER, FOSSAMBAULT-SURLE-LAC, LAC-SAINT-JOSEPH, SHANNON, SAINT-GABRIEL-DE-VALCARTIER, LAC-DELAGE, STONEHAM-ET-TEWKESBURY, LAC-BEAUPORT ET SAINTE-BRIGITTE-DE-LAVAL. IT'S MISSION IS TO MAINTAIN AND COORDINATE THE JACQUES-CARTIER TERRITORY'S PLANNING AND DEVELOPMENT IN PARTNERSHIP WITH THE MEMBER MUNICIPALITIES.

SOURCE : NATACHA CASTONGUAY
YOUTH PROJECT AND COMMUNICATION AGENT
418 844-2160, EXTENSION 230

The MRC de La Jacques-Cartier announces the prizewinners of their first Youth Gala

Shannon, August 26th 2010 – Youth achievements were honoured at the Jacques-Cartier's inaugural Youth Gala, which was held on Friday, August 20th, 2010. Those present during the awards ceremony were able to see the dynamism of local young people from the Jacques-Cartier, and this in several niches of excellence. Here is a presentation of the winners:

Young Artist

Élodie Maltais, a young student and author from Sainte-Catherine-de-la-Jacques-Cartier.

Young Sportsman

The « Young Sportsman » category winner is an athlete from Saint-Gabriel-de-Valcartier who has been practicing biathlon since he was 13 years old. Marc-André Bédard has notably participated in the 2010 Winter Olympics in Vancouver where he finished in 7th position in addition to taking 3 medals in the Junior World championships in biathlon.

Young Entrepreneur

Dominic Lejeune, entrepreneur « Le Portobello, traiteur créatif » in Stoneham.

Young Worker-Employee

Hugo Parent, landscaper with OP Artisan in Shannon.

Young Decision-maker

Sophie Perreault, municipal councillor from Shannon.

Young Volunteer

Dominic Noël, volunteer with the Maison des Jeunes board of administrators in Stoneham.

Young Ambassador « *Coup de Coeur prize* »

Mikaël Grenier, race car driver from Stoneham.

Young Ambassador « *Coup de Coeur prize* »

Guillaume Plouffe, musician (violin) from Lac-Beauport.

The financial participation of precious partners allowed us to offer \$1,000 grants to each of the prizewinners so they can continue their achievements.



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Email: admin@munsgdv.ca

www.saint-gabriel-de-valcartier.ca

**PLEASE NOTE THAT
THE MUNICIPAL OFFICES
WILL BE CLOSED
FOR THE HOLIDAYS FROM
THURSDAY,
DECEMBER 23RD TO
MONDAY, JANUARY 3RD
INCLUSIVELY**

Ecumencial Christmas Service at St. Andrews Presbyterian Church

All citizens are invited to attend the traditional Ecumenical Christmas Service on Friday, December 24th. This year, the service will be hosted by the St. Andrews Presbyterian Church, 1827 Boulevard Valcartier. For information: Susan McBain at 418 844-3755.



RELIGIOUS SERVICES AND MASSES:

St. Gabriel Catholic Church:

Every Sunday at 9:30 a.m.

Every Tuesday at 6:45 p.m.

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

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

Christ Anglican Church:

Services are held at 9 a.m. every 2nd Sunday

November - 7th and 21st

December - 5th and 19th

St. Andrews United Church:

November 14th and December 12th at 10 a.m.

St. Andrews Presbyterian Church:

November 28th at 10 a.m.

December 19th at 7 p.m. - Candlelight Service

December 24th: Ecumenical Christmas Service



CALENDAR OF EVENTS AND ACTIVITIES NOVEMBER 2010 TO FEBRUARY 2011

NOVEMBER

- 14 - CHRISTMAS BAZAAR
27, 28 - CAAJC SALON EXPO-CADEAUX

DECEMBER

- 1 TO 19 - DROP-OFF PERIOD FOR OASIS CHRISTMAS
HAMPER DONATIONS
2 - BULK WASTE COLLECTION DAY
17 - CHRISTMAS STORY TIME AT THE MUNICIPAL
LIBRARY
19 - OLD FASHIONED CHRISTMAS TREE LIGHTING
23 TO 31 - MUNICIPAL OFFICES, LIBRARY, PHYSIK
CENTER CLOSED FOR THE HOLIDAYS
24 - ECUMENICAL CHRISTMAS SERVICE AT ST.
ANDREWS PRESBYTERIAN CHURCH

1 TO 3 - MUNICIPAL OFFICES, LIBRARY, PHYSIK
CENTER CLOSED FOR THE HOLIDAYS

4 TO 7 - SPORTS AND RECREATION REGISTRATION
PERIOD

5 - OUTDOOR HOCKEY BEGINS

6 - CHRISTMAS TREE SPECIAL COLLECTION DAY

6 - BULK WASTE COLLECTION DAY

8 - TAEKWON-DO CLUB REFUNDABLE BOTTLE
AND CAN DRIVE

10 - QUILTING AND STEP SESSIONS BEGIN

11 - BEGINNING OF PLAYGROUP AND BALADI AND
TAEKWON-DO WINTER SESSION

14 - SOCCER ACADEMY BEGINS

30 - HIP-HOP DANCE CLASSES BEGIN

FEBRUARY

PUBLICATION OF THE NEXT EDITION OF
THE INDISPENSABLE NEWS BULLETIN

JANUARY

(RENEWAL MONTH FOR DOG LICENCES)